



Certified PSYCH-K® Instructor
Change Your Beliefs . . . Transform Your Life

PSYCH-K® Belief Change

“PSYCH-K® is a user-friendly way to rewrite the 'software' of your mind in order to change the 'printout' of your life.” - Robert. M. Williams, M.A. Originator of PSYCH-K®

YOUR BELIEFS ESTABLISH THE LIMITS OF WHAT YOU CAN ACHIEVE!

As Henry Ford once said,

"If you believe you can or if you believe you can't...you're right!"

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 negative programming, we sometimes think and behave in self-defeating ways.

PSYCH-K® provides a user-friendly way to rewrite the "software" of your mind by changing beliefs that sabotage you into beliefs that support you...quickly and easily.

When you rewrite the "software" of your mind, you change the "printout" of your life.

Changing subconscious beliefs that may be sabotaging well-intentioned actions is similar to reprogramming a personal computer. Using PSYCH-K® techniques, a kind of "mental keyboard" to your own brain, you can increase "cross talk" between the two brain hemispheres, thereby achieving a more "whole-brained" state, which is ideal for changing subconscious beliefs.

In addition, when right and left hemispheres of the brain are in simultaneous communication, the qualities and characteristics of both hemispheres are available to maximize your full response potential to life's challenges.

PSYCH-K® helps you communicate directly with both the conscious and the subconscious minds, so you can change old beliefs that sabotage you into new positive ones that support you! This unique process is a blend of various tools for change, some contemporary and some ancient. Like many innovations in the world, PSYCH-K® was the result of a "blinding flash of the obvious" generated by years of research and thousands of sessions with individuals and groups.

How Did PSYCH-K® Come To Be?

PSYCH-K® was originated in 1988 by Robert M. Williams, M.A. It was a response to the frustration that came with the realization that typical counseling techniques, which rely almost exclusively on "insight" and "motivation," seldom create real and lasting changes. Rob has spent 14 years developing and improving PSYCH-K®.

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His background in business and psychotherapy creates a results oriented approach to personal change. PSYCH-K® was inspired by a variety of processes, some contemporary and some ancient. It deals with the part of the mind called the subconscious, which is capable of creating dramatic and lasting changes quickly and easily.

How Does PSYCH-K® Work?

PSYCH-K® 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® works like a "mental keyboard" – a user-friendly method of communicating with the subconscious mind that is *simple, direct and verifiable*.

What Is A PSYCH-K® Balance?

A PSYCH-K® Balance is a technique designed to create balanced communication with both hemispheres of the brain. This "whole-brain" state is ideal for reprogramming the subconscious mind with new positive beliefs that support your goals rather than sabotage them!

Why Haven't I Heard Of PSYCH-K® Before?

Until 1997, Rob was the only person teaching PSYCH-K®. Now there's a growing number of hand picked Certified Instructors personally trained by Rob Williams. In short, you'll be hearing a lot more about PSYCH-K® in the future!

How Can PSYCH-K® Help Me?

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. If you are facing challenges in any of these areas, contact WisdomWays for a consultation or for more information.

Can PSYCH-K® Help Me At Work?

Yes! You can reduce stress, improve sales performance, enhance your leadership ability, and increase your job satisfaction and more. Rob is also the originator of PER-K® (Performance Kinesiology®), designed for the business environment.

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