



Achieve a Better Life by Design!

Reclaim your personal empowerment.

KAREN MCKY
Emotional Resilience

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Achieve a Better Life by Design!

All behavior is belief driven, who we are, how we feel and how we act is based on our beliefs; limiting, toxic or otherwise. **Programming that has been imprinted in our brain primarily in vitro and up to our seventh birthday.** Who we are and where we are in life today was most likely not designed by us. Those who influenced us spent time with us during childhood, including our primary care givers, grandparents, uncles, aunts, teachers, siblings, etc. These people may have had the best of intentions for us, or at worse, they had no intention to help at all.

Self-limiting beliefs run in the background of our mind frequently and unknowingly affect our life in either positive or adverse ways and we don't realize it. Our self-limiting beliefs hold us back as surely as prison bars. Quoting Dwight D. Eisenhower, **"You cannot get out of jail if you do not know you are in one"**. We walk through life not knowing what truly inhibits us from being the person we know we can be. Where might we be today had we known we could easily change these sabotaging beliefs?

Perhaps what brought you to inquire more about Subconscious Change is your curiosity and a desire to heal your emotions and become a better version of yourself. Your self-awareness has brought you to a marvelous time and place to explore more about why **your beliefs may be, at best sabotaging your success and happiness and at worse plunging you into anxiety, fear and doubt.**

It is a common but incorrect assumption that it takes years to change your emotional state of mind, this idea is outdated. I know. I

attended seventeen years of counseling to help me overcome a lifetime of pain and sadness. Unfortunately, my marriage ended in divorce anyway. I came to understand that knowing at the conscious level what one's challenges are, is not enough to create lasting positive change. It does not matter how hard you try or how much money you spend. Until one accesses the subconscious mind and changes the self-limiting beliefs, conscious "knowing" will not get you very far.

In my search for **emotional resilience**, I gained a great wealth of knowledge which led me to PSYCH-K®. **The speed at which I healed my emotional state, strengthened my resolve, deepened my self-esteem, enhanced my relationships, and improved my financial status** blew my mind. I finally achieved with PSYCH-K® what I had hoped to achieve with the years of counseling. The subconscious changes I made in 2009 are still functioning and supporting me today.

What further astonished me was this **self-healing** modality also led me to greater self-realization as a spiritual being having a human existence. So many of us, including me, have been on a difficult and painful path through life. This path is all too familiar and well-traveled by many. None of us desired or wanted to endure what we have gone through. **The lasting peace I came to experience in 2009 led me to share this profound tool.** For those who are on the journey of emotional healing you have now found the best method on the planet to assist yourself.



DIS-EMPOWERING MESSAGES create **LIMITING BELIEFS** leading to **DIS-EMPOWERED LIVES**

Much of who we are today is the result of what took place in our early childhood, prior to our ability to critically think. We absorbed hurtful comments, events and other childhood impacts without the ability to rationalize the content, context, experiences or to understand whether or not we were the target. These perceived negative influences may have come from our primary caregivers, trusted authorities, siblings, relatives, friends, or passersby. The saying, “children are very impressionable”, is incredibly accurate. Young children are like sponges; they absorb everything with no discernment.

We take these original impactful messages, translate them, personalize them, then store the information as an experience or belief. We then begin operating from these events or beliefs, often negatively. **Some of us will continue to agree with the negative beliefs we have internalized as a child and we live a diminished life because of it.** Others rebel against the internalized self-limiting beliefs and go the opposite direction. Still the beliefs are operating in the background, regardless of whether we consciously agree with them or rebel against them.

Unless, and until, we take charge of the limiting beliefs and re-write the unwanted scripts, they will continue to play out in our lives with unwanted behaviors and challenges. **It's our great opportunity to change our lives and be the person we wish to be!** It is easy and incredibly quick to re-script our beliefs so we can live a better life by our design. We can learn how to make these changes in a three-day workshop. **The end result of this workshop is that you will be able to make your own personal changes in a matter of minutes,** once you understand what to do and how to do it!

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“PSYCH-K represents one of the most important, efficient, effective, and rapid change processes that is available on this planet today.”

– Dr. Bruce Lipton

We Act According to Our Beliefs

Do you ever wonder why you keep doing what you do, even when you wished you wouldn't? We act (behave) according to our subconscious beliefs whether they be positive or negative. Even more interesting is that **our beliefs are at the very root** of all our thoughts, motives, desires, emotions, and even the words we choose to say. Our beliefs express how we perceive the world around us. Take a moment, stop and really consider this seriously. Do you find this to be true? Our beliefs govern absolutely everything. Some understand they even govern our biology.

