

You Are The Placebo Meditation 1 Changing Two Beliefs And Perceptions

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9/2/2016 · On this revised CD (featuring enhanced audio and new introduction track), Dr Joe Dispenza walks you through *You Are the Placebo 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.

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Changing Beliefs and Perceptions by Dr Joe Dispenza (Meditation) In this meditation, you will learn how to change your belief or perception about yourself that stops you from creating the life you want. Download products are not exchangeable and are non-refundable. Preview the audio sample below before completing your purchase.

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Includes a PDF summary of 11 pages; Duration of the summary (audio): 8M41S (2.2 MB) Description or summary of the audiobook: Dr. Joe Dispenza has created two meditation CDs-featuring different music-to accompany his book *You Are the Placebo*. On this longer 56-minute disc, Dr. Joe walks you through Meditation 1: Changing Two Beliefs and Perceptions.

The choice that you make to change your belief will become an experience that you never forget. In this meditation you will learn how to change your belief or perception about yourself that stops you from creating the life you want. For more information, refer to Dr Joe's book *You Are the Placebo*. Tracks: 1. Introduction (7:25) 2. Breath (12 ...

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In You Are the Placebo, Dr. Joe Dispenza explores the history, the science, and the practical applications of the so-called placebo effect. Citing many amazing individual cases studies, this compelling book will empower you to personally use "the expectation of a particular outcome" to alter your internal states-as well as external reality-solely through the action of your mind.

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