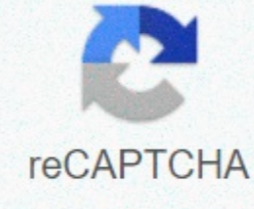




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Becoming supernatural summary pdf

Becoming Supernaturaladmin2021-02-02T19:17:45+00:00 Copyright 2017 Encephalon Inc. | All Rights Reserved Joe Dispenza is a chiropractor, researcher, author, educator, lecturer, maybe even a mystic. He recently released a book called — Becoming Supernatural. It outlines different practices and methodologies that common people can adopt to achieve supernatural transformations and experiences.Cover for Joe Dispenza's most recent book — Becoming SupernaturalJoe has released other popular books in the self-help field including 'Breaking The Habit of Being Yourself' and 'You are the Placebo'. Becoming Supernatural carries on these themes and draws on research conducted at what he refers to as 'Advanced Workshops'. Joe talks about normal everyday people beginning to use the methodologies and practices he has come up with to transform themselves and their lives.I first heard of Joe Dispenza through the wonderful London Real. He was doing an interview to promote his new book and there was just something about him that captivated my attention. I then listened to him tell his story and how he had a horrendous crash on his bike and broke his back and neck. He was taken to hospital and the diagnosis did not look good. However, he overcame his doubts and fears and approached his dire situation with a systematic and positive approach and through this seemingly made a miraculous recovery.I am somewhat of a sceptic but there is also a part of me that wants to believe these type of things... hence why I bought the book!Overall I really liked the book. It had quite a few practical examples in it and also explained the more science aspects in pretty simple language. There were elements or ideas that Joe repeated throughout the book which towards the end became a little tedious but I genuinely think he was just trying to really impress his core ideas.The main concept that I took away from reading this book was that through certain practises and adopting certain ways of thinking we can, over some time, create a future self of us that is beyond all current expectations. As humans, due to the way we are wired we very easily fall into certain habits. These habits can be quite detrimental to our health and overall well-being. Couple that with everyday stresses and trials and tribulations that life throws at you, you can quite easily become ill or defeated or just stuck in a rut.He also explained about becoming more wave and less particle. He incorporated explanations from Quantum physics and talked about the unified field of everythingHowever by adopting certain meditation techniques, concentrating on energy centres within the body, feeling the emotion of your future self and doing all these things repetitively and consistently can lead to amazing 'supernatural' results. I particularly liked his in-depth explanation about the pineal gland and how you can do certain exercises and meditations to stimulate it into action. The apparent result can range from anything from visions to out of body experiences to fractal patterns to some kind of life-changing mystical experience. He also explained about becoming more wave and less particle. He incorporated explanations from Quantum physics and talked about the unified field of everything. The explanations about the earth's magnetic field and how it affects us and other phenomenon such as solar flares was also super interesting.I have to say the main reason for my reading this book was when watching his interview his enthusiasm for what he was explaining really shined through. For someone to become that excited about what he was doing I thought there had to be something in it. I admit I got a little lost when he was talking about the quantum unified field and how we use that to create our future selves and feeling that emotion can have some effect on our genes switching certain ones on and others off. The theory made sense but it can be a little tricky to follow.The measurement of the energy centers (chakras) from an Advanced WorkshopLike many of these things it seems the best results are achieved when attending an 'Advanced Workshop' or some kind of group event. Best results are achieved in numbers! I checked his website but didn't see any Workshops in the central European region anytime soon. I would love to attend one though as the results he has stated from attending these seminars seem pretty incredible. I would recommend this book as I think the ideas presented in it are definitely worth exploring. Even if you don't achieve instant results I am pretty sure a few seeds will be planted for future growth.For more information about his new book, check out his website dedicated to the release.As always, peace and love to all.Adam PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: [👉Becoming Supernatural: How Common People are Doing the Uncommon](#), Dr. Joe Dispenza presents theories and science to educate the reader on ways they can change their thoughts, emotions, and energy to improve both their mental and physical health. Don't miss out on this ZIP Reads summary to understand how you, too, can transcend your daily problems and become supernatural. What does this ZIP Reads Summary Include? A synopsis of the original bookKey takeaways to distill the most important pointsAnalysis of each takeawayIn-depth Editorial ReviewShort bio of the original authorAbout the Original Book:Dr. Joe Dispenza's book Becoming Supernatural: How Common People are Doing the Uncommon is a blend of both scientific and metaphysical research describing and supporting his theories on meditation, removing stress, finding positivity, and creating dramatic changes in your own life. Dispenza informs the reader on the links between mindset and physical health, as well as how to improve both through his unique style of meditation.DISCLAIMER: This book is intended as a companion to, not a replacement for, Unconventional Medicine. