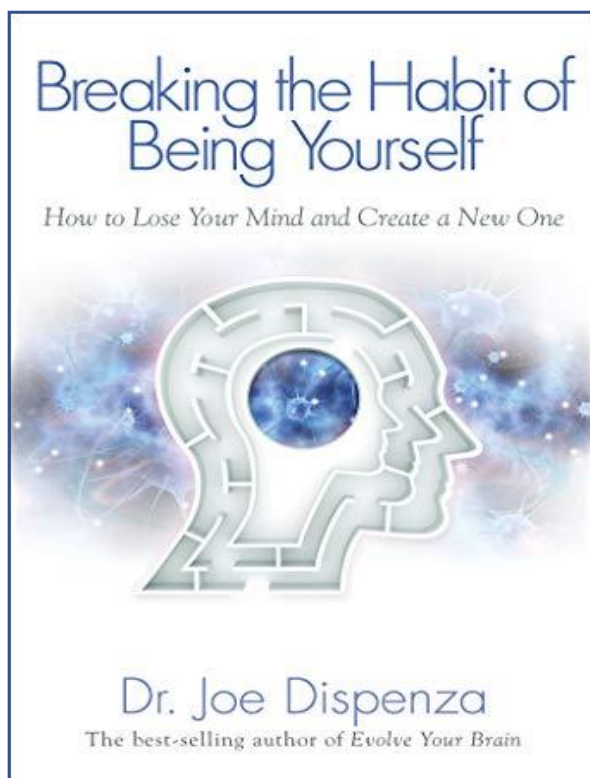


# Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One by Joe Dispenza



## Product details

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Hold a clear intention of what you want but leave the “how” details to the unpredictable quantum field. Let it orchestrate an event in your life in a way that is just right for you. If you’re going to expect anything, expect the unexpected.

Surrender, trust, and let go of how a desired event will unfold. This is the biggest hurdle for most to overcome, because we human beings always want to control a future reality by trying to re-create how it occurred in a past reality.

When you are in a state of gratitude, you transmit a signal into the field that an event has already occurred. Gratitude is more than an intellectual thought process. You must feel as though whatever you want is in your reality at this very moment. Thus, your body (which only understands feelings) must be convinced that it has the emotional quotient of the future experience, happening to you now.

When you do create purposefully, request a sign from the quantum consciousness that you have made contact with it. Dare to ask for synchronicities related to your specific desired outcomes. When you do, you are being bold enough to want to know that this consciousness is real and that it is aware of your efforts. Once you accept this, then you can create in a state of joy and inspiration.

To create something different from what you've grown accustomed to in your personal world, you have to change the way you routinely think and feel each day.

To Change, Be Greater Than Your Environment, Your Body, and Time

Unlike Bill Murray's character in the movie *Groundhog Day*, you're not even fighting against the ceaseless monotony of what you are like and what your life has become. Worse, you aren't the victim of some mysterious and unseen force that has placed you in this repetitive loop—you are the creator of the loop. The good news is that since you created this loop, you can choose to end it.

The quantum model of reality tells us that to change our lives, we must fundamentally change the ways we think, act, and feel. We must change our state of being. Because how we think, feel, and behave is, in essence, our personality, it is our personality that creates our personal reality.

When our behaviours match our intentions, when our actions are equal to our thoughts when our minds and our bodies are working together, when our words and our deeds are aligned ... there is an immense power behind any individual.

*Warning: when feelings become the means of thinking, or if we cannot think greater than how we feel, we can never change.*

By Itself, Conscious Positive Thinking Cannot Overcome Subconscious Negative Feelings

You've learned that when human beings try to change, we react much like addicts, because we become addicted to our familiar chemical.

Allow yourself to live in that potential new future now, to the extent that your body begins to accept or believe that you're experiencing the elevated emotions of that new future outcome in the present moment.

Whether you want to be wealthy or a better parent or a great wizard, for that matter it might not be a bad idea to fill your brain with knowledge on your chosen subject, so you have more building blocks to make a new model of the reality you want to embrace.

Every time you acquire information, you're adding new synaptic connections that will serve as the raw materials to break the pattern of your brain firing the same way. The more you learn, the more ammo you have to unseat the old personality.

When you can become aware of or notice who you are being, you are becoming conscious of your unconscious self.

