

Breaking the Habit of Being Yourself

How to Lose Your Mind and Create a New One

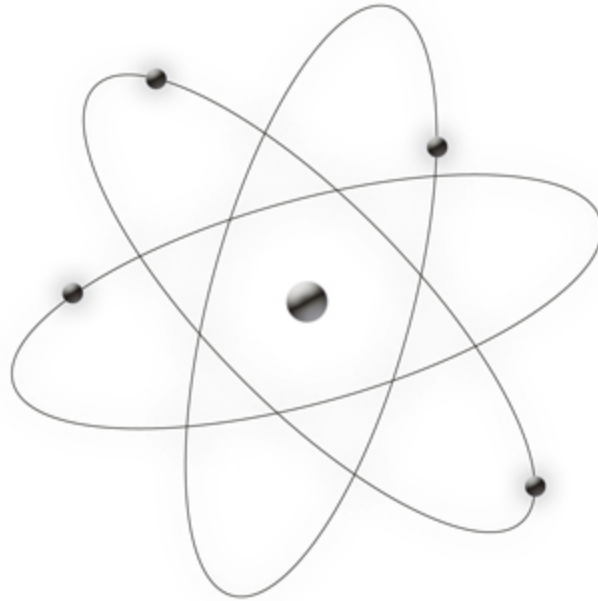


Dr. Joe Dispenza

Audio Book

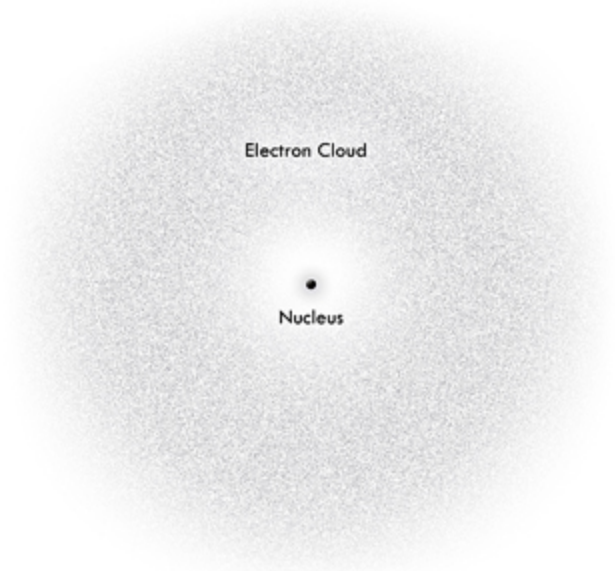
Diagrams, Appendix and End Notes

FIGURE 1A
THE CLASSICAL ATOM



The "old school" Newtonian version of an atom. The focus is primarily on the material.

FIGURE 1B
THE QUANTUM ATOM



The "new school" quantum version of an atom with an electron cloud. The atom is 99.99999999999999% energy and .00000000000001% matter. It's just about nothing, materially.

FIGURE 1C
THE REAL QUANTUM ATOM

This is the most realistic model of any atom. It is "no thing" materially, but all things potentially.

FIGURE 1D
COLLAPSING the WAVE FUNCTION

The electron could
be anywhere.



The electron appears
as a particle.



The electron disappears
into nothing.

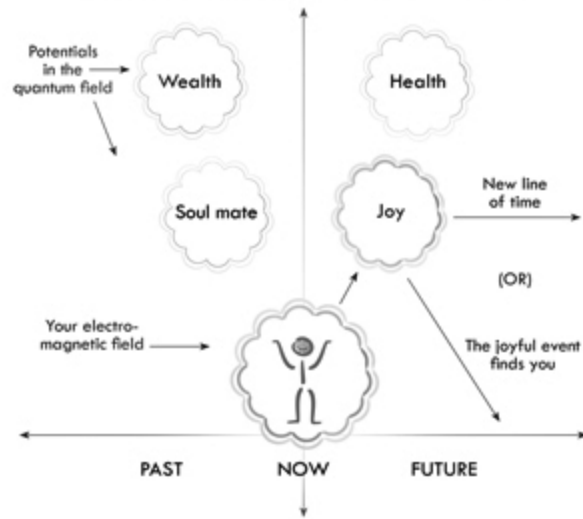


The electron reappears
as a particle.



The electron exists as a wave of probability in one moment, and then in the next moment appears as a solid particle, then disappears into nothing, and then reappears at another location.

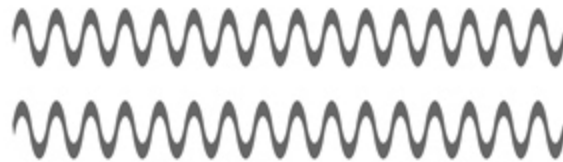
FIGURE 1E
ELECTROMAGNETIC POTENTIALS
in the QUANTUM FIELD



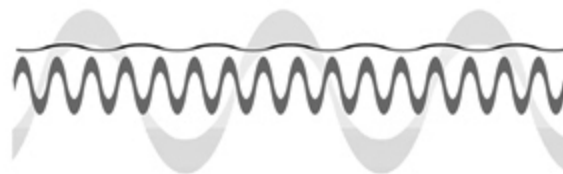
All potential experiences exist in the quantum fields as a sea of infinite possibilities. When you change your electromagnetic signature to match an electromagnetic signature that already exists in the field, your body will be drawn to that event, you will move into a new line of time, or the event will find you in your new reality.

FIGURE 1F
WAVE PATTERNS

Coherent Waves

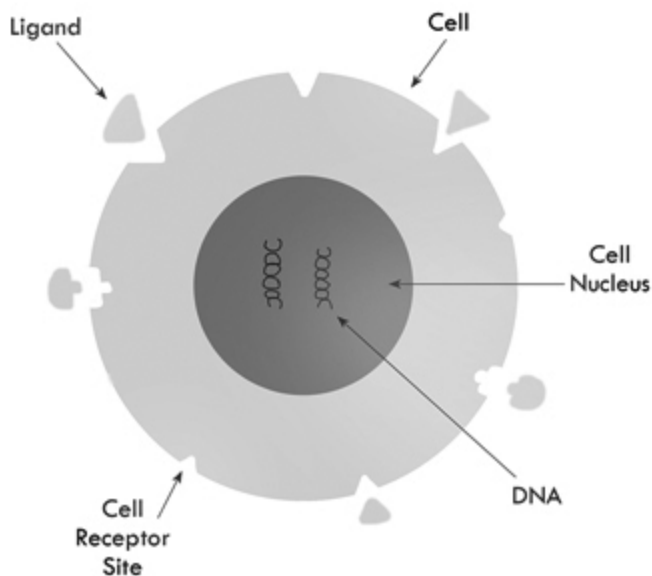


Incoherent Waves



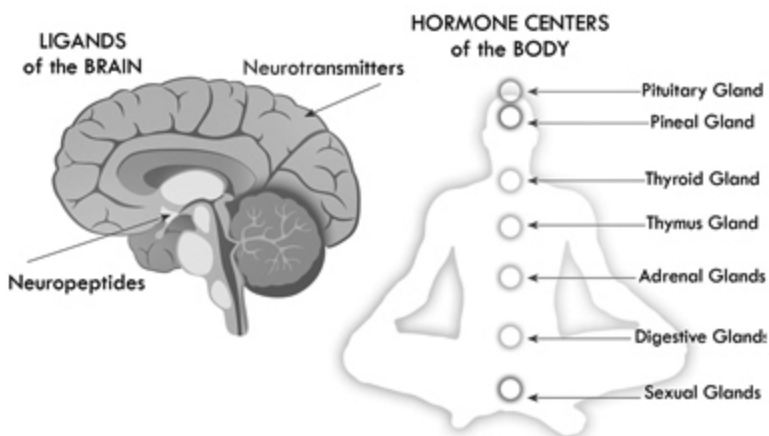
When waves are on phase and rhythmic, they are more powerful than when they are out of phase.

