

Sync of Health

The Real Secret

RITA SOMAN



PSYCH-K– a new
approach to
changing your life!



You've done the talk therapy. You've done affirmations, positive thinking, and read all the self-help books. Will power too often seems like 'won't power.' You're still not where you want to be. The only thing left out is your subconscious: the part of your mind that stores the beliefs programmed during your childhood that may be imprisoning you as an adult. Our lives run on autopilot, we automatically repeat the same habitual patterns every day. From health to phobias, from relationships to career, recovery from addictions or athletic performance, our lives are running on out-dated beliefs and perceptions. As a result of past negative programming, we often think and behave in self-defeating ways.

You possess the power to make your dreams come true. You have more power within you than you were ever taught or led to believe. Your external life manifests itself according to your internal programs and patterns. Anyone and everyone can learn the specific techniques taught that reconnect the magic of science and inner technology, bringing personal empowerment into our everyday lives. Not everyone knows that the human mind is programmable and even fewer people know how to program the mind because they don't understand how the mind acquires and stores its programs. There is a process called PSYCH-K (psychological, having to do with the psyche: mind, soul, spirit; and kinesiology) you will learn how to unleash the power within you and create a life that reflects the very best you.



The 'Real Secret'

Studies in neuroscience show that we set goals using approximately 5 percent of our consciousness, while the subconscious mind, which makes up around 95 percent of our consciousness, houses outdated beliefs that can sabotage our goals. Since the processing capacities of the conscious mind is at 40 bits of information per second and compare it to the 40 million bits per second of the subconscious. If the conscious mind desires a goal the subconscious mind disagrees with, guess which mind usually wins the contest! "The missing link between good intentions and effective actions is the ability to align subconscious beliefs with conscious goals," adds PSYCH-K® originator Robert M. Williams, M.A.

"The reason man may become the master of his own destiny is because he has the power to influence his own subconscious mind." Napoleon Hill

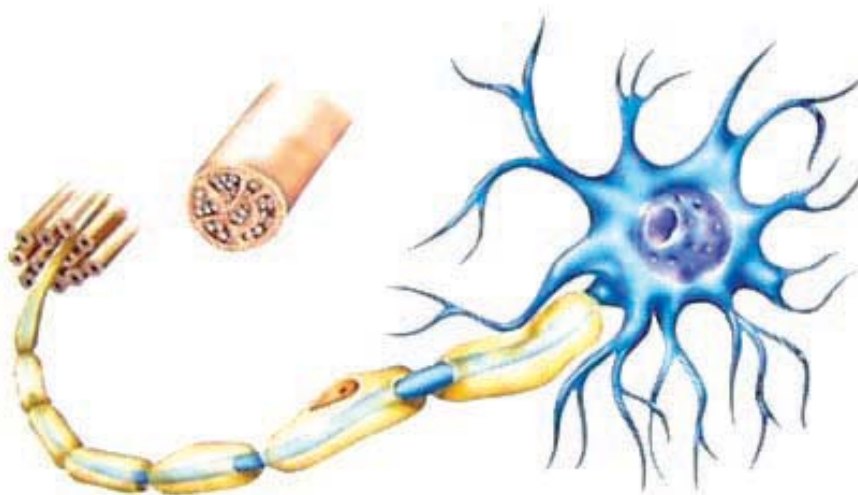
The latest mind/body research shows that beliefs can be toxic in a similar way that certain foods and chemicals can. There is a direct connection between your thoughts and your body's chemistry. In fact, there are actually beliefs that are immune enhancing and immune suppressing. Most importantly, these beliefs are usually below our conscious awareness, at the level of the subconscious mind. PSYCH-K is a powerful tool for

Studies in neuroscience show that we set goals using approximately 5 percent of our consciousness, while the subconscious mind, which makes up around 95 percent of our consciousness, houses outdated beliefs that can sabotage our goals.

"moving" ideas from the conscious mind to the subconscious mind where they can become new habits of thought and behavior. It isn't about choosing for people what to believe, but rather helping them to congruently believe what they choose. *When the conscious and subconscious minds are in agreement, magic happens!* It identifies and communicates with three distinct, yet interactive levels of consciousness: the conscious, subconscious, and super-conscious, and integrates them into becoming a *unified consciousness*.

"No problem can be solved from the same consciousness that created it. We must learn to see the world anew." - Albert Einstein

PSYCH-K is a simple and powerful



process that engages the 90% of the mind most all transformational processes entirely ignore; it even affects the way DNA expresses itself. Rather than genes, it is our beliefs that control our lives. (Bruce Lipton, PhD.) It is an approach to facilitating change at a Subconscious level. As we transform the disharmonious programming within our thoughts and mind, our body then produces the healing chemistry that matches our beliefs and we move into life-affirming experiences.

