

# Breaking the Habit of Being Yourself

*How to Lose Your Mind and Create a New One*



Dr. Joe Dispenza

The best-selling author of *Evolve Your Brain*

## Praise for *Breaking the Habit of Being Yourself*

*“Dr. Joe Dispenza wants to empower you to let go of negative beliefs and embrace the positive. This intelligent, informative, practical book will help you be your best, freest self so that, as Dr. Joe puts it, you can ‘step toward your own destiny.’”*

— **Judith Orloff, M.D.**, author of *Emotional Freedom*

*“In **Breaking the Habit of Being Yourself**, Dr. Joe Dispenza explores the energetic aspects of reality with sound science and provides the reader with the necessary tools to make important positive changes in their life. Anyone who reads this book and applies the steps will benefit from their efforts. Its cutting-edge content is explained in a simple language that is accessible to anyone, and provides a user-friendly guide for sustained change from the inside out.”*

— **Rollin McCraty, Ph.D.**, Director of Research, HeartMath Research Center

*“Dr. Joe Dispenza’s entertaining and highly accessible manual for rewiring your mental and emotional circuitry carries a simple but potent message: what you think today determines how you live tomorrow.”*

— **Lynne McTaggart**, best-selling author of *The Field*, *The Intention Experiment*, and *The Bond*

*“**Breaking the Habit of Being Yourself** is a powerful blend of leading-edge science and real-life applications woven into the perfect formula for everyday living.*

*“The hierarchy of scientific knowledge tells us that when new discoveries change what we know about the atom, what we know of ourselves and our brains must change as well. Through the 14 concise chapters of this book, Dr. Joe Dispenza draws upon a lifetime of experience to describe how subtle shifts in the way we use our brains are the quantum key to life-*

*affirming changes in our bodies, our lives, and our relationships. In a responsible, well-researched, and practical manual that you'll want at your fingertips for your personal practice, Dr. Joe's easy-to-use, step-by-step techniques give everyone the opportunity to experiment with their own quantum field to discover for themselves what works best.*

*“From the powerful exercises highlighting the thinking that keeps us stuck in old beliefs, to the simple practices that catapult us beyond our limiting beliefs, this book is the owners' manual to a successful life we wish we'd been given in first grade. If you've always known that there's more to you than you learned in Biology 101, but find yourself intimidated by the technical language of science, this is the beautiful book you've been waiting for!”*

— **Gregg Braden**, *New York Times* best-selling author of *Deep Truth* and *The Divine Matrix*

*“As a semiretired psychologist who has thought about many of these issues for years, I have to admit that [this book] will likely change some long-held beliefs in the field of psychology. Dr. Joe's conclusions, which are well grounded in neuroscience, challenge our ideas of who we think we are and what we think is even possible. A brilliant and uplifting book.”*

— **Dr. Allan Botkin**, clinical psychologist; author of *Induced After-Death Communication*

*“We're in the midst of an unparalleled new era of personal growth, in which a productive feedback loop has been established between the latest discoveries of neuroscience and the ancient practices of meditation. Dr. Joe Dispenza's new book masterfully yet clearly explains the 'hard science' of how our brains and bodies work. He then applies it practically in a four-week program of fundamental personal change, showing how we can use a structured meditation program to consciously rewire our neural network for creativity and joy.”*

— **Dawson Church, Ph.D.**, best-selling author of *The Genie in Your Genes* ([EFTuniverse.com](http://EFTuniverse.com))

*“Dr. Joe Dispenza brings us the manual for becoming a divine creator! He makes the brain science practical; he shows us how to break free of the grip of our emotions to create happy, healthy, and abundant lives, and how to finally dream our world into being. I’ve been waiting for this book for a long time!”*

— **Alberto Villoldo, Ph.D.**, author of *Power Up Your Brain* and *Shaman, Healer*, Sage

# Breaking the Habit of Being Yourself

**ALSO BY DR. JOE DISPENZA**

***EVOLVE YOUR BRAIN: The Science of Changing Your Mind***

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Dr. Joe Dispenza



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**Library of Congress Cataloging-in-Publication Data** Dispenza, Joe.

Breaking the habit of being yourself : how to lose your mind and create a new one / Joe Dispenza. – 1st ed.

p. cm.

