



AN INTRODUCTION TO PSYCH-K®

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Abstract:

AN INTRODUCTION TO PSYCH-K® (*pronounced "SIGH-K"*)

Have you ever experienced a struggle in actualizing the wisdom and knowledge you've discovered from self-help books or workshops? Reading books and learning at many workshops is often targeted toward the conscious mind – the part of our mind that discerns and makes decisions. Many times, what we expose our conscious mind to is easily internalized and new habits may be formed quickly. However, for many people and many situations, new insights do not evolved into new behaviors and experiences. If insights make their way into the subconscious, a long lasting change or shift will occur. On the other hand, subconscious resistance to new insights often prevails and old behaviors and experiences persist.

The major challenge with experiencing what we consciously choose is conflict between the conscious and subconscious portions of our mind. Below is an explanation of beliefs, as they relate to personal experience, written by Bruce Lipton, Ph.D. Cellular Biology (www.bruce-lipton.com). Dr. Lipton has pioneered research on the premise that DNA is *NOT* the underlying cause of physiological or behavioral outcomes. Subconscious beliefs actually determine which DNA are chosen as the building blocks of our physical body and psyche. By changing beliefs, you have the ability to change your physical, emotional, and mental make up as well as an expanded experience of spirituality. The following excerpt written by Dr. Lipton is from the

foreword of the book "**Passage of Change**" written by Nancy Marie:

"Earlier in my career as a research scientist and medical school professor, I actively supported the perspective that the human body was a "biochemical machine 'programmed' by its genes." We scientists believed that human strengths, such as artistic or intellectual abilities, and weaknesses, such as cardiovascular disease, cancer or depression, were traits that had been preprogrammed into our genes. Hence, I perceived life's attributes and deficits, as well as our health and our frailties, as merely a reflection of our heredity. In 1980, however, my research began to reveal that this perspective on the

nature of life was flawed. By 1985 I realized that rather than being controlled by our genes, our cells are controlled by their perception of the environment. I formulated a hypothesis that the "brain" of the cell was actually the cell membrane, and I was offered an opportunity to test this hypothesis as a research fellow at Stanford University's School of Medicine in 1987. My theory on the control of our cells by our perceptions was substantiated in two major scientific publications. This pioneering research presaged one of today's most active areas of investigation: epigenetics, the science of how genes are controlled by the environment and-more importantly-by our perception of that environment. This new perspective on human biology does not view the body as just a mechanical device, but incorporates the role of mind and spirit. This breakthrough in the science of biology is fundamental to healing, for it shows us that when we change our perceptions or beliefs we send totally different messages to our cells. In effect, we reprogram them. This new biology reveals why people can have spontaneous remissions or recover from injuries thought to be permanent. The body really represents the cooperative effort of a community of fifty trillion single cells. While every cell is an independent entity, the body's community accommodates the wishes and intents of its "central voice"-the mind and spirit. Our principle source of stress is our mind, which really consists of two separate "minds"-the conscious and the subconscious. The conscious mind is the thinking "you." It is the creative mind that expresses free will. Its supporting partner is the subconscious mind, a database of

programmed behaviors. Some "programs" are derived from genetics. However, the vast majority of our subconscious programs are acquired through the developmental learning experiences we have as children. The subconscious mind is not the seat of reasoning or creative consciousness. It is strictly a stimulus-response device. When the subconscious mind perceives a signal from its environment, it reflexively responds by activating a previously stored behavioral response - no thinking required! Our fundamental perceptions or beliefs about life were downloaded into our subconscious mind as we simply observed the behaviors and attitudes of our parents, siblings and peers during the first six years of our lives. Our adult mind's effectiveness now is defined by the quality of the programs carried in our subconscious mind. The insidious part is that our subconscious behaviors are programmed to engage without the control of, or observation by, the conscious self. Since most of our behaviors are under the control of the subconscious mind, we rarely observe them, much less know that they are even engaged."

In alignment with Dr. Lipton's research and findings, PSYCH-K is founded on the precept that subconscious beliefs are what truly determine the quality of all our life experiences.