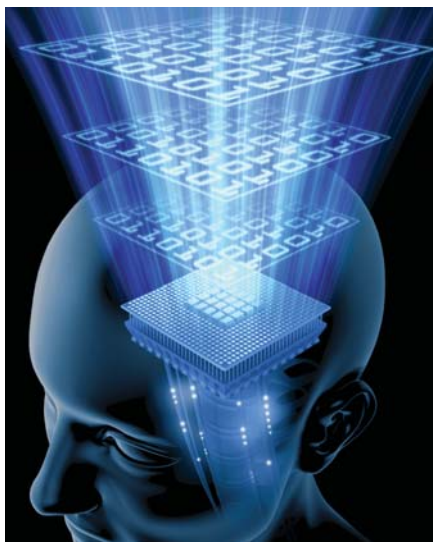
There is science backing this up -- groundbreaking work in the field of New Biology. Author Dr. Bruce Lipton is a former medical school professor (University of Wisconsin) and research scientist (Stanford University School of Medicine). His experiments, examining in great detail the molecular mechanisms by which cells process information, have revealed that genes do not in fact control our behavior, instead, genes are turned on and off by influences outside the cell. Traditional biology holds that cells communicate entirely with chemical signals, like hormones. But recent research shows there is a much faster means -- 100 times more efficient and infinitely quicker -- by using electromagnetic energy signals. This is the same energy that makes up thought. The significance of this is that



our interaction with the environment are not only based on direct experiences such as whether it is cold or hot out or how much serotonin is in our brain, but on our perceptions or beliefs, which trigger an almost instantaneous physiological response.

“Beliefs Control Our Biology; we are the masters, not victims, of our miraculous biology,” Bruce Lipton, PhD. His profoundly hopeful work, being hailed as one of the major breakthroughs in the New Sciences, shows how we can retrain our consciousness to create healthy beliefs, and by doing so create a profoundly

It helps resolve painful memories and find greater peace and happiness, release subconscious resistance to experiencing your connection with Divinity.



As we transform the disharmonious programming within our thoughts and mind, our body then produces the healing chemistry that matches our beliefs & we move into life-affirming experiences.

positive effect on our bodies and our lives. PSYCH-K can help you discover beliefs that can help you to deeply appreciate and accept yourself, create beliefs that support you in having healthy, loving relationships, replace old attitudes about money and increase your aptitude for prosperity, reduce "emotional stress," and program your body /mind for optimal health and vitality. It helps increase your self-confidence and willingness to take positive and decisive action in your life, resolve painful memories and find greater peace and happiness, release subconscious resistance to experiencing your connection with Divinity. Plus you can learn how to create your own personal Belief.

PSYCH-K helps you communicate directly with your Subconscious mind, and while using whole-brain integration techniques, change old self-limiting beliefs into new self-enhancing ones that support you, in just minutes. It works for most physical, emotional, and psychological problems; and takes 2-8 sessions for people to heal their lives.



How does PSYCH-K work?

While our birthright is the natural ability to operate simultaneously out of both sides of brain, life experiences often trigger a dominance of one side over the other when responding to specific situations. The more emotionally charged the experience (usually traumatic), the more likely it will be stored for future reference, and more likely it will automatically over identify with only one hemisphere of the brain when faced with similar life experience in the future. PSYCH-K (through muscle testing) helps you communicate directly with your Subconscious mind, and while using whole-brain integration techniques, change old self-limiting beliefs into new

self-enhancing ones that support you, in just minutes. It works for most physical, emotional, and psychological problems; and takes 2-8 sessions for people to heal their lives.

As a Counselor I have been using PSYCH-K with a variety of clients who were going through problems of low self esteem, lack of assertiveness, inability to remain addiction free, physical pain problems

including migraines, health related issues including obesity, inability to deal the grief & loss, emotional trauma, depression & anxiety disorders, etc., and they have seen remarkable improvements in their overall outlook and quality of life.

“If we did all the things that we are capable of doing, we would literally astound ourselves.”-Thomas Edison ●



Rita Soman, MA, PSYCH-K® Instructor & Facilitator is from New Delhi, India. She has been working as a private therapist in Portland, Oregon for the past 20 years. She is a highly dedicated professional, and she derives her job satisfaction from helping people live their dreams and manifest their goals. She also teaches PSYCH-K techniques in a two day Basic PSYCH-K workshop. Her goal is to help people connect with their own inner power and teach them tools to turn limitations into infinite possibilities in every area of one's life. www.beliefmantra.com