

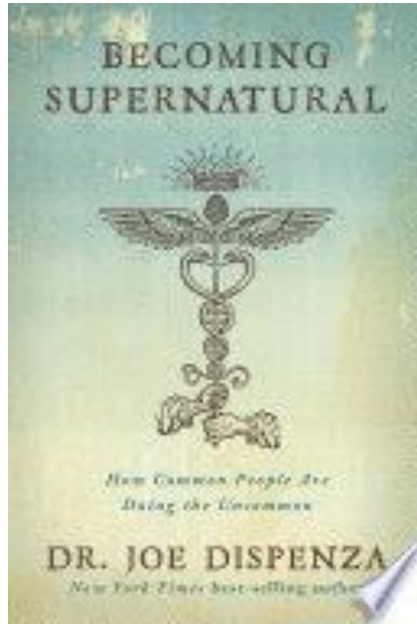


*A Spiritual Center for
Empowered Living*

“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

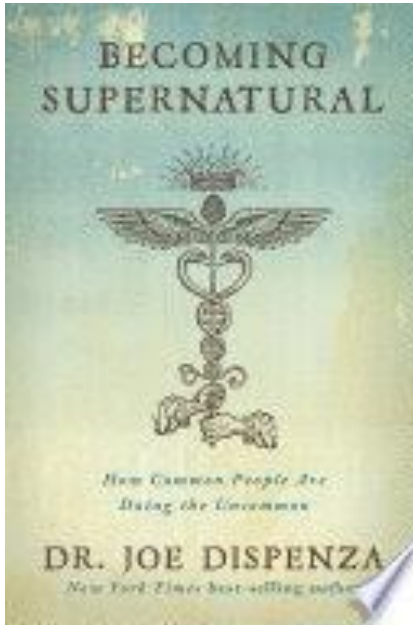


Let's PRAY



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.



