

REDESIGNING **YOUR**DESTINY

with Dr. Joe Dispenza

The 4-Lesson Bonus Course

Tools to Create a New Life



1

Bonus Lesson



LESSON 1



Why Change is so Hard

The process of change and transformation, of making your behaviors match your intentions is a difficult one. The challenge lies in your ability to close the gap between knowledge and experience. But change isn't as hard as you think if you know how to focus your attention and direct your energy. Your body constantly follows the direction of your mind as you place your attention on different elements in your external world. It is possible then for your body to follow your mind to an unknown experience just like it does to one you're familiar with.

If you remain focused on a new future and keep revisiting it every day, your body follows your mind into this new experience. When you connect to emotions of unhappiness, or fear, which are chemical residues of the past, you siphon vital energy from the present moment. Your reality is made up of all the known elements in your life. This includes the physical world, that's made up of things and people, and the inner world which is made of thoughts and feelings. If you keep your attention on the known, you'll keep creating more knowns in your life.

Emotions are energy in motion and the stronger the emotion, the more attention you place on the cause. So, when you disinvest your attention off negative elements in your life, you begin to weaken their emotional bonds and bring your energy back to you. This interacts with your electromagnetic field to create new energy which can be used to design a new destiny. By disinvesting your energy from the areas of your life that are not moving you can build your own energy field and create a new future for yourself.

EXERCISE



What has your experience been while trying to change or transform your current situation?

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Describe the new future you see for yourself and the one thing you can do every day to achieve it.

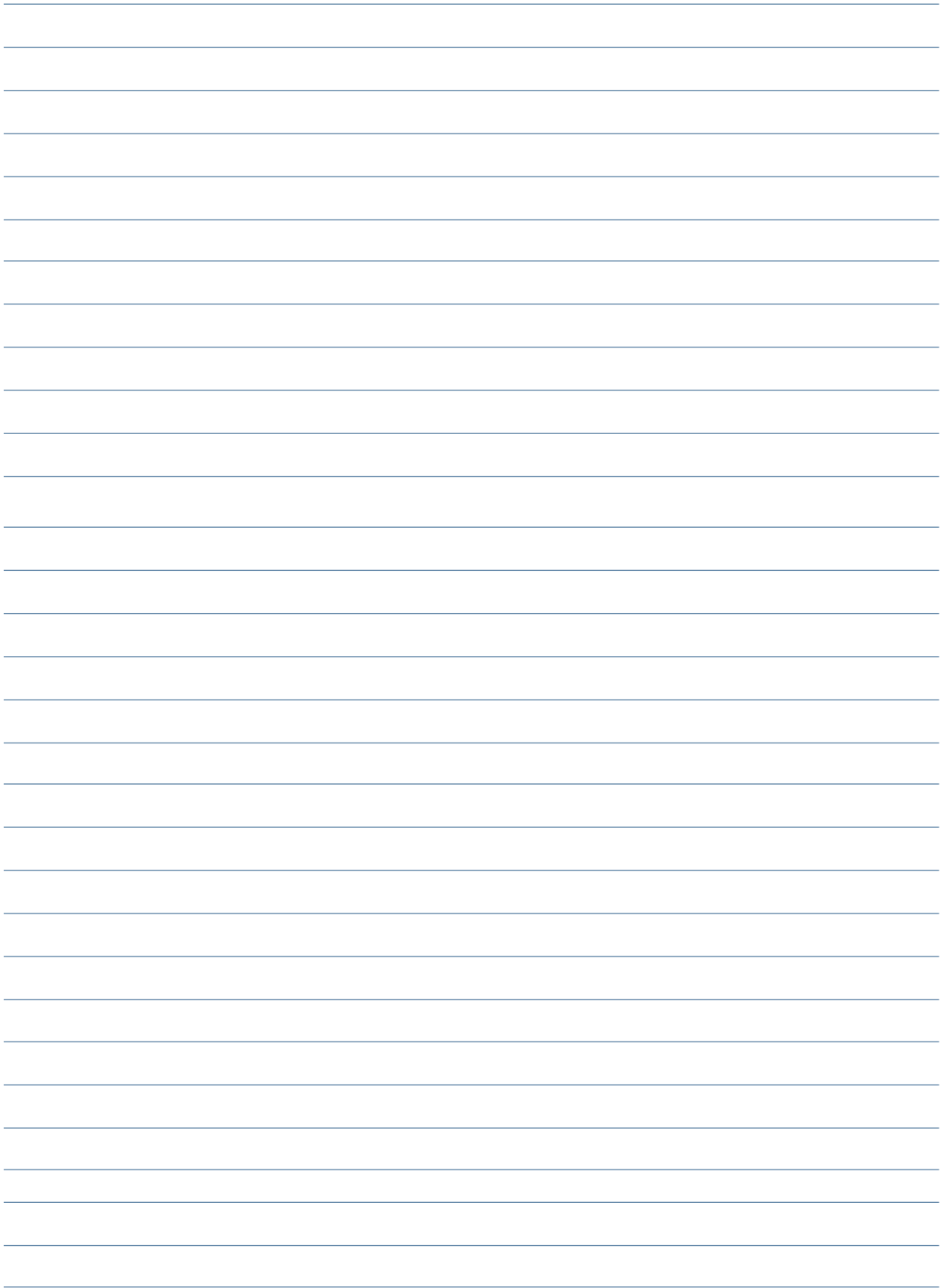
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Your task in this lesson is to better understand the nature of change to improve your chances of achieving it. You will see how focusing on the goal and making a conscious decision everyday produce favorable outcomes.



