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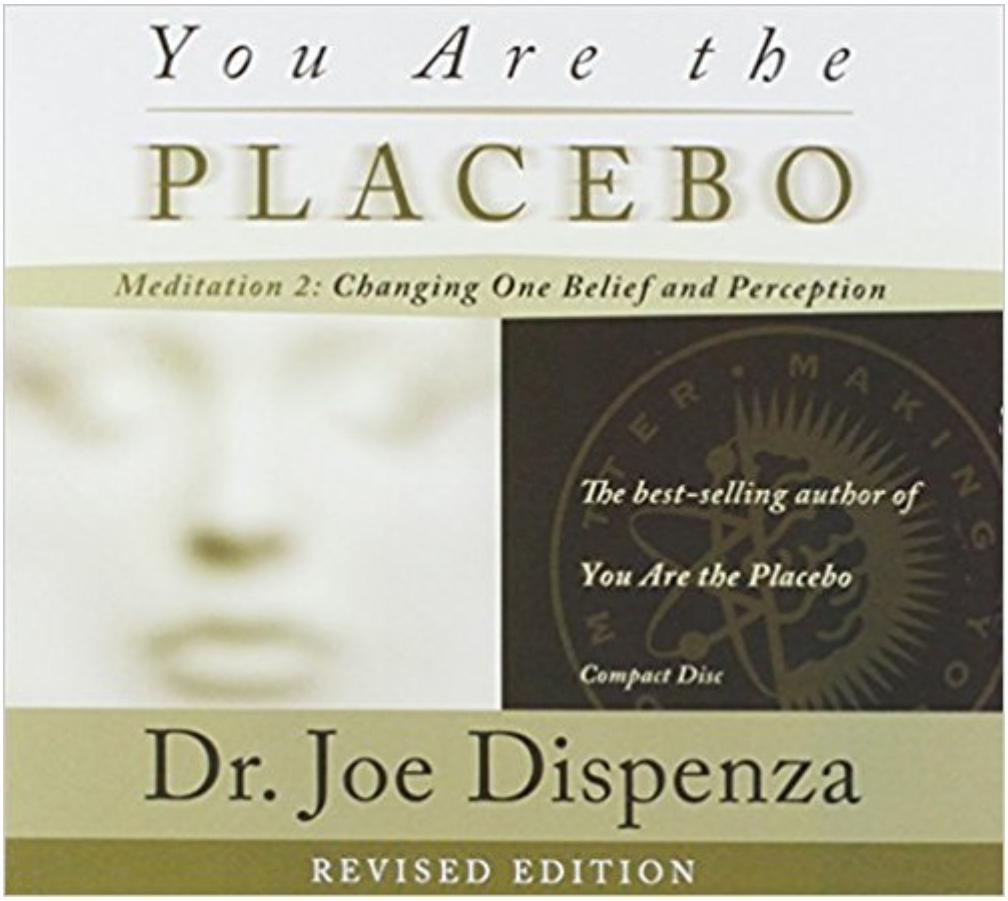
You Are The Placebo Meditation 2 -- Revised Edition: Changing One Belief And Perception



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Synopsis

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

Book Information

Audio CD

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Customer Reviews

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

I have only used this meditation once so cannot attest to material results yet. I loved the meditation and even after using it only once I know that I am different. I found it very powerful and moving. I have read the book twice - I skimmed through once and read it in more detail a second time and I intend to read the book again until I feel that I have really absorbed the information and made it mine. I do feel that it is best to read the book first and then use the meditation cd. If you need to

choose, I would recommend buying the book rather than the cd unless you have read "Breaking the Habit of Being Yourself".I don’t have any health challenges but have a list of things that I would like to create or accomplish. As time goes by, I intend to update this review with my "real" world results hopefully to encourage and inspire others.

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

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

so I’m halfway through the book "You are the Placebo" and digging it. So I bought this meditation. Wow, it’s really horrible. I’ve listened to it 3 times and the last time I just broke out laughing at how bad it is. Not the state I’d imagine I’m supposed to be in for a meditation. Why do I dislike this so?1. It’s horribly mixed. The music is way too loud compared to his voice. At times, it’s very difficult to hear what he’s saying.2. His voice. I suspect this is a matter of taste and perhaps other reviews like his voice. I find it like nails on a chalkboard. I would strongly recommend he use professional voice talent for future meditations.3. His delivery. The way he pronounces things is just irritating, and the way he drags out words. For example..."now imagine.....the spaaaaaaaace.....betweeeeeeeeeen your eyyyyyyyyyyyyyyyes.....in spaaaaaaaaaaaaaace." This meditation is 40 minutes of that. I don’t even know what that means, and I suspect neither does anyone else.I can’t stand it and regret purchasing it. Your mileage may vary. You can download this directly from his website for less money than the CD here at . I’d recommend that so if your experience is like mine, you’re out less money.

This has changed my life and I haven’t even gotten half way through the book. I listen to the cd’s when I go to bed. Sometimes I stay awake through the whole cd but normally I fall asleep. I still believe the message gets through. The message is fantastic and so true. I do believe that whatever we believe to be good, is good for us and what we believe is bad, is bad for us. It could not be any

other way, the way our minds and bodies work. Whatever the mind tells the body, it believes it, good or bad or any place in between, and acts as though it were true. I truly believe I have crossed over the line and believe that I am the creator of whatever is in my life, period. Not just one or two or some, but everything!!!!! This book is proving what I have thought for a long time. Now I don't just think it, I know it. There is no doubt whatsoever that this book is another milestone in my quest to be closer to my own soul Creator, be more spiritual, be kind to everyone, just as my brother Jeshua did in His time on this planet. I haven't perfected it yet, but I am further along my way because of this book, "You Are the PLACEBO". Greatest book I have read since "A Course in Miracles". Woo Hoo !!!!!!!!!!!! I am ecstatic about this. Bless you, Dr. Joe Dispenza.

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

I found the content informative. It is written by a professional in a professional style. For me, the material reminded me that I have power within myself to BE the individual I want to BE. Emotion is key to changing and rearranging behavior. He gives easy reading information on observational studies, and a few stories related to individuals and the awareness of changes they made. He, also, has meditations in text but, I downloaded the meditations on CD's from his site. My sister who sent me the book as a digital gift enjoys the CD's. I did not think much of them.

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