FIGURE 3A CELL ACTIVITIES



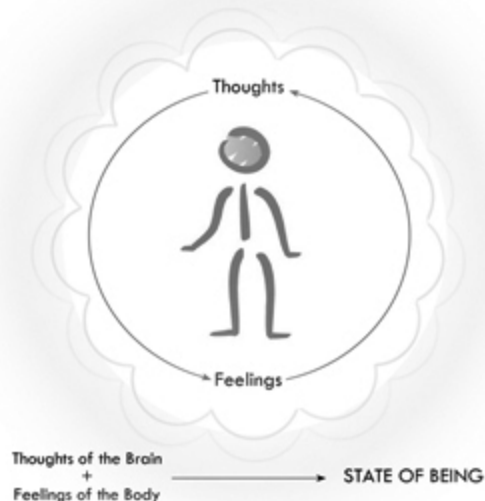
A cell with receptor sites that receive vital incoming information from outside cell. The signal can influence the cell to perform a myriad of biological functions.

FIGURE 3B OVERVIEW of the ROLE of LIGANDS in the BRAIN and BODY



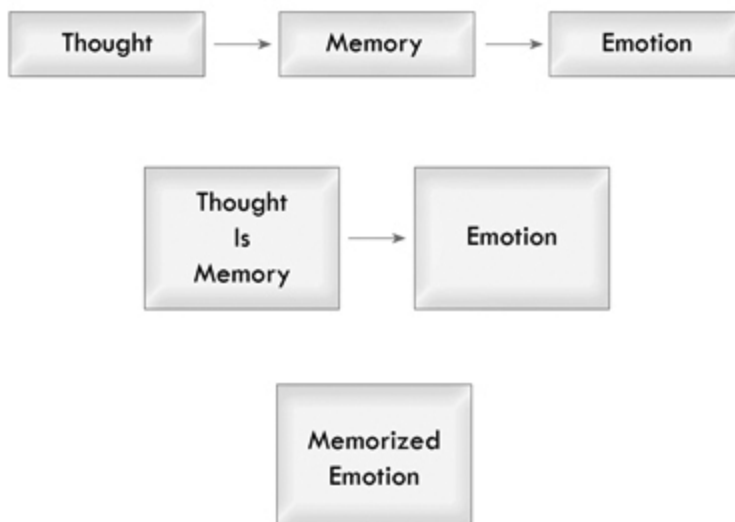
Neurotransmitters are diverse chemical messengers between neurons. Neuropeptides are chemical couriers made in the midbrain that signal different glands of the body to make hormones.

FIGURE 3C
CYCLE of THINKING and FEELING



The neurochemical relationship between the brain and the body. As you think certain thoughts, the brain produces chemicals that cause you to feel exactly the way you were thinking. Once you feel the way you think, you begin to think the way you feel. This continuous cycle creates a feedback loop called a "state of being."

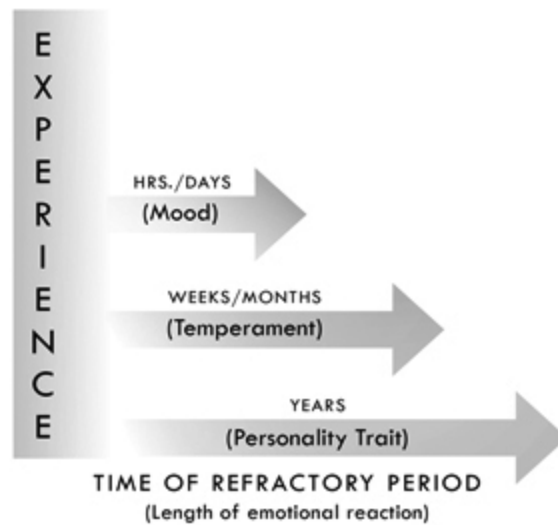
FIGURE 4A
MEMORIZING EMOTIONS



The thought produces a memory, which creates an emotion. In time, the thought becomes the memory and an emotion follows. If this process is repeated enough times, the thought is the memory, which is the emotion. We memorize the emotion.

FIGURE 4B

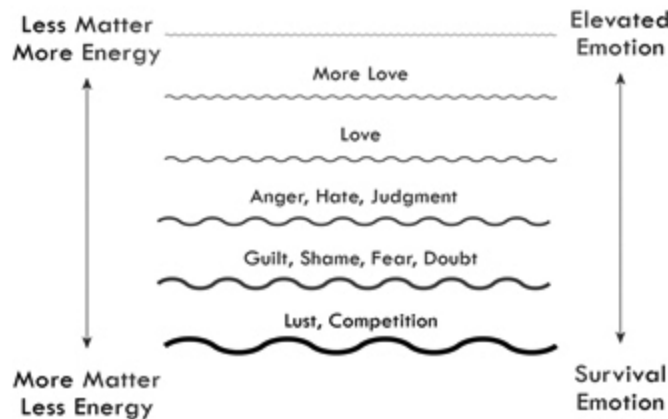
HOW EMOTIONAL REACTIONS CREATE DIFFERENT STATES of BEING



The progression of different refractory periods. An experience creates an emotional reaction, which then can turn into a mood, then into a temperament, and finally into a personality trait. We, as personalities, memorize our emotional reactions and literally live in the past.

