

m!nds align



PSYCH-K® with Rosi Pletzer

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

December 2023 Newsletter

Hello!

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** or **Online Level 2** 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 #4

ME, MYSELF AND I

THE INSIDE STORY ABOUT SELF ESTEEM, SELF WORTH, SELF IMAGE AND PERSONAL POWER

This theme will take us on a deep loving and compassionate exploration of the most important and the most “stable” relationship we can ever have - the relationship with ourselves.

As with any theme, there are many aspects, ideas, concepts, and layers related to this fascinating theme related to our SELF WORTH / SELF IMAGE / SELF ESTEEM.

In our personal self-realisation journey as well as what we observe in workshops with participants, and in the sessions, we do with other people, we find that within our vast and fascinating subconscious programming this subject is subjacent to practically all other issues such as personal power, life purpose, success, abundance, prosperity, work, family and romantic relations, grief and loss, health, etc.

Remember:

Our subconscious mind is equivalent to a computer that is running on very old and outdated programs which were

installed unconsciously from the environment we have been exposed to since we were in our mother's womb. This is the basis of epigenetics: our life is not determined by our genes; rather, we are creating our life experience --our reality -- based on programs - beliefs and perceptions -- inherited unconsciously from the environment we are a part of since our conception.

At least 95% of how we experience life every day is based on our subconscious programming, and, as Bruce Lipton explains, at least 70% of the subconscious programming is of self-limiting or self-defeating nature.

What we call "reality" is created twice: first, it is created within ourselves based on the subconscious programming and then it is projected outside to what we experience as "reality". Hence, to create a better daily reality we need to create a better subconscious foundation. That is why we want to inspire you to use PSYCH-K® on a daily basis and strengthen the "muscle" of this practical, down to earth, spiritual self-realization journey.

What is on this document is only a starting point based on our experience; think of these ideas as inspiring steppingstones from which you can move into other areas that perhaps we have not seen and that are relevant for you as the unique individual that you are!

As you explore what we are suggesting in this theme, other aspects may show up! Go where your wisdom guides you in this exploration. Keep an open and curious attitude to have an honest and non-judgmental recollection of ideas, beliefs, perceptions, behaviours and patterns around each topic.



Activity 1

I Love Myself...Unconditionally!

Let's start by considering some very essential questions - When we have asked these questions in the PSYCH-K® workshops, the answers are of mixed nature: some people feel puzzled and are not sure how to answer, whereas others rush to answer "Yes, of course!". However, when we ask if they are certain they know this at the subconscious level of mind... then, the puzzled looks tend to extend to a larger portion of the group.

So... get ready to register your initial answers and setup some quiet time to consider your answers slowly, honestly, compassionately - these are deep concepts that deserve to be considered with reverence and depth.

As you read each question consider how you feel? What is your initial reaction? What is your first answer? (register all that comes up: words, feelings, memories, images).

QUESTION

ANSWERS

Do I LOVE myself?

Am I the MOST important person in my LIFE?

Am I my BEST friend?

Am I the LOVE of my LIFE?

Would I choose MYSELF to be my lifelong partner?

Would I marry MYSELF?

Do I LOVEmyself UNCONDITIONALLY?

(meaning ... in any and all circumstances, in light and in darkness, in better and in worse, without any conditions)

The interesting thing about loving ourselves - and even more so - loving ourselves unconditionally, is that during the stage of our life when we create the foundational database of programs in our subconscious mind, we did not receive many coherent and congruent messages about what this actually means.

We were programmed with **conditional love**. Do the following ideas sound familiar?

“The love of a mother / father for their children has no limits and no conditions” - Yet, we also received countless messages indicating that if we behaved as parents expect us to behave, they would reward us with their love which was represented as: food, company, affection, etc. Hence, we learned to “be” what mom / dad / grandparents or other important people in our lives wanted us to be, in order to obtain the most basic human needs, which are all necessary for survival. We learned that we do not deserve love as it must be earned.

