



# 20 Toxic Beliefs to Move Beyond and Why!

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*Reclaim your personal empowerment.*

By: Karen McKy, MHT, Certified PSYCH-K and PER-K Instructor

# Your Free Report

## 20 Toxic Beliefs to Move Beyond and Why

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Chances are if you're reading this report ***you are at least familiar with the idea of limiting beliefs.*** These beliefs are running in the background of our lives. Your curiosity and self-awareness have brought you to a marvelous time and place to explore more about why **your beliefs may be sabotaging your success and happiness.** If this is the first time you have heard about changing limiting beliefs or you've been doing lots of reading up about it, you are about to explore some different ideas. I want to personally thank you for opting in for this free report. Lots of great information is shared below so read on!

### Disempowering Messages

Take a look below and see how many of the dis-empowering messages in the left column you heard growing up. You may have only heard them once (which is enough to wreak havoc for a lifetime) or you may have heard the message/s repeatedly. Regardless of how often you were exposed to these messages **you no doubt felt their impact.**

The messages on the right side of the chart below are possible interpretations of these messages you might have made for yourself. If your personal interpretation isn't there, go ahead and add it. ***What we hear or perceive from others has a direct and lasting impact upon our subconscious mind*** all the way through our adult life, unless we learn how to change it.

### Original Message

As children we take the original degrading message, translate it and personalize it, then store it as a belief we operate from. For many of us this remains in place for the rest of our lives. **Some of us will agree with the belief we have internalized and we live a diminished life because of it.** Others rebel against the belief that is internalized and go the opposite direction. Still the belief is operating in the background, regardless if we agree or rebel against it.

### We Act According to Our Beliefs

The amazing thing is we act according to our beliefs. Even more interesting is that our **beliefs are at the very root** of all our thoughts, motives, desires, emotions, even the words we say to others. Take a moment, stop and really consider this seriously. Do you find this to be true? Our beliefs govern absolutely everything we do. Some say they even govern our biology.

### Beliefs are Like Filters

In Dr. Bruce Lipton's bestseller *The Biology of Belief*, he says, "Our positive and negative **beliefs not only impact our health, but also every aspect of our life.**" He adds, "Your beliefs act like filters on a camera, changing how you see the world. And, **your biology adapts to those beliefs.**"

While each of us have come through different family, educational, religious and cultural experiences it's likely you have been exposed to several of these demeaning and disempowering statements. Chances are you have lived your life based on some of the same messages or similar messages which are just as diminishing.

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## Now Take A Look Below At The 18 Pairs Of Belief Statements

**Highlight or mark those you are most familiar with in your own life.** Do you AGREE with the statements? Did you REBEL against them? Mark the statements with an "A" if you agreed with them and an "R" if you rebelled against them.

The messages we perceive from others...

become the messages we tell and believe ourselves.

A/R

A/R

	You'll never win.		I always lose.
	You're hopeless.		It doesn't matter anyway.
	You'll never get it right/fixed/corrected.		I never learn.
	You'll never change.		I'll always be this way.
	You can't have that.		I'm not worthy of...
	You're such a loser.		I'm worthless
	Not now, I'm busy, we'll talk about it later.		I'm not important.
	You'll never amount to anything.		I'll never be successful.
	You're wrong.		I'm never right.
	You're just like... (your father, mother, etc.)		I can't change my genes/who I am.
	You'll never be able to...		I just can't figure it out.
	You're worthless.		My life is of no value. I contribute nothing.
	Who do you think you are?		I'm a no-body.
	You're a loner and always will be.		I'll never find a mate/spouse/business partner, etc.
	You're not to be trusted.		I can't trust myself or others.
	You'll do as I tell you.		I have no control. I'm always the victim.
	Money goes through your hands like water.		I'll never have enough money.
	There's no cure, there's no hope.		I have to accept their diagnosis.

What messages were you told?

How did you interpret that message?


## How Has Your Life Been Influenced?

Take a few moments to consider how your life has been lived as a result of these beliefs.