FIGURE 5A

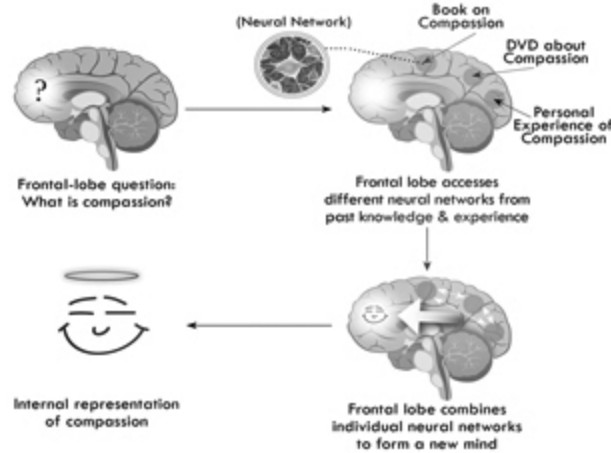
SURVIVAL EMOTIONS vs. ELEVATED EMOTIONS



The higher-frequency waves at the top are vibrating faster and therefore are closer to the vibratory rate of energy and less to that of matter. As we move down the scale, you can see that the slower the wavelength, the more "material" the energy becomes. Thus, the survival emotions ground us to be more like matter and less like energy. Emotions like anger, hatred, suffering, shame, guilt, judgement, and lust make us feel more physical, because they carry a frequency that is slower and more like that of physical objects. However, the more elevated emotions such as love, joy, and gratitude are higher in frequency. As a result, they are more energy-like and less physical/material.

FIGURE 5B

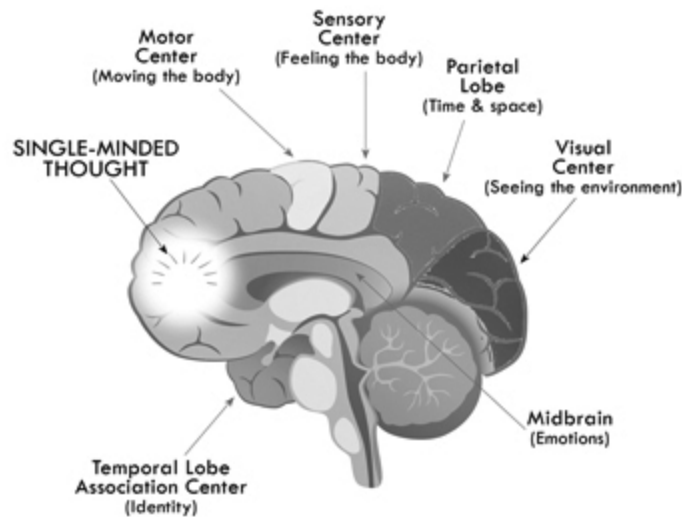
THE FRONTAL LOBE as CREATOR



When the frontal lobe is working in creative mode, it looks out over the landscape of the entire brain and gathers all of the brain's information to create a new mind. If compassion is the new state of being that you want to create, then once you ask yourself what it would be like to be compassionate, the forebrain would naturally combine different neural networks together in new ways to create a new model or vision. It might take stored information from books you read, DVD's you saw, personal experiences, etc., and makes the brain work in new ways. Once the new mind is in place, you see a picture, a hologram, or vision of what compassion means to you.

FIGURE 5C

THE FRONTAL LOBE as the VOLUME CONTROL



When the thought that you are attending to becomes the experience, the frontal lobe quiets down the rest of the brain so that nothing else is being processed but that single-minded thought. You become still, you no longer feel your body, you no longer perceive time and space, and you forget about yourself.

FIGURE 5D

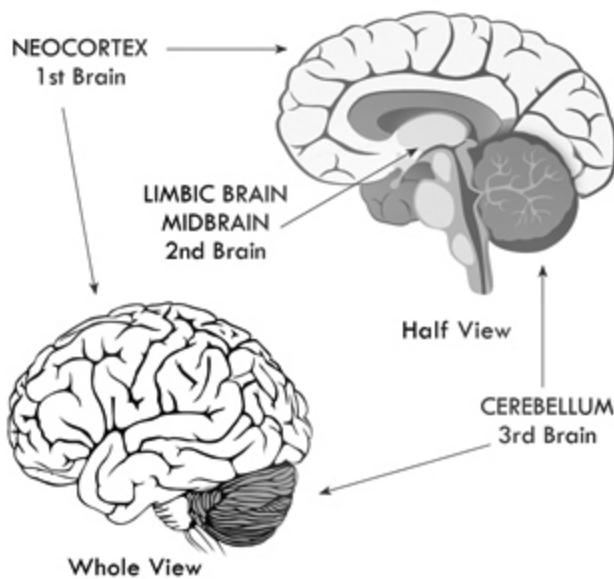
THE TWO STATES of the MIND & BODY



Survival Mode vs. Creation Mode.

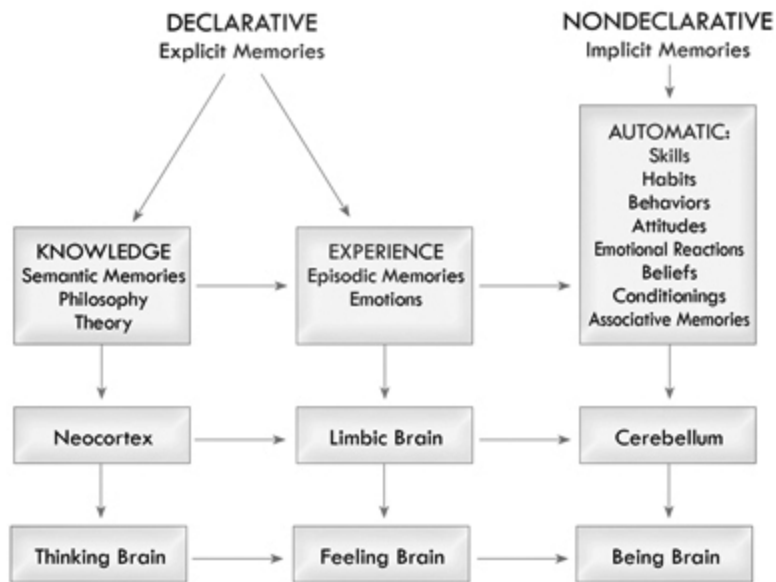
FIGURE 6A

THE THREE BRAINS



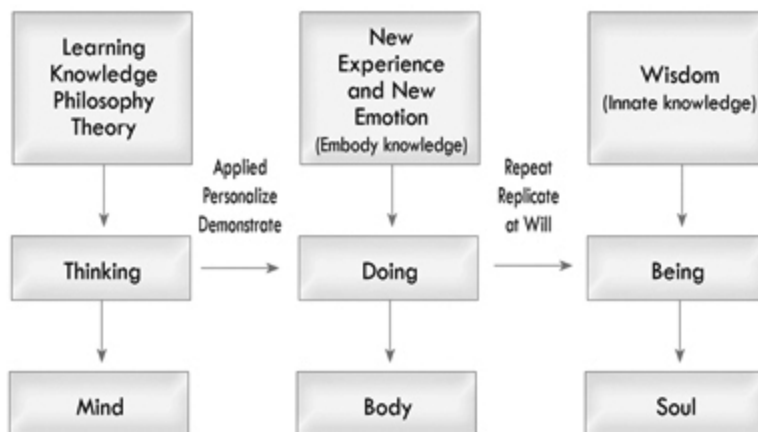
The "first brain," the neocortex or thinking brain (in white). The "second brain" is the limbic brain, responsible for creating, maintaining, and organizing chemicals in the body (in gray). The "third brain", the cerebellum, is the seat of the subconscious mind (in charcoal).

