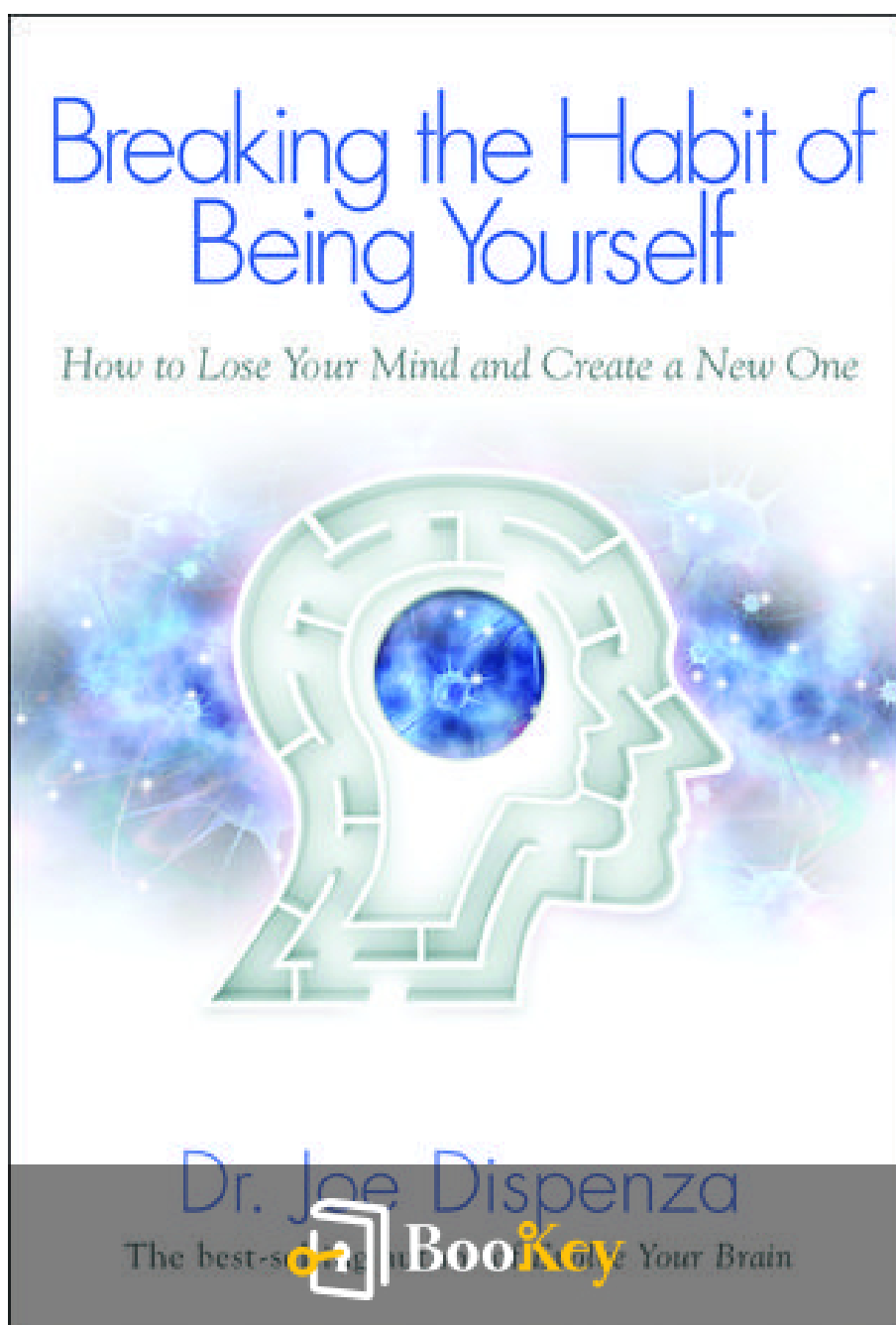


Breaking The Habit Of Being Yourself PDF (Limited Copy)

Joe Dispenza



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Breaking The Habit Of Being Yourself Summary

"Unlock Your Mind to Create a New Reality."

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About the book

In "Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One," renowned scientist and bestselling author Dr. Joe Dispenza invites you on a transformative journey into the very essence of your mind. This powerful book merges cutting-edge neuroscience with timeless spiritual wisdom, challenging readers to go beyond their ingrained habits and limitations. By unraveling the subconscious patterns that govern our thoughts, feelings, and behaviors, Dr. Dispenza offers a compelling blueprint for unleashing our limitless potential. Through thought-provoking insights and practical exercises, you'll discover how to transcend the "old self" and reshape your reality to align with your truest, most inspired desires. Embark on this exhilarating path of self-discovery and learn to break free from the confines of your habitual mind, propelling you towards a life brimming with infinite possibilities.

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About the author

****Joe Dispenza: A Trailblazer in Transformational Healing and Personal Empowerment****

Dr. Joe Dispenza is a renowned author, speaker, and researcher who bridges the gap between science and spirituality to empower individuals in transforming their lives. Trained as a neuroscientist and chiropractor, Dispenza's work emphasizes the power of the mind to bring about significant change and healing. With a passion rooted in his own transformative recovery from a severe spinal injury, he has devoted his life to exploring the principles of brain-heart coherence, quantum physics, and epigenetics. His groundbreaking research encourages people to break free from limiting behaviors, habits, and beliefs to create a fulfilling life. Through his seminars, workshops, and internationally bestselling books, Dispenza inspires a global audience to unlock their fullest potential by tapping into the immense power of the mind to reshape and reinvent oneself, thereby reshaping one's reality.

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chapter 1 Summary: The Quantum You

The chapter explores the evolving understanding of reality, starting from early physics' division of the world into matter and mind. This dualistic approach informed and limited people's view of their influence over their lives, which now transitions with current understanding into a more unified perspective where thought and matter are intricately connected. With the development of quantum physics, the chapter argues that humans, through their thoughts and feelings, can shape reality by influencing the quantum field—a domain where all possibilities exist.

