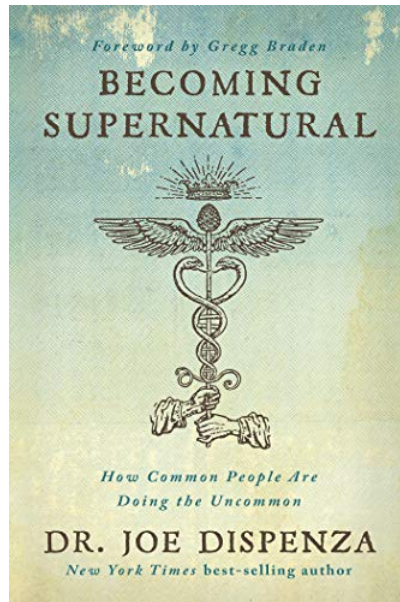


sbemt [Free PDF File] Becoming Supernatural: How Common People Are Doing the Uncommon



CONTINUE ►

Readers will learn that we are, quite literally supernatural by nature if given the proper knowledge and instruction, and when we learn how to apply that information through various meditations, we should experience a greater expression of our creative abilities; that we have the capacity to tune in to frequencies beyond our material world and receive more orderly coherent streams of consciousness and energy; that we can intentionally change our brain chemistry to initiate profoundly mystical transcendental experiences; and how, if we do this enough times, we can develop the skill of creating a more efficient, balanced, healthy body, a more unlimited mind, and greater access to the realms of spiritual truth. Topics include: Using tools and disciplines ranging from cutting-edge physics to practical exercises such as a walking meditation, Dr. Joe offers nothing less than a program for stepping outside our physical reality and into the quantum field of infinite possibilities.

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