“Look at what you did! You are bad and you make me suffer”! -- When we “misbehaved”, we made others suffer. Hence, we learned that we are a constant source of suffering for others, and it is best to be “good”, to be what others expect us to be. In this way we would not be rejected - we need to “earn” love so we can belong to a tribe in order to survive.

“If only you would be as good as your brother/sister/ cousin, then you would be a good member of this family - you are hopeless” -- We never did anything right, or as good as others around us, which led to ongoing recriminations and punishments of some kind. Hence, we learned to be ashamed of ourselves, we believe we are not good enough and we are broken beyond repair. Our needs can never be met, being who we are.

“You are always in some kind of trouble, and I have to come to your rescue - why can’t you take care of yourself?” - No matter what, the “perfection” bar was always so high and unreachable! What we did was constantly judged as wrong, insufficient, and troubling. For many of us this led us to feel useless and to simply stop trying to do what was expected; for others it became a way to be seen - the more in trouble we were, the more attention we would get.

We could continue with our list - however, the idea is to inspire you to reflect on these questions in order to make visible the invisible. As you go ponder on these questions, write down what comes up in terms of limiting beliefs, perceptions, traumas, painful memories, etc. And Balance accordingly.

And... consider also the *happy, joyful, bright, and shiny memories, perceptions and beliefs* that arise while revisiting these questions and be curious if there are also possible insights from your inner wisdom, from where you can expand and grow based on a healthy and abundant view of the relationship with yourself. Perhaps there were people in your family/relatives who were beautiful examples of loving themselves and others, and you can integrate this example into your subconscious mind.

Activity 2

Living in the hopeless land called “*WHAT IF NOT*” and moving to the Abundant Paradise called “*WHAT IF YES*”



Since conception you have been plugged into the programming that exists all around you - mom dad, grandparents, siblings, aunt and uncles, other relatives, friends, teachers, mass media, social media, etc. Your subconscious mind

listens to these programs in the way that you would be listening to aeradio or a TV which is constantly on. The subconscious mind is a super powerful processor: it receives all that information and downloads it into your database; it listens and records everything it is exposed to, every second of every minute of every hour of every day of every month of every year. However, it does not have the wisdom to “consciously” sort the information it is receiving. The subconscious mind receives information in a very literal way and saves it in your database archives so it can access it and use it as it needs in your daily life. Many of those subconscious programs are vital in order for you to go through life in a sustainable way, in order to stay alive: breathing, talking, walking, digesting, etc. And many programs were installed in your database during the early developmental years when we could not consciously choose if we wanted them or not. The subconscious learns from the environment and then keeps on using the same old programs in our everyday reality.

Let’s consider some of the programs you received and how they are reflected in self-limiting beliefs and perceptions that might be affecting your current experience:

Programs you may have “listened” to while growing up:

- I would like to ask for a raise, but my boss will probably say no, so I better not even try.
- I will have to keep working hard and earn little money with my efforts.
- Someone else always gets paid more because they are better than me.
- will always stay in the same job, there is no hope of doing anything else in this town.
- I would like to start a business, but who am I to do that; I am not good enough.
- People like us are not capable of doing anything different than what we have always done -why even try?
- Only people who go to college can have money and success.
- Every time I try something, it goes wrong so why even keep trying.

The subconscious mind “saves” these programs into long term memory in files that are similar and uses them to experience life.

What if am NOT good enough? I am forever imperfect, hopeless, and incomplete.

- I do not deserve anything- I must work hard and put a lot of effort to have just enough.
- I am not good enough; I do not have what it takes to succeed.
- Life is always tough /difficult and will always be so for me.
- I can’t achieve anything because it takes a lot of effort to achieve something worthwhile.
- I am forever doomed -there is nothing I can do to change how life has worked out for me. I am hopeless.
- Life is a never-ending drama in which other people are in charge, so there is nothing I can do.