Beginning with historical context, it recounts how early thinkers like Descartes and Newton perceived the universe as a grand mechanical system operating under predictable laws, with mind and matter seen as distinct entities. However, this view changed with Einstein's revelation that energy and matter are interchangeable, fundamentally altering the understanding of how the universe functions and setting the stage for quantum physics.

This field illustrates that at a subatomic level, particles behave as both waves and particles simultaneously, depending on the observer's presence. This observation led to the "observer effect," suggesting that consciousness actively influences the physical world. Quantum physics shows that reality is predominantly potential energy rather than solid mass, dispelling the classical Newtonian view of a deterministic universe.

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The text suggests that by aligning one's thoughts and emotions—a concept supported by studies like Glen Rein's DNA experiments—individuals can communicate with and influence this quantum field. A coherent union of thoughts (electrical charge) and emotions (magnetic charge) produces a specific electromagnetic signal that can resonate with potential realities in the quantum field, drawing these possibilities into one's experienced reality.

To achieve change, the chapter recommends fostering a new mindset—aligning thoughts and feelings to create coherent energy toward a desired change. It urges readers to relinquish control over the "how" of situations, allowing the quantum field to bring about the intended change. This involves embracing uncertainty and fostering gratitude as if the desired change has already occurred.

The narrative also addresses the interconnectedness within the quantum field, drawing parallels to instances such as prayer experiments, showing potential retroactive influence on past events—an illustration of the peculiar non-locality of quantum connections.

Finally, the chapter chronicles an illustrative narrative of how adopting a new state of being can lead to unexpected yet desired outcomes. A personal story shared details how a young woman, by focusing her mind and emotions on living her Italian summer dream, without trying to control the



unfolding path, unexpectedly manifested an opportunity that perfectly aligned with her vision.

Conclusively, this chapter outlines how embracing a quantum perspective—understanding that reality is an immaterial field of potential shaped by consciousness—can empower individuals to create life-altering outcomes. It encourages the reader to challenge conventional beliefs about the nature of reality and to engage with the infinite possibilities the quantum field presents, promising that changing one's inner world can lead to transformative external experiences.

Section	Content
Introduction	Explores the evolving understanding of reality from a dualistic to a unified perspective, connecting thought and matter.
Historical Context	Delineates early physics' separation of mind and matter; evolution with Einstein and quantum physics showing energy-matter interchangeability.
Quantum Physics	Describes the observer effect and the shift from a deterministic universe to one of potentiality, emphasizing the subatomic behavior of particles.
Conscious Influence	Discusses aligning thoughts and emotions to influence the quantum field and shape reality through coherent energy signals.
Mindset for Change	Advocates for releasing control, embracing uncertainty, and fostering gratitude to allow desired changes to manifest.
Interconnectedness	Explores quantum interconnectedness, illustrated by examples like prayer experiments and retroactive influence.



Section	Content
Illustrative Narrative	Shares a personal story demonstrating the power of mindset in achieving dreams and manifesting opportunities.
Conclusion	Sums up the potential for individuals to create transformative experiences by understanding and engaging with the quantum field.

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Critical Thinking

Key Point: Your Thoughts Have the Power to Shape Your Reality

Critical Interpretation: Imagine a world where your thoughts are not just fleeting whispers in your mind but are potent forces actively influencing the reality around you. By embracing the profound insight from this chapter, you'll begin to appreciate the immense power of your conscious awareness. Recognizing that your thoughts are a unique blend of electrical charges that pair with your emotions' magnetic waves, you become a dynamic entity capable of interacting with the vast quantum field where all possibilities reside. This discovery unlocks a significant shift in understanding how you perceive challenges and opportunities in life. You tap into a deep-seated potential that allows you to sculpt your reality, shifting it toward the outcomes you most desire. Through focused, purposeful thought and emotion alignment, you'll harness an electromagnetic resonance with potential realities, guiding you toward experiences you once considered beyond reach. Let go of the deterministic view of a static universe, and welcome the empowerment and freedom that come with shaping your life's path.

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chapter 2 Summary: Overcoming Your Environment

The text explores the notion that the mind has a tangible impact on the objective world, as suggested by quantum physics. The central thesis is that your thoughts and consciousness can influence reality, starting at the subatomic level. While you may grasp the idea that scientific experiments in quantum mechanics show consciousness affecting atoms, the challenge remains in applying this concept to larger, life-size events that shape your personal experiences.

To alter reality, you must change how you think and feel daily. The text draws parallels to a hamster wheel, where repeated thoughts and emotions persistently recreate the same outcomes and challenges in life. This habitual cycle reaffirms your current reality, effectively trapping you in a loop where your external environment dictates your internal state.

The key to breaking free lies in transcending your environment, your body, and time. This transformation requires visualizing an idealized version of yourself that surpasses current circumstances. Historical figures like Gandhi illustrate this principle through unwavering commitment to their envisioned futures despite adverse conditions. Their successes demonstrate the power of aligning thoughts, actions, and intentions to manifest change.

Memories, shaped by life experiences, form internal environments that

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heavily influence thoughts and actions. This results in ingrained patterns of behavior, reinforced by Hebb's law ("nerve cells that fire together, wire together"), creating a neurological foundation that dictates personal realities. These entrenched pathways can lead to stagnation, necessitating a shift in thinking to alter life experiences fundamentally.

To initiate change, it's essential to recognize and break the cycle of repetitive, familiar thoughts. Mental rehearsal emerges as a powerful tool in this endeavor. When focused, the brain can't distinguish between imagined and actual experiences, allowing you to reshape neural pathways through deliberate visualization and mental exercise. Studies on mental rehearsal, such as learning piano exercises without physical practice, underscore the brain's capacity to change through focused thought.

The pivotal message is that by envisioning future realities and aligning thoughts and actions before experiencing physical changes, you prepare both the mind and neural circuits for transformation. This preparation enables you to handle challenges with a new, unwavering conviction. By believing in a future independent of current sensory feedback, your brain and mind can pave the way for actual change, with the potential to ultimately influence even the body and circumstances.

