

New York Times Bestseller

You Are the

PLACEBO

making your mind matter

Dr. Joe Dispenza

Audio Book

Diagrams and Appendix

CONDITIONING



FIGURE 3.1A

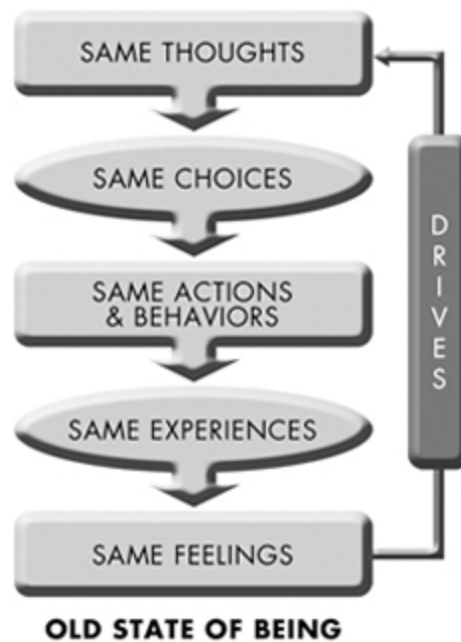
FIGURE 3.1B

FIGURE 3.1C

In Figure 3.1A, a stimulus produces a physiological change called a response or a reward. Figure 3.1B demonstrates that if you pair a stimulus with a conditioned stimulus enough times, it will still produce a response. Figure 3.1C shows if you remove the stimulus and substitute a conditioned stimulus - like a placebo - it can produce the same physiological response.

SAME REALITY

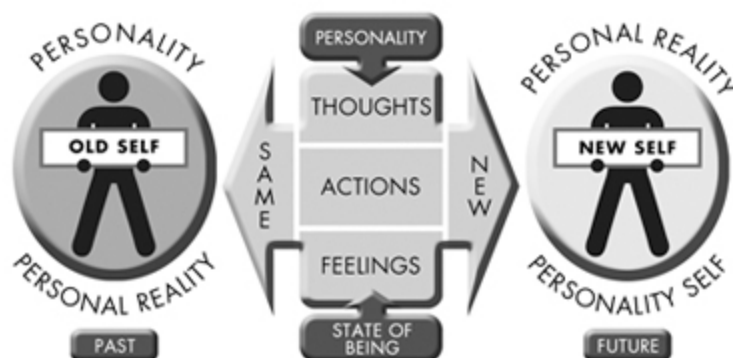
FIGURE 3.2



How we create the same reality by thought alone.

YOUR PERSONALITY CREATES YOUR PERSONAL REALITY

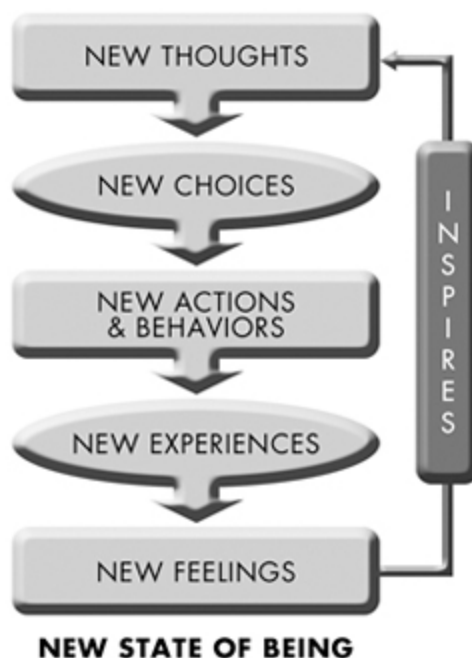
FIGURE 3.3



Your personality is made up of how you think, act, and feel. It is your state of being. Therefore, your same thoughts, actions, and feelings will keep you enslaved to the same past personal reality. However, when you as a personality embrace new thoughts, actions, and feelings, you will inevitably create a new personal reality in your future.

NEW REALITY

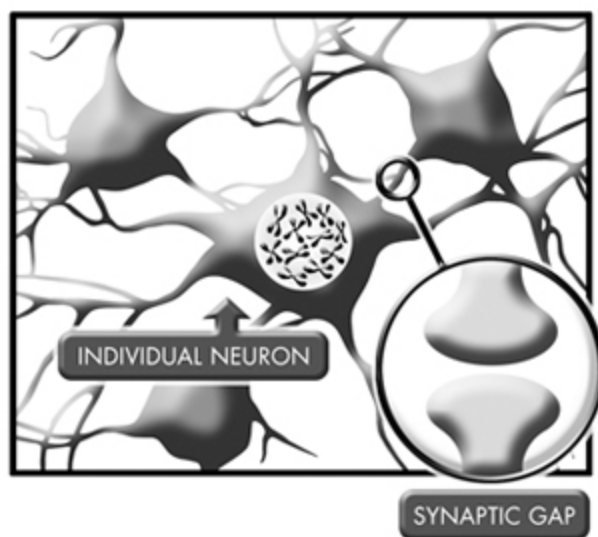
FIGURE 3.4



How we create a new reality by thought alone.

NEURAL NETWORK

FIGURE 3.5



This is a simple graphic representation of neurons in a neural network. The minute space between the branches of individual neurons that facilitates communication between them is called the synaptic gap. About 100,000 neurons can fit into the same space as a grain of sand and will have more than a billion connections among them.

NEURORIGIDITY THINKING IN THE BOX

FIGURE 3.6

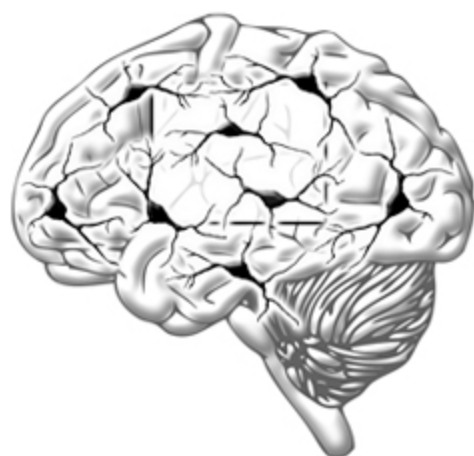


If your thoughts, choices, behaviors, experiences, and emotional states remain the same for years on end - and the same thoughts are always equal to the same feelings, reinforcing the same endless cycle - then your brain becomes hardwired into a finite signature. That's because you are re-creating the same mind every day by making your brain fire in the same patterns. Over time, this biologically reinforces a specific limited set of neural networks, making your brain physically more prone to creating the same level of mind - you're now thinking in the box. The totality of those hardwired circuits is called your identity.

NEUROPLASTICITY

THINKING OUT OF THE BOX

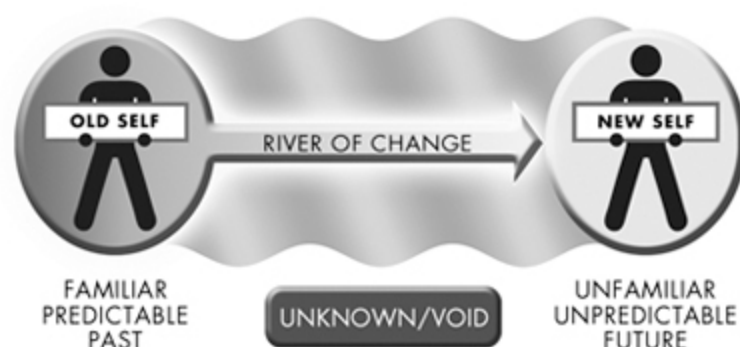
FIGURE 3.7



When you learn new things and begin to think in new ways, you are making your brain fire in different sequences, patterns, and combinations. That is, you are activating many diverse networks of neurons in different ways. And whenever you make your brain work differently, you're changing your mind. As you begin to think outside the box, new thoughts should lead to new choices, new behaviors, new experiences, and new emotions. Now your identity is also changing.

CROSSING THE RIVER OF CHANGE

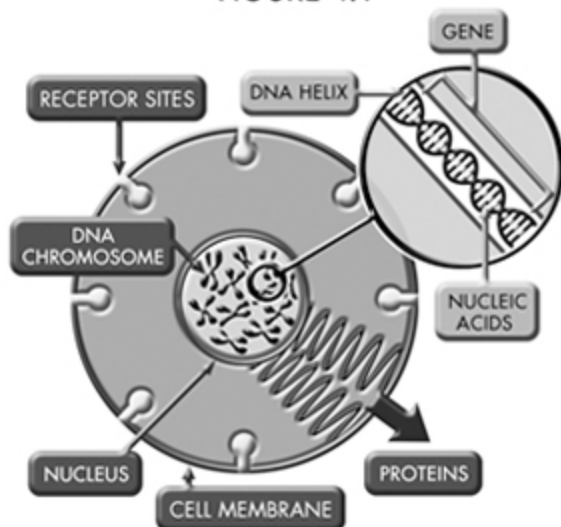
FIGURE 3.8



Crossing the river of change requires that you leave the same familiar predictable self - connected to the same thoughts, same choices, same behaviors, and same feelings - and step into a void or the unknown. The gap between the old self and the new self is the biological death of your old personality. If the old self must die, then you have to create a new self with new thoughts, new choices, new behaviors, and new emotions. Entering this river is stepping toward a new unpredictable, unfamiliar self. The unknown is the only place where you can create - you cannot create anything new from the known.

THE CELL

FIGURE 4.1



This is a very simplistic representation of a cell with DNA housed within the cell nucleus. The genetic material once stretched out into individual strands looks like a twisted zipper or ladder called a DNA helix. The rungs of the ladder are the nucleic acids that are paired together, which act as codes to make proteins. A different length and sequence of the DNA strand is called a gene. A gene is expressed when it makes a protein. Various cells of the body make different proteins for both structure and function.

EPIGENETIC SIGNAL

FIGURE 4.2A

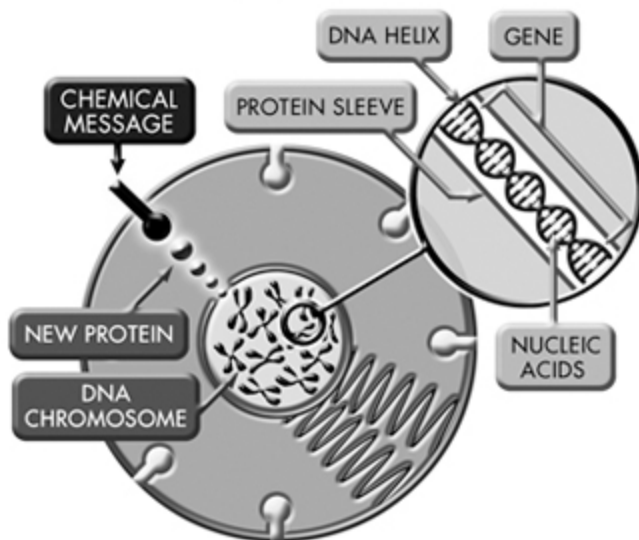


Figure 4.2A shows the epigenetic signal entering the cell receptor site. Once the chemical messenger interacts at the level of the cell membrane, another signal in the form of a new protein is sent to the nucleus of the cell to select a gene sequence. The gene still has a protein covering protecting it from its outer environment, and that covering has to be removed in order for it to be read.

GENE SELECTION

FIGURE 4.2B

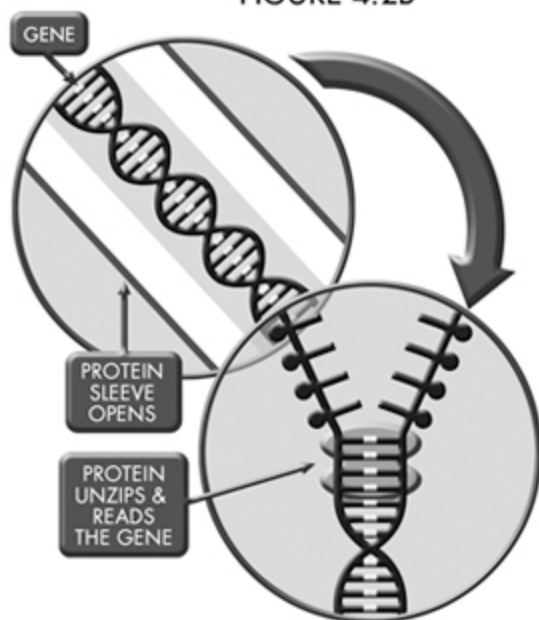


Figure 4.2B illustrates how the protein sleeve around the gene sequence of the DNA is opened so that another protein, called a regulatory protein, can unzip and read the gene at a precise location.

