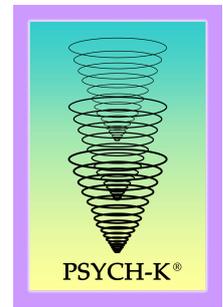




PSYCH-K®



PSYCH-K® Basic Workshop General Information

Thank you for your interest in the PSYCH-K® Basic workshop.

I have created some general information about the Basic workshop for you to read before booking, which includes venue addresses, cost and timings and what is covered at the workshop.

After reading this information, if you would like to book a place at a workshop, you can do this directly through my website via Paypal and you don't need to have a Paypal account for this. If you would prefer to pay by bank transfer or in cash on the first day of the workshop, you can pop an email to my lovely assistant, Valentina and she will tell you everything you need to know. Once you have booked your place, you will receive an automatic document with more detailed information about the workshop, accommodation options, and directions etc and I will also send a group email out one to two weeks before the start of the workshop to touch base with everyone.

If you would rather pay by bank transfer or in cash, Valentina will send you the detailed information document.

Venue Addresses

Cardiff - [Village Hotel. 29 Pendwyallt Rd. Cardiff. CF147EF](#)

London - [The Novotel London West. Shortlands. Hammersmith. London. W68DR. Tel: 02076600680](#)

Workshops that I teach outside London and Cardiff are generally sponsored/organised by someone else and the sponsors contact details can be found on

my website. These sponsored workshops are in Northampton, Dubai, Hungary and possibly Italy.

Workshop Cost

£595 if paid in the month leading up to the workshop.

£535 if paid up to one month before the workshop.

Please note that early bird payments cannot be offered for bookings made in the month leading up to the workshop.

Payment plans are available upon request and full payment must be completed by the start of the chosen workshop. All you have to do is send an email thorough the contact from on my website and we can take it from there.

What is covered at the PSYCH-K® 3 day Basic workshop

Day 1

Theory of how and why PSYCH-K works :-

- 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 that allows us to communicate directly with our superconscious and subconscious minds.
- Two PSYCH-K Balances - the processes that can be used to change limiting beliefs in the subconscious mind into juicy self enhancing beliefs.

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 - giving the subconscious mind more detail of what your goal statement means in it's own language, which is through the senses.
- Use PSYCH-K® in Your Daily Life: how to get from where you are now, to where you want to be in the simplest and most effective way. This is where we bring together everything that you have learned so far. There will be a practice session, giving you the confidence to use the PSYCH-K® process with yourself and others once you leave the workshop.
- Different categories with 77 example Goal Statements in each category, covering the areas of Relationships; Personal Power; Self esteem; Prosperity; Grief and Loss; Spirituality and Health and Body and how to use them.
- Secondary Gain: Have you ever tried really hard to change a behaviour or experience in your life, but you just seem to keep getting stuck? Here, we will look at the possibility of secondary gains, whereby the subconscious need to stay in the behaviour or experience outweighs the conscious desire to change and we will look at how to overcome this.

Day 3

- 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 the experience.
- Self testing - self muscle testing techniques that will help you use the PSYCH-K® Balances for yourself, when you are on your own.
- Principles of Nature - 33 statements that have been inspired by Bruce Lipton's work on nature and what we can learn from her.
- Principles and philosophies.

- The PSYCH-K® GaiaProject.
- Where you can go from here.
- Affirmations of completion and close of workshop.

I look forward to hopefully meeting you at the workshop for a fun three days of learning and transformation.

Hugs and love Cazzie

Further reading and viewing

<https://youtu.be/eu9osgRjRtA> : PSYCH-K® originator, Rob Williams, talks about the personal history and philosophy of PSYCH-K®. You can find more interview in this specific series by typing Rob Williams PSYCH-K® Youtube into your browser.

PSYCH-K® The Missing Peace in Your Life : Rob Williams' book can be purchased on Amazon on kindle for £3.79 (prices may change)

Anything by Bruce Lipton:

Books-

The Biology of Belief

The Honeymoon Effect

Spontaneous Evolution.