

What worthiness is: an invitation by Dr. Joe Dispenza

Before we can begin to build a new future, we must first be at peace with the present. And that means letting go of the past – and all the unconscious thoughts, behaviors, and feelings that come with it. It means putting all your attention and energy on entering the unknown of the generous present moment – with willingness, curiosity, and gratitude for what already is. It's when we have an uncompromising desire to get beyond the old self in separation – and become the new self, connected to a new personal reality.

When we talk about worthiness, then, we're talking about meeting yourself with love and compassion in this moment. About accepting and allowing what is – with gratitude and humility. About *seeing yourself as worthy of the new future you're creating* – because you've overcome the old self.

Worthiness is about stretching beyond the known into the unknown ... and being satisfied with your efforts.