



LEARN TO CHANGE SUBCONSCIOUS BELIEFS

simply and easily, allowing you to:

- **Facilitate change** for yourself and others, personally and professionally
- Experience **abundance** in every area of your life
- **Enhance career** opportunities
- **Reduce** anxiety and stress
- Create and enjoy **fulfilling relationships**
- **Actualize** the amazing **healing** power of the mind
- **Re-perceive** fears and phobias to feel at peace
- **TRANSFORM** post-traumatic stress
- **Balance** out destructive habits (e.g. smoking, overeating, etc.)
- **Move beyond life's challenges**
- **Actualize your potential!**
- **AND MORE!!**

"Everything you can imagine is real."

Pablo Picasso



FREE YOUR MIND

The PSYCH-K Basic Workshop

After this foundational workshop, you'll be able to facilitate PSYCH-K Balances with yourself and with others.

"The 'secret to life' is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K is a set of simple, self-empowering processes used to change the beliefs and perceptions that impact your life."

Dr. Bruce Lipton –
author of *Biology of Belief*

Your Instructor:

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Transforming Lives and Businesses – TODAY

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*Are you looking
for more*

PEACE

JOY

SUCCESS?



It's closer than you "think."

Learn How To Transform
Limiting Beliefs and Behaviours...

Set Course for an
EXTRAORDINARY LIFE!



Philosophy

Your Life is a reflection of your “beliefs.”

These beliefs, usually subconscious, are the cumulative effect of life-long “programming.” As a result of past conditioning, we sometimes think and behave in self-defeating ways.

Conscious thoughts can be changed easily via the introduction of new information: reading a book, having a conversation or seeing the results of our actions. If conscious awareness was all that was needed, then it'd be easy to experience success in all areas of life. This is not the norm.

Unless changes are made at the subconscious level of mind, repeating undesired reactions and behaviours will likely continue. Subconscious beliefs have far reaching consequences, both “positive and negative,” in every aspect of life. They effect moods, relationships, job performance and even physical health.

It is therefore imperative to know how to change limiting beliefs into beliefs that support goals and aspirations.



Methodology

Align your thinking with your actions.

PSYCH-K provides a variety of safe and effective ways to “rewrite the software of the mind” by changing beliefs that limit you into beliefs that support you...simply and easily.

Originated in 1988, PSYCH-K directly facilitates communication between the conscious and subconscious portions of the mind. It also includes processes to increase the “cross talk” between the two brain hemispheres resulting in a “whole-brain” state, dramatically reducing the resistance to changing outdated subconscious programs.

PSYCH-K is the missing piece in your life that let's you find the peace



Opportunity

Ready to get your beliefs in gear?

PSYCH-K is available in different formats to provide you with a variety of options to accomplish your goals:

PRIVATE SESSIONS are available to target specific changes and focus areas.

WORKSHOPS offer learning the simple processes for your own use as well as for assisting family, friends and clients.

PRESENTATIONS may be customized for groups or organizations to provide an introduction to the science and philosophy of this powerful change process while emphasizing group specific applications

Contact Sandra to learn more at:

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