



PSYCH-K® Workshops

3-day Basic Workshop



Welcome to Yearning4Learning and the PSYCH-K® workshops.

You will find some basic workshop information here and more specific workshop details will be sent upon booking.

The Basic Workshop is the prerequisite to all other PSYCH-K® workshops.

Venues :

London :

Novotel Hotel. 1 Shortlands. Hammersmith. London. W6 8DR

Cardiff :

The Masons Toby Carvery. 21 Tyn Y Parc Road. Whitchurch. Cardiff. CF146B

Northampton :

Times :

Friday and Saturday 9.30am - 6.00pm and Sunday 9.30am - 5.00pm

Cost :

£505 early bird , if paid up to one month before the workshop

£575 full price if paid in the month before the workshop.

Refund policy is in the terms and conditions (see website).

More detailed information will be sent upon booking and you will also receive an email one week before the workshop.

What is covered at the 3 day Basic Workshop -

Day 1 -

- Beliefs, where they come from and how they affect us in our daily life. I will show you my Belief Cycle, so that you can really understand the impact our subconscious beliefs have on our daily lives.
- Three levels of the mind and how we work with each level to make successful, long lasting change in our lives.
- The brain : understanding the basics of split brained research and what it means to be whole brained. We will look at the importance of being whole brained when making effective change in our lives.
- What is a PSYCH-K® Balance and more about PSYCH-K®.
- Muscle Testing : this allows us to communicate directly with our superconscious and subconscious minds. We use muscle testing at every step in a PSYCH-K® Balance, so that we're never left second guessing or wondering if the change has happened. It's also our evidence that change has been made.
- Two PSYCH-K® Balances : where you will begin to reprogramme the subconscious mind with new juicy, updated and upgraded Goal Statements.

Day 2

- How to create your very own personal well formed goal statements that will help you have the life experiences you want and desire.
- Clarification for the subconscious mind : interpreting a Goal Statement for the subconscious mind in the language of the subconscious, which is sensory.
- Secondary Gain: discovering if there are any benefits to staying in the old behaviour and if these benefits are enough to prevent change from happening (and how to resolve this)

- Different categories with 77 Goal Statements covering the areas of Relationships, Personal Power, Self esteem, Prosperity, Grief and Loss, Spirituality and Health and Body.
- Principles of Nature - 33 statements that have been inspired by Bruce Lipton's work on nature and what we can learn from her.
- PSYCH-K® Principles and Philosophies
- Transform the Perception of a Stressful Situation : transform the perception of any stressful experience, emotion, phobia or trauma in your life, past, present or future so that there is no more emotional charge when you think about it.
- Self testing : self muscle testing techniques that will help you use the PSYCH-K® Balances for yourself, when you are on your own.

Day 3

- Use PSYCH-K® in Your Daily Life: bringing everything from the last two days together and learning how to get from where you are now to where you want to be, in the simplest and most effective way. There will be a big practice session, giving you the confidence to use the PSYCH-K® process with yourself and others once you leave the workshop.
- The PSYCH-K® Gaia Project
- Where to go from here: what other PSYCH-K® workshops are available.
- Workshop close.

For details of dates and venues, please see website:
<http://yearning4learning.co.uk/workshops-events/basic/>

More specific details are sent/downloadable on booking.