20 Toxic Beliefs to Move Beyond and Why



By Karen McKy

http://www.SubconsciousChange.com



Chances are if you're here reading this report you are at least familiar with the idea we all have limiting beliefs running in the background of our lives. Your curiosity and self-awareness have brought you to a marvelous time and place. If this is the first time you have heard about changing limiting beliefs or you've been reading up about it, thank you for opting in for this free report. There is a lot of

great information here so read on!

Belief Statements

Take a look below and see how many of the dis-empowering messages in the left column you heard growing up. You may have only heard them once (which is enough to wreak havoc for a lifetime) or you may have heard the message/s repeatedly. The messages on the right side of the chart are possible interpretations of these messages you might have made for yourself.

If your personal interpretation isn't there, go ahead and add it. I left room for you to do so. What we hear or perceive from others has a direct and lasting impact upon our subconscious mind all the way through our adult life, unless we learn how to change it.

As children we take the original degrading message, translate it and personalize it, then store it as a belief we operate from, many of us for the rest of our lives. Some of us will agree with the belief we internalize and we live a diminished life because of it. Others will rebel against the belief that is internalized and go the opposite direction.

The amazing thing is we act according to our beliefs. Even more interesting is that our beliefs are at the very root of all our thoughts, motives, desires, emotions, even the words we say to others. Take a moment, stop and really consider this seriously. Do you find this to be true? Our beliefs govern absolutely everything we do. Some say they even govern our biology.

In Dr. Bruce Lipton's bestseller "*The Biology of Belief* " he says, "Our positive and negative beliefs not only impact our health, but also every aspect of our life." He adds, "Your beliefs act like filters on a camera, changing how you see the world. And, your biology adapts to those beliefs."

While each of us has come through different family, educational, religious and cultural experiences chances are you have been exposed to several of these demeaning and disempowering statements. Chances are you have lived your life based on some of the same messages or other messages which are just as diminishing.

Take a look now at the 18 pairs of statements. Highlight or mark those that you are most familiar with in your own life. There are 2 rows provided for you to add 2 of your own!

The messages we perceive from others

become the messages we tell and believe ourselves.

A/R

A/R

You'll never win.	I always lose.
You're hopeless.	It doesn't matter anyway.
You'll never get it right/fixed/corrected.	I never learn.
You'll never change.	I'll always be this way.
You can't have that.	I'm not worthy of
You're such a loser.	I'm worthless
Not now, I'm busy, we'll talk about it later.	I'm not important.
You'll never amount to anything.	I'll never be successful.
You're wrong.	l'm never right.
You're just like (your father, mother, etc.)	I can't change my genes/who I am.

You'll never be able to	I just can't figure it out.
You're worthless.	My life is of no value. I contribute nothing.
Who do you think you are?	I'm a no-body.
You're a loner and always will be.	I'll never find a mate/spouse/business
You're not to be trusted.	partner, etc. I can't trust myself or others.
You'll do as I tell you.	I have no control. I'm always the victim.
Money goes through your hands like water.	I'll never have enough money.
There's no cure, there's no hope.	I have to accept their diagnosis.
/hat messages were you told?	How did you interpret that message?

Now that you have pondered these statements, consider how you may have allowed them to influence your life. Did you agree with the statements? Did you rebel against them? Mark the statements with an "A" if you agreed them and an "R" if you rebelled against them. You can print your chart after marking your indications.

Take a few moments to consider how your life has been lived as a result of these beliefs. What have you never been able to accomplish? What do you constantly seem to struggle against? Who did you bring into your life as a result of the beliefs you hold? What have you allowed to happen either directly or indirectly as a result of these beliefs? While awareness is a wonderful thing, it is only a first step to actually changing the beliefs.

Everyone has beliefs which have limited them and kept them from achieving what they are capable of. The good news is we have great ability to change the limiting beliefs of our lives once we are aware we have them. We can begin operating from an entirely different mind-set and there is science to support this.

