

CHAPTER 38

BREAKING Poor HABITS AND PATTERN OF THINKING

INDUCTION

Overview:

Through awareness we transform the lead of ignorance and unconsciousness by learning how to develop new points of view. Awareness helps direct new shifts to be made that build resourceful complexes to break repetitive habits and provide multiple choices instead.

BREAKING POOR HABITS AND PATTERN OF THINKING INDUCTION

With your permission I'd like to ask you to place yourself in a comfortable relaxed trance twice as deep as the last time you went into a trance. Will you go into a comfortable trance now? I wonder have you ever thought about how the habit you developed began as a concept in your mind? Some people even remember the first time they had this concept and the step-by-step sequence they followed to carry it out. Perhaps you even remember the decision you made and how you felt by beginning this activity. Feeling something could provide you with what you believed you lacked or gave importance to and what appeared to have had positive implications either fully or partially accepted at a subconscious level is quite usual. And, I wonder if it would surprise you when you learn how the pattern of this habit followed a path---a sequence of actions one dependent upon the other to become this new habit or temperament like mixing in all the ingredients to make bread without the yeast...