My definition of mastery is that our internal chemical state is greater than anything in our external world. You are a master when you've conditioned yourself with chosen thoughts and feelings, you've memorized desired emotional/chemical states, and nothing in your external life deters you from your aims.

No person, no thing, and no experience at any time or place should disrupt your internal chemical coherence. You can think, act, and feel differently whenever you choose.

Wisdom is accumulated knowledge that has been gained through repeated experience.

Now, let's talk about one of evolution's great gifts to us as humans: the ability to go from thinking to being without taking any physical action. Said another way, we can create a new state of being ahead of having an actual material experience.

If you can get up from your meditative session and be in that new state of being altered neurologically, biologically, chemically, and genetically you have activated those changes ahead of any experience, and you will be more prone to acting and thinking in ways equal to who you are being. You have broken the habit of being yourself!

You will also know that your meditation has been fruitful if something unexpected and new shows up in your life as a result of your efforts.

Together, thoughts and feelings can do this; separately, they cannot. Let me remind you again: You can't think one way and feel another and expect anything in your life to change. The combination of your thoughts and feelings is your state of being.

Change your state of being ... and change your reality.

Instead, I'm asking you to take control and to invert the process. Rather than waiting for an occasion to cause you to feel a certain way, create the feeling ahead of any experience in the physical realm; convince your body emotionally that a "gratitude-generating" experience has already taken place.

I'm asking you to use thought and feeling to put yourself in the shoes of that future self, that possible you, so vividly that you begin to emotionally condition your body to believe that you are that person now. When you open your eyes after your meditative session, who do you want to be? What would it feel like to be this ideal self, or to have this desired experience?

Keep in mind that this cannot be just an intellectual process. Thoughts and feelings must be coherent. In other words, this meditation requires that you drop down about ten inches out of your head and move into your heart. Open your heart and think about how it would feel if you embodied a combination of all the traits that you admire and that make up your ideal self.

After some self-reflection, she discovers who she really is, what she has been hiding, and what no longer is working for her. So let go of the façade, the games, and the illusions. Be honest about who she really is, at all costs, and she is not afraid to lose it all. This person stops expending the energy she had been putting into keeping an illusory image intact.

When you no longer live in a state of lack or want, you can really begin to manifest things naturally.

Then I thought about who I did want to be as a new personality ... until I became it. Suddenly I began to feel different joyful. This had nothing to do with all of those things outside of me; it was part of an identity that was independent of any of that external stuff. I knew that I was on to something.

You must become very clear about what you're doing, how you're thinking, how you're living, how you're feeling, and how you're being ... to the point that it isn't you, and you don't want to be it any longer. And that shift has to reach you on a gut level.

Be more observant being more self-aware, embracing stillness, or focusing more attention on your behaviours and how elements in your environment might trigger emotional responses.

If you desire to become wealthy, you'll probably decide to stop doing the things that make you poor. If you want to be healthy, you'll have to stop living an unhealthy lifestyle. These examples are to show you that first, you have to make the decision to stop being the old me, to such a degree that you make room for a new personality thinking, acting, and doing.

In other words, if you consciously observe the old self, you are no longer being it. As you go from being unaware to being aware, you are beginning to objectify your subjective mind.

To break the habit of being yourself, you would be wise to select one trait, propensity, or characteristic and focus your attention on that single aspect of your old self that you want to change.

**Awareness, Not Analysis, Permits Entry into the Subconscious** Here is a way for you to know if you're in Beta state: if you're constantly analysing (I call this "being in analytical mind"), you are in Beta and you're not able to enter into the subconscious mind. The expression "paralysis by analysis" is an apt one here. Well, that's what is happening to us when we live most of our lives in that Beta range.

**Meditation Takes Us Beyond the Analytical Mind and into the Subconscious.**

Meditating is also a means for you to move beyond your analytical mind so that you can access your subconscious mind. That's crucial, since the subconscious is where all your bad habits and behaviours that you want to change reside.

So it is a good idea to meditate in the morning or evening, because it will be easier to slip into a state of Alpha or Theta.

The object in meditation is to fall like a feather down from the top of a building, slowly and steadily. You first train yourself to let your body initially relax but keep your mind focused. Once you begin to master the skill, the ultimate goal is to let your body fall asleep while your mind stays awake or active.