READING THE GENE

FIGURE 4.2C

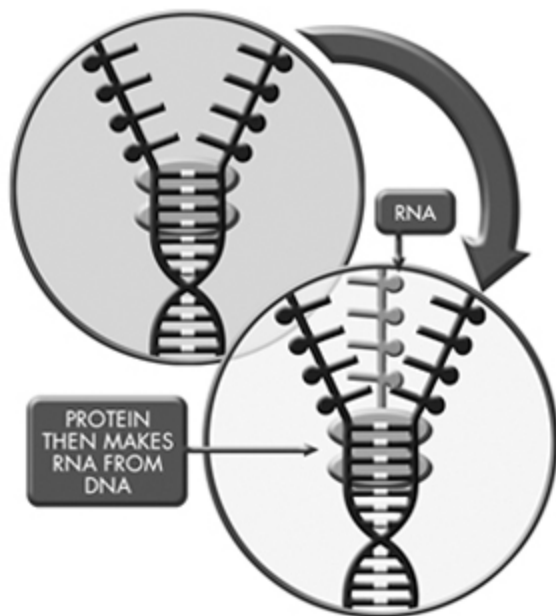


Figure 4.2C demonstrates how the regulatory protein creates another molecule, called RNA, which organizes the translation and the transcription of the genetically coded material into a protein.

PROTEIN PRODUCTION

FIGURE 4.2D

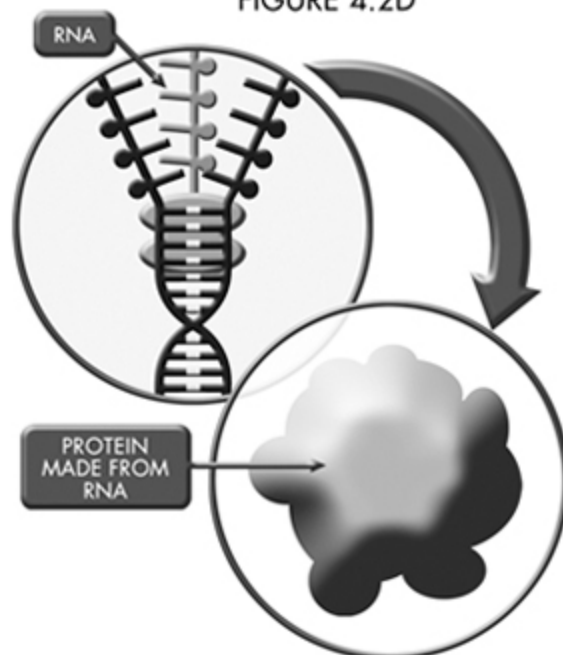
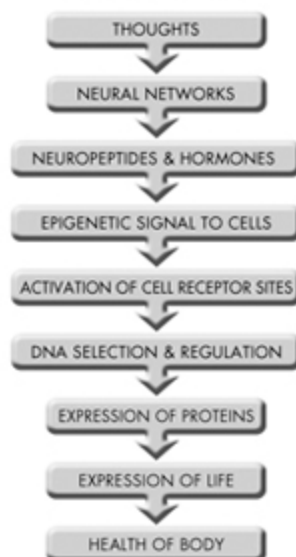


Figure 4.2D shows protein production. RNA assembles a new protein from the individual building blocks of proteins called amino acids.

CHANGING THE BODY BY THOUGHT ALONE

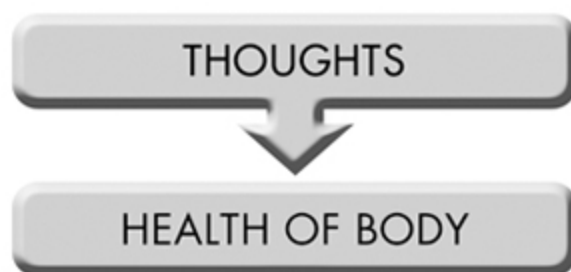
FIGURE 5.1A



In Figure 5.1A, the flowchart demonstrates how thoughts progress through a cascade of simple mechanisms and chemical reactions in a downward causation to change the body.

HEALING BY THOUGHT ALONE

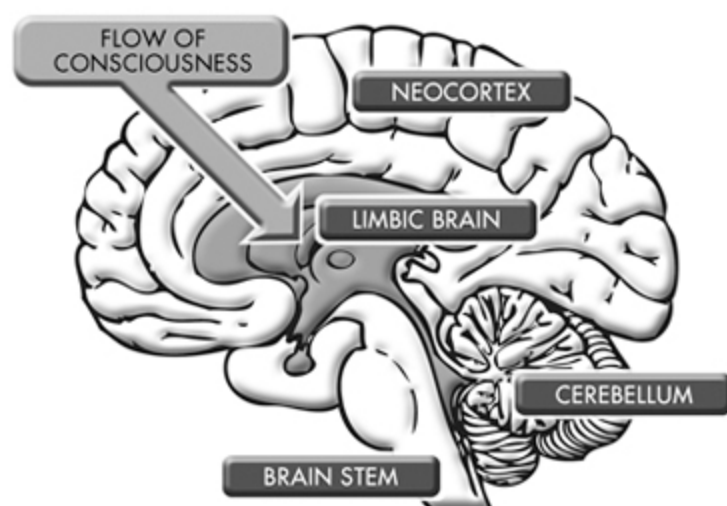
FIGURE 5.1B



By deduction, if new thoughts can create a new mind by activating new neural networks, creating healthier neuropeptides and hormones (which signal the cells in new ways and epigenetically activate new genes to make new proteins), and if the expression of proteins is the expression of life and is equal to the health of the body, then Figure 5.1B illustrates how thoughts can heal the body.

MOVEMENT OF CONSCIOUSNESS

FIGURE 6.1



When you feel an emotion, you can ultimately bypass your neocortex - the seat of your conscious mind - and activate your autonomic nervous system. Therefore, as you get beyond your thinking brain, you move into a part of the brain where health is regulated, maintained, and executed.

ELEVATED EMOTIONS VS. LIMITED EMOTIONS

FIGURE 6.2



Survival emotions are derived primarily from the stress hormones, which tend to endorse more selfish and more limited states of mind and body. When you embrace elevated, more creative emotions, you lift your energy to a different hormonal center, your heart begins to open, and you feel more selfless. This is when your body starts to respond to a new mind.

ANALYTICAL MIND AND SUGGESTIBILITY

FIGURE 6.3



The inverse relationship between the analytical mind and suggestibility.

THE MIND

FIGURE 6.4



This is an overview of the conscious mind, the analytical mind, and the subconscious mind.

MEMORY SYSTEMS

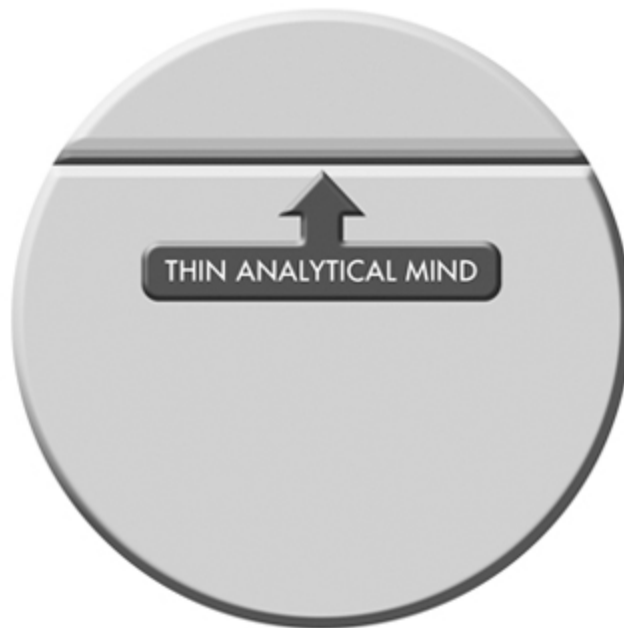
FIGURE 6.5



Memory systems are divided into two categories: declarative memories (explicit) and nondeclarative memories (implicit).

MORE SUGGESTIBLE

FIGURE 6.6



A less analytical mind (represented by the thinner layer in the illustration) is more suggestible.

LESS SUGGESTIBLE

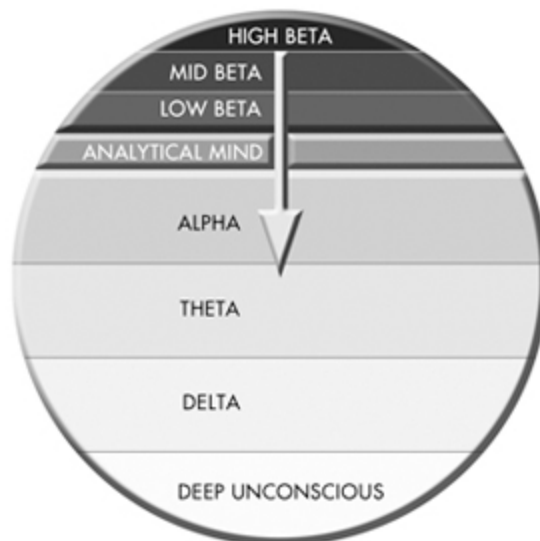
FIGURE 6.7



A more developed analytical mind (represented by the thicker layer in the illustration) is less suggestible.

BRAIN WAVES - GETTING BEYOND THE ANALYTICAL MIND

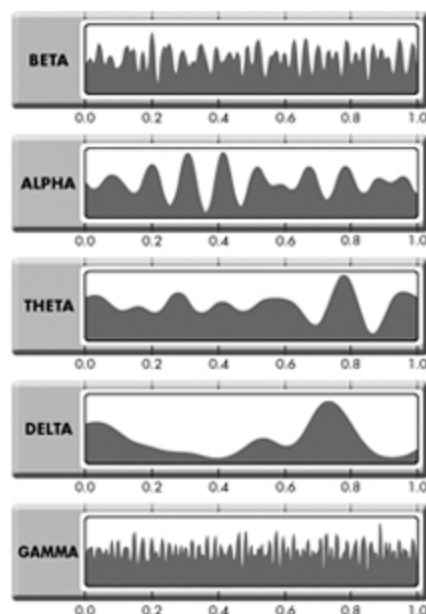
FIGURE 6.8



This figure represents the relationship between brain-wave states and the movement of awareness from the conscious mind to the subconscious mind, moving past the analytical mind during the practice of meditation.

BRAIN WAVES

FIGURE 6.9



This illustration shows the different brain-wave states (during a one-second interval). Gamma brain-wave patterns are included because they represent a level of super-awareness, which reflects a heightened state of consciousness.

HOW BELIEFS AND PERCEPTIONS ARE FORMED

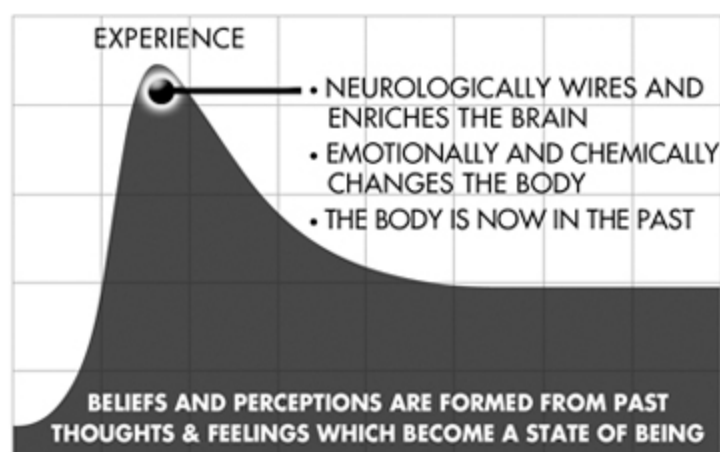
FIGURE 7.1



Your thoughts and feelings come from your past memories. If you think and feel a certain way, you begin to create an attitude. An attitude is a cycle of short-term thoughts and feelings experienced over and over again. Attitudes are shortened states of being. If you string a series of attitudes together, you create a belief. Beliefs are more elongated states of being and tend to become subconscious. When you add beliefs together, you create a perception. Your perceptions have everything to do with the choices you make, the behaviors you exhibit, the relationships you choose, and the realities you create.

HOW AN EXPERIENCE BIOLOGICALLY CHANGES YOU

FIGURE 7.2



A highly charged experience in our external reality will impress itself upon the circuitry of the brain and emotionally brand the body. As a result, the brain and body live in the past, and the event alters our state of being, as well as our perception of reality. We are no longer the same personality.

