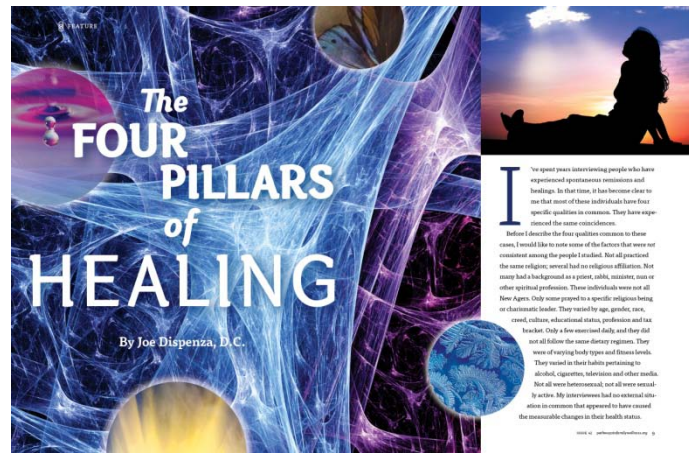


The Four Pillars of Healing

Feature – Joe Dispenza, D.C.

Pathways #42, page 8



Talking Points

Dr. Dispenza identifies **FOUR** specific qualities common to people/cases of spontaneous remission or healing. Lots of qualities were not the same – they did not share religion, economic status, diet, activity level, etc. They did share 4 characteristics:

- ❖ **(1) An innate higher intelligence gives us life and can heal the body.**
 - “Whether they called it their divine, spiritual or subconscious mind, they accepted that an inner power was giving them life every moment, and that it knew more than they, as humans, could ever know.” (10)
 - Dispenza offers some fascinating statistics on processes your body experiences without your conscious awareness.
 - While our body is experiencing hundreds of thousands of unconscious processes every second, our conscious mind also affects our body. “Your thoughts condition your mind and your feelings condition your body. And when you have mind and body working together, you have the power of the universe behind you.” (10)
 - “The power that made the body is the power that maintains and heals the body.” (11)
 - The subjects of Joe Dispenza’s studies “came to understand that if they tapped into this intelligence and used their thoughts to direct it, it would know how to heal their bodies for them. Their greater mind already knew how to take care of business, if they could make contact with it.” (11)
- ❖ **(2) Thoughts are real; thoughts directly affect the body.**
 - Your thoughts become matter, and thinking creates feeling. “Your every thought produces a biochemical reaction in the brain. The brain then releases chemical signals that are transmitted to the body, where they act as the messenger of the thought.” (11)
 - Dr. Dispenza gives an example of a man, Tom, who developed various digestive ailments and constant pain in his spine. Upon self-reflection, Tom came to the realization that he was suppressing anger, self-pity and victimization related to a job he hated. Tom’s body just “couldn’t stomach” the repeated patterns of thinking, believing, feeling and living these toxic thoughts. Healing began with this realization.

- The subjects of Dr. Dispenza's study all recognized that their attitudes were the basis of their well-being. They began to pay attention to their thoughts. "To their surprise, they found that their most persistent, negative inner statements were not true." (13)
 - At some point, all those Dr. Dispenza interviewed had to "fight against the notion that one's thoughts are uncontrollable. Instead, they had to choose to be free and to take control of their own thinking." (13)
 - We need contemplation and self-reflection to become aware of our unconscious scripts. Ultimately, we can exercise control over our thoughts and neurologically break them apart. "Just as all thoughts set off biochemical reactions that lead to behavior, our repetitive, unconscious thoughts produce automatic, acquired patterns of behavior that are almost involuntary... It takes awareness and effort to break the cycle of a thinking process that has become unconscious." (14)
- ❖ **(3) We can reinvent ourselves.**
- "To become a changes person, [you] have to rethink [your]self into a new life." (14)
 - Ask yourself questions (find a list of great questions on pg 14) that challenge your assumptions and beliefs about who you are.
 - Gather information. Delve into books and movies about people you respect. Use all of this "as raw material to start building a new representation of how they wanted to express themselves." (14)
 - "Letting go of familiar, comfortable habits of thought, these individuals assembled a more evolved concept of whom they could become, replace an old idea of themselves with a new, greater ideal." (16)
 - Neurophysiological research explains how mental rehearsal develops neural networks. Dr. Dispenza explains this research and the results: Neural networks developed through mental rehearsal "explains how the brain changes with each new experience, how different types of memories are formed, how skills develop, how conscious and unconscious actions are behaviors are demonstrated, and even how all forms of sensory information are processed." (16)
 - Using Sheila as an example, Dispenza explains how cultivating awareness of habitual thought can interrupt their negative influence on health. "Nerve cells that no longer fire together, no longer wire together." (17) When Sheila was able to interrupt her unconscious patterns, she no longer fired the same associated neural networks on a daily basis.
- ❖ **(4) We are capable of paying attention so well that we can lose track of relative space and time.**
- "Healing required these rare individuals to change their minds permanently and intentionally to create the outcomes they desired. Each person had to reach a state of absolute decision, utter will, inner passion and complete focus." (17)
 - "Certainly, these folks had to wrestle with limiting beliefs, self-doubt and fears. They had to deny both their familiar internal voices and the external voices of other people, especially when these voices urged them to worry and to focus on the predicted clinical outcome of their condition." (18)
 - "The more they practiced paying attention to their thoughts, the easier this process became, and the better they felt about their future. Feeling peaceful and calm, soothed by a sense of clarity, a new self emerged."
 - "The latest research in functional brain-scan technology has proven that when people are truly focused and concentrating, the brain circuits associated with time, space and the feelings/movements/sensory perceptions of the body literally quiet down. As

human beings, we have the privilege to make our thoughts more real than anything else, and when we do, the brain records these impressions in the deep folds of its tissues. Mastering this skill is what allows us to begin to rewire our brains and changes our lives.”(18)

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Check out the resources from Dr. Joe Dispenza’s website, including brain quizzes, videos and articles - http://www.drjoedispenza.com/index.php?page_id=media

Do you love the idea of changing your thoughts from negative to positive, but aren’t sure how? Check out this starter article in *Psychology Today*: <http://www.psychologytoday.com/blog/the-mindful-self-express/201304/become-the-ceo-your-own-brain-in-six-easy-steps>

An introduction to basic steps one can take to “retrain” the mind - <http://www.lifetrainings.com/Your-unconscious-mind-is-running-you-life.html>

Limiting self-doubt and fear is a tall-order, but one that Dr. Dispenza reminds us can be done. Take the first step by limiting worry in your life - http://www.huffingtonpost.com/2013/10/01/stop-worrying-anxiety-cycle_n_4002914.html