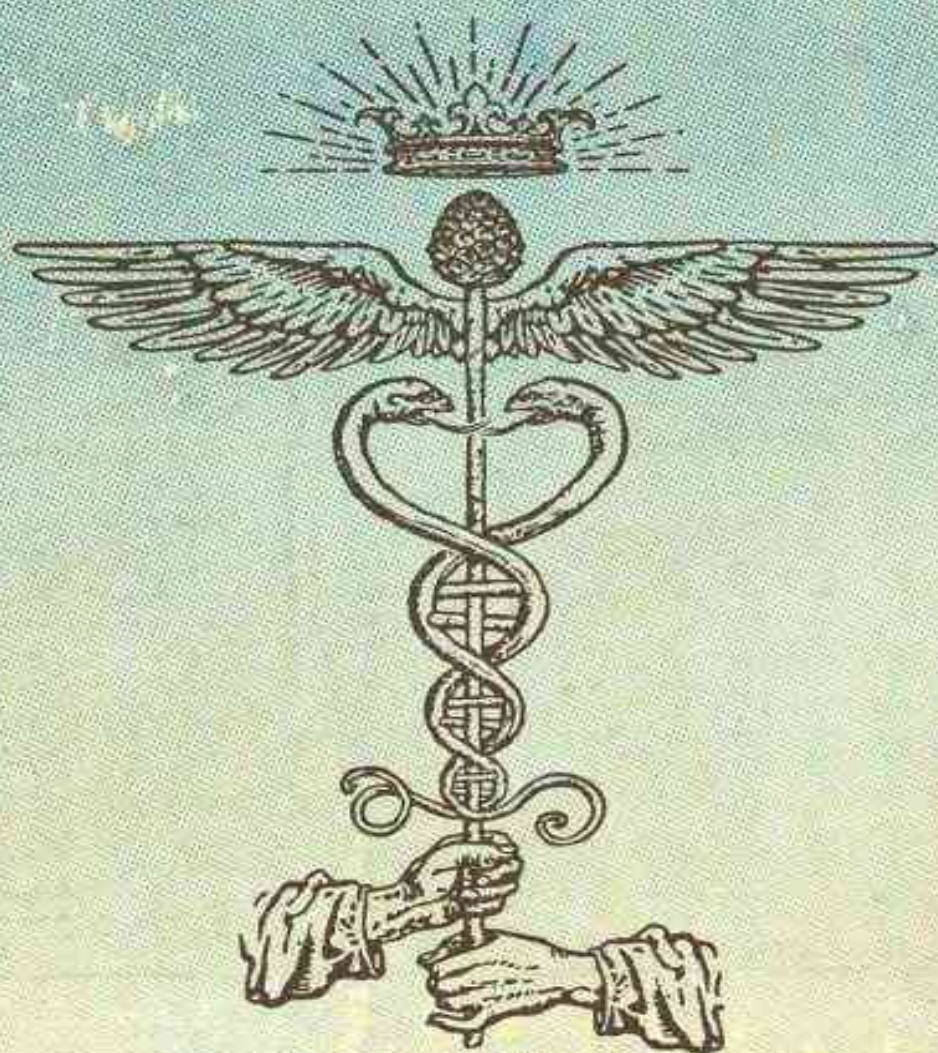


BECOMING SUPERNATURAL

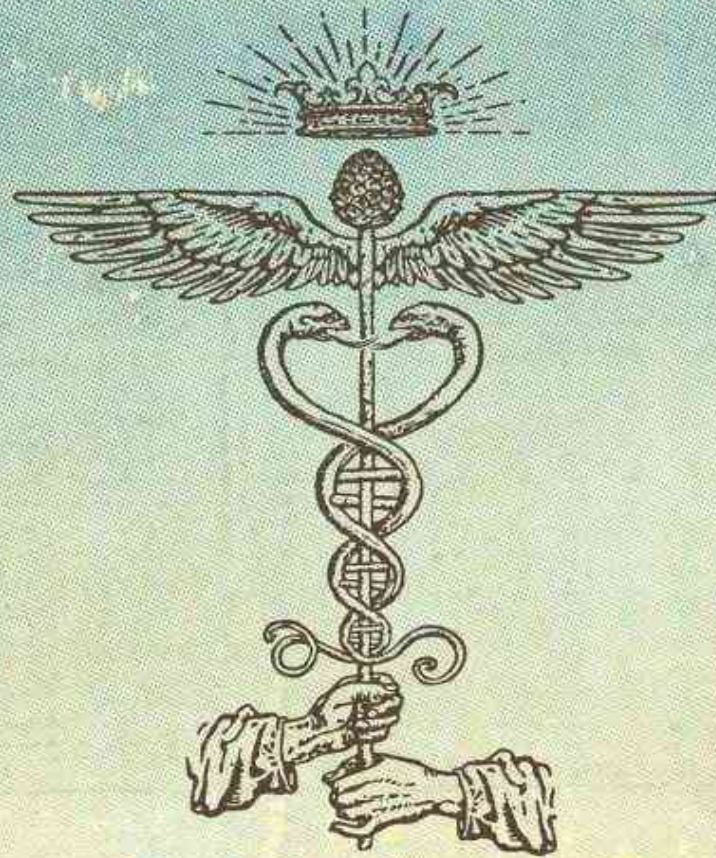


*How Common People Are
Doing the Uncommon*

DR. JOE DISPENZA

New York Times best-selling author

BECOMING SUPERNATURAL



*How Common People Are
Doing the Uncommon*

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Praise for *Becoming Supernatural*

“From a gifted scientist and passionate teacher, this unique and practical guide shows us—step by step—how to move beyond the limits of the known and into an extraordinary new life.”

— **Tony Robbins**, #1 *New York Times* best-selling author of *Unshakeable*

*“I have long been a fan of Dr. Joe Dispenza’s work. In *Becoming Supernatural*, you will learn exactly how you can transcend the limitations of your past—including health challenges—and, quite literally, create a new body, a new mind, and a new life. This information is thrilling, life changing, and incredibly practical.”*

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“Dr. Joe Dispenza is a doctor, a scientist, and a modern-day mystic. . . . In a style that is simple, straightforward, and easy to understand, [he] has woven into a single volume the paradigm-altering discoveries of quantum science and the deep teachings that adepts of the past dedicated their entire lifetimes to master.”

— **from the foreword by Gregg Braden**, *New York Times* best-selling author of *Human by Design* and *The Divine Matrix*

*“*Becoming Supernatural* takes the idea of realizing your full potential to a crazy new level. Joe Dispenza has done an outstanding job of creating a 21st-century operator’s manual for the human body and brain by combining his vast experiential wisdom with compelling case studies, exciting scientific research, and the exercises his students have used to do everything from healing their bodies to dramatically altering the course of their lives. He’s a man on a mission, and while the idea of *Becoming Supernatural* is a BIG promise, this book delivers hands down!”*

— **Cheryl Richardson**, *New York Times* best-selling author of *Take Time for Your Life*

“In this provocative, fascinating book, Dr. Joe Dispenza shows that we are so much more than just our linear minds. As our savvy guide, Dr. Dispenza takes readers further than ordinary awareness to understand the infinite quantum field of consciousness which goes beyond the senses and beyond space and time. I recommend this book to everyone who wants to explore the extraordinary nature of consciousness and healing.”

