

Ten tips for HSP's attending a Dr. Joe Dispenza long retreat

1. Even though Dispenza's long retreats can be overwhelming at times for the true HSP, it's still worth doing!
2. At some point you may know deep in your bones that you need to stay back from a portion of the retreat for your own good — if so, just follow your own inner guidance even if you feel the disapproval from others. You can trust yourself to know the difference between escaping versus attending to a core need. One section of one of the days I could feel I needed to stay in my hotel room to study and do my meditation on my own which proved to be one of the most transformative parts of the retreat for me. I knew I needed to integrate something and I needed to do it then and on my own. I'm super glad I listened to myself, and you will be too.
3. A common challenge for HSP's is loud noises. At Dispenza's long retreats you will be greeted with exceptionally loud and raucous music at the early beginning of each day. He also uses this loud music at the beginning of each session after each break. A simple solution is to wear noise canceling headphones during this very loud transition/wait period before Dr. Joe gets on stage and starts the program. I'm not sure why he feels he needs to adrenalize his students but he does. Take care to not get caught in that...as an HSP you don't need over stimulation to get and stay present and awake.
4. At the long retreat I attended, I witnessed Dr. Dispenza scoff on stage and in a huffy tone say: "Some people say I'm too Yang for their Yin". Something blocks him from seeing and attending to the simple truth that variety exists and one size does NOT fit all. Don't take it personally and just do what you need to do to take care of yourself at the retreat.
5. Throughout the retreat as Dispenza is presenting and guiding the group he will often yell out in an irritated way: "Come on! You didn't get that!" And then he will repeat himself. He will do this over and over. I learned to just tune out his irritated scolding. I never found it to be true for me that I didn't get it or wasn't paying attention. Just another opportunity for you to stay internally connected to your own truth and tune out what doesn't fit for you. Again, a necessary skill of sovereignty and peace of mind for the HSP.
6. There will be roughly 2000 people at the long retreat so it goes without saying, be well experienced in staying grounded in your own energy field and connection to the quantum field (a must have skill for every HSP). This way you can stay energy rich, grounded and enjoy the beautiful and high vibration this amazing community naturally creates. And you'll be able then to add to the field as well, instead of just taking from it.
7. Be prepared to be constantly surrounded by other people. The seating arrangement set by the Dispenza team leaves zero space between chairs. This is why number 6 above is so important. You can also create a little more space for yourself by coming early enough each day to get an end-of-the-row seat, or you can even make a place to sit at the back of the room or along the sides of the room. But be prepared to get there early enough to nab one of those spots because they go fast.
8. You will spend most of the time meditating so rest in the peace of mind knowing that deep quiet and profound quantum connection makes up the bulk of your experience. It's truly a gift to get to share such an experience with so many others with the same intention and high-level capacity.
9. Whatever you do, don't miss the day he starts the group especially early, earlier than all the other days. You may start as early as 4:00 am and he will guide you in an especially long meditation. Make sure your bladder is empty because if you leave the room you can't come back in until the meditation is over. During this long meditation he guided which lasted just short of FIVE hours...it felt like time disappeared and I was deep in the quantum field. Just give yourself over to the experience.
10. Make sure to bring a yoga mat, comfortable eye mask to keep the light out during meditations, a pillow and some way to keep yourself warm because the conference rooms can get cold. You will move between your seat and the floor throughout the retreat doing meditations. I found it helpful to have a back pack that carried everything I needed. A down jacket is also nice to have because its warm and light. A hoodie or beanie is also comforting and warming.

Note: If you're interested in finding a more feminine approach to your spiritual awakening and healing journey, I encourage you to check out Dr. Sue Morter. Dr. Morter and Dr. Dispenza appear to respect each other's work and both are transformational wizards but with Dr. Sue Morter you get both the masculine and feminine approaches combined. You can find her work at www.DrSueMorter.com.