

Joe Dispenza: How to Stop Reliving Your Past and Start Deliberately Creating Your Future

In this incredible interview with Tom Bilyeu of Impact Theory, Dr. Joe Dispenza explains how to stop reliving your past and start deliberately creating your life. There's also an awesome guided meditation by Dr. Joe below.

Joe Dispenza:

People wake up in the morning. They begin to think about their problems. Those problems are circuits, memories in the brain. Each one of those memories are connected to people and things at certain times and places. And if the brain is a record of the past, the moment they start their day they're already thinking in the past. Each one of those memories has an emotion. Emotions are the end product of past experiences. So the moment they recall those memories of their problems, they all of a sudden feel unhappy. They feel sad; they feel pain.

Now how you think and how you feel creates your state of being. So the person's entire state of being when they start their day is in the past. So what does that mean? The familiar past will sooner or later be predictable future.

So if you believe that your thoughts have something to do with your destiny. And you can't think greater than how you feel, our feelings have become the means of thinking. By the very definition of emotions, you're thinking in the past. And for the most part you're going to keep creating the same life.

So then people grab their cell phone. They check their WhatsApp. They check their texts. They check their emails.

They check Facebook. They take a picture of their feet. They post it on Facebook. They tweet something. They do Instagram. They check the news and now they feel really connected to everything that's known in their life.

And then they go through a series of routine behaviors. They get out of bed on the same side. They go to the toilet. They get a cup of coffee. They take a shower. They get dressed. They drive to work the same way. They do the same things. They see the same people that pushed the same emotional buttons. And that becomes the routine, and it becomes like a program. So now they've lost their free will to a program. And there's no unseen hand doing it to them.

So when it comes time to change, the redundancy of that cycle becomes a subconscious program. So now 95% of who we are by the time we're 35 years old is a memorized set of behaviors, emotional reactions, unconscious habits, hardwired attitudes, beliefs and perceptions that function like a computer program.

So then person can say with their five percent of their conscious mind: "I want to be healthy. I want to be happy. I want to be free." But the body's on a whole different program. So then how do you begin to make those changes? Well, you have to get beyond the analytical mind, because what separates the conscious mind from the subconscious mind is the analytical mind.

And that's where meditation comes in, because you can teach people through practice how to change their brainwaves – slow them down. And when they do that properly they do enter the operating system where they can begin to make some really important changes. So most people then wait for crisis or trauma or disease or diagnosis, you know, they wait for loss – some tragedy to make up their mind to change.

And my message is: why wait? And and you can learn and change in a state of pain and suffering, or you can learn and change

in a state of joy and inspiration I think right now the cool thing is that people are waking up.

Most people spend 70% of their life living in survival and living in stress. So they're always anticipating the worst case scenario based on a past experience. And they're literally, out of the infinite potentials in the quantum field, they're selecting the worst possible outcome. And they're beginning to emotionally embrace it with fear. And they're conditioning their body into a state of fear. Do that enough times – the body has a panic attack without you. You can't even predict it because it's programmed subconsciously.

So people become addicted to the rush of those emotions and they use the problems and conditions in their life to reaffirm their limitation. So at least they can feel something.

So now when it comes time to change you say to the person: why are you this way? Well, every time they recall the event, they're producing the same chemistry in their brain and body as if the event is occurring – firing and wiring the same circuits and sending the same emotional signature to the body.

But what's the relevance behind that? Well your body is your unconscious mind. In a sense, if you're sitting down and you start thinking about some future worst case scenario that you're conjuring up in your mind, and you begin to feel the emotion of that event, your body doesn't know the difference between the event that's taking place in your world outer world and what you created by emotion or thought alone.

So most people then they're constantly reaffirming their emotional states. So when it comes time to give up that emotion, they can say I really want to do it. But really, the body is stronger than the mind because it's been conditioned that way. So the servant now has become the master. And the person all of a sudden, once they step into that unknown, they'd rather feel guilt and suffering, because at least they

can predict it. Being in the unknown is a scary place for most people because the unknown is uncertain.

People say to me: well, I can't predict my future. I'm in the unknown. And I always say the best way to predict your future is to create it – not from the known, but from the unknown. What thoughts do you want a fire and wire in your brain? What behaviors do you want to demonstrate in one day? The act of rehearsing and mentally closing your eyes and rehearsing the action.

Tom Bilyeu:

The rehearsing of the action of what you want?

Joe Dispenza:

Yeah the action of what you want by closing your eyes and mentally rehearsing some action. If you're truly present, the brain does not know the difference between what's your imaging and what you're experiencing in 3D World. So then you begin to install the neurological hardware in your brain to look like the event has already occurred. Now your brain is no longer a record of the past. Now, it's a map to the future.

And if you keep doing it, priming it that way, the hardware becomes a software program and who knows you just may start acting like a happy person. And then I think the hardest part is to teach our body emotionally what the future will feel like ahead of the actual experience. So what does that mean? You can't wait for your success to feel empowered. You can't wait for your wealth to feel abundant. You can't wait for your your new relationship to feel loved or you're healing to feel whole.