— **Judith Orloff, M.D.**, author of *The Empath’s Survival Guide*

“Dr. Joe Dispenza has a single-minded mission: to help all of us to shed the limitations of the present and reclaim the multidimensional life that we were born to lead. By underpinning deceptively simple practices with hard brain science, Dr. Joe proves that the supernatural is in fact our natural state of being —and also within our ready grasp. Fasten your seatbelts. Read this book, sample his paradigm-busting techniques, and be prepared for a wild ride into your limitless potential.”

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“I have read a lot of things, but Dr. Dispenza’s book left me in awe. It is cutting edge and an amazing breakthrough in mind-body medicine. Bravo!”

— **Mona Lisa Schulz, M.D., Ph.D.**, author of *Heal Your Mind* and *All Is Well*

“Wow! If you ever needed to believe in miracles but needed some science to bring some clarity to your hopes, then this is the book for you. Dr. Joe offers extraordinary insights and powerful lucid step-by-step instructions for how to live supernaturally.”

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Author’s note: While the stories of the individuals in my workshops who experienced healing are true, their names and certain identifying details have been changed in this book to protect their privacy.

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For my brother John,
who has always been a true mystic

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FOREWORD

Throughout human history there have been accounts of everyday people having experiences that catapult them beyond the limits of what was thought to be possible. From the multi-century lifespan of Li Ching-Yuen, the martial artist whose 256-year-long life began in 1677 and included 14 wives and over 200 children before he died in 1933, to the spontaneous healing of myriad diseases documented by the Institute of Noetic Sciences (IONS) through 3,500 references from over 800 journals in 20 languages, the evidence clearly tells us that we're not what we've been told in the past, and even more than we've allowed ourselves to imagine.