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 we are unknowingly act according to our beliefs. It's possible that we have been exposed to several demeaning and dis-empowering statements, events or other influences that have negatively impacted the scripting in our subconscious.

How Have Your Beliefs Influenced Your Life?

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 able to think more clearly. You might have told yourself, "I should have said this or that to him or her." However, in the moment of the challenge, these words and concepts simply weren't accessible to you!

All our rational cognitive processes are in the frontal lobes of our brain. However, blood is redirected to the hind brain when we are stressed, which is responsible for immediate reaction and instinctive survival. 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 become less capable of thinking or processing cognitively when under stress. This instinctual survival behavior

was programmed into your subconscious mind and is responsible for keeping us alive.

Do you FIGHT, FLIGHT or FREEZE as a 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 survival mode; the Fight / Flight / Freeze Stress Reaction takes over.** 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. The feeling of butterflies in the stomach are not from just an emotional state. There is a physiological impact when blood is drawn away from the digestive system as it shuts down. **Long term stress can be expressed as digestive disorders!**

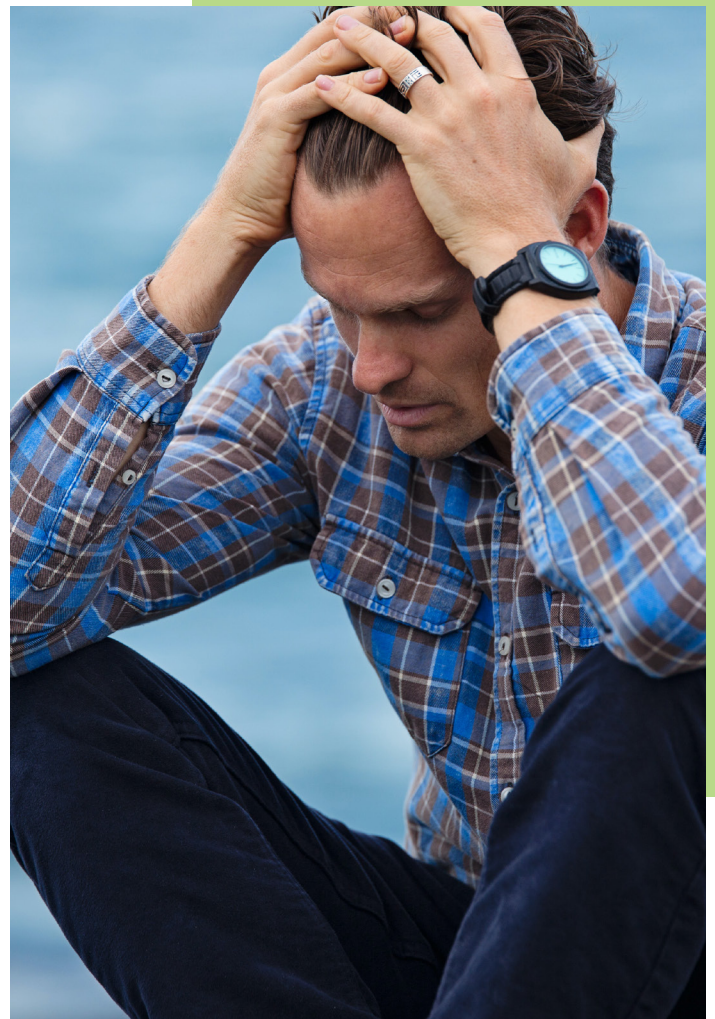
Do you remain the SAME or are you DIFFERENT?

Have you ever realized that after a stressful situation is over, you were not who you wanted to be during the event? You may later regret what you said or how you acted during the **perceived** negative situation. Why do we do what we do? Our senses constantly take in all available data and run it through subconscious filters. These filters are created from previous information and experiences which form beliefs. These belief structures are held within the subconscious mind. **Our reaction to the current threat is based on these filters from the past.** Whether these beliefs are accurate or inaccurate does not matter, we react based on the beliefs we have stored.

One of our protection mechanisms when we live or work in negative environments is to shut down to preserve ourselves! Have you found yourself doing this in long term relationships at work, at home or socially? 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.

Do you find yourself with Negative Thoughts or Anxiety for no Discernible Reason?

It is more common than one thinks to hold on to negative thoughts causing unwanted emotional distress. **It is easy to say you forgive** but the scripts embedded in your subconscious can be triggered by the smallest internal or external event bringing back unwanted memories. These unwelcome thoughts are your negative beliefs replaying history in the present moment to **protect you from**



“perceived dangers”.