LESSON 2



A Quantum Perspective

Today, most people are living in survival. And living in survival is living in stress. And stress occurs when your brain and body are knocked out of balance. Whenever you react to your outer environment emotionally, and you begin to tap from the invisible electromagnetic energy field surrounding your body and turn it into chemistry. Living in stress means the body becomes constantly aroused by the rush of energy from adrenaline. Over time, people start to become addicted to the sources of their stress and begin to seek them out.

When we turn on the stress response for prolonged periods without switching it off, it leads to disease. This problem is compounded by the neocortex, our thinking brain, which can turn on the stress response by thought alone. Your thoughts can literally make you sick! When you begin to create the life that you want and you're going to have to drag your body to the point where you want it to be. And this is going to take a certain amount of time. Our program is designed to help you take your attention off the outer reality to a field of information called the unified field.

You begin to feel more whole when the brain and heart start functioning more coherently. The two hemispheres of the brain begin to synchronize and the union of opposites is called wholeness or love. The moment this happens, the heart begins to produce a significant magnetic field that makes you feel connected to something greater. When we view this from a quantum perspective, we create a realm beyond space and time to bring our dreams to life. The key is to never predict what is going to happen or when, because that's the unknown.

EXERCISE



Think of a time you felt stressed by something happening around you. What did you think and feel in that situation?

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How did you react in that situation?

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What can you consciously do, think or feel differently next time?