As the acceptance of expanded human potential gains mainstream momentum, the question has shifted from "What is possible in our lives?" to "How do we do it? How do we awaken our extraordinary potential in everyday life?" The answer to this question forms the foundation for this book: *Becoming Supernatural: How Common People Are Doing the Uncommon*.

Dr. Joe Dispenza is a doctor, a scientist, and a modern-day mystic. He's also a synthesizer of information with a vision that extends beyond the confines of a single scientific discipline. Drawing from diverse fields of rock-solid science, such as epigenetics, molecular biology, neurocardiology, and quantum physics, Joe crosses the traditional boundaries that have separated scientific thinking and human experience in the past. In doing so he opens the door to a bold new paradigm of self-actualized empowerment—a way of thinking and living based upon what we sense is possible in our lives, as well as what we accept as scientific fact. This new frontier of realized potential is redefining what it means to be a fully enabled, fully capacitated human. And it's a frontier that holds promise for everyone from homemakers, students, and skilled laborers to scientists, engineers, and health-care professionals.

The reason for such a wide appeal is that Joe's work today parallels a proven model that masters have used successfully with their students for centuries. The idea for the model is simple—once we have a direct experience of a greater potential, it frees us to embrace that potential in our everyday lives. The book

you hold in your hands, *Becoming Supernatural*, is the first-of-its-kind manual that does precisely this: it leads us on a step-by-step journey to achieving our greatest potential in body, health, relationships, and life purpose and allows us to make that journey at our own pace.

It was in the walls of a cave on the Tibetan plateau that I saw for myself how the same model was used by one of the great yogic masters of the past to free his students of their own limited beliefs. The legacy of his teaching remains today, preserved in the native rock that provided both the home, and the classroom, for the master eight centuries ago.



In the spring of 1998 I facilitated a group pilgrimage into the highlands of Western Tibet. Our route led us directly to the remote cave of the 11th-century poet, mystic, and yogi, Ujetsun Milarepa, known in his day simply as Milarepa.

I first learned of the legendary yogi while I was a student of a Sikh mystic that became my yoga teacher in the 1980s. For years I studied the mystery surrounding Milarepa's life—how he had come from a privileged family yet chose to renounce his worldly possessions; the brutal and tragic circumstances of losing his family and loved ones to mass violence; and how his revenge, and subsequent suffering, led to his retreat high in the Himalayan mountains, where he discovered his extraordinary potential as a devoted yogi. I wanted to see for myself the place where Milarepa breached the laws of physics to demonstrate to himself, and to his students, that we are confined in our lives only by the limits of our own beliefs. Nineteen days into my journey, I had the opportunity to do just that.

After acclimating to single-digit humidity and elevations of more than 15,000 feet above sea level, I found myself precisely at the place where Milarepa stood before his students 800 years before. With my face only inches away from the cave's wall, I was staring squarely into the unsolved mystery that modern scientists have never been able to explain or duplicate. It was in this exact place that Milarepa first placed his open hand against the rock at about shoulder level, and then continued to push his hand further into the wall in front of him, as if the stone did not exist! When he did so, the rock beneath his palms became soft and malleable, giving way to the pressure of his push. The result was a perfect impression of the yogi's hand left in the rock for his students then, and throughout the centuries, to see. Scanning our lights across the walls and ceiling

of the cave, we could see even more hand impressions making it clear that Milarepa had offered this demonstration on more than one occasion.

As I opened my palm and pushed it into the impression, I could feel my fingers cradled in the form of the yogi's, precisely in the position that his hand had assumed eight centuries earlier. The fit was so perfect that any doubt I had about the authenticity of the handprint quickly disappeared. It was a feeling that was both humbling and inspiring at the same time. Immediately, my thoughts turned to the man himself. I wanted to know what was happening to him when he engaged the rock. What was he thinking? Perhaps more importantly, what was he feeling? How did he defy the physical "laws" that tell us a hand and the rock can't occupy the same place at the same time?

As if he was reading my mind, my Tibetan guide answered my questions before I even asked him. "The geshe's [great teacher's] meditation teaches that he is part of the rock, not separate from it. The rock cannot contain him. To the geshe, this cave represents a place of experience, rather than a barrier of limitation. In this place he is free and can move as if the rock does not exist." My guide's words made perfect sense. When Milarepa's students saw their teacher accomplish something that traditional beliefs said was not possible, they were faced with the same dilemma in their day that faces each of us today when we choose to free ourselves from our own limiting beliefs.

The dilemma is this: The thinking that was embraced by the family, friends, and society of the student's day thought of the world in terms of limits and boundaries. This included the belief that a cave wall is a barrier to the flesh of a human body. As Milarepa pushed his hand into the rock, however, his students were shown that there are exceptions to such "laws." The irony is that both ways of seeing the world are absolutely correct. Each depends upon the way we choose to think of ourselves in a given moment.