Includes index.

ISBN 978-1-4019-3808-6 (hbk. : alk. paper)

1. Change (Psychology) 2. Thought and thinking. 3. New Thought. I. Title.

BF637.C4D56 2012

158.1–dc23

2011042878

**Hardcover ISBN:** 978-1-4019-3808-6

**Digital ISBN:** 978-1-4019-3810-9

15 14 13 12 4 3 2 1

1st edition, February 2012

Printed in the United States of America

*For Robi*

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## FOREWORD

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Your brain is involved in everything you do, including how you think, how you feel, how you act, and how well you get along with other people. It's the organ of personality, character, intelligence, and every decision you make. From my brain-imaging work with tens of thousands of patients worldwide over the past 20 years, it is very clear to me that when your brain works right, *you* work right, and when your brain is troubled, you are much more likely to have trouble in your life.

With a healthier brain, you are happier, physically healthier, wealthier, wiser, and just make better decisions, which helps you be more successful and live longer. When the brain is not healthy for whatever reason—such as a head injury or past emotional trauma—people are sadder, sicker, poorer, less wise, and less successful.

It is easy to understand how trauma can hurt the brain, but researchers have also seen how negative thinking and bad programming from our past can also affect it.

For example, I grew up with an older brother who was intent on shoving me around. The constant tension and fear I felt then led to a higher level of anxiety, anxious thinking patterns, and always being on guard, never knowing when something bad was about to happen. This fear caused long-term overactivity in my brain's fear centers, until I was able to work through it later on in life.

In *Breaking the Habit of Being Yourself*, my colleague Dr. Joe Dispenza is your guide to optimize both the hardware and software of your brain to help you reach a new state of mind. His new book is based on solid science,

and he continues to speak with kindness and wisdom, as he did in the award-winning film *What the BLEEP Do We Know!?* and in his first book, *Evolve Your Brain*.

Even though I think of the brain like a computer, with both hardware and software, the hardware (the actual physical functioning of the brain) is not separate from the software or the constant programming and reshaping that occurs throughout our lives. They have a dramatic impact on each other.

Most of us have had trauma of some kind in our lives and live with the day-to-day scars that have resulted. Cleaning out those experiences that have become part of the brain's structure can be incredibly healing. Of course, engaging in brain-healthy habits, such as a proper diet and exercise and certain brain nutrients, is critical to the brain working right. But in addition, your moment-by-moment thoughts exert a powerful healing effect on the brain ... or they can work to your detriment. The same is true for past experiences that can become wired in the brain.

The study we do at the Amen Clinics is called "brain SPECT imaging." SPECT (single-photon emission computed tomography) is a nuclear-medicine study that looks at blood flow and activity patterns. It is different from CT scans or MRI, which examine the brain's anatomy, because SPECT looks at how the brain functions. Our SPECT work, now over 70,000 scans, has taught us so many important life lessons about the brain, such as:

- Brain injuries can ruin people's lives;
- Alcohol is not a health food and often shows significant damage on SPECT scans;
- A number of the medications people routinely take, such as some common anti-anxiety medications, are not good for the brain; and
- Diseases like Alzheimer's actually start in the brain decades before people have any symptoms.

SPECT scans have also taught us that as a society, we need to have much more love and respect for the brain, and that allowing children to play contact sports, like football and hockey, is not a smart idea.

One of the most exciting lessons I have learned is that people can literally change their brains and change their lives by engaging in regular brain-

healthy habits, such as correcting negative beliefs and using meditative processes such as those discussed by Dr. Dispenza.

In one series of studies we published, the practice of meditation, such as what Dr. Dispenza recommends, boosted blood flow to the prefrontal cortex, the most thoughtful part of the human brain. After eight weeks of daily meditation, the prefrontal cortex at rest was stronger, and the memories of our subjects were better, too. There are so many ways to heal and optimize the brain.

My hope is that, like me, you will develop “brain envy” and want a better-functioning brain. The brain-imaging work we do has changed everything in my own life. Shortly after I started ordering SPECT scans in 1991, I decided to look at my own brain. I was 37 years old. When I saw the toxic, bumpy appearance, I knew it was not healthy. All of my life I have been someone who rarely drank alcohol, never smoked, and never used an illegal drug. Then why did my brain look so bad? Before I really understood about brain health, I’d had many *bad* brain habits. I ate lots of fast food, drank diet soda like she was my best friend, often slept only four to five hours at night, and carried unexamined hurts from the past. I didn’t exercise, felt chronically stressed, and carried an extra 30 pounds. What I didn’t know was hurting me ... and not just a little.

