



You Have Three Selves, Vol 1: Simply the clearest model of the whole person (Best Practices in Energy Medicine Series) (Volume 1)

Bruce Dickson MSS

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The Three Selves is simply the clearest, simplest model of the “whole person” yet proposed. The inner child, the "lowest" of the three selves, is already the world's most widely used model of the subconscious, used by teachers, coaches, counselors and holistic practitioners of all kinds. The "Three Selves" is the modern, Western version of Hawaiian shamanism, Huna, Kahuna and Ho'oponopono. This is the first comprehensive textbook so far produced, written in an interactive, fun style by a Waldorf-trained school teacher and medical intuitive. In brief the model proposes: 1) A low self, a lower frequency "helper being," known by many names: inner child, immune system, etheric body, habit body, etc. 2) A "middle self," the familiar rational mind, either thinking-dominant or feeling dominant; and 3) A high self, a higher frequency "helper being" often called the Guardian Angel, who provides access to the spiritual potentials of the human experience on an as-needed basis. Strengths of the model The Three Selves model is comprehensive in its embrace of all things human, top to bottom, modeling both “wings to fly,” in ecumenical spiritual terms; and, "roots in the Earth,” our most earthbound and material aspects. The model scales down easily to versions possible to share with five year olds. It can be grasped in its entirety by college sophomores Thanks to its Hawaiian roots, both prohibitively esoteric and overly-intellectual-abstractions are scrupulously avoided. The Three Selves is about becoming more "real" in every sense, becoming more fully human. The model actively encourages loving your self first and service to others second. It is compatible with with Compassionate (nonviolent) Communication and Blueprint of WE. The 3S is the psychology of how we can heal ourselves; and, the human condition because the inner child is functionally equal to our immune system. The 3S model articulates with the entire range of 20th century humanistic talk-therapy practices; including, coaching, Transactional Analysis, NLP and Brief Therapy. The 3S is a candidate for the "big tent" in psychology, under which all other models of the psyche can be understood and have their unique contributions clarified and integrated. For example, the Three Selves bridges into and clarifies many “quantum science” ideas; for instance, the 3S exist as overlapping fields of intelligence, which quantum science is still looking for. The Three Selves and its better known fragment, the inner child, remains the fastest growing and most widely used holistic model of the human being at this time because of its versatility for counselors, healers, and therapists. The three selves model is the whole; the inner child is one part. Unlike other wordy New Age philosophies and psychology, the 3S has usually clear and direct visual models of what it means to connect with both Spirit and with Ground. The 3S explicitly incorporates all spiritual capacities of the human being. The High Self stands for how each individual does—or does not—connect with their own Divinity. Each of the Three Selves is accessible thru kinesiology testing and self-muscle-testing of all kinds. The Three Selves is FUN! Pop cultural reflections are all around us and are taken up in Vol. 2. Written in an interactive, fun style by a Waldorf-trained school teacher and Medical Intuitive.

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Nancy Ochoa:

You Have Three Selves, Vol 1: Simply the clearest model of the whole person (Best Practices in Energy Medicine Series) (Volume 1) can be one of your basic books that are good idea. Most of us recommend that straight away because this book has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to place every word into satisfaction arrangement in writing You Have Three Selves, Vol 1: Simply the clearest model of the whole person (Best Practices in Energy Medicine Series) (Volume 1) but doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be certainly one of it. This great information may drawn you into new stage of crucial contemplating.

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