“Becoming Supernatural - 1 & 2”

Rev Dan,
Sr. Minister, Unity of Harrisburg

March 18, 2018
Chapter 1
Opening the Door to the Supernatural

Chapter 2
The Present Moment
Dr Joe Dispenza, D C

faculty member at Quantum University in Honolulu, Hawaii; the Omega Institute for Holistic Studies in Rhinebeck, New York; and Kripalu Center for Yoga and Health in Stockbridge, Massachusetts.

He’s also an invited chair of the research committee at Life University in Atlanta, Georgia.
This is his 4th book

The other 3 are New York Times Bestsellers

These 14 chapters are his week-long class

Invited into 32 countries
Our “Going Deeper and Higher” class begins

Tuesday, March 20
7 – 8:30 pm

Format:
30 minutes recap
30 minutes discussion
30 minutes Meditation & Breath work
Supernatural is:

• Healing your own body

• Creating new opportunities you never imagined before

• Having Transcendent Mystical experiences
Chapter 1

Opening the Door to the Supernatural

The infinite possibility that awaits us can only occur if we change – now.

In this present infinite moment.
Story of Anna

June 2007 Husband committed suicide, leaving her and two children with large debt

January 2011 – diagnosed cancer

February 2011 – complete breakdown
“If I created the life I have now, including my paralysis, my depression, my weakened immune system, my ulcerations, and even my cancer, maybe I can uncreate everything with the same passion I created it with.”
She began to do her meditations – twice a day

With this intention – **Unwilling to get up from her meditations as the same person** who sat down and she wouldn’t finish **until her whole state of being was in love with life.**
Story of Anna

May 2012 – finally surrendered her old self of the past – floating in the infinite black space – pure consciousness

she saw herself talking to a large crowd about her healing journey

December 2013 – she shared with over 500 people in Barcelona
Story of Anna

“Anna had become a new person – a new person that was healthy. She had become reborn in the same life.”

Charles Fillmore - Regeneration
Dr Joe’s experiences

Dr Joe ends the chapter with two Mystical experiences:

1. Experiencing his past self at the same time he experienced his future self

Time only exists in the 3-dimensional
Dr Joe’s experiences

Dr Joe ends the chapter with two Mystical experiences:

2. Experiencing a prior life in this space and time

Space exists only in the 3-dimensional

Multiple realities/Universes occurring at same time
Understanding the science behind The Present Moment

For the most part, your brain is a product of the past Memories and Habits
Synaptic Connections
Neurological Networks

Experiences not only enhance brain circuitry, they create emotions every time.
Learning is making new connections

Memories are maintaining the connections

Habits make it automatic
Emotions: Chemical feedback of the experience
GENETICS VERSUS EPIGENETICS

GENETICS

EPIGENETICS
Our External Environment

THE ENVIRONMENT

Our Internal Environment
DNA → Proteins → Cells → Bodies

- DNA has the information to build proteins
  - genes

DNA gets all the glory, Proteins do all the work
We continue experiencing the past – in our thoughts

We feel the emotions – these chemicals create our internal environment

Then our Genes – put out corresponding proteins
TIMELINES
An Interactive Notebook Mini Unit

Past
Present
Future

Created by Surf'n Through Second
Where your attention goes, your energy flows. You get more of what you focus on.
The only place the past exists is in our brain and body.
People with the same Emotions and the same Energy, sharing the same thoughts and information - Bond together
How do we break the addiction?

Mental, emotional, biological and chemical
Bring the energy back from past and future

Centering our Energy in the Present Moment
Beta waves (14Hz - 20Hz)
Typical of a normal state of waking consciousness

Alpha waves (8Hz - 13Hz)
Occur when daydreaming and often associated with light state of meditation

 Theta waves (4Hz - 7Hz)
Found in high states of creativity, but also in deep meditation and sleep

 Delta waves (0.5Hz - 3Hz)
Occur in deep sleep or unconsciousness
In the Quantum all Possibilities exist
What do you want for your new future?
Step 1
Create symbol $H$
Step 2
Answer what you want

Intention $H$
Step 3
How will it feel when it’s happened?

Intention  H  Elevated Emotions
Your Electromagnetic Field
Step 4
Draw 2 squiggly circles around letter

Intention  \( H \)  Elevated Emotions

The circles represent your Electromagnetic Field
Step 5
Change the brain frequency and come into the Present Moment

Intention $H$ Elevated Emotions
Brings our energy into this moment to create our new destiny
Practice EVERYDAY!
Remember Anna: twice a day
NAMASTE