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An overview: Neuro science meets quantum physics- the placebo effect by Dr Joe Dispenza and Kent Tompkins' insights.

Vital concepts to explore:

- out of the infinite possibilities comes solutions in quantum physics.
- visualization of being completely healed-creating a new future now.
- meta cognition-the human has ability to think about what they are thinking or feeling. so inherent in this is the ability to change thoughts and feelings.
- The brain/ego is always linked to 'story,' an event always in the past, with fear attached due to an event that occurred in the past, and brain/ego says, "watch out, it can easily happen again." Staying stuck in here, limits our ability to expand because we are viewing a sliver of the big picture, thus unable to see the vast new possibilities.

Dr. Joe Dispenza:

- He traveled to 17 countries worldwide and studied people with health conditions. He wanted to find the trends among them (a natural law of healing), and he found out the trend or cause of the illness and subsequent healing process they all shared.

He discovered:

- 4 pillars of healing:
  1. There is an active intelligence living within us.
  2. It is our own mismanagement or lifestyle that has led to the problem.
  3. The 3rd pillar is re-inventing a new self, not waiting for the healing to occur, or waiting for something outside of ourselves to occur. /therefore, those that improved, emotionally embraced the healing to occur.
  4. The 4th pillar is losing all track of time and space.

Details of each:

1. **There is some intelligence living within us**, not necessarily mystical, some call it innate intelligence or the Spirit within. This part has an amazing will, mind etc that receives pings to continually change, achieve homeostasis. This part assists in the healing of the person. Attention and surrender is then needed to allow this part to heal us on all levels.
  2. **It is our own mismanagement or lifestyle that has led to the 'problem.'** 95% of people walk in for help due to a stress response (which is the way the body attempts to return us back to order through our innate mechanism.
- However, the human can turn on stress with thought alone. Our psychological and emotional stress response makes us the sickest.

- Only 5% are born with genetic conditioning, like type 1 diabetes, sickle cell anemia etc. There are varying types of stress; such as environmental/chemical, physical, emotional, spiritual. With each type of stress (when the body is knocked out of balance), in the same way, this internal system returns us to homeostasis.
- The human can bring on a stress response with thought alone, and in that moment, the body/mind perceives the moment as real and then produces a pharmacy of hormones to match that thought. So in that moment it is 'real' and we move the body out of balance. The problem with the human is we can turn on the stress response by thought alone and focus on worst a case scenario, while unfolding the worst memories as if they are real and going to happen. This is driven by the brain/ego's perception of what is happening, and it is 100% inaccurate, yet it feels that it (brain/ego) is correct, and protecting us.
- We then attend to that stress response and nothing else by unfolding that memory from the grey matter in our brains. When we turn on the stress response, we are headed for disease. The psychological and emotional stress create the most distress in the human, and in turn dysregulate or *down-regulate* the genes that create disease, when we turn on the stress response with thought alone.
- People need to own their own mismanagement. The goal is to become aware that every time we have a thought, we create chemicals to match that thought, and the feelings or emotions follow suit.
- It may have taken them 4-5 years to create the manifestation of disease. The repetition of this loop conditions the body, and this becomes a habit, just like a subconscious program.
- So by the age of 35, most people are on auto-pilot, based on this conditioning process. Your personality creates your personal reality. So to create a new life we need to think about what we have been thinking about, and look at the emotions that have created the present state of being. Lighting a match in a dark place, starts the adventure into changing one's internal landscape. This place Kent refers to as the VOID, for it is within this powerful place where deep healing occurs. There are typically no road markers or links to commonality that the brain/ego can read. It is within this mystery where we give up control, adopt a choice to live in the now, while allowing old habits, ideas and operating systems to die, morph into something that serves our wellness, without the self-sabotage that was present in the past behavior.
- Most people try to create a new reality with the same personality, and fall short, it doesn't work. Stopping the blaming of others, and certain accidents etc., starts the healing process.
- The brain is just an artifact of the past. You can't hold onto the things of the past and create a new future now. Psychology calls stress a normal aspect of living, and now looks at it as an altered state of reality. So if we keep turning on these stress responses to perceived dangers, our immune system becomes compromised due to

using up internal resources intended for the building of new heightened states of awareness and consciousness.

- The body then has become the mind, the servant becomes the master in this dysregulated state. So people need to accept that stress hormones have been making them sick. This calls for personal awareness, to objectify themselves, and have a greater mindful awareness, while pulling out of the stress response patterns. We do have the capacity to make wise or creative decisions if tornado warnings are sounding, while we are planning the remodel of our kitchen.

**3. Reinventing a new self:** The 3rd pillar is re-inventing a new self - not waiting for the healing to occur, but rather igniting the healing from within. People who heal themselves are not focused on something outside of themselves to occur. So they have emotionally embraced the healing to occur.