FIGURE 6B(1)
MEMORY SYSTEMS of the BRAIN



Declarative and nondeclarative memories.

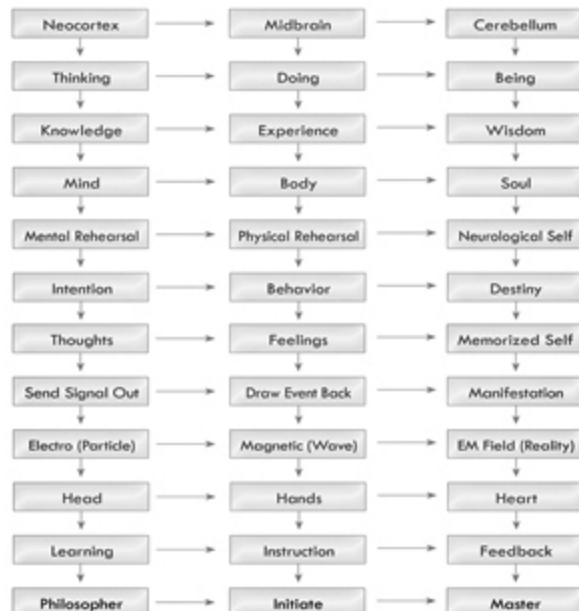
FIGURE 6B(2)
KNOWLEDGE + EXPERIENCE = WISDOM



Three brains: Thinking to doing to being.

FIGURE 6C

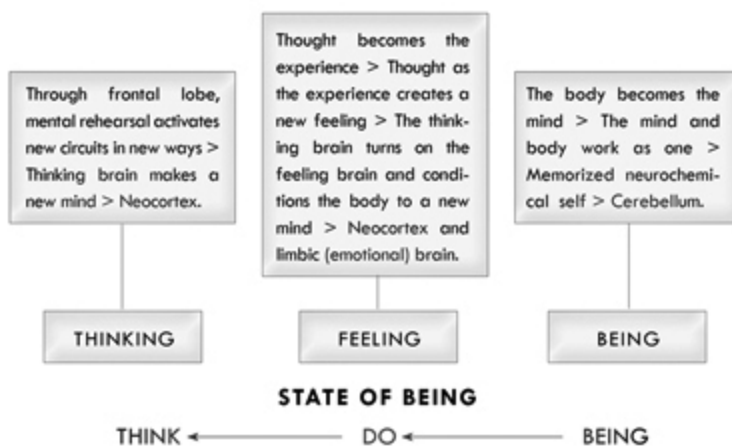
EVOLVING YOUR BRAIN



This chart shows the progression of how the three brains align to correlate different avenues of personal evolution.

FIGURE 6D

THINKING TO BEING



You can go from thinking to being without having to do anything. If you are mentally rehearsing a new mind, there will come a moment that the thought you are thinking about will become the experience. When this occurs, the end product of that inward experience is an emotion or feeling. Once you can feel what it would feel like to be that person, your body (as the unconscious mind) begins to believe it is in that reality. Now your mind and body begin to work as one and you are "being" that person without having to do anything yet. As you move into a new state of being by thought alone, you will be more prone to do things and think things equal to how you are being.

FIGURE 7A

THE IDENTITY GAP



HOW WE APPEAR

- The identity I project to the outer environment
 - Who I want you to think I am
 - The facade
 - Ideal for the world

WHO WE REALLY ARE

- How I feel
- Who I really am
- How I am on the inside
 - Ideal for self



The gap between “who we really are” and “how we appear.”

FIGURE 7B

THE LAYERS of EMOTION WE MEMORIZE that CREATE the GAP



Unworthiness



Anger



Fear



Shame



Self-doubt



Guilt

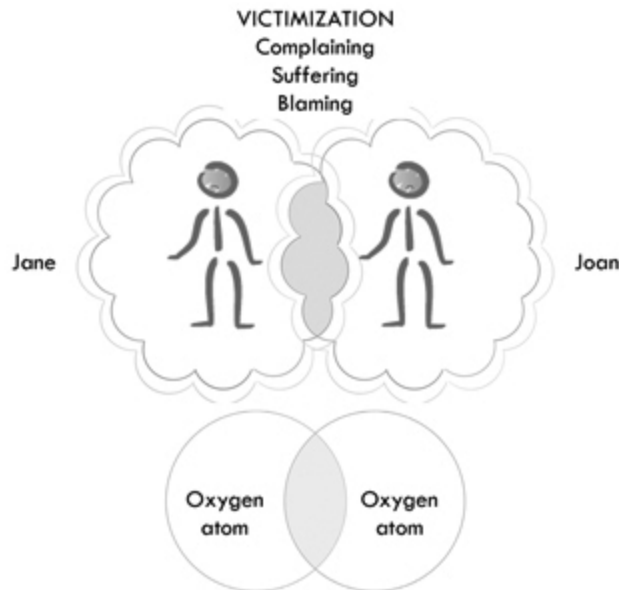


PAST EXPERIENCES WITH REFRACTORY PERIOD



The size of the gap varies from person to person. “Who we really are” and “how we appear” are separated by the feelings we memorize throughout different points in our life (based on past experiences). The bigger the gap, the greater the addiction to the emotions we memorize.

FIGURE 7C EMOTIONAL BONDS



If we share the same experiences, we share the same emotions and the same energy. Just like two atoms of oxygen bond to form the air we breathe, an invisible field of energy (beyond space/time) bonds us emotionally.

FIGURE 7D

THE MIDLIFE CRISIS: An attempt to create a NEW IDENTITY from the OUTSIDE

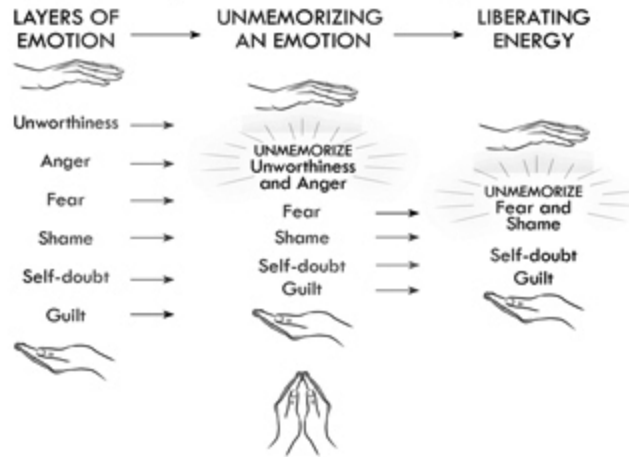


When the same people and things in our life create the same emotions, and the feeling we are trying to make go away no longer changes, we look for new people and things, or try going to new places, in an attempt to change how we feel emotionally. If that doesn't work, we go to the next level-addictions.

FIGURE 7E

CLOSING THE GAP

Layer by layer, when you unmemorize emotions, you liberate energy



The ultimate goal: **TRANSPARENCY.**
When how you appear is who you really are.