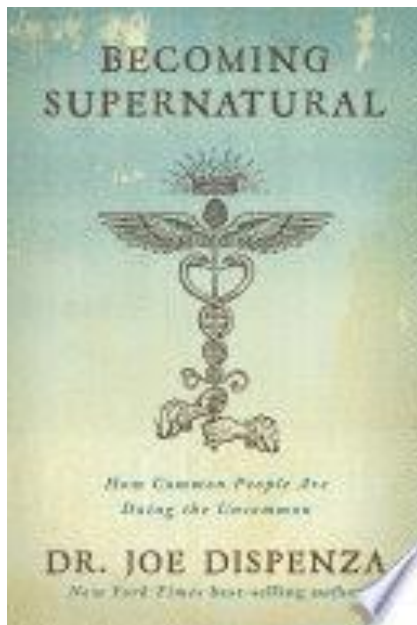
This is his 4th book

**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



Story of Anna

**“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.”**



Story of Anna

**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**



Chapter 2

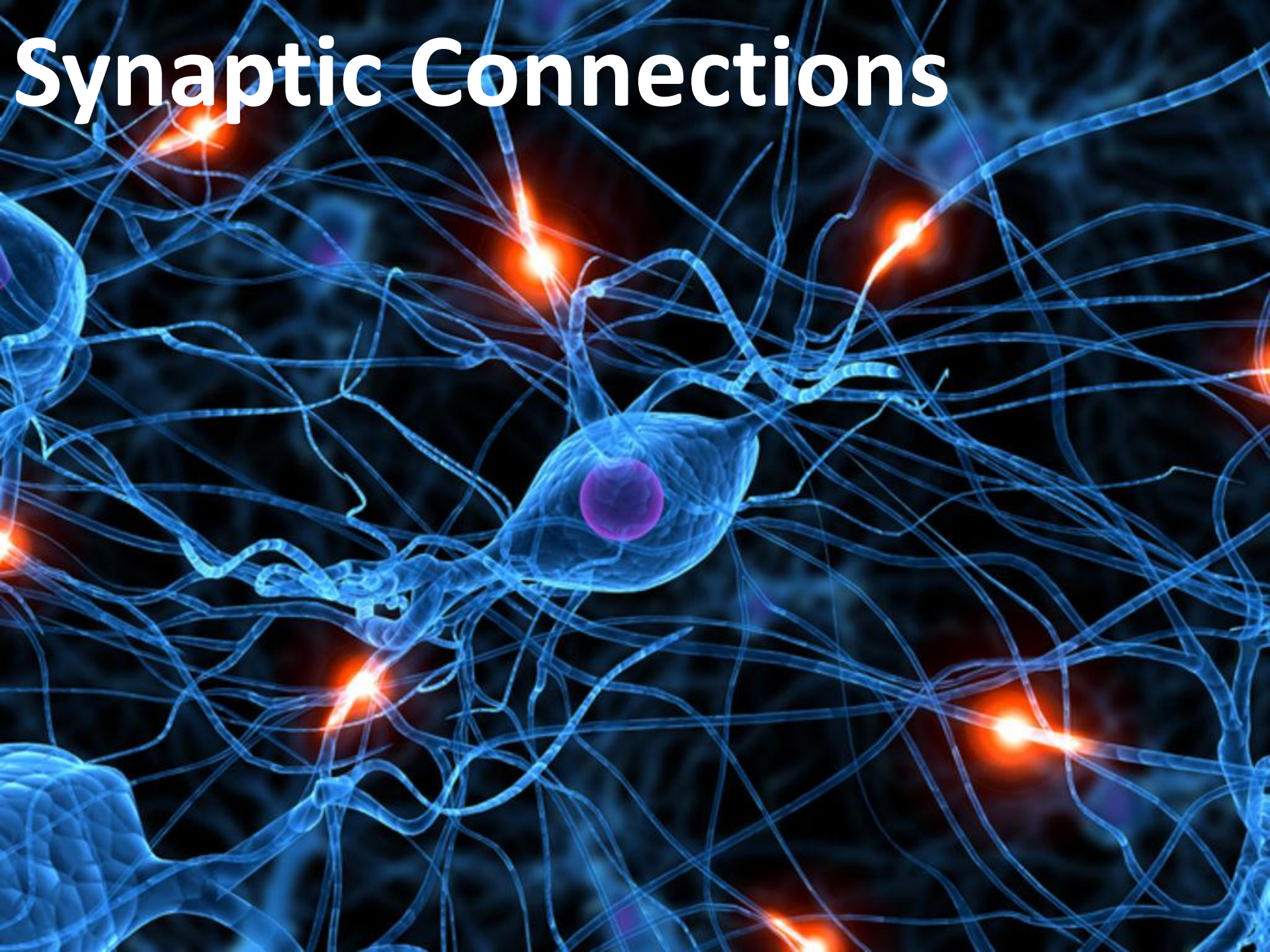
The Present Moment

**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
everytime



**Learning is making new
connections**

**Memories are maintaining
the connections**

Habits make it automatic



Emotions:

**Chemical feedback
of the experience**



THE EMOTIONAL GUIDANCE SCALE

UPWARD SPIRAL HPF

1. Joy / Knowledge
Empowerment
Freedom / Love
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

DOWNWARD SPIRAL LNF

8. Boredom

9. Pessimism

10. Frustration /
Irritation / Impatience

11. "Overwhelm"