The Role of Emotions And Environmental Triggers

Dr. Jeffrey Fannin, PhD of the Center for Cognitive Enhancement has been working with Rob Williams M.A. of The PSYCH-K Centre for the past 2 years. In the Fall of 2011 they published a paper in the peer reviewed journal, NeuroConnections. In this paper they discussed the role of negative emotions and negative feedback. "...arousal of strong negative emotions stimulates the Sympathetic Nervous System (SNS), which inhibits access to existing neural circuits and invokes cognitive, emotional, and perceptual impairment."

This means when we are subjected to negative emotions or feedback (words, thought, acts) then our neural connections are unable to communicate as effectively. Some may say that we even "dumb down" as a result of the experience.

Can you remember a time when you were the target of someone's negativity? Do you remember being at a loss for words to respond? Perhaps some time later, after the affront, you were calmer and more able to think. You might have told yourself, "I should have said this or that to him/her." However in the moment these words and concepts simply weren't there! This is an example of exactly what is described above.

When we perceive we are under attack, regardless of how mild or harsh it is, our sympathetic nervous system triggers a number of complex chemical reactions in the body. We immediately go into the Fight/Flight/Freeze stress reaction. Our body stops sending vital blood flow and nutrients to the torso and redirects the flow to the limbs so we can either fight or flee. Additionally *****it diverts blood flow and nutrients away from the frontal lobes of the brain and redirects blood flow to the back of the brain.

Since all of our rational cognitive processes are in the frontal lobes and we have less access to them during a stress response we actually become less capable of thinking or processing cognitively when under stress.

During a negative situation our senses take in all available data and run it through the filters of previous information held within the subconscious mind. We base our reaction to the current threat on the filters of the past, rapidly contrasting the current event as "same or different" from past experiences, making new associations and reacting to the event.

These new associations are then stored in the subconscious mind, which acts as our ever present recording device, adding new information to prior information.

When we live or work in an environment we perceive as negative it is easy to understand how we can have such great difficulty manifesting the positive results we so desire.

The Physical Bio-System

What is the subconscious mind anyway? This is a question many highly degreed scientists still cannot explain. They can explain the effects of the subconscious mind, the realm of its effects, even the processing capacity of it, but there still is great discrepancy as to what it is exactly and where it is located within the living being's system.

Much of this comes from the fact that science is still looking for its answers from the physical bio-system itself. It is very difficult to measure and prove that of the spiritual realm. It is this authors perspective that the subconscious mind may actually be part of our spiritual essence and that it has no physical properties. With the recent acceptance of quantum energetic field ideas and quantum mechanics science finally appears to be headed in the best direction at this time to explain the subconscious mind.

Scientists have ascertained the subconscious is responsible for recording data of the events of our lives without judgment of good or bad, right or wrong. It simply records factual details. The subconscious appears to hold emotional experience within it as well. How it interfaces with the brain is still a mystery. It has been shown working with many hypnotized subjects over the past 100 years that they are able to access memories of other lifetimes in vivid detail.

There are many documented accounts of historically accurate lives having been lived by these hypnotized people. Research of these past life accounts has confirmed and the accuracy of reported details verified. These same people have access to all the emotions they were experiencing during the past life recall.

How Can This Be?

How can the hypnotized person accurately know this information and experience these emotions unless it is possible they have actually remembered it from another lifetime?

If these people have in fact remembered events from a prior lifetime and they can access this information without the benefit of their old brain, then the memories must be stored somewhere other than the brain.

The best way of currently explaining this idea is the metaphor of the "cloud," which we can now upload computer documents to. We can't see, hear, touch or directly experience this "cloud" yet we can upload, download and share documents with others from it. It holds the wisdom of thoughts and actions in the form of documents or files. In some respects this is very similar to the activity of the subconscious mind.

In the NeuroConnections report Dr. Fannin and Mr. Williams state "The subconscious mind consists of all involuntary processes and functions including thoughts, beliefs, emotions, memories, skills, instincts and behaviors of which we are not consciously aware. They are generated by the subconscious mind, while the effects occur in the brain and body.

Many of the processes and functions of the subconscious mind involve implicit memories. Implicit memories derive much of our subconscious abilities such as habits, skills, behaviors, reflexes, conditioned responses and emotional reaction, which we automatically demonstrate or engage in without much or any conscious awareness or thinking. If we want to change any of these subconscious implicit memories ...we must interface with the subconscious mind."

