

Shattering Habits

7 Principles to
Reprogramming Body and Mind

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Dedicated with love to my 19 year companion and life partner Burton Wagner. Your wisdom and love are a constant support. Thanks to my kids for putting up with all those hours in front of the computer in the writing of this book. Thanks to Sharon Savoy for all of her precious advice, support, and ideas. Thanks to those who helped me edit and get this book into it's final format (for now anyway).

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Introduction

“Only I can change my life. No one can do it for me.”

Carol Burnett

This book is designed for you if:

- You want to take control of your life and health.
- You realize something is not working for you, even if you do not know what it is yet.
- You have reached a plateau in life and want more.
- You want to stop harmful behaviors and thoughts including procrastination, anxiety, depression and/or eating disorders.
- You are seeking a sense of ease and flow.
- You want to gain confidence and self-acceptance.
- You want to take more chances.
- You desire better self-understanding.
- You long for a meaningful life.

Our habits influence everything. They affect how we think, the quality of our relationships, what we do and do not do, our confidence level, and our posture.

Earl Nightingale said, “We are all creatures of habit. We can do most things without even thinking about them; our bodies take charge and do them for us.”

But what happens when those habits are negative, or our programing runs on its own, and the program doesn't serve us? Examples include childhood fears, lack of confidence carried over from teenage years, and chronic pain from past trauma. We may not even know we have been programed. Our society's cultural norms and our parents set the programs for us, and we can remain unaware of it for years. Most programing happens during childhood when the brain is most impressionable, but it can continue past the age of twenty-five.

I teach a process that shatters your habits, Activates your Life and reprograms your body and mind so that you cannot resume them. The definition of shattering is to weaken, destroy or become insubstantial, which describes the process well. I get clients who come to me at the age of forty-five or seventy, wondering why they are not in control of their life. That is not really what they are complaining about but that really is what is going on, their habits are in control. My clients feel stuck and

suffer from procrastination, depression, anxiety, or have physical limitations. Their habits are standing in the way of health, success, and life enjoyment.

My in-office program, which I call a Life Activation, creates inner coherence and organizes the various aspects of your being, allowing them to communicate with each other so they can grow and expand. It enables you to widen your perspective and rewire the body/mind. Finding your authentic self and discovering your genius, by shattering the habits that limited you.

There is so much at stake if you do not find you. You already know why you are on this journey. You understand why it is so important for you to find your true self, your inner magic. German philosopher, Frederick Nietzsche once said, “He who has a why can endure anyhow.” Your why is essential, as it provides you with the mental energy and motivation to shatter your habits and Activate your Life by stepping outside your comfort zone.

Grant Cardone’s book, The 10X Rule, suggests that we have four choices when it comes to taking control of our lives:

1. Do nothing
2. Retreat
3. Take normal levels of action
4. Take massive action – and do so now

Shattering Habits :7 principles to reprograming body and mind is designed to help you take massive action and the necessary steps to reinventing yourself. I recommend that you read it from beginning to end and then focus on each chapter, one by one, in whichever order you prefer. The goal is to implement all the steps, but you can start with the easiest or the most challenging. While you may be familiar with some of the information, I invite you to dive deep into each chapter and challenge yourself. In challenge there is growth.

When I work with clients, we incorporate the principles in this book to reorganize their lives and shatter the habits that lock them into a life they do not want anymore. During each session, we focus on one step and work to break the patterns and anchors held by their mind and body while reinforcing the strategies already learned. The goal is to always create more coherence in life. I explain to my clients that my role is not to fix or change them, but rather to open their perspective to new possibilities and opportunities.

Understanding a concept is not the same as living it. To truly Activate your Life, and ultimately shattering old habits, you need to incorporate both the body and mind. This book will help you understand and achieve more mind/body coherence by doing the exercises included in each step.

Exercise 1: Write down your WHY.

Your WHY is the purpose, cause, or belief that inspires you. Knowing your WHY gives you a filter to make choices at work and at home.

Use these three questions to help you dig deeper:

1. What makes you come alive?
2. What makes you forget to eat and wakes you up in the morning?
3. If you knew you were going to die in one year, what would you do?