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Table of Contents: Foreword / Gregg Braden Introduction: Getting ready to become supernatural Opening the door to the supernatural The present moment Turning into new potentials in the quantum Blessing of the energy centers Reconditioning the body to a new mind Case studies: living examples of truth Heart intelligence Mind movies/kaleidoscope Walking meditation Case studies: Making it real Space-time and time-space The pineal gland Project coherence: making a better world Case studies: It could happen to you Afterword: Being peace. Download "Becoming Supernatural Book Summary, by Dr. Joe Dispenza" as PDFWant to get the main points of Becoming Supernatural in 20 minutes or less? Read the world's #1 book summary of Becoming Supernatural by Dr. Joe Dispenza here.Read a quick 1-Page Summary, a Full Summary, or watch video summaries curated by our expert team.We've scoured the Internet for the very best videos on Becoming Supernatural, from high-quality videos summaries to interviews or commentary by Dr. Joe Dispenza.OverviewJoe Dispenza's Becoming Supernatural: How Common People Are Doing the Uncommon (2017) explains how people can achieve their potential by harnessing the power inside themselves. The book outlines principles and practices that help ordinary people improve health, mood, finances, and relationships.The mind is a powerful tool. It can create matter from energy. The mind has the capacity to cure diseases with positive thoughts and beliefs, but most people don't do this because they are stuck in their past pain. For example, if someone gets hurt by something that happens today, he might remember his past experiences and feel bad again about them. This makes his body produce stress hormones like adrenaline or cortisol that make him more anxious or stressed out than before. That's why some people get addicted to those hormones so it's hard for them to change their ways of thinking.If you keep living in the past, you will miss out on opportunities for the future. To break this cycle, it is important to first understand how your mind limits what is possible. If you continue doing things that have always worked for you, then you will get more of what has already happened: anxiety, depression and poor health. However, these results are undesirable and feel uncomfortable; therefore they may not seem as safe as staying with what one knows.Changing a past-focused cycle of being requires tapping into the realm of the unknown. This is done by meditation, which allows us to be in touch with everything that exists and is limitless. By meditating, we can access our brain's full potential and improve our emotional well-being. As a result, we'll experience physical health as well as mystical experiences. A coherent state of being is a desired result. It's the product of positive emotions and reflects balance in your heart and mind. A coherent brain is high-functioning, which results in increased order in the autonomic nervous system, which governs all systems of the body and operates automatically. In contrast, an incoherent state occurs when you're under stress for long periods of time.New experiences occur when the mind and heart are in harmony. These states can be achieved through meditation, which is a way to create positive realities with one's mind. When people commit to marrying clear intention with emotions like joy, happiness, and compassion, miraculous events can happen. Pain and illnesses will disappear as a result of targeted meditations; an eleventh-hour job offer could turn things around; relationships can improve dramatically; hearing stories of dramatic transformations widens the scope of possibilities for achieving similar changes.When people are coherent on an individual level, they can affect others and even the world at large. When people experience love and peace, their electromagnetic field is strong enough to influence others in positive ways. The more we understand that we have all the tools within us to achieve our goals and find inner peace, the better off everyone will be.Key Point 1: Life experiences strengthen neural pathways and generate emotions.Traumatic experiences are hardwired into the brain. The experience generates negative thoughts and behaviors, which create a neural pathway that can be triggered by similar situations in the future. Positive experiences generate positive emotions and overall health.Every thought, feeling and experience strengthens the neural pathways in our brain. This is why we often find ourselves repeating similar thoughts, feelings and actions over and over again. We can break this habit by pretending that a situation or problem is brand new to us even if it's not. Another way is to train your brain to think creatively on a daily basis by coming up with new ideas regardless of whether they're practical or not. Engaging in experiences you've never done before also helps create fresh perspectives since everything new works towards breaking out of negative patterns of thought and emotion.Key Point 2: Where the mind goes, energy follows.Everything in the universe is made up of energy. When people interact with others or objects, they produce energy. This can be influenced by their thoughts and past experiences. Thinking about the past anchors a person to the past, which means that it's hard for them to move forward. However, staying present will help neural circuits change, as well as improve your state of mind.Tony Robbins, a self-help guru, tackled this concept in his book Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny! (1991). He argues that most people do not have long-term vision and are stuck in their ways. They are subject to the whims of their environment because they lack control over their thoughts which dictate where they direct energy.Robbins points out that society has become