Next, Monique created a template of who she wanted to be, how she wanted to think, and what she wanted to feel. She imagined herself as a woman who made all of her choices with an abundance of energy, time, and money.

Most important, her goal to become this person was as firm as her vision was precise. She knew who she no longer wanted to be, and she had definitive plans for how her new self would think, feel, and behave. Monique began to live her life from the perspective of someone who had plenty of money, who had abundant energy, and whose every need was met. She felt wonderful.

What type of person do I present to the world? (What is one side of my "gap" like?)  
What kind of person am I really like inside? (What is the other side of my "gap" like?)  
Is there a feeling that I experience—even struggle with—over and over again, every day?  
How would my closest friends and family describe me? Is there something about myself that I hide from others? What part of my personality do I need to work on improving?

What is one thing I want to change about myself?

Next, choose one of your afflictive emotional states and limited states of mind (the following examples can help you get started) one of the habits of being yourself that you want to relinquish.

Examples of survival emotions: Insecurity, Shame, Sadness, Hatred, Anxiety, Disgust, Judgment, Regret, Envy, Victimization, Suffering, Anger, Worry, Frustration, Resentment, Guilt, Fear, Unworthiness, Depression, Greed, Lack.

Next, close your eyes and think about how you feel when you experience that particular emotion. If you can observe yourself overcome by that emotion, pay attention to how it feels in your body.

Allow yourself to feel that emotion without being distracted by anything or anyone.

So write down one or two that resonate with you, because you will work with these in upcoming steps.

Examples of limiting states of mind: Competitive, Lacking, Controlling, Overwhelmed, Overly analytical, Deceptive, Complaining, Self-important, Conceited, Blaming, Shy/timid/introverted, Dramatic, Confused, Needing recognition, Rushing, Distracted, Under-confident, Needy, Self-pitying, Lazy, Self-involved Desperate, Dishonest, Sensitive/insensitive.

Allowing yourself to be vulnerable, you move beyond the realm of your senses and begin to introduce yourself to the universal consciousness that is the giver of your life. You develop a relationship with this greater intelligence, telling it who you have been and what you want to change about yourself, and admitting what you have been hiding.

As a result, when we admit to ourselves and to that universal power, there is: No punishment, No judgment, No Manipulation, No emotional abandonment, No blame, No scorekeeping, No rejection, No loss of love, No Damnation, No separation, No banishment.

Infinite Intelligence or higher power. Regardless of what name you give it, you must see this energy as an unlimited source of power within you and around you, which you utilize and create from throughout your life. It is the consciousness of intent and the energy of unconditional love. It is impossible for it to judge, punish, threaten, or banish anyone or anything because it would be doing those very things to itself.

It has been observing you from the moment you were created. You are an extension of it. It only waits in hope, in admiration, and in patience ... it only wants you to be happy. And if you are happy being unhappy, that's fine, too. That's how much it loves you.

Opportunity to Write Now, close your eyes and become still. Look into the vastness of this mind (and into yourself) and begin to tell it who you have been. Develop a relationship with the greater consciousness that is giving you life, by honestly and inwardly talking to it.

Share with it the details of those stories that you have carried around with you. Writing down what comes to you will be useful in later steps. Examples of what you might admit to your higher power: I am afraid of falling in love because it hurts too much. I pretend I am happy, but I am really suffering because I am lonely.

I do not want anyone to know that I feel so guilty, so I lie about myself. I lie to people so that they like me and so I won't feel so unloved and unworthy. I can't stop feeling self-pity. I think, act, and feel this way all day long because I do not know how else I can feel. I have felt like a failure most of my life, so I try extra hard to be a success.

**Outwardly Acknowledge Your Self-Limiting Emotion** In this part of the meditation process, you actually speak out loud who you have been and what you have been hiding about yourself. You tell the truth about self, put the past to rest, and close the gap between how you appear and who you really are. You give up your façade and the constant effort of being someone else. By declaring the truth about yourself out loud, you are breaking the emotional ties, agreements, dependencies, attachments, bonds, and addictions to all those external cues in your life.

**Surrendering: Yield to a Greater Power and Allow It to Resolve Your Limitations or Blocks**

Just surrender in ... Sincerity, Humility, Honesty, Certainty, Clarity, Passion, and Trust ... and then get out of the way.