Shattering Habits

Principle 1 – “I see what is”

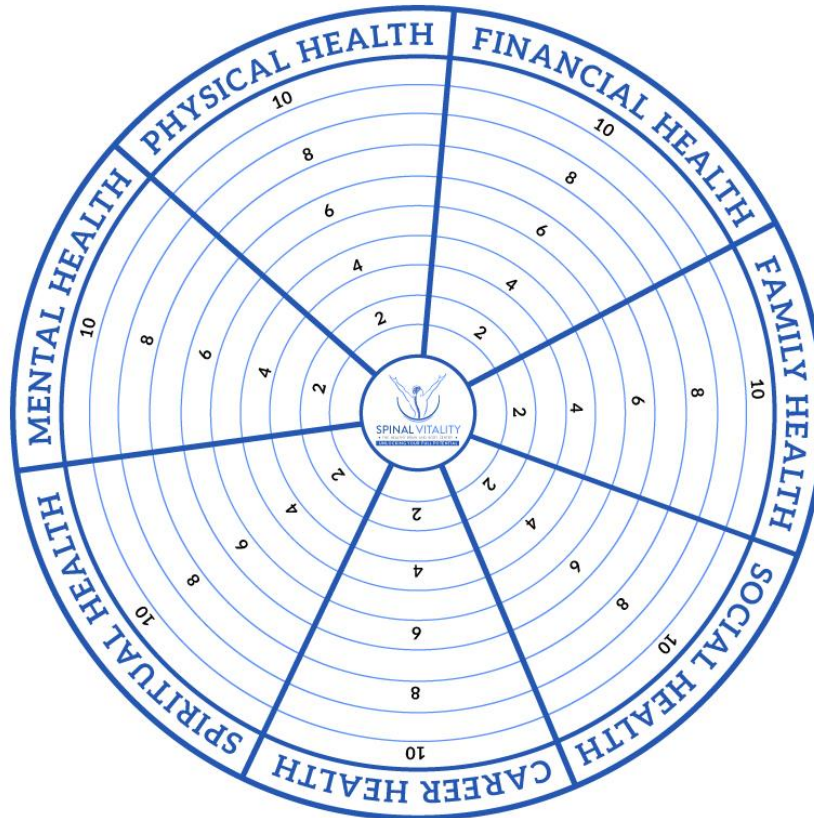
Are you letting the authentic part of you express itself freely or do you keep it hidden away afraid of what the world will do to it?

I always ask a lot of questions to help my clients understand and evaluate their current situation, understand their habits and what they need help with. Learning about their challenges and what they already implement in their life helps to shed light on whether they are living with the most authentic part of themselves or if they have disconnected from it.

Check in with yourself, allow yourself to see “what is”. Even if it is not what you wish to see, even if you are not expressing your authentic self. Auditing yourself is the first step.

Exercise 2: Audit yourself with the Wellness Wheel :

Color in from 0-10 your level of satisfaction in each health area



Reflection question: Is your wheel round or does it look like a flat tire?

Auditing ourselves is not an easy process, but you will be more in tune with yourself if you start to listen and reflect. It's about standing in front of the mirror and asking yourself "Is there anything missing?". It is about seeing what needs to be done differently next time and finding the motivation to do it.

There are 3 motivations to allowing your authentic self to be set free:

1. Addressing your suffering and pain.

Pain, both physical and emotional, is really a messenger that something is off in your life. It is a way for our mind-body to say that there is an incoherence: "Stop what you are doing, it is time to do things differently".

Suffering is disconnection from our self, from our life and from what is happening around us. It is the main source of pain. Our society teaches us to avoid this pain and suffering, to just pop a pill and make it go away to continue living a life we are used to.

Procrastination or self-medicating with alcohol or drugs is the first sign that we are suffering, that we are disconnecting ourselves from what is not working for us.

When self-medicating is not enough or when we refuse to do it, society tells us to go to the doctor because "we are sick". Between the ages of 14 to 16 years old, my

dad (a medical doctor), helped me manage bad headaches by continually prescribing me stronger pills. I needed stronger pills each time which never actually resolved my problems. I feel lucky that from an early age, I learnt that medications were not the solution, but just a way to manage symptoms without addressing the underlying issue.