accustomed to instant gratification, which affects the way people think. People want things now and don't plan for long-term goals. He gives an example of Billy Joel, who almost committed suicide because he couldn't achieve his dreams fast enough. However, when Joel checked himself into a mental institution, he realized that others had it worse than him and this changed his perspective on life. This new mindset led to success in his career as a musician and illustrates how important it is to control your thoughts so you can focus on what's most important in life.Key Point 3: The unknown, which exists in the quantum field, is the means by which new possibilities are created.Everything exists in the quantum field. This includes all possibilities and potentials, as well as infinity itself. To enter this field requires formlessness, where ego and ego-based concerns are dropped. Nothing is separate from anything else because they're all connected to each other in some way or another. The longer people can focus their energy on the vast infinite quantum field of possibility, the better their abilities will be at creating new things that would have been otherwise impossible if they were still living in the past instead of focusing on what's possible now.According to Deepak Chopra, the quantum field is a reflection of the eternal Self. It reflects what he terms as "the field of pure potentiality." On the quantum level, there is no distinction between Self and other; therefore, when people meditate or otherwise tap into that field, they can influence and direct their energy in order to help direct the energy of others. Because there is no separation on the quantum field between self and other, this change of energy and information can help influence others. Therefore, entering that field requires clarity about one's intentions so that it sparks infinite possibilities for manifestation. Once intention has been introduced to the quantum field through meditation or some other means, it sparks infinite possibilities; however, it takes clarity about one's intentions in order to connect with pure potentiality.Key Point 4: The body has eight energy centers that function like mini-brains and correspond to different realms of consciousness.The human body constantly emits electromagnetic frequencies. These are produced by the body's eight energy centers. The first is located in the reproductive area, and the second below and behind the navel; third in the stomach, fourth in center of chest; fifth in throat; sixth at back of head; seventh at center of head, eighth 16 inches above headResearch has shown that meditating on the body's chakras is a helpful way to tune into the electromagnetic frequencies that every person emits. Chakras are like mini-brains, and they correspond to different areas of the body as well as consciousness. For example, when your heart chakra is balanced, you feel genuine love for life and concern for others.Chakras are invisible energy centers that have been part of the yoga tradition since ancient times. Practicing asanas, or seated yoga positions, is an effective way to release stuck energy and get chakras back into balance. Paying attention to the chakras can have a positive effect beyond the yoga mat. Yoga teacher Jasmine Tarkeshi started focusing on her root chakra after having her first child because it's associated with reproduction and hormones like estrogen and progesterone in women. She says practicing tree pose helped keep her grounded during stressful moments; therefore, people who wish to get their chakras in balance can focus on all eight in sequence or target specific ones if they're experiencing problems related to them.Key Point 5: Negative emotions tend to get stuck in the first three energy centers of the body.Energy moves through the body in a certain way. It goes from the base of your spine to your head, moving up and out. Energy can be blocked by negative experiences or emotions, such as guilt, shame, or impatience. By meditating on each chakra (or energy center), you can release those emotions that block energy flow. This allows for optimal function of the autonomic nervous system (which operates on a subconscious level) and brings balance to your mind and body.Take Kristen for example. She grew up in a home where she was abused and witnessed domestic violence. As an adult, she always felt like something bad was going to happen. Her boyfriend didn't respect her boundaries, so they had a lot of issues in their relationship. This is because she experienced abuse as a child and it stuck with her emotionally until now. On a whim, Kristen decided to go to yoga class at the local studio and learned how to breathe differently which ultimately helped release the

energy blockage in her first chakra (located on the perineum). She worked through all of these emotions from the past that were holding her back from moving forward with her life. Now that she's more confident about herself, she broke up with this guy who wasn't treating her well because he wanted more from their relationship than what Kristen was willing to give him at this point in time. Going forward, Kristen will learn how keep balance between all seven energy centers by practicing different breathing techniques while meditating regularly.Key Point 6: An addiction to stress hormones is counter to an open heart.Pain causes negative thoughts and feelings. Stress chemicals are released due to those thoughts and feelings. Negative people attract more negativity, which confirms their beliefs about the world being a bad place. It's difficult to live with an open heart because it requires courage, kindness, and general concern for humanity. Having too much stress can be bad for people. For example, Steve was a restaurateur who worked in finance and had to learn how to run the restaurant he bought. He also continued working as a trader, which is stressful in itself. At first, he enjoyed being