How do interface with the subconscious mind then? How do we get to where we want to be? If all we needed were more books, more affirmations, more motivational speakers, vision boards, gurus, etc. we would already be fixed and our lives would be demonstrating the results of the work we had accomplished. But, this isn't the case! Why is it then, so much of what we do has so little effect on our subconscious mind?

Perhaps it is because we are going about solving the problem using "conscious mind" processes rather than subconscious mind processes. Perhaps we are not speaking the language of the subconscious mind, we are not specific enough and we are not utilizing our brain to assist us in the most effective way.

For the past 24 years Rob Williams has made available a set of spiritually based subconscious mind processes, which have now been scientifically documented, that create changes within the brain and the subconscious mind. While this is fantastic news and creates greater credibility for those who need conscious mind confirmation that this stuff works, the even greater news is that people are actually able to create significant and lasting changes within the subconscious mind by accessing the subconscious mind.

Dr. Fannin's and Mr. William's paper shares the results of a study utilizing 125 PSYCH-K Facilitators (students who have completed at least the Basic PSCYH-K 2 day course). Using quantitative EEG with standard EEG artifacting criteria (artifacting is the removal of data containing eye blinks, muscle twitches, swallowing, etc. which can skew the raw brain wave data within the collected measures) and the PSYCH-K Balance process with all subjects, it was found that...

" ...98% of the cases measured, presented statistically significant correlations, demonstrating the difference between the baseline measures and the presences of the whole brain state after the intervention (balance) occurred." What is the whole-brain state and why does it matter? To understand this we need to consider the anatomy of the brain. There are a fair number of highly specific parts of the brain, but 3 primary parts we need to discuss at this time. These are the Right hemisphere, Left hemisphere and the Corpus Callosum.

Through the past several decades much research has been done to understand the characteristics and responsibilities of each hemisphere. This research is better known as split-brain research which also led to studies of the Brain Dominance Theory.

The Significance Of the Hemispheres of our Brain

The right hemisphere is credited for our creative abilities. It uses intuition and emotions. It thinks in pictures and deals in wholes and relationships. It will synthesize and put together and thinks holistically. It is introverted, identifies with the group, is spontaneous and free and is identified with the feminine aspect.

The left hemisphere is credited for our logical abilities. It uses reasoning, thinks in words, and deals in parts and specifics. It will analyze and break apart and thinks sequentially. It is extroverted, identifies with the individual, is ordered and controlled and is identified with the masculine aspect.

The corpus callosum is a dense bundle of nerve fibers which runs between the two cerebral hemispheres. It is the normal function of this bundle to act as a bridge between the two hemispheres so the entire brain operates utilizing the resources of both hemispheres.

While this is the ideal circumstance it can also appears the corpus callosum can contribute to a lack of communication between the two hemispheres, thereby acting as a barrier to communication. Regardless of where or how the breakdown occurs it can easily be demonstrated that communication between the hemispheres is broken or disrupted in regards to specific beliefs.

One of the most fascinating revelations while working with PSYCH-K change processes is when a client (called Partner in PSYCH-K) notices the difference in how their brain hemispheres respond to the thought of a particular belief. Typically one hemisphere will be test strong and the other weak to the idea of the presented belief. It is desired for both hemispheres to come into alignment in regards to the newly proposed positive belief.

The goal of each PSYCH-K Balance process is for the two hemispheres to become aligned, rather than fighting one another, in regards to the newly proposed positive belief statement, thus enabling the Partner to have access to all the resources of both hemispheres.

This allows the person to also have a greater sense of inner peace as the resistance to the desired belief is relaxed and there is a more open flow of communication within the brain once the balance is completed. Many people comment on how much tension they felt "let go" as a result of the PSYCH-K process.

We all have an innate ability to know what is best for us. However, through the course of our early childhood and even into later years as an adult, circumstances occur which create an emotionally charged experience for us. This charged experience seems to locate more in one hemisphere than the other.

We become "right brain thinkers" or "left brain thinkers" as we are continually conditioned by our experiences and those around us. We may tell others pridefully this is how our brain is oriented.

