



„Ob du glaubst, du kannst, oder ob du glaubst, du kannst nicht...., du hast Recht!“ *Henry Ford*

## **PSYCH-K Basic Workshop in Prague with Brunhild Hofmann, March 15th to 17th in English - translation into Czech language**

- **This course has the following major components:**
  - Theory of how and why PSYCH-K works
- Beliefs, where they come from and how they affect us in our daily life so that you can really understand the impact our subconscious beliefs have on our daily lives.
- Three levels of the mind and how we work with each level to make successful, long lasting change in our lives.

- The brain - understanding the basics of split brained research and what it means to be whole brained. We will look at the importance of being whole brained when making effective change in our lives?



**How can you change your life?**

- Muscle Testing that allows us to communicate directly with our Superconscious and Subconscious minds.
- Two PSYCH-K Balances - the processes that can be used to change limiting beliefs in the subconscious mind into juicy self enhancing beliefs.
- How to create your very own personal well formed goal statements that will help you have the life experiences you want and desire.
- Clarification for the subconscious mind - how you will know that you have achieved your goal.
- Use PSYCH-K in Your Daily Life: how to get from where you are now, to where you want to be in the simplest and most effective way.
- Self testing - self muscle testing techniques that will help you use the PSYCH-K Balances for yourself, when you are on your own.



„Ob du glaubst, du kannst, oder ob du glaubst, du kannst nicht...., du hast Recht!“ Henry Ford

- Different categories with 77 Goal Statements covering the areas of Relationships, Personal Power, Self esteem, Prosperity, Grief and Loss, Spirituality and Health and Body.
- Principles of Nature - 33 statements that have been inspired by Bruce Lipton's work on nature and what we can learn from her.
- Transform the Perception of a Stressful Situation - transform the perception of any stressful experience, emotion, phobia or trauma in your life, past, present or future so that there is no more emotional charge when you think about it.

**Dates:** Friday, 15<sup>th</sup> to Sunday 17<sup>th</sup> March 2019

**Tuition:** 590 € per Person

**Registration:** Mira M. Liskova  
[www.lecebnekody.cz/psych-k-engs](http://www.lecebnekody.cz/psych-k-engs)

[mirami@lecebnekody.cz](mailto:mirami@lecebnekody.cz)

Please ask Mira for the location.

or: Brunhild Hofmann  
[www.energyfocus.de](http://www.energyfocus.de),  
[brunhild.hofmann@energyfocus.de](mailto:brunhild.hofmann@energyfocus.de)