BELIEFS

Beliefs can be understood as filters and in many cases, limitations. When we witness an incident or are involved in a situation, all of our senses pick up an enormous amount of information. The conscious mind, due to its limited processing capacity, could not possibly process such a

vast amount of information. Processing all of this information is the roll of the subconscious, in turn, keeping our conscious mind stabilized and out of overwhelm as much as possible. Our beliefs, or filters, determine what information is pertinent and what is not. A vast majority of the information is filtered out and deleted as irrelevant. The pertinent information (according to our current beliefs/filters) is assigned meaning or value, which in turn creates perception. From the perception, the subconscious, as much as possible, searches its data bank for a similar situation experienced in the past to determine what actions, or reactions, are necessary. This signal is fed back to the brain for execution in the physical body, ultimately producing a tendency or compulsion of emotion or physical behavior. The tendencies or compulsions are either carried out, often as a habit, or overridden by the conscious mind.

Subconscious beliefs determine the quality of our lives as a whole by determining the quality of our individual experiences.

FLOW OF HUMAN EXPERIENCE

Outside Stimulus/Information
(environmental signals, situations)

▼
Subconscious mind detects stimulus/information.

▼
Subconscious deletes, distorts, and interprets information according to beliefs (filters) and determines meaning and value (perceptions).

▼
Subconscious sends response (or reaction), according to perceptions, to the brain.

▼
Brain sends messages chemically and electrically to the body for action (emotional or physical response).

▼
Experience - Conscious Mind justifies Subconscious reaction,
Or... makes adjustment and overrides reaction.

CONSCIOUS VS. SUBCONSCIOUS

The conscious portion of our mind observes and witnesses what we actually experience: the result of filtered information from the environment. This is what most of us would call our working reality. A helpful metaphor for the conscious mind is the desktop that you see on the monitor of a computer. All you see is the document with little to no awareness of the programming that makes the application of the document work.

The subconscious portion of our mind is what runs everything behind the scenes. Comparatively to the computer, it is all programming and files stored on the hard drive that runs the computer itself and the applications. Below is an metaphorical comparison between human and computer:

HUMAN COMPUTER

Conscious mind

Desktop (what is observable on the monitor)

Subconscious mind

Software (operating system, office software)

Physical body

Hardware (CPU, keyboard, monitor, etc.)

Feelings/emotions

Applications and Documents

The conscious and subconscious minds play very different and important roles.

The following are a few definitive characteristics of each role:

THE CONSCIOUS:

THE SUBCONSCIOUS:

☐ Short term memory (about 25 seconds)

- ☐ Long term/Permanent memory
- ☐ Contemplates changes, justifies actions, creates goals and intention, discerns.
- ☐ Operates according to programming: (*Physiological, mental & emotion functions*)
- ☐ Entertains new ideas, new information
- ☐ Supports status quo, resists change
- ☐ Comprehends figuratively & abstractly
- ☐ Comprehends literally & through senses
- ☐ Operates mostly in past or future mode
- ☐ Operates only in the present
- ☐ Very limited processing capacity (*40 bits per second*)
- ☐ Expanded processing capacity (*40,000,000 bits per second*)

CONSCIOUS FREE WILL CHOICE

Each day we make hundreds if not thousands of free will choices. Habits are forms of free will choices – even perceivably destructive ones. However, understanding how choices are limited in availability by subconscious beliefs is crucial to self-forgiveness, acceptance, healing, and growth. Dr. Lipton presents that much of our belief system is developed before the age of 6 (i.e. before we have developed conscious discernment regarding what is truly best for us). These beliefs often delete information from our environment that would otherwise provide more options with which to respond. Additional options outside of what we perceive are always available. However, our subconscious beliefs/filters often blind us to them, or attach such a meaning that it feels natural or very compelling to choose even a destructive option. Changing subconscious beliefs and filters in a particular manner automatically allows an expanded number of options into your awareness, providing choices that are beneficial, abundant, healthy, harmonious, loving, and more.

