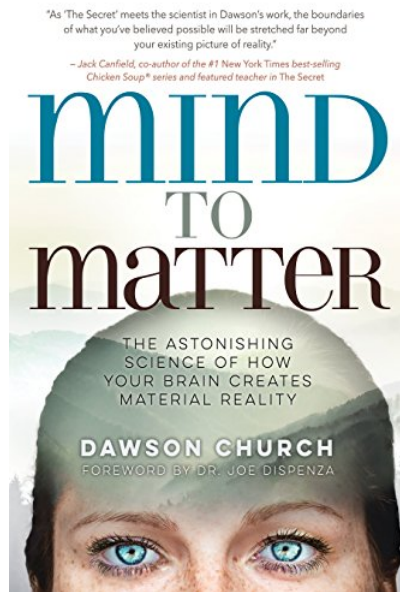


[Download] Mind to Matter: The Astonishing Science of How Your Brain Creates Material Reality



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The idea that “thoughts become things” has become a meme in popular culture. It’s held as a firm proposition in metaphysics, and some spiritual teachers ascribe infinite powers to the mind. But are these claims scientifically accurate? What does the scientific evidence tell us about the scope of the human mind to transform thoughts into reality? New research and new discoveries in epigenetics, neuroscience, electromagnetism, psychology, cymatics (the study of wave phenomena), public health, and quantum physics are demonstrating that thoughts can indeed be profoundly creative. In *Mind to Matter*, award-winning author Dawson Church examines the scientific facts and reviews the studies that show, step by step, exactly how our minds create material form. As each piece of the puzzle falls into place, the science turns out to be even more astonishing than the metaphysics. Throughout the book, Church shares illuminating case histories—up-close, authentic personal accounts of people who had an experience of turning mind into matter. Drawn from the worlds of medicine, sports, business, healing, art, and scientific discovery, these stories run the gamut from profound to inspiring to heart-wrenching. Meticulously researched evidence is presented in highly relatable form, using engaging, understandable, nontechnical analogies. Photos and illustrations enrich the text. As

we discover how the universe operates synchronistically, we come to understand that while we have individual local minds, we also participate in universal nonlocal mind. Mind to Matter shows us that as we take charge of our individual power to create, we have the potential, as a species, to catalyze a transformation of our whole world.

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