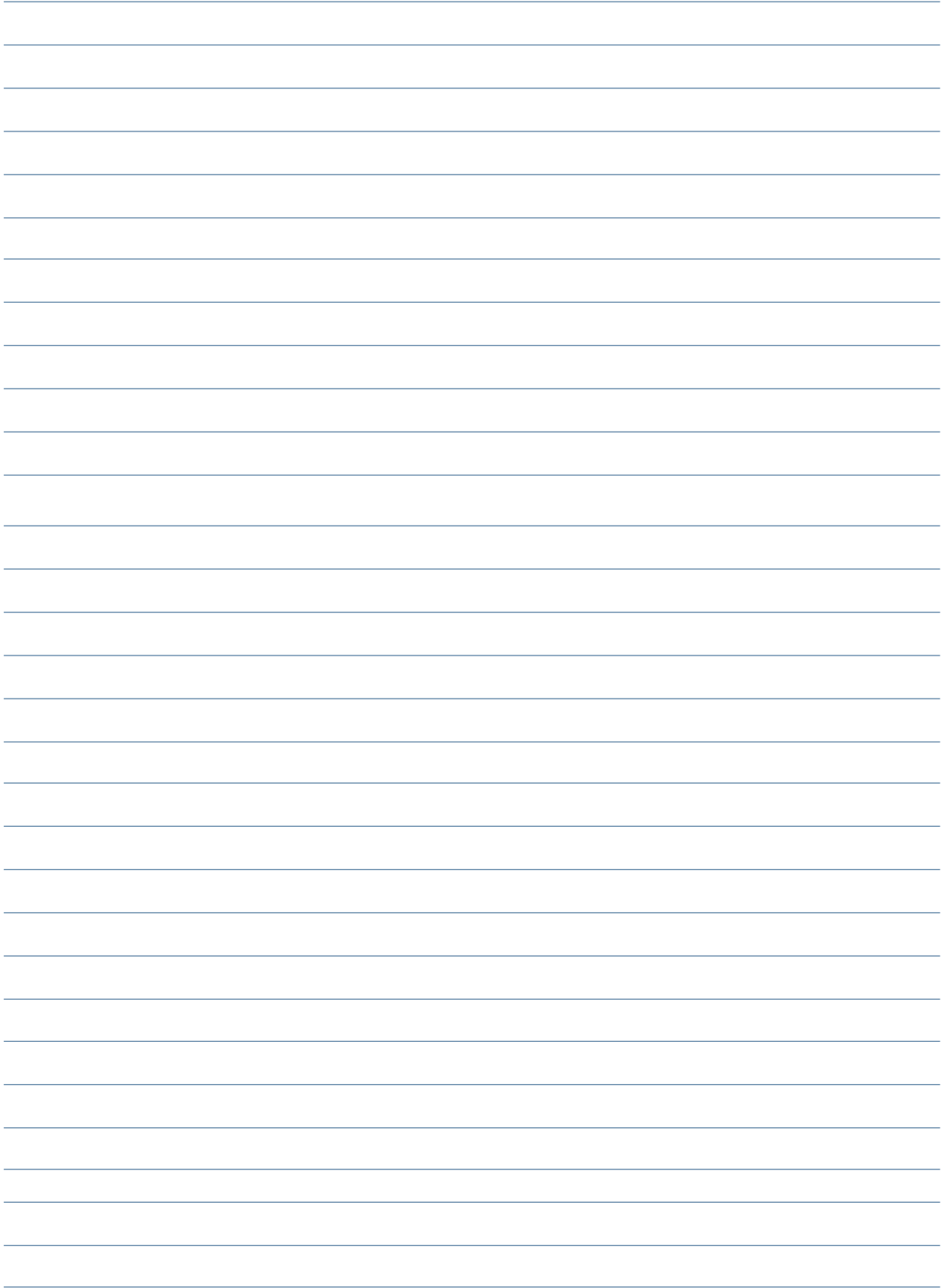
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It is sometimes difficult to identify when you are stressed. Many people are stressed all the time without knowing it. Do you constantly think about the future? Are you worried and afraid of yesterday? Remember to always check your thoughts.



LESSON 3



The Act of Meditation

If you are constantly stressed and all of your attention is on their outer world, then you are disconnecting from the unified field of possibility. However, when you reduce the sensory information that's coming into your brain from the physical reality, the more you can focus on your inner world of thoughts, and feelings. The action of doing this creates some very significant physiological and biological changes in the brain. By shifting your attention from problems and disconnecting from your outer world, you go beyond your body and time.

The act of meditation diminishes the amount of connection you have to your outer world. When you begin to go inward and you take your attention off your body, you stop thinking about the possible future or the familiar past and relax into the present moment. Then you can feel safe enough to create new realities for yourself. Because where you place your attention is where your energy goes, the more that you begin to relax into meditation the more you begin to change your brain to have the circuits in place to perceive the energy field around you.

As you connect to the unified field, you go from the consciousness of being a somebody to the consciousness of being nobody, to the consciousness of being everybody. This field lives within and all around you and the moment you become nobody and no time, you surrender into the present. The more you remain in the present using meditation, the shorter amount of time it takes for things to begin to materialize in your life. Practicing meditation allows you to connect to the unified field and you begin to see the miracles and opportunities begin to show up.

EXERCISE



Have you tried the act of meditation before? What did you think and feel in that situation?

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How often can you practice the act of meditation? How many hours a day? How many days a week? Create a schedule and write it down below.