- We must keep a good image in front of people; what will people think of us if we ... (behave different, think different, dress different)
- People are not to be trusted, they will always betray you, lie to you, take your money away, etc. What if they lie / rob / betray us? What if they are not good people?
- Better to stay away from people we do not know.
- Do not listen to anyone who offers you new ideas, they only mean trouble. People always want something else; they all have a hidden interest.

- We have always done things the same way in this family; change is not a good thing, so better to keep things the way we know them.
- The good old days were so much better. Times are changing and only bad things come from these changes.
- Why change what has always worked well for our family for years? Keep things as they are!
- Young people think they know everything, that they know it all and that they can disregard what has always worked fine.

- Even though we are poor, we are honest people.

What if others are NOT good, judge us, betray us, lie to us, fault us in some way

- I must be like everyone else - being myself will lead to painful experiences in which I am judged and rejected.
- Better to stay invisible so no one sees me, so that I am not exposed to being hurt / betrayed / judged.
- I cannot trust anyone; they are out to get me.
- Best to keep my distance -do not get close to anyone. People will always end up hurting me.
- Better to go through life only with those I know well - strangers are not trustworthy.
- Anyone with new ideas is a threat - I must stay away from them so I can stay safe.

What if change is NOT good? What if it only brings pain and suffering?

- Let's shy away from new ideas.
- Change is risky, it brings trouble.
- New things are difficult.
- Change brings chaos.
- All Young people are the source of all bad things; they are disrespectful and disconnected from tradition and family values

What if money and success do NOT keep us honest

and hard working?

- Since the beginning of time, our family has had very little, but we are good, honest, and hardworking people.
- We live in a poor neighbourhood, and we are proud of it because this keeps us honest.
- It is best to have only the most basic things; if we want more, we become greedy.
- To stay honest, we must stay poor - rich people are dishonest.
- Rich people are bad human beings / they lack values, compassion and do not have good hearts.
- Rich people do not have strong family values.
- Success is the source of dishonesty and greediness.

We intend to inspire you to reflect on these concepts in order to make visible the invisible. As you reflect about these beliefs and perceptions learned in the hopeless land of “**what if not**”, Balance accordingly so you can start moving your life to the abundant paradise of “**what if yes**”! based on a more congruent, consistent, and cohesive subconscious self-worth foundation.

Activity 3 LOVE LETTERS FROM ME TO ME



For many of us, the dominant voice of the inner dialogue comes from a very loud and opinionated **INNER JUDGE**.

In this exercise, let's invite a new voice: the soft, gentle, enthusiastic, and compassionate voice of our **INNER ADMIRER**. Let's allow this fantastic being to express what he/she feels by writing Letters to these versions of you:

- Your body when you were 16 years of age.
- Yourself at 90 years of age.
- Yourself as the most successful, abundant, and loved version of you

- Your shadow (dark places of me I would rather no one would ever see)

Then, invite your **INNER WISDOM** and ask it to write a letter to the current version of you.

The content of each of these letters is a great source of Balances, with Goal Statements, Transformation of Stress, Secondary Gains, Messages, Relationship Balances - etc. As we explained at the beginning of the document - Balance as you see fit.

Since words are such powerful containers of unique meanings for each of us, you can consider the following words, which are related to self-esteem / self-worth / personal power and explore if you would like to create Goal Statements or do Transformation of Stress with them:

- o Shame
- o Guilt
- o Beautiful /Ugly
- o Perfect /Imperfect
- o Enough /Incomplete
- o Deserving /Undeserving
- o Love / Loved /Hate / Hated
- o Accepted /Rejected
- o Capable /Incapable
- o Worthy / Unworthy

Activity 4

How to Shapeshift from the Subtle Disguises of The Impostor Syndrome To The Translucent and Powerful Magic of Being Enough



Impostor Syndrome is that uncomfortable feeling we experience when we think we are unqualified and incompetent, which leads to a persistent fear of being exposed as a fraud. It is a common situation for high-achieving individuals who attribute their success to luck or external factors rather than their own abilities.