Do you find yourself with undesirable emotions of anxiety, fear or depression without being able to place your finger on why? These feelings can be caused from past experiences that have been scripted in your subconscious mind. So many of us have these feelings and don't know why. We are unable to consciously recognize what is making us feel the way we do. **The subconscious mind is a master of associations.** It creates associations without our conscious knowledge. Then, if something seems dangerous to the subconscious, based on old associations, it will trigger old reactions, simply because something seems similar to something from the past.

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“Change your brain change your life.”

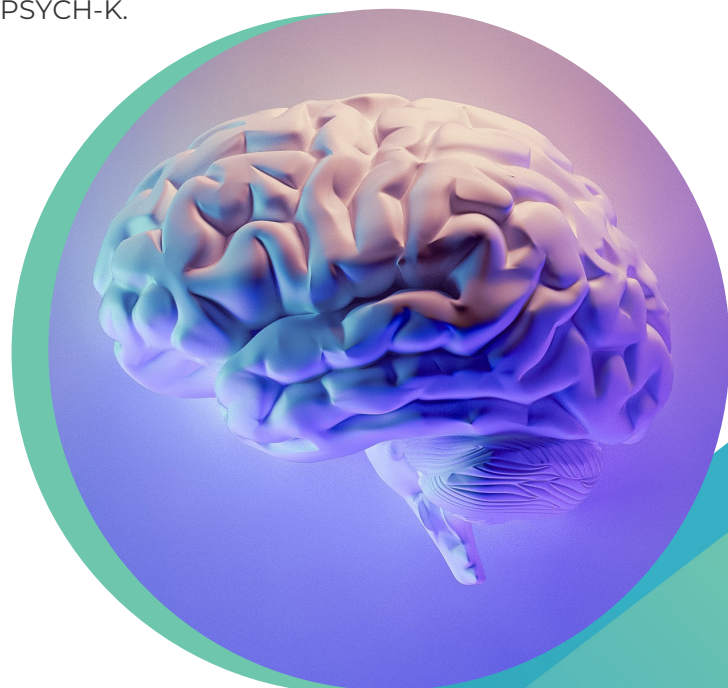
– Daniel Amen, M.D.

What makes PSYCH-K Different?

There are many modalities available today. Most have some beneficial effects. Some of these are EMDR, NLP, EFT Tapping, Hypnosis, various forms of counseling, and the list goes on. Some, including PSYCH-K, utilize forms of somatic (physical body) methods.

PSYCH-K® is a very different modality. There is much to understand about the philosophy of PSYCH-K and why it is so different. Let's consider a few of these points.

1. The client is a **Partner** in the process, there is no hierarchy of roles. The Partner and Facilitator (who guides the process) work together as a collaborative team
2. The Partner determines the goals to be achieved. The Partner's personal involvement is vital to a successful session.
3. The Partner holds all the wisdom they need to create the changes they seek. The Facilitator helps the Partner access that inner wisdom. Who better to know what is needed than the Partner?
4. The PSYCH-K® Facilitator facilitates the Partner through standardized processes. Both the Partner and the Facilitator work together to create the desired changes.
5. The standardized processes allow the Partner to achieve a Whole-Brain State, in which the two hemispheres of the brain engage with the change at the same time. This unique experience allows the Partner to update their subconscious mind with long lasting, durable results.
6. PSYCH-K® is very rapid and effective. Most processes take anywhere from a few seconds to only a few minutes for the benefit to be achieved.
7. We honor our Partner's life and their spiritual journey. We work with people of all backgrounds and nationalities.
8. The above seven points are pertinent if you, the Partner, undertake the process with a Facilitator. **Those who wish to self-heal can learn the process in a three-day class** and implement the processes anytime, anywhere! It is that easy to learn and that fast to change limiting belief in minutes.
9. There is no challenge too great for PSYCH-K.



