

You Are the

PLACEBO

Meditation 1: Changing Two Beliefs and Perceptions

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You Are the Placebo Meditation 1 -- Revised Edition Joe Dispenza, 2016-02-09 After introducing the open focus technique Dr Joe Dispenza moves into the practice of finding the present moment When listeners discover the sweet spot of the present moment and forget about themselves as the personalities they have always been they have access to other possibilities that already exist in the quantum field That s because they are no longer connected to the same body mind to the same identification with the environment and to the same predictable timeline **SUMMARY: You Are The Placebo:**

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