



Do you Sabotage Yourself?

When knowing WHAT to do is not ENOUGH!

By Robin L. Graham

Have you ever said, “I know what to do and how to do it so why don’t I just do it?”

Often when we don’t accomplish what we want, we decide that we need to learn more by reading a book or taking a class only to find out that our behavior still doesn’t naturally change. Oh, you can use discipline, determination and will power to ‘make’ yourself do it – but shouldn’t there be an easier way to effect long-term improvements?

Can it be easier?

The catalyst for our behavior is the core belief systems that impact our thoughts and actions in every area of our life. As often quoted by Henry Ford, “If you believe you can or you believe you can’t, you are right.”

Our beliefs are formed from our experiences and information gathered from family, friends, and culture. Many beliefs are established very early in our development while others may have formed yesterday. All impact our perceptions and the results we experience in our life.

For example, several documented experiments have shown that the belief in the healing power of a particular medicine will create measurable improvements – even when the actual medicine provided was a ‘sugar pill’ or in one experiment, a toxin. This makes you wonder how much more powerful a prescribed medicine could be when the individual believes that a positive impact will occur verses believing that all the side effects will happen.

This also brings up the question of what caused the illness in the first place – was it a perception of fear, unworthiness, or limitation? If you only treat the physical symptom of the illness and disregard the non-physical causes, then re-occurrence is more likely.

For example, a massage therapist was struggling for years with an embarrassing rash on her hands. She received some relief from topical ointments yet it never cleared up. After using a belief changing technique, the rash has cleared up and has not returned. What could have caused

this change? She held a subconscious belief that she was not worthy of being successful as a massage therapist. In order for the subconscious program to ‘succeed’ over her conscious decision to pursue what she enjoyed, her subconscious created a rash on her hands. This is an example of what may occur when negative beliefs are left unchecked.

Do you have any negative beliefs that are limiting you? Are you pushing your life uphill and feeling like you haven’t gained much ground? Or are you pulling your life load and feeling exhausted about it?

Our lives are more involved, complex, and busier than ever before – yet we are still trying to operate with the same mental programs that worked in the past (or did they?). Computers don’t run well on outdated software. Neither do our minds. It’s time to upgrade your mental subconscious programs!

What does that mean?

All our life, we have gathered information and experiences that are part of our operating system referred to as our subconscious. The subconscious is a term used to describe the part of our body/mind system that keeps our body functions working, such as heartbeat, breath, digestion, and muscle movement. It also stores all our life experiences and information gathered over the years. When you consciously consider taking an action, let’s say speaking in public, it’s your subconscious that instantly compares that action to past experiences to determine if this is a safe activity for you. A previous childhood experience of being laughed at in class would equate to being unsafe. Then your subconscious would return a resounding ‘no’ to anything that seems similar. So the internal voice you would hear when you consider speaking in public would be ‘no – scary activity’. This happens so fast that often we aren’t aware of why we are saying no to something or in reverse, why we keep doing something that is detrimental to our success. To change these limiting thoughts, habits and behaviors, we need to identify, access, and rewrite the mental programs or beliefs that are causing us to operate in self-defeating and self-limiting ways.

How can we do that?

One method that has proven successful since 1988 is PSYCH-K™. This technology is a user-friendly way to re-write the internal software programs that operate our lives. It is designed to change the limiting thought pattern into a new supportive one.

The PSYCH-K™ techniques were developed to be easily understandable and applied by anyone. They are structured to use physical posturing to bring the left (analytical) and right (creative) brain hemispheres into whole brain integration thus providing direct access to the subconscious. Rob Williams, the originator of PSYCH-K™, says “By using these techniques, a kind of mental keyboard to your own brain, you can increase the cross-talk between the two hemispheres and achieve a more whole-brained state which is ideal for changing subconscious beliefs.” He has also integrated muscle testing to identify subconscious limiting beliefs followed by a process called a *Balance* which changes the limiting belief into a new supportive belief. The change can then be validated through follow-up muscle testing.

Although it sounds similar to other processes, the unique combination of techniques provide for a simple and elegant way to take control of the direction of your life. You may consciously think you are in control when actually it's your past experiences and stored information that are in control. These programmed reactions may have been appropriate at one time, but now they may be detrimental.

For example, many of us were taught as children the safety message, "Don't talk to strangers." So you may currently get a feeling of anxiety when walking into a room full of strangers that you need to network with. That's because your action is in direct opposition of what your subconscious program indicates is safe. Wouldn't it be beneficial to feel confident and comfortable walking into a situation that requires you to interact with strangers?

Through application of PSYCH-K™, you can re-write the old script into a new interpretation that allows you to enter any situation with ease whenever you need to. One example of this is a high school teenager that was uncomfortable with the first day of school, nervous about walking into each class, and unsure about meeting other people. (Haven't we all felt this as some point?) Working with this technique, he created a new perception of the situation. Experiencing new confidence, he was calm and at ease on his first day of school, and throughout the year.

While PSYCH-K™ is not the answer to every situation, many people have experienced dramatic changes from these techniques.

Who has benefited?

The benefits for upgrading these critical mental programs impact all areas of our lives since the subconscious programs control every aspect of our life. Some examples include:

Sleeplessness: For 20 years, individual was unable to sleep through the night. By changing various subconscious beliefs, she is now sleeping soundly.

Claustrophobia: Lifelong experience with little relief from other therapies. One session and now free of any claustrophobic anxiety.

Confidence: Individual realized limiting own success by thinking he can't do the things he needs to do even though he knows how. He upgraded several beliefs to support himself in knowing he can succeed. Achieved promotion at work and 'just feels better'.

Relationships: Individual experienced aggravation with someone each time they exchanged emails, voice mails, or attended a meeting. She shifted her perception of the other individual. Now without even thinking about it, she maintains her own calmness and focus – regardless of the actions of the other person.

So the next time you have that feeling that you are driving with one foot on the gas and the other on the brake, question if it's an old mental program trying to stop you from succeeding. If so, then recognize that you can upgrade your subconscious programs just as you upgrade your desk

top computer software. You can take control and choose how you want to act rather than reacting from past experiences and programming.

Byline:

Rob Williams, M.A. is the originator of PSYCH-K™. Through a life-long exploration of human potential combined with his background in business and therapy practice, Rob synthesized a simple, effective way to re-write subconscious beliefs to achieve results desired by his clients.

To learn more about PSYCH-K™, go to www.psych-k.com

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