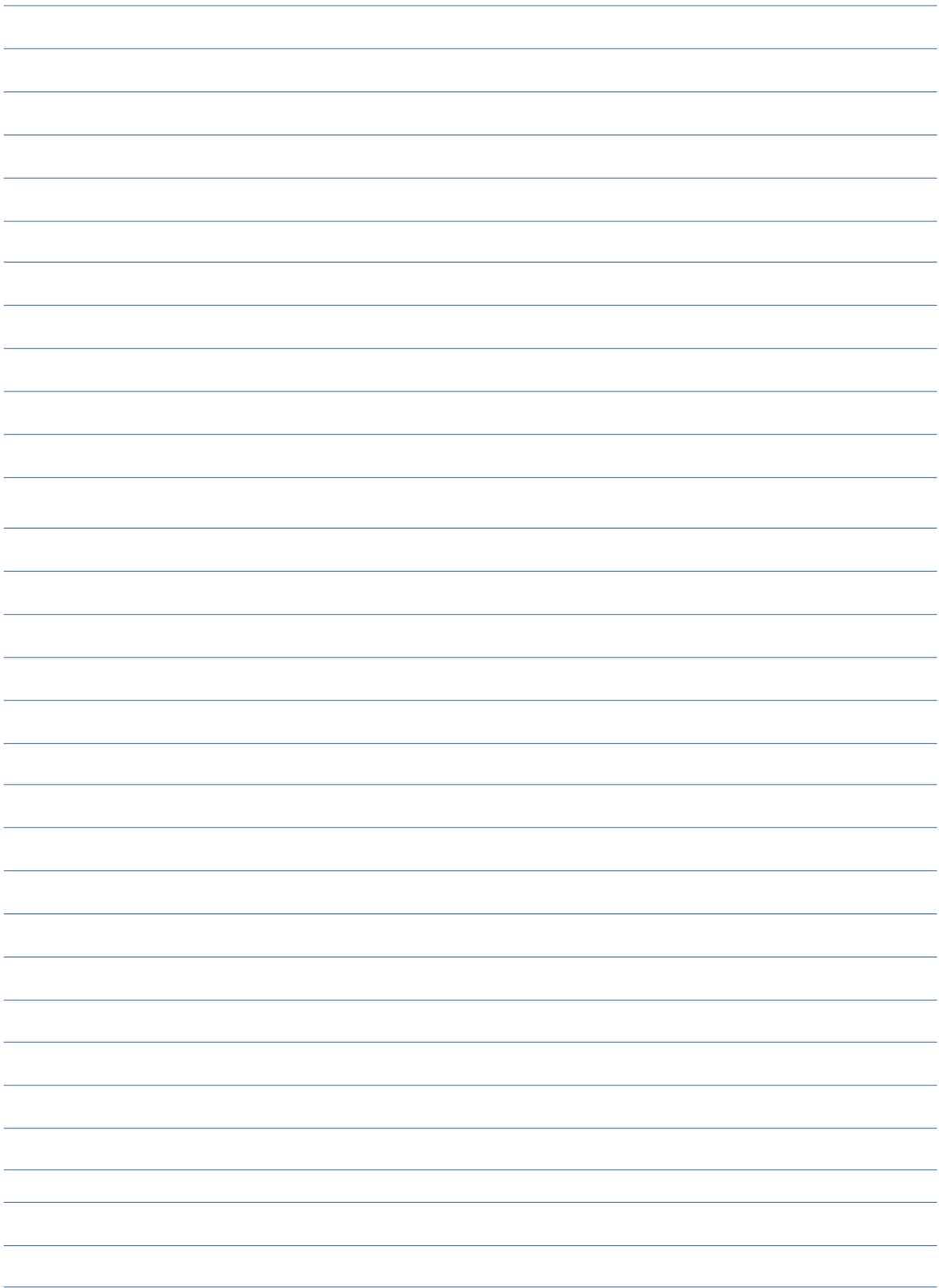
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The act of mediation keeps you in the present and allows you to experience significant changes in your life and within your body within a seemingly shorter amount of time as you get closer to the unified field.



LESSON 4



How Do We Do It?

In this lesson, Dr. Joe Dispenza shares his experience trying to find the answer to why many find it hard to make measurable changes in their lives. In his book *Breaking The Habit*, he outlined some of the principles of personal change and transformation. In *You Are The Placebo*, he shows people how to heal by thought alone. In this online course, you find that you have within your reach, all the machinery to connect to the unified field of intelligence around you. You learn how to organize your autonomic nervous system and create more wholeness and balance in your body.

You do this by focusing your attention on staying present, on experiencing moment after moment. When you become pure consciousness is the moment you make contact with the unified field. Thousands of brain scans have shown that you're at your absolute best when you get beyond yourself. When you take your attention off the physical world and become pure consciousness. This course is about inspiring you to realize that you are the creator of your life and provide you with the tools and principles to do it. The instructions are for you to begin to create a new future and heal yourself.

Over the last decade, students have been using these principles to heal themselves from cancer to rare genetic disorders that medical science has had no solution for. Many have had significant changes in their brain function, in dealing with depression and anxiety. If you adopt the principles taught in this course you become conscious of those unconscious thoughts so you'll never go unconscious or return to your old self again. You will come up against certain limitations but if you break through as many people have, you should begin to see changes in your life.

EXERCISE



**Have you learned and adapted the principles taught in this course?
Did you notice any changes in your life? Write down your experiences so far.**

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Practicing the principles taught in this course is the key to achieving the changes you are looking for. These principles can be used wherever, whenever you have some time. This is a very way to become the creator of your life.

