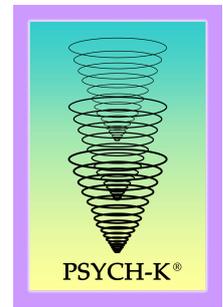




PSYCH-K®



PSYCH-K® Workshops - General Information

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

I have created some general information about the workshop for you to read before booking. This includes venue addresses, cost and timings and some details about 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. If you would prefer to pay by bank transfer or in cash on the first day of the workshop, pop me an email at cazziedare@yearning4learning.co.uk and we can sort that out.

Once you have booked your place, you will receive a link to click on to download the workshop information document. This document has more detailed information about the workshop, such as accommodation options, and directions. I will also send a group email out a couple of weeks before the start of the workshop, to touch base with everyone.

Venue Addresses

Cardiff - Radyr Golf Club. Drysgol Road. Radyr. CF15 8BS

London 2021 - Hilton Hotel London Paddington. 146 Praed Street. W2 1EE

**London 2022 - Novotel Hotel London West. 1 Shortlands. Hammersmith.
W68DR**

Basic Workshop Cost

Early bird: £725 if paid up to one month prior to the workshop.

Full price: £785 if paid 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. Please note, the early bird price isn't available in the month leading up to the workshop.

I look forward to hopefully meeting you at a Basic workshop.

Hugs and love Cazzie

Basic workshop schedule

Day 1

- Theory

- What is PSYCH-K

- **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.

- **Three levels of the mind** and how we work with each level to make successful, long lasting change in our lives.

- Practical

- **Muscle Testing** to communicate directly with our superconscious and subconscious minds.

- **Two PSYCH-K® Balances** - the processes that can be used to change subconscious beliefs that limit us into beliefs that support us to transform our daily lives.

Day 2

- **PSYCH-K® Principles and philosophies.**
- **7 Categories of Change:** 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.
- **How to create your very own personal well formed goal statements** that will help you have the life experiences you want and desire.
- **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.
- **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 muscle testing** - techniques that will help you use the PSYCH-K® Balances yourself, when you are on your own and don't have a facilitator to work with.
- **Principles of Nature** - 33 statements that have been inspired by Bruce Lipton's work on nature and what we can learn from her.
- **Creating a New Reality Protocol.**

Day 3

- **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.

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

Further reading and viewing

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.

Here are some links to videos that may be of interest to you:

Bruce Lipton and Rob Williams give their view of the current situation about the Corona Virus:

Bruce Lipton shares his experience with PSYCH-K® and why he believes we all should use it to believe that we love ourselves at the subconscious level of mind: <https://www.youtube.com/watch?v=f0lInHm8278>

A series of videos about PSYCH-K® with Rob Williams - Originator of this process: <https://www.youtube.com/watch?v=FcXiEMJtA9o...>

Listen to the PSYCH-K® Certified Instructors share their journey with this process: <https://www.youtube.com/watch?v=aiTeerA6pb0...>

Watch how PSYCH-K® is happening ALL over the world: <https://youtu.be/-p9pZgHqexE...>