Recognizing and addressing the underlying beliefs that maintain the subtle and powerful disguises of the impostor within us, is essential in the intention of truly loving ourselves unconditionally.

The table below explains the fascinating faces of the “inner impostor”, which in many cases co-exist within us - On the right-hand column, there are some ideas of Goal Statements, as a starting point in the intention of removing the subtle impostor’s disguises and living in the power of just loving wonderful you:

The fragile disguises used by the INNER IMPOSTOR

The Perfectionists:

They set extremely high standards and believe that anything less than perfection is a failure. The possibility of making mistakes feels daunting and there is a constant feeling of not deserving any of their achievements.

- It is safe for me to make mistakes.
- I deserve my success.
- My joy is in the journey.
- I am in peace with being perfectly imperfect.

Transform the Perception of stress with moments when you felt imperfect, when you made mistakes, when what you did was judged as not good enough ... or with words like: MISTAKES / IMPERFECTION / INCOMPLETE / FAILURE

The Superhumans:

They feel the need to excel in all aspects of life: career, relationships, and personal life. They often push themselves to the point of burnout and may attribute their success to external factors like luck rather than their abilities.

- I trust my abilities.
- I do my best and my best is good enough.
- I come first in my own life.
- I clearly see when enough is enough.
- I recognize myself without the need for recognition by others.

Transformation of Stress with moments when your family made you feel insufficient, when teachers made you feel you had to go above and beyond to deserve or be valued... or with words like: INFERIOR / SELF WORTH / SUCCESS / FAILURE /

The Experts:

They constantly seeking to gain more knowledge and expertise. They may never feel like they know enough, even when they are highly knowledgeable and experienced in their field.

- I use/practice what I know.
- It is safe for me to stop even when I do not know everything.
- I deserve to take credit for my work.

Transformation of stress with the Fear of Missing Out

(FOMO) and with the idea of not knowing everything

The Soloists:

They rather work alone and avoid asking for help. Needing assistance or collaborating with others is a sign of weakness, incompetence and failure. It is hard for them to accept credit for their achievements.

- My work becomes more enjoyable and better when I collaborate with others.
- It is easy for me to ask for help.
- Being vulnerable makes me strong.
- Asking for help from others makes me stronger.

Transformation of stress with childhood situations in which you learned you “had to do life on your own” ... and with words like COLLABORATION, CO-OPERATION, HELP, SUPPORT.

Here are some ideas for actions you can take to “Act-ivate” the potential of the Balances around **LOVING YOURSELF UNCONDITIONALLY**:

- **Recognize and acknowledge your achievements:** Make a list of the accomplishments you have achieved during your life and acknowledge that your success is a result of your inner capabilities, skills and expertise.
- **Challenge recurring limiting thoughts:** When self-doubt arises, take a 3-minute pause, and look for evidence that supports your competence and achievements. Find words and phrases from the inner admirer to replace the voice of the inner critic.
- **Seek support:** Share your thoughts and feelings with another Facilitator and ask for their help.
- **Be your best friend:** make a voice recording of about three minutes in which you talk freely about your thoughts and feelings; then listen to it as if a good friend is telling you her troubles and then give yourself some loving advice.
- **Find a new meaning for mistakes and failures:** Understand that making mistakes and experiencing failures is a natural part of life. Instead of viewing them as evidence of incompetence, see them as opportunities for growth and improvement. Ask yourself - “Based on this experience, how can I do this differently next time?”
- **Celebrate successes:** Acknowledge and celebrate your accomplishments. Get in the habit of celebrating your victories - small and big! At the end of every day, congratulate yourself for at least one thing you did that was different, better, more satisfying. Celebrate with a self-hug or treat yourself to a fun-tastic and loving date with your BEST friend for life: YOU!

REMEMBER!

Commit with yourself 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!

So many people have difficulties and challenges similar to yours, so your path of transformation with PSYCH-K® can be wonderfully INSPIRING to others! Be encouraged to share your experience on your social networks so that together we can create a MOVEMENT in which more human beings discover that it is possible to LIVE better and BE