The text encourages embracing this mental shift, challenging you to alter your neurological wiring through thought alone, thus setting the stage for

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future experiences that align with your envisioned goals. The next chapters promise to delve deeper into mastering changes to the body and mind, continuing the journey towards breaking the habit of being yourself.

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chapter 3 Summary: Overcoming Your Body

The chapter explores the intricate relationship between the brain and body, emphasizing how thoughts are not isolated events but are interconnected with biochemical processes. Essentially, every thought initiates a biochemical reaction in the brain, releasing specific chemical signals that act as messengers, influencing the body. Conversely, the body's reaction confirms back to the brain, creating a synergy where the mind and body follow a cycle of thinking and feeling.

To grasp this complex interaction, we dive into "Brain Chemistry 101," exploring neurotransmitters, neuropeptides, and hormones.

Neurotransmitters are the brain's messengers, facilitating communication between neurons to influence our mood and behavior. Neuropeptides, mainly produced by the hypothalamus, mediate between brain and body. They are pivotal in generating feelings as they influence hormone production. Hormones are the body's expression of feelings, responding to the emotional stimuli processed by brain chemistry.

Practical examples like sexual fantasies or confrontations illustrate this process. Thoughts spark chemical reactions like neuropeptide release, influencing glands and initiating physiological changes like hormone production. This chemistry underpins the emotions and behaviors experienced during various situations—be it excitement or fear.



This dynamic interaction forms the "Thinking and Feeling Loop," wherein thoughts produce corresponding emotional responses, and those feelings, in turn, influence subsequent thoughts. Over time and repetition, this creates a "state of being," which becomes ingrained into our identity or personality. For instance, consistent thoughts of anger or guilt reinforce corresponding chemical reactions in the body, making these emotional states habitual, even automatic.

The narrative also proposes that subconscious programming, ingrained by years of habitual thinking and feeling, poses a barrier to change. By the age of 35, 95% of who we are is a set of ingrained behaviors and reactions. Thus, the chapter questions whether the mind controls the body or vice versa, as habitual emotional states dominate our behavior, often overriding conscious intentions.

It suggests that for genuine change, individuals need to break the habit of being themselves by interrupting old emotional patterns and reconditioning the body with a new mindset. This reprogramming requires overcoming the body's addiction to familiar emotions, much like breaking a drug habit. Only by aligning consciousness with subconscious programming can lasting change occur.

Touching upon health, the chapter discusses genetic predispositions and the

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emerging field of epigenetics, which suggests that while genes are the blueprint of life, their expression is influenced by environmental factors. Notably, the internal environment—how we think and feel—also plays a crucial role. It posits the potential for conscious thought and emotional states to influence gene expression, proposing that elevated emotional states can produce healthier gene expressions.

In experimental studies, mental exercises have shown tangible effects on the physical body, illustrating that the mere process of mental rehearsal can lead to measurable changes like increased muscle strength. This reinforces the concept that our thoughts and emotions can significantly impact our physical reality. The chapter suggests that mastering this mind-body connection could unlock new potentials for personal transformation and health.

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chapter 4: Overcoming Time

The chapter discusses the importance of staying present, emphasizing that being "in the moment" allows us to access multiple potentials simultaneously, transcending limitations of space and time. This contrasts sharply with dwelling on the past, which restricts new possibilities. The text explains that when individuals attempt to change, they often face resistance similar to what addicts experience due to an attachment to familiar emotional and chemical states. This phenomenon is likened to the body becoming the mind, where past experiences, imbued with emotional charges, create memories that trigger emotional reflexes.

Over time, these thoughts and emotions converge, leading to a subconscious conditioning where the body begins to autonomously react to environmental triggers, much like Pavlov's conditioned dogs. This autonomic response undermines conscious efforts to stay present, causing one to dwell in past emotions. The chapter further explores how minor triggers can escalate emotions, turning fleeting moments into moods, temperaments, and eventually long-lasting personality traits. Essentially, our emotional responses, frequently anchored in the past, dictate our personalities unless we consciously disrupt this cycle.

The text also highlights how living in a predictable future, shaped by past memories, robs us of present opportunities. People condition their minds and



bodies for future events based on past experiences, trapping them in a cycle of missed present moments. This concept is illustrated with practical examples, like the anxiety of public speaking or attending an unwanted social event, where past fears ensure a self-fulfilling prophecy in future situations.

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chapter 5 Summary: Survival VS. Creation

In the chapters you provided, the core theme revolves around the contrast between living in "survival mode" and living in "creation mode," which are states of being that significantly impact our health and wellbeing. The author initially highlights how creative activities such as writing, painting, or playing music can help break free from the limitations imposed by the "Big Three": the body, environment, and time. These are key elements that typically dominate our lives when we're in survival mode.

Survival mode is detailed with an analogy of a deer in the wild. When a deer is threatened, its sympathetic nervous system triggers a fight-or-flight response. This is a short-term stress designed for survival, and once the threat passes, the deer returns to a balanced state. Humans, however, uniquely possess the ability to activate this response through thought alone, either by anticipating future stress or reliving past events. This often leads to chronic stress, which can result in a range of physical and mental health issues because the body was not designed to handle prolonged stress.

The author suggests that living in survival mode confines us to being a 'somebody,' tied to our self-identity and physical existence. We become addicted to the emotions and stressors that define our identity in the material world. This state is linked to lower-frequency emotions, such as fear and anger, which bind us more to our physical self. In contrast, elevated



emotions like love and joy are higher in frequency and less physically binding. These emotions liberate us from our body's addiction to negative states, fostering a connection to a higher consciousness or intelligence across a quantum realm.

An argument is made that if negative thoughts can make us sick by triggering the stress response, positive thoughts might conversely facilitate healing. Through a real-life example, the author illustrates this point. Bill, a former cancer patient, recognized that his chronic resentment—a result of constantly re-experiencing past disappointments—significantly contributed to his illness. By consciously changing his thought patterns and emotional responses while in a self-imposed retreat, Bill was able to influence his genes positively, leading to the remission of his cancer. His story is used to demonstrate the power of liberating oneself from habitual negative emotions.

