

Becoming Supernatural

Key Concepts of the book by Dr. Joe Dispenza

Audio book: <https://www.youtube.com/watch?v=gPA-PyQJ0Vk>

Chapters 1-3

- ✚ On genes & diseases ... The only thing that's the same from generation to generation is **habits and thoughts**, i.e., *limiting beliefs*.
- ✚ Parallel universes & the notion of time and space continuum.
 - Invisible field of possibilities – instead of predicting the future based on the past experience
- ✚ How to leverage the knowledge of your future you?? → Meditation & intuition
- ✚ There are various types of addictions – even to emotions (high/low).
- ✚ **Your tomorrow is defined by your yesterday that you are creating today.**
- ✚ Food for thought: when we study or work out, do we actually change, or do we convince ourselves that we are changing (placebo effect) which then creates the change??

Chapters 4-6

- ✚ Gut = second brain → intuition
 - !! 95% of the serotonin in the body is activated in the gut.
- ✚ We only use 1.5% of our DNA and are conscious about 5% of the time

~ Unleash your true potential ~

If you are going to create the unlimited, you have to feel unlimited.

Chapters 7-10

- ✚ We can ALL become *supernatural* – stories of being “out of body”, elevated, with electricity going up and down the body, etc.
 - Trust that it’s all happening FOR you, with the highest intention for your own GOOD
- ✚ What happens with lower frequencies as we let them go?
 - They are released into the light for “transmutation” – we can even invite them back after, pure.
- ✚ How do we go from the theory of *magnet* and *attraction* to ***manifesting***??
 - a. Electrical frequencies = thoughts and words, intentions
 - b. Magnetic frequencies = emotions and feelings, senses
 - **You become MORE of who you already ARE, so ACT AS IF**

Chapters 11-14

- ✚ Lessons from aikido and martial arts in general:
 - Transform lessons and obstacles into FUEL.**
- ✚ Emotions – what comes first?
 - a) feeling good and being able to manifest your goals; or
 - b) feeling good because you manifested your goals?
- ✚ “Time is infinite and eternal.”
 - = All that really counts is the present moment, the HERE and NOW.
- ✚ New neurological pathways are created like a new path in the jungle.
- ✚ **From *attention* to *consciousness* to *awareness*.**
 - “We cannot solve our problems with the same thinking we used when we created them.”
 - ~ Einstein
 - If the consciousness affects are energy, and energy causes a different outcome, you need to change the consciousness to change the energy and then through a different way of thinking, you change the result ... Makes sense?