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## **PSYCH-K DEFINITION**

*“Civilization as we know it, is in the process of making a monumental shift in human consciousness, of which we are all playing a part, consciously and subconsciously.”*

*Rob Williams, Originator of PSYCH-K*

You have been called to attend this retreat because there is something in you that is longing to participate in and contribute to this monumental shift. But how?

Well, when you change yourself, you change the world. According to Bruce Lipton, MD and author of *The Biology of Belief*, it is not genes that control our lives but beliefs. These beliefs are the secret to our lives and can be accessed using the amazing tool of PSYCH-K.

PSYCH-K is a non-invasive, interactive process of change that allows you to quickly and painlessly change your subconscious beliefs - the ones that are holding you back from living your full potential, from expressing all that you want to be and do.

*“When you rewrite the software of your mind, you change the printout of your life and the world!” Rob Williams*

You will be offered this tool at the retreat to support you in accelerating the life of your dreams.