We can use allopathy (drugs) or green allopathy (herbs and supplements) to get rid of symptoms, killing the messenger without having to address the cause of our suffering – this is how we allow our authentic self to become disconnected. With the evolution of pharmaceuticals, we are finding more drugs on the market are having terrible side effects, and while green allopathy, (taking plants, supplements and essential oils to manage symptoms) is a better option than taking drugs, it still doesn't allow us to connect with what is going on, to reconnect with our authentic-self suffering within.

With my clients, I explain how our mind creates a paradigm and that paradigm is expressed through our body, where it manifests into reality. Conflict between our personal reality and the societal reality creates tension in the mind-body, leading to disconnection, suffering and pain. With my clients, I read the body and help them discover the source of their disconnection to see the problem for what it is.

By reading the body, I help my clients discover what their true self desires and help them find ways to achieve this. If you are interested in learning more about the messages your body sends you, I would recommend the books the “Inner Cause” by Martin Brofman and “You Can Heal Your Life” by Louise Hay.

Be wary of allowing pain to be your only motivator in finding your authentic self, because when you are not in pain, you will not be seeking who you truly are, what you want, and what you need.

2. Following your Bliss.

Bliss is a powerful motivator in finding your authentic self, but we live in a busy world where it is easy to feel “happy” through superficial means. Let’s distinguish between two types of "happiness": one is the transitory emotion of joy and the other is the profound sentiment of happiness. Superficial joy is an immediately rewarding, relatively short-lived experience requiring few or no profound human capacities. Profound bliss involves optimal functioning, using and developing a person’s essential abilities to overcome problems and make some progress.

This might not be an easy thing to do, so you might want to start by discovering what doesn’t work for you, what makes you feel disconnected, what makes you feel unhappy. The next step would be getting curious and exploring ideas and

possibilities to find your bliss. The more you discover what doesn't work for you, the easier it will be to find and follow your bliss.

The Millennials are the generation not willing to settle for a meaningless existence. In my family, my uncle became a role model by following his passion. He was a nurse in France making a good living, but he was not satisfied and didn't find joy in his existence. As a result, he chose to make a change and follow his passion by moving to an island, La Reunion, and becoming a fisherman. He was making less money but became increasingly satisfied living a happier life. I am thankful that in my family, living a happy life was more important than making money.

Some questions to think about:

Do you have a limit to how happy you can be?

Is there a paradigm in your mind that could stop you from being joyful?

Do you have a fear that your tribe would not accept you as one of them if you fully followed your bliss?

“Follow your bliss ... If you do follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. When you can see that, you begin to meet

people who are in your field of bliss, and they open doors to you. I say, follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be.” — Joseph Campbell

3. Listening to your inner voice.

All my life there has been an inner voice offering guidance. It started when I was 12 years old, where to kill boredom while driving roads in Africa, I imagined going into the clouds looking for company. I met Max there, my spiritual guide, and since then I use my inner guidance connecting to that presence. I always feel his presence, sometimes gently and sometimes urgently calling for my attention - sometimes I listen and sometimes I do not. The times I find ease the most when connecting to that voice include when I am in a car, when I am walking, when I am meditating and when I am talking myself to sleep.

We live in a world where it is so easy to disconnect from that voice. We are rarely alone and allowing our thoughts to surface, constantly bombarded by TV, radio and other people around us. In order to listen to our inner voice, we need to let it talk to us and allow that inner voice to express itself. At first, you might need to get into a deep state of relaxation for it to happen. There are many practices available that encourage us to do this, including yoga, meditation, Tai Chi, and using a

sensory deprivation tank.

Have you heard of Slomo? He is a skater on the San Diego beach path. A video on YouTube titled Slomo tells the story of this former medical doctor. He explains how when he is in slow motion (Slo-Mo) on his skates, his brain shifts, and he gets “in the zone”. It is a physiological response where the skater finds his inner peace and guidance. I gained access to those strategies at an early age through the long driving trips. I practiced so often that I created neural-pathways to have easy access to my inner guidance. Practice is what makes it easy for me to connect to my inner guidance now.

Not everyone will hear their inner voice the way they expect to. I met a few people that wanted to experience it but were very frustrated about being unable to hear that voice after a few tries. As unique individuals, we perceive the world in different ways that can be separated into three categories, and this influences how we eventually hear the inner voice:

- **Visual people** use their sight. They will be guided more by light, their ability to see auras, or by written words of guidance that will be there in the world around them.

