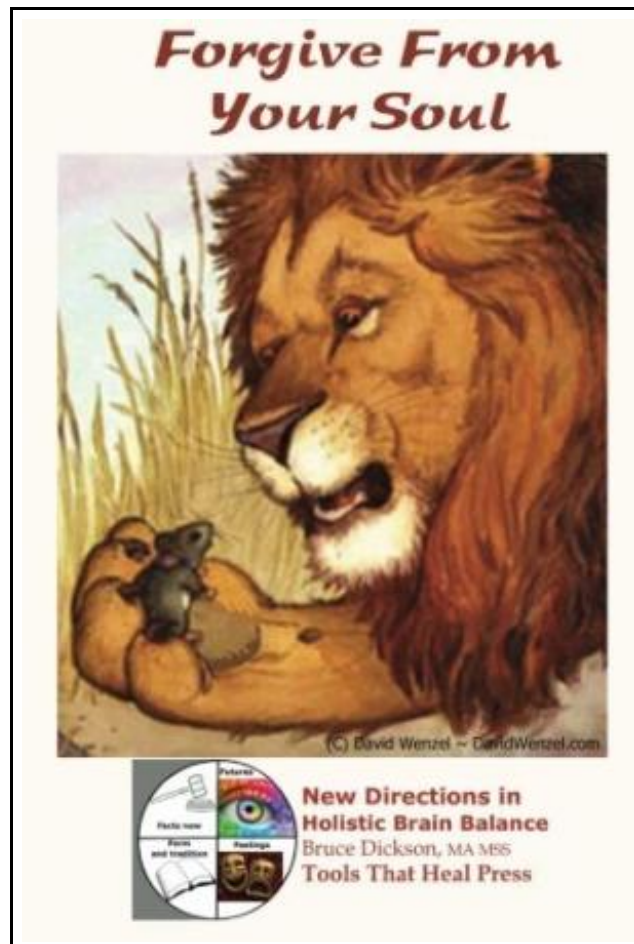


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Slow-Motion Forgiveness(SM) converges NLP, Habit Body and ecumenical spirituality into a sequenced method for self-healers and/or client support. A healing intention is your greatest Tool That Heals. For each bad habit or disturbing PTSD we wish to be rid of, simply compose a Forgiveness Formula, using templates here. Then simply count off the repetitions as they emerge and your Habit Librarian deletes them for you. Works best with the Mystical Traveler as your Partner. The indivisible smallest units in psychology are one habit and one choice. Each of us as soul balances between our habits and conscious, deliberate choices. Our story is built on these but not in a 50-50 ratio. Bruce Lipton says the ratio is 95 habits to 5 free choice. If 95 of our psyche is habits, behaviors learned thru repetition; then, both good and bad habits are learned thru repetition. Our concerning issues and unwanted quot;issuesquot; are all habit collections. Taking a page from NLP, to delete a bad habit or an issue, if we delete each and every repetition it was learned by, we delete the issue. Fortunately our Habit Body is run by our Habit Librarian who knows where all our habits are and how many repetitions it took to learn it. What do unwanted habits look like as they leave? Old versions of Microsoft Word displayed an animation when deleting a file folder of documents from computer memory, little pages coming out of a folder and dissolving into the air. That s Slow-Motion Forgiveness(SM); that s Practical Epigenetics. Readers already able to self-muscle-test or already working with a Healing buddy will get the most out of this method...



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