The transition from surviving to creating involves becoming a "nobody," where in creative flow, one transcends the boundaries of the self, body, environment, and time. This state is a doorway to the quantum field, where the self is pure consciousness unbounded by physical identity.

The text underscores the role of the frontal lobe in creation. The frontal lobe, or the brain's CEO, allows us to become self-aware, enabling metacognition. With it, we can observe and modify our thoughts and feelings to foster a new

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reality. This function is crucial in breaking away from old neural patterns and creating new ones, allowing us to reconstruct our self-identity consistent with our desired reality.

Finally, the author emphasizes the transformation of thought into reality by actively engaging the frontal lobe to suppress irrelevant brain activity, allowing focused intent to become as real as external experiences. This process effectively makes thought more real than the current physical state, initiating changes in brain chemistry and function, ultimately manifesting new realities. This concept aligns with shifting from survival-driven frequencies to those promoting creation and increased coherence with higher-order vibrations, setting the foundation for spiritual and physical healing.

The chapters lay the groundwork for understanding how to move beyond survival to engage in a transformative process through meditation, a focal point of the subsequent chapters.

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Critical Thinking

Key Point: Transition from Survival Mode to Creation Mode

Critical Interpretation: When you find yourself trapped in survival mode, gripped by stress and the demands of daily life, it's easy to feel like a prisoner of circumstances. However, the shift into creation mode offers an inspiring promise - the power to break free from this prison and design a life guided by intention and creativity. This transformation allows you to release the tight grasp of negative emotions and stress, inviting higher-frequency emotions like joy and love to fill their place. By embracing the idea of becoming a 'nobody,' transcending the visible bounds of your physical identity, you unlock access to the infinite possibilities of the quantum field. With the frontal lobe as your ally, you're empowered to observe, alter, and redefine your thoughts and feelings, fostering new neural patterns that align with the life you envision. Such an empowering shift not only transforms mental states but also opens pathways to manifesting a reality filled with health, abundance, and spiritual growth, taking you from a mere survivor to a conscious creator of your destiny.

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chapter 6 Summary: Three Brains: Thinking to Doing to Being

In this chapter, the metaphor of the brain as a supercomputer is explored to illustrate how we can change our "self" and our life. Just as a tech-savvy person optimally uses a computer, we can harness the meditative process to rewire our brains for personal transformation. This process involves understanding and leveraging the brain's three main components—the neocortex, limbic brain, and cerebellum—each playing a pivotal role in moving from thinking to doing to being.

The journey of change begins with thought, forming new neural connections to reflect our aspirations. Our brains, designed to process immense data, exhibit neuroplasticity, which allows us to rewire and create new pathways for learning and memory throughout life. This plasticity is key to replacing old, limiting patterns with new, empowering habits.

The neocortex, or "thinking brain," processes knowledge, enabling us to learn, plan, and communicate. When knowledge is applied, it leads to new experiences that solidify learning through practice. The limbic brain, the emotional brain, creates chemicals that imprint these experiences, allowing us to remember emotions tied to specific events vividly. For example, during a life-changing proposal, every sensory detail enhances the emotional memory, impacting the person's subconscious response and emotional

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attachment.

To transcend automatic reactions and align mind and body, individuals must progress from knowledge to experience and finally to a state of being. The cerebellum, or "unconscious mind," stores habitual actions and reactions. Mastery over these ingrained processes is achieved by cultivating desired behaviors, thoughts, and feelings, replicating them until they become second nature. This shift moves individuals towards a new, intentional state of being.

For real-life application, consider someone learning compassion by reviewing transformative literature and applying its lessons to a challenging relationship, such as with a disfavored mother-in-law. By rehearsing compassion, they engage the neocortex in forging new thoughts, leading to modifying behaviors during interactions. Through consistent practice, compassionate responses become ingrained, moving beyond mere intellectual understanding.

Meditation anchors this process, allowing individuals to jump from thinking to being without external experiences. It enables mental rehearsal to create an emotion-driven state of being that conditions the body to believe change has already occurred. By envisioning and emotionally embodying desired traits like happiness or peace, one can rewire the brain ahead of physical reality.

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Through meditation, the newly acquired emotional states become so familiar that they override habitual responses. This comprehensive brain activation—from thinking to doing and ultimately to being—leads to a coherent state of being that aligns thoughts and feelings. Such alignment makes individuals proactive creators of their reality, with thoughts and feelings working together rather than in opposition.

This chapter emphasizes mastering elevated emotions, like joy and gratitude, as tools for manifesting change. By doing so, individuals learn to transcend the cause-and-effect paradigm of waiting for external changes to feel different. Instead, they generate desired emotional states internally, influencing outer reality. Hence, meditation becomes integral to aligning the three brains, enabling transformation where elevated emotions guide the creation of new personal realities. The next chapter promises to delve into liberating oneself from past conditioning, making elevated emotions the driving force for creative expression and joy.

Key Concept	Description
Brain as Supercomputer	The brain is compared to a supercomputer, emphasizing harnessing its capabilities for personal transformation through meditation.
Neuroplasticity	The brain's ability to rewire itself by forming new neural connections is critical for replacing old patterns with new habits.
Neocortex	The "thinking brain" involved in learning, planning, and applying



Key Concept	Description
	knowledge to create new experiences.
Limbic Brain	The "emotional brain" responsible for creating chemicals and memories that associate emotions with specific events.
Cerebellum	The "unconscious mind" that stores habits and automatic responses, which can be mastered through practice.
Journey of Change	Involves progressing from knowledge, to experience, to a state of being, by rehearsing desired behaviors until they become habit.
Role of Meditation	Meditation helps jump from thinking to being, allowing one to mentally rehearse and emotionally embody desired traits.
Alignment of Thoughts and Feelings	Achieving a state where thoughts and feelings operate in harmony to transform reality from within, rather than reacting to external changes.
Elevated Emotions	Joy and gratitude act as transformational tools, fostering internal change and the creation of new realities.
Next Steps	The following chapter discusses breaking free from past conditioning and using elevated emotions for creative expression.

