



Well Being Institute

We Awaken Your Potential in Body Mind and Spirit!

What Is PSYCH-K?

"PSYCH-K® is a user-friendly way to rewrite the 'software' of your mind in order to change the 'printout' of your life."

YOUR BELIEFS ESTABLISH THE LIMITS OF WHAT YOU CAN ACHIEVE!

As Henry Ford once said, "If you believe you can or if you believe you can't...you're right!" Your life is a reflection of your beliefs. These beliefs – usually subconscious – are the cumulative effect of life-long "programming." As a result of past negative programming, we sometimes think and behave in self-defeating ways. PSYCH-K provides a user-friendly way to rewrite the "software" of your mind by changing beliefs that sabotage you into beliefs that support you...quickly and easily. When you rewrite the "software" of your mind, you change the "printout" of your life. Changing subconscious beliefs that may be sabotaging well-intentioned actions is similar to reprogramming a personal computer. Using PSYCH-K techniques, a kind of "mental keyboard" to your own brain, you can increase "cross talk" between the two brain hemispheres, thereby achieving a more "whole-brained" state, which is ideal for changing subconscious beliefs. In addition, when right and left hemispheres of the brain are in simultaneous communication, the qualities and characteristics of both hemispheres are available to maximize your full response potential to life's challenges. PSYCH-K helps you communicate directly with both the conscious and the subconscious minds, so you can change old beliefs that sabotage you into new positive ones that support you! This unique process is a blend of various tools for change, some contemporary and some ancient.