CHOICE BECOMES EXPERIENCE

FIGURE 7.3

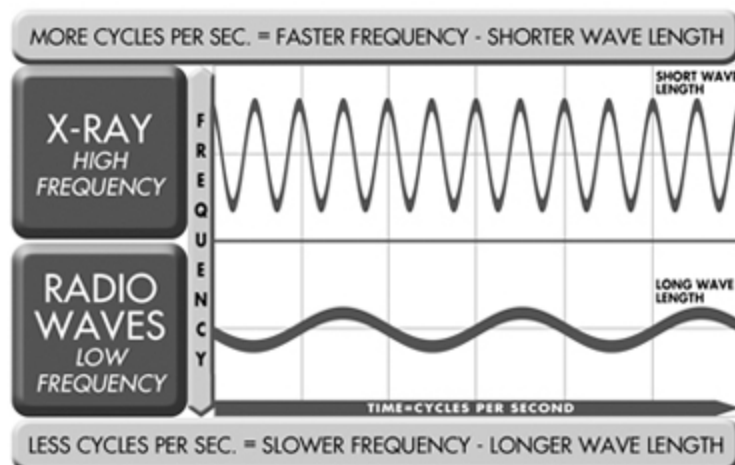
CHOICE WITH ELEVATED EMOTION/ENERGY CREATES NEW EXPERIENCE



In order to change a belief or perception about yourself and your life, you have to make a decision with such firm intention that the choice carries an amplitude of energy that is greater than the hardwired programs in the brain and the emotional addiction in the body, and the body must respond to a new mind. When the choice creates a new inner experience that becomes greater than the past outer experience, it will rewrite the circuits in your brain and resignal your body emotionally. Since experiences create long-term memories, when the choice becomes an experience that you never forget, you are changed. Biologically, the past no longer exists. We could say that your body in that present moment is in a new future.

FREQUENCY - ENERGY - INFORMATION

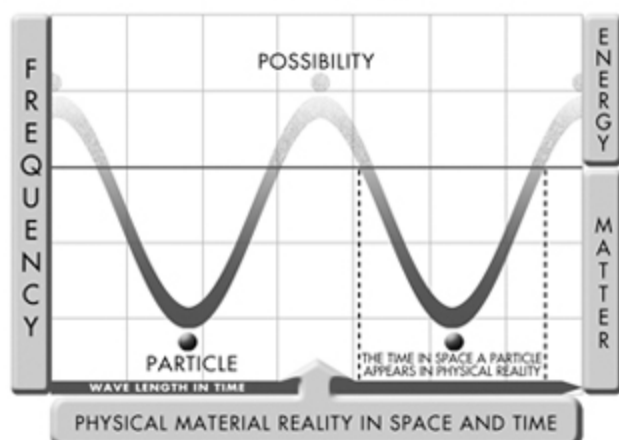
FIGURE 8.1



This chart shows two different frequencies that each carry different information and therefore have different qualities. X-rays behave differently from radio waves and thus have different inherent characteristics.

NON-PHYSICAL IMMATERIAL QUANTUM FIELD BEYOND SPACE AND TIME

FIGURE 8.2A

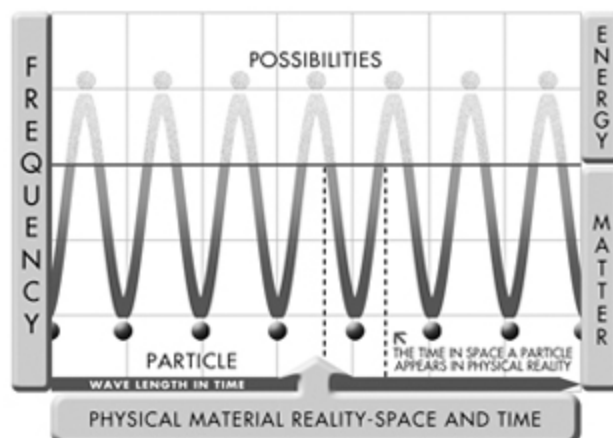


SLOWER FREQUENCY, SLOWER VIBRATION & LONGER
WAVELENGTH = MORE TIME IN PHYSICAL MATERIAL REALITY

When energy vibrates slower, particles appear in physical reality for longer periods of time and thus appear as solid matter. Figure 8.2A shows how matter manifests from a slower frequency with a longer wavelength.

NON-PHYSICAL IMMATERIAL QUANTUM FIELD BEYOND SPACE AND TIME

FIGURE 8.2B

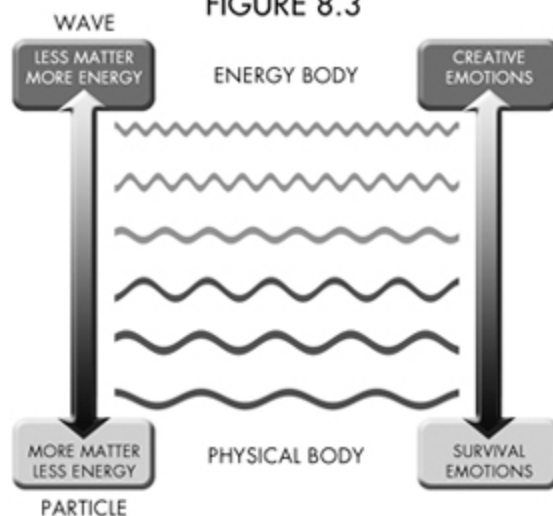


FASTER FREQUENCY, FASTER VIBRATION & SHORTER
WAVELENGTH = LESS TIME IN PHYSICAL MATERIAL REALITY

Figure 8.2B depicts particles spending less time in physical reality, therefore they are more energy and less matter. That's because they have shorter wavelengths, faster frequency, and a faster vibration.

SURVIVAL EMOTIONS vs. CREATIVE EMOTIONS

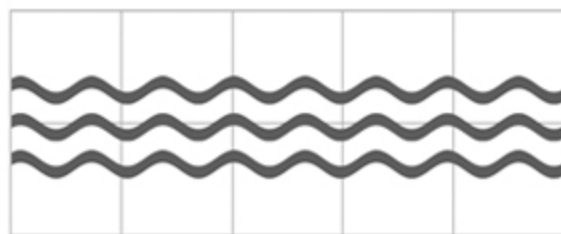
FIGURE 8.3



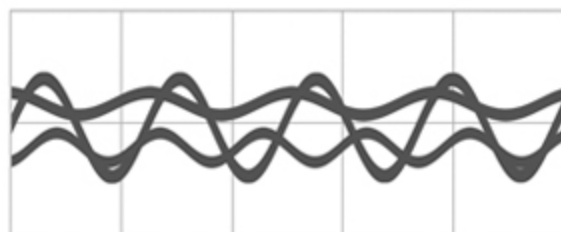
When you change your energy, you lift matter to a new mind, and your body vibrates at a faster frequency. You become more energy and less matter - more wave and less particle. The more elevated the emotion or the higher the creative state of mind, the more energy you have to rewrite the programs in the body. Your body then responds to a new mind.

COHERENCE - HEALTH

FIGURE 8.4



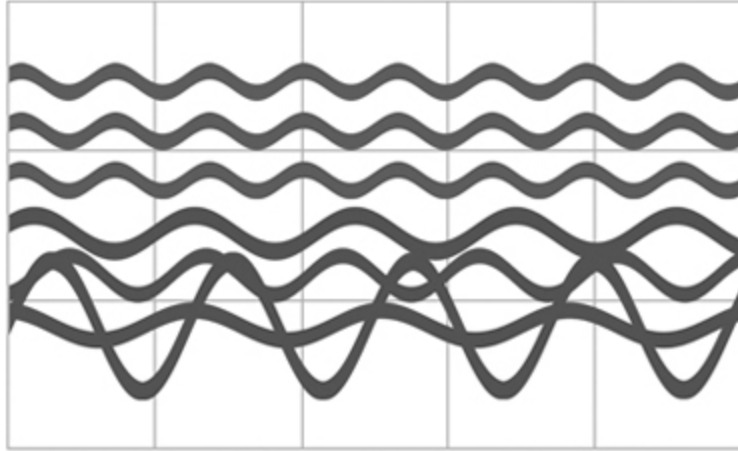
INCOHERENCE - DISEASE



From a quantum perspective, a higher, more coherent frequency is called health, and a slower, more incoherent frequency is called disease. All disease is a lowering of frequency, as well as the expression of incoherent information.

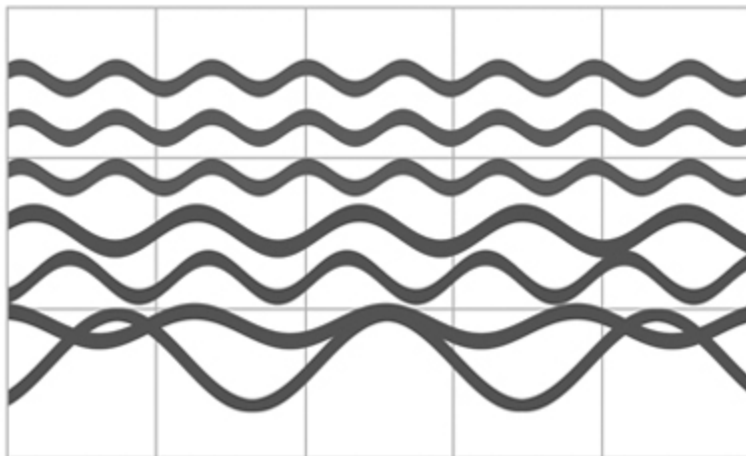
INCOHERENCE - DISEASE

FIGURE 8.5A



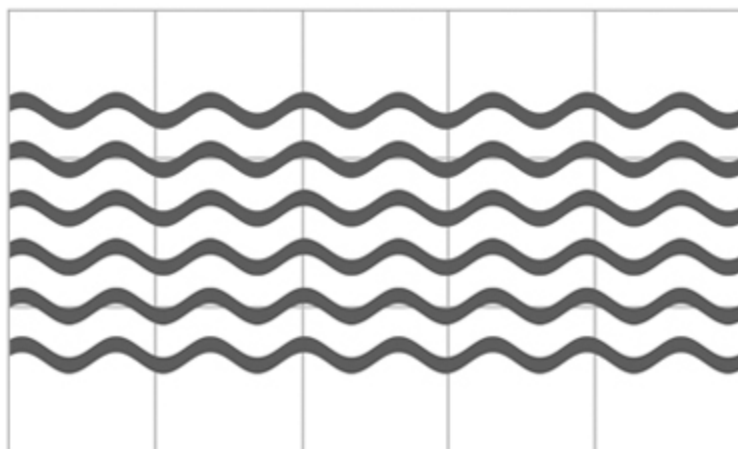
ENTRAINING MATTER TO A NEW MIND

FIGURE 8.5B



COHERENCE - HEALING

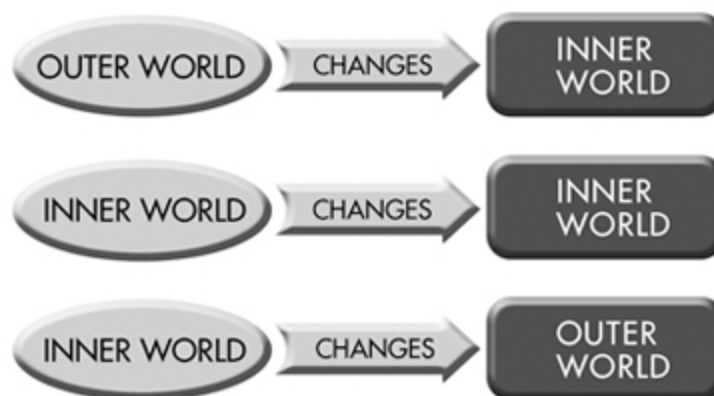
FIGURE 8.5C



When higher, more coherent energy interacts with slower, more incoherent energy, it begins to entrain matter to a more organized state.

BECOMING THE PLACEBO

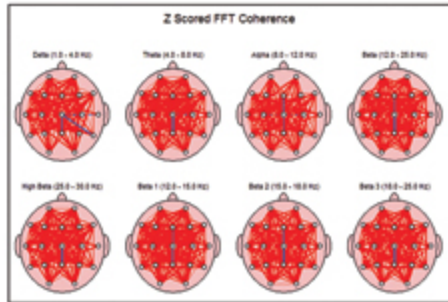
FIGURE 10.1



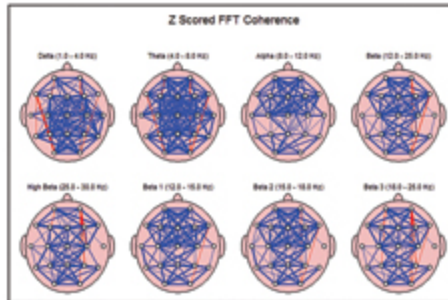
Most change starts with the simple process of something outside of us altering something inside of us. If you begin the inward journey and start to change your inner world of thoughts and feelings, it should create an improved state of wellbeing. If you keep repeating the process in meditation, then in time, epigenetic changes should begin to alter your outer presentation - and you become your own placebo.