- We can produce our own pharmacy of chemicals by healing by thought alone.
- 81% of depressed people get better through placebo studies. So when we combine a clear intention with a positive emotion, we start the process of create a new future reality now.
- Then the body becomes the unconscious mind and the two are operating in unity or integration versus dysregulation. We thus visit the unknown over and over again, and a new reality is created. This typically takes 6-8 weeks to experience the significant shift. This also requires moving beyond the analytical mind and into the VOID.
- One can use meditation, prayer etc to move beyond the analysis. When we are in crises, we tend to focus on fear and those things we don't want to happen. The more we can focus on shifts in our body, this becomes a guidepost for a new awakening. The positive somatic experiences then reinforce the new growth, and a new cycle of wellness gains traction.
- Every time we have a thought we produce a chemical. If we have a great thought we produce a chemical that makes us feel great. If we have an unworthiness thought, we create a feeling of unworthiness. If we produce a fearful thought, we signal the body to feel fear. This pattern over four or five years can set up a disease pattern. Thus people in Dr. Dispenza's studies realized that they were creating their disease through a poor lifestyle.
- The brain because it is always monitoring the internal state of the body, creates more thoughts equal to that emotional state. So we then continue producing more thoughts that dysregulate our emotional well-being and in turn produce more chemicals to continue the imbalanced feelings. This repetition of thoughts and feelings and feelings and thoughts, begins to condition the body to subconsciously remember that emotion as well as what the conscious mind is telling us.

- Once the body becomes the mind, this creates what we call a habit. 95% of who we are by the time we are 35 is programmed into our subconscious programming. So these people realized they needed to break this programming.
- Thus, by the time we are 35 yrs of age, we are on autopilot.
- Your personality creates your personal reality. People who get better had to light a match in a dark place. It serves us to look at what we are thinking about and what emotions tie us to the past, and by taking responsibility and stop blaming others or past events. We need to decide if we want to hold onto those emotions and perceptions of the past.
- Our brain is organized to reflect everything we have thought and experienced in the past. The brain is an artifact of the past. So if we are feeling the same every day, it means nothing new is happening in the present. So the chemicals remain the same.
- So by looking at emotions that have traumatized us or branded us in the past, we become aware of the issues that are asking to be addressed. Stress in detail is: when we perceive a threat in our environment, our sympathetic NS places all focus on the external perceived threat. We then have little or no energy internally.
- So when we anticipate the future through addiction to fear or trauma, the body becomes the mind. The servant becomes the master. This pattern is reversed through good therapy, and staying the course to reverse patterns that no longer serve us.
- People who get better, start forgiving, letting go, and changing their internal states. They become increasingly conscious and aware of these states of being. They learn to objectify their subjective selves, and liberate that emotion out of the body. This is called awareness. Deeper growth then expands awareness and this expands our consciousness.
- So when (in a dysregulated pattern) a worst case scenario is chosen from the infinite possibilities in quantum physics, based on past experiences, the future can easily become the past, based on our choices. People who improved found themselves re-inventing themselves, while involving the frontal lobe center of their brains. The frontal lobe area is the creative, CEO area, where new ideas can come from, where we can restrain feelings, conjure up new ideas etc. We can change our brains by simply thinking differently. The frontal lobe has connections to other parts of the brain. A new idea called an intention, through mental rehearsal occurs, when the inner world becomes as real as the outer world. This is important to create a new future now through intention and involving the body.
- The Newtonian model of reality says to wait for cause and effect. The invitation is to move past this way of thinking and operating. This model has deep roots socially, and has served it's purpose. /we are moving beyond this.
- Hence the quantum healing model of reality says that to emotionally embrace wholeness is the precursor for having wholeness. So as those who got better

embraced the wellness before the event actually occurred, they were actually choosing new hormones, genes and proteins as they called in the new future.

- The frontal lobe is the workshop, the thought actually becomes the experience, and the end product of the experience is an emotion. Remember, the body does not know the difference between a vision of the future and the present reality, so the biology is changing within us to reflect a new future now rather than being defined by the experience from the past.
  - Can we believe in a future that we cannot see or experience yet with our senses? Can we integrate having seen the event or experiences enough times through our imaginations so that our brains have changed as if the event has already occurred? Neuroscience studies say yes.
  - Can we fall in love with the future potential that already exists in the quantum field and emotionally embrace a new reality before it is made manifest. YES. Can the body heal as the subconscious mind begins to embrace this future reality? YES. Can the body and mind heal as if they are both living in this future reality (within the present moment) by producing the hormones, proteins and chemicals to create a new state of being? YES.
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  - Regarding pain, pain levels decrease by shifting this movement from the past into one of creating a new future. The old personality carried the pain or disease, not the newly created realities. People who stepped onto this healing path found themselves too busy being someone else, someone NEW.
  - Clients in Dr. Dispenza's study and in Kent's practice also started experiencing increased amounts of gratitude. They leave the past continually. The body actually moves into a new future, the heart starts to open, to feel selfless. The survival emotions make us feel selfish, protective, scared. When the heart opens, compassion and gratitude for self and others increases.
  - We then want others to feel better, live with more gratitude. If we are feeling gratitude for no reason, we accept, believe that whatever we are grateful for has already happened.
  - Thus we are mentally, emotionally and physically dimensionalizing something new.
4. The 4th pillar is they all **lost track of time and space**.
- When we become so involved in a creative process, we forget about ourselves. The frontal lobe is a volume control. It begins to lower the volume to the circuits in the brain. We forget who we are. We are nobody, yet infinite, in no time or space. The brain/ego cannot grasp this concept, it's impossible, yet it's a state of being as real as the chair you are sitting on (well for Kent, it's usually a core ball).

