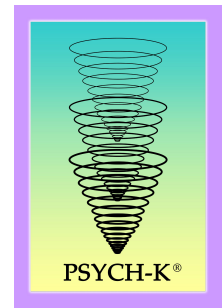




PSYCH-K®



PSYCH-K® Basic Workshop General Information

Thank you for your interest in the PSYCH-K® Basic workshop.

I have created some general information about the Basic workshop for you to read before booking. This includes venue addresses, cost and timings and what is covered at the workshop.

After reading this information, if you would like to book a place at a workshop, you can do this directly through my website via Paypal and you don't need to have a Paypal account for this. If you would prefer to pay by bank transfer or in cash on the first day of the workshop, you can pop me an email at cazziedare@yearning4learning.co.uk

Once you have booked your place, you will receive an automatic document with more detailed information about the workshop, accommodation options, and directions etc and I will also send a group email out a couple of weeks before the start of the workshop to touch base with everyone. The email will include a link for a pre workshop Zoom call, which is often the Monday the week of the workshop.

If you would rather pay by bank transfer or in cash, let me know and I can send you the relevant information.

Venue Addresses

Cardiff - Radyr Golf Club. Drysgol Road. Radyr. CF15 8BS

London - Elm Grove Conference Centre. Roehampton University.

Roehampton Lane. London. SW15 5PH.

The conference centre is a stand alone centre on the campus of Roehampton University. Accommodation is available on site, in the conference centre

building, at £79 per night room only. Breakfast and lunch can be purchased from one of the eateries on campus.

Brighton - 137 Kings Road. Brighton. BN12JF

Northampton - KB Therapies. 6-18 Stenson. St Northampton. NN5 5ED

Workshop Cost

~~£595 if paid in the month leading up to the workshop.~~

£535 ~~early bird (if paid up to one month prior to the workshop)~~

NB// the early bird price of £535 will be the standard price throughout 2021

~~Please note that early bird payments cannot be offered for bookings made in the month leading up to the workshop.~~

Payment plans are available upon request and full payment must be completed by the start of the chosen workshop. All you have to do is send an email to the address above and we can take it from there.

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. I will show you my 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® GaiaProject.

- Where you can go from here.

- - Affirmations of completion and close of workshop.

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

Hugs and love Cazzie

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.

Here are some links to videos that may be of interest to you:

Bruce Lipton and Rob Williams give their view of the current situation about the Corona Virus:

Bruce Lipton shares his experience with PSYCH-K® and why he believes we all should use it to believe that we love ourselves at the subconscious level of mind: <https://www.youtube.com/watch?v=f0lInHm8278>

A series of videos about PSYCH-K® with Rob Williams - Originator of this process: <https://www.youtube.com/watch?v=FcXiEMJtA9o...>

Listen to the PSYCH-K® Certified Instructors share their journey with this process: <https://www.youtube.com/watch?v=aiTeerA6pb0...>

Watch how PSYCH-K® is happening ALL over the world: <https://youtu.be/-p9pZgHqexE...>