FIGURE 10.2

HYPERACTIVITY OR HYPER-AROUSAL



HYPOACTIVITY OR HYPO-AROUSAL

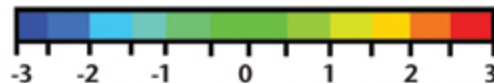
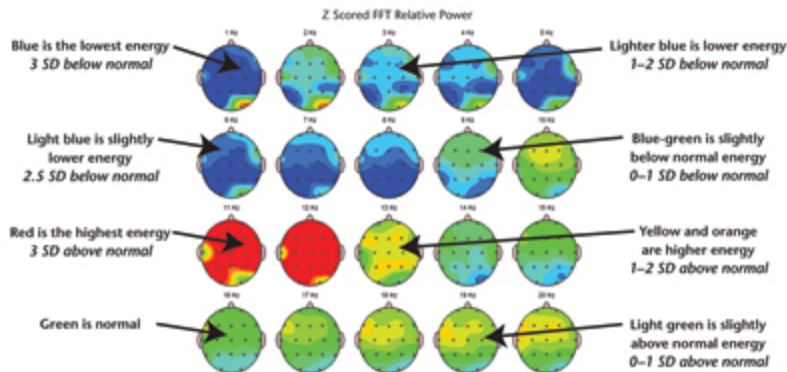


$\text{Z-Score} \geq 1.98$ $\text{Z-Score} \geq 2.58$ $\text{Z-Score} \geq 3.09$

Represented in Standard Deviations (SD)