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Critical Thinking

Key Point: Harnessing Meditation to Transform Your State of Being

Critical Interpretation: Imagine possessing the power to shape your life's narrative, not by the hands of fate, but through the discipline of your mind. In this chapter, you're submerged into the enlightening realization that meditation is not merely a practice but a portal towards reinventing your very existence. By engaging in this sacred ritual regularly, you transcend the habitual responses dictated by past experiences. This mindful journey allows you to cultivate desired emotional states like joy and gratitude, convincing your brain and body that profound change is already unfolding. Envisage and embody these traits—even before they manifest physically—to craft a reality of your choosing. Thus, the art of meditation becomes a transformative tool, setting the stage for you to evolve from simply thinking to authentically being, rewriting life's script from within.

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chapter 7 Summary: The Gap

The narrative begins with a profound moment of self-reflection by the narrator (identified as Joe Dispenza), who is engulfed in an existential crisis despite outward success and accomplishments. Dispenza, a successful chiropractor, author, and public speaker featured in the film "What the BLEEP Do We Know!?", realizes that his supposed happiness hinges on external validation and achievements rather than genuine inner joy. Constant travel and a hectic schedule leave him feeling empty when not engaged in work, highlighting a poignant dissonance between his public persona and internal self.

This revelation prompts an introspective visualization exercise where Dispenza imagines two hands separated by a gap, representing how he appears externally versus who he truly is internally. This gap symbolizes the duality that many individuals experience—a façade presented to the world versus the concealed authentic self, burdened with emotions like fear, guilt, and inadequacy. This gap varies in size depending on one's emotional constraints and the extent to which they are dependent on the external environment for self-identity.

The text traverses through stages of life, particularly focusing on midlife as a period of re-evaluation. People often pile on distractions—such as work, relationships, or material possessions—to avoid facing buried emotions.



However, these efforts can lead to an emotional void known as a midlife crisis. For some, this is a time to continue escaping reality, while for others, like Dispenza, it becomes a crucial moment to question one's purpose and seek genuine fulfillment beyond societal expectations.

In his process, Dispenza describes letting go of the image he projected and faced his inner turmoil, resulting in a profound transformation. He refrained from letting external achievements define his happiness, choosing instead to embrace sincerity and self-discovery. This change entails breaking free from the chains of emotional dependency and the projections of who we want others to think we are. By shedding these layers and confronting longstanding self-limitations, Dispenza—and others willing to undertake this journey—free themselves from the past and redefine their present and future.

The narrative includes a story of Pamela, an audience member impacted by Dispenza's teachings. She embodies this transformation by releasing her victimhood mindset, leading to surprising financial and personal breakthroughs. Her journey underlines the potential for personal evolution through relinquishing past burdens and adopting a more positive, selfless outlook.

Dispenza's transformation story culminates in a call to action for self-awareness and meditation as methods for bridging the gap between one's true self and external identity. Through persistent meditation, he

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fosters inner joy independent of external stimuli. This demonstrates an experiential shift from living a life focused on external achievements to one deeply rooted in internal peace and fulfillment.

In closing, Dispenza encourages readers to recognize and address their internal gap, not by external means, but through introspection and change from within. Such transformation is not merely for self-betterment but represents living authentically and joyfully, a state that extends beyond the confines of material success.

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chapter 8: Meditation, Demystifying the Mystical, and Waves of Your Future

In this chapter, the author delves into the transformative power of meditation as a way to bridge the gap between our true selves and the facade we present to the world. This journey of self-realization is not only about becoming mindful of our thoughts and emotions but also about reprogramming our subconscious to align with the qualities of great historical figures like Gandhi and Joan of Arc. The core of this transformation lies in meditation, which serves as a tool to access and recalibrate the subconscious mind, ultimately helping us shed habitual behaviors and embrace a more ideal self.

Meditation, often visualized as a serene practice carried out in tranquility, is portrayed here as a method of deep self-observation and development. The author equates this process to the analytical review athletes undertake to improve their technique by watching recordings of themselves, suggesting a similar review of our thoughts and behaviors can lead to personal growth. This self-familiarization involves recognizing and restraining unconscious aspects of the self, effectively "unlearning" old patterns to make space for a new self.

The chapter outlines meditation as a practice that takes you from being your old self to a state of objective observation, leading to significant personal

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change. By disengaging from ingrained emotional states and repressive thought patterns, you begin to create a new neural and genetic reality for yourself—essentially rewiring your brain to align with your desired state of being. Meditation becomes a way to "lose the mind" of your habitual self and invent a new one by moving from high-stress Beta brain-wave states, associated with the analytical mind, to more subconscious-prone Alpha and Theta states.

To aid understanding, the author includes detailed explanations of brain-wave states and their physiological impact, explaining how children naturally progress through Delta, Theta, Alpha, to Beta as their consciousness develops. Adults, typically functioning in Beta due to their focus on the external environment, must intentionally shift their brain patterns to access the internal subconscious during meditation.

Meditating becomes about progressing into these slow, affirmative brain-wave states to change undesired qualities, habits, and beliefs laced within the subconscious. The chapter stresses the importance of shifting from high Beta to Alpha and Theta for true change, allowing for the formation of coherent thought patterns in a state of relaxed awareness. This shift not only fosters personal transformations but has tangible impacts on one's external reality, as illustrated through personal anecdotes, like Monique's story of overcoming scarcity mindset to produce a significant, unexpected outcome.



Ultimately, the chapter reinforces that the meditative path leads to consistency between one's internal desires and the external manifestation of those desires, akin to the coherence seen in experienced meditators who maintain mental clarity and focus in both meditation and daily life. As the text transitions to Part III, readers are invited to embark on their meditative journey, where they can embody the knowledge they have gathered, reshape their subconscious, and in doing so, transform their life's trajectory.

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on, and the mind maps help reinforce wh
I've learned. Highly recommend!

