



You Have Three Selves 2nd Ed: Simply the clearest model of the whole person, Vol. 1 (Best Practices in Energy Medicine) (Volume 10)

Bruce Dickson

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You Have Three Selves, 2nd Ed, Simply the Clearest Model of the Whole Person, Vol. 1 The Three Selves is the simplest, most elegant model, of the whole person yet proposed. Not theory, this is a model from mystical observation. The endgame is re-uniting, Oneness, wholeness. Self-connection is the key. If you keep connecting with the child within, you arrive at the Bigger You. You become a "wise elder" regardless of physical age. 1) A middle, rational, Conscious Self, either thinking or feeling-dominant, is supported by, 2) A lower frequency Basic Self, 'immune system self,' inner child, etheric body, Habit Body (22 or more names), 3) A higher frequency High Self, Guardian Angel. It provides access to higher spiritual potentials as-needed. The High Self is our capacity for how individuals do--or do not--connect with the Bigger Me, our own Divinity, live with 'God as my Partner.' Three Selves is the Western version of Ho'oponopono, Hawaiian shamanism, Huna-Kahuna. Hawaiian Kahunas preserved this model of the whole person. They placed the human experience emphatically in a spiritual context, acknowledging reincarnation. The Kahuna emphasis on self-forgiveness persists in the Westernized 3S. The Three Selves has its greatest use as a model of the whole-person. 3S remains the strongest candidate for a "Big Tent" in Holistic Psychology 2.0. Through its lens, growth ideas, methods and practices, from the 1900s and earlier, can be discussed more objectively. A revised, shorter, second edition of the first comprehensive textbook attempted so far, volume 1 of 2. Written in an interactive, fun style by a Waldorf-trained school teacher and Health Intuitive. The 3S is body-based, not theoretical, nothing "quantum" here. The inner child, the lowest one-third of the Three Selves, remains the most widely used holistic model of the human being at this time. This is because of its versatility for counselors, healers, and therapists. The Three Selves is the whole; inner child is the lowest one-third. A map is not the territory; yet, the better the map, the easier to get around. Compose your own vision of the whole-person. This is source code for the human psyche, the nature of human nature. Each of the Three Selves is accessible through self-muscle-testing of all kinds, useful for verifying and validating your own subjective impressions and intuitions. If a simpler, clearer map-model of the hologram of the whole person exists, please contact me. We will all gladly move on to that one. The Three Selves is FUN! Pop cultural reflections are all around us and are taken up in Vol. 2. The two volumes of the 3S show the strong natural connections between the 3S and: - Emotional IQ, - Compassionate (nonviolent) Communication, - psychotherapy and body-based psychotherapies, - talk therapy of all kinds, - Transactional Analysis, - NLP and Brief Therapy.

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