

**FEATURED IN**  
**4<sup>TH</sup> MOST SUCCESSFUL U.S. DOCUMENTARY IN HISTORY -- "WHAT THE BLEEP DO WE KNOW!?"—DR. JOE DISPENZA, D.C. PRESENTS AND EXPLORES THE EVOLUTION OF THE BRAIN IN INTENTION MEDIA'S LATEST FILM RELEASE "EVOLVE YOUR BRAIN" THE SCIENCE OF CHANGING YOUR MIND**

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**Dr. Dispenza provides insight into the chemical reactions that can keep us addicted to behavioral patterns and feelings, including ones that make us unhappy**

**Intention Media**, whose founder Betsy Chasse is the co-creator of the acclaimed 2004 hybrid documentary feature "What the Bleep Do We Know?!" starring Oscar-winner Marlee Matlin is set to release "EVOLVE YOUR BRAIN" online and select stores nationwide (intentionmedia.com for details) July 29<sup>th</sup> on DVD. Dr Joe Dispenza is also the author of the previously published book *Evolve Your Brain – The Science of Changing Your Mind*. He 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. The film is a 2 hour seminar which illustrates how one can take control of their mind and even reprogram the brain to produce positive, more beneficial habits that can take over.

"You and only you have the power to change your mind and evolve your brain for a better life – for good," says Dr. Dispenza who holds a Bachelor's of Science degree with an emphasis in Neuroscience. Dispenza's post-graduate training and continuing education has been in; neuroscience; brain function and chemistry; cellular biology; memory formation and aging and longevity. "EVOLVE YOUR BRAIN" describes Dr. Dispenza's journey to discovery of principles which he first applies to his own life and then studied in depth to understand the scientific basis for what he was learning. After suffering from a near-fatal biking accident which left him with multiple fractures to his vertebrae, Dr. Dispenza was told 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, Dispenza 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, literally *thought* his way to healing. Nine months later, he was able to walk and function as well as he had before the accident, and he credits a large amount of that recovery to the power of his own mind.

In his research into spontaneous remissions, Dr. Dispenza has found similarities in people who have experienced so-called miraculous healings, showing that they can actually change their mind, then change their health. "EVOLVE YOUR BRAIN" walks you through the intricate anatomy of the brain and looks at ways the human brain can be used to affect reality through the mastery of thought. When we truly change our mind there is a physical evidence of change in the brain. Research with stroke patients is providing some of the most exciting evidence of the brain's potential to change. When a cerebrovascular accident—a stroke—occurs in the brain, the sudden decrease in the supply of oxygenated blood damages neurological tissue. The traditional thinking has been that if a stroke patient shows no improvement within the first two weeks, their paralysis will be permanent. Numerous studies are now exploding this myth. The positive results that stroke patients have achieved might make you wonder what increased attention and daily training could do to enhance the brain in healthy individuals, given the proper knowledge and instruction. The brain is, therefore not the mind; it is the physical apparatus through which the mind is produced. The mind is what the brain does. Essentially, the mind is the brain, animated. Without the brain, there is no mind.

The most often referenced interview in the documentary film "What the Bleep Do We Know?!" is Dr. Dispenza's comments on creating his 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." Merely touched on in "What the Bleep Do We Know?!" "EVOLVE YOUR BRAIN" applies both this spiritual understanding as well as new discoveries in quantum physics and molecular biology in a very understandable and readable format which can be understood by all.

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