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

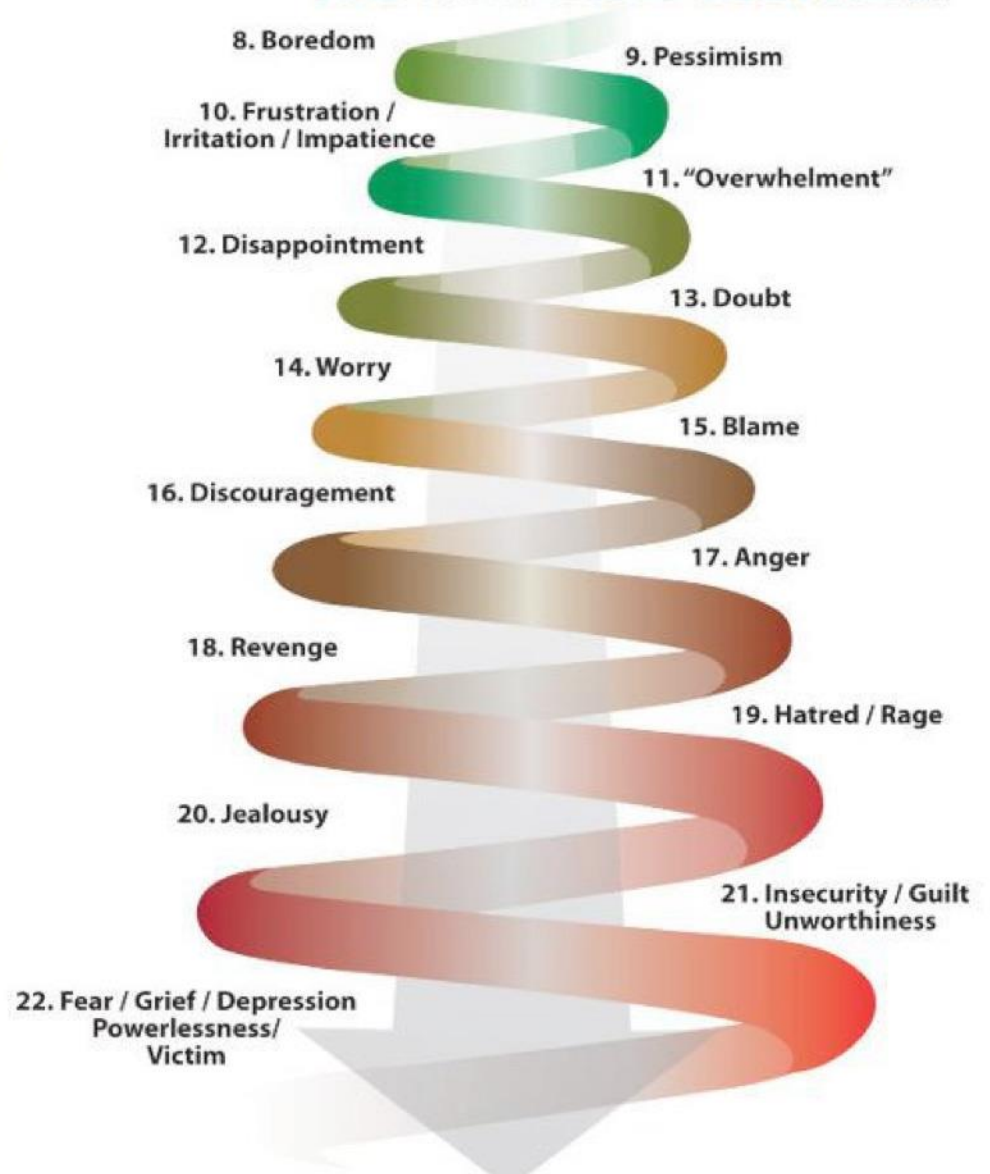
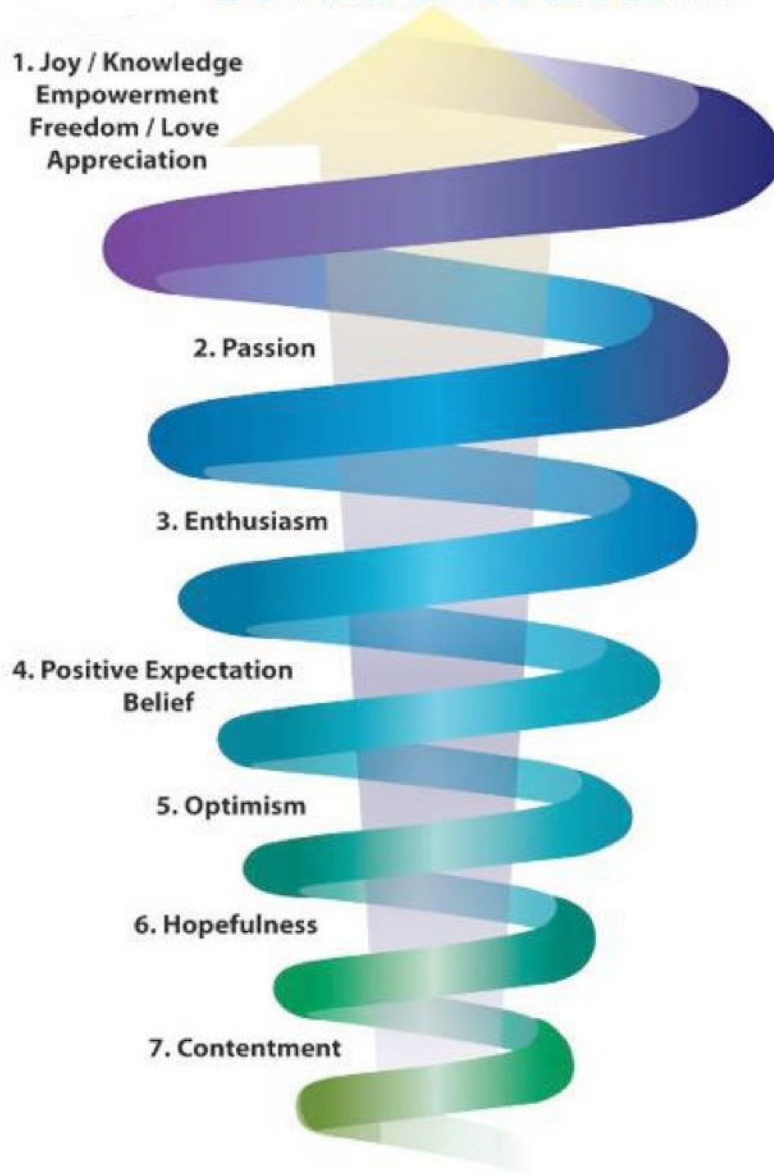
18. Revenge