- What have you never been able to accomplish?
- What do you constantly seem to struggle against?
- Who have you brought into your life as a result of the beliefs you hold?
- What have you allowed to happen either directly or indirectly as a result of these beliefs?

While becoming aware is a wonderful thing, **awareness is only a first step to actually changing the beliefs.**

Everyone has beliefs which have limited them and kept them from achieving what they are capable of. ***The good news is we have great ability to change the limiting beliefs of our lives*** once we are aware we have them. We can change and **operate from an entirely different mindset** and there is science to support this.

## Dr. Jeffrey Fannin, PhD

Dr. Fannin of the Center for Cognitive Enhancement has been working with Rob Williams M.A. of The PSYCH-K Centre since January 2010. In the Fall of 2011 they published a paper in **the peer reviewed journal, NeuroConnections.**

***In this paper they discussed the role of negative emotions and negative feedback.*** "...arousal of strong negative emotions stimulates the Sympathetic Nervous System (SNS), which inhibits access to existing neural circuits and invokes cognitive, emotional, and perceptual impairment."

**This means when we are subjected to negative emotions or feedback (words, thought, acts) our neural connections are unable to communicate as effectively.** Some may say that **we even "dumb down"** as a result of the experience. Can you remember a time when you were the target of someone's negativity?

## At A Loss For Words

Do you remember being at a loss for words to respond to someone who was giving you a hard time? Perhaps some time later, after the confrontation, you were calmer and more able to think. You might have told yourself, "I should have said this or that to him/her." However in the moment of the challenge, these words and concepts simply weren't accessible in your mind! This is an example of exactly what is described above.

## Fight/Flight/Freeze Stress Response

**When we perceive we are under attack**, regardless of how mild or harsh it is, our Sympathetic Nervous System triggers a cascade of complex chemical reactions in the body. **We immediately go into the Fight/Flight/Freeze Stress Reaction.** Our body stops sending vital blood flow and nutrients to the organs in the torso and redirects the flow to the limbs so we can either fight or flee.

Additionally, the **blood containing its vital nutrients and energy are diverted away from the frontal lobes of the brain** and redirected to the hind brain which is responsible for immediate reaction; animal instinctual behavior.

All of our rational cognitive processes are in the frontal lobes. With less blood flow and energy in the frontal lobes we have **less** access to our cognitive processing capability during the stress response state. This means **we actually become less capable of thinking or processing cognitively when under stress.**

## Same Or Different?

During a perceived negative situation our senses take in all available data and run it through filters of previous information held within the subconscious mind. ***Our reaction to the current threat is based on the filters of the past.*** Rapid contrasting of the current event to past events as “same or different” determines the reaction to the presenting situation.

If there is no ‘same’ indication a new association and reaction to the event must be created. These new and ‘different’ associations are then stored in the subconscious mind, (which acts as our ever present recording device,) adding new information to prior information.

**When we live or work in a negative environment we simply shut down!** It is easy to understand how we can have such great difficulty manifesting the positive results we desire with all the stress and negativity we live in.

## The Subconscious Mind

What is the subconscious mind anyway? This is a question many highly educated scientists still cannot explain. They can explain the effects of the subconscious mind, the realm of its effects, even the processing capacity of it, but there still is **great discrepancy as to ‘what’ it is exactly** and where it is located within the living being’s system.

Much of this comes from the fact that ***science is still looking for answers within the physical bio-system itself.*** It is very difficult to measure and prove anything other than the visible-physical realm. It is this authors perspective the subconscious mind may be our spiritual essence and it has no measurable physical properties (which can be evaluated with our current technology).

With the more recent acceptance of quantum energetic field ideas and quantum mechanics science it appears we may be headed in a different direction to explain the subconscious mind. While our brain operates as the bio-mechanical system, **the subconscious may very well be explained as an energy field which interfaces with the brain.**

## The Recording Device

Scientists have ascertained the subconscious is responsible for recording the events of our lives without judgment of good or bad, right or wrong. **It simply records factual details.** The subconscious appears to hold emotional experience within it as well. How it interfaces with the brain is still a mystery. It has been shown working with many hypnotized subjects over the past 100 years that they are able to access memories of other perceived lifetimes in vivid detail.