My last scan looks healthier and *much* younger than it did 20 years earlier. My brain has literally aged backward—that’s how changeable your brain is, too, when you make up your mind to take care of it properly. After seeing my original scan, I wanted my brain to be better. This book will help yours be better, too.

I hope you enjoy reading it as much as I did.

— **Daniel G. Amen, M.D.**,  
author of *Change Your Brain, Change Your Life*





## INTRODUCTION

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### The Greatest Habit You Can Ever Break Is the Habit of Being Yourself

When I think about all the books on creating the life we desire, I realize that many of us are still looking for approaches that are grounded in sound scientific evidence—methods that truly work. But already new research into the brain and body, the mind, and consciousness—and a quantum leap in our understanding of physics—is suggesting expanded possibilities on how to move toward what we innately know is our real potential.

As a practicing chiropractor who runs a busy integrated-health clinic and as an educator in the fields of neuroscience, brain function, biology, and brain chemistry, I have been privileged to be at the forefront of some of this research—not just by studying the fields mentioned above, but also by observing the effects of this new science, once applied by common people like you and me. That’s the moment when the possibilities of this new science become reality.

As a consequence, I have witnessed some remarkable changes in individuals’ health and quality of life when they truly change their minds. Over the last several years, I have had the opportunity to interview a host of people who overcame significant health conditions that were considered either terminal or permanent. Per the contemporary model of medicine, these recoveries were labeled “spontaneous remissions.”



However, upon my extensive examination of their inner journeys, it became apparent to me that there was a strong element of mind involved ... and their physical changes weren't so spontaneous after all. This discovery furthered my postgraduate studies in brain imaging, neuroplasticity, epigenetics, and psychoneuroimmunology. I simply figured that something had to be happening in the brain and body that could be zeroed in on and then replicated. In this book, I want to share some of what I learned along the way and show you, by exploring how mind and matter are interrelated, how you can apply these principles not only to your body, but to any aspect of your life.

### ***Go Beyond Knowing ... to Knowing How***

Many readers of my first book, *Evolve Your Brain: The Science of Changing Your Mind*, voiced the same honest and heartfelt request (along with a fair amount of positive feedback), such as the person who wrote: "I really liked your book; I read it twice. It had lots of science and was very thorough and inspiring, but can you tell me *how* to do it? *How* do I evolve my brain?"

In response, I began teaching a workshop series on the practical steps anyone can take to make changes at the level of mind and body that will lead to lasting results. Consequently, I have seen people experience unexplainable healings, release old mental and emotional wounds, resolve so-called impossible difficulties, create new opportunities, and experience wonderful wealth, just to name a few. (You will meet some of those people in these pages.)

It's not necessary that you read my first book to digest the material in this one. But if you *have* been exposed to my work, I wrote *Breaking the Habit of Being Yourself* to serve as a practical, how-to companion to *Evolve Your Brain*. It is my earnest objective to make this new book simple and easy to understand. There will be times, though, that I will have to give you bits of knowledge to act as the forerunner to a concept I want to develop. The purpose is to build a realistic working model of personal transformation that will help you understand how we can change.

*Breaking the Habit of Being Yourself* is a product of one of my passions—a sincere effort to demystify the mystical so that every person understands that we have, within our reach, all we need to make significant changes in our lives. This is a time when not only do we want to “know,” but we want to “know how.” *How* do we apply and personalize both emerging scientific concepts and age-old wisdom to succeed at living a more enriched life? When you and I can connect the dots of what science is discovering about the nature of reality, and when we give ourselves permission to apply those principles in our day-to-day existence, then each of us becomes both a mystic and a scientist in our own life.

So I invite you to experiment with everything that you learn in this book, and to objectively observe the results. What I mean is that if you make the effort to change your inner world of thoughts and feelings, your external environment should begin to give you feedback to show you that your mind has had an effect on your “outer” world. Why else would you do it?

