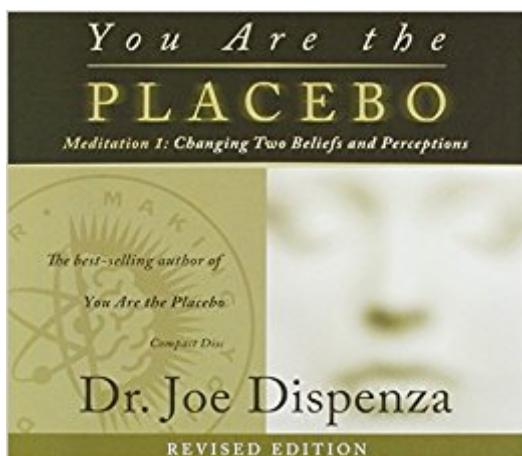


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# You Are The Placebo Meditation 1 -- Revised Edition: Changing Two Beliefs And Perceptions



## **Synopsis**

Dr. Joe Dispenza has created two meditation CDsâ "featuring different musicâ "to accompany his book You Are the Placebo. On this longer 56-minutedisc, Dr. Joe walks you through Meditation 1: Changing Two Beliefs and Perceptions. 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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Best Sellers Rank: #81,721 in Books (See Top 100 in Books) #18 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #52 in Books > Books on CD > Health, Mind & Body > Self Help #57 in Books > Books on CD > Health, Mind & Body > Personal Growth

## **Customer Reviews**

Joe Dispenza, D.C., has a passion for teaching others how to use the latest discoveries from neuroscience and quantum physics to reprogram their brains, heal illness, and lead more fulfilled lives. One of the experts featured in the film What the BLEEP Do We Know!?, Dr. Joe teaches workshops and lectures all over the world. Heâ ™s also designed a corporate program that brings his model of transformation to businesses. He runs an integrated health and chiropractic clinic near Olympia, Washington. Website: [www.drjoedispenza.com](http://www.drjoedispenza.com)

This meditation is the newest in a series of meditations by Dr. Joe Dispenza and now Barry Goldstein's music. While Barry Goldstein's music is also present in, 'Blessing of the Energy Centers' and, 'Changing Beliefs and Perceptions', it is clear to me that much work has gone in to improving the facilitation of changing our brain wave states in this one. I have only had these meditations for about a week. The very first time I used this one, I slipped in to a state of all-out, meditative bliss for the first time. Dr. Joe makes each new meditation a clear, 'step-up' in technology therefore experience. I love moving between all of Dr. Joe's meditations but will stay with these new ones for awhile because they are absolutely beautiful for me!

Honestly, I am stumped by some of the reviews as far as people complaining about the quality of the CD or volume issues (maybe they improved it since the other reviews?) I feel that the quality is extremely, extremely professional. I found the volumes to be perfect as far as the music versus his voice. I could clearly hear his voice over the music and the music was not too loud at all. I think the balance is actually perfect. I do listen to it on stereo headphones, so I don't know if that makes a difference. Also, I find his voice very soothing and helps me focus. I absolutely love the background music. This CD is helping me sooooo much! Seriously, I cannot recommend it enough. It literally is the highlight of my day. I feel that it is going to make really big changes in my health. I feel like I am becoming more balanced and positive each time I use it. I find that things I would get bent out of shape over before just don't seem to bother me anymore. I feel more relaxed and am able to put things into perspective. I love this CD!! So glad I listened to the positive reviews and purchased this because I am thrilled with it! I am so thankful to Dr. Joe Dispenza for making this! NOTE: I feel it is important to read the book first. The CD will make much more sense and be more valuable if you do.

I love Dr. Joe and his message! He is an incredibly inspirational human being. Which...makes it so hard for me to diss this meditation cd. As other reviewers have said, the "background" music is mixed WAY to loudly and is inappropriate for the medium. Again, the music is beautiful, but it is attention getting; not what you want when trying to meditate. The call and response riffs between piano and guitar harmonics grab your attention and lead you into some near fades that make you hopeful it is actually going to go away; only to have the level come back up again and grab your attention once more. Then there is the staggered cadence of the voice-over which is almost comedic. Repeated use of "C'mon..." also deflates the mood for me. The good news is that Dr. Joe

included the script with the audiobook so you can make your own version of the meditation to suit your needs.

This meditation is so poorly created that I'm sort of in shock. After the quality of the Breaking the Habit of Being Yourself CD, this one is completely disappointing and worthless. Whose idea was it to use the PIANO as music? No room for expansion with this music. His voice is so hard to hear over the music that it's a worthless exercise. I was thinking about signing up for one of his workshops, but now am skeptical of what that experience would be like. Somebody must have decided to take shortcuts.... Maybe Dr. Joe's team has become greedy and cut quality to make more money.

I absolutely love this CD. I read You Are the Placebo and it really resonated with me, so I bought this CD so I could have his ideas reinforced on a daily basis. You MUST read the book first for the CD to make any sense. I feel transported by the music and words on this CD and I look forward to doing it every day. If you are serious about improving your health and committed to doing the work, I highly recommend both the book and this CD.

While I love Dr Joe Dispenza's work and his books, I just can't get in to this CD. The delivery is less than relaxing and the volume of the background music is disturbing.

From the criticisms in other reviews, I would like to make 2 comments. One, the use of the word "space" is intentionally repetitive; it's a technique to get you out of beta and into alpha and theta. Two, the author's voice is just his voice -- it may, in fact, be a bit nasal in tone, and I did notice it the first time I listened to the CD, but I don't think it should be that difficult just to accept that it is what it is and move on. Personally, I find the CD to be very helpful and I have had many a great meditation on it. Judging by REM, I slip into alpha quickly, and later lose all sense of my body, which I believe indicates the likelihood of theta. I also believe that it is helping me -- my autoimmune symptoms sometimes improve right during the meditation and the effects seem to last beyond the session as well. Even when I don't have the greatest session, I still come out of it in a state of deep relaxation.

I really wanted to like this. The book is astounding, the meditation not so much. First, the content is mixed with some things done quite well and other parts leaving the listener frustrated. Timing and pacing in meditation and hypnosis (yes this is a form of hypnosis) are essential. Many listeners will

become frustrated by the first part and won't get to the second half which does have some substance. The voice is not the best for this type of recording but he apparently wanted to do it himself and likely does in his trainings and lectures so chose not to hire someone to read the script for him. With time a professional that is adept at guided imagery, meditation, visualization or hypnosis could help him considerably. One of the aspects that bothered me the most is in the latter portion he is trying to connect feeling and change with emotion but instead of creating the emotion he tells you to have the emotion. Some people will have great difficulty creating the emotion and connecting it to the feeling and desired change. I was left inspired to re-write the script and record it for him. :) Again, love the concept and hope it will help many, but am concerned the flaws are too distracting.

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