What if we flipped this thought around and considered we are shut down in the opposite hemisphere more than the other? Would we be so interested in boasting then? Do we really want to live with half our brain shut down much of the time?

Most people would say, "No." It is easy to understand the value of being "whole brained" in every area of our life. This is the goal of PSYCH-K, used for personal development and PER-K, (pronounced perk) for business development.

How This Applies To Us

It has always been the interest and commitment of Rob Williams, M.A. to affirm the personal power and capability of each individual to create the changes in their lives they desire. This is why the subconscious change processes are taught during personal, face to face, interactive workshops around the world rather than being taught over the internet, a book or video.

Each workshop is taught by a Certified PSYCH-K or PER-K Instructor so students are assured they will gain the fullness of the educational opportunity. Within the context of the workshop various nuances always emerge particular to that group of students.

It is the Instructor's job to assist and teach how to handle and address those nuances when they arise. The varied presentations of each student's questions and experiences could never be duplicated in a video or book presentation.

Because such diversity exists in each class it is encouraged for serious students of PSYCH-K to come back and review from time to time so they can take another slice of understanding, and hear the presentation from a different perspective after they have employed the tools for some time. Students who review workshops will often say, "If you said that in the first class I missed it." Or "There was no way I could have captured all that you said in the first class." We can only take in so much at one time after all.

Each of us has the power to do it ourselves! PSYCH-K is for the person who is committed to taking personal action in their life and making the changes they seek. PSYCH-K is not a "DO TO" model of change like so many other modalities. PSYCH-K is a "DO WITH" model.

You will learn how to do the processes WITH yourself and WITH others so you may be of service to those who ask for your assistance should you decide you want to offer it.

The DO WITH idea is rather foreign to most people at first. Within our culture we have become accustomed to someone always doing something TO US, even if it is pleasurable. Being in the position of creator of our outcome and taking personal responsibility for what happens in our lives can be unfamiliar at first. However, once you start achieving great results and enjoy the benefits of exercising your personal power and accountability you will find that this is very comforting, natural and inspiring.

Many people have had their personal power broken or stripped from them early in life as an authority figure made the child submit. Some people never realized this happened to them. Others realize it and spend a lifetime working to regain the power they were born to express.

A blessed handful of children kept their personal power intact and had it affirmed for them as they grew and were encouraged to keep stretching and taking on new things. Regardless of where you are right now in your life, be assured you are a powerful person! You are capable of powerful change and powerful results!

PSYCH-K helps people regain their connection to their personal power and learn how to employ it so they can move in the direction of manifesting the life they dream of having. We never lost our personal power. We were made to shut ourselves off from using it, usually, because it threatened the personal power of someone else.

It is because our personal power is so important to our success in everything we do that I chose to showcase disempowering beliefs as the most toxic of all beliefs in our lives.

If you take a look again at the beliefs shown in the introductory list you will see the common thread running through each of them. It is the intention of the original speaker to demoralize, dehumanize, diminish, and degrade the person they directed the statement towards. If we took on any of these beliefs as children or adults, and converted them into the belittling self-talk which runs in the background of our subconscious mind, we have turned over our personal power to the one who thwarted us.

By Now You Should Know

Now is the time to take back your personal power and reclaim your excellence as a divinely blessed soul upon this planet. You have the right to be the brilliant and amazing person you truly are. If you need a little help getting your subconscious mind to align with your goals then you are at the right place at the right time. I am here to assist you with your goals.

I am here to teach you how to step into your power and utilize the processes which have been used around the world now since 1989. When you are willing to take on your life I am be honored to stand beside you and show you how to do it utilizing the amazing processes known as PSYCH-K and PER-K.

This is my gift to you



Karen Mcky MHt

International Certified PSYCH-K[®] Instructor

Professional PSYCH-K[®] Health and Wellness Facilitator

Brainmapping Core Consultant

Clinical Hypnotherapist

P.S. If you are interested in ordering the PSYCH-K book, *The Missing Peace In Your Life* by Rob Williams, M.A. you can do that here.

P.S. If you are interested in your own crisp clear copy of the DVD *The Biology of Perception, The Psychology of Change* with Dr. Bruce Lipton, Ph.D. and Rob Williams, M.A. you can order that here too.