



# **The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits**

*Gregg Braden*

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## **The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits** Gregg Braden

What would it mean to discover that everything from the DNA of life, to the future of our world, is based upon a simple Reality Code—one that we can change and upgrade by choice? New revelations in physics and biology suggest that we're about to find out! A growing body of scientific evidence suggests that our universe works like a Consciousness Computer. Rather than the number codes of typical software, our Consciousness Computer uses a language that we all have, yet are only beginning to understand. Life's reality code is based in the language of human emotion and focused belief. Knowing that belief is our reality-maker, the way we think of ourselves and our world is now more important than ever! For us to change the beliefs that have led to war, disease, and the failed careers and relationships of our past we need a reason to see things differently. Our ancestors used miracles to change what they believed. Today we use science. The Spontaneous Healing of Belief offers us both: the miracles that open the door to a powerful new way of seeing the world, and the science that tells us why the miracles are possible, revealing: why we are not limited by the "laws" of physics and biology as we know them today. Once we become aware of the paradigm-shattering discoveries and true-life miracles, we must think of ourselves differently. And that difference is where the spontaneous healing of belief begins.

## **The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits Details**

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# From Reader Review **The Spontaneous Healing of Belief: Shattering the Paradigm of False Limits** for online ebook

## **Ron Campbell says**

This book by Braden made me realize how much we have lost by our blind faith in the 'classic science' and how we limit our selves with our Belief of separation. The one area that I would disagree with Braden is his use of the phrase 'False Limits', there is nothing false about these limitations that we put on our self.

There are no 'right' or 'wrong' Beliefs, no 'Good' or 'Bad' Beliefs, there are only **empowering** or **limiting** Beliefs. As an example there are individuals who truly believe that it is impossible for them to meditate. This is not a False Belief, they truly believe it, and as long as they believe they are unable to meditate they will not be able to. This is a **Limiting** Belief and if they want to learn to meditate they must first change that Belief into a **empowering** Belief that they can meditate. Without changing their Belief, their attempts to mediate is working against their own Belief and will more often fail.

It is this book that made me look at my own Beliefs and to examine them in this paradigm of **Empowering** or **Limiting**. Now when I am having a difficult challenge in my Life I first look at my own Beliefs and ask myself what **Limiting** Belief I have that I am struggling against.

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## **Avel Rudenko says**

Recommend this. This book is the most incredible gift you and your future will ever receive! Mr. Braden has made the intricate and complex science of quantum physics "code" readable and decipherable for everybody. It contains new information and is not a re-write of any of the other books I've found on quantum physics and manifestation. It's full of solid research, rich in concrete examples and exquisitely written for both the "lay person" and the scientist. Once I opened the cover, I couldn't stop reading until I'd glossed and highlighted almost every page. This is yet another piece of the jigsaw puzzle filling-in the connection between science and "Belief." You begin to SEE (turns into reality) when you start to "Believe." Not the other way around. NOT oh, "I'll believe it when I see it" nonsensical cliché that most people are spewing.

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## **Cristina says**

It inspires people to think differently and positively:

The reason I recommend this book to everybody is because that the author uses simple word to describe some complex theories. It inspires me to continue to believe what I've been believing in life. What we believe do actually create our reality!!

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## **Joy Ayscue says**

if you are having difficulties in changing your life to reflect your desires and needs more accurately, you probably need to change your beliefs (in fact, i know you do!) this book will help you to understand the

science and spirituality behind neuro-plasticity and how important our thoughts and beliefs are in creating our realities. an easy read, like all of Braden's books, well written and inspiring!

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### **Rogier says**

This book is somewhat interesting because it sheds light on some of the ways in which current science may be beginning to grapple with an understanding of how perception makes reality.

Unfortunately the book is a bit boring, and lacks substance on all levels. In my view it is really an essay that was stretched out into a book, but in order to make it a book the case should have been more thoroughly documented. Right now this is a draft for a book but the book has yet to be written.

Skim it for an hour. Don't buy it. The typesetting is also annoying, using a sans-serif font for running text. However it is sewn in signatures the old fashioned way, so that's an improvement for Hay House, who usually go the looseleaf with glue route.

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### **Joe Rapisarda says**

I love how Greg Bradden mixes science with spirituality. I used this book as part of the research for my own book, *Awaken Your Power!*, where I cite Braden to show how our thoughts work to create our reality.

