



# Practical Epigenetics Survey of Best Practices Modern Belief-Change-Methods : For Holistic and Energy Medicine Practitioners

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2015 summary of Best Practices in Epigenetics 20,400 words Bruce Lipton's idea of Epigenetics are spreading, penetrating more and more deeply into the popular imagination. Epigenetics is Bruce's word for DNA changes caused by upgrading our beliefs and habits, especially sub- and unconsciously. As we change our beliefs over our lifetime, the lines on our palms and feet change. Why not also DNA? My experience is when it is possible, permitted and clear, when we release disturbed mental-emotional baggage, disturbances can be released at our DNA level as well. Given all this ferment, a modern summary of Best Practices in Epigenetics is timely. Bruce Lipton updated DNA-change theory. What about methods? He points to Psych-K's use of muscle testing as effective. I hope every Reader will try Psych-K personally. However, there is also more. Belief Change Work has been popular in the US since Albert Ellis, 1953. Since then, scores of Belief Change methods have been proposed including Cognitive Behavioral Therapy, Touch for Health muscle-testing, affirmations, NLP, meridian tapping, DNA-change-work and ecumenical spirituality. These can be used together for more effective Belief Change Work. The Heros Journey of Self healing is a path... of exploring our out-dated beliefs and habits, upgrading them to more workable ones aligned with our highest good and brightest future. Let's pack for our Heros Journey of Self-healing. We'll need curiosity and courage to uncover the origins of beliefs no longer working for us. Along the way we'll uncover and learn from our earlier choices. We'll clear the recording media of our psyche, erase old programs and re-record it with new habits, beliefs, behaviors, more to our liking. Find Health Intuitive Bruce Dickson <http://www.healingtoolbox.org> writes on Best Practices in Energy Medicine and Self-Healing (20 books) available <http://www.amazon.com/Bruce-Dickson-MSS/e/B007SNVG46>

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