

Visualizing Your Day

I Create My Day

Adapted from :What the #\$BLEEP*! Do We Know!?

The most often referenced interview in the film *What the #\$BLEEP*! Do We Know!?* is Dr. Joe Dispenza's comments on creating his day. In response to the numerous requests, the following is the transcript of that part of the interview.

"I wake up in the morning, and I consciously create my day the way I want it to happen. Now, sometimes, because my mind is examining all the things that I need to get done, it takes me a little bit to settle down, and get to the point, of where I'm actually intentionally creating my day. But here's the thing."

"When I create my day, and out of nowhere, little things happen that are so unexplainable, I know that they are the process or the result of my creation. And the more I do that, the more I build a neural net, in my brain, that I accept that that's possible. Gives me the power and the incentive to do it the next day."

"So, if we're consciously designing our destiny, if we're consciously, from a spiritual standpoint, throwing in what the idea that our thoughts can affect our reality or affect our life, because reality equals life. Then, I have this little pact that I have when I create my day."

"I say, I'm taking this time to create my day, and I'm infecting the Quantum Field. Now, if it is in fact, the observer's watching me the whole time that I'm doing this, and there is a spiritual aspect to myself. Then, show me a sign today, that you paid attention to any one of these things that I created, and bring them in a way that I won't expect."

"So, I'm as surprised as the- as the- at my ability to be able to experience these things, and make it so that I have no doubt that its come from you. And so, I live my life, in a sense, all day long, thinking about being a genius, or thinking about being the glory and the power of God, or thinking about being Unconditional Love."

"I'll use living as a genius, for example. And as I do that, during parts of the day, I'll have thoughts that are so amazing, that cause a chill in my physical body, that have come from nowhere. But then, I remember that that thought has an associated energy, that's produced an effect in my physical body."

"Now, that's a subjective experience, but the truth is is that I don't think that unless I was creating my day to have unlimited thought, that that thought would come."

-Dr. Joe Dispenza in "What the #\$BLEEP*! Do We Know!?"