

The Mind's Three Aspects, The Brain and PSYCH-K®

The subconscious mind motivates 95 percent of our attitudes, while the conscious mind accounts for only 5 percent. Since the subconscious mind is formed in childhood through parental and cultural conditioning, and since it controls long term memory, it inescapably drives our adult behaviors. Beliefs reflecting hidden influences from childhood often sabotage our true identity. We know that 70 percent of our emotions and thoughts are negative. In order to fully heal, this counter-productive type of thinking needs to be changed.

PSYCH-K works on an energetic level to balance and harmonize dissonant, stuck, or fragmented energy patterns within your nervous system. A PSYCH-K balance features deep change in the mind and the brain. The subconscious mind functions as a protective gatekeeper. Acting like a key to the gate which unlocks the true you, PSYCH-K can access your optimal state of mind and body directly, through muscle testing. This allows the conscious and subconscious minds to easily and quickly communicate when normally they cannot. This now open channel of communication is the mechanism by which you transform self-limiting beliefs. Simultaneously, the super-conscious mind is also engaged, ensuring spiritual integrity. During this process, the brain's innate neuroplasticity (ability to change) is harnessed in order to balance its two hemispheres. Split-brain neuroscience research proves the brain's two hemispheres function differently. The right brain uses emotions and intuition, while the left brain uses reason and logic. Integrating the brain's hemispheres creates a sense of wholeness and healing.

Stress and trauma lodge or freeze in different areas of the brain. This affects our behaviors. When emotionally charged, negative experiences are repeated, it causes one hemisphere to dominate over the other. PSYCH-K's "Whole Brain State" restores equilibrium to both hemispheres enabling them to function in a balanced relationship. The whole brain state fosters whole brain thinking validated by neuroscience through neurofeedback studies and split-brain research. Optimal brain function features balance across both hemispheres when both the left and right brain perform equally well.