

DR JOE DIZPENZA:

# 7 Guided Meditations to Becoming Supernatural



**Gaia** + Guide

# Introduction

At its most basic level, the human brain is programmed to maintain homeostasis and the safety of what is known and predictable. It is only through reaching higher brain wave states that the brain can relax into the unknown and allow new possibilities to manifest.



**World-renowned researcher, speaker, and author Dr Joe Dispenza shares this progression of seven guided meditations that are designed to:**

- ✓ Reprogram the subconscious mind
- ✓ Activate the chakra system
- ✓ Access the receptive gamma brain wave state
- ✓ Help you align with the future you want
- ✓ Access your supernatural power



# Introduction Continued



## Choose your path:

- Seasoned meditators may be ready to do one meditation a day for seven days
- New meditators may want to spend a week practicing each meditation to build up to the final hour-long meditation
- Either way, it is recommended to do these meditations in order as they build upon one another, and come back to this series each time you want to manifest a new intention

## Recommendations:

- ✓ Practice while sitting upright & in a space that is free from distractions
- ✓ Prepare a space that is as dark as possible or wear an eye mask
- ✓ Keep an open mind. Dr Joe Dispenza purposely uses a deep, booming voice to bypass the vocal pattern recognition of the analytical mind





## Lesson 1: Beyond the Past

Do you believe in your past or in your future? Most of us wake up in the past thinking the same thoughts as the day before because the brain feels comfortable with familiar patterns and routines. The present moment is the only place where we can influence and change our past programming to experience a different future.

### **Practicing this meditation will help you:**

- ✓ Reconnect with the power of the present moment
- ✓ Build the foundation for a new self
- ✓ Rehearse new thoughts & feelings of who you are going to be
- ✓ Break free of the past

### **Before this meditation, take a few minutes to answer these questions:**

- What are three thoughts you have almost every day?
  
  
  
  
  
  
  
  
  
  
- What are three thoughts you want to have every day?

### **Checkpoint:**

Once you finish the meditation, reflect on how you answered the questions above. Do you feel ready to release your past thoughts and fully accept the thoughts you want? Or does part of your brain still want to hold on to the past thoughts?

If you feel like your mind is more attracted to the past thoughts, you can try this meditation again with as little effort or expectation as possible. Allow your body to relax so the subconscious mind can reset itself. Remember, there is no such thing as a bad meditation. Each experience draws you closer!

An abstract, ethereal image featuring swirling, luminous blue and white energy fields against a dark background. The patterns resemble fractals or complex, flowing light structures, creating a sense of dynamic movement and depth.

## Lesson 2: Room for the Unknown

Are your routines keeping you anchored to the past and a predictable future? The last meditation focused on the experience of time and the power of the present moment. This meditation takes that power and combines it with the energy that is freed by creating space for the unknown.

If you can execute greater energy than what is binding you to the known, then you can break the bonds to the past. This releases energy back to you and gives you the energy to create a new future.

### **During this meditation, you will:**

- ✓ Shift your focus away from your body and any other definition of self
- ✓ Release the need to control HOW your future arrives
- ✓ Harness energy from releasing past attachments
- ✓ Linger in the infinite possibilities of the unknown
- ✓ Draw your desired future to you

### **Checkpoint:**

#### **Reflect on these questions before and after the meditation:**

- How willing are you to shift your focus beyond the body and forget about it for a few minutes?
  
- How comfortable do you feel releasing the need to control the body and allowing yourself to relax in an unknown field of infinite possibilities?
  
- What physical habits do you need to release from your daily routine to create enough space in your life for your desired future?



## Lesson 3: Over the Edge

How do you connect with the quantum field of infinite information and potential? This field is where the healthiest, wealthiest, most mystical, and most evolved versions of yourself exist, but getting there requires you to push past your comfort zone and step over the edge of your current reality into a new future.

### During this meditation, you will:

- ✓ Release the electrical charge of thought
- ✓ Amplify the magnetic charge of an elevated emotional state
- ✓ Tune into the frequency of what you want to attract
- ✓ Practice sustaining heart coherence to move beyond your comfort zone

### Before doing this meditation:

Choose a letter of the alphabet to symbolize something you want to manifest from the field (like R for romance). Draw two squiggly lines around the letter to represent the electromagnetic field.



Then, write two lists: one list with specific, clear intentions that you need to manifest your desire, and on the other list, write the elevated emotions you will experience when you manifest that desire. Now, put that list away and trust that your subconscious has recorded the details. Focus only on the symbol and your emotional state during the meditation.

**Clear Intentions**

**Elevated Emotions**





## Lesson 4: Bridge to 5D

Many people refer to dualistic experiences as the 3rd Dimension and to unity experiences as the 5th Dimension. The non-physical space that bridges the two is the 4th Dimension that exists outside of time. This guided meditation is designed to get you in touch with your future self who is capable of tuning into infinite levels of dimensions, frequencies, and possibilities. Experience the physical and chemical sensations of traveling the quantum multiverse through the 4D corridor.