Red = ABOVE Normal Blue = BELOW Normal

FIGURE 10.3



Blue = BELOW Normal Green = NORMAL Red = ABOVE Normal

FIGURE 10.4
CHANGES IN **COHERENCE** IN MEDITATION

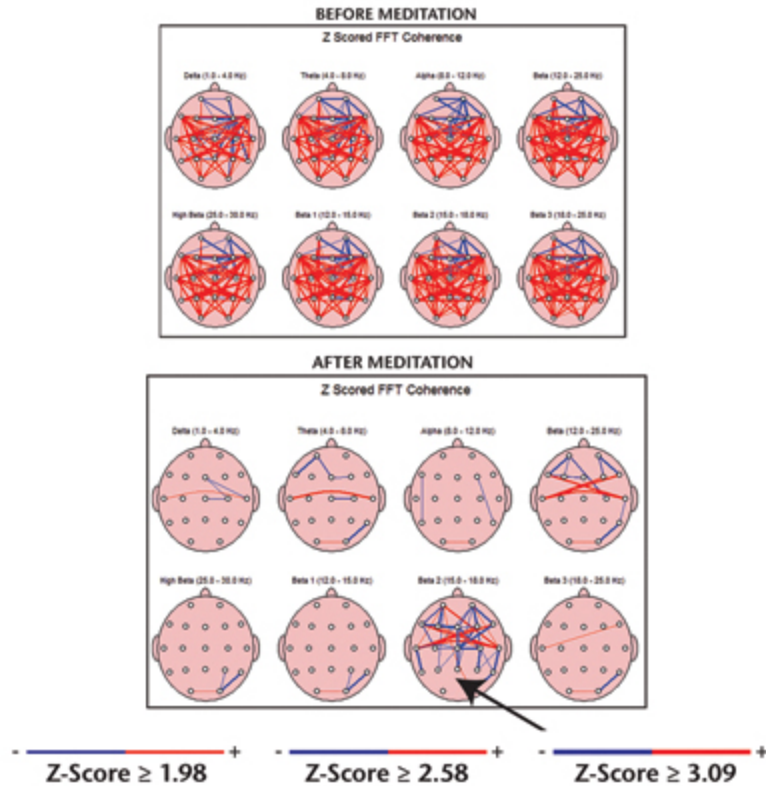


FIGURE 10.5
CHANGES IN **PARKINSON'S DISEASE** AFTER MEDITATION

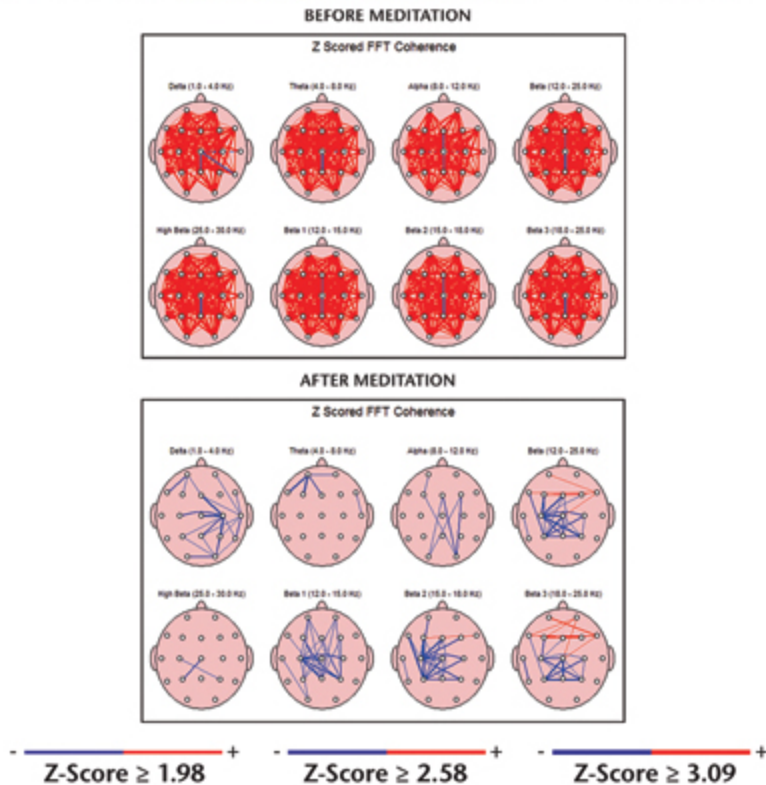


FIGURE 10.6A
CHANGES IN PARKINSON'S DISEASE AFTER MEDITATION

FEBRUARY 20, 2013

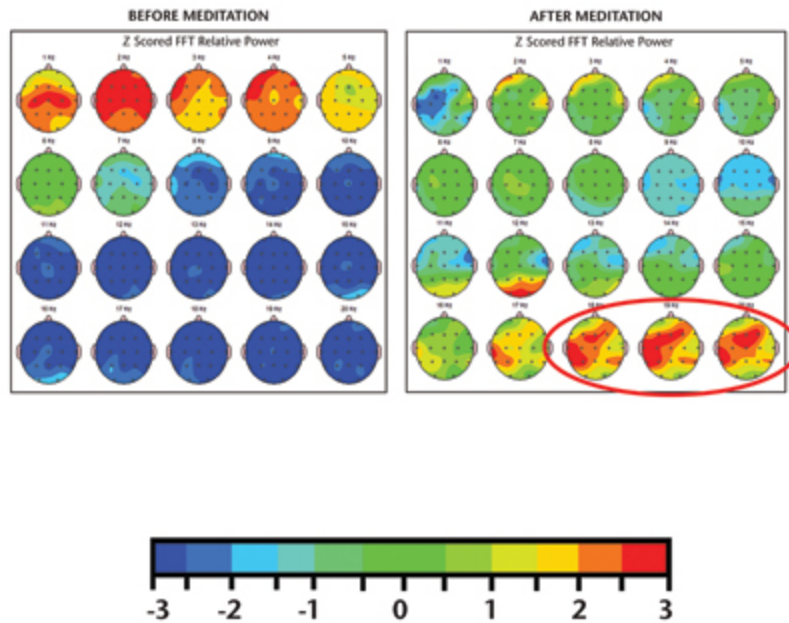


FIGURE 10.6B

FIGURE 10.6C

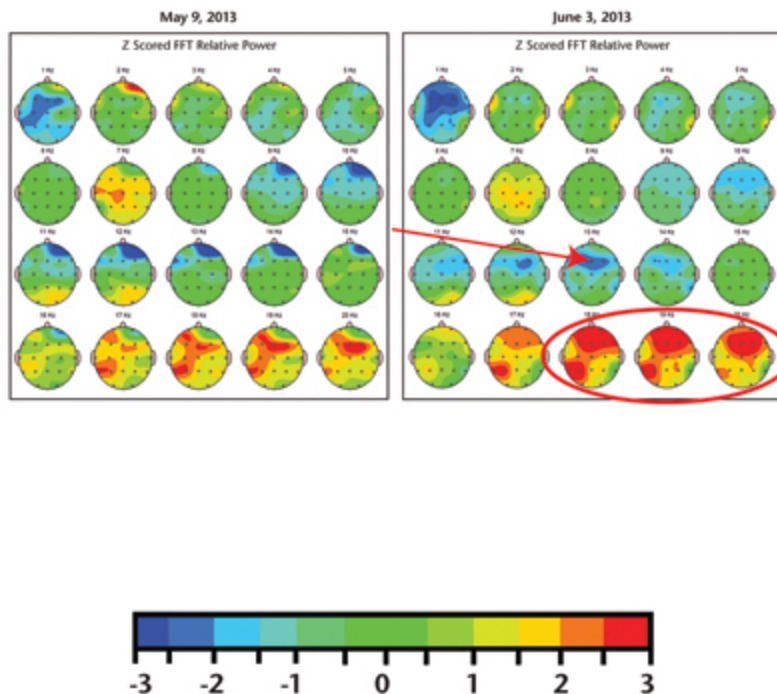


FIGURE 10.6D

FIGURE 10.6E

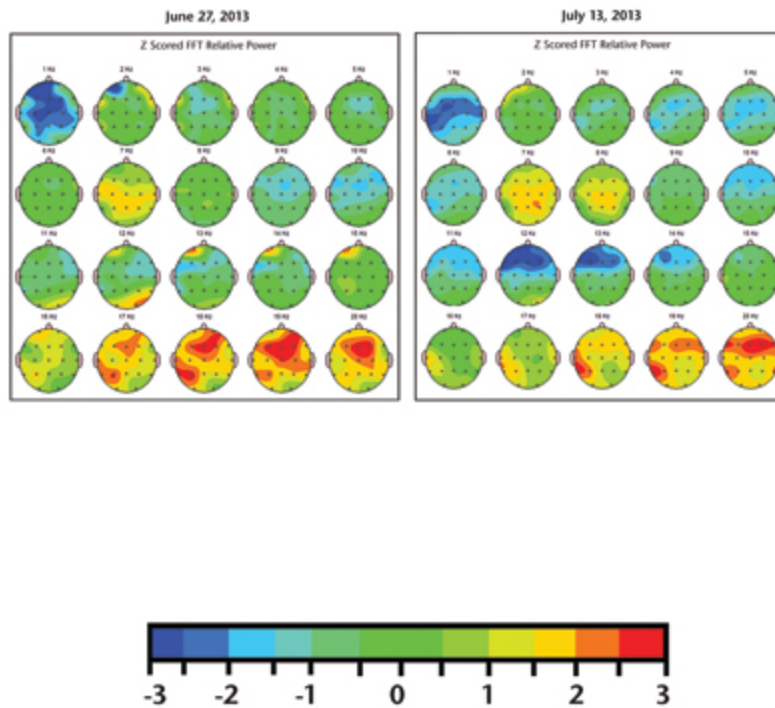


FIGURE 10.7
CHANGES IN **TRAUMATIC BRAIN INJURY**
AFTER MEDITATION

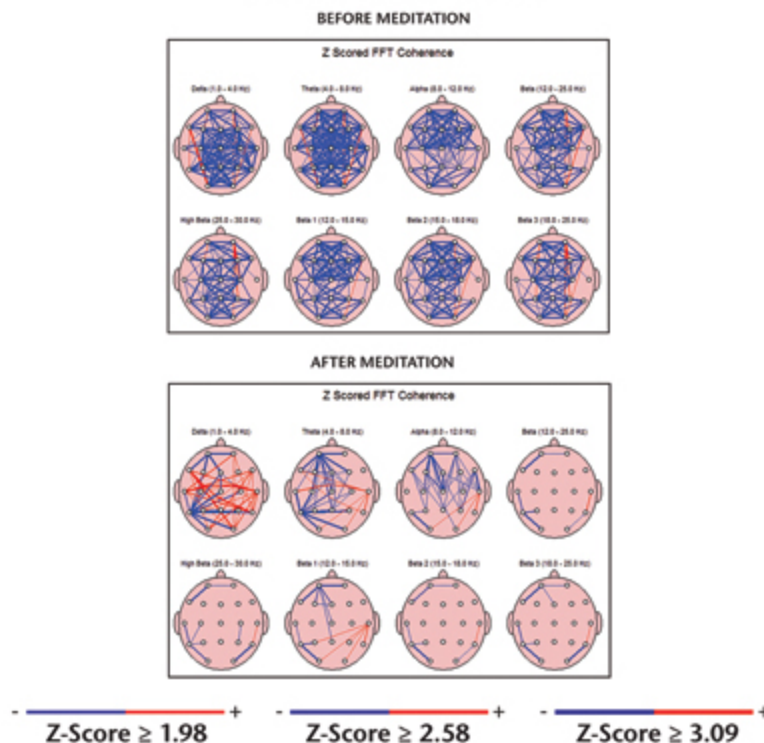


FIGURE 10.8
**CHANGES IN TRAUMATIC BRAIN INJURY
 AFTER MEDITATION**

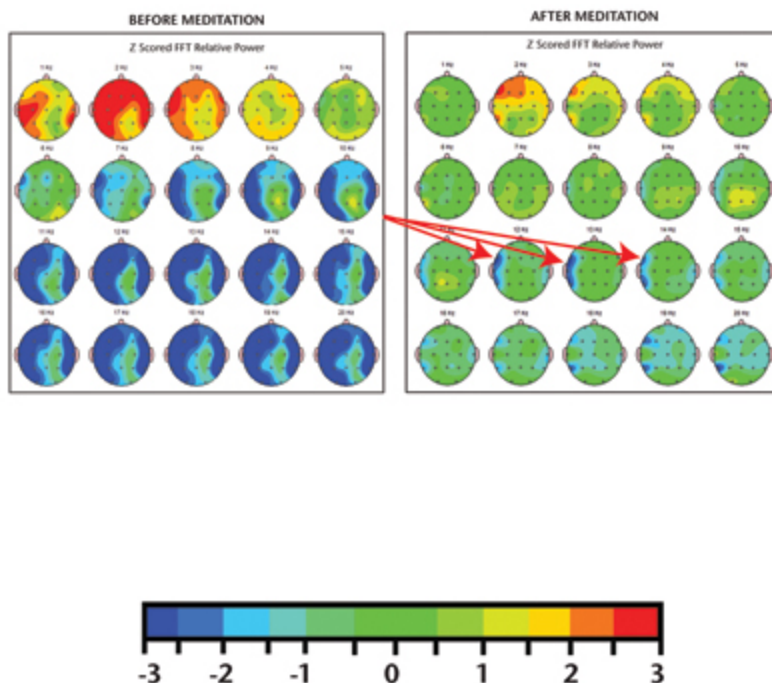


FIGURE 10.9
**CHANGES IN DELTA/THETA RATIO
 IN MEDITATION**

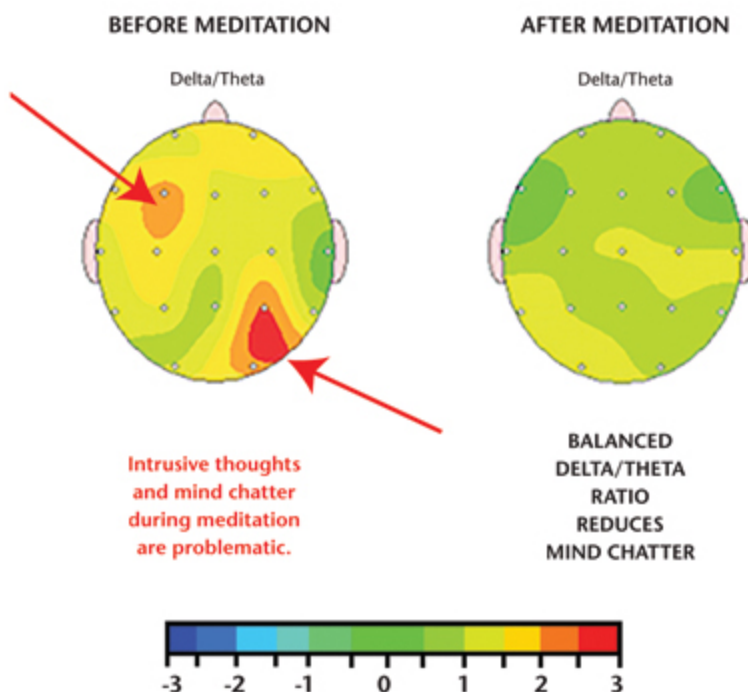
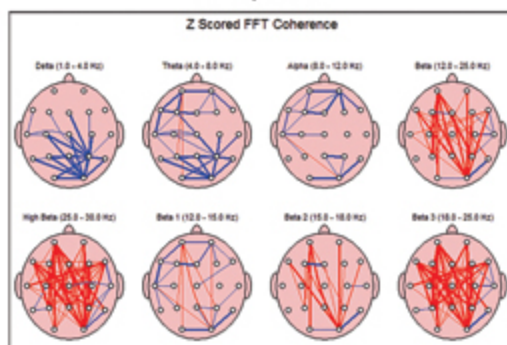
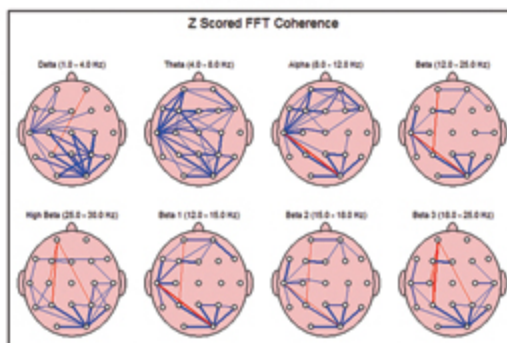


FIGURE 10.10

February 20, 2013



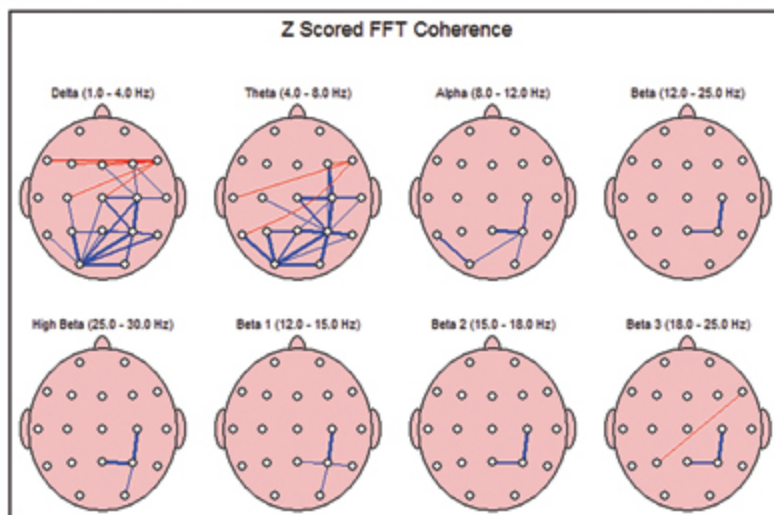
February 23, 2013



- Z-Score ≥ 1.98 + - Z-Score ≥ 2.58 + - Z-Score ≥ 3.09 +

FIGURE 10.11

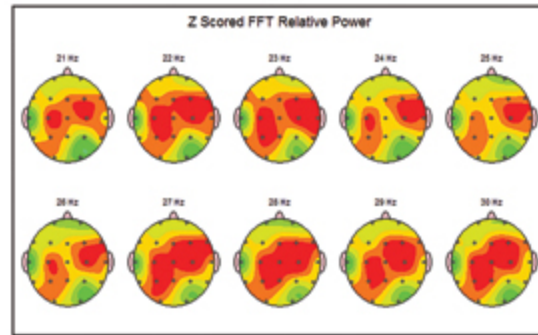
April 8, 2013



- Z-Score ≥ 1.98 + - Z-Score ≥ 2.58 + - Z-Score ≥ 3.09 +

FIGURE 10.12

February 20, 2013



February 23, 2013

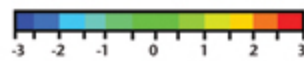
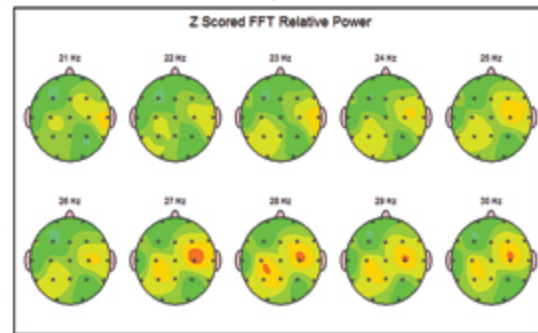


FIGURE 10.13

April 8, 2013

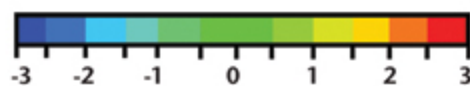
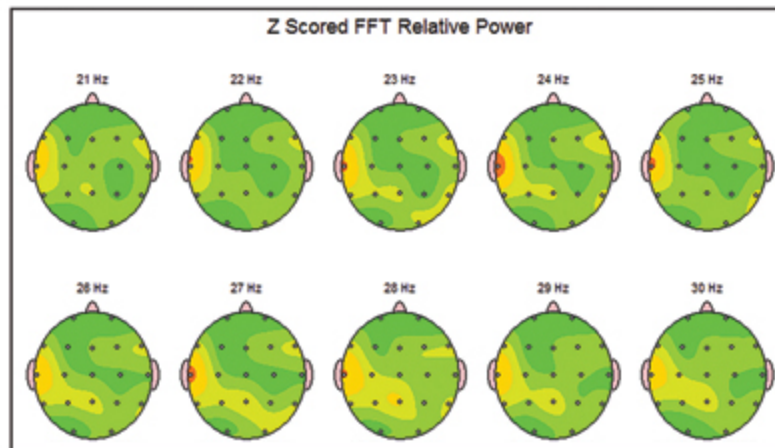


