



MEET to
MARRYTM
Be the ONE to Find the ONE

Dr. Joe Dispenza Resources and Instructions

Step 1 - Read Becoming Super Natural (Book)

Description:

Becoming Supernatural: How Common People Are Doing the Uncommon, marries some of the most profound scientific information with ancient wisdom to show how people like you and I can experience a more mystical life.

Readers will learn that we are, quite literally supernatural by nature if given the proper knowledge and instruction. When we learn how to apply that information through various meditations, we should experience a greater expression of our creative abilities. Readers will also learn that we have the capacity to tune in to frequencies beyond our material world and receive more orderly coherent streams of consciousness and energy, that we can intentionally change our brain chemistry to initiate profoundly mystical, transcendental experiences, and how, if we do this enough times, we can develop the skill of creating a more efficient, balanced, healthy body, a more unlimited mind, and greater access to the realms of spiritual truth.

Topics Include:

- Demystifying the body's 7 energy centers and how you can balance them to heal
- How to free yourself from the past by reconditioning your body to a new mind
- How you can create reality, in the generous present moment, by changing your energy
- The difference between third-dimension creation and fifth-dimension creation
- The secret science of the pineal gland and its role in accessing mystical realms of reality
- The distinction between Space-Time vs. Time-Space realities

Please Note:

Chapter 11 of this book is a prerequisite to understanding the Changing Boxes meditation..

[Link for where to purchase](#)



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Step 2 - Space-Time, Time-Space Meditation (an audio download)

Description:

Recommended only for those who have attended Dr. Joe's Advanced Workshops or read his book *Becoming Supernatural*.

As we journey in consciousness from matter and get beyond ourselves, turning our attention inward toward the unified field, and cross the plane of visible light, we become no-body, no-one, no-thing, no-where, in no-time. It is in this realm that we experience an awareness of other dimensions, other realities, and other possibilities.

Since frequency carries information and there are infinite frequencies in the quantum, we can experience other planes that exist there.

Now it's time to become connected to the consciousness of everybody, everyone, everything, everywhere, in every time, uniting with a higher consciousness in the unified field. All you need to do is become aware of this field, pay attention to it, stay present with it, and feel it moment by moment. You will then begin to feel more wholeness and oneness, which will be reflected in your biology because your body is experiencing more coherent energy moving through it, and you are building your energy field.

When you're done, you will bring your awareness back to a new body, to a new environment, and to a whole new time!

For more information about the Space-Time, Time-Space meditation, please refer to Chapter 11 in *Becoming Supernatural*. For meditation instructions, please refer to Chapters 9-13 in *Breaking the Habit of Being Yourself*.

Please Note:

This meditation is a prerequisite to understanding the Changing Boxes meditation..

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Step 3 Changing Boxes (an audio download)

Description:

Einstein said, “We cannot solve our problems with the same level of thinking that created them.” This means that for us to resolve our problems, we have to go to a greater level of awareness—a higher level of consciousness than the consciousness that created them. The purpose of this meditation is to do just that.

During this meditation, I’m going to guide you in raising your energy to a greater level of awareness, consciousness, and frequency so you can step into a new box—a new dimension where your problem is resolved. Remember, just like when you’re in a dressing room where there are two mirrors, and you see your likeness in infinite reflections on either side of you, there is an infinite number of possibilities and dimensions where your problems don’t exist.

If you’re able to observe yourself, get beyond your thoughts, behaviors, and emotions of how you think and feel in that limited box, and as you become conscious of the old personality that’s connected to your new reality, you will connect through your heart to your future self where your problems no longer exist in the eternal “now.”

When the door opens, your new future will come in a way you would never have imagined, predicted, and understood, because that’s the unknown. When your body follows your mind out of that door into another box, another dimension, and another reality, you’ll begin to understand, and then know how to apply this to many different circumstances in your life.

Please Note:

To understand, and receive the benefit of this meditation, you must first have read Chapter 11 in *Becoming Supernatural*, and have practiced the Space-Time, Time-Space meditation.

[Link for where to purchase](#)