

# PSYCH-K® BASIC WORKSHOP

Did you know that 95% of your life is being driven by the subconscious beliefs and programmes that are installed at a very young age - many of which can be extremely limiting and disempowering.

Imagine being able to take control of your own life by changing the limiting beliefs that hold you back, into empowering beliefs that help you create a positive future. Our beliefs can affect health and body image, self esteem, personal power, finances, spirituality, confidence, ability to relax, relationships and much, much more.

## In Your 2 Day PSYCH-K® Workshop, you will learn -

- **The theory behind how PSYCH-K works** - We will look at the differences between the superconscious, conscious and subconscious minds and also the basic theory of split brain research - the differences between the left and right brain hemispheres, and why both are important when changing beliefs.
  - **Muscle Testing** - you will learn how to effectively use muscle testing to identify which beliefs you need to change in order to achieve your desired experiences. You will also be able to identify which PSYCH-K 'Balance' is needed to change your beliefs as well as learning how to communicate directly with your Subconscious and Superconscious minds.
  - **Two Balances** - which are used to change beliefs at the subconscious level of the mind, called the New Direction Balance and Resolution Balance. Once your limiting beliefs have been changed, you will be able to experience the reality you choose.
  - **A VAK To The Future goal clarification process:** used to communicate directly with the subconscious mind when you have a large abstract goal. The VAK moves you towards your goal and can support it to manifest more quickly.
  - **How to create beliefs** - you will learn the specific steps to creating your own belief statements that are personal to the changes you would like to make in your life, and also to help others change their limiting beliefs.
  - **Self muscle testing** - so that you can work with yourself as well as others.
- Practice time** - to become confident about using all of the processes you will learn through the weekend.

**At the end of the two day workshop, you will receive a certificate, which will allow you to work in a professional capacity with clients and charge for your services as a PSYCH-K® Facilitator. You will also be able to change your own beliefs and help friends and family change theirs.**



## Cost of the 2 Day Workshop

**£350 individual / £295 each for two or more people booking together (New buddy price from January 2017)**

**All workshops start at 9.30am and end at 6.00pm both days.**

*"The secret of life is beliefs. 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." Bruce Lipton*

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## **FROM STRESS TO SUCCESS** Wealth, Health & Everything Else

**“If you believe you can, or you believe you can't ..... you're right” Henry Ford**

Have you ever wondered why life never seems to turn out like the self help books say it should? The answer, it seems, lies in beliefs! Research shows that most of our beliefs are stored at the subconscious level of our mind - the part of our mind we're not aware of!

It is our subconscious beliefs that drive our thoughts, actions and therefore the results we get, on a daily basis. Approximately 95% of our lives are driven by beliefs we don't even know we have - beliefs that are the result of life long programming and conditioning that can sometimes be sabotaging and self-defeating

Once changes have been made at the subconscious level of the mind, repeating and sabotaging patterns can be released, allowing you to create a more balanced and fulfilling life for yourself.

## PSYCH-K

PSYCH-K is a non-invasive, simple and effective way to change subconscious beliefs that limit you, into beliefs that support you.

During the PSYCH-K workshop, you will be able to create beliefs that will help you manifest your conscious goals and desires.

A process called muscle testing (Kinesiology) is used to identify blocks that may prevent you from achieving your goals. It is also used to identify which PSYCH-K 'Balances' are needed to make changes at the subconscious level of the mind.

Once the changes have been made, muscle testing is used to confirm that the new beliefs have been stored and programmed in the subconscious mind and, if appropriate, an action plan will be designed to support the manifestation of the new beliefs and goals.

For more information, please go to [www.yearning4learning.co.uk](http://www.yearning4learning.co.uk)

## Change Your Beliefs, Change Your Life!

Imagine waking up every day with the following subconscious beliefs driving your thoughts, feelings and actions:

**“I can't” “I'm not worthy .....” “I don't deserve .....” “I won't ever achieve anything” “I hate myself ”**

Life could be pretty challenging and it might take a lot of willpower, effort and energy to get through your day. Now imagine waking up with the following subconscious beliefs driving your thoughts, feelings and actions instead:

**“I can” “I'm worthy...” “I deserve.....” “I can achieve anything I want” “I love myself”**

Life could be very different! Sabotaging success in different areas of our lives occurs when what we desire consciously conflicts with what we believe subconsciously!!!! We may think one thing and yet have subconscious beliefs that say something entirely different.