19. Hatred / Rage

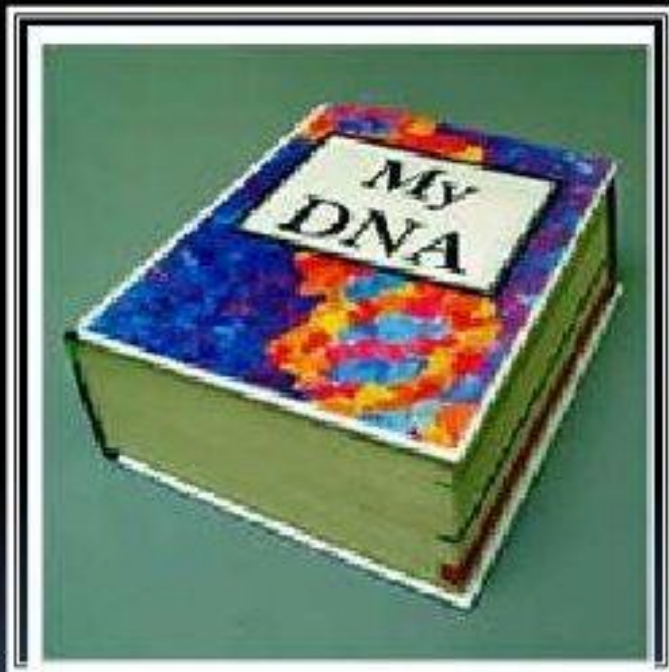
20. Jealousy

21. Insecurity / Guilt
Unworthiness

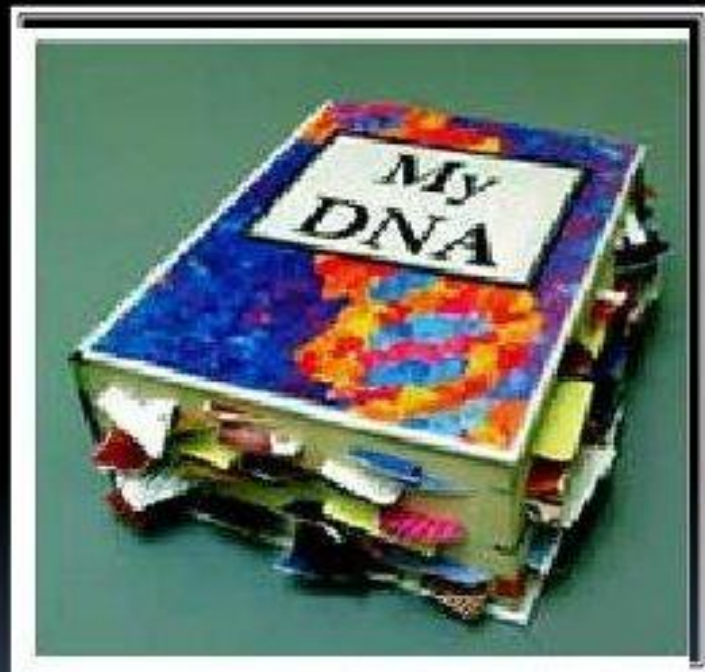
22. Fear / Grief / Depression
Powerlessness/
Victim