around people while running the business but it became more and more stressful over time. He started smoking again after quitting years ago because of his wife's disapproval; this led him to drink heavily at times when managing the restaurant got difficult or overwhelming for him. Over time, his drinking habits worsened and caused him depression that limited his ability to enjoy small pleasures like going out with friends or watching movies on weekends like he used to do before owning a restaurant. Eventually, Steve sold off the restaurant because it wasn't profitable enough for him anymore—he wanted something new since being stressed all day every day had taken its toll on him both physically and emotionally; however, instead of taking some time off from work (like his wife suggested) so that he could recover from seven years of intense stress at work (including running a failing business), Steve decided to invest in another high-risk venture where there would be even more pressure than before—no matter what she said about needing rest first after 7 years of hard work/stress without any break! After just 3 months into this new project, Steve broke his leg during one of their team meetings due to an accident involving one of their employees; now stuck at home unable to go back into work until fully healed (which may take up 6 weeks), Steve found himself bored and depressed not having anything else better to do other than sitting around doing nothing except thinking about how miserable life has become since breaking his leg...Key Point 7: In the quantum field, time is infinite, not linear.In the material world, time is linear and limited. There's a clearly delineated past and a clearly delineated future. However, in the quantum field, there's no separation between these various moments of time. Therefore, there's no sense of lack or need for harmony because everything exists at once.Another way to account for the past, present and future existing simultaneously is called the block universe theory. According to Dr. Kirstie Miller of Sydney University, it states that every event that ever happens in the universe exists at all times, including events in the past and future. The experience of time as a chronological process may be an obstacle to comprehending its true essence. The present doesn't exist independently but is rather a function of where we stand on space-time continuum. Along these lines, time travel might even be possible because quantum field contains eternal, non-linear conceptions of time which share the idea that past or future can be experienced simultaneously.Key Point 8: The pineal gland is the doorway to heightened consciousness.The pineal gland is located in the middle of your brain. It's small, but it releases melatonin, which slows down brain waves and brings you back to the internal state. The activated pineal gland helps facilitate access to higher states of consciousness, including mystical experiences that are beyond description or explanation. These profound experiences release chemicals that support this heightened state of awareness and bring about improved health and well being.The pineal gland is associated with the third eye, which is the center of cosmic sight. It's a means for humans to connect with divine energies. Many people live without a fully functioning pineal gland, and this can cause feelings of loneliness and confusion. Apple cider vinegar, iodine, and chlorella are all foods that will help open up the pineal gland. There are also many meditation techniques that can be used to activate it as well as yoga practices. Finally, when one opens up their third eye through these methods, they should pay attention to what comes through because it could be an important message from above.Book StructureIn addition to a foreword by Gregg Braden and an introduction, Becoming Supernatural has 14 chapters, three of which are devoted to real-life case studies of people who have used the tools outlined in the book. The author explains these concepts using methods such as repetition and gradual building upon ideas regarding how the body is impacted by brain function and mental and emotional energy. He also includes clear meditations that apply to various concepts, all designed to awaken extraordinary human potential. There are links on his website for audio versions of these meditations where you can purchase them. He shares how his personal mystical experiences came to influence his life and work. Charts and illustrations are interspersed throughout to underscore Dispenza's ideas and theories. There is an index at the close of the book along with an afterword by Dispenza that puts this teaching into context explaining how these practices can contribute toward a more peaceful world>About the AuthorJoe Dispenza's goal is to bridge science and spirituality. He admits that he wanted to shy away from the spotlight after being criticized for his appearance in What the Bleep Do We Know (2004), a film exploring theories of the universe. Nevertheless, his global workshops have inspired many individuals, who have shared miraculous stories of healing mind, body, and spirit. At one such workshop when an older woman was telling such a story, he realized that it was time to stop focusing on critics and instead focus on dispensing valuable information to people eager to create dramatic transformations in their lives. With help from HeartMath Institute (HMI), Joe has been able to prove scientifically that changed minds lead to changed biology through Project Coherence in which thousands of people come together at once with HMI monitoring each person's heart rate variability as an indicator of coherence between brain and body/emotions. Becoming Supernatural Book Summary, by Dr. Joe Dispenza joe dispenza becoming supernatural summary. summary & analysis of becoming supernatural. becoming supernatural summary pdf

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