Examples of surrender statements: Universal mind within me, I forgive my worries, my anxieties, and my smallminded concerns, and I give them to you. I trust that you have the mind to resolve them much better than I could. Arrange the players in my world so that doors open for me. Innate intelligence, I release my suffering and my self-pity to you. I have mismanaged my inner thoughts and actions for long enough. I allow you to intervene and provide a greater life in a way that is just right for me.

Step 1: First, go through your induction technique and continue to become more and more used to this process to enter the subconscious mind.

Step 2: Next, by becoming aware of what you want to change about yourself in mind and body, "recognize" your own limitations. That is, define a specific emotion that you want to unmemorise and look at the associated attitude that is driven by that feeling.

Step 3: Continuing on, inwardly “admit” to a higher power within you who you have been, what you want to change about yourself, and what you have been hiding. Then, outwardly “declare” what emotion you are releasing so as to free the body from the mind and break the bonds to the elements in your Environment.

Step 4: Finally, “surrender” this self-limiting state to a greater mind and ask that it be resolved in a way that is right for you

Whenever you catch yourself in real life thinking a limiting thought or engaging in a limiting behaviour, just say “Change!” out loud.

Now that you are beginning to “lose” your mind, it’s time to create a new one. Let’s begin to “plant” a new you. Your daily meditations, contemplations, and rehearsals will be like tending to a garden to yield a greater expression of you. Learning new information and reading about great people in history who represent your new ideal is like sowing the seeds.

The more creative you are in reinventing a new identity, the more diverse the fruits you will experience in your future. Your firm intention and conscious attention will be like water and sunlight for your dreams in your garden.

Questions to turn on your frontal lobe:

- What is the greatest ideal of myself?
- What would it be like to be \_\_\_\_\_?
- Who in history do I admire, and how did they act?
- Who in my life do I know who is/feels \_\_\_\_\_?
- What would it take to think like \_\_\_\_\_?
- Whom do I want to model? How would I be if I were \_\_\_\_\_?
- What would I say to myself if I were this person?
- How would I talk to others if I were changed?
- How or whom do I want to remind myself to be?
- How Do I Want to Think?
- What would this new person (my ideal) think?
- What thoughts do I want to put my energy behind?
- What is my new attitude?
- What do I want to believe about me?
- How do I want to be perceived?
- What would I say to myself if I was this person?
- How Do I Want to Act?
- How would this person act?
- What would he or she do?



- How do I see myself behaving?
- How would I speak as this new expression of self?
- How Do I Want to Feel?
- How would this new self be?
- What would I feel?
- What would my energy be like as this new ideal?

When you meditate to create the new you, your job is to reproduce the same level of mind every day, to think and feel differently than you usually do. You should be able to repeat that same frame.

In other words, you cannot get up as the same person who sat down to meditate.

Therefore, if you say to yourself, “I didn’t feel like it today; I’m too tired; I have too much to do; I am busy; I have a headache; I’m too much like my mother; I can’t change; I want to get something to eat; I can start tomorrow; this doesn’t feel good; I should turn on the TV and watch the news,” and so on; and if you allow those sub vocalizations to take the stage of the frontal lobe, you will invariably get up as the same personality.

You must use your will, intention, and sincerity to go beyond these urges of the body. You must recognize this banter and chatter as a fight by the old self for control.

The keys for you to focus on are frequency, intensity, and duration.

Your new personality will produce a new reality. In other words, when you are being someone else, you naturally will have a different life.

- Now close your eyes, eliminate the environment, and let yourself go by “creating” how you want to live your life.
- Your job is to move into a new state of being.
- It’s time to change your mind and think in new ways. When you do, you will emotionally recondition your body to a new mind by signalling new genes in new ways.
- Let the thought become the experience, and live that future reality now.
- Open your heart and give thanks ahead of the actual experience so much so that you convince your body to believe that future event is unfolding now.
- Pick a potential in the quantum field, and live it completely.
- It is time to change your energy from living in the emotions of the past to living in the emotions of a new future. You cannot get up as the same person you were when you sat down.
- Remind yourself who you will be when you open your eyes.