- Whatever is happening in the brain becomes real. We forget we have a body, if we are male or female, where we are living, what day it is, etc.
- We go to a place where we are pure consciousness. In these moments, the brain captures whatever we are thinking in our mind as the experience, and in turn upscales the hardware (our bodies, our wellness, shifting out of a disease state). The mind looks at the event as if it has already occurred. Thus we are continually creating a new future now.
- We are recreating transformation, transmuting old limiting patterns. The potential then exists for spontaneous remission, while maintaining a healthy feeling of nothingness along side of everything.

#### REMEMBER:

- When we live by the emotions of stress, we put our primary attention on the outer world. That is where the danger is, and we feel it in the body. We obsess on time, where the safest route is to take, who to avoid etc, then we are enslaved to our very chemicals.
- When we are truly present, we forget we have a body, about time etc, so to heal we need to reinvent our body, our somatic experience. To change our personality, we need to get beyond the personality. We need to get to a place of being nobody, no where to go, etc. Paradoxically, it is in this state of 'nothingness' where everything exists, new opportunity, those people, places and things that serve our highest good.
- It is a skill to enter a field of quantum physics. It is an elegant moment when entering the field of possibilities as a no one. We take our attention off the outer world, and turn our attention internally. Then our thoughts become the experience. Our focus then is on energy, space, and the brain becomes highly coherent, with a wider, dynamic perspective.
- What synchronizes in the brain links in the brain. Different compartments start talking to other parts, a psychic union occurs. A person feels more whole. Why would we want anything when we are whole. This trance like state helps us get past our analytical brain. Our brain waves are lowered, and we then sink into deeper subconscious realms and deeper awareness, which then leads to a deeper consciousness.
- We then also turn on more neuro-plasticity, in this state of creation.
- Can we teach these principles? Yes through science and mysticism. Science brings people together. Science displays repeatable models. Measuring brain waves are part of these studies, involving people from varying backgrounds. Finding the right therapist to assist with the mystical or spiritual processes is essential.
- The heart also produces a wider field around us when coherent and highly organized. Remember, when we are stressed we are also drawing from an invisible field

around us, and are more matter more than energy. The goal to deeper healing is to become more energy than matter.

- When in gratitude, the heart produces a large magnetic field. All frequency carries information. This magnetic wave produces magnetic signatures. This then fuels us to create a new future. When the heart is more coherent the brain is more coherent and vice-versa. The energy in a room rises. This helps people to realize how powerful they are when coherent. By creating a new future now, we are presented with what uniquely feeds us top to bottom, and when we see, hear or perceive this newness, we can simply invite in, 'that now!'
- This then opens us to new dimensional experiences, but a person needs to learn the aforementioned 4 steps first.

### **Moving beyond:**

- From here, (and moving beyond Dr. Dispenza's work), a person can then also navigate the realms of consciousness in a win-win paradigm energetically. There are realms where we receive continually upgraded codes that are customized for each of us and our unique DNA and soul's intention.
- This work deeply energizes the body, mind and soul to the fields of energy as light, moving beyond the body and mind as matter.
- In these deeper states of consciousness, we are introduced to deeper states of integration, magnetic signatures and coherent functioning by entering the infinite realms of possibilities. Imagine connecting up with a part of you that is already integrated, a part of you that has been calling you to it all along.
- Various symbols, intuitive messages and so forth have been guiding you to this place. When working in these dimensional levels, one learns how to navigate through these places of consciousness, while also gaining awareness of the meaning behind our daily encounters with others, why certain symbols repeatedly show up and so on. We learn to know what it is we are looking at, regardless.
- Along with this increased wellness comes a more refined relationship to food. If we have craved certain foods that fed into our self-sabotaging patterns, then your relationship to food will also need to be addressed.
- Our relationship choices will also experience a shift for the better, along with how we set boundaries for ourselves. Our sense of right timing will improve. In Kent's work, timing is a vital exploration. He assists others in setting their inner compass so as to trust one's intuition by being in those places that serve you the most. Self-sabotaging patterns allow us to be hijacked by others, going places that don't serve us etc. The power is being where we are the most vital, assured, and out of the distorted victim thinking, or afraid of hurting others' feeling. Remember, when one drops into the heart energy, compassion and gratitude for self and others increases dramatically.