



# **Your Habit Body: An Owner's Manual (Best Practices in Energy Medicine Series)**

*Bruce Dickson*

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## **Your Habit Body: An Owner's Manual (Best Practices in Energy Medicine Series) Bruce Dickson**

Part of the Best Practices in Energy Medicine Series Our Habit Body is our very best friend. It remembers every routine thing we do daily--so we don't have to relearn each habit all over again each day. Habits are reactivity set on automatic, learned behaviors conditioned to repeat. If this is so, how come the one thing human beings do better than anything else, is making the same mistake over and over and over again? Bruce Lipton and others say only 5% - 10% of our psyche can exercise conscious waking choice and decision-making. That's us from the neck-up. A Habit Body is a clearer, simpler, easier model of the 90% - 95% of our psyche, us from the neck-down and us from top of our head up. That's the Bigger You. Up to now the main model we had was the "iceberg" model of Freud, Jung and Steiner: - 10% of an iceberg visible above the waterline (conscious waking self, most language), - A larger fraction perceived only dimly below the waterline but still visible (inner child, language of a three year old), - The remaining largest fraction, is dark and completely unknown to us on the surface; including, the underside of the iceberg (unconscious, no language or only short Hulk-Tarzan phrases). This remains an accurate metaphor. What it lacked was clear therapeutic direction. "Habit Body" connotes "habits." We all know, "I can change a habit, if I apply myself." Find new language here, built on the Three Selves, to get at the other 95% of your psyche, the Bigger You. A Habit Body suggests something simple: we have habits on all five levels of our psyche: - Physical, postural and eating habits, - Imaginal habits including how we visualize, ambition and pretending, - Emotional habits, what we feel and do not feel, - Mental habits are Beliefs - Favorite archetypes, fairy tales, memories, role models, internal scripts we follow unknowingly. Add these together, it's our Habit Body. Sound like a lot to manage? Your Habit Body manages these automatically; it's our nearest and dearest friend. It records and remembers daily routines for us, so we don't have to re-learn routine behavior every day anew. This "map" gives much clearer direction for epigenetics, the latest word for Belief-Change-Work. It's a much clearer model of our psyche than "subconscious" and "unconscious." Our Habit Body also overlaps 95% with our immune system. Q: What's a habit? A: A behavior conditioned to repeat. Please also consider habits as reactivity set on automatic, conditioned to repeat. Your Habit Body reacts automatically unless you, as conscious self, intervenes. When it repeats our workable habits each morning when we wake up, it's our nearest and dearest friend. It records and remembers specific routines for us, so we don't have to re-learn how to tie our shoelaces every day anew. Q: How come the one thing human beings do better than anything else is making the same mistake over and over and over again? A: Our unworkable habits do not change by themselves. YOU, from the neck-up, the 5% to 10% that is conscious, waking choice, has to initiate, manage and make time for healthy change. This means correcting, redeeming, deleting, upleveling and upgrading old habits and beliefs no longer workable for you. The first safe, reliable, cheap experimental method to locate, address, measure, assess and track change in our Habit Body only became available in 1990. This is self-testing (muscle testing) with 'God as your Partner.' Q: What if I think muscle testing is a fraud? A: Self-muscle-testing works primarily only in the domain of one person. No laws of hard science are being violated. Self-testing merely amplifies the testing of cell-level-intelligence our cells and small intestine villi are already doing 24/7.

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