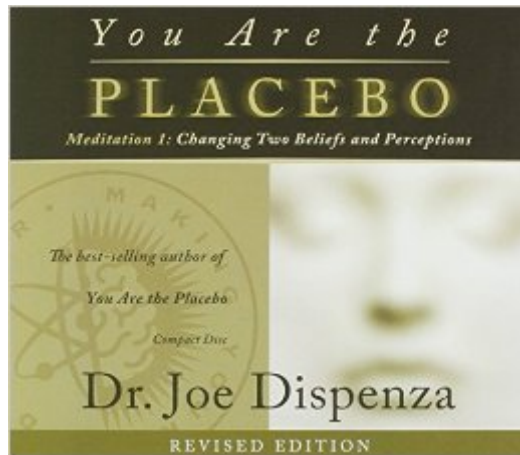


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# You Are The Placebo Meditation 1 -- Revised Edition: Changing Two Beliefs And Perceptions



## Synopsis

Dr. Joe Dispenza has created two meditation 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. 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. That'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 consciousness "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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Product Dimensions: 5 x 0.5 x 5.7 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (106 customer reviews)

Best Sellers Rank: #53,123 in Books (See Top 100 in Books) #18 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #53 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #57 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

## Customer Reviews

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.

This is by far the best meditation CD I have ever listened to. Dispenza takes you into an experience of consciousness, a place of space and expansiveness. Then brings you into the unknown, a place where all possibility lies as you connect to and release that which no longer serves you. Great background music as well. Very powerful! I highly recommend it.

I am interested in this CD but would like for to provide a sample to discern whether the claims of poor quality are true.

While I enjoyed the book, this CD was unexpectedly unprofessional and badly engineered. The sound level is too soft, the voiceover is overwhelmed by the music and the voice quality sounds like a do-it-yourself recording. Meditations are, admittedly, very difficult to do well without coming across as precious and overwrought, as this one does. It did not inspire me to meditate.

poor voice sound, music too loud. you should be ashamed to sell it. book was good. I would like to get my money back for the CD

I have studied with Dr. Joe for many years. He is the greatest teacher on this subject I know of. I

have meditated for some 30 years but Dr. Joe has improvised a new way that is beyond anything I had ever heard of. My wife and I love it so much we have given it to close friends as a gift and they all love it as well. It doesn't matter if you have never meditated before, you will be transformed by Dr. Joe's meditation. Do this for yourself. Also, I highly recommend Dr. Joe's latest and greatest book, "You Are The Placebo". You simply can't lay it down and again, you will be transformed for the rest of your life. You will read life changing material that will never be taught in public schools..

Oh how I wish I'd listened to a sample before buying this. Sadly this CD was a waste of my money. I've been meditating regularly for years now and have done many guided meditations. This one let me down. There is nothing revolutionary about the content here (Work your way down your body. You're in space. Stay present) and the way.....he talks..... about spacccccccccce..... over and..... over..... but always in..... in a mystical..... voice..... that drags..... out every..... sentenccccccccccce drove me nuts. I made it through once. Never again.

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