PSYCH-K®



PSYCH-K® is a consciousness technology developed by Rob Williams, a holistic psychotherapist and life coach, and endorsed by Dr. Bruce Lipton, a cellular biologist and founder of the epigenetics of holistic biology. This self-empowerment technique uses a set of principles and processes designed to change subconscious beliefs that limit the expression of one's fullest potential. Working with the creative energies of the Mind/Body to reestablish helpful and supportive thought processes and belief systems, PSYCH-K® processes transform fears, phobias and charged reactions of past traumas/events to create a balanced, healthy framework for the Mind/Body to orchestrate wellbeing.

"The 'secret of 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, PhD

Dr. Lipton's work has proven the effect that external stimulus (stress) has on creating cellular receptors that respond to mental and emotional triggers. His book, The Biology of Belief, offers a scientific understanding of the role epigenetics has in the creation of our biology. According to Dr. Lipton, only by closing down the receptors on the surface of the cellular wall can the Mind/Body dissociate from the stressors of the past.

PSYCH-K® and other consciousness technologies specifically address epigenetics changes that allow the cell to no longer respond in the same old, habitual and reactive manner of the past. This is how the Mind/Body creates a state of balanced wholeness and empowers the individual to make conscious choices and the Mind/Body to facilitate healthy and supportive change.

Time Magazine wrote about the emerging field of epigenetics in the article “Why Your DNA Isn’t Your Destiny: The new field of epigenetics is showing how your environment and your choices can influence your genetic code — and that of your kids.” (Read more: Epigenetics, DNA: How You Can Change Your Genes, Destiny – TIME http://content.time.com/time/magazine/article/0,9171,1952313,00.html#ixzz2lbe7y6kW).

PSYCH-K® Facilitators:

Dr. Rev. Deborah Lallier, ThD, CBT, HTP, CHt
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