GENETICS VERSUS EPIGENETICS



GENETICS



EPIGENETICS

Our External Environment

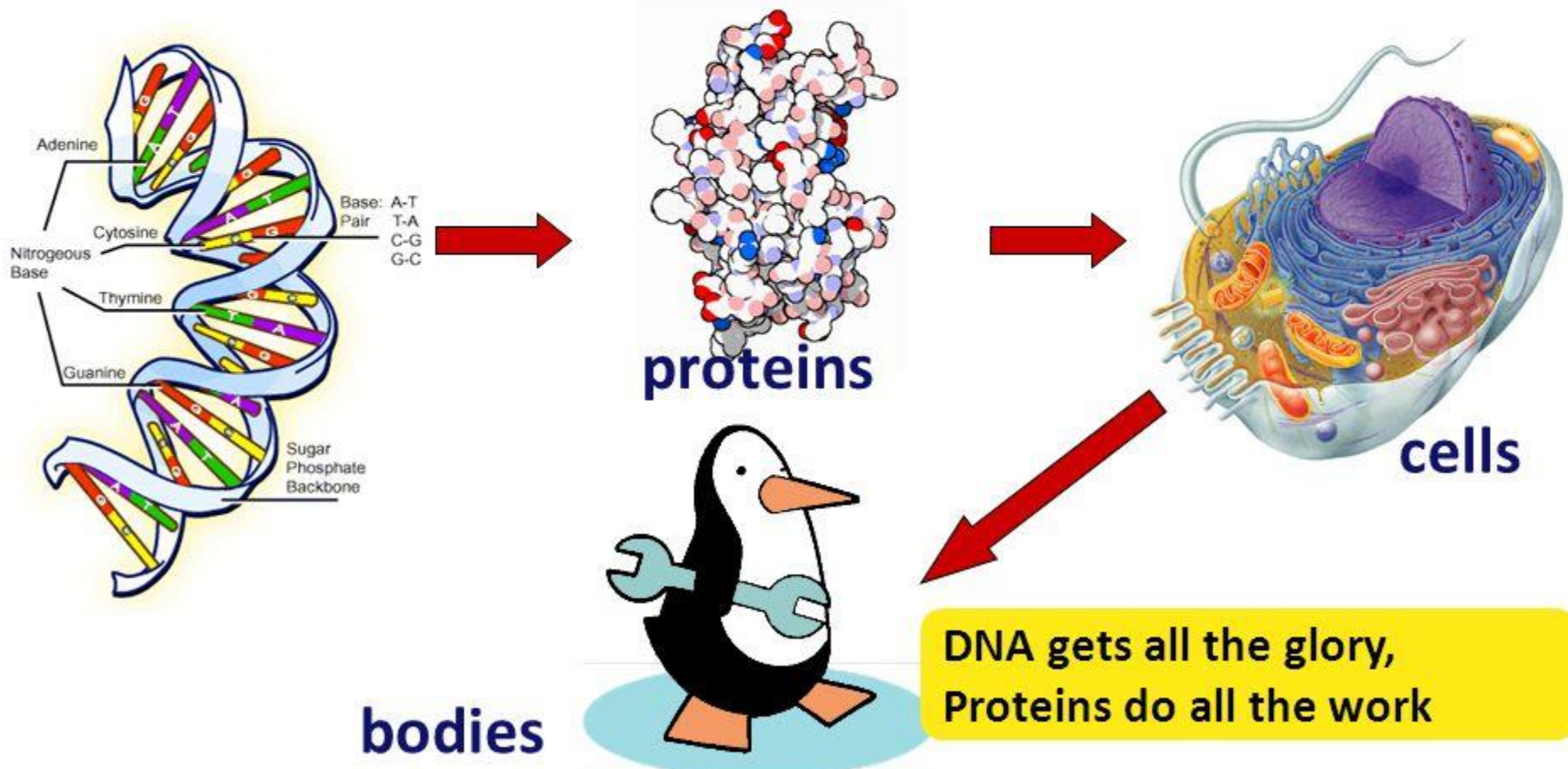
THE
ENVIRONMENT

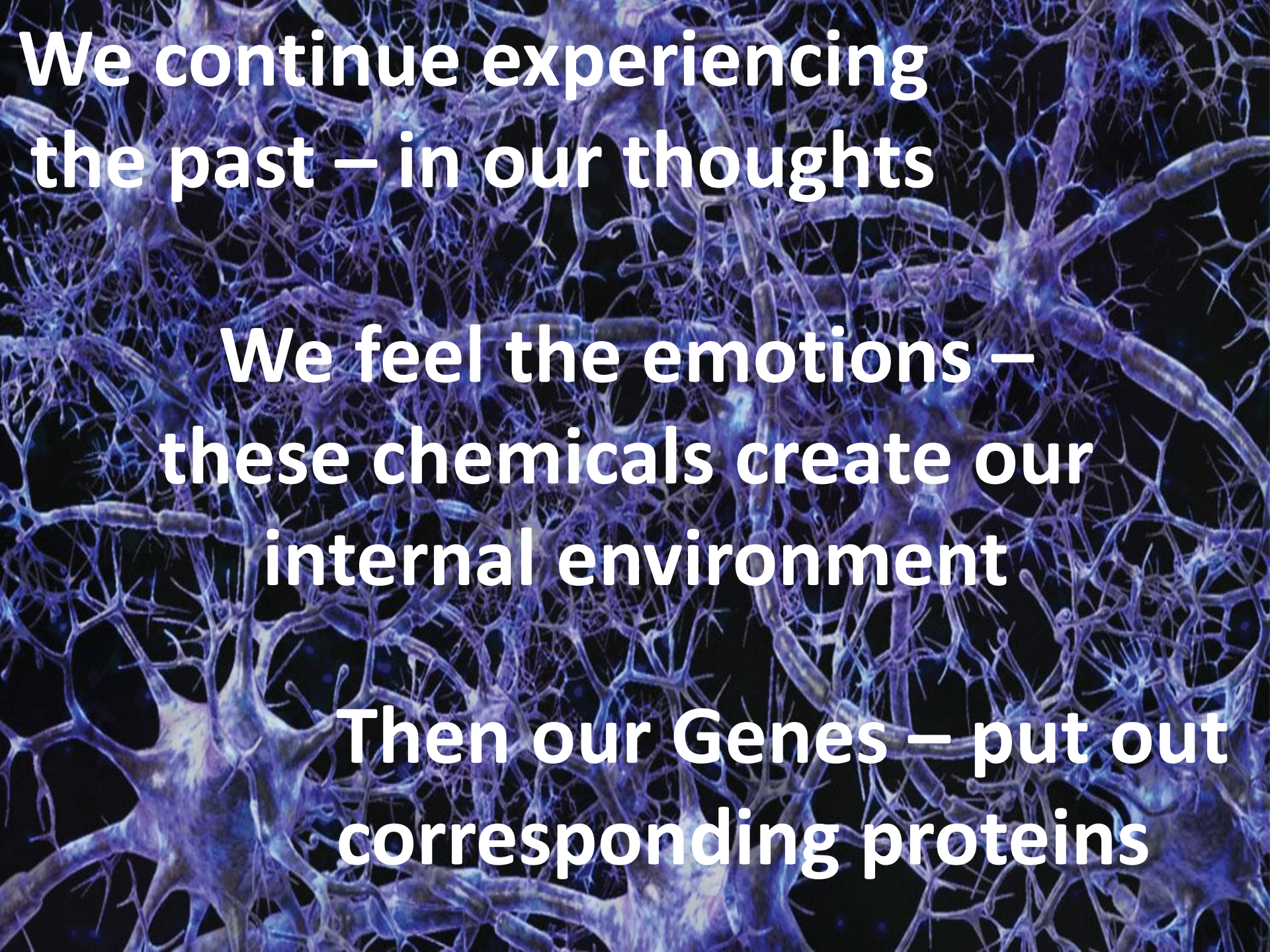
Our Internal Environment

DNA → Proteins → Cells → Bodies

- DNA has the information to build proteins

- ◆ genes





**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**

addiction



TIMELINES

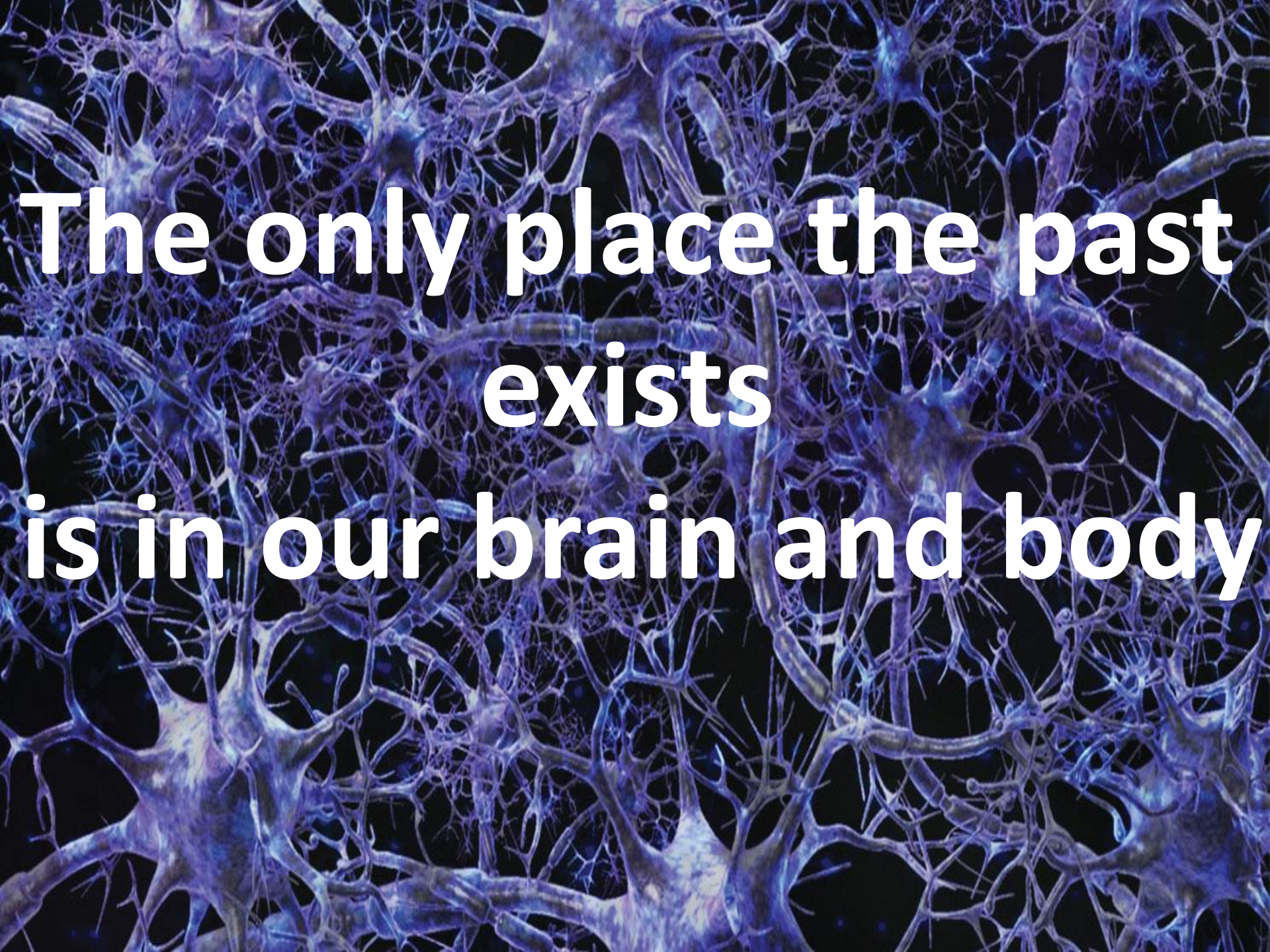
An Interactive
Notebook Mini
Unit



Created by
Surfin' Through Second

**Where your attention
goes your energy flows.**

**You get more of what
you focus on.**

A detailed, artistic representation of a neural network. The image shows a complex web of neurons, with cell bodies (soma) and numerous branching dendrites and axons. The entire structure is illuminated with a vibrant blue light, creating a glowing effect against a solid black background. The neurons are interconnected, forming a dense, interconnected mesh that fills the frame.