- **Auditory people** use sounds and will hear the voice within more clearly.

- **Kinesthetic people** will feel their inner voice. I am a kinesthetic and something I had to learn was to transmute what I feel into language.

The more I listen to my inner voice, the easier it is to feel and express it. Network Spinal Analysis (NSA) and Silva Mind Control have been two key techniques that have helped me connect to my inner voice on a deeper level.

I practice NSA, and I would encourage you to look for an NSA practitioner close to you as a great way to connect to that inner voice. Network Spinal Analysis is a chiropractic technique that helps you grow in your self-awareness and learn how to release tension to create a greater experience of connection to yourself and the world around you.

You need to accept and acknowledge what is, in order to move forward, in order to Activate your Life. So, are you ready to explore what is? Are you ready to connect with your authentic self?

Exercise 3 : What is my motivation to connect with my authentic self?

Using our emotions to “see what is”:

Emotions are a great way to check in with yourself. Feeling your emotions allows you to see what is and I encourage you to journal them as often as you can.

Emotion is a conscious experience that will create an intense mental activity caused by either pleasure or displeasure. They are triggered by the release of neuropeptides in the body (molecules that regulate a range of functions from reproduction to social behavior) to create a chemical reaction. The molecules influence how the receptors in our cells respond to the environment. I invite you to read Candace Pert’s book “*Molecules of Emotions*” to better understand how it functions.

An emotion is always real, it is an instinctive or intuitive feeling that lasts between 30-90 seconds. Once the emotion is felt, the conscious mind acts, and we either use our emotion to continue with our old story (what has been) or to rewrite our story (what could be). Emotions are Energy in Motion (E-Motion), they are energies needed to transform our patterns.

In our society we are taught to think that we are too evolved to get caught up with emotions and that we should be in control of them rather than be controlled *by* them. Young children that easily express their emotions (anger, sadness, or happiness) are taught to suppress them by adults who often find these emotions

inappropriate and confusing. Here are 4 helpful tools to help a child or an adult understand and express their emotions in a healthy way:

- Give the feeling a name and encourage talking about the feeling.
- Give an opportunity to identify with that emotion, reflect on what someone else is feeling.
- Learn different ways to respond to specific emotions
i.e. when I get mad I take a deep breath, count to three and think about the best ways to deal with my problem.
- Give praise and support when expressing emotions and when practicing new ways for expressing them.

Exercise 4: Journal my emotions.

Whenever your mood changes try to write down what you were doing, what you were thinking, and try to match your mood to an emotion or a feeling, don't make a story about it.

By allowing our emotions to be felt and used properly, we give ourselves access to a beautiful and strong energy of transformation. Emotions can help bring awareness to one of our dysfunctional paradigms, allowing us to change our “reality”. I see so many people trying to numb their emotions. But when we numb sadness or anger, we also numb happiness and joy. We cannot selectively numb our emotions.

My client Erin had done years of personal growth, she mentioned to me that she sometimes feels “sadness” in her life because she feels lonely. Her training allowed her to feel her sadness and then reason with it, “I am not lonely, I am happily married, I have beautiful kids, a loving family, some friends... no reason to feel sad, really!”. And yet sadness came back regularly, as though her mind couldn't convince her body that she had no reason to feel sad. I explained to her that if sadness came back, there was a reason for it, and suggested she put some effort into creating the “community” she craved for. At that instant, tears came to her eyes, and she lit up. I knew that if she put her energy toward creating that community that she needs, her sadness would never come back.

I see this all too often, people spending all their energy to push away what they don't want in their life instead of focusing their energy on creating what they do want. When one sees what is, it is easy to create what we want.

About the Author



Dr. Emma Wagner, D.C. considers herself a child of the world, having lived in various countries in Africa, in France and in the United States. For over 25 years she has been passionately learning about the power of the mind and the adaptability of the physical body. Dr. Emma graduated a Doctor of Chiropractic in 2000, and since then she has helped thousands in her private.

Know that I am here to help you, and that I would love to help you. Here are different ways to stay in touch and get the help and guidance that you need:

- Learn more about me www.DrEmmaWagner.com
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