

PSYCH-K® - The Secret Behind "The Secret"

Have you ever wondered why your affirmations just aren't working? Or why, when you resolve to make a change in your life, it is seldom long lasting?

Neuroscientists are now indicating that 95% to 99% of our conscious behaviours are directed by the subconscious portion of the mind! This is why our behaviours, and the way our life looks, is often inconsistent with the wisdom we possess. It clearly explains why our lives can often stay stuck, no matter how hard we try to change or improve something. Are *you* repeating the same old patterns over and over again?

With so much information on The Law of Attraction, many people are really starting to understand how important their thoughts are. The movie "The Secret" made this quite clear. However, until I found PSYCH-K, I really didn't have a tool to create the powerful frequency I wanted to create, so that I could make the lasting changes in my life that I so desired!

So what is PSYCH-K?

PSYCH-K is a simple, unique set of tools that allows you to communicate with your subconscious mind, so that you can identify and change old subconscious perceptions and beliefs that are self-limiting, into beliefs that are self-supporting! It is based largely on whole brain integration, based on years of split brain research. The old beliefs that we would all want to change, are the beliefs that perpetuate old habits and behaviours that we want to change. For me, PSYCH-K is a set of tools that allows me to *continuously create the life that I want*.

What makes PSYCH-K so amazing?

The subconscious mind processes information at the rate of approximately 40 million bits of information per second, while the conscious mind processes at the rate of approximately 40 bits of information per second. So who do you want on *your* side? In order for your new thoughts and ideas to come to fruition in your life, they must be delivered to the very powerful part of your mind, the subconscious mind. This is why it only takes minutes to make a belief change. The subconscious mind runs on high speed and is a million times more powerful than the conscious mind. *That's why it's so amazing!*

Who can use PSYCH-K? Why use PSYCH-K?

One of my favourite things about PSYCH-K is that it is so user-friendly! Anyone can learn to use these tools in a weekend workshop. Another part of this modality that really resonates with me is that there are *permissions* built into the protocol, so that I know that whatever belief I am changing, it is always safe (does no harm) and appropriate (in alignment with my spiritual path). It's also about receiving the life-message that often accompanies life's challenges, before we make the changes. So often, it seems, people feel it appropriate to make changes, without first getting the message from the condition or problem!

How do I know the belief has been changed?

PSYCH-K involves muscle testing as a means of communication with the subconscious and superconscious portions of the mind. After making a belief change, we *verify* the belief change using muscle testing. This is an effective way to objectively measure that the change was made.

Where do our beliefs come from?

Largely our beliefs are programmed into the subconscious mind before we reach the age of 6 years old. We don't even have the brain capacity to question things at such a young age, so everything goes right into the subconscious mind. Our brain wave patterns are very programmable at this age. So do we blame our parents for all of our self-limiting beliefs? First of all, this is pointless and secondly, they got their programs from their parents! With what we now know about beliefs and how to change them, "unconscious parenting" can be stopped at any generation.

What areas of our life are affected by our beliefs?

Absolutely every area of our lives are affected by our beliefs. PSYCH-K can help you to create changes in your life in health, prosperity, relationships, spirituality, sports performance, self-esteem, just to name a few!

PSYCH-K has given me the tools to take the wisdom I have gathered over the years, turn it into self-referential statements, and deliver those statements to my subconscious mind. It's something I use every day! The originator of PSYCH-K, Robert M. Williams, M.A., has written a book called "The Missing Peace in Your Life". *Little did I know, when I first read the book, that I truly would be finding the peace that I had always been searching for.* And now, if I doubt anything at all, it's my limitations that I doubt. :o)

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"The 'secret to life' is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K is a set of simple, self-empowering techniques to change your beliefs and perceptions that impact your life at a cellular level."

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