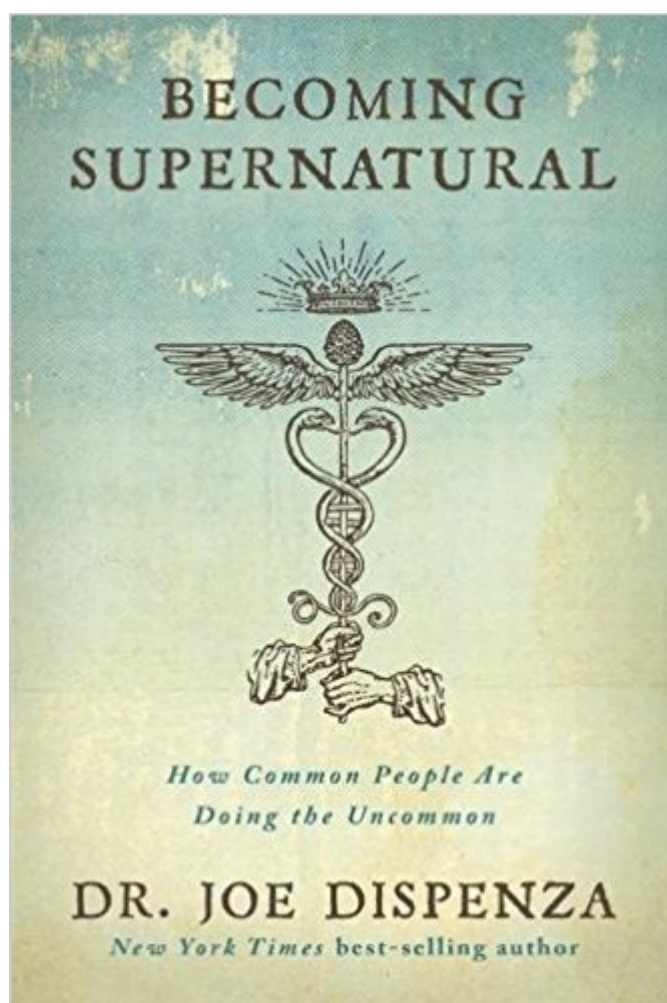


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# Becoming Supernatural: How Common People Are Doing The Uncommon



## Synopsis

The author of the *New York Times* bestseller *You Are the Placebo*, as well as *Breaking the Habit of Being Yourself* and *Evolve Your Brain*, draws on research conducted at his advanced workshops since 2012 to explore how common people are doing the uncommon to transform themselves and their lives. *Becoming Supernatural* marries some of the most profound scientific information with ancient wisdom to show how people like you and me can experience a more mystical life. Readers will learn that we are, quite literally supernatural by nature if given the proper knowledge and instruction, and when we learn how to apply that information through various meditations, we should experience a greater expression of our creative abilities; that we have the capacity to tune in to frequencies beyond our material world and receive more orderly coherent streams of consciousness and energy; that we can intentionally change our brain chemistry to initiate profoundly mystical transcendental experiences; and how, if we do this enough times, we can develop the skill of creating a more efficient, balanced, healthy body, a more unlimited mind, and greater access to the realms of spiritual truth. Topics include: Demystifying the body's 7 energy centers and how you can balance them to heal How to free yourself from the past by reconditioning your body to a new mind How you can create reality in the generous present moment by changing your energy The difference between third-dimension creation and fifth-dimension creation The secret science of the pineal gland and its role in accessing mystical realms of reality The distinction between Space-Time vs. Time-Space realities And much more Using tools and disciplines ranging from cutting-edge physics to practical exercises such as a walking meditation, Dr. Joe offers nothing less than a program for stepping outside our physical reality and into the quantum field of infinite possibilities.

## Book Information

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## Customer Reviews

Dr. Joe Dispenza's first caught the public's eye as one of the scientists featured in the award-winning film "What the BLEEP Do We Know!?" Since then, his work has expanded in several key directions that reflect his passion for exploring how people can use findings from neuroscience and quantum physics not only to heal illness but also to enjoy a more fulfilled and happy life. Dr. Joe is driven by the conviction that each one of us has the potential for greatness and unlimited abilities. As a scientist, teacher and lecturer, Dr. Joe has educated thousands of people in how they can re-wire their brains and re-condition their bodies to make lasting changes. As a researcher, he explores the science behind spontaneous remissions and how people heal themselves of chronic conditions and even terminal diseases. He has been partnering with other scientists to research the effects of meditation during his advanced workshops, using techniques from brain mapping with EEGs to measuring heart coherence to demonstrating verifiable epigenetic changes in his students. He is also currently measuring telomere changes as well as 7,500 gene regulations in this research with advanced participants too. As a corporate consultant, Dr. Joe gives on-site lectures and workshops for businesses and corporations interested in using neuroscientific principles to boost their employees' creativity, innovation, productivity, and more. He is the author of the New York Times bestseller "You Are the Placebo: Making Your Mind Matter" as well as "Breaking the Habit of Being Yourself" and "Evolve Your Brain". Website: [drjoedispenza.com](http://drjoedispenza.com)

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