**The only place the past
exists
is in our brain and body**

The image features two stylized, glowing blue human figures, a woman on the left and a man on the right, holding hands. They are depicted with a translucent, ethereal quality, showing internal energy flows in shades of blue, green, and red. The background is dark with faint, swirling energy patterns. The text is overlaid in the center in a bold, white, sans-serif font.


**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**

ENERGY

**Centering our Energy in the
Present Moment**



Beta waves (14Hz - 20Hz)

Typical of a normal state of waking consciousness



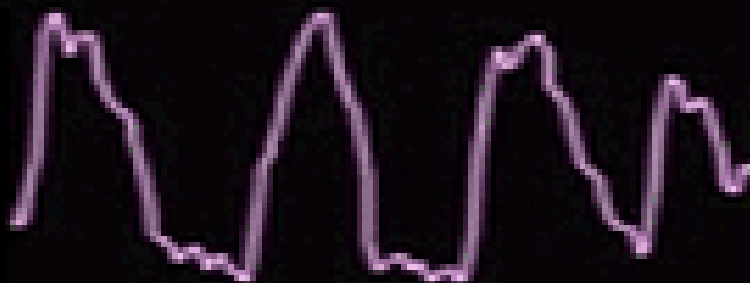
Alpha waves (8Hz - 13Hz)

Occur when daydreaming and often associated with light state of meditation



Theta waves (4Hz - 7Hz)

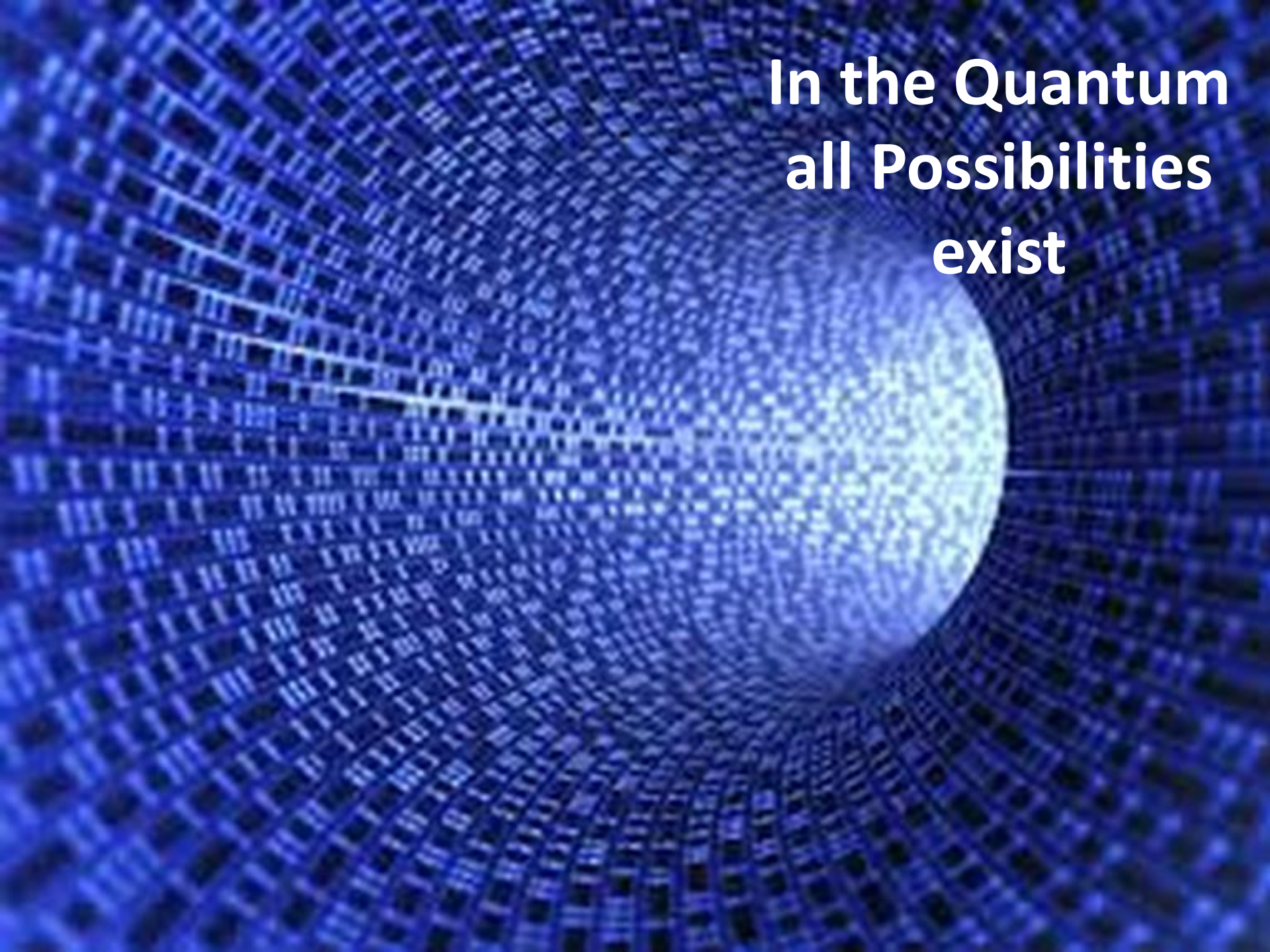
Found in high states of creativity, but also in deep meditation and sleep



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?**



The background is a deep blue field filled with a dense, perspective-driven pattern of white binary code (0s and 1s). The code appears to be receding into the distance, creating a sense of depth. On the right side, a bright, glowing sphere, resembling a planet or a sun, is partially visible, its light casting a soft glow on the surrounding binary code.