***There are many documented accounts of historically accurate lives having been lived by hypnotized people.*** Research of past life accounts has confirmed the accuracy of reported details. These same people have access to all the emotions they were experiencing during the past life recall. **How can the hypnotized person accurately know this information and experience these emotions unless it is possible they have actually remembered it or accessed it from another lifetime?**

If these people have in fact remembered events from a prior lifetime and they can access this information without the benefit of their old brain, then **the memories must be stored somewhere other than the brain.** A possible way of explaining this idea is the metaphor of the “cloud,” which we can now upload computer documents to. We can’t see, hear, touch or directly experience this “cloud” yet we can upload, download and share documents with others from it. It holds the wisdom of thoughts and actions in the form of documents or files. In some respects this is very similar to the activity of the subconscious mind.

In the NeuroConnections report Dr. Fannin and Mr. Williams state “The subconscious mind consists of all involuntary processes and functions including thoughts, beliefs, emotions, memories, skills, instincts and behaviors of which we are not consciously aware. They are generated by the subconscious mind, while the effects occur in the brain and body. Many of the processes and functions of the subconscious mind involve implicit memories. Implicit memories derive much of our subconscious abilities such as habits, skills, behaviors, reflexes, conditioned responses and emotional reaction, which **we automatically demonstrate or engage in without much or any conscious awareness** or thinking. If we want to change any of these subconscious implicit memories, ... we must interface with the subconscious mind.”

## How Do We Do It?

How do we interface with the subconscious mind then? How do we get access to make the desired changes? **If all we needed were more books, more affirmations, more motivational speakers, vision boards, gurus, etc. we would already be “fixed”** and our lives would be demonstrating the results of the work we had accomplished. But, this isn't the case! Why is it then, so much of what we do has so little effect on our subconscious mind? Perhaps it is because we are going about solving the problem using “conscious mind” processes rather than subconscious mind processes. Perhaps **we are not speaking the language of the subconscious mind**, we are not specific enough and we are not utilizing our brain and other assets to assist us in the most effective way.

For the past 25 years (1988) Rob Williams, M.A. has made available a set of spiritually based subconscious mind processes, which **have been scientifically documented**. These processes create changes within the brain and the subconscious mind. This is fantastic news and creates greater credibility for those who need conscious mind confirmation that this stuff works. ***Even greater news is that people are actually able to create significant and lasting changes within the subconscious mind by accessing it.***

Dr. Fannin's and Mr. William's paper shares the results of a study utilizing 125 people. Using quantitative EEG with standard EEG artifacting criteria (artifacting is the removal of data containing eye blinks, muscle twitches, swallowing, etc. which can skew the raw brain wave data within the collected data) and the PSYCH-K Balance process with all subjects, it was found that

***“ ...98% of the cases measured, presented statistically significant correlations, demonstrating the difference between the baseline measures and the presences of the whole brain state after the intervention (balance) occurred.”***

## What Is The Whole-Brain State and Why Does It Matter?

To understand this we need to consider the anatomy of the brain. There are a fair number of highly specific parts of the brain, but **3 primary areas** we need to discuss at this time. **These are the Right Hemisphere, Left Hemisphere and the Corpus Callosum**. Through the past several decades much research has helped to create greater understanding of the characteristics and responsibilities of each hemisphere. This research is better known as Split-brain Research which led to studies of the Brain Dominance Theory.

***The right hemisphere is credited for our creative abilities.*** It uses intuition and emotions. It thinks in pictures and deals in wholes and relationships. It will synthesize and put things together and thinks holistically. It is introverted, identifies with the group, is spontaneous and free and is identified with the feminine aspect.

**The left hemisphere is credited for our logical abilities.** It uses reasoning, thinks in words, and deals in parts and specifics. It will analyze and break apart and thinks sequentially. It is extroverted, identifies with the individual, is ordered and controlled and is identified with the masculine aspect.

