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Dr. Joe Dispenza has created two different meditations to accompany his book *You Are the Placebo*. On this shorter 50-minute meditation, Dr. Joe walks you through *Meditation 2: Changing One Belief and Perception*. After introducing the open-focus technique, he then moves you into the

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practice of finding the present moment.

**You Are the Placebo Meditation #2
(Download)**

These are the meditation steps:
Induction for 10 to 15 mins (relax and
get into alpha state, focus on “space”
instead of things, don’t visualize but
try... Stay in the present moment for 10

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to 15 mins (disconnect from your body,
from past and future to go where all...
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**You Are The Placebo | By Dr. Joe
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introduced to how powerful our thoughts
can be and the effect it has on our
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You Are the Placebo combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect... and show how the seemingly impossible can become possible. You Are the Placebo: Making Your Mind Matter by Joe Dispenza - eBook Details

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Meditation shares some aspects with placebos and the placebo effect: mainly that its efficacy is self-produced, through mental processes like expectation and perception, which set into motion the neural activity associated with the effect you've set out to achieve.

Does meditation really help or is

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In *You Are the Placebo*, best-selling author of *Breaking the Habit of Being Yourself*, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo.

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