If you take intellectual information that you learn as a *philosophy*, and then *initiate* that knowledge into your life by applying it enough times until you *master* it, you will ultimately move from being a philosopher to an initiate to a master. Stay tuned ... there is sound scientific evidence that this is possible.

I do ask you up front to keep an open mind so that we can build, step-by-step, the concepts I outline in this book. All of this information is for you to do something with—otherwise it’s just good dinner conversation, isn’t it? Once you can open your mind to the way things really are, and let go of your conditioned beliefs with which you are accustomed to framing reality, you should see the fruits of your efforts. That is my wish for you.

The information in these pages is there to inspire you to prove to yourself that you are a divine creator.

We should never wait for science to give us permission to do the uncommon; if we do, then we are turning science into another religion. We should be brave enough to contemplate our lives, do what we thought was “outside the box,” and do it repeatedly. When we do that, we are on our way to a greater level of personal power.

True empowerment comes when we start to look deeply at our beliefs. We may find their roots in the conditioning of religion, culture, society, education, family, the media, and even our genes (the latter being imprinted

by the sensory experiences of our current lives, as well as untold generations). Then we weigh those old ideas against some new paradigms that may serve us better.

Times are changing. As individuals awaken to a greater reality, we are part of a much larger sea change. Our current systems and models of reality are breaking down, and it is time for something new to emerge. Across the board, our models for politics, economics, religion, science, education, medicine, and our relationship with the environment are all showing a different landscape than just ten years ago.

Letting go of the outmoded and embracing the new sounds easy. But as I pointed out in *Evolve Your Brain*, much of what we have learned and experienced has been incorporated into our biological “self,” and we wear it like a garment. But we also know that what is true today might not be true tomorrow. Just as we have come to question our perception of atoms as solid pieces of matter, reality and our interaction with it is a progression of ideas and beliefs.

We also know that to leave the familiar life that we have grown accustomed to and waltz into something new is like a salmon swimming upstream: it takes effort—and, frankly, it’s uncomfortable. And to top it off, ridicule, marginalization, opposition, and denigration from those who cling to what they think they know greet us along the way.

Who, with such an unconventional bent, is willing to meet such adversity in the name of some concept they cannot embrace with their senses, yet which is alive in their minds? How many times in history have individuals who were considered heretics and fools, and thus took the abuse of the unexceptional, emerged as geniuses, saints, or masters?

Will *you* dare to be an original?

### ***Change as a Choice, Instead of a Reaction***

It seems that human nature is such that we balk at changing until things get really bad and we’re so uncomfortable that we can no longer go on with business as usual. This is as true for an individual as it is for a society. We wait for crisis, trauma, loss, disease, and tragedy before we get down to looking at who we are, what we are doing, how we are living, what we are

feeling, and what we believe or know, in order to embrace true change. Often it takes a worst-case scenario for us to begin making changes that support our health, relationships, career, family, and future. My message is: *Why wait?*

We can learn and change in a state of pain and suffering, or we can evolve in a state of joy and inspiration. Most embrace the former. To go with the latter, we just have to make up our minds that change will probably entail a bit of discomfort, some inconvenience, a break from a predictable routine, and a period of not knowing.

Most of us are already familiar with the temporary discomfort of not knowing. We stumbled through our early efforts to read until this skill became second nature. When we first practiced the violin or the drums, our parents wished they could send us to a soundproofed room. Pity the hapless patient who has his blood drawn by a medical student who has the requisite knowledge but still lacks the finesse that she will only gain through practice.

Absorbing knowledge (*knowing*) and then gaining practical experience by applying what you learned until a particular skill became ingrained in you (*knowing how*) is probably how you acquired most of the abilities that now feel like a part of your being (*knowingness*). In much the same way, learning how to change your life involves knowledge and the application of that knowledge. That is why this book is divided into three overarching sections.

Throughout Parts I and II, I will build ideas in sequence, forming a bigger and broader model of understanding for you to personalize. If some ideas seem repetitive, they are there to “re-mind” you about something that I don’t want you to forget. Repetition reinforces the circuits in your brain and forms more neural connections so that in your weakest hour, you don’t talk yourself out of greatness. When you ease into Part III of the book with a sound knowledge base, you can experience for yourself the “truth” of what you learned earlier.

## ***Part I: The Science of You***