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chapter 9 Summary: The Meditative Process:

Introduction and Preparation

The chapter provides an insightful guide to meditation as a tool for personal transformation, emphasizing the importance of disconnecting from the external environment, one's physical body, and the passage of time. This state allows individuals to focus on their intentions and thoughts, fostering an internal change independent of outside influences. Meditation serves as a bridge to the subconscious mind, where habits and behaviors one wishes to alter reside.

The chapter sets the stage for using meditation as a method to craft a new reality. It encourages abandoning the old self and developing a fresh mindset for a positive future. Initially, the unfamiliarity of the meditative process may cause discomfort, but this is merely the body resisting the new training. With patience and practice, meditation becomes a source of order, peace, and clarity, forming a cherished daily routine.

The text outlines a methodical approach to learning meditation by breaking it down into smaller, manageable steps, akin to mastering a new skill like golf or cooking. This ensures that each component becomes second nature, stringing the steps together into a seamless process. As with any procedural memory, repetition helps ingraining the practice in both the mind and body.



To aid in meditation mastery, a four-week structured program is recommended, where each week builds upon the last. Starting with induction, participants gradually integrate recognition, admittance, observing, redirecting, and finally creating and rehearsing desired changes. This incremental approach helps form a robust neural network for effective meditation, driven by repetition and focused attention, in alignment with the principles of Hebb's law.

Preparation involves practical steps: selecting the right tools like notebooks for reflective writing and possibly utilizing guided meditative audio sessions. Creating a conducive environment is crucial. One should find a distraction-free, comfortable location, separate from regular activities associated with sleep or leisure, to foster a meditative mindset. This dedicated space should encourage growth and focus, not be perceived as an obligatory or punitive setting.

The body requires preparation too. Sitting upright in a chair or on the ground helps maintain alertness, while pre-meditation steps such as attending to biological needs prevent distractions. The optimal times for meditation are outlined—just after waking or before sleep—to take advantage of natural brain chemistry conducive to accessing the subconscious.

Finally, the chapter stresses mastering both the ego and the body. It's natural for the mind to wander to familiar thoughts and the body to resist the

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stillness. Yet with perseverance, one can transcend habitual thinking patterns and the body's instincts, embracing meditation as a creative, fulfilling process. Through steady commitment, meditation becomes not just a practice but a transformative journey toward a new, intentional self.

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chapter 10 Summary: Open the Door to Your Creative State (Week One)

This chapter delves into the foundational practice of induction in both hypnosis and meditation, which serves as a gateway to achieving a relaxed state conducive to deeper meditative practices. Induction, taught early in my career, involves transitioning the brain from high or mid-range Beta waves, which are associated with normal waking consciousness, to the more relaxed Alpha or Theta states. This shift facilitates a state of openness and creativity necessary for meditation and personal transformation.

Induction: Preparing for Meditation

Induction is crucial for preparing to meditate and should be practiced daily for about a week to become habituated. The process, starting each session, lasts around 20 minutes and encourages one to "stay present."

Steps for Effective Induction

1. **Basic Preparation:** Sit upright with eyes closed to reduce external stimuli, prompting brain waves to naturally shift toward the desirable Alpha state. Focus on being present and gentle with oneself throughout the process.

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2. **Induction Techniques** Techniques such as Body-Part and

Water-Rising Inductions are recommended, though variations can be customized. The goal is to transition from a Beta state to an Alpha state, focusing on bodily awareness to facilitate entering the subconscious mind, which acts as the body's operating system.

- **Body-Part Induction:** This technique involves focusing on different parts of the body, engaging the cerebellum, which is linked to proprioception and the subconscious mind. By directing attention sequentially to body parts and their spatial occupation, you begin to bypass the analytical mind. As your awareness shifts, you move from an analytical to a sensing state, fostering a broader, more creative consciousness rather than a narrow, obsessive focus.

3. **Expanding Focus:** Once individual body parts are addressed, expand your awareness to the space immediately surrounding the body, further shifting from being body-focused to mind-oriented. This transformation helps establish a coherent Alpha-wave pattern in the brain, enhancing thought clarity and emotional regulation.

4. **Water-Rising Induction:** This alternative approach involves visualizing water rising around you. It can be a comforting method for those who find the imagery soothing, similar in function to the Body-Part



induction, but offering a different sensory experience.

Guide for Week One Meditation

Focus solely on practicing induction techniques during week one. It's important to allow time for sensory inputs to settle, persisting with each sensation for 20-30 seconds. This helps the mind shift into the relaxed and expansive state of Alpha waves, making the inner world more vivid than the outer world. Through consistent practice, mastery of induction becomes the cornerstone of effective meditation, setting the stage for deeper exploration in subsequent chapters.

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chapter 11 Summary: Prune Away the Habit of Being Yourself (Week Two)

In Week Two of the journey to break free from ingrained habits and redefine your identity, the focus shifts to a four-step process: recognizing, admitting and declaring, and ultimately surrendering. This structured approach aims to dismantle the deeply embedded patterns and emotions that have long dictated your sense of self.

Step 2: Recognizing

Understanding the essence of recognizing involves acknowledging an ingrained problem, much like a 'life review' experienced by individuals who have faced near-death situations. In these reviews, they gain objective clarity on their actions and desires, ultimately unveiling new personal growth opportunities. This consciousness allows for an awareness that transcends the automatic survival programs encoded in the brain and body. By observing yourself with detachment, you become motivated to redefine your existence, aiming for improvement each day. The key lies in metacognition—observing your unconscious patterns—and understanding what you wish to change about yourself, including identifying emotions that keep you trapped in outdated survival mechanisms.

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Step 3: Admitting and Declaring

The subsequent step is admitting or owning up to your genuine self, including past faults, which is often a daunting task. The act of disclosure isn't directed toward another flawed human but toward an infinite universal consciousness, devoid of punishment, judgment, or emotional abandonment. This entity, which can be seen as divine intelligence, is characterized by unconditional love and understanding. By admitting past hiding places, you strip away the façade you've lived behind, freeing energy tied to false identities. Declaring your past emotional attachments facilitates the release of these ties, liberating the self-critical energy stored within your body and bridging the gap between your true self and external representation.