As you unmemorize any emotion that has become part of your identity, you close the gap between how you appear and who you really are. The side effect of this phenomenon is a release of energy in the form of a stored emotion in the body. Once the mind of that emotion is liberated from the body, energy is freed up into the quantum field for you to use as a creator.

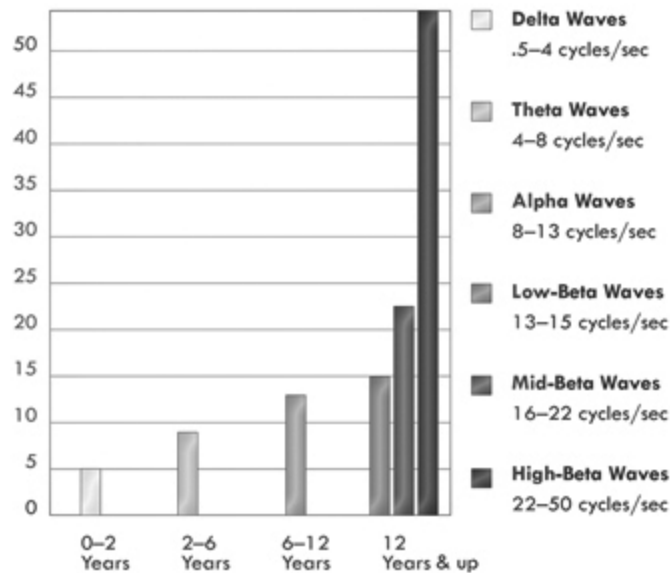
FIGURE 8A

THE BIOLOGICAL MODEL of CHANGE



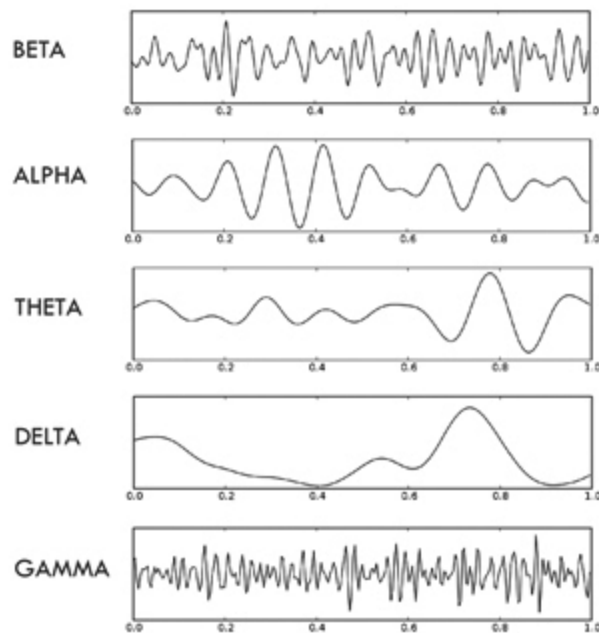
The biological model of change involves transforming the familiar past to a new future.

FIGURE 8B BRAIN WAVE DEVELOPMENT



The progression of brain wave development from Delta in infancy to Beta in adulthood. Look at the difference in the three ranges of Beta. High-range Beta is twice as high as mid-range Beta.

FIGURE 8C BRAIN WAVES



A comparison of different brain patterns in adults.

Your time-focused brain waves might look like this:



Your environment-focused brain waves might look like this:



Your body-focused brain waves might look like this:



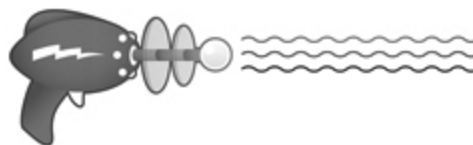
Your fractured attention, caused by trying to focus simultaneously on all of the Big Three, would then produce a brain wave pattern that might look like this:



FIGURE 8D

THE DIFFERENCE BETWEEN a COHERENT and an INCOHERENT SIGNAL

Coherent Waves



Incoherent Waves



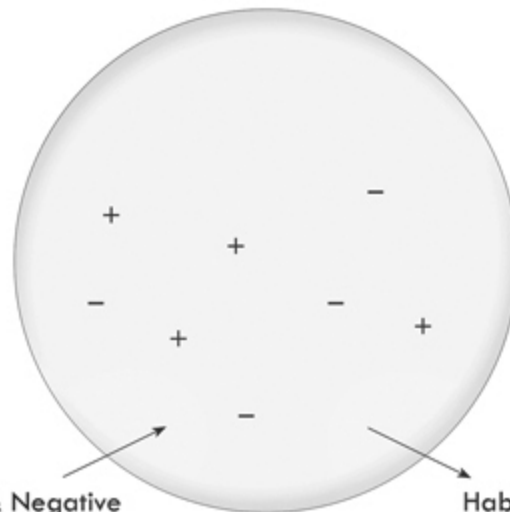
The difference between a coherent and an incoherent signal. In the first picture, the energy is orderly, organized, and rhythmic. When energy is highly synchronous and patterned, it is profoundly more powerful. The light emitted by a laser is an example of coherent waves of energy all moving together in unison. In the second picture, the energy patterns are chaotic, disintegrated, and out of phase. An example of an incoherent, less powerful signal is the light from an incandescent light bulb.

FIGURE 8E
THE EARLY MIND



Let this circle represent the mind. When we are born, we are totally subconscious mind.

FIGURE 8F
THE DEVELOPING MIND



Positive & Negative
Identifications and
Associations

Habits &
Behaviors

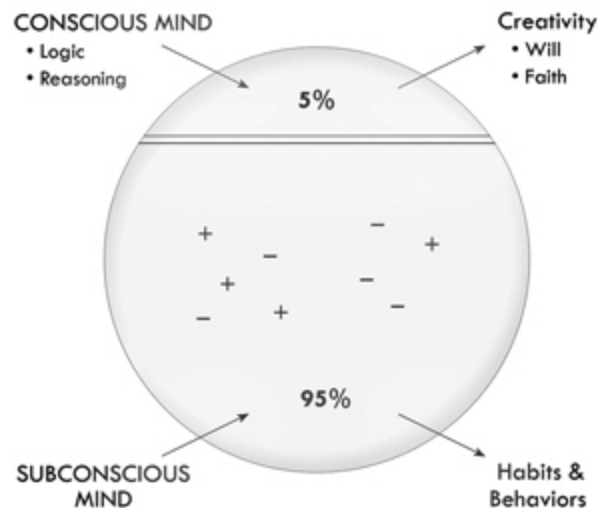
In time, we begin to learn by association through different interactions between our inner and our outer world, through our senses.

FIGURE 8G ANALYTICAL MIND



Between the ages of six and seven, the analytical mind begins to form. The analytical mind acts as a barrier to separate the conscious mind from the subconscious mind, and it usually finishes developing somewhere between seven to twelve years old.

