

ALIGNING MINDS

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Aligning the subconscious, conscious and superconscious minds is a concept that emphasizes the importance of integrating all aspects of our mind to achieve the goals we are consciously wanting.

The subconscious mind is the part of our mind that operates below our conscious awareness and influences our behavior, emotions, and beliefs. The conscious mind is the part of our mind that is aware of our thoughts, feelings, and actions. The superconscious mind is the higher level of our consciousness, which is said to be the source of our intuition, creativity, and spiritual awareness.

When these three aspects of our mind are aligned and working together, we can tap into our full potential and achieve our goals more easily. I found the fastest and simplest way to achieve this alignment was integrating something called PSYCH-K® into my daily life. Overall, by aligning our subconscious, conscious, and superconscious minds, we create a life fulfilling prophecy rather than a day-to-day struggle.



MY INTRODUCTION TO PSYCH-K®

Thank you for taking the time to read
I believe that we are all sharing this wondrous journey of life, and that you are here and reading for a purpose. My favorite quote of mine is by Richard Bach
"Every real teacher is myself in disguise."

The books I have read, the courses I have taken, the people that have inspired me are aspects of myself evolving and realising. I am so grateful for my teachers and my teaching, of all who have been and are yet to be a part of my journey, and the amazing circle of life. May we dispel the illusion of separation and enjoy this adventure together.

One such teacher that brought me to PSYCH-K® is Dr. Bruce Lipton. Coming from a health background it was a natural way for PSYCH-K® to find me, and I was very ready to be found! If you haven't found Bruce in your travels yet I have added links at the end of the e-book, and you are in for a treat 😊

I loved Bruce's teachings, and his endorsement of PSYCH-K® was all I needed to take the step to get myself to a Basic workshop so that I could help myself fast-track through a challenging time of my life. I'd hit an implosion point where I simply was not coping very well.

To list all the areas of my life that were yelling at me to change would be superfluous. Let me just say I was struggling and the part of me that wanted to grow beyond that got me to the workshop. I recall thinking that it really couldn't be that simple. Here was I with my life in disarray and a 3-day workshop was going to give me the tools to transform things?

Luckily, I was desperate, so I got back home and USED the processes. Little and big things transpired and changed, and some things stubbornly remained stuck. I became more peaceful around technology and inanimate objects instead of wanting to throw them out the window or run them over when they didn't operate as I would have liked. I liberated myself from smoking...something that I thought I would never do.

I started sleeping more peacefully and switching off from things I had no control over.

Spiders no longer frightened me. I started to really like myself and to have my own back.

So many changes, so much more freedom. And it continues to this day. Life is an evolutionary process...we are at different stages and see through different filters that we would like to change. We simply don't know until we know sometimes. A limiting belief or behavior might not be apparent to us until we experience it in a new light. Now that I have this modern day magical tool ...I get excited! To me, this is a growth opportunity. Instead of my past frustration I get curious! How do I want things to be instead? What beliefs do I need to support that? And with PSYCH-K® I can install those!

If I stay stuck, I get even more curious! What is it really about? What are the secondary gains that keep me in that story? How is the situation being my friend in a way I don't want to release just yet?



WHY WE MAY WANT TO UPDATE THE SUBCONSCIOUS MIND:

Our subconscious beliefs reside below the level of conscious awareness, acquired over time, often through our upbringing, social conditioning, and past experiences.

We formulated most of our beliefs and perceptions early in life. Collecting experiences to draw upon as we encounter similar situations. Learning to behave or engage in certain ways to belong and be a part of our community. Learning perceived safety and security to keep us alive in our environment.

What may have assisted us as a dependent and young child may not necessarily be supporting our potential now. Limiting beliefs are beliefs that we hold in our subconscious mind that prevent us from achieving our goals and living our best lives. These beliefs can be formed in childhood or as a result of traumatic experiences. They can manifest in many ways, such as negative self-talk, self-sabotage, and a lack of confidence.

By transforming our subconscious beliefs, we can overcome limitations and create a more positive and empowering mindset. This can help us to achieve our goals, improve our relationships, and enhance our overall well-being. For example, if we have a limiting belief such as "I'm not good enough", this can impact our self-esteem, confidence, and ability to succeed in life. By transforming this belief into a more positive and empowering one, such as "I am capable and deserving of success," we can reprogram our subconscious mind to work towards achieving our goals with greater confidence and self-assurance.

