

Evolve Your Brain

The Science of Changing Your Mind

London, Friday 14th November - Sunday 16th November 2008

Knowyourself and Staying Alive (UK) Ltd are delighted to be hosting a weekend of events with Dr. Joe Dispenza D.C.

Starting on Friday 14th November Dr. Joe Dispenza will be doing a 2 hour lecture with Q&A session together with a book signing in London. Continuing over Saturday 15th and 16th November he will be running a 1.5 day workshop in London.

For individuals that wish to master the power of their minds and create the kind of lives that they deserve to be living this event is a must. This will be the only visit that Dr. Joe Dispenza will be making to the UK this year.

"In this infinite sea of potentials that exist around us, how come we keep recreating the same realities?" **Dr. Joe Dispenza**

The most often referenced interview in the multi-award winning docu-drama **What the Bleep Do We Know!?** was with Dr. Joe Dispenza – on how he creates his day. In What the Bleep, Dr. Joe began to explain how the brain evolves – by learning new skills, developing the ability to concentrate in the midst of chaos, and even healing the body and the emotions.

Dr. Joe has spent decades studying the human mind – how it works, how it stores information, and why it perpetuates the same behavioral patterns over and over. His extensive research in neurology, neurophysiology and brain function was recently published in his acclaimed book *Evolve Your Brain: The Science of Changing Your Mind*.

Now, Dr. Joe brings these cutting edge scientific findings relating to the quantum world, mind, spontaneous healing and the biology of change – including the science behind the premise that thoughts do matter.

Join us for these interactive days that will discuss and show how you can re-train your brain to change the results in your life for good.



Venue:

B.5 Auditorium, Waterloo Campus King's College, Franklin-Wilkins Building,
150 Stamford Street, London SE1 9NH.
Nearest tube station: Waterloo (272 yards)

To book your place...

Go to www.stayingalive.eu.com click 'book now' alongside the relevant event on the homepage.

Michael de Groot
Staying Alive (UK) Ltd

Michelle McLean
Knowyourself

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"When I lecture on all the ingredients it takes for a person to turn around his or her condition, I

truly feel blessed that I can contribute to the layperson's understanding of the brain and the power our thoughts have to shape our life." **Dr. Joe Dispenza**

START EVOLVING YOUR BRAIN IN THIS 2 HOUR SEMINAR

With the dynamic combination of science and accessible how-to, Dr. Joe will discuss how we can use the most important tool in our body and life – the brain.

Dr. Joe will cover what neuroscience has to say about rewiring the brain, his research into spontaneous remissions, and how we keep repeating the same patterns in our life. He will provide sound information that allows you to draw important conclusions and understand how new thinking and new beliefs can literally rewire one's brain to change behaviour, emotional reactions, and habit forming patterns.

In this enlightening discussion, Dr. Joe will cover areas such as:

- How the mind can heal
- The relationship between thoughts and the physical body
- How disease is created
- What true potential we have to change and evolve our brain
- How we change and why change is so difficult
- Neuroplasticity and the art of rewiring the brain
- The effect of stress on the brain and the body
- What is mental rehearsal and how can we use it to change
- The importance of the frontal lobe in reshaping your brain and your destiny

The seminar includes 30 minutes of Q&A and is followed by a book signing. The information presented will lay down the foundations for the 1.5 day workshop that follows.

While not essential, if you are planning on doing the workshop, it is recommended you attend this seminar first to get maximum results.

RE-TRAIN YOUR BRAIN IN THIS 1.5 DAY INTERACTIVE WORKSHOP

Dr. Joe will take you further on the journey of brain evolution in this interactive workshop where you will work on a particular area of your life that you wish to change, and learn first hand the tools you need to change your results.

Using multi-media presentations and through interactive processing that allows you to begin to make important changes, you will be given the important steps to overcome destructive emotional states such as insecurity, unworthiness, anger, and so on – and replace them with new states of mind.

In this powerful workshop, Dr. Joe will guide you through a step by step process of personal change in which you will transform yourself from thinking to doing to being.

You will learn:

- The 10 steps to rewiring your brain – the basis of Dr. Joe's book
- How neural nets are assembled
- What is mind
- How to evolve your brain by changing your mind
- How to break unwanted emotional patterns
- What is attention and how you can improve it
- The relationship between your mind and your life
- How to create new patterns and habits in the brain and body

The workshop includes notes and there is a 30 minute break halfway through. While not essential, if you are planning on doing this workshop, it is recommended you attend the 2 hour seminar first, as an introduction to Dr. Joe's work and to get maximum benefit.

You will leave this workshop having made significant changes in your life by re-wiring your brain and the tools that enable you to apply this process at any time in the future.

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"The brain does not know the difference between what it sees and what it remembers."

Dr. Joe Dispenza

His new book, *Evolve Your Brain: The Science of Changing Your Mind* connects the subjects of thought and consciousness with the brain, the mind, and the body. The book explores "the biology of change." That is, when we truly change our mind, there is a physical evidence of change in the brain. As an author of several scientific articles on the close relationship between the brain and the body, Dr. Joe ties information together to explain the roles these functions play in physical health and disease. His DVD series, *Your Immortal Brain*, looks at the ways in which the human brain can be used to effect reality through the mastery of thought. He also sits as an invited editorial advisor of "Explore Magazine."

