

The Conscious Mind's Limitation

Does stress, self-doubt and overwhelm dominate your thoughts and feelings? Do you want to overcome bad habits, change your thinking, recover from past emotional trauma; or simply live the life of your dreams? Maybe you tried using therapy, yoga, meditation, or affirmations while hoping to reach your goals. But most of your anxiety and stress just does not change. Often, trying to “fix” yourself at the conscious mind level reinforces those annoying behaviors at work and in relationships! Now, you can free yourself from unwanted thoughts and feelings sabotaging your true self.

Whole Brain Balancing with PSYCH-K® transforms hidden subconscious patterns easily and quickly, while aligning them with your conscious mind's desires. Creating congruence between these two aspects of the mind integrates contradictory mental patterns and emotions. A “balance” releases self-limiting beliefs to align your conscious mind intentions with deeper subconscious motivations.

Founder Rob Williams (psychotherapist) describes it as, “*A scientific and psychological process designed to rewrite the subconscious minds "software" for personal empowerment and performance. Based on brain dominance theory, quantum science and neuroscience; PSYCH-K also utilizes principles of mind/body/spirit integration. Scientific research provides that it generates a "Whole Brain State" featuring a bilateral, symmetrical brain wave pattern. The results of a balance equilibrate the brain's two hemispheres, enabling nearly immediate subconscious mindset changes.*”

The Subconscious Mind's Power

The subconscious mind is formed in childhood; when we are conditioned by parents, teachers and other authority figures. As adults those outworn programs shape our adult attitudes and beliefs; nearly 98 percent of the time! How can we access and change our subconscious programming, when it functions like a gatekeeper, resisting change? You can easily release self-limiting and contradictory beliefs from childhood that motivate your adult behaviors. PSYCH-K balances quickly “reprogram” our subconscious mind to substitute the beliefs and behaviors we desire as adults.

This “deep change” brain integration technique combines positive psychology with the biology of intention. Dr. Bruce Lipton, (cell biologist) author of the *Biology of Belief* says, “*Your beliefs determine your biological and behavioral reality. The secret to life is belief. Rather than genes, it is our beliefs that control our life. PSYCH-K is a set of simple, self-empowering processes to change your beliefs and perceptions that impact your life at a cellular level. It represents one of the most important, efficient, effective and rapid change processes available on this planet today.*”

The Whole Brain State Solution

A form of biofeedback, PSYCH-K utilizes applied kinesiology, to directly access the subconscious mind and harness the brain's innate ability to change. A balance establishes equilibrium between the brains' left and right hemispheres, to create the "whole brain state." Results of this state are clearer thinking at the conscious mind level and deeper emotional awareness at the subconscious mind level. The goal of a balance is to improve health, relationships, finances and performance; while addressing stress and redressing trauma.

Dr. Jeffrey Fannin (neuroscientist) conducted neurofeedback research with Rob Williams. He states, “*The optimal state of consciousness is to have the qualities and attributes of both brain hemispheres operating simultaneously, to have the mind/brain's full response system available; and create a "user-friendly" state of consciousness for changing subconscious beliefs quickly and easily. When a PSYCH-K balance creates this state within minutes; it can beneficially and dramatically influence our performance.*”