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This week, I commented on a podcast about what I learned from Joe Dispenza's latest book Supernatural. This book explains how meditation has the power to change people from a physical, mental and even metaphysical point of view! Since I understand that not everyone wants to read 300 pages on these topics, I have summarized what I have learned and how I intend to apply it in my life. In this book, Joe Dispenza explains topics such as brain-heart connection (how physiologically they relate to each other and at the same time independent), how it is possible to change your life by the power of meditation to change the emotional state, how conditioning the mind to attract infinite possibilities that inhabit quantum and much more. It's an intense book, but I think the concepts explain well. View notes On this week's Divine of Mind podcast, we talk about: Who he is and what Joe Dispenza's latest book is all about. The effect of meditation on brain waves It's important to give up the henn with who we are or who have Brain-heart connection How emotions change our physiology The importance of focusing attention and energy on great emotions. In this episode, I mention Joe Dispenza's latest book, Supernatural. This episode lasts 20 minutes, and you can download it to iTunes, Stitcher, Android or Overcast and listen to it wherever and whenever you want. If you want to know more about Joe Dispenza or download his meditation in Spanish, you can find a lot of information on his website. Divine mind tips for this episode In the way of new ideas, you must first remove past emotions. Once it's eliminated, we can connect with high emotions and change our lives. Share this episode with someone when you think it's going to help. If you have any questions, don't hesitate to contact me or email me hola@divinadelamente.com Listen to this episode: Podcast: Play in a new window DownloadSubscribe: Apple Podcasts Android Stitcher Rss Up to 9 interest-free paymentsUp 9 interest-free paymentsUp 9 interest-free paymentsUp 9 interest-free paym	
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