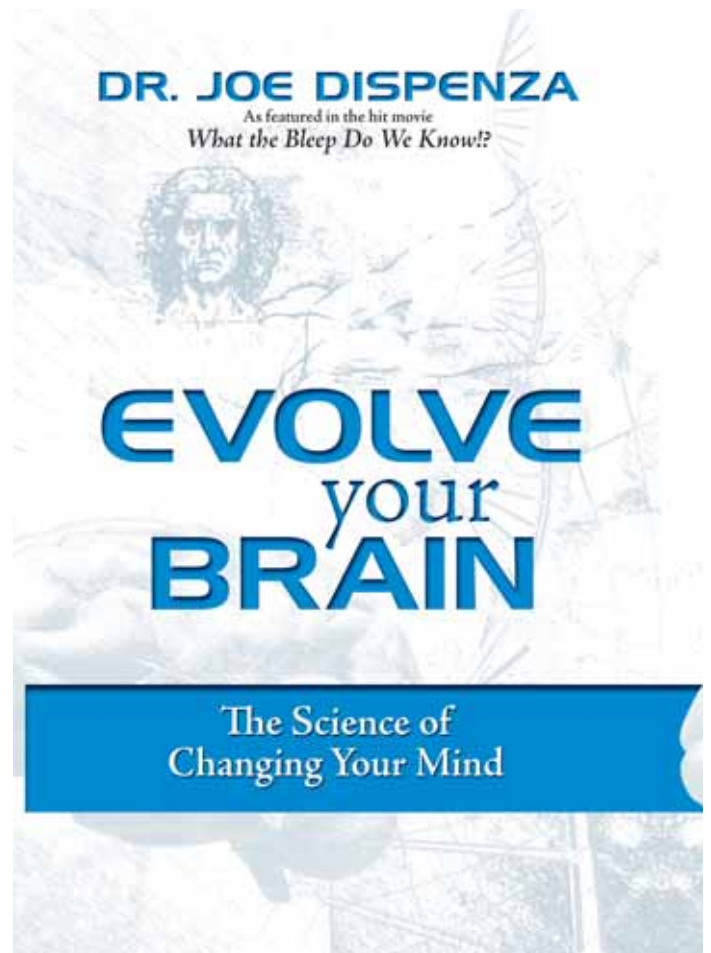
In his research into spontaneous remissions, Dr. Dispenza has found similarities in people who have experienced so-called miraculous healings, showing that they have actually changed their mind, which then changed their health.

Why do we keep getting the same jobs, taking on the same relationships, and finding ourselves in the same emotional traps? In *Evolve Your Brain: The Science of Changing Your Mind*, Dr. Joe Dispenza not only teaches why people tend to repeat the same negative behaviors, he shows how readers can release themselves from these patterns of disappointment.

With the dynamic combination of science and accessible how-to, Dispenza teaches how to use the most important tool in one's body and life—the brain. Featured in the underground smash hit of 2004, "What the Bleep Do We

Know!?" Dispenza touched upon the brain's ability to become addicted to negative emotions. Now, in his empowering book, *Evolve Your Brain*, he explains how new thinking and new beliefs can literally rewire one's brain to change behavior, emotional reactions, and habit forming patterns.

Most people are unaware of how addicted they are to their emotions, and how the brain perpetuates those addictions automatically. In short, we become slaves to our emotional addictions without even realizing it. By observing our patterns of thought, and learning how to 're-wire the brain' with new thought patterns, we can break the cycles that keep us trapped and open ourselves to new possibilities for growth, happiness and emotional satisfaction.



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IT TOOK ONE MOMENT TO CHANGE

JOE DISPENZA'S LIFE FOREVER

At age 23 during a triathlon, Dr. Joe was knocked from his bike by a car, causing multiple fractures to his vertebrae. Several doctors said his only hope of walking again was to fuse some of the vertebrae in an operation that would leave him with a lifetime of pain and limited mobility.

But, as a chiropractor, Dr. Joe knew enough about spinal health and his own post-accident physical state to take a remarkable risk. He refused the operation and, along with a careful therapeutic program, Dr. Joe literally thought his way to healing. Three months later, he was able to walk and function as well as he had before the accident. He credits a large amount of that recovery to the power of his own mind.

This incredible experience spurred Dr. Joe on to learn about this most important tool that we all have – the brain – and he passes that potent knowledge onto you in his new book, seminars, and workshops *Evolve Your Brain: The Science of Changing Your Mind*. Here, Dr. Joe explores the interconnectedness of the brain, the mind, the body, and consciousness. The premise of Dr. Joe's work is founded in his total conviction that every person on the planet has within them the latent potential of greatness and true unlimited abilities.

ABOUT Dr JOE DISPENZA, D.C.

Dr Joe Dispenza, D.C., received his Doctor of Chiropractic Degree at Live University in Atlanta, Georgia, USA. His undergraduate training was in biochemistry, and his postgraduate and continuing education is in neurology, neurophysiology, and brain function. His work on the brain and the relationship between the mind-body connection was inspired by a serious accident which caused multiple fractures to his vertebrae.

One of the scientists, researchers, and teachers featured in the award winning film, "What the BLEEP Do We Know!?", Dr. Dispenza is often remembered for his comments on how a person can create their day, which he discussed in the film. He also has guest appearances in the theatrical directors cut, "What the BLEEP Down the Rabbit Hole" as well as the extended Quantum Edition DVD set, "What the BLEEP Down the Rabbit Hole".

As the author of several scientific articles on the close relationship between the brain and the body, he explains the roles these functions play in physical health and disease.

Dr. Joe is an invited member of Who's Who in America, an honorary member of the National Board of Chiropractic Examiners and an editorial advisor of *Explore Magazine*.

He has studied and taught various topics from quantum physics to brain function to intentional thought to the nature of reality. One of the most popular scientists featured in the award winning film, *What the Bleep Do We Know!?*, and the extended *What the Bleep Down the Rabbit Hole*, Dr. Joe is best remembered for his comments on how a person can create their day. When not traveling and writing, he is busy seeing patients at his chiropractic clinic near Olympia, Washington.

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