Step 4: Surrendering

The final step involves surrendering your limitations to a greater power. This process is about releasing control to an all-knowing collective consciousness—often referred to as Source, Infinite Wisdom, or various other names. Einstein's wisdom underscores that problems cannot be solved from the level of consciousness that created them. Thus, surrender involves allowing a more expansive consciousness to address your limitations in a manner beyond your own conceptual frameworks. This distinct intelligence

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perceives potentials unseen by the conscious mind, enabling the restructuring of life beyond current self-imposed boundaries.

To truly surrender, you must let go of preconceived outcomes, fully trust this higher power, and accept an unexpected future. By aligning your mind and will with this greater consciousness, you facilitate personal transformation. This step emphasizes gratitude and joyous anticipation, reflecting an acceptance of the future outcomes as already real. The analogy of a placebo illustrates how believing in positive change can manifest genuine internal transformations. This surrender is not about crafting conditions but joyously yielding your emotional burdens.

Week Two Meditation Guide

The culminating stage is a meditation practice incorporating all these steps. Daily meditation sessions begin with an induction phase to tap into the subconscious mind. The practice involves recognizing and naming the emotion you wish to shed, admitting and declaring this to a higher power, and finally, surrendering it. Performing these steps in meditation cultivates a transformation, leading to a broader consciousness that provides the foundation for emerging as your renewed self.

This comprehensive synthesis of week two highlights the necessity of

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identifying entrenched emotions, openly acknowledging their impact, and surrendering them to a higher consciousness for transformation. Together, these steps create a pathway to freedom from past confines, fostering growth and alignment with a profound, loving, and universal intelligence.

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chapter 12: Dismantle the Memory of the Old You (Week Three)

In the outlined sections of the book, Steps 5 and 6 guide readers through transformative practices aimed at helping individuals break free from their old, limiting identities and foster personal growth. Here's a detailed summary:

Step 5: Observing and Reminding

This step focuses on increasing self-awareness by observing and reminding oneself of who they no longer wish to be. The process involves closely examining one's habitual thoughts and behaviors—those unconscious patterns identified earlier in the journey. By becoming familiar with these automatic responses, individuals can catch themselves before they fall back into old habits, thereby gaining control over their behavior and thoughts. This practice, also known as metacognition, allows individuals to observe the specific thoughts and actions derived from old emotions, kindling awareness of the impulses and cravings that drive their unconscious behaviors.

An essential aspect of this step is to mentally train oneself to recognize these thought patterns as echoes of the past. For example, if an individual is trying to overcome a dependency on substances like sugar or tobacco, they must

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become aware of the triggers and cravings that lead to indulgence. By doing so, individuals can sense these triggers sooner and fight them effectively, much like they would in scenarios of personal change where the substance is their own feelings and thoughts.

The narrative provides examples of limiting automatic thoughts to help identify these negative patterns. Thoughts like "I'll never get a new job" or "It's her fault that my life is this way" are indicative of self-imposed limitations. Similarly, habitual actions like sulking or aggressive driving are patterns conditioned by these thoughts and emotions.

The goal of this step is to remind oneself of these behaviors and thoughts to increase awareness and gradually dismantle the memory of the old self. By memorizing these aspects, individuals separate their consciousness from the old habits, ensuring that automatic thoughts and reactions no longer slip by unnoticed.

Step 6: Redirecting

This step introduces the concept of redirecting, where individuals take conscious control to prevent falling back into old thought and behavior patterns. It involves a proactive approach to interrupt and redirect these patterns as they arise. The method suggested is simple: when a limiting thought or behavior surfaces, say "Change!" out loud. This verbal cue serves



to jolt consciousness into action, developing a new voice in one's head—one that overrides old, programmed responses.

Through consistent practice, individuals weaken neuronal connections responsible for maintaining undesirable habits. This redirection not only helps them gain conscious control over their lives but also conserves energy typically consumed by automatic, self-limiting behaviors. It involves moving away from reactions driven by associative memories that trigger habitual responses, akin to Pavlov's classical conditioning experiment, where dogs responded to a bell sound as an associative cue.

By becoming conscious of these conditioned responses and interrupting them, individuals weaken old associations and break free from past constraints. Over time, familiar triggers become less influential as consumers of emotional energy or thought processes, offering freedom from the reactive attachment to past stimuli.

Week Three Meditation Guide

The meditation practice for Week Three involves integrating all steps, primarily focusing on Observing (Step 5) and Redirecting (Step 6). As individuals go through these steps—beginning with induction and recognizing limiting patterns—they incorporate observing the old self during meditation. They should then visualize scenarios where they are prone to

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negative patterns and practice using the "Change!" cue as a tool for transformation.

The goal is to merge these steps into an automatic, internal system that empowers the individual to address limiting behaviors consciously and

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chapter 13 Summary: Create A New Mind for Your New Future (Week Four)

Summary: Step 7: Creating and Rehearsing

In Step 7 of this transformative program, you shift from unlearning old behaviors to actively creating your new self through mental rehearsal. Week Four introduces the practice of using mental rehearsal meditations, designed to solidify the creation of a new identity and destiny. The goal is to continue building on the foundation laid in the previous weeks, creating new neural pathways and reinforcing a new mindset that aligns with your desired future.

Creating and Rehearsing the New You

The exercises focus on breaking free from old habits and building a platform for a new self. By systematically pruning old synaptic connections, you make space for new ones that reflect your desired identity. The transformation process requires understanding the importance of self-reflection, metacognition, and separating old automatic responses from conscious, free-willed action.

Creating the New You

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In crafting your new self, imagination is key. Daily meditations function as a gardener tending to a fertile garden, where intentions and focus are the nutrients that nourish your emerging identity. Emotional investment and love for your vision fortify it against the encroachment of negativity and create a protective boundary for your budding potential. You must embrace love, which is a higher emotion, to protect this new creation and foster transformation.

