

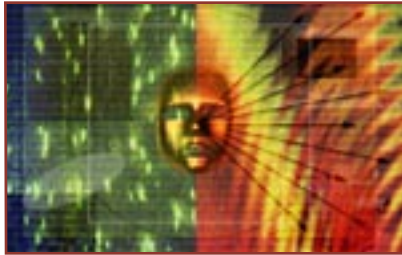
PHILOSOPHY

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 conditioning, we sometimes think and behave in self-defeating ways.

Conscious thoughts can be changed easily by simply receiving information: reading a book, having a conversation, or seeing the results of actions. If conscious information was all that was

needed, then experiencing success in all areas of life would be easy. Unless changes are made at the subconscious level, however, repeating undesired reactions and behaviors will likely continue.



Subconscious beliefs have far reaching consequences, both positive and negative, in every aspect of life. They affect moods, relationships, job performance, self-esteem, and even physical health.

It is imperative to know how to change limitations into beliefs that support goals and aspirations. The best way to predict Your Future is to Design it!

METHODOLOGY

Align your thinking and your actions.

PSYCH-K® provides a variety of safe and effective ways to “rewrite the software of the mind” by changing beliefs that limit you into beliefs that support you ... simply and easily.



Originated in 1988, PSYCH-K® directly facilitates communication between the conscious and subconscious portions of the mind. It also includes processes to increase the “cross talk” between the two brain hemispheres resulting in a “whole-brain” state, dramatically reducing the resistance to changing outdated subconscious programs.

PSYCH-K® is the missing piece in your life that helps you find the peace in life you are missing.



OPPORTUNITY

Ready to get your beliefs in gear?

PSYCH-K® is available in different applications, providing you with options to accomplish what you choose:

Private Sessions are available to target specific changes you want. PSYCH-K® facilitates an expansion out of subconscious limitations and into self-enhancing responses – physically, behaviorally, and emotionally.



Workshops offer the opportunity to learn the simple processes for your own use as well as assisting friends, family, or clients.

Presentations may be customized for groups or organizations to provide an introduction to the science and philosophy of PSYCH-K®, emphasizing group specific applications and benefits.

***Free Your Mind
from the Limitations of the Past!***

“The ‘secret to life’ is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K® is a set of simple, self-empowering processes to change your beliefs and perceptions that impact your life at a cellular level.”

—Bruce Lipton, Ph.D Cellular Biology, author of Biology of Belief

POTENTIALS

*Change subconscious beliefs
simply and easily, allowing you to...*

- Experience abundance in every aspect of life
- Reduce stress and anxiety
- Enhance career opportunities
- Develop relationships you desire and deserve
- Increase your sense of well being
- Actualize the amazing healing power of the mind
- Increase sports performance
- Release post-traumatic stress
- Reperceive fears and phobias to feel at peace
- Eliminate destructive habits (e.g. smoking, overeating, etc.)
- Accelerate spiritual development



**STRENGTHEN THE LINK
THAT CONNECTS YOU
WITH YOUR UNLIMITED
POTENTIAL.**

Free Your Mind...
AND BECOME THE MASTER OF
YOUR BELIEFS RATHER THAN A
VICTIM OF THEIR CONSEQUENCES.

Barbara Bowman, MPA
Health Educator

Psych-K Facilitator
734-478-4263

Schedule a
Psych-K session
at
YourPathway2Wellness.com

For more information, visit the
PSYCH-K® Centre online at
www.psych-k.com

ARE YOU
HITTING
THE WALL
INSTEAD OF THE
BULL'S
EYE?



Shift your perceptions to
reach your target...

Free Your Mind!

Rewrite the “software” of your past
and change the “printout”
of your future.