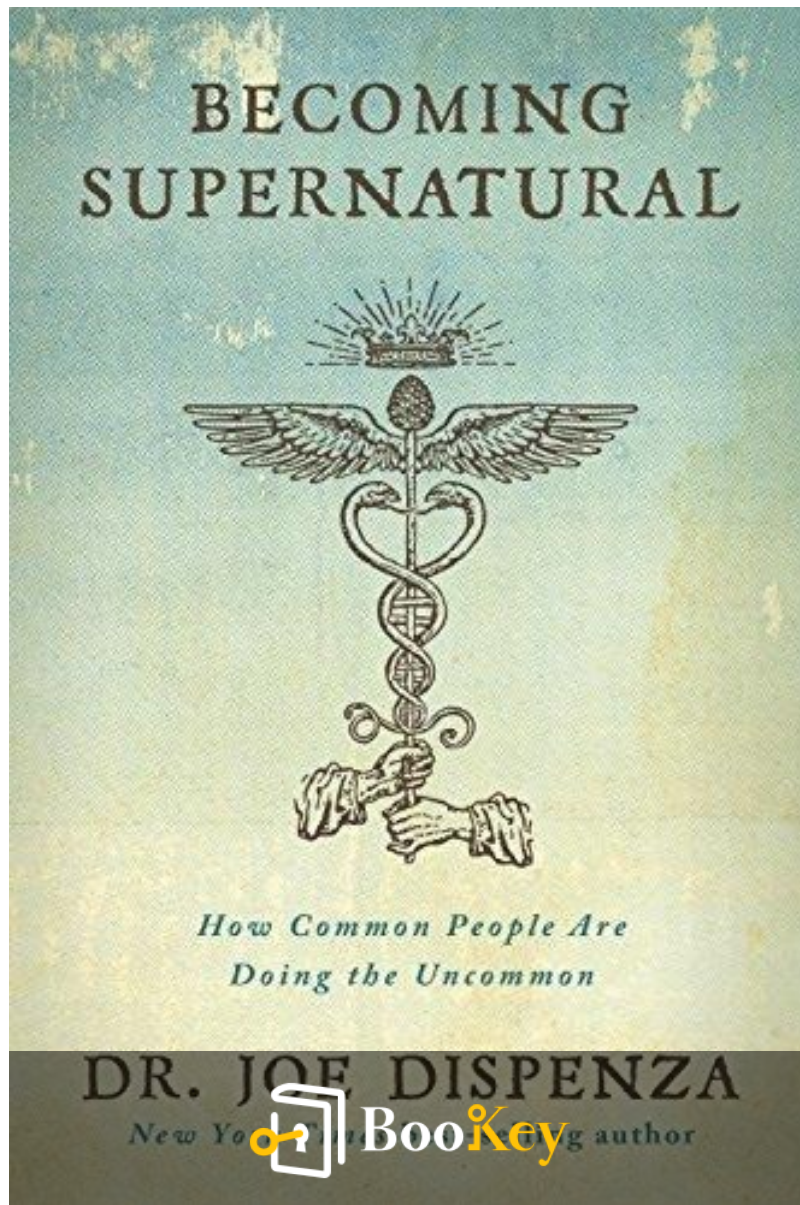


Becoming Supernatural PDF

Joe Dispenza



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Becoming Supernatural

Unleashing Your Potential through Mindfulness and
Quantum Science

Written by Bookey

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About the book

In "Becoming Supernatural: How Common People Are Doing the Uncommon," Dr. Joe Dispenza invites readers to challenge the boundaries of their own reality through a fascinating journey into the science of the supernatural. Merging profound scientific information with ancient wisdom, Dispenza teaches how to transform ourselves and our understanding of the potential hidden within the realm of human experience. By unfolding the secrets and processes that enable ordinary people to perform extraordinary feats, this book provides real-world tools to transcend the limitations imposed by the physical world. For anyone seeking personal transformation, or intrigued by the interplay between mind, body, and spirit, "Becoming Supernatural" offers not just compelling thought experiments but practical, achievable ways to manifest a new reality in health, happiness, and everyday life, urging you to explore how you too can indeed become supernatural.

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About the author

Joe Dispenza is an acclaimed author, speaker, and researcher with a focus on exploring the intersections of neuroscience, epigenetics, and quantum physics in relation to human potential. Holding a Doctor of Chiropractic degree, Dispenza has advanced his career by authoring several influential books, including "Becoming Supernatural," and by conducting extensive research on how mental reprogramming can significantly influence health and happiness. He has gained international recognition for his educational workshops and courses that aim to empower people to shift their thinking and behavior in ways that lead to profound personal transformation and healing. Dr. Dispenza's teachings and practical strategies provide insights into manifesting change and unlocking the human potential for greatness through understanding and harnessing the power of the brain.

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Chapter 1 Summary : OPENING THE DOOR TO THE SUPERNATURAL

Summary of Chapter 1: Becoming Supernatural

Introduction to a Life-Altering Moment

In June 2007, Anna Willems, a psychotherapist and mother of two, experiences a serene Sunday that quickly turns into a nightmare when she learns of her husband's suicide. This shocking news plunges her into chaos and despair, impacting her emotional, psychological, and physical well-being.

Understanding Survival Mode and Stress Responses

Anna's instinctive reactions reflect a general human response to trauma, where the sympathetic nervous system activates, preparing the body for fight or flight. Prolonged stress can lead to chronic health issues, as stress hormones disrupt normal physiology. Anna's recurring thoughts about her husband's death trap her in a cycle of negative emotions,

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making it difficult for her to heal.