As I pressed my hand into the impression that the yogi left for his students long ago, I asked myself: Are we confined in our lives today by the same limiting beliefs that Milarepa's students experienced in their day? And if so, how do we awaken the power to transcend our own limiting beliefs?

I've found that when something is true in life, that truth shows up in many ways. For this reason it comes as no surprise that the scientific documentation from Joe's classroom discoveries leads to the same conclusion that Milarepa, and mystics throughout the centuries, arrived at in the past—that the universe "is" as it is, our bodies "are" as they are, and the circumstances of our lives exist as they do because of consciousness itself and the way we think of ourselves in our world. I've shared the story of Milarepa to illustrate this seemingly universal principle.

The key to the yogi's teaching is this: when we experience for ourselves, or witness in another person, something that we've once believed to be impossible, we are freed in our beliefs to transcend those limitations in our own lives. And this is precisely why the book you're holding has the potential to change your life. By showing you how to accept your future dream as your current reality, and to do so in a way that your body believes is happening "now," you discover how to set into motion a cascade of emotional and physiological processes that reflect your new reality. The neurons in your brain, the sensory neurites in your heart, and the chemistry of your body all harmonize to mirror the new thinking, and the quantum possibilities of life are rearranged to replace the unwanted circumstances of your past with the new circumstances that you've accepted as the present.

And that's the power of this book.

In a style that is simple, straightforward, and easy to understand, Joe Dispenza has woven into a single volume the paradigm-altering discoveries of quantum science and the deep teachings that adepts of the past dedicated their entire lifetimes to master—he shows us how to become supernatural.

[Gregg Braden](#)

New York Times best-selling author of
Human by Design and *The Divine Matrix*

INTRODUCTION

Getting Ready to Become Supernatural

I realize that writing this book is a risk for me and my reputation. There are certain people in the world—including some in the scientific community—who might call my work pseudoscience, especially after *Becoming Supernatural* makes its debut. I used to be overly concerned about those critics' opinions. In the early days of my career, I always wrote with skeptics in mind, trying to make sure they would approve of my work. On some level, I thought it was important to be accepted by that community. But one day when I was standing in front of an audience in London and a woman holding the microphone was telling her story about how she overcame her disease—how she healed herself through the practices I've written about in other books—I had an epiphany.

It became very clear that those skeptics and rigid scientists who hold their own beliefs about what is possible aren't going to like me or my work no matter what I do. Once I had that realization, I knew that I'd been wasting a lot of my vital energy. I was no longer interested in convincing that particular culture—especially those studying the normal and natural—about human potential. I was totally passionate about anything *but* normal, and I wanted to study the supernatural. I got very clear that I should give up my futile efforts to convince that community of anything and instead direct my energy to a whole other part of the population that *does* believe in possibility and *does* want to listen to what I have to share.

What a relief it was to fully embrace that idea and to let go of any attempt to make a difference in that other world. As I listened to the sweet lady in London, who wasn't a monk or a nun or an academic or a scholar, I knew that in telling her story to the audience, she was helping others see some part of themselves in her. Those hearing her journey might then believe it would be possible for them to accomplish the same. I'm at the point in my life where I am okay with people saying anything about me—and I certainly do have my flaws—but I now know, more than ever, that I am making a difference in people's lives. I say that with

utter humility. I have labored for years in taking complex scientific information and making it simple enough for people to apply to their lives.

In fact, in the last four years my team of researchers, my staff, and I have gone through extensive strides to scientifically measure, record, and analyze these transformations in people's biology to prove to the world that common people can do the uncommon. This book is about more than just healing, although it includes stories of people who have made significant changes in their health and have actually reversed diseases—along with the tools you need to do the same. These accomplishments are becoming quite common in our community of students. The material you are about to read lives outside of convention and is not usually seen or understood by most of the world. The content of this book is based on an evolution of teachings and practices that have culminated in our students' ability to delve deeper into the more mystical of these. And of course, I am hoping it will bridge the world of science with the world of mysticism.

I wrote this book to take what I've always thought was possible to the next level of understanding. I wanted to demonstrate to the world that we can create better lives for ourselves—and that we are not linear beings living linear lives, but dimensional beings living dimensional lives. Hopefully, reading it will help you understand that you already have all the anatomy, chemistry, and physiology you need to become supernatural sitting latent within you, waiting to be awakened and activated.

