



PSYCH-K® with Rosi Pletzer

I love exploring why we
may not be living our
lives to our full potential.

February 2023 Newsletter

We have designed a Self Realization Program, in order to INSPIRE our PSYCH-K® family to be the leaders of their inner world in a more consistent way -- on a daily basis --to FREE OUR MINDS and Be the PEACE we seek.

Each month we will suggest a general theme and a variety of ideas to explore how you have related to it and what you would like to experience instead.

If you have attended **Basic or Online Level 1**: create Goal Statements to Balance for, or use Transformation of Perception of Stress (TPS) You may also ask yourself if there might be secondary gains associated with how you are experiencing the situation

If you have attended **Master Facilitation Workshop** you can also consider exploring the subject with the Messages protocol

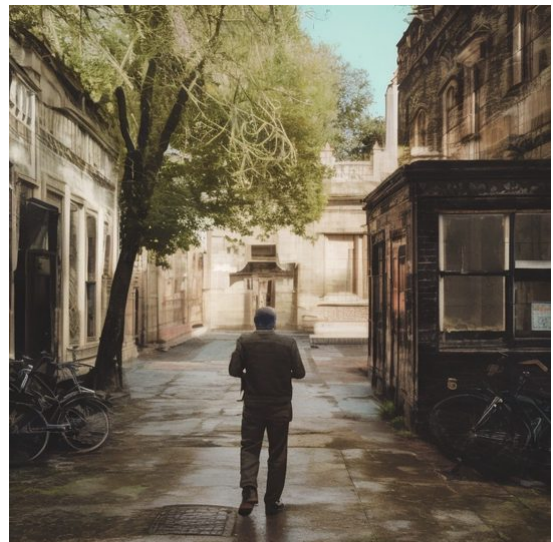
If you have attended the **Advanced Workshop**, perhaps you can get together with another Facilitator to help each other with a Relationship Balance, Core Belief Balance or a Life Bonding Balance

If you have attended the **Health and Wellbeing Program** you have many other tools to consider: Messages with intuition, Messages from the superconscious mind, Reactive responses protocol, Balances with a source of power, Alternative Life Balance, Alignment with Divine Perfection, etc.



THEME 1: Stress/ Anxiety/ Fear/ Trauma/ Phobias (Past Present Future)

ACTIVITY 1 - INVITE YOURSELF TO A TRIP DOWN MEMORY LANE



As you start to walk backwards in time, stop when you remember an event that might have been stressful, traumatic, challenging, difficult. Write it down and consider the people involved, the consequences of the event, how the event changed your life, what physical, emotional, or mental transformations happened back then - Remain curious - particularly with the events you think you already “solved” in the past with methodologies, therapies or processes different to PSYCH-K®

Here are some ideas about past events that might create subconscious stress: changing homes, death of a loved one, physical, verbal or emotional abuse, loss of

job, financial hardships, abandonment by a loved one, romantic breakups, divorce, changing schools, substance abuse, addictions... any of these rings a bell?

As these events come up, Balance using what you have learned in your workshops

Be curious because as you Balance for some of these, other memories might show up

- these could be other opportunities for exploring new territories within yourself.



ACTIVITY 2 - INVITE YOURSELF TO A TRIP TO THE FUTURE

As you start to walk forward stop when you feel anxious, when uncertainty hits you, when you feel overwhelmed by what might happen - Write down what you are experiencing, the possible people involved, the consequences of what could happen, how this might change your life, what are the implications of potential choices.

Here are some ideas about the future that create subconscious stress: upcoming decisions about relationships or work, upcoming difficult conversations, treatments for a health condition, results of health exams, pregnancy, not enough money to support your family, not enough time for excess of work or commitments, too much time due to lack of work, making decisions about finances, communication strategies, pricing, slogans, etc. Fear of failure, fear of success, fear of traveling, commitment issues, fear of public speaking, fear about future of children, fear of dying, fear of living, etc.

As these events come up, Balance using what you have learned in your workshops

Be curious because as you Balance for some of these, other memories might show up

- these could be other opportunities for exploring new territories within yourself.

ACTIVITY 3 - WORDS AND THEIR MEANINGS



Each of us gives different meanings to the words we use in daily life. While for someone the word patience might bring a feeling of calmness, for another person the word might be the source of intense stress.

Consider the words used in your family, your work, your culture that might have stressful associations - write the word down and look at it for a few seconds until you feel how it makes you feel - Muscle test and if the result is weak, use TPS to re-signify the word --

Here are some examples of words people have shared with us which tend to create subconscious stress.

Remember... these are only food for thought! For sure, you have your own list. Remain open and curious.

MONEY
RELIGION
MOTHER
FATHER
RELATIONSHIP
EX PARTNER (husband, boyfriend, girlfriend)
CANCER
COVID
TIME
UNCERTAINTY
VULNERABILITY
POWER
LOVE

Another aspect of this theme are objects - how the subconscious mind perceives objects or symbols might be the cause of constant stress and you have not noticed - here are some examples.

Objects related to money and finances: Credit cards, bills, coins, financial statements, etc

Objects related to a sport: tennis rackets, football, golf clubs, golf balls, the court or space where the sport is played, etc

Objects related to your occupation: computer, software, headphones, microphones, clothes, contracts, etc

Objects related to your family: photos, books, spaces in a house, food related to special occasions, decorations related to special occasions, etc



ACTIVITY 4 – THE PEOPLE IN OUR LIFE

Even the people we love can be the source of subconscious stress. Also, those who are not anymore apparently present in our current life, might be creating filters through which we experience daily events and situations.

Make an inventory of the people you consider have been, are or will be relevant in your life—

Then, connect to what you feel about each of them, and Muscle Test, feeling all that each person makes you feel - If weak, Balance using Transformation of Stress. Here are some examples of people you can consider.

Mom (only in certain countries ... probably does not apply to most people! Read with deep sarcasm tone!)

Dad

Siblings

Current partners

Ex partners

eachers (school, university, trainings)

Figures of authority

Current Friends

Old friends you are no longer in touch with

New people (for future situations in which you will be changing job, home, city, country, etc)

People you consider have broken your trust

People you consider have abandoned you

REMEMBER!

Commit to take action steps to activate the potential of your Balances.
Share your results in the groups... we want to know about your small and big victories!

Many people have similar difficulties and challenges, so your transformation journey with PSYCH-K® can be wonderfully INSPIRING to others! Sharing your experience on your social media can create a MOVEMENT in which more people discover that it is possible to FREE THEIR MINDS, LIVE better and BE THE PEACE they seek!