*Awaken Your Power!: The Secret of Life Revealed - How Your Thoughts Create Your Reality* I definitely recommend all of Braden's books. I consider him to be one of our true pioneers in the metaphysical and mental fields.

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### **Jana says**

If you understand The Law of Attraction and Manifestation on a cognitive level but you are skeptical to implement it into daily practices, this book might help you overcome the initial resistance because it does take time to find and sense and finally digest your own resistance points to allow yourself to manifest your desires through the path of least resistance.

If even this sentence is too difficult to comprehend, try with Braden who wrote a genius book connected with quantum physics and Universal law of creating your own experiences, but you will find it difficult to comprehend if you haven't been acquainted with the lovely Esther Hicks and her Abraham tribe. I really loved reading it, it took me almost 2 years to complete it because I simultaneously read so many books, but when the right moment came it helped me a lot to connect the dots with;

1. core emotions of fear or love
  2. mind thoughts and projection
  3. feelualisation/visualisation through the heart chakra.
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## **Donna says**

When I read The Isaiah Code years ago, I became a Gregg Braden fan. This book is more of the same, proving that science is coming up one side of the mountain and spirituality coming up the other side and they inevitably meet.

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## **Jessica says**

I actually made it as far as page 28, with a bit of a struggle, because Gregg was really annoying me. Then I came to the sentence: "The idea is certainly attractive; in fact, it's beautiful." Aaaarrgh! Gregg, shut up! Who writes this kind of drivel and gets published? Where's your editor? This book could've been a pleasurable read and half the length if you would have just cut out the extra verbiage. It's not endearing, it's annoying.

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## **Judith says**

I bought this as a 4 CD Set and recommend reading it this way. It is an intriguing mind-blower. I got to the end and put in #1 again. Finally I loaned it to a friend but can't seem to get it back because she keeps starting it over. So much to think about. He also discusses the 2012 issues.

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## **Toofan says**

Interesting ideas, presented in an entertaining way. This book is worth re-reading and contemplating, regardless of your state of agreement or disagreement. At the last track/chapter you'll find a very convenient list of what the author refers to as rules, which are essentially the main points of this book.

I would suggest a printed or electronic copy rather than an audio book. In this way you can easily return to parts that interest you and skip what you probably have heard and read ten thousand times like: Roger Bannister breaking the four-minute mile record.

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## **Mina says**

Gregg Braden's awkward writing style makes it very difficult to want to finish reading this book. He really needs to work on making his writing less convoluted and more concrete. He was not meant to be a writer. I think he is a good speaker, but not a writer. I understand what he means when he tries to describe an idea of theory, but he doesn't have the ability to describe such in an even remotely interesting manner. He needs a new editor.

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## **Susanna says**

I like Gregg Braden's work. I did not feel that I had to read this book cover to cover as most of what's said

I've read over and over again in other similar books. It's great if you never read anything about "quantum physics" or want a more scientific approach to "manifesting".

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### **Iona Stewart says**

It may be because I'm dense but although I've read the whole book, I haven't quite understood the title: Is "belief" the object in the phrase, i.e. is the belief that which is healed, or is it the subject, i.e. is Braden talking about what belief can heal? Presumably the latter.

Was somewhat disappointed by this book partly because the author's intellectual approach to the subject under discussion didn't suit me, partly because I didn't feel he presented anything particularly new that I hadn't heard before.

The basic tenet he explores (which apparently is in the process of being proved true) is that of the universe being "the output of a huge and ancient simulation - a computer program - that began long ago", it being our individual beliefs that determine the content of our experienced reality.

This is of course a tremendously exciting tenet, the truth of which I personally entertain no doubt. This new way of understanding the universe and our personal lives revolutionizes our existence, gives our life meaning and forces us to accept total responsibility for what we make of it.

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### **Michael says**

When you write a book, and then you want to write another book, please make sure the second book is not the first book.

The was ridiculously disappointing! The author took his first book *The Divine Matrix Bridging Time Space Miracles and Belief* and rebooted it with a more healing aspect to it. But the information was so similar throughout, that it was like reading the same book. It **was** reading the same book.

Read one or the other, but don't read both. It seems the author wanted to make a more practical book? Well, this isn't it. Read *The Divine Matrix Bridging Time Space Miracles and Belief* and then read this amazing practical guide by a different author, *Breaking The Habit of Being Yourself How to Lose Your Mind and Create a New One*.

Trust me on this.

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