

# **BASIC PSYCH-K® WORKSHOP**

Instructor: Cazzie Dare ([www.yearning4learning.co.uk](http://www.yearning4learning.co.uk))

## **DATE:**

Friday 30th to Sunday 2<sup>nd</sup> May 2021

## **Workshop Times:**

9:30am – 6pm Friday/Saturday

9:30am – 6pm Sunday 11th

One hour for lunch (fridge available to use)

Nearby café/pub/garage deli/newsagents

## **Venue:**

KB Sports & Therapy Clinic

16-18 Stenson Street

St James

Northampton

NN5 5ED

Free parking opposite the clinic (spaces are limited so early arrival advised)

## **What is covered at the PSYCH-K® 3 day Basic workshop**

### **Day 1**

- Theory of how and why PSYCH-K works
- Beliefs, where they come from and how they affect us in our daily life
- Cazzie (Instructor) will show you her Belief Cycle, so that you can really understand the impact our subconscious beliefs have on our daily lives
- Three levels of the mind and how we work with each level to make successful, long lasting change in our lives.
- The brain - understanding the basics of split brained research and what it means to be whole brained.
- We will look at the importance of being whole brained when making effective change in our lives.
- What is a PSYCH-K Balance and more about PSYCH-K.
- Muscle Testing that allows us to communicate directly with our superconscious and subconscious minds.

- Two PSYCH-K Balances - the processes that can be used to change limiting beliefs in the subconscious mind into juicy self-enhancing beliefs.

## Day 2

- How to create your very own personal well-formed goal statements that will help you have the life experiences you want and desire.
- Clarification for the subconscious mind - giving the subconscious mind more detail of what your goal statement means in it's own language, which is through the senses.
- Different categories with 77 example Goal Statements in each category, covering the areas of Relationships; Personal Power; Self esteem; Prosperity; Grief and Loss; Spirituality and Health and Body and how to use them.
- Secondary Gain: Have you ever tried really hard to change a behaviour or experience in your life, but you just seem to keep getting stuck? Here, we will look at the possibility of secondary gains, whereby the subconscious need to stay in the behaviour or experience outweighs the conscious desire to change and we will look at how to overcome this.
- Transform the Perception of a Stressful Situation - transform the perception of any stressful experience, emotion, phobia or trauma in your life, past, present or future, so that there is no more emotional charge when you think about the experience.
- Self testing - self muscle testing techniques that will help you use the PSYCH-K®
- Balances for yourself, when you are on your own. Principles and philosophies.

## Day 3

- Use PSYCH-K® in Your Daily Life: how to get from where you are now, to where you want to be in the simplest and most effective way. This is where we bring together everything that you have learned so far.
- There will be a practice session, giving you the confidence to use the PSYCH-K® process with yourself and others once you leave the workshop.
- Principles of Nature - 33 statements that have been inspired by Bruce Lipton's work on nature and what we can learn from her. -- The PSYCH-K® Gaia Project.
- Where you can go from here.
- Affirmations of completion and close of workshop.

**COST per person**

£535 per person

The usual full price for this workshop is £595 but due to the current situation the cost is being kept at the Early Bird offer.

Please contact Laura Kirkwood (KirkysTherapies@gmail.com) directly make a payment and reserve your place.

I look forward to hopefully meeting you at the workshop for a fun three days of learning and transformation.

Further reading and viewing PSYCH-K® The Missing Peace in Your Life : Rob Williams' book can be purchased on Amazon on kindle for £3.79 (prices may change) Anything by Bruce Lipton: Books -The Biology of Belief, The Honeymoon Effect, Spontaneous Evolution