In the past, I hesitated to talk about this realm of reality because I feared it might divide an audience based on their own personal beliefs. However, I have wanted to write this book for a long time now. Over the years, I have had profoundly rich mystical experiences that have changed me forever. Those inner events have influenced who I am today. I want to introduce you to that world of dimension and show you some of the measurements we took and the studies we did in our advanced workshops around the world. I started collecting data on our students in these workshops because we witnessed significant changes in their health, and I knew they were changing their biology during the meditations—in real time.

We have thousands and thousands of brain scans that prove those changes were not just imagined in their minds but actually took place in their brains. Several of the students we measured accomplished those changes within four days (the length of our advanced workshops). The scientific teams I've assembled have taken brain scan recordings using quantitative electroencephalogram (EEG) measurements before and after workshops as well as real-time measurements during the meditations and practices themselves. I was not only impressed with the changes, but shocked by them—they were that

dramatic.

The brains of our students function in a more synchronized and coherent fashion after participating in the advanced retreats around the world. This increased order in their nervous systems helps them get very clear about a future they can create, and they are able to hold that intention independent of the conditions in their external environment. And when their brains are working right, *they* are working right. I will present scientific data that shows how much their brains improved in just a few days—which means you can do the same for your brain.

At the end of 2013, something mysterious started occurring. We started seeing brain scan recordings that puzzled the researchers and neuroscientists who came to our events to study my work. The high amount of energy in the brain that we were recording while a student was in certain meditations had never been recorded up until this point. And yet we were seeing these off-the-charts readings again and again.

When we interviewed the participants, they reported that their subjective experience during the meditation was very real and mystical, and that this either profoundly changed their view of the world or dramatically improved their health. I knew in those moments that these participants were having transcendental experiences in their inner world of meditation that were more real than anything they had ever experienced in their outer world. And we were capturing those subjective experiences objectively.

That has become a new normal for us now, and as a matter of fact, we can often predict when these high amplitudes of energy in the brain will occur, based on certain indicators and signs that we have seen for years now. In these pages, I want to demystify what it is to have an interdimensional experience as well as provide the science, biology, and chemistry of the organs, systems, and neurotransmitters that make this happen. It is my hope that this information will give you a road map for how to create such experiences for yourself.

We have also recorded amazing changes in heart rate variability (HRV). That's when we know a student is opening their heart and maintaining elevated emotions like gratitude, inspiration, joy, kindness, appreciation, and compassion, which cause the heart to beat in a coherent fashion—that is, with rhythm, order, and balance. We know that it takes a clear intention (a coherent brain) and an elevated emotion (a coherent heart) to begin to change a person's biology from living in the past to living in the future. That combination of mind and body—of thoughts and feelings—also seems to influence matter. And that's how you create reality.

So if you're going to truly believe in a future that you are imagining with all

your heart, let's make sure it's open and fully activated. Why not, through practice and quantitative feedback, get good at doing it and make it a skill?

So we partnered with the HeartMath Institute (HMI), a sharp group of researchers based in Boulder Creek, California, who helped us measure the responses of thousands of our participants. It is our desire for our students to develop the ability to regulate an internal state independent of the conditions in their external environment and to know when they are creating heart coherence and when they are not. In other words, when we measure those internal changes, we can tell a person that they created a more balanced pattern in the heart measurement and that they are doing a great job and should keep doing exactly what they are doing. Or we can let them know they are not making any biological changes and then give them the proper instruction and provide several opportunities to practice getting better at the process. That's what feedback does; it helps us know when we are doing something correctly and when we aren't.

When we can change some feeling or thought inside of us, we can see changes outside of us, and when we observe that we did it correctly, we will pay attention to what we did and do it again. That action creates a constructive habit. By demonstrating how others perform such feats, I want to show you how powerful you can be.

Our students know how to influence the autonomic nervous system (ANS)—the system that maintains health and balance by automatically taking care of all our bodily functions while we have the free will to live our lives. It is this subconscious system that gives us our health and gives life to our bodies. Once we know how to gain access to this system, we can not only make our health better, but we can also transform unwanted self-limiting behaviors, beliefs, and habits into more productive ones. I'll present some of the data we have been collecting for years.

We've also taught our students that when they create heart coherence, their hearts create a measurable magnetic field that projects beyond their body. That magnetic field is an energy, and that energy is a frequency, and all frequency carries information. The information carried on that frequency can be an intention or thought that can influence the heart of another person at a different location by moving it into coherence and balance. I will show you evidence that a group of people sitting in a room together can influence others sitting at some distance *in the same room* to go into heart coherence at the exact same time. The evidence clearly shows that we are bound by an invisible field of light and information that influences us and others.

Given that, imagine what can happen when we all do this at the same time to change the world. That's exactly what we are up to as a community of