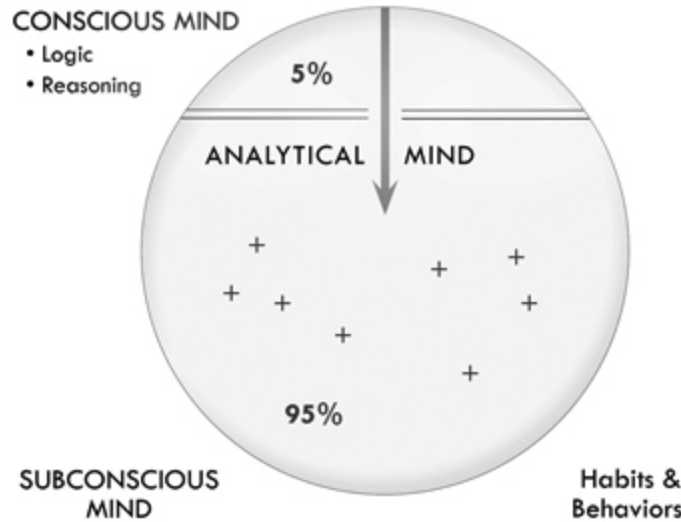
FIGURE 8H THE CONSCIOUS MIND and THE SUBCONSCIOUS MIND



The total mind is made up of 5 percent conscious mind and 95 percent subconscious mind. The mind is primarily logic and reasoning, which gives rise to our will, faith, creative abilities, and intentions. The subconscious mind comprises our myriad of positive and negative identifications, which give rise to habits, behaviors, skills, beliefs, and perceptions.

FIGURE 8I

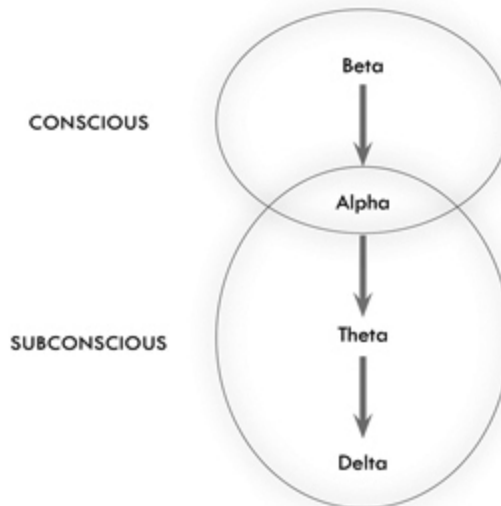
MEDITATION-GETTING BEYOND the ANALYTICAL MIND



One of the main purposes of meditation is to go beyond the conscious mind and enter the subconscious mind, in order to change self-destructive habits, behaviors, beliefs, emotional reactions, attitudes, and unconscious states of being.

FIGURE 8J

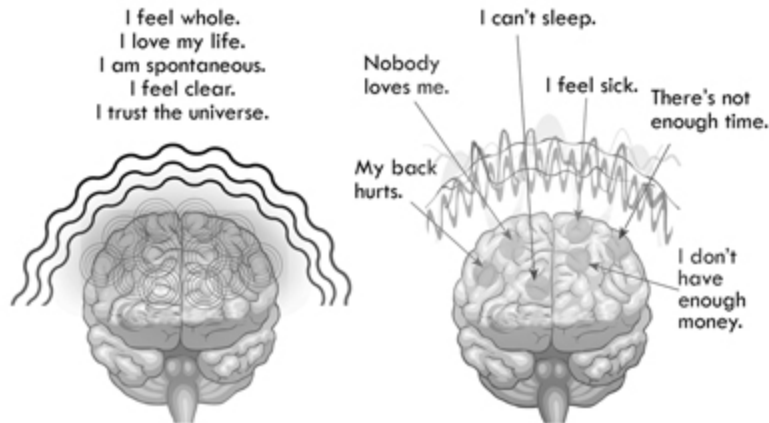
BRAIN WAVE FUNCTION



This diagram shows how our brain wave functions move from the highest and fastest state of activity (Beta) to the lowest and slowest (Delta). Please take note that Alpha serves as the bridge between the conscious mind and the subconscious mind. The lower/slower the brain waves, the more we are in the subconscious mind; the higher/faster the brain waves, the more we are in our conscious mind.

FIGURE 8K

THE DIFFERENCE BETWEEN COHERENT and INCOHERENT BRAIN WAVES



In the first picture, the brain is balanced and highly integrated. Several different areas are synchronized, forming a more orderly, holistic community of neural networks working together. In the second picture, this brain is disorderly and imbalanced. Many diverse compartments are no longer working as a team and thus the brain is "dis-eased" and disintegrated.

Appendix A -Week 1

BODY-PART INDUCTION

Now, can you become aware of the space that your lips occupy in space, and can you sense the volume of space that your lips are in . . . in space.

And now can you sense the space that your jaw occupies in space . . . can you notice the volume of space that your entire jaw is in . . . in space. . . .

And now can you feel the space that your cheeks occupy in space . . . and the density of space that your cheeks take up . . . in space. . . .

And now notice the space that your nose occupies in space. Can you sense the volume of space that your entire nose is in . . . in space. . . .

And now, can you sense the space that your eyes occupy in space, and can you feel the volume of space that your eyes are in . . . in space. . . .

And now can you pay attention to the space that your entire forehead occupies in space, all the way to your temples. . . . Can you sense the volume of space that your entire forehead is in . . . in space. . . .

And now can you notice the space that your entire face occupies in space. Can you sense the density of space that your entire face is in . . . in space. . . .

And now can you notice the space that your ears occupy in space. Can you sense the volume of space that your ears are in . . . in space. . . .

And now can you feel the space that your entire head occupies in

space. Can you sense the volume of space that your entire head is in . . . in space. . . .

And now can you notice the volume of space that the column of your neck occupies in space. And can you sense the density of space that your entire neck is in . . . in space. . . .

And now can you notice the space that your entire upper torso occupies in space; the density of space taken up by your chest, your ribs, your heart and lungs, all the way to your back and shoulder blades to your shoulders. . . . Can you sense the volume of space that your entire upper torso is in . . . in space. . . .

And now can you become conscious of the space that your entire upper limbs occupy in space, and the weight of space that your upper extremities are in . . . in space . . . your shoulders, your arms, to your elbows and forearms; the density of your wrists and hands. Can you notice the weight of space that your entire limbs are in . . . in space. . . .

And now can you sense the volume of space that your entire lower torso occupies in space . . . your abdomen, your flanks, to your ribs, all the way to your lower spine and back. . . . Can you sense the volume of space that your entire lower torso is in . . . in space. . . .

And now can you feel the density of space that your entire lower extremities occupy in space . . . to your buttocks, to your groin, to your thighs, the density of space of your knees, the weight of your shins and your calves. Can you notice the volume of space that your ankles and feet down to your toes - your entire lower limbs - occupy . . . in space. . . .

