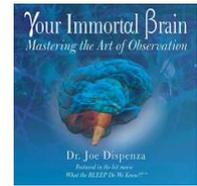


Mastering the Art of Observation by (J. Dispenza, Knight, & Encephalon, 2005)



Neural Plasticity ... “We humans have the largest frontal lobe of all species. To hold a thought in our mind for an extended period of time stimulates the frontal lobe to become more active. Once the frontal lobe is triggered, we have a brain that is more able to focus without distractions; our internal world comes alive, and it becomes more ‘real’ than our outer reality. In short, the frontal lobe allows us to make thought more real than anything else. When this occurs, we are interacting with the greater intelligence that creates and sustains all things. We are now more mind than body. Our brain and body respond more to our thoughts than to our external environment. No longer do the constant stimuli of the external environment dictate our thoughts, producing the same, predictable, routine world. Instead of being ‘at effect’ of our environment, we are now ‘at cause’ in creating a new reality.” (D. J. Dispenza, 2019, p. 69; J. Dispenza et al., 2005)

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