WHY LASTING CHANGES CAN BE DIFFICULT TO ACHIEVE

- A full commitment to the change must be considered. Components such as time and resources necessary to allocate to a new experience are part of this. Any change in one aspect of life often affects all others. Relationships may also change as an outcome of changing any part of you. Reviewing the possible outcomes of belief change is an important part of determining what you really would like to create in life.
 - Clarifying your desired experience in literal and specific terms is crucial. The conscious mind thinks figuratively and abstractly while the subconscious interprets literally and through the senses. Any desired experience must be communicated to the subconscious in a language it understands.
 - By nature, the subconscious is resistant to change. The subconscious' idea of "doing a good job" is to hold the current set of beliefs as a strategy for survival or success in the world. An important component of changing beliefs is reducing or removing that resistance in some fashion.
- If we could take all of the wisdom we have consciously digested from all the books we've read and workshops attended and actually installed them into the subconscious in the form of beliefs, we would be the gurus we read about. PSYCH-K® bridges the canyon between knowing and being or doing.

WHAT IS PSYCH-K?

PSYCH-K is a self-empowered process that transforms limiting subconscious beliefs into life supporting and success promoting experiences. Whether you've read a shelf full of self-help books or not, YOU are the expert on YOU! PSYCH-K recognizes this and includes accessing the expert within you for guidance.

Rob Williams, MA developed PSYCH-K in 1988. It is a culmination and distillation of numerous fields of study including Educational Kinesiology, Neuro-Linguistic Programming (NLP), acupuncture, hypnotherapy and various other psycho-spiritual healing systems. Developed to be easy to learn and use, virtually anyone who is willing can learn how to use the tools in a two-day workshop and apply them immediately. Mr. Williams' book, "The Missing Piece Peace In Your Life," offers a more detailed description of how the process came about and how you can use it to significantly enhance or improve your life.

PSYCH-K is based on the foundation that subconscious beliefs determine our attitudes and experiences. They determine how we are in relationships, how we react to situations, and they also affect our physical health.

Subconscious beliefs are changed with protocols called "balances." These are techniques that are designed to create a balanced identification with both hemispheres of the brain called a "whole-brain" state. This state is ideal for reducing or eliminating resistance at the subconscious level allowing earlier programming to be overwritten by consciously chosen ways of being. True creativity actually occurs when both sides of the brain are working in collaboration: the "whole brain" state. The PSYCH-K Basic Workshop provides an expanded explanation of the Left/Right brain concepts and characteristics typically associated with each side of the brain. Practically speaking, it is only important to understand that there is a tendency for certain personal situations to be over-identified with one side of the brain or the other. A more important perspective is that these situations are associated with only a

limited amount of resources and options. PSYCH-K provides the means to achieve a high level of collaboration within the brain to make all resources available for any given situation. In turn, expanding options available, with which to respond in any situation.

Included in the process is a permission protocol: a way to consult your "Expert Within" to find out if a particular change is in your best interest. This protocol sets PSYCH-K aside from many other modalities of healing or change, including medical treatments. Many modalities simply assume a remedy of symptoms or conditions is the right thing to do. Physical or emotional symptoms are often messengers of an internal conflict that needs immediate attention. If the messenger is silenced, a new one will likely be sent...and it can be expected to be bigger and stronger!

Most importantly, PSYCH-K is a process that encourages and supports self-discovery and journey toward the true essence of one's Self. People who make changes with this process often find that what they really want is something other than what they originally thought. However, PSYCH-K is based on moving toward what you truly want. Identifying and defining what this naturally entails self-discovery to some degree.

PSYCH-K BASIC WORKSHOP

The Basic Workshop is two full days in length and is delivered in an interactive manner. A balanced combination of lecture, demonstration, hands-on practice, and group discussion effectively facilitates learning and integration of the tools offered. Here is what you can expect:

- Learn how and why PSYCH-K works.
- Understand the difference between the brain and the mind and their respective

functions.

- Understand the different resources the left and right brain have to offer.
- Learn how to create collaboration between the left and right brain.
- Understand the different characteristics of the conscious and subconscious portions of the mind.
- Learn how to muscle testing with respect to changing subconscious beliefs.
- Learn how to communicate with the subconscious in its own language to supercharge your intention.
- Learn powerful PSYCH-K tools you can immediately use to change your subconscious beliefs and help others in changing theirs.
- Expand your idea of what you can discover, heal, and create through your own infinite, innate wisdom.
- Begin making significant lasting changes immediately.
- Be introduced to the tools offered in the PSYCH-K Advanced Integration Workshop.

The availability of what you can change and transform with PSYCH-K seems to be limited only by your imagination and your willingness for self-discovery.

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PSYCH-K®

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