And now can you notice the space that your entire body occupies in space. . . . Can you sense the density of space that your entire body is in space. . . . Can you sense the density of space that your entire body is in. . . in space. . . .

And now can you sense the space around your body in space, and

can you notice the volume of space that the space around your body takes up in space, and can you sense the space that that space is in in space. . . .

And now can you sense the space that this entire room occupies in space. And can you sense the volume of space that this room takes up, in all of space. . . .

And now can you sense the space that all of space takes up in space, and the volume of space that that space is in . . . in space. . . .

Appendix B -Week 1

WATER-RISING INDUCTION

Your job in this induction is to completely surrender into your body, let the warm water relax your tissues, and allow yourself to feel consumed by this liquid. I recommend that you sit up in a chair with your feet flat on the floor, hands resting on your knees.

Imagine warm water beginning to rise in the room . . . first, as it covers your feet and ankles, feel the warmth of your feet as they're immersed in the water. . . .

And allow the water to move higher now, up past your calves and shins, to right below your knees; and feel the weight of your legs from your feet to your calves, underwater. . . .

Let yourself relax as the water reaches your knees and rises over your thighs. . . . As it surrounds your thighs, feel your hands immersed in this warm water . . . feel the warmth consume your wrists and

forearms. . . .

Now become aware of the soothing water as it encircles your buttocks, your groin, and your inner thighs. . . .

And as the water rises all the way up to your waist, feel it submerge your forearms and elbows. . . .

As the warm water continues to climb to your solar plexus, notice it as it moves halfway up your arms. . . .

Now, sense the weight of your body, immersed up to your rib cage under the warm liquid, and feel it consuming your arms. . . .

And now allow the water to encircle your chest and move across your shoulder blades. . . .

As the water rises all the way up to your neck, allow it to cover your shoulders . . . and from your neck down, feel the weight and density of your body, immersed under this warm liquid. . . .

Now, as the water moves up past your neck, feel the column of your neck, up to your chin, immersed underwater. . . .

And allow the soothing water to move up over your lips and around the circumference of the back of your head . . . as it rises over your upper lip and over your nose, relax and let it consume you, so that the warmth of the water is now right below your eyes. . . .

Allow the water to rise above your eyes, and feel everything from your eyes down immersed in this warm liquid. Feel it move up around your forehead, above the crown of your head; and as the circumference gets smaller and smaller, allow it to move above your head. . . .

And now surrender into this warm, relaxing water and allow yourself to feel your body in its weightlessness, embraced by this water. Allow your body to feel the density of itself, immersed in this liquid. . . .

Feel the volume of the water around your body and the space that your body is in, underwater. Let your awareness take in the entire room,

submerged underwater. Sense the space that is filled by the room, consumed by warm water . . . and for a few moments, just feel your body floating in that space. . . .

Appendix C - Weeks Two Through Four

GUIDED MEDITATION: PUTTING IT ALL TOGETHER

You may wish to lead off this meditation with the Body-Part Induction in Appendix A, the Water-Rising Induction in Appendix B, or any other method you have used in the past or devised on your own.

Close your eyes and take a few deep, slow breaths to relax your mind and body. Breathe in through your nose and out through your mouth. Make your breaths long, slow, and steady. Rhythmically inhale and exhale until you move into the present. When you are in the moment, you are entering a world of possibility. . . .

Now, there is a powerful intelligence within you that is giving you life, which loves you so much. When your will matches its will, when your mind matches its mind, when your love for life matches its love for you, it always responds. It will move in you and all around you, and you will see evidence in your life as a result of your efforts. To be greater than your environment, to be greater than the conditions in your life, to be greater than the feelings that are memorized in the

body, to think greater than the body, to be greater than time . . . means that you are tugging on the garment of the divine. Your destiny, then, is a reflection of, a co-creation with, a greater mind. Love yourself enough to do this. . . .

Week Two

Recognizing. Now, you cannot create a new future while holding on to the emotions of the past. What was the emotion that you wanted to unmemorize? Remember what that emotion feels like in your body. . . . And recognize the familiar state of mind that is driven by that emotion. . . .

Admitting. It's time to turn to the power within you, introduce yourself to it, and tell it what you want to change about yourself. Begin to admit to it who you have been, and what you have been hiding. In your mind, talk to it. Remember that it is real. It already knows you. It doesn't judge you. It only loves. . . .

Say to it, "Universal consciousness within me and all around me, I have been _____, and I truly want to change from this limited state of being. . . ."

Declaring. It's time to free the body from the mind, to close the gap between how you appear and who you are, to liberate your energy. Release your body from the familiar emotional bonds, which keep you connected to every thing, every place, and everyone in your past and present reality. It is the moment to free up your energy. I want you to say the emotion you want to change, out loud, and liberate it from your body as well as your environment. Say it now. . . .

Surrendering. And now it's time to surrender this state of being to a greater mind and to ask it to resolve this in a way that is right for you. Can you relinquish control to a greater authority that already has the answers? Surrender to this infinite mind and understand that this intelligence is absolutely real. It only waits in admiration and in

willingness. It only responds when you ask for help. Surrender your limitation to an all-knowing intelligence. Simply open the door, give it up, and let go completely. Let it take your limitation from you. "Infinite mind, I give you my _____. Take it from me and resolve this emotion into a greater sense of wisdom. Free me from the chains of my past." Now, just feel how you would feel if you knew this mind was taking this memorized emotion from you. . . .

Week Three

Observing and Reminding. Now let's make sure that no thought, no behavior, no habit that causes you to return back to the old self goes unnoticed by you. To make sure, let's become conscious of those unconscious states of mind and body - how did you used to think when you felt that way? What did you say to yourself? What voice did you believe that you no longer want to accept as your reality? Observe those thoughts. . . .

Begin to separate yourself from the program. How did you once behave? How did you speak? Become conscious of those unconscious states to such an extent that they would never go unnoticed by you again. . . .

To begin to objectify the subjective mind, to begin to observe the program, means you are no longer the program. Awareness is your goal. Remind yourself who you no longer want to be, how you no longer want to think, how you no longer want to behave, and how you no longer want to feel. Become familiar with all aspects of the old personality, and just observe. With firm intention, make a choice to no longer be that person, and let the energy of your decision become a memorable experience. . . .

Redirecting. Now it's time to play the "Change Game." I want you to imagine three scenarios in your life where you could start to feel like the old self again, and when you do, I want you to say "Change!" out

loud. First, imagine that it is morning and you are in the shower, and as you are getting ready for your day, all of a sudden you notice that familiar feeling just starting to come up. And the moment you notice it, you say "Change!" - that's right, you change it. Because living by that emotion is not loving to you. And it is no use signaling the same genes in the same way. And nerve cells that no longer fire together, no longer wire together. You control that. . . .

Next, I want you to see yourself in the middle of the day. You are driving down the road, and suddenly, that familiar feeling that drives those familiar thoughts starts to come up, and what do you do? You say, "Change!" That's right, you change. Because the rewards of being healthy and happy are so much more important than returning back to the old self. And by the way, living by that emotion has never been loving to you. And every time you change your state, you know that nerve cells that no longer fire together, no longer wire together, and you no longer turn on the same genes in the same ways. . . .

