

Breaking the Habit of Being Yourself

How to Lose Your Mind and Create a New One

Dr. Joe Dispenza *Hay House, 2012*

A chiropractor and lecturer's case that *"it is our personality that creates our personal reality"*, and that by midlife about 95 percent of who we are runs as memorized, subconscious programs. To get a new life you must first *"break the habit of being yourself,"* then rehearse a new self in meditation until body and mind both believe it. Half brain science, half spiritual practice, with a four-week program at its core.

THE BIG THREE

We think *"equal to"* our **environment**, our **body** and **time**: the same people, places, feelings and memories, every day. Repeat that and *"your habitat becomes your habit."* Nerve cells that fire together wire together, and the result is a personality that re-creates the same life.

"You must leave behind the Big Three in order to control the Big Three."

In meditation that means becoming *"no body, no thing, no time."* He also notes: *"by itself, positive thinking never works"* if the body still feels the old way.

HOW THE OLD SELF STAYS ALIVE

We *"first begin to feel the way we think and then to think the way we feel."* Repeat it long enough and the body becomes the mind: *"the servant has become the master."* We can get addicted to our own emotions, because *"on some level it feels good to feel bad."*



The longer an emotional reaction lasts, the deeper it sets.

SURVIVAL VS. CREATION

SURVIVAL		CREATION
Stress		Homeostasis
Fear/Anger/Sadness		Love/Joy/Trust
Selfish		Selfless
Environment/Body/Time	VS.	No Thing/No Body/No Time
Separate		Connected
Cause & Effect		Causing an Effect
Incoherence		Coherence
Known		Unknown

From the book's figure *The Two States of the Mind & Body*. In survival you live as a "somebody"; creation means *"living as a nobody."*

THINKING → DOING → BEING

NEOCORTEX thinking	→	LIMBIC doing	→	CEREBELLUM being
knowledge		*experience*		*wisdom*

"Knowledge is for the mind." "Experience is for the body." Repeated until automatic, it becomes being. Meditation lets you rehearse straight from thinking to being.

"Knowledge without experience is merely philosophy; experience without knowledge is ignorance."

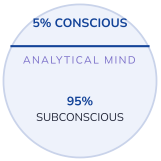
THE GAP *his own turning point*

Between **how we appear** and **who we really are** sit layers of emotion: unworthiness, anger, fear, shame, self-doubt and guilt.

After *What the BLEEP Do We Know!?* he lectured almost every weekend and felt empty. One morning he *"started thinking about who was beating my heart."* He then *"retreated from my life for about six months"* and meditated daily.

"You are transparent when how you appear is who you are."

PAST THE ANALYTICAL MIND



BETA above 13 Hz · thinking, analysing
ALPHA 8–13 Hz · relaxed, inward
THETA 4–8 Hz · twilight
DELTA 0.5–4 Hz · deep sleep

The analytical mind guards the door to the subconscious. Meditation slows you from Beta into Alpha so the programs can be changed. *"To 'know thyself' is to meditate."*

THE FOUR-WEEK MEDITATION *Part III: start each session with the earlier steps, then add the new ones*

Week 1 INDUCTION

1 · INDUCTION
"Open the Door to Your Creative State." Sense the space each body part occupies, head to feet, then the room around you (or picture warm water rising). About 20 minutes.

Week 2 PRUNE

2 · RECOGNIZING
Pick one emotion to unmemorize. Ask, *"How do I think when I feel this way?"*

3 · ADMITTING & DECLARING
Admit it inwardly, then say it out loud.

4 · SURRENDERING
Hand it to a greater power, no bargaining. Give thanks.

Week 3 DISMANTLE

5 · OBSERVING & REMINDING
Write down and memorize the old self's automatic thoughts and habits.

6 · REDIRECTING
Picture the trigger and say *"Change!"* out loud. Do the same in daily life. Ask, *"Is this feeling, behavior, or attitude loving to myself?"*

Week 4 CREATE

7 · CREATING & REHEARSING
Ask *"What is the greatest ideal of myself?"* Rehearse how that self thinks, acts and feels until it is memorized: *"you cannot get up as the same person who sat down."*

Timing: a week or more per stage; the full session runs 40–50 minutes. Then live it: *"demonstration is living as if your prayers have already been answered."*

USE IT MONDAY

- Keep a notebook for the "Opportunity to Write" prompts; reread it before you sit.
- Same spot, not your bed; phone off; sit upright.
- Morning or night, when *"the door to the subconscious mind opens."*
- Work on one emotion at a time, for four to six weeks.

END-OF-THE-DAY QUESTIONS

"How did I do today? When did I fall from grace, and why? Who was it I reacted to, and where? When did I 'go unconscious'? How can I do better the next time that happens?"

READ WITH CARE

The book says it *"does not dispense medical advice."* Its quantum framing is his own extension: thoughts and feelings as electric and magnetic charges are *"a useful model."* The healing and money stories come from his workshop participants. The best-supported claim is mental rehearsal: in a 1992 study, imagined finger exercises built 22 percent more strength, real ones 30 percent.

"If you get up from meditation as the same person who sat down, nothing has happened to you on any level." DR. JOE DISPENZA