FIGURE 10.14
NORMAL EEG SCAN

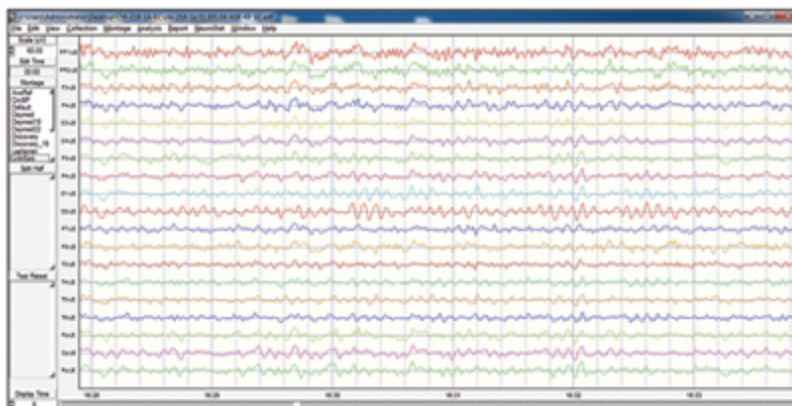


FIGURE 10.15A
HEIGHTENED ACTIVITY IN THE FRONTAL LOBE

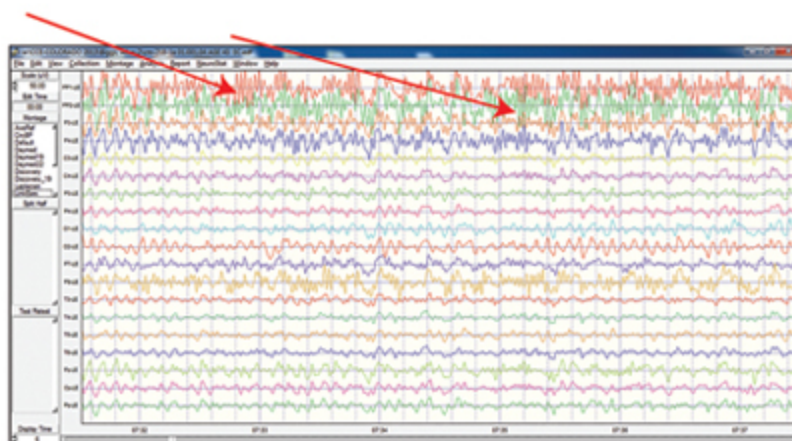


FIGURE 10.15B
HEIGHTENED ACTIVITY IN THE FRONTAL LOBE

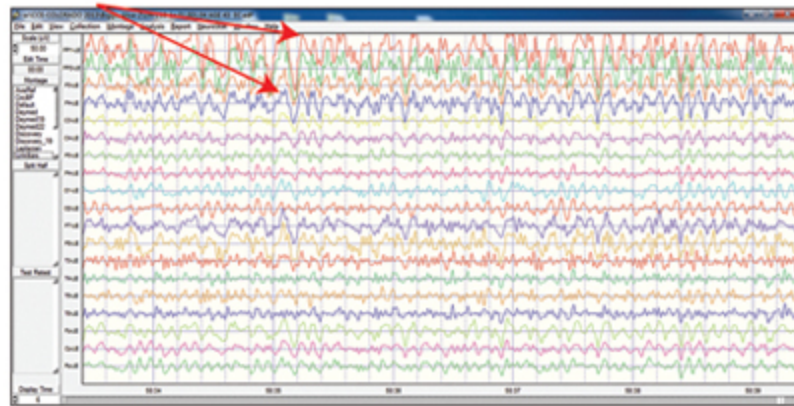


FIGURE 10.15C
HEIGHTENED ACTIVITY IN THE FRONTAL LOBE

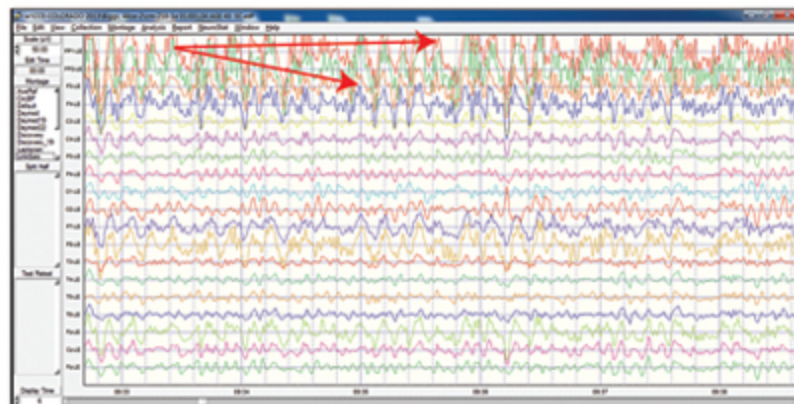


FIGURE 10.16

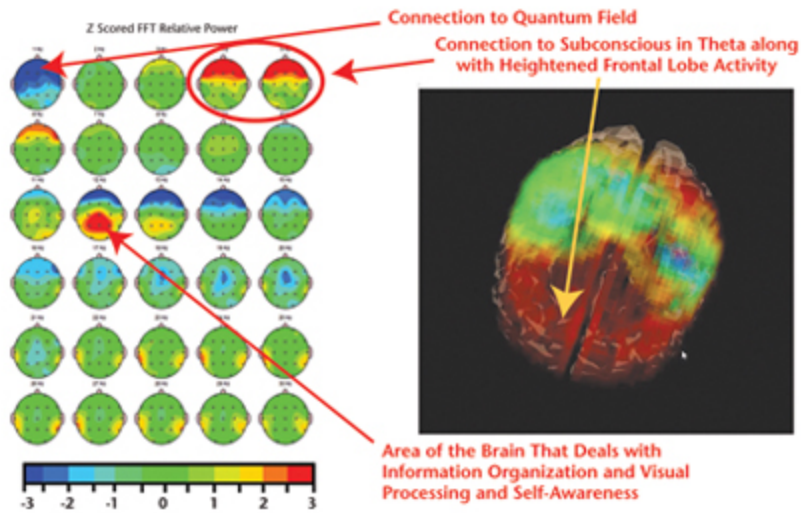


FIGURE 10.17

EXPERIENCING ECSTASY DURING MEDITATION

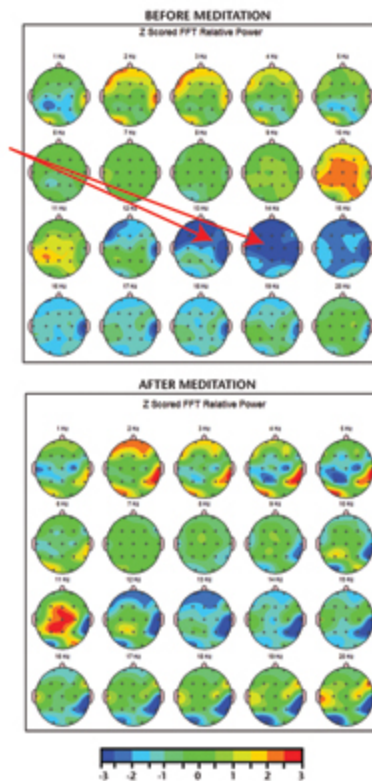


FIGURE 10.18
EXPERIENCING FULL OUT ECSTASY DURING MEDITATION

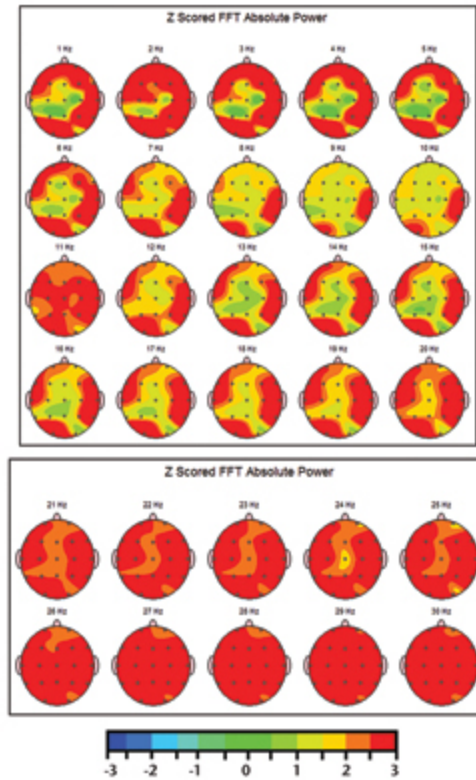


FIGURE 10.19

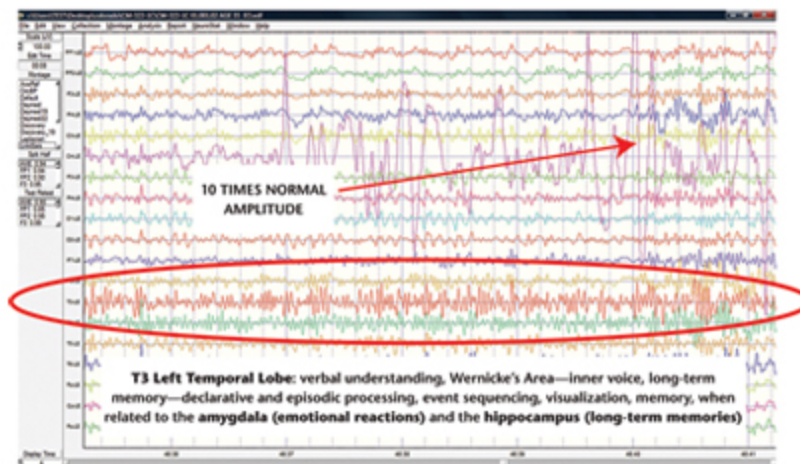


FIGURE 10.20

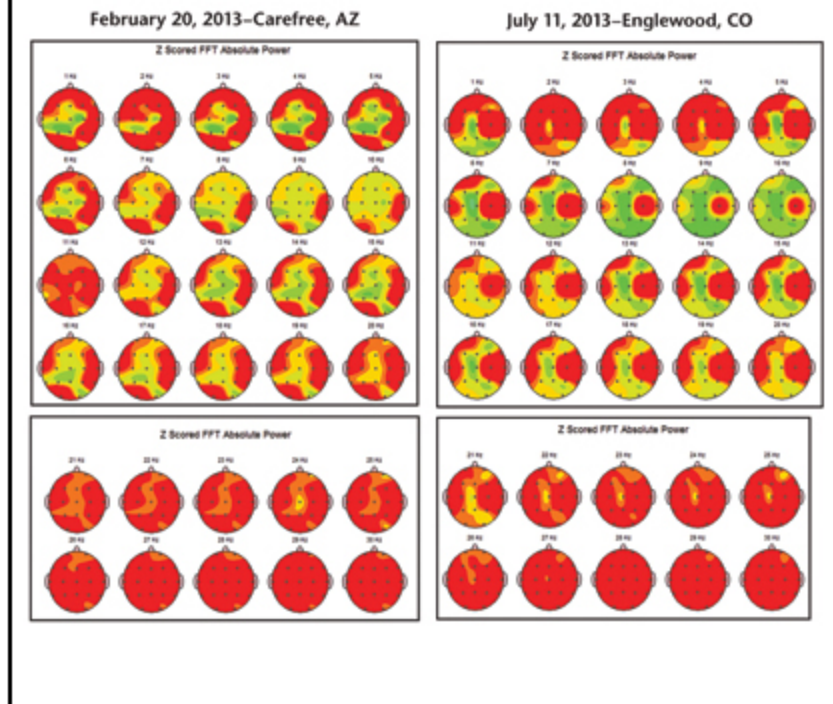
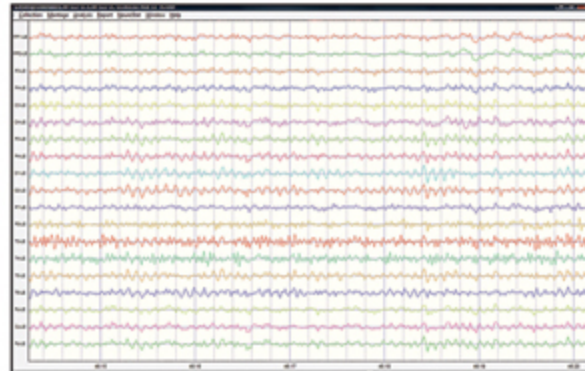
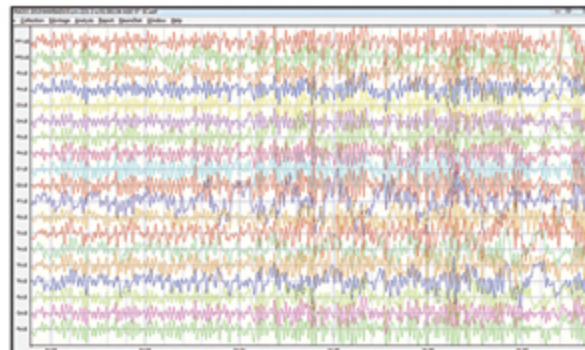


FIGURE 10.21

NORMAL BRAIN-WAVE ACTIVITY

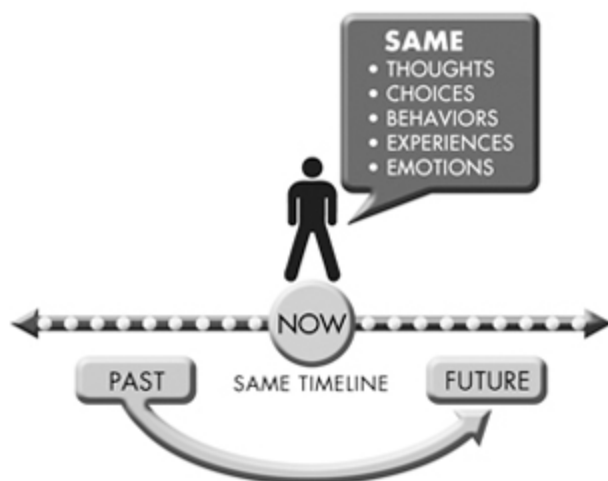


KUNDALINI-ECSTASY EXPERIENCE



THE PAST IS THE FUTURE

FIGURE 11.1



Each dot on the timeline represents the same thought, choice, behavior, experience, and emotion from past days, weeks, months, and even years. Therefore, the past becomes the future. Since a habit is a redundant set of automatic thoughts, actions, and feelings that is acquired through frequent repetition - that is, when the body becomes the mind - then for most, our bodies are already programmed to be in the same predictable future based on our state of being from the past. And if we memorize emotions that keep us connected to the past, and those feelings drive our thoughts, then our bodies are literally living in the past. We are rarely in the present moment.

THE PRESENT CREATES A NEW FUTURE

FIGURE 11.2



When you find the sweet spot of the present moment and you forget about yourself as the same personality, you have access to other possibilities that already exist in the quantum field. That's because you are no longer connected to the same bodymind, to the same identification with the environment, and to the same predictable timeline. In the moment, the same familiar past and future literally no longer exist, and you become pure consciousness - a thought alone. That is the moment that you can change your body, change something in your environment, and create a new timeline.

FIGURE 12.1

MEDITATION: PART ONE

This first part of the meditation should last for approximately 10 to 15 minutes.

