



PSYCH-K® with Rosi Pletzer

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

May 2023 Newsletter

MIS-TAKES

I've decided to call this month's blog MIS-TAKES

What beliefs might you have around having made stuff ups? Blunders? Being wrong about something? Having accidentally hurt someone's feelings? Being blamed or shamed for something? Blaming others for things? Being the bad one or having to be the good one? Rewarding yourself for having made it through a big day? Punishing yourself for a perceived misdemeanour? Rewarding others? Punishing others?



This month has been a great opportunity for growth.

Sometimes we simply don't know we've got something that can be really assisted by some great subconscious change processes...until the light shines on that area to expose the growth opportunity. This last month was lit up for me to show me where I still had limitations subconsciously around the duality of Right/wrong Good/bad Punishment/reward.

I feel incredibly blessed to have the PSYCH-K® processes to help myself transform the childhood programs to much more functional and liberated beliefs and perceptions moving forwards. To dispel the illusion of separation in this area of my life also.

It's interesting to look at your childhood to understand how you may be perceiving things at the subconscious part of the mind, which.... As we know...drives our observable actions and behaviours.

In my case, we were punished for doing "wrong" things. And as a child often the "wrong" was simply a mistake. Subconsciously then the program created for me was it was a bad thing to be wrong...and punishable also. It translated to making mistakes as a negative thing and really bad things might happen to me if I was wrong or made a mistake, an underlying subconscious fear of repercussions.

I had Balanced for beliefs such as:

"it's ok for me to make mistakes".

"I learn from my mistakes".

"it's ok for me to be wrong".

And these were great. Then life offered me even more growth as I was aware of being triggered in a situation of being "wrong".

Life also landed me in a beautiful space of friendship in Denmark where I chatted with a dear friend about how I was missing something as I was still feeling triggered in myself. As we were chatting, we talked about how we were around certain situations and the insight landed around having been punished as a child for wrongdoings. The impact this had within situations where there was conflict or disagreement. WOW, a smorgasbord of growth.

I Balanced for these beliefs:

"I am loved and supported through any mistakes I make".

"I am lovingly guided when I stuff things up "

“I embrace myself and others and see the humour when we get things wrong”.

“I grow with fun and joy when I blunder or stumble and excitedly try take 2”.

“Mistakes are simply a mis step along my life journey and offer me opportunities”.

“I am neutral and curious when I perceive any wrong doings, looking for the wholeness in the situation”.

“I am content and blessed being me in all situations”.

“I love and appreciate myself even when I make mistakes”.

“My loved ones appreciate me and love me when I stuff up”.

And more as it unravelled a wonderful childhood ball of knots.

My invitation to you is to reflect on how you are with yourself and others when there are mistakes, when there is conflict, disagreements.

Balance for any new Beliefs, Transform perception of any stress around any part of it.

If you have done the MFW, maybe look for messages within the situation?

If you have done the Advanced Integration, maybe do Relationship Balances with Mistakes, Wrong, Right, Good, Bad, Punishment, Reward, Conflict, Disagreement, Judgement.

