



## Psych – K<sup>®</sup>

If you have not heard of Psych-K then check this out because this is the quickest way to re programme those subconscious belief patterns that seem to sabotage our healing process or dreams, desires & wishes that we have to live our life to its fullest potential.

In the Wholistic approach our feelings & beliefs play a significant part in the desired outcome for better health & well being.

There is no magic pill or supplement that can fix this but with Psych – K<sup>®</sup> it is possible to turn things round pretty fast so that our subconscious patterns work with & not against our conscious desires.

How you feel and your belief patterns count for a lot – much more than we realize.

We are pleased to offer Psych-K sessions at our clinic with [Cazzie Dare](#).

Please call us on **0207 580 7537** for dates available with Cazzie.

***"The secret of life is belief. Rather than genes, it is our beliefs that control our lives. PSYCH-K<sup>®</sup> is a set of simple, self empowering techniques to change your beliefs and perceptions that impact your life at a cellular level"***

(Bruce H. Lipton, Ph.D. Cellular Biologist and author of best seller 'The Biology of Belief')

***"Re-write the software of your mind in order to change the printout of your life."***

Robert. M. Williams. Originator of PSYCH-K<sup>®</sup>

**CLICK HERE FOR MORE INFORMATION ON PSYCH –K<sup>®</sup> .....**

**Wondering why you keep sabotaging your wishes & desires in life repeating old patterns over & over again?**

Your subconscious beliefs establish the limits of what you can achieve. If your life feels like a car being driven with one foot on the accelerator and one foot on the brake, chances are you have a conflict between your



conscious goals and your subconscious beliefs. This kind of conflict shows up in relationships, job performance, self-esteem, athletics, weight loss, prosperity, even your physical health

**The subconscious mind is critically important because it is the storehouse for attitudes, values, and beliefs. In the final analysis it is our *subconscious beliefs* that drive our thoughts and actions, which determine the limits of what we can achieve.**

**Even well-trained, motivated and committed individuals often sabotage themselves because their *subconscious minds* harbor beliefs that are contrary to success.**

PSYCH-K<sup>®</sup> is a unique and direct way to identify and change subconscious beliefs that perpetuate old habits and behaviours that you would like to change. It is a simple process that helps you communicate with your subconscious mind so you can change beliefs that sabotage your self-esteem, relationships, job performance and even your physical health! PSYCH-K<sup>®</sup> is a user-friendly way to rewrite the software of your mind in order to change the printout of your life!

PSYCH-K<sup>®</sup> is a unique process evolving from years of split-brain research and hundreds of sessions with individuals and groups. It creates a receptive state of mind that dramatically reduces resistance to changing at the subconscious level. The subconscious mind can be accessed in a way similar to a personal computer. PSYCH-K<sup>®</sup> works like a "mental keyboard" – a user-friendly method of communicating with the subconscious mind that is simple, direct and verifiable.

The programming of our habits and belief patterns is mostly subconscious, meaning we are not even aware that it is happening and did you know that, according to a number of theories, most of the beliefs we hold were formed before the age of seven. Before the age of seven, we do not have the ability to discern what is ours and what is not. During our formative years, we absorb everything we experience through our senses just like a sponge, and some of what we absorb subconsciously can be very limiting.

On a daily basis, our behaviour and actions are driven by our subconscious beliefs and, being that 95% of our beliefs (created by our environment and



past programming) are subconscious, we are mostly unaware of why we behave as we do, and are even unaware that we are behaving in certain ways. This can leave us wondering, "Why does this keep happening to me?" This question often manifests when we experience such things as growing debt, failed relationships, losing weight and putting it back on again.

It's easy to blame other people for the things that don't work in our lives and it's very easy to keep repeating the same sabotaging and limiting behaviour, because it's what we know and understand - it's safe and familiar. Can we ever move forward in our lives in ways that support us and benefit us, if 95% of what we are 'playing out' is subconscious?

The great news is that it is possible to identify your subconscious limiting beliefs quickly, and replace them with positive beliefs that will enable you to achieve your goals and desires at a conscious level.

For more information on PSYCH-K® see [www.psych-k.com](http://www.psych-k.com)