Now . . . can you rest your awareness . . . in the space . . . between your eyes . . . in space? And can you sense . . . the energy of space . . . between your eyes . . . in space? And now . . . can you become aware . . . of the space . . . between your temples . . . in space? And can you sense . . . the volume of space . . . between your temples . . . in space? And now . . . can you become aware . . . of the space . . . that your nostrils . . . occupy in space? And can you sense . . . the volume of space . . . that the inside of your nose occupies . . . in space? And now . . . can you become aware . . . of the space . . . between your tongue and the back of your throat . . . in space? And can you sense . . . the volume of space . . . that the back of your throat occupies . . . in space? And now . . . can you sense . . . the energy of space . . . around your ears . . . in space? And can you feel . . . the energy of space . . . beyond your ears . . . in space? And can you become aware . . . of the space . . . below your chin . . . in space? And can you feel . . . the volume of space . . . around your neck . . . in space? And now . . . can you sense . . . the space . . . beyond your chest . . . in space? And can you feel . . . the energy of space . . . around your chest . . . in space? And now . . . can you become aware . . . of the volume of space . . . beyond your shoulders . . . in space? And can you sense . . . the energy of space . . . around your shoulders . . . in space? And now . . . can you become aware . . . of the space . . . behind your back . . . in space?

And can you feel . . . the energy of space . . . beyond your spine . . . in space? And now . . . can you rest . . . your awareness . . . in the space . . . between your thighs . . . in space? And can you sense . . . the energy of space . . . connecting your knees . . . in space? And now . . . can you sense . . . the volume of space . . . around your feet . . . in space? And can you feel . . . the energy of space . . . beyond your feet . . . in space? And can you become aware . . . of the space . . . around your entire body . . . in space? And can you sense . . . the energy of space . . . beyond your body . . . in space? And now . . . can you become aware . . . of the space between your body and the walls of the room . . . in space? And can you sense . . . the volume of space . . . that the entire room occupies . . . in space? And now . . . can you become aware . . . of the space . . . that all of space occupies . . . in space? And can you sense . . . the space . . . that all of space takes up . . . in space?

FIGURE 12.2

MEDITATION: PART TWO

This second part should last for approximately 10 to 15 minutes.

And now . . . it's time . . . to become no body . . . no one . . . no thing . . . no where . . . in no time . . . to become . . . pure consciousness . . . to become an awareness in the infinite field of potentials . . . and to invest your energy into the unknown . . . And the longer you linger in the unknown . . . the more you draw a new life to you . . . Simply become a thought in the blackness of infinity . . . and unfold your attention - into no thing . . . into no body . . . into no time . . . And if you . . . as the quantum observer . . . find your mind returning to the

known . . . to the familiar . . . to people . . . to things . . . or places in your known familiar reality . . . to your body . . . to your identity, to your emotions . . . to time . . . to the past . . . or the predictable future . . . simply become aware that you are observing the known . . . and surrender your consciousness back into the void of possibilities . . . and become no one . . . no body . . . no thing . . . no where . . . in no time Unfold into the immaterial realm of quantum potentials. . . The more you become awareness in possibility . . . the more you create possibility and opportunity in your life. . . . Stay present. . . . [Allow 10 to 15 minutes here for you to linger.]

FIGURE 12.3

MEDITATION: PART THREE

Now . . . what was that first belief . . . or perception . . . that you wanted to change about yourself and your life? Do you want to continue to believe and perceive in this way? If not . . . I want you to make a decision . . . with such firm intention . . . that the amplitude of that decision . . . carries a level of energy that's greater than the hardwired programs in your brain . . . and the emotional addictions in your body . . . and allow your body to respond to a new mind. . . . And allow the choice to become an experience that you'll never forget . . . and let the experience . . . produce an emotion with such energy . . . that it rewrites the programs . . . and changes your biology. . . . Come out of your resting state and change your energy . . . so that your biology is altered by your own energy. . . . Now it's time to surrender the past back into possibility . . . and allow the infinite field of possibilities to

resolve it in a way that's right for you. . . . Give it up. Now . . . what do you want to believe and perceive about yourself and your life . . . and how would that feel? Come on . . . it's time to move into a new state of being . . . and allow your body to respond to a new mind . . . change your energy by combining a clear intention with an elevated emotion so that matter is lifted to a new mind. . . . And let the choice . . . carry an amplitude of energy . . . that's greater than any experience of the past . . . and let your body be altered by your consciousness, by your own energy. . . . and shift into a new state of being . . . and make this moment define you . . . and let this intentional thought become such a powerful internal experience . . . that it carries an elevated emotional energy, which becomes a memory that you never forget. . . . replacing the past memory with a new memory in your brain and body Come on! Become empowered. . . . Be inspired. . . . Make the choice a decision that you'll never fail to remember. . . . Now . . . give your body a taste of the future by showing it how it will feel to believe this way . . . and let your body respond to a new mind. . . . And how would you live from this state of being? . . . What choices will you make? . . . How will you behave? . . . What experiences are in your future? . . . How will you live? . . . How would it feel? . . . How will you love? . . . and allow infinite waves of possibility to collapse into an experience in your life. . . . And can you teach your body emotionally what it is to be in this new future? . . . Come on . . . open your heart . . . and believe in possibility. . . . Be lifted . . . fall in love with the moment . . . and experience that future now. . . . And now, surrender your creation to a greater mind . . . for what you think and experience in this realm of possibility . . . if it is truly felt . . . it will manifest in some future time . . . from waves of possibilities to particles in reality . . .

from the immaterial to the material . . . from thought to energy into matter. . . . Now . . . surrender your new belief into a field of consciousness that already knows how to organize the outcome in a way that's perfect for you . . . planting a seed in possibility. . . . Now . . . what was that second belief or perception that you wanted to change about yourself and your life? . . . And does it serve you to continue believing and perceiving . . . in this way? If not, it's time to make a decision with such firm intention. . . that the amplitude of that decision . . . carries a level of energy that causes your body to respond to a new mind . . . and that the choice that you make is final . . . and that your decision becomes an experience that you never forget. . . . Come out of your familiar resting state and change your energy so that matter is lifted to a new mind. . . . Go on! Become empowered. . . . Be moved by your own energy. . . . And let the energy of the choice . . . rewrite the subconscious programs neurologically in your brain . . . and emotionally and genetically in your body . . . and make the choice be greater than the past . . . and let your biology be changed by your energy. . . . Be inspired. . . . And now . . . surrender that belief to a greater intelligence . . . simply let go . . . and give it up . . . to the field of possibilities . . . returning it back to energy. . . . Now . . . what do you want to believe and perceive about yourself and your life? . . . And how would that feel? Come on, move into a new state of being . . . and allow your body to be lifted to a new mind . . . and let the energy of this choice . . . rewrite the circuits in your brain . . . and the genes in your body . . . and allow your body to be liberated into a new future. . . . You must feel a new energy . . . to become some thing greater than your body, your environment, and time. . . so that you have dominion over your body, your environment, and time. . . . Become a thought that affects matter. . . . And can you

teach your body emotionally . . . what it would feel like to believe in this way . . . to be empowered . . . to be moved by your own greatness . . . to have courage . . . to be invincible . . . to be in love with life . . . to feel unlimited. . . to live as if your prayers are already answered? . . . Come on, give your body, as the unconscious mind, a taste of your future . . . signaling new genes in new ways. . . . Your energy is the epiphenomenon of matter . . . change your energy and change your body. . . . Come on, make your mind matter. . . . And how will you live, from this state of being? . . . And if you believe this, what choices would you make? . . . What behaviors could you demonstrate? . . . And what experiences can you observe from this state of being? . . . And how will they feel. . . to be healed, to be free, to believe in yourself and possibility? . . . Let yourself go. . . . Bless this future with your own energy. . . . Then it means . . . you're connected to a new destiny . . . for wherever you place your attention is where you place your energy. . . . Investing in your future . . . and being defined by your future instead of your past. . . . Open your heart and allow your body to become moved by your own inward experience . . . and remember that whatever you truly experience in the unknown . . . and emotionally embrace . . . will ultimately slow down in frequency as energy . . . into three dimensions as matter. . . . And now let go and give it up . . . and allow it to be executed by a greater intelligence in a way that's right for you And now . . . take your left hand and place it over your heart . . . and I want you to bless your body . . . that it be lifted to a new mind . . . and bless your life . . . that it be an extension of your mind . . . to bless your future . . . that it never be your past . . . to bless your past . . . that it turns to wisdom. . . to bless the adversity in your life . . . that it initiates you into greatness . . . and that you see the hidden meaning behind all

things . . . to bless your soul . . . that it wake you up from this dream . . . and to bless the divine in you . . . that it moves in you . . . that it moves through you . . . and that it moves all around you . . . that it shows cause in your life . . . And finally . . . I want you to give thanks for a new life before it's made manifest . . . so that your body, as the unconscious mind, begins to experience that future now. . . . For the emotional signature of gratitude means the event has already happened For gratitude is . . . the ultimate state of receivership. . . . And just memorize this feeling . . . bring your awareness. . . back to a new body . . . to a new environment . . . and to a whole new time . . . and when you are ready, you can open your eyes. This final part will last for approximately 20 to 30 minutes.

FIGURE A-1

HOUR-LONG VERSION of MEDITATION

(Changing 2 Beliefs and Perceptions)

Now . . . can you rest your awareness . . . in the space . . . between your eyes . . . in space? And can you sense . . . the energy of space . . . between your eyes . . . in space? And now . . . can you become aware . . . of the space . . . between your temples . . . in space? And can you sense . . . the volume of space . . . between your temples . . . in space? And now . . . can you become aware . . . of the space . . . that your nostrils . . . occupy in space? And can you sense . . . the volume of space . . . that the inside of your nose occupies . . . in space?

And now . . . can you become aware . . . of the space . . . between your tongue and the back of your throat . . . in space? And can you sense . . . the volume of space . . . that the back of your throat occupies . . . in space? And now . . . can you sense . . . the energy of space . . . around your ears . . . in space? And can you feel . . . the energy of space . . . beyond your ears . . . in space? And can you become aware . . . of the space . . . below your chin . . . in space? And can you feel . . . the volume of space . . . around your neck . . . in space? And now . . . can you sense . . . the space . . . beyond your chest . . . in space? And can you feel . . . the energy of space . . . around your chest . . . in space? And now . . . can you become aware . . . of the volume of space . . . beyond your shoulders . . . in space? And can you sense . . . the energy of space . . . around your shoulders . . . in space? And now . . . can you become aware . . . of the space . . . behind your back . . . in space? And can you feel . . . the energy of space . . . beyond your spine . . . in space? And now . . . can you rest . . . your awareness . . . in the space . . . between your thighs . . . in space? And can you sense . . . the energy of space . . . connecting your knees . . . in space? And now . . . can you sense . . . the volume of space . . . around your feet . . . in space? And can you feel . . . the energy of space . . . beyond your feet . . . in space? And can you become aware . . . of the space . . . around your entire body . . . in space? And can you sense . . . the energy of space . . . beyond your body . . . in space? And now . . . can you become aware . . . of the space between your body and the walls of the room . . . in space? And can you sense . . . the volume of space . . . that the entire room occupies . . . in space? And now . . . can you become aware . . . of the space . . . that all of space occupies . . . in space? And can you sense . . . the space . . . that all of space

takes up . . . in space? And now . . . it's time . . . to become no body . . . no one . . . no thing . . . no where . . . in no time . . . to become . . . pure consciousness . . . to become an awareness in the infinite field of potentials . . . and to invest your energy into the unknown. . . . And the longer you linger in the unknown . . . the more you draw a new life to you. . . . Simply become a thought in the blackness of infinity . . . and unfold your attention - into no thing . . . into no body . . . into no time. . . . And if you . . . as the quantum observer . . . find your mind returning to the known . . . to the familiar . . . to people . . . to things . . . or places in your known familiar reality . . . to your body . . . to your identity, to your emotions . . . to time . . . to the past . . . or the predictable future . . . simply become aware that you are observing the known . . . and surrender your consciousness back into the void of possibilities . . . and become no one . . . no body . . . no thing . . . no where . . . in no time. . . . Unfold into the immaterial realm of quantum potentials. . . . The more you become awareness in possibility . . . the more you create possibility and opportunity in your life. . . . Stay present. . . .

[Allow anywhere from 5 minutes to 20 minutes here for you to linger, depending on how long you have to meditate.]