**The Corpus Callosum** is a dense bundle of nerve fibers which runs between the two cerebral hemispheres. It is the normal function of this bundle to **act as a bridge between the two hemispheres** so the entire brain operates utilizing the resources of both hemispheres.

While this is the ideal circumstance it also appears **the Corpus Callosum can contribute to a lack of communication** between the two hemispheres, thereby **acting as a barrier to communication**. Regardless of where or how the breakdown occurs it can easily be demonstrated that communication between the hemispheres is broken or disrupted in regards to specific beliefs.

## Fascinating Revelations Happen

One of the most fascinating revelations occurs while working with PSYCH-K change processes. Often a client will be amazed when s/he notices how their **brain hemispheres respond differently** to the thought of a particular belief. Typically one hemisphere will be test strong and the other tests weak to the idea of the presented belief. It is desirable for both hemispheres to come into alignment in regards to the proposed positive belief.

**The goal is for the two hemispheres to become aligned during the PSYCH-K Balance process.** Rather than fighting or being turned off to one another, the hemispheres re-engage with each other in regards to the newly proposed positive belief statement. This enables the client to have access to all the resources of both hemispheres. This also allows the person to also have a greater sense of inner peace as the **resistance to the desired belief is relaxed** and there is a more open flow of communication within the brain once the balance is completed. Many people comment on how much tension they felt “let go” as a result of the PSYCH-K process.

We all have an innate ability to know what is best for our selves. However, through the course of our early childhood and even into later years as an adult, circumstances occur which create an emotionally charged experience for us. This charged experience seems to locate more in one hemisphere than the other. **We become “right brain dominant” or “left brain dominant” as we are continually conditioned by our experiences and those around us.** We may tell others with pride this is how our brain is oriented.

## Are You Utilizing Only Half Your Brain?

If we are Right or Left Brain thinkers we must realize we have shut down one hemisphere more than the other. Should we be so interested in boasting then? **Do we really want to live with half our brain shut down** much of the time? Most people would say, “No.” It is easy to understand the value of being “whole brained” in every area of our life. This is the goal of PSYCH-K, used for personal development and PER-K, (pronounced perk) for business development.

## It's Time To Affirm Your Personal Power

It has always been the interest and commitment of Rob Williams, M.A. to affirm the personal power and capability of each individual to personally create the desired changes in their lives. This is why the **subconscious change processes are taught during personal, face to face, interactive workshops** around the world rather than being taught over the internet, a book or video.

Each workshop is taught by a Certified PSYCH-K or PER-K Instructor so **students are assured they will gain the fullness of the educational opportunity**. Within the context of the workshop various nuances always emerge particular to that group of students. It is the Instructor's job to assist and teach how to handle and address those nuances when they arise. The varied presentations of each student's **questions and experiences could never be completely described in a video or book presentation**.

Because such diversity exists in each class it is encouraged for PSYCH-K students to come back and review class material from time to time to gain another slice of understanding, and hear the presentation from a different perspective after they have employed the tools. Students who review workshops will often say, "If you said that in the first class I missed it." Or "There was no way I could have captured all that you said in the first class." We can only take in so much at one time after all.

## Are You A Do-It-Your-Selfer?

Each of us has the power to do it ourselves! PSYCH-K is for the person who is committed to taking personal action in their life and making the changes they seek. PSYCH-K is not a "DO TO" model of change like so many other modalities where a practitioner literally "does something to" the client.

**PSYCH-K is a "DO WITH" tool kit.** You will learn how to do the processes WITH yourself (and WITH others) so you are empowered to create change in your life when you notice an adjustment would be beneficial. While graduates of the Basic Workshop are called Facilitators, in no way are they expected to have the answers for the person they are working with. Facilitation means the one directing the session facilitates the processes. The **results emerge from the wisdom within the Partner/client**.

The "DO WITH" idea is rather foreign to most people at first. Within our culture we have become accustomed to someone always doing something TO US, even if it is pleasurable. Being in the position of creator of our outcome and taking personal responsibility for what happens in our lives can be unfamiliar at first. However, once you start achieving great results and enjoy the benefits of exercising your personal power and accountability **you will find the PSYCH-K processes are very comforting, natural and inspiring**.