Our understanding of things is also limited by our experiences and the information we receive through our senses, because our senses often delete, distort, and generalise the information. If we ask 3 people about their experience of an event, we will likely get 3 differing responses. One may notice what they saw, one what was said, yet another how they felt.

Once we understand that the information held within the subconscious part of the mind is not necessarily reliable or in fact real, we are more open to the idea of seeing our world and our life with open curiosity.

We are more open to questioning ourselves as to what is real, and what we are creating through our beliefs and perceptual filters.

Are we creating our idea of heaven? Or are we creating something quite different?
We can be creating a masterpiece in some areas of our lives and disasters in others.

We can only view life through our own perceptual lenses. Not through absolute reality. And we all have unique lenses. When we contemplate concepts like suffering, happiness, and life in general, we are contemplating them from our viewpoint. What may cause suffering for one may be a peaceful experience from a different vantage point.



By changing how we perceive the world, we can alter and transform our experience of life.

Happiness is subjective. Removing layers of subconscious beliefs and perceptions that create suffering and insecurities reveals our innate capacity for happiness and love, our true nature. It is that which is always there, it is only our accumulation of beliefs that get in the way of our realising it in our daily lives.

Our subconscious beliefs establish the limits of what we can achieve. If we feel like we are repeating patterns or sabotaging ourselves from achieving what we are wanting, like a car being driven with one foot on the accelerator and one foot on the brake, chances are we have conflict between our conscious goals and subconscious beliefs. This kind of conflict can show up in relationships, job performance, self-esteem, athletics, weight loss, prosperity, even physical health.

The subconscious mind is also extremely powerful; it has a processing capacity a MILLION times greater than the conscious mind. Imagine if I try to stop myself from smoking with my conscious mind, which has a million times less processing capacity than the habitual part of the mind that holds the pattern of smoking.

How likely am I to succeed?

How much more effective and simpler it is when we utilise the same processing capacity to transform the subconscious programs and patterns.

WHAT IS PSYCH-K®?

PSYCH-K® is a form of energy psychology that aims to help individuals make profound and long-lasting changes in their lives by reprogramming their subconscious beliefs. It was developed by Robert M. Williams, who was inspired by a variety of disciplines, including neuroscience, psychology, and kinesiology. PSYCH-K® uses muscle testing to identify limiting beliefs and then uses various sets of processes to transform those beliefs into empowering ones.

It is a stunningly simple methodology for **transforming limiting beliefs into supportive beliefs at the subconscious level**. Moreover, with these processes we can remove stress from our body down to the cellular level. You can easily learn this methodology in a 3-day Basic Workshop so that you can facilitate yourself, family, and friends. Or online over 3 days to simply facilitate yourself.

It is such an elegant and rapid way of clearing the debris, removing the perceptual filters that have created the distortion or gotten in the way of the desired life experience.

PSYCH-K® is a proven and safe way to change **subconscious** beliefs that perpetuate old habits of thinking and behaving. The belief change processes are easy to learn and use. They enable communication with the subconscious mind to change beliefs that are limiting in all areas of life, such as self-esteem, relationships, job performance, even physical health. PSYCH-K® is popularly characterized as a spiritual process with psychological and physical benefits. While the term "psych" is often used as an abbreviation for "psychology," in our case it is used as a variant spelling of the word **psyche**, meaning "mind," "soul," or "spirit." The letter "K" represents the Key to sustainable success.

The overall goal of PSYCH-K® is to help you **free your mind** from beliefs that limit the recognition of yourself as a **spiritual being having a human experience**. Living your life from this awareness is a key step toward the goal of self-realisation and can have a profoundly positive effect on your well-being, mentally, emotionally, physically, and spiritually.



It is important to know that PSYCH-K® is not a substitute for professional medical treatment, rather it has proven to be a complement to it.

When used in relation to health conditions the PSYCH-K® approach is about transforming any limiting subconscious beliefs that may be related to the condition. Especially those that are stress related. These beliefs are usually acquired in the early stages of life, and often persist into adulthood, below the level of conscious awareness.