Now . . . what was that first belief . . . or perception . . . that you wanted to change about yourself and your life? Do you want to continue to believe and perceive in this way? If not . . . I want you to make a decision . . . with such firm intention . . . that the amplitude of that decision . . . carries a level of energy that's greater than the hardwired programs in your brain . . . and the emotional addictions in your body . . . and allow your body to respond to a new mind. . . . And allow the choice to become an experience that you'll never forget . . . and

let the experience . . . produce an emotion with such energy . . . that it rewrites the programs . . . and changes your biology. . . . Come out of your resting state and change your energy . . . so that your biology is altered by your own energy. . . . Now it's time to surrender the past back into possibility . . . and allow the infinite field of possibilities to resolve it in a way that's right for you. . . . Give it up. Now . . . what do you want to believe and perceive about yourself and your life . . . and how would that feel? Come on . . . it's time to move into a new state of being . . . and allow your body to respond to a new new mind . . . change your energy by combining a clear intention with an elevated emotion so that matter is lifted to a new mind. . . . And let the choice . . . carry an amplitude of energy . . . that's greater than any experience of the past . . . and let your body be altered by your consciousness, by your own energy . . . and shift into a new state of being . . . and make this moment define you . . . and let this intentional thought become such a powerful internal experience . . . that it carries an elevated emotional energy, which becomes a memory that you never forget. . . . replacing the past memory with a new memory in your brain and body Come on! Become empowered. . . . Be inspired. . . . Make the choice a decision that you'll never fail to remember. . . . Now . . . give your body a taste of the future by showing it how it will feel to believe this way . . . and let your body respond to a new mind. . . . And how would you live from this state of being? . . . What choices will you make? . . . How will you behave? . . . What experiences are in your future? . . . How will you live? . . . How would it feel? . . . How will you love? . . . And allow infinite waves of possibility to collapse into an experience in your life. . . . And can you teach your body emotionally what it is to be in this new future? . . . Come on . . . open your heart . . . and

believe in possibility. . . . Be lifted . . . fall in love with the moment . . . and experience that future now. . . . And now, surrender your creation to a greater mind . . . for what you think and experience in this realm of possibility . . . if it is truly felt . . . it will manifest in some future time . . . from waves of possibilities to particles in reality . . . from the immaterial to the material . . . from thought to energy into matter. . . . Now . . . surrender your new belief into a field of consciousness that already knows how to organize the outcome in a way that's perfect for you . . . planting a seed in possibility. . . . Now . . . what was that second belief or perception that you wanted to change about yourself and your life? . . . And does it serve you to continue believing and perceiving . . . in this way? If not, it's time to make a decision with such a firm intention . . . that the amplitude of that decision . . . carries a level of energy that causes your body to respond to a new mind . . . and that the choice that you make is final . . . and that your decision becomes an experience that you never forget. . . . Come out of your familiar resting state and change your energy so that matter is lifted to a new mind. . . . Go on! Become empowered. . . . Be moved by your own energy. . . . And let the energy of the choice . . . rewrite the subconscious programs neurologically in your brain . . . and emotionally and genetically in your body . . . and make the choice to be greater than the past . . . and let your biology be changed by your energy. . . . Be inspired. . . . And now . . . surrender that belief to a greater intelligence . . . simply let go . . . and give it up . . . to the field of possibilities. . . . returning it back to energy. . . . Now . . . what do you want to believe and perceive about yourself and your life? . . . And how would that feel? Come on, move into a new state of being . . . and allow your body to be lifted to a new mind . . . and let the energy of this choice

. . . rewrite the circuits in your brain . . . and the genes in your body . . . and allow your body to be liberated into a new future. . . . You must feel a new energy . . . to become some thing greater than your body, your environment, and time . . . so that you have dominion over your body, your environment, and time. . . . Become a thought that affects matter. . . . And can you teach your body emotionally . . . what it would feel like to believe in this way . . . to be empowered . . . to be moved by your own greatness . . . to have courage . . . to be invincible . . . to be in love with life . . . to feel unlimited . . . to live as if your prayers are already answered? . . . Come on, give your body, as the unconscious mind, a taste of your future . . . signaling new genes in new ways. . . . Your energy is the epiphenomenon of matter . . . change your energy and change your body. . . . Come on, make your mind matter. . . . And how will you live, from this state of being? . . . And if you believe this, what choices would you make? . . . What behaviors could you demonstrate? . . . And what experiences can you observe from this state of being? . . . And how will they feel . . . to be healed, to be free, to believe in yourself and possibility? . . . Let yourself go. . . . Bless this future with your own energy. . . . Then it means . . . you're connected to a new destiny . . . for wherever you place your attention is where you place your energy. . . . Investing in your future . . . and being defined by your future instead of your past. . . . Open your heart and allow your body to become moved by your own inward experience . . . and remember that whatever you truly experience in the unknown . . . and emotionally embrace . . . will ultimately slow down in frequency as energy . . . into three dimensions as matter. . . . And now let go and give it up . . . and allow it to be executed by a greater intelligence in a way that's right for you. . . . And now . . . take your left hand and

place it over your heart . . . and I want you to bless your body . . . that it be lifted to a new mind . . . and bless your life . . . that it be an extension of your mind . . . to bless your future . . . that it never be your past . . . to bless your past . . . that it turns to wisdom . . . to bless the adversity in your life . . . that it initiates you into greatness . . . and that you see the hidden meaning behind all things . . . to bless your soul . . . that it wake you up from this dream . . . and to bless the divine in you . . . that it moves in you . . . that it moves through you . . . and that it moves all around you . . . that it shows cause in your life . . . And finally . . . I want you to give thanks for a new life before it's made manifest . . . so that your body, as the unconscious mind, begins to experience that future now . . . For the emotional signature of gratitude means the event has already happened . . . For gratitude is . . . the ultimate state of receivership . . . And just memorize this feeling . . . bring your awareness . . . back to a new body . . . to a new environment . . . and to a whole new time . . . and when you are ready, you can open your eyes.

FIGURE A-2

45-MINUTE VERSION of MEDITATION (Changing 1 Belief and Perception)

Now . . . can you rest your awareness . . . in the space . . . between your eyes . . . in space? And can you sense . . . the energy of space

. . . between your eyes . . . in space? And now . . . can you become aware . . . of the space . . . between your temples . . . in space? And can you sense . . . the volume of space . . . between your temples . . . in space? And now . . . can you become aware . . . of the space . . . that your nostrils . . . occupy in space? And can you sense . . . the volume of space . . . that the inside of your nose occupies . . . in space? And now . . . can you become aware . . . of the space . . . between your tongue and the back of your throat . . . in space? And can you sense . . . the volume of space . . . that the back of your throat occupies . . . in space? And now . . . can you sense . . . the energy of space . . . around your ears . . . in space? And can you feel . . . the energy of space . . . beyond your ears . . . in space? And can you become aware . . . of the space . . . below your chin . . . in space? And can you feel . . . the volume of space . . . around your neck . . . in space? And now . . . can you sense . . . the space . . . beyond your chest . . . in space? And can you feel . . . the energy of space . . . around your chest . . . in space? And now . . . can you become aware . . . of the volume of space . . . beyond your shoulders . . . in space? And can you sense . . . the energy of space . . . around your shoulders . . . in space? And now . . . can you become aware . . . of the space . . . behind your back . . . in space? And can you feel . . . the energy of space . . . beyond your spine . . . in space? And now . . . can you rest . . . your awareness . . . in the space . . . between your thighs . . . in space? And can you sense . . . the energy of space . . . connecting your knees . . . in space? And now . . . can you sense . . . the volume of space . . . around your feet . . . in space? And can you feel . . . the energy of space . . . beyond your feet . . . in space? And can you become aware . . . of the space . . . around your entire body . . . in space? And can you sense . . . the

energy of space . . . beyond your body . . . in space? And now . . . can you become aware . . . of the space between your body and the walls of the room . . . in space? And can you sense . . . the volume of space . . . that the entire room occupies . . . in space? And now . . . can you become aware . . . of the space . . . that all of space occupies . . . in space? And can you sense . . . the space . . . that all of space takes up . . . in space? And now . . . it's time . . . to become no body . . . no one . . . no thing . . . no where . . . in no time . . . to become . . . pure consciousness . . . to become an awareness in the infinite field of potentials . . . and to invest your energy into possibility. . . . And the longer you linger in the unknown . . . the more you draw the unknown to you. . . . Simply become a thought in the blackness of infinity . . . and unfold your awareness into no thing . . . into no body . . . into no time. . . . The more you focus on the unknown . . . the more you bring a new life to you. Allow your awareness to move from particle to wave . . . from matter to consciousness . . . from the material to the immaterial . . . from space and time to no time and to no space . . . from a world of the senses . . . to a world beyond the senses. . . . from the known to the unknown. . . . And if you . . . as the quantum observer . . . find your mind returning to the known . . . to familiar people . . . to things . . . or places in your known reality . . . to your body . . . to your habits, your identity, your emotions . . . to time . . . to the past . . . or the predictable future . . . simply become aware that you are observing the known . . . and surrender your consciousness back into the void of possibilities . . . and become no one . . . no body . . . no thing . . . no where . . . in no time. . . . Unfold your awareness back into the immaterial realm of all quantum potentials . . . into the blackness of eternity. . . . And the more you become an awareness in

possibility . . . the more you create possibility and opportunity in your life. . . . Stay present. . . .
 [Allow anywhere from 5 minutes to 10 minutes here for you to linger, depending on how long you have to meditate.]
 Now what was that belief or perception that you wanted to change about yourself in your life? . . . And do you want to continue to believe and perceive in this way? . . . If not . . . it's time to make a decision with such firm intention . . . that the amplitude of that decision carries a level of energy that's greater than the hardwired programs in your brain and the emotional addictions in your body . . . and allow your body to respond to a new mind . . . and allow the choice to become an experience that you never forget . . . and allow the inward experience to produce an emotion with such energy that it rewrites the programs and changes your biology. . . . Come out of your resting state and change your energy so that your biology is altered by your own energy Come on! Become inspired and make the choice to be greater than your past. Become inspired, become empowered! Be moved by your own energy . . . and now surrender that belief to a greater intelligence . . . to a greater mind . . . just let go and give it up to the field of possibilities, returning it back to energy. . . . Now what do you want to believe and perceive about yourself and your life . . . and how would that feel? . . . Come on . . . move into a new state of being . . . and allow your body to be lifted to a new mind . . . and let the energy of this choice rewrite the circuits in your brain and change the genes in your body . . . and allow your body to be liberated from the past into a new future. . . . Change your energy by combining a clear intention with an elevated emotion so that matter is lifted to a new mind . . . and let the choice carry an amplitude of energy that's greater than any past

experience . . . and let your body be altered by your consciousness, by your energy . . . and shift into a new state of being . . . and make this moment define you . . . and let this internal process, this experience, carry such an elevated emotional energy that it becomes a memory that you never forget. . . . And can you teach your body emotionally what it would feel like to believe in this way . . . to be empowered . . . to be moved by your own greatness . . . to be invincible . . . to have courage . . . to be in love with life . . . to feel unlimited . . . to live as if your prayers are already answered? . . . Give your body a taste of the future, signaling new genes in new ways. Your energy is what affects matter, and when you change your energy, you change your body. . . . Come on, make your mind matter . . . and from this new state of being, how will you live . . . what choices will you make . . . what behaviors will you demonstrate, and what experiences can you observe from this state of being, and how will it feel . . . to believe in possibility . . . to believe in yourself . . . to be healed . . . to be free . . . to be moved by the spirit? . . . Come on, love your future into life. . . . It's your creation; fall in love with it. From the state of being, nurture it with your attention . . . for wherever you place your attention is where you place your energy. . . . Invest in your future by observing it . . . and be defined by a new future instead of the familiar past. . . . Open your heart and allow your body to become moved by your own inward experience . . . for whatever you truly experience in possibility and emotionally embrace . . . will ultimately find you in some future time. . . . From thought . . . into energy . . . into matter . . . and now let go and give it up . . . to a greater intelligence . . . and allow it to be executed in a way that's right for you. And take your left hand and place it over your heart . . . and I want you to bless your body . . . that

it be lifted to a new mind . . . to a new energy. . . . And to bless your life . . . that it be an extension of your mind . . . that your state of being . . . be reflected in your world. . . . And to bless your future . . . that it never be your past. . . . and to bless your past . . . that it turn to wisdom . . . and to bless the challenges in your life . . . that they initiate you into greatness . . . and to bless your soul . . . that it wakes you up from this dream and that it be your guide . . . and to bless the unseen in you . . . that the energy move in you . . . that it stirs in you . . . that it moves through you . . . and that it moves all around you . . . that its mind become your mind . . . that its nature . . . become your nature . . . that its will . . . become your will . . . and its love for life . . . become your love for life . . . and that it shows cause by signaling you . . . in your life in some way . . . to let you know that it's real. . . . And now if the thought sends the signal out . . . and the feeling draws the event back to you . . . I want you to move into a state of gratitude . . . and to give thanks . . . for a new life before it's made manifest. . . . For the emotional signature of gratitude means . . . the event has already happened . . . and the longer you linger in gratitude . . . the more you draw your new life to you . . . for gratitude is the ultimate state of receivership. . . . And now bring your awareness back to a new body . . . to a new life . . . and to a whole new future time . . . and when you're ready . . . you can open your eyes.

YOU ARE THE PLACEBO

Also by Joe Dispenza

Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One

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