Now I want you to play the Change Game one more time. I want you to see yourself getting ready for bed, and you are pulling the covers back, and as you start to get into bed, you notice that familiar feeling coming up, which is tempting you to behave as the old personality, and what do you do? You say, "Change!" That's right. Because nerve cells that no longer fire together, no longer wire together. Signaling that gene in that way is not loving to you, and nobody and nothing is worth it. You control that. . . .

Week Four

Creating. Now, what is the greatest expression of yourself that you can be? How would a great person think and act? How would such an individual live? How would he or she love? What does greatness feel like? . . .

I want you to move into a state of being. It is time to change your

energy and broadcast a whole new electromagnetic signature. When you change your energy, you change your life. Let the thought become the experience, and let that experience produce an elevated emotion so that your body begins to emotionally believe that the future you is already living now. . . .

Allow yourself to turn on new genes in new ways; signal the body emotionally ahead of the actual event; allow yourself to fall in love with the new ideal; open your heart and begin to recondition your body to a new mind. . . .

Let the inward experience become a mood, then a temperament, and finally a new personality. . . .

Move into a new state of being. . . How would you feel if you were this person? You can't get up as the same person who sat down. You have to feel so much gratitude that your body begins to change ahead of the actual event, and accept that the new ideal already is you. . . .

Become it. . . .

To be empowered - to be free, to be unlimited, to be creative, to be genius, to be divine - that is who you are. . . .

Once you feel this way, memorize this feeling; remember this feeling; This is who you really are. . . .

Now let go and release it into the field for a moment; just let go. . . .

Rehearsing. Now, like those piano players who changed their brains and the finger exercisers who changed their bodies, let's do it again. Can you create your new self out of nothing one more time? . . .

Let's fire and wire a new mind and recondition the body to a new emotion. Become familiar with a new state of mind and body. What is the greatest expression of your self? Allow yourself to begin to think like this ideal again. . . .

What would you say to yourself, how would you walk, how would you

breathe, how would you move, how would you live, what would you feel? Allow yourself to emotionally feel like this new self, so much so that you begin to move into a new state of being. . . .

It is time to change your energy again and remember what it feels like to be this person. Expand your heart. . . .

Who do you want to be when you open your eyes? You are signaling new genes in new ways. Feel empowered once again. Move into a new state of being; a new state of being is a new personality; a new personality creates a new personal reality. . . .

This is where you create a new destiny. From this elevated state of mind and body, it is time to command matter as a quantum observer of your new reality. Feel invincible, powerful, inspired, and overjoyed. . . .

From this new state of being, form a picture of some event you want to experience and let the image become the blueprint of your future. Observe that reality and allow the particles, as waves of probability, to collapse into an event called an experience in your life. See it, command it, hold it, and then move to the next picture. . . .

Let your energy now become entangled to that destiny. That future event has to find you because you created it with your own energy. Let yourself go and create the future you want in certainty, trust, and knowingness. . . .

Do not analyze; do not try to figure out how it is going to happen. It is not your job to control the outcome. It is your task to create, and leave the details to a greater mind. As you see your future as the observer, simply bless your life with your own energy. . . .

From a state of gratitude, be one with your destiny from a new state of mind and body. Give thanks for a new life. . . .

Feel how you will feel when these things manifest in your life, because

living in a state of gratitude is living in a state of receivership. Feel like your prayers are already answered. . . .

Finally, it is time to turn to that power within you and ask it for a sign in your life: if today you emulated this greater mind as a creator who is observing all of life into form, and you made contact with it, and it has been observing your efforts and intentions, then it should show cause in your life. Know that it is real, that it exists, and that you now have a two-way communication with it. Ask that this sign from the quantum field come in a way that you would least expect, that surprises you and leaves no doubt that this new experience has come from universal mind, so that you are inspired to do it again. I want you now to ask for a sign. . . .

And now move your awareness back to a new body in a new environment and in a whole new line of time. And when you are ready, bring your awareness back up to Beta. Then you can open your eyes.

Also by Joe Dispenza

Evolve Your Brain: The Science of Changing Your Mind
You Are the Placebo: Making Your Mind Matter

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End Notes

INTRODUCTION

1. Bohr, Niels, "On the constitution of atoms and molecules."
Philosophical Magazine, 26: 1-24 (1913). If you really want to split the
hairs of the subatomic world, the volume of an atom (roughly 1 angstrom,
or 10⁻¹⁰ meters in diameter) is about 15 orders of magnitude larger
than the volume of the nucleus (roughly 1 femtometer, or 10⁻¹⁵ meters
in diameter)-meaning the atom is roughly 99.999999999999 percent
empty space. Although the electron cloud around the nucleus

accounts for most of the atom's area, this cloud is mostly empty space, and the electrons within it are minuscule to begin with. The highly dense nucleus contains most of the mass of the atom. The relative size of an electron in reference to the nucleus would be like the volume of a pea compared to an SUV, and the perimeter of the electron cloud relative to the SUV would be about the size of Washington State.

CHAPTER 1

1. For example, see Amit Goswami, Ph.D., *The Self-Aware Universe* (New York: Jeremy P. Tarcher, 1993). Also, the "Copenhagen interpretation" of quantum theory developed by Niels Bohr, Werner Heisenberg, Wolfgang Pauli, and others says, among other things, that "reality is identical with the totality of observed phenomena (which means reality does not exist in the absence of observation)." See: Will Keepin, "David Bohm," available at: http://www.vision.net.au/~apaterson/science/david_bohm.htm.

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concept taught at Ramtha's school of Enlightenment; see JZK Publishing, a division of JZK, Inc. the publishing house for RSE, at: <http://jzcpublishing.com> or <http://www.ramtha.com>.

3. Church, Dawson, Ph.D., *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention* (Santa Rosa, CA: Elite Books, 2007).
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5. Rabinoff, Michael, *Ending the Tobacco Holocaust* (Santa Rosa, CA: Elite Books, 2007).
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16369-16373 (16 November 2004). Also, I had a wonderful conversation with Richard Davidson in April 2008 at the Mayo Clinic during the "Mind and Life" conference in Rochester, Minnesota.

CHAPTER 10

11. Fehmi, Les, Ph.D., and Jim Robbins, *The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body* (Boston: Trumpeter Books, 2007).

APPENDIX A

1. In the Body-Part Induction, there is a reason why I say the words in space repeatedly: According to EEG monitoring that took place while subjects were led through guided meditation, the subjects transitioned into the Alpha brain-wave state when they were guided to become aware of the space that their bodies occupy in space and the volume that that space takes up in space. That wording and those instructions produced functional differences in subjects' brain-wave patterns that were immediately noticeable. See: Fehmi, Les, Ph.D., and Jim Robbins, *The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body* (Boston: Trumpeter Books, 2007).