Rehearsing the New You

Practice is crucial in memorizing the new self. By repeatedly visualizing and mentally rehearsing your ideal identity, this new state begins to feel natural and automatic. Rehearsing builds strong connections in both the brain and body, allowing you to summon this new state at will. You move from consciously practicing new thoughts and behaviors to unconsciously embodying them. The more you engage in mental rehearsal, the more your new mindset will evolve into habit and reality.

Creating: Use Imagination and Invention

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This stage involves engaging your frontal lobe through speculative, imaginative questions that spark new connections and possibilities in your brain. You create a list of traits and behaviors that define your ideal self, focusing on how this version of you thinks, acts, and feels. Reflect on historical figures or role models who embody traits you admire, and use these as templates to structure your new identity.

How Do I Want to Think, Act, and Feel?

Detailing how this new identity thinks, acts, and feels helps in setting a clear pathway for transformation. By concretely defining the characteristics of your ideal self, you signal new genetic expressions within your body, solidifying these changes through repeated meditation and practice.

Rehearsing: Memorize the New You

Mental rehearsal involves creatively visualizing and repeatedly practicing your new behaviors until they become second nature. This process is further illustrated by Cathy's story, a corporate trainer who recovered her ability to speak after a major stroke by mentally rehearsing her lectures, illustrating the profound potential of neural plasticity and repetition.

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Becoming Very Familiar with the New You

Practice moves your new identity from conscious effort to unconscious proficiency, paralleling the development from a novice to an expert in any skill. This familiarity means your actions become effortless and natural, reinforcing long-term changes in brain and body chemistry, and steadily transforming your reality.

Becoming a New Personality Produces a New Reality

The new self brings a new reality—changing your thoughts, emotions, and behaviors naturally leads to a transformed life. As you embrace a new personality, you begin living a life that aligns with your changes, breaking free of past circumstances tethered to the old identity.

Creating a New Destiny

This final aspect focuses on using your elevated state of being to envision and manifest the future you desire. Recognize the raw energy now available as potential to shape your destiny. From this invigorated position, direct your energy toward manifesting specific events or experiences in your life

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with a sense of trust and expectancy.

Guided Mental-Rehearsal Meditation

The meditation practice is divided into steps encompassing the creation of your new self, frequent practice, and the visualization of your desired life. Close your eyes, let go of your surroundings, and enter a state that emotionally reconditions your body and aligns your mind with the future you seek. Your aim is to live as your new self, aware of the feelings, thoughts, and behaviors that best represent your ideal identity. Through continuous rehearsal, you deeply memorize this state and ultimately embody it.

As you integrate meditation into daily practice, let intuition guide ongoing adjustments—change your meditative focus as your new self evolves. In seeking growth, use available resources for deepening understanding, like workshops and further reading, transforming initial change into sustained transformation.

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chapter 14 Summary: Demonstrating and Being Transparent: Living Your New Reality

This chapter explores the transformative power of living in alignment with one's intentions and the internal order that guides this process. It emphasizes the importance of sustaining a state of consciousness that transcends environmental influences, time, and even the limitations of the physical body. By consistently embodying the energy and state of mind cultivated during meditation, individuals can begin to manifest new realities, leading to profound personal growth and joy.

The text stresses the importance of memorizing this new state of being, where thoughts and actions are in harmony, and one becomes the person envisioned during meditation. This transformation signifies a shift from being controlled by the environment to influencing it, reflecting true greatness and liberation from past constraints. This known as living through “demonstration,” where the goal is to behave as though one's prayers have already been answered.

Through daily life, maintaining this newly adopted state of being requires a conscious effort to stay aligned with the internal changes cultivated during meditation. The chapter encourages the creation of reminders throughout the day to sustain this alignment, such as giving thanks in the morning or consciously embodying the new self in interactions with others. Such

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practice ensures that one's internal state does not revert to the old self due to external triggers or emotional hooks.

Feedback from the environment manifests as synchronicities, opportunities, and other positive experiences, serving as evidence that one's internal transformation is creating real-world effects. This is illustrated by how the alignment of the internal creative process with the external demonstrative process generates new experiences and a sense of empowerment.

The key test is whether individuals can maintain the persona cultivated during meditation in their everyday lives. It's about being greater than one's environment, ceasing routine reactions, and consistently staying ahead of existing realities. This commitment is why meditation is practiced—to become someone new and to integrate that change into daily living.

Transparency in this context refers to how one's external life mirrors internal thoughts and feelings, achieving true empowerment and alignment between the mind and one's environment. This transparency results in living in a state of joy, energy, and freedom, unclouded by analysis or ego-driven thoughts, creating a coherent and joyous state of being.

As this transformation unfolds, individuals will find themselves more connected to their true nature, feeling complete and devoid of the desires that stem from lack. This new state of balance and love is not dependent on

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external conditions, leading to genuine acts of giving and kindness that emerge naturally.

Ultimately, readers are encouraged to maintain an open mind and heart, to embrace the possibilities of this transformation. By engaging in this transformative process, one can develop a deeper connection with a higher consciousness and experience unexpected, miraculous events, further inspiring ongoing personal evolution and the pursuit of even greater possibilities. The chapter concludes with a reflection on the limitless nature of this journey, urging readers to continue exploring and engaging with the divine intelligence that guides these transformations.

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Critical Thinking

Key Point: Demonstrating New Reality Through Consistent Embodiment

Critical Interpretation: In this chapter, you are encouraged to embody the state of mind and energy cultivated during meditation consistently, which is crucial to transforming your reality. It's about living as the person you envision in your meditations, acting 'as if' your prayers have already been answered. By memorizing this new state of being, you shift from reacting to your environment to influencing it, injecting life into new realities aligned with your intentions. This push for continuous personal demonstration—through gratitude, conscious actions, and interactions—keeps you from reverting to old habits. It helps you maintain harmony between your thoughts and actions, ensuring the changes you cultivate within spill over into your external world. This ongoing practice inspires profound personal growth, fostering a state of empowerment and joy as you witness tangible manifestations and synchronicities affirming your internal transformation. Embrace this journey fully, letting it lead you to evolve beyond limitations and engage with a broader scope of possibilities.

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