There is a scientifically, well-established biological interaction between the mind and the body. That is where PSYCH-K® may be of help. In PSYCH-K®, conditions are not addressed as a medical doctor would address them, using a diagnosis and treatment program. In other words, with PSYCH-K® we do not diagnose or treat diseases. However, by using PSYCH-K®, we can change subconscious beliefs that may be influencing health and wellbeing, both mentally and physically. And sometimes the condition improves dramatically just by using PSYCH-K®!

While it is not possible to guarantee a specific result, which depends largely on the individual and his or her condition, PSYCH-K® has a 30+ year history of helping people achieve a satisfying and joyful life, mentally, emotionally, physically, and spiritually.

HOW DOES PSYCH-K® WORK?

This unique methodology, having evolved from years of brain research and thousands of sessions with individuals and groups, creates a receptive, "Whole-Brain State" that dramatically reduces unwanted resistance to change in the subconscious mind. The subconscious can be accessed in a way analogous to a personal computer. PSYCH-K® works as a kind of 'mental keyboard' — a user-friendly way or process of communicating with the subconscious mind that is simple, direct, and **verifiable**. When you learn to rewrite the **software** of your mind, you can change the **printout** of your life!

What do we mean by a "whole- brain state? "

The left hemisphere of the cerebral cortex processes different kinds of information than the right hemisphere. Simply put the left is more logical/rational and the right is more creative and intuitive.

Both are great! Imagine if we had both engaged and lit up at the same time in response to a certain situation, experience or event? So, what if in all life situations I could access and utilise both attributes at the same time?

This is called full response potential.

I call it our innate superpower!

And we use this amazing superpower within the PSYCH-K® Balance processes. We call them Balances because they create a balanced identification with both hemispheres of the cerebral cortex.

Truly, a game changer!

As we align our subconscious beliefs and perceptions to our conscious goals and are guided more by the superconscious part of the mind, we embark on the beautiful road of self-discovery, and realisation of who we are as a spiritual being having a human experience.

Don't just survive...Rise Above & Thrive.

WHAT IS A PSYCH-K® BALANCE?

A PSYCH-K® Balance is a process designed to create balanced communication between both hemispheres of the cerebral cortex. This “Whole-Brain State” is ideal for reprogramming the subconscious mind with new self-enhancing beliefs that support your goals rather than block them!

This whole-brain state is attained at the subconscious part of the mind, the level where our responses and reactions to life situations (real or imagined) happen automatically. Whole-brain states, the outcome of all PSYCH-K® balances, result in expanded thinking and perception. More practically, whole-brain states offer significantly more available options with which we may respond to life's situations.

This includes how we respond internally to past events (including trauma), current situations, and opening pathways to move toward or attract desired experiences and goals.

By changing the way we think and feel about ourselves, we can connect with our true selves and achieve self-realisation. PSYCH-K® can also help us release negative emotions and traumas that are holding us back. By doing so, we can achieve greater clarity and focus.



Who can benefit from PSYCH-K®?

PSYCH-K® can function differently for different people. It is truly a multi-functional, multi-disciplinary process to aid individuals in achieving their goals in life.

In the hands of an individual, it can serve to help transform limiting subconscious beliefs that often block the expression of one's full potential in life. In the hands of a professional mental health practitioner, it becomes an effective adjunct to traditional insight-based talk therapies.

For people who have physical health challenges, it is a way to complement standard medical treatment by helping to activate the body's natural self-healing properties.

In the hands of a spiritual seeker, it is a tool to reduce stress by eliciting a Whole-Brain State. This is a special state of consciousness that activates both hemispheres of the brain simultaneously and thus helps "clear the signal" to your inner spiritual guidance, thereby creating a gateway to higher consciousness. In other words, PSYCH-K® can dramatically assist you in accelerating your own spiritual evolution, as well as helping you in being the best version of yourself you can be in your everyday life.

The application of the PSYCH-K® principles, philosophy, and methodology, is so very helpful in achieving a wide variety of goals, depending on one's personal desires and/or professional skill sets.

Overall, PSYCH-K® helps individuals to re-perceive themselves, their circumstances, and their personal potential, consciously and subconsciously in order to lead a happier and more satisfying life.

Resources:

Dr. Bruce Lipton | www.bruce-lipton.com

Rob Williams | www.psych-k.com

Rosi Pletzer | www.mindsalign.com.au