



## PSYCH-K® Basic Workshop In-Person General Information

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

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, via the Basic Workshop page. 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](mailto:cazziedare@yearning4learning.co.uk) and we can sort that out.

Once you have booked your place, you will receive a link to click 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, one or two weeks before the start of the workshop, to touch base with everyone.

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

Much love

Cazzie

### Venue Addresses

**Cardiff** - Premier Inn Cardiff Bay. Bute Place. Cardiff . CF104AA.

**London** - Leonardo Hotel Heathrow. Bath Rd. Sipson. West Drayton. UB7 0DP

**Bristol** - Premier Inn. Cribbs Causeway, Catbrain Lane, Bristol. BS10 7TQ

**Birmingham** - The Birmingham Conferences and Events Centre (BCEC). Hill Street Birmingham. B5 4EW.

**Exeter** - Leonardo Exeter. Western Way, Exeter, EX1 2DB

**Workshop Cost:** £850 early bird / £915 full price - further discount added for signing up to and watching the Basic Workshop information webinar -

<https://mailchi.mp/sharonlock/free-psych-k-discovery-webinar>

Workshop timings: Day 1      9:00am - 6:15pm

Day 2      9.00am - 6.15pm

Day 3      9.00am - 5.00pm

Payment plans are available by bank transfer upon request and full payment must be completed by the start of the chosen workshop.

Alternatively, if you have a PayPal account, you can choose the Pay Later option on my website, which allows you to pay in three instalments. Please note that this is a contract between the payee and PayPal and not the payee and Yearning4learning. Paypal will do a credit check and, once that is cleared, you will pay PayPal the first third of the payment up front, the second third a month later and the last third a month after that.

## **PSYCH-K® Basic Workshop In-Person schedule**

### **Day 1**

- **PSYCH-K®** - what it is and how it works

- **Three aspects of consciousness** and how we work with each aspect to create successful, long lasting and sustainable change in our lives.

- **The brain:** understanding the basics of split brained research. We will look at the benefits of being whole brained (relaxed, receptive and reprogrammable) over being split brained (stressed) and the importance of being whole-brained when making effective change in our lives.

- **Muscle Testing:** how to communicate directly with our superconscious and subconscious minds. We use muscle testing at every step in the PSYCH-K® Balance processes, so we're never left second guessing if it's worked. We don't move on to the next step of the process until the previous one is complete. This helps to eliminate any doubt that the subconscious change has been successful.
- **Two PSYCH-K Balances:** the processes that are used to change subconscious limiting beliefs into juicy, self enhancing beliefs. We call these the New Direction Balance and the Resolution Balance.

## Day 2

- **Principles and philosophies of PSYCH-K®**
- **7 categories of change:** 77 example Goal Statements over 7 different categories, covering the areas of Relationships; Personal Power; Self esteem; Prosperity; Grief and Loss; Spirituality and Health and Body and how to use them.
- **Creating Well Formed Goal Statements:** create your very own personal beliefs that will help you have the life experiences you want and desire and some fun and creative ways to do this.
- **Transform the Perception of a Stressful Situation** - transform the perception of any stressful experience, emotion or phobia in your life, past, present or future, so there is no more emotional charge when you think about the experience. The goal here is to achieve a state of peace and non attachment regarding the experience.
- **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.
- **Self testing:** you will learn self muscle testing techniques to help you use the PSYCH-K® Balances with 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. Here we will learn how we can live more joyful, satisfying and harmonious lives in every area of our lives.

## 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® processes with yourself, first and foremost and then with friends and family once you've had at least a month practicing with yourself.
- **Where you can go from here:** other available PSYCH-K® workshops and what resources and support is available after the workshop.
- **Affirmations of completion and closing of the workshop.**

### Post Workshop Support

On successful completion of the workshop, you will receive ongoing support through your workshop groups Whatsapp group, as well as the Facilitator UK WhatsApp, Telegram and Facebook groups, along with the Official PSYCH-K® Facebook group too.

You will also receive a link to access the PSYCH-K® Facilitator Drive, which has a huge amount of resources, such as extra protocols to work with, an ongoing project called the Self Realisation Project, for self work, plus videos, which support what you learnt at the workshop and more.

You can also join the monthly Zoom calls, which my friend and fellow PSYCH-K® Instructor, Sharon Lock and I host. These calls are an opportunity to share how things have been since your workshop and to ask questions. It's always an opportunity and never an obligation to participate during the calls. Many people come to the calls and don't actively participate, but still benefit from listening to others' questions and our answers.

## Further reading and viewing

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 shares his experience with PSYCH-K® and why he believes we should all 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 PSYCH-K®: <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...>

### Is PSYCH-K® For You?



**PSYCH-K® Instructors - Sharon Lock and Cazzie Dare**



**PSYCH-K® Connection, Collaboration and Community**