I mean, that's the old model of reality of cause and effect, you know, waiting for something outside of us to change how we feel inside of us. And when we feel better inside of us, we pay attention to whoever or whatever caused it. But what that means then is that from the Newtonian world hat most people

spend their whole life living in lack waiting for something to change out there.

Tom Bilyeu:

What do you mean the Newtonian world?

Joe Dispenza:

Newtonian world is all about too predictable. It's all about predicting the future. But the quantum model of reality is about causing an effect. The moment you start feeling abundant and worthy, you are generating wealth. The moment you're empowered and feel it, you're beginning to step towards your success. The moment you start feeling whole, your healing begins. And when you love yourself, and you love all of life, you will create an equal. And now you're causing an effect.

And I think that's the difference between living as a victim in your world saying I am this way because of this person or that thing or this experience. They made me think and feel this way. When you switch that around you become a creator of your world and you start saying my thinking and my feeling is changing an outcome in my life. And now that's a whole different game and we start believing more that we're creators of reality.

And most people, when they have a thought they just think that that's the truth. And I think one of my greatest realizations in my own journey was: just because you have a thought that doesn't necessarily mean it's true.

So if you think 60 to 70,000 thoughts in one day and we do. And 90% of those thoughts are the same thoughts of the day before. And you believe that your thoughts have something to do with your destiny. Your life's not going to change very much because the same thought leads to the same choice. The same choice leads to the same behavior. The same behavior creates the same experience. And the same experience produces the same emotion.

And so then the act of becoming conscious of this process to to begin to become more aware of how you think, how you act, and how you feel – it's called metacognition. And so then why is that important? Because the more conscious you become of those unconscious states of mind and body, the less likely you're going to go unconscious during the day.

And that thought is not going to slip by your awareness unchecked, because it means to know thyself. The word meditation means to become familiar with. So as you become familiar with the thoughts, the behaviors and the emotions of the old self, you're retiring that old self as you fire and wire new thoughts and condition the body into an emotional state. If you do that enough times, it'll begin to become familiar to you.

So it's so important, just like a garden. If you're planting a garden, you got to get rid of the weeds. You got to take the plants from the past year and you got to pull them out. The rocks that sift to the top that are like our emotional blocks, they have to be removed. The soil has to be tenderized and broken down. We have to make room to plant a new garden.

So primarily we learn the most about ourselves and others when we're uncomfortable. Because the moment you move into that uncomfortable state, normally a program jumps in. When that program jump in, it's because a person doesn't want to be in the present moment and engage it consciously.

It's you're not being defined by a vision of the future, then you're left with the old memories of the past. And you will be predictable in your life. And if you wake up in the morning and you're not being defined by a vision of future – as you see the same people, and you go to the same places, and you do the exact same thing at the exact same time, it's no longer that your personality is creating your personal reality. Now, your personal reality is affecting or creating your personality.

Your environment is really controlling how you think and feel unconsciously, because every person, every thing, every place, every experience has a neurological network in your brain. Every experience that you have with every person produces an emotion. So some people will use their boss to reaffirm their addiction to judgment. They'll use their enemy to reaffirm their addiction to hatred. They use their friends to reaffirm their addiction to suffering.

So now, they need the outer world to feel something. So to change them is to be greater than your environment – to be greater than the conditions in your world. And the environment is that seductive.

So then, why is meditation the tool? Well, let's sit down. Let's close our eyes. Let's disconnect from your outer environment. So if you're seeing less things, there is less stimulation going to your brain. If you're playing soft music or you have earplugs in, there is less sensory information coming to your brain. So you're disconnecting from your environment.

If you can sit your body down, and tell it to stay like an animal: stay right here. I'm going to feed you when we're done. You can get up and check your emails. You can do all your text. But right now you're going to sit there and obey me.

So then, when you do that properly – you're not eating anything or smelling anything or tasting anything, you're not up experiencing and feeling anything. You would have to agree with me that you're being defined by a thought, right?

So when the body wants to go back to its emotional past and you become aware that, your attention is on that emotion. And where you place your attention is where you place your energy. You're siphoning your energy out of the present moment into the past. And you become aware of that.

And you settle your body back down in the present moment, because it's saying well, it's eight o'clock. You normally get upset because you're in traffic around this time. And here you are sitting and we're used to feeling anger and your off schedule. Oh, it's 11 o'clock and usually check your emails and judge everybody. Well, the body is looking for that that predictable chemical state.

Every time you become aware that you're doing that, and your body is craving those emotions and you settle it back down into the present moment, you're telling the body: it's no longer the mind – that you're the mind. And now your will is getting greater than the program. And if you keep doing this over and over again over and over again over and over again, just like training a stallion or dog, it's just going to say: I'm going to sit.

And the moment that happens, and the body is no longer the mind – when it finally surrenders there is a liberation of energy. We go from particle to wave, from matter to energy, and we free ourselves from the chains of those emotions that keep us in the familiar past. And we've seen this thousands of times. In fact, we can actually predict it now on a brain scan.