### During this meditation, pay attention to:

- ✓ The 4th chakra heart space
- ✓ The highly syntropic energy of heart-brain coherence
- ✓ The passion, joy, and elevated emotions of your future
- ✓ The creative potential that exists in the womblike darkness of the 4th dimension

### Checkpoint:

Without judging it, simply reflect on your meditation and take note of which sensations and dimensions you experience:

#### 3D Reality

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- Dense, physical matter
- Duality of good vs bad
- Judgement, separation, lack
- Local space-time

#### 4D Bridge

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- No body, no one, no thing, no where, no time
- Stillness, formless, pure potential
- Darkness, possibility, creativity
- Non-physical corridor to 5D

#### 5D Reality

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- Eternal, quantum, anti-matter
- Wholeness, connection, & oneness
- Intention, vibration & thought creation
- Non-local and now



## Lesson 5: Out of the Box

Where does suffering come from? Most of our issues and problems stem from unconscious programming. In this meditation, Dr Joe Dispenza helps build a connection to the elevated emotions from your list, which becomes the compass to get out of the box of your current life. The body will then follow the mind to the future rather than repeating past patterns.

### During this meditation:

- ✓ Think about a recurring, unwanted situation or relationship in your life, and give a name to that situation
- ✓ Write a list of the thoughts and feelings that you associate with that situation
- ✓ Write down how long this situation has been occurring
- ✓ Draw a box around your list

Name of unwanted situation:

Thoughts & feelings about this situation:

How long has this situation been occurring?

### While doing this meditation:

- Be aware of how you feel outside the box of that situation
- Find the frequency where there is no problem
- Attract that problem-free body to you with vibration

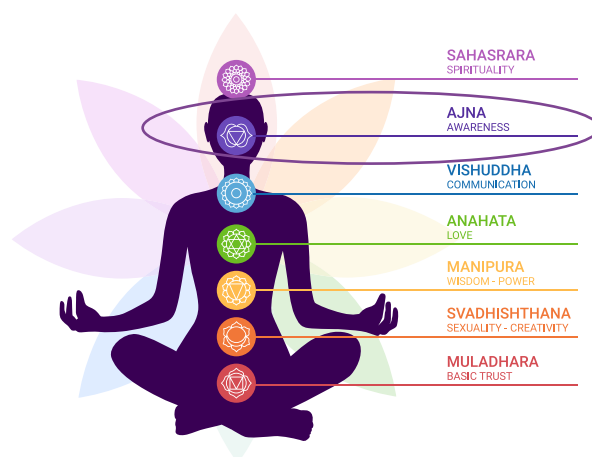


## Lesson 6: Pineal Gland Activation

Where you place your attention is where you place your energy. This meditation focuses on activating the sixth chakra center, which contains the pineal gland and the energy of the mystical. As you increase your level of relaxation and suggestibility, you can shift your brainwave state and activate your pineal gland to prepare the body for a biological upgrade.

### During this meditation:

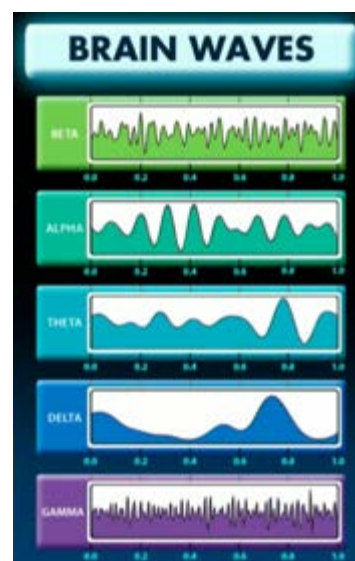
When Dr Joe Dispenza says the number “six” during this meditation, give your full attention to the space at the top of your spinal column in the middle of your brain where the pineal gland is located.



### After the meditation:

Take note of which brainwave states and sensations you experienced during the meditation.

- **Beta:** Normal wakefulness where the outer world is more real (conscious)
- **Alpha:** Relaxed state where the inner world & imagination are more real (conscious)
- **Theta:** A hypnotic state where the mind is open to new information (subconscious)
- **Delta:** Slowest brainwave state where the body shuts down for sleep (subconscious)
- **Gamma:** An ecstatic state of increased energy & syntropy (positive trauma)





## Lesson 7: The Kaleidoscope Effect

Are you ready to become a supernatural version of yourself? In this hour-long culmination of the kaleidoscope meditation, Dr Joe Dispenza guides you through a relaxing pineal gland activation and into a receptive, ecstatic, sustained gamma brainwave state where anything is possible.

In the brain scans of people looking at kaleidoscopes, the association centers of the brain are not active. This is because the patterns trigger a trancelike state that bypasses the perceptual networks in the brain. The complex geometric patterns you're about to see help unlock the subconscious mind.

### During the meditation, it's recommended to:

- ✓ Allow your thoughts to come & go without attachment
- ✓ Gaze into the center of the screen
- ✓ Focus on the patterns
- ✓ Relax & receive from the field

### During the meditation, it's recommended NOT to do the following:

- ✗ Engage the conscious mind
- ✗ Try or force anything
- ✗ Analyze or judge
- ✗ Try to make patterns or associations

### After the meditation:

Your brain may or may not register the gamma state. It often happens when you least expect it and when you stop trying. Incremental improvement in brainwave coherence is all part of the process in **Becoming Supernatural!**