- Plan your actions with regard to how you will be in your new reality. Imagine the new you and how you will speak and what you will say to yourself.
- Think about what it will feel like to be this ideal.
- Conceive of yourself as a new person doing certain things; thinking certain ways; and feeling the emotions of joy, inspiration, love, empowerment, gratitude, and power.
- Become so attentive to your intention that your thoughts of a new ideal become the experience internally, and as you feel the emotion from that experience, you go from thinking to being.
- Remember who and what you really are in your new future.

Now, it's time to command matter. From this elevated state of mind and body, what do you want in your future life?

As you unfold the new self, remember to move into that state of mind and body that feels invincible, powerful, absolute, inspired, and overjoyed.

- Let the pictures come; see them with certainty, with a knowingness that unifies you to those events or things.
- Bond with your future as if it is yours, without any concern other than expectancy and celebration.
- Let yourself go and begin to free-associate without concern.
- Become empowered by your new sense of self.
- With clarity, hold the image of each manifestation in your mind for a few seconds, and then let it go into the quantum to be executed by a greater mind ... then go to the next one ... keep going ... *this is your new destiny.*
- Allow yourself to experience that future reality in the present moment until you convince your body to emotionally believe that the event is coming to pass now.
- Open your heart and experience the emotions
- Now close your eyes.
- Become aware that there is an intelligence that is within you and all around you.
- Remember that it is real.
- Contemplate that this consciousness is noticing you and is aware of your intentions.
- In your journey past the cravings of the body and the nuances of the ego mind, you have made it to this final step.

So if in fact, this consciousness is real and it exists, *ask for a sign to let you know that you made contact with it.* Say to the creator, If I copied you in any way as a creator today, send me a signal in the form of feedback in my world to let me know that you were noticing my efforts. And bring it in a way that I least expect, that wakes me up from this dream, and leaves no doubt that it has come from you, so that I am inspired to do this again tomorrow.

Our purpose in life is not to be good, to please God, to be beautiful, to be popular, or to be successful. Our purpose, rather, is to remove the masks and the façades that block the flow of this intelligence and to express this greater mind through us. To become empowered by our efforts of creativity and to ask greater questions that will inevitably lead us to a more enriched destiny.

To expect the miraculous instead of the worst-case scenario and to live as if this power is in favour of us.

To ponder the uncommon, to contemplate our achievements in utilizing this unseen power, and to open our minds to more expanded possibilities and challenges us *to evolve our being, to let more of this mind come through us.*

For instance, by your truly healing yourself of some type of malady, then it should naturally lead to more evolved questions like: “Can I help someone else with a book?”

And if I accomplish that feat, is it possible to help many from a distance?” And once you master that possibility because you changed the physical matter in that person, you might ask, How can I create something out of nothing?

How much further can we go? There is no end to this adventure. We are only limited by the questions we ask, the knowledge we embrace, and our ability to keep an open mind and heart.

The dictum that there are no realms and no life beyond our physical world and that we have no control over our destiny is not a “truth” that you and I should ever believe in.

You are a multidimensional being who creates your reality. Accept this idea as your Law and new Belief

That place of uncertainty—the unknown—is what the maverick, the mystic, and the saint know to be fertile ground.

To live in the realm of the unpredictable is to be all potentials at once. Can you become comfortable in this empty space? If you can, you are at the core of a great creative power, the “I am.”

To biologically, energetically, physically, emotionally, chemically, neurologically, and genetically change ourselves and to *stop living by the unconscious affirmation that competition, strife, success, fame, physical beauty, sexuality, possessions, and power* are the be-all and end-all in life is when we break from the chains of the mundane.

That's right it is that infinite resource of information and intelligence, personal and universal, that is intrinsic to all human beings. It is an energetic consciousness that is filled with such coherence that when it moves through us, we can only call it love. When the door opens, its frequency carries such vital information that it changes who we are.

Command your mindfulness to unfold a deeper aspect of yourself, and your energy will expand that reality.

If you can experience a dream so completely in mind and emotion within the inner world of potentials, then it has already happened. So just surrender; it has to sprout into your outer life. It is the law.

When we overcome and remove whatever stands in the way of our infinite power and self, we are demonstrating a noble deed, not only for ourselves but for all of humanity. So the greatest habit you will ever break is the habit of being yourself, and the greatest habit you will ever create is the habit of expressing the divine through you. That is when you inhabit your true nature and identity.