



The PSYCH-K® Centre International
Nurturing Sacred Global Evolution



What is PSYCH-K®?

*PSYCH-K is a user-friendly way to rewrite the software
of your mind and change the printout of your life!*

Ever Wonder Why Your Life Doesn't Always Reflect the Wisdom You Possess?

Popularly characterized as a kind of spiritual process with psychological benefits, PSYCH-K is the result of 'a series of intuitive leaps of consciousness,' generated by years of research and thousands of sessions with individuals and groups. It is a simple and direct way to change self-limiting beliefs at the subconscious level of the mind, where nearly all human behavior — both constructive and destructive — originates. Its overall purpose is to accelerate individual and global evolution by aligning subconscious beliefs with conscious wisdom from the world's great spiritual and intellectual traditions. It makes wisdom a self-fulfilling prophecy instead of a day-to-day struggle. The practical application of this wisdom in our personal and professional lives brings a deeper sense of peace and satisfaction, mentally, emotionally, physically, and spiritually.

Beyond Affirmations, Will Power, and Positive Thinking

"You Create Your Own Reality"

Your reality is created by your 'beliefs.' These beliefs, usually subconscious, are often the result of lifelong 'programming,' and represent a powerful influence on human behavior. Studies in neuroscience indicate that at least 95% of our consciousness is actually subconscious. It's the subconscious mind that is the storehouse for our attitudes, values, and beliefs. It is from our beliefs that we form perceptions about the world and ourselves, and from these perceptions we develop behaviors. Usually, it is self-defeating behaviors we wish to change. Often the most effective way to change a behavior is to change the subconscious belief(s) that support it. Based on years of split-brain research, also known as Brain Dominance Theory, PSYCH-K provides a variety of ways to quickly identify and transform beliefs that 'limit' you into beliefs that 'support' you, in any area of your life. Many people harbor self-limiting subconscious beliefs in the areas of spirituality, self-esteem, health and body issues, financial abundance, relationships, or career.

Origins of PSYCH-K®

Robert M. Williams, M.A. is the originator of PSYCH-K. He is the author of the book, *PSYCH-K... The Missing Piece/Peace In Your Life!* Rob is also co-host of the popular DVD, *The Biology of Perception... The Psychology of Change*, with colleague Dr. Bruce Lipton. He is an internationally recognized speaker, and workshop leader. PSYCH-K is a reflection of his personal commitment to help individuals recognize their Divinity, discover their greatness, and become the peace they seek.

For additional information, visit the PSYCH-K Web site at: www.psych-k.com

Superconscious Conscious Subconscious



Superconscious Mind

- **Spiritual Guidance**
 - Sees the big picture of your life
 - Helps to ensure that your goals are both safe, and appropriate in the context of your life's purpose
- **Infinite Processing Capacity**
 - Non-linear processing with unlimited speed and capacity

Conscious Mind

- **Volitional**
 - Sets goals, judges results
 - Thinks abstractly
- **Time Bound**
 - Past and future
- **Limited Processing Capacity**
 - Short term memory (approximately 20 seconds)
 - 1 - 3 events at a time
 - Averages 40 bits of information per second*

Subconscious Mind

- **Habitual**
 - Monitors operation of the body, e.g., motor functions, heart rate, digestion
 - Thinks literally
- **Timeless**
 - Present time only
- **Expanded Processing Capacity**
 - Long term memory (past experiences, attitudes, values, and beliefs)
 - Thousands of events at a time
 - Averages 40 million bits of information per second*

* *The User Illusion* — Tor Norretranders (Chapter 6, The Bandwidth of Consciousness)