

PSYCH-K



Developed by [Rob Williams](#)

PSYCH-K® is:

- a non-invasive, interactive process of change with a proven record of success for over 25 years!
- a simple, yet powerful process to change subconscious beliefs that are self-limiting and self-sabotaging
- a unique blend of various tools for change, some contemporary and some ancient, derived from contemporary neuroscience research, as well as ancient mind/body wisdom
- a ground-breaking approach to facilitating change at the subconscious level where at least 95% of our consciousness operates.
- a process that transcends the standard methods of visualization, affirmations, will power, and positive thinking especially effective in the areas of behavioural/habit change, wellness and stress reduction

Dr Bruce Lipton says, "The major problem is that people are aware of their conscious beliefs and behaviours, but not of sub-conscious beliefs and behaviours. Your sub-conscious beliefs are working either for you or against you, but the truth is that you are not controlling your life, because your sub-conscious mind supersedes all conscious control."

PSYCH-K® is a form of energy healing, where we identify negative self-talk or negative belief systems.

We then re-word these, using language understood by our sub-conscious minds to create positive belief statements that support our personal growth and development.

You may understand how important beliefs are and want to make changes at this foundational level, but how? If you've tried positive thinking, will-power, analysis and affirmations with limited success, you know the frustration of trying to make changes at the conscious level alone.

It is believed by Dr Bruce Lipton that your sub-conscious mind is running you for 90 - 95% of the time, and has records of everything in your life. Your sub-conscious mind has all the answers you seek - it knows what is best for you, and what you need, for your best healing and best results, even though consciously you might have no idea!

Let me facilitate a process of embedding new, positive belief statements into your sub-conscious mind.

"The 'secret to life' is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K® is a simple, self-empowering process to change your beliefs and perceptions that impact your life at a cellular level." ~ Bruce Lipton, Ph D Cellular Biologist, author of *Biology of Belief*.

Visit <https://psych-k.com/psych-k-research/> to learn the science behind PSYCH-K®.