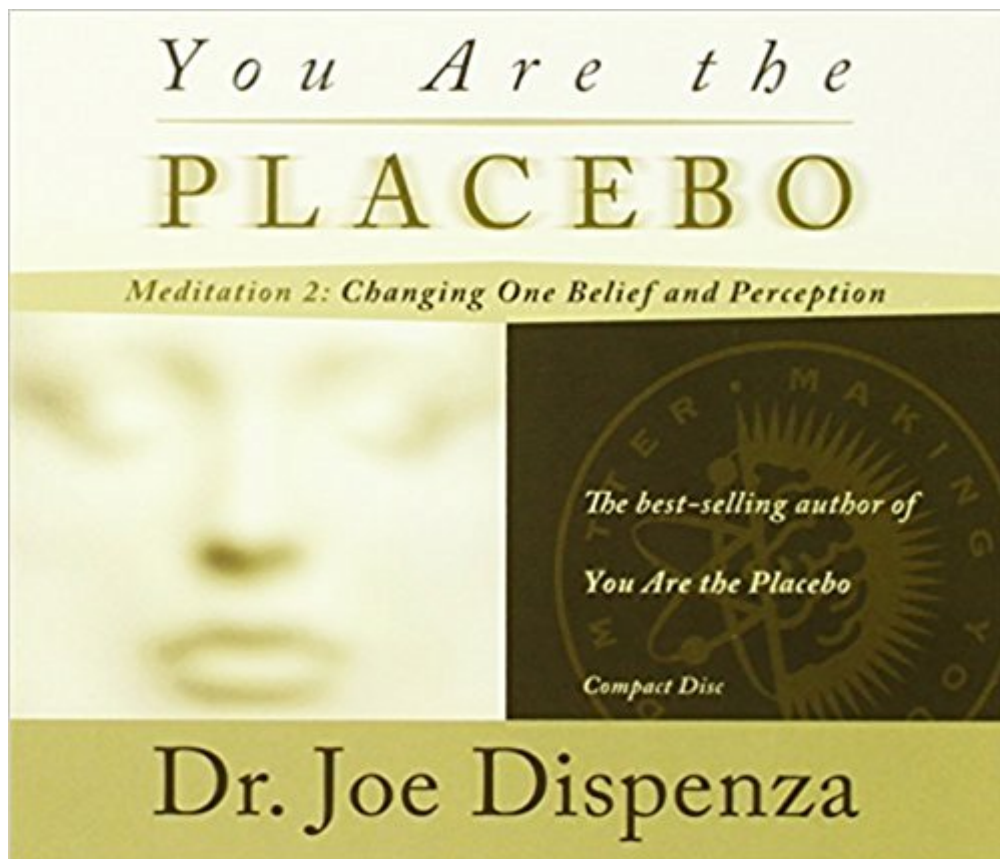




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You Are The Placebo Meditation 2: Changing One Belief And Perception



Synopsis

Dr. Joe Dispenza has created two meditation CDs "featuring different music" to accompany his book *You Are the Placebo*. On this shorter 48-minute disc, Dr. Joe walks you through *Meditation 2: Changing One Belief and Perception*. After introducing the open-focus technique, he then moves you into the practice of finding the present moment. When you discover the sweet spot of the present moment and you forget about yourself as the personality you have always been, you have access to other possibilities that already exist in the quantum field. That's because you are no longer connected to the same body-mind, to the same identification with the environment, and to the same predictable timeline. In the present moment, the familiar past and the future literally no longer exist, and you become pure consciousness "a thought alone. That is the moment that you can change your body, change your environment, and even create a new timeline for your life!

Book Information

Audio CD

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Average Customer Review: 4.1 out of 5 stars 70 customer reviews

Best Sellers Rank: #145,281 in Books (See Top 100 in Books) #30 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #36 in Books > Books on CD > Health, Mind & Body > Meditation #109 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Joe Dispenza, D.C., has a passion for teaching others how to use the latest discoveries from neuroscience and quantum physics to reprogram their brains, heal illness, and lead more fulfilled lives. One of the experts featured in the film *What the BLEEP Do We Know!?*, Dr. Joe teaches workshops and lectures all over the world. He's also designed a corporate program that brings his model of transformation to businesses. He runs an integrated health and chiropractic clinic near Olympia, Washington. Website: www.drjoedispenza.com

The recording for the one meditation cd is better than this one. I bought both, but never use this one. The first one is good I recommend you get that and listen to it multiple times if needed.

I have only used this meditation once so cannot attest to material results yet. I loved the meditation and even after using it only once I know that I am different. I found it very powerful and moving. I have read the book twice - I skimmed through once and read it in more detail a second time and I intend to read the book again until I feel that I have really absorbed the information and made it mine. I do feel that it is best to read the book first and then use the meditation cd. If you need to choose, I would recommend buying the book rather than the cd unless you have read "Breaking the Habit of Being Yourself". I don't have any health challenges but have a list of things that I would like to create or accomplish. As time goes by, I intend to update this review with my "real" world results hopefully to encourage and inspire others.

This is my favorite of his CDs, because it is shorter, but very complete. I make time for it because Dispenza's work is just a breath of fresh air! I've always believed in the power of the mind, but never had the incredible support that his work gives to back up my feelings. Truly wonderful!

This is very good. There is about four places where it sounds like the speaker is saying fee which doesn't fit. Also there is one place where it is very quite music, I am very relax and all of a sudden he comes on and I jump, my adrenalin is high, I shake and guess what, it ruins the mood. If you use it long enough you get use to the fee. In the long run it is the best meditation cd. Yes I am pulled both ways.

The guided meditation on this CD works great for some people. Others--like me--need to steer clear. If there is a way to listen to a portion of it before buying, I suggest you do. I've struggled with anxiety and dissociation, and this CD was not good for me. I found it frightening. I forged on through it once and actually did gain some insight and experienced some change, but my second try proved detrimental, and I had to stop about five minutes in. It may work great for you!

I purchased this tape as companion to the book You Are the Placebo. For me, understanding the material in the book enhances the effectiveness of the exercise. I also like that you can focus on a single pattern that you want to shift because it requires clarity. The meditation is an hour long and requires a commitment but the payoff is worth it.

You want change? Get it, but read the book first. Incredible and I never thought that I can handle meditation. I have all his meditations now and his latest 2 books. Your life will change forever if you do the work. No, it's not the "common mainstream meditation". Recommendet it to other people.

The meditation is effective but Joe's voice takes some getting used to. It is in fact a bit annoying at the beginning but I found myself getting used to it the more times I listened. I would have used a much softer voice or perhaps a female voice for the guide.

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