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

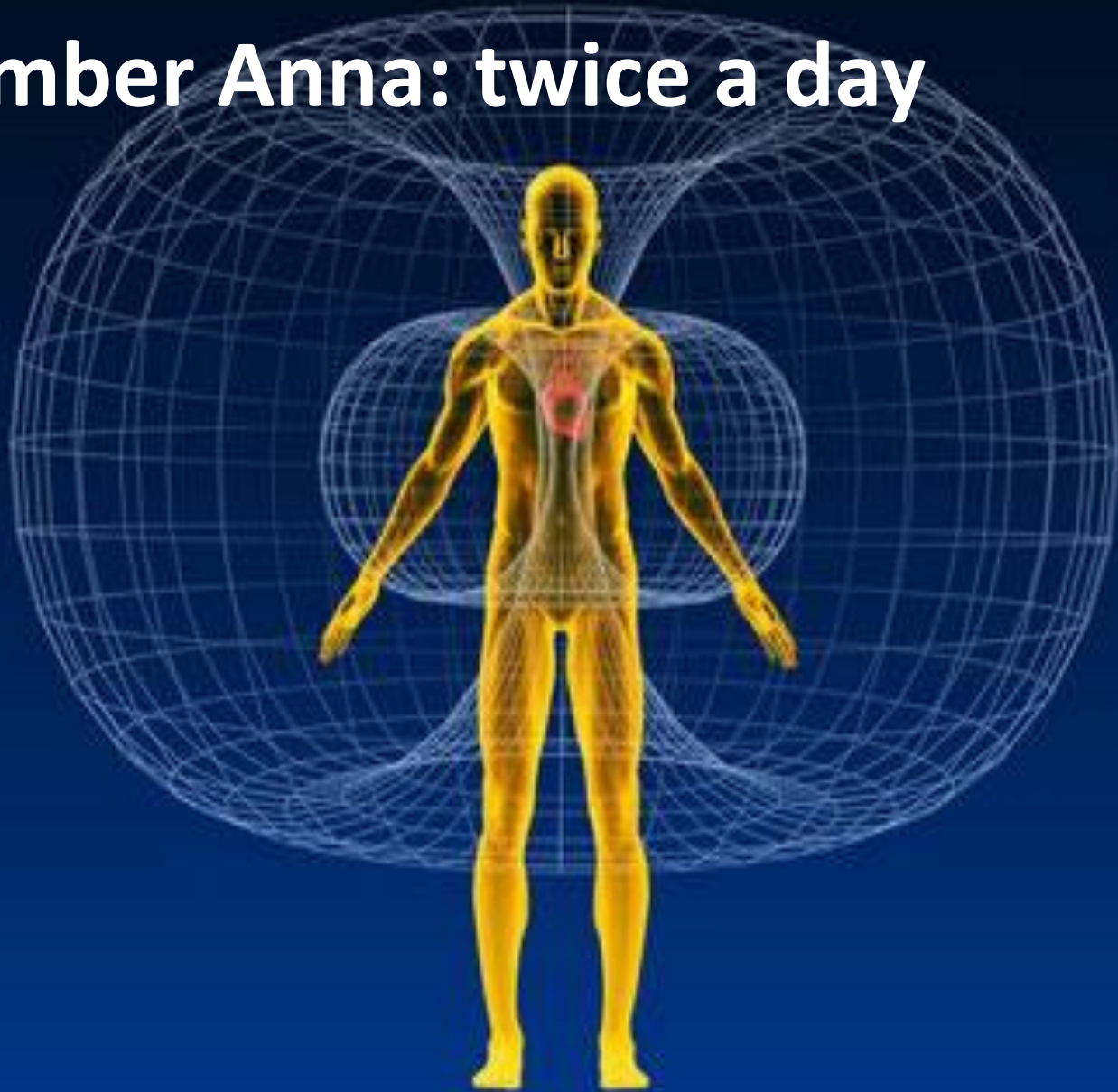
*Intention H Elevated
Emotions*

**Brings our energy into this moment
to create our new destiny**



Practice EVERYDAY!

Remember Anna: twice a day



A painting of two hands pressed together in a prayer position (Anjali Mudra). The hands are rendered in warm, reddish-orange tones. The background is a vibrant, abstract composition of colors: a large red area on the left, a bright yellow and white glow behind the hands, and a deep blue and green area on the right. The overall style is expressive and spiritual.

NAMASTE