The Downward Spiral into Illness

As Anna struggles with grief, she confronts new challenges: financial instability and eventual hospitalization due to the manifestation of an autoimmune disease, resulting in paralysis. Her mental state deteriorates, leading to depression, further complicating her physical health.

The Dark Night of the Soul

Anna faces multiple physical ailments, including a cancer diagnosis, deepening her despair. The relentless emotional turmoil leads her to contemplate suicide, fearing she cannot support her children.

The Turning Point: Seeking Change

In a moment of vulnerability, Anna prays for help, prompting her decision to cease all medical treatments and medications (except antidepressants) and begin a journey of self-discovery and healing.

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Transformative Practices and Meditation

After attending a workshop, Anna commits herself to daily meditation. Through introspection and a focus on gratitude and love, she begins to alter her neurological pathways and emotional responses, reinforcing her intention to embrace a new future instead of her painful past.

Breaking Free from the Past

Anna learns to connect with her higher self, engaging in breathwork and practices that promote healing and emotional release. Gradually, she cultivates a new identity, shifting her energy from pain to positivity.

Manifesting a New Reality

A major breakthrough occurs during a workshop where Anna has a profound mystical experience that dissolves her past limitations, revealing her true self and potential. This experience solidifies her commitment to healing.

Healing and Transformation

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By consistently applying her new practices and maintaining her focus on elevated emotions, Anna sees her health improve significantly over the years. After enduring many challenges, she is eventually cancer-free, embodying a new, vibrant life.

Conclusion: The Power of Change

Anna's journey illustrates how transforming one's thought patterns and emotional states can lead to profound healing. Her story emphasizes that personal transformation is possible through conscious intention, meditation, and a commitment to embracing a new reality. Anna becomes a beacon of hope, demonstrating that anyone can heal themselves and create a fulfilling life.

Mystical Experiences

The chapter also hints at deeper realities, where mystical experiences can lead to greater self-awareness and an understanding of one's connection to the universe. The narrative encourages readers to explore the limits of their own beliefs and possibilities.

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Chapter 2 Summary : THE PRESENT MOMENT

Section	Summary
Understanding the Present Moment	Mastering the present moment or "eternal now" is essential for unlocking supernatural experiences and transcending conditioned beliefs.
The Functioning of the Brain	The brain connects thoughts to actions, forming patterns based on experiences that influence future behaviors and emotions.
Creating Routine and Predictability	Daily habits from repetitive thoughts and emotions limit personal transformation and can lead to a future mirroring the past.
Thought-Emotion Cycle	Familiar feelings can trap individuals by driving repetitive thoughts, reinforcing brain pathways that limit new experiences.
The Power of Mental Rehearsal	Mental rehearsal, through visualization, can reshape brain wiring and bodily responses without physical practice.
Changing Genetic Expression	Epigenetics show that emotional and environmental signals can influence gene expression, promoting health through shifted emotional states.
Energy Distribution	Focusing attention externally fragments energy; deep engagement in the present allows for reclaiming and directing energy to manifest life changes.
Living in Survival Mode	Chronic stress can wire the body to negative emotions, fostering addiction to those states and hindering growth.
Meditation as a Tool for Change	Meditation helps break emotional and physical attachments, opening possibilities beyond known realities.
The Role of Brain Waves	Shifting from beta to alpha and theta brain waves aids in disconnecting from stressors and entering the present moment, crucial for transformation.
Breaking Old Patterns	To manifest new possibilities, challenge ingrained habits and consistently focus attention on the present moment.
Conclusion	Overcoming familiar thoughts and emotions breaks free from the past, cultivates energy for a new destiny, and promotes life and health transformation.

Summary of Chapter 2: Becoming Supernatural

Understanding the Present Moment

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To unlock supernatural experiences in life, such as healing and creating new opportunities, one must comprehend and master the present moment, or the "eternal now." This involves transcending physical identities and conditioned beliefs about reality.

The Functioning of the Brain

The brain connects thoughts with actions, creating specific patterns or neural networks based on experiences. Learning reshapes these networks, forming memories and emotions tied to past experiences. Emotions act as chemical residues that influence future reactions and behaviors.

Creating Routine and Predictability

Daily habits develop from repetitive thoughts and emotions, which hardwire the brain into predictable patterns. Returning to familiar feelings at the start of each day limits personal transformation, essentially dragging individuals into a future that mirrors their past.

Thought-Emotion Cycle

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The cycle of thought and emotion can trap individuals in their past as familiar feelings drive repetitive thoughts. This reinforces pathways in the brain and restricts the ability to create new experiences or realities.

The Power of Mental Rehearsal

Research indicates that mental rehearsal—consistently visualizing experiences—can significantly alter the brain's wiring and the body's responses, even without physical practice.

Changing Genetic Expression

Epigenetics suggests that environmental signals, both external and internal (emotions), influence gene expression. Shifting emotional states can help activate genes that promote health and well-being rather than disease.

Energy Distribution

Attention and energy directed toward external factors can lead to fragmentation, hindering the ability to create new

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realities. Engaging deeply in the present moment allows individuals to reclaim their energy and focus it on manifesting a new life path.

Living in Survival Mode

Frequent reactions to stressors lead to chronic stress, causing the body to become wired to familiar negative emotions. This creates a cycle of addiction to those emotional states, reducing the potential for personal growth and transformation.

Meditation as a Tool for Change

Meditation fosters a state where individuals can break from emotional and physical attachments, allowing them to live beyond known realities and into the possibilities of the unknown.

The Role of Brain Waves

Shifting brain wave states from beta (active, aware) to alpha and theta (more inward-focused and meditative) helps disconnect from daily stressors and allows entry into the

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