Many people have had their personal power broken or stripped from them early in life as an authority figure made a child submit. Some people never realized this happened to them. Others realize it and spend a lifetime working to regain the power they were born to express. A blessed handful of children have kept their personal power intact and it was affirmed for them as they grew. They were encouraged to keep stretching and take on new ideas and challenges. Regardless of where you are right now in your life, **be assured you are a powerful person!** You are capable of powerful change and powerful results!

## Possibly The Biggest Problem

It is possible the most prevalent problem around the world is that of disempowerment. **No matter where we live in the world there is rampant disempowerment of people**. It may show up in the home, at work, at our religious groups, at school in short anywhere people coexist. The goal of disempowerment is for one person to be more powerful than another. When we really work together, rather than attempting to thwart one another, we understand **we are far more powerful through purposeful collaboration**.

PSYCH-K helps us regain connection to our personal power and learn how to employ it so we can move in the direction of manifesting the life we dream of having. **We never lost our personal power**. We were persuaded to shut ourselves off from using it, usually, because it threatened the personal power of someone else. It is because our personal power is so

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important to our success in everything we do that I chose to showcase disempowering beliefs as the most toxic of all beliefs in our lives.

If you take a look at the beliefs shown in the introductory list again you will **experience the disempowering common thread** running through all of them. It is the intention of the original speaker of the statement to demoralize, dehumanize, diminish, and degrade the person they directed the statement towards. If we incorporated any of these beliefs as children or adults, and converted them into the belittling self-talk which runs in the background of our subconscious mind, **we turned over our personal power to the one who belittled us.**

## Reclaim Your Personal Power

Now is the time to take back your personal power and reclaim your excellence as a blessed being upon this planet. You have the right to **be the brilliant and amazing person you truly are.** If you need a little help getting your subconscious mind to align with your goals then you are at the right place at the right time.

It is my calling and passion to assist you with your goal, teach you how to step into your power and utilize the processes used around the world since 1989. When you are willing to take on more of your life I am be honored to stand beside you and show you how **you can do it** utilizing the amazing processes know as PSYCH-K and PER-K.

## TAKE ACTION NOW!



Waiting until tomorrow won't make anything different in your life. For most people tomorrow is never actualized. When you are interested in something **the moment to be decisive is NOW!** Take action and decide which option below is best for you. Get started now with changing sabotaging beliefs that hold you back in life.

**Option 1.** Sign up for a PSYCH-K Basic Workshop. Receive a **Discount of \$50.00** just for reading this report! **To get your \$50.00 Discount copy and paste the link below into a new address bar of your browser (Internet Explorer, Firefox, Google Chrome, Safari, etc.)**

[https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=HSMKGFWF8AG](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=HSMKGFWF8AG)  
Students receive 20% off future private coaching sessions!

**Option 2.** Experience one **½ Price PSYCH-K Session.** Sessions are 1 hour. To accomplish as much as possible you will fill out these 2 fast forms. Thoughtfully consider the most important areas of your life you want to change. **To get your One-Time ½ price offer copy and paste the link below into a new address bar of your browser (Internet Explorer, Firefox, Google Chrome, Safari, etc.)**

[https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=G249YKCVNQ56N](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=G249YKCVNQ56N) Call 719-648-3070 to schedule your session and to receive your session preparation pages. (Leave a message and I will call you back if I can't answer the phone.) Or email at Karen@SubconsciousChange.com

**Option 3.** Sign up for a **FREE 30 minute Toxic Belief Shift Session.** Call to schedule your time at 719-648-3070 Be sure to mention you have read the FREE REPORT, 20 Toxic Beliefs to Move Beyond and Why. (Leave a message and I will call you back if I can't answer the phone.) Or email at Karen@SubconsciousChange.com

**Let's make the life you are living the best it can possibly be!  
I look forward to visiting with you!**