Fast, Effective, Lasting, PSYCH-K®

We are living in a fast paced and often chaotic world which places continuous stress upon us. Daily needs allow very little time to reflect on our lives or attain adequate rest. Sometimes it is difficult to find time to enjoy a good book and put our feet up. Demands are consistent and levels of expectation keep rising. As a society we are more stressed than ever. Evidence of this is seen by increasing suicide rates, increased dispensing of and reliance upon anti-depressant medications and disengagement from meaningful relationships. People are dealing with brain-fog, confusion, loneliness, feeling lost and ineffective. We may find ourselves faltering and not knowing how to get ourselves back on track

We may be looking for the magic wand. I certainly was in 1998. I studied, or at least reviewed, many of the modalities mentioned previously, searching for simple, fast and effective ways of helping myself. Something was missing in all of them, but I couldn't put my finger on what it was. The closest fit for me was hypnotherapy. I became a certified hypnotherapist because I knew the answers were in the subconscious mind. I knew hypnotherapy would help me and I could also help others. However, it wasn't always simple, fast or as effective as I had hoped. **Then, I was introduced to PSYCH-K® in 2009.** It is so much simpler, faster and is highly effective. PSYCH-K allows each person to choose their own area of interest, target specific objectives and achieve evidence-based changes with pre and post-test results.



“I was exhilarated by the new realization that I could change the character of my life by changing my beliefs. I was instantly energized because I realized that there was a science-based path that would take me from my job as a perennial “victim” to my new position as a “co-creator” of my destiny.”

– Dr. Bruce Lipton. Author of The Biology of Belief

Everyone wants to feel better and achieve a state of emotional resilience (i.e. a state of peace to which we quickly return when we are adversely affected by worldly or personal life impacts). Emotional Resilience allows us to flex and stretch regarding present circumstances without overreacting, nor have these circumstances effect our emotional state for an extended period of time. We return quickly to our peaceful state of being and productively move forward in life. We retain our memories without experiencing the previous negative feelings or emotions. We remain emotionally detached and at peace. This is what we all wish for, and it is achievable in minutes. Yes, minutes! **Why suffer a lifetime when relief is so simple and readily available without drugs or dangerous interventions?**

PSYCH-K® is a modality of self-healing taught in a three-day workshop environment. You will learn how to help yourself, and others, using processes called Balances. Balances are accomplished in only a few minutes and give the Partner positive, impactful and enduring results. Many, as well as myself, describe both emotional and physical changes in a very short amount of time. The feeling of stress and pressure relief occurs within only a few moments. Are you intrigued by what I have shared? Be sure to visit my website or call me (see the footer). I'd love to visit with you and help you achieve a better life by design.

The Recording Device

We won't go into the details of the conscious and subconscious minds at this time. However, you can find more information on my website at www.SubconsciousChange.com. Suffice it to say the subconscious is much larger than the conscious mind, it computes over one million times faster than the conscious mind. It stores the memories of our life as beneficial and self-limiting beliefs, scripts or programs. The design and purpose of our subconscious mind is to keep us alive! It always functions in the present moment, unlike our conscious mind which handles critical thinking and moves between past events and future possibilities.

Our subconscious, the recording device, is where changes must take place for us to be the better person we wish to be. We can rid ourselves of uncomfortable emotional responses and overcome the pain of the past.

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Meet Karen



Karen studied Basic PSYCH-K® with its Originator, Rob Williams, and Bruce Lipton, Ph.D. in July 2009. She immediately immersed herself in every PSYCH-K® class offered including the Basic, Professionals Course, Advanced, The Divine Integration Retreat, Health & Wellbeing Program, and Instructor Training. Karen is an International Certified PSYCH-K® Instructor. She founded Subconscious Change, LLC in Denver, Colorado to help promote and share the teaching of this marvelous form of self-empowerment.

Karen appreciates the fascinating and intriguing processes PSYCH-K® offers her clients for achieving rapid change within the subconscious mind. Clients discover their own personal power and achieve their personal and professional goals with efficiency and speed while thoroughly enjoying their experience.

"The power is not in the processes, but within the people themselves. It's my job to help them awaken that power within and learn how to access it and use it for their highest purpose!" Karen Mcky

In September 2015, Karen was asked by Rob Williams, Originator of PSYCH-K®, to update and revise the PSYCH-K® Pro Workshop and assist the PSYCH-K® instructor community as a certifying agent for the program. The Pro was re-released as the Master Facilitation Workshop shifting its focus to help Facilitators develop mastery of the PSYCH-K® processes through additional learning, insights and intensive practice sessions. Many people who attend this program become professional PSYCH-K® Facilitators. This honored position includes teaching and certifying other PSYCH-K® instructors so they can teach the Master Facilitation Workshop materials to their students. In April 2019, Karen handed the reins to another PSYCH-K® Instructor so she could care for her husband with Alzheimer's.

Prior to PSYCH-K® Karen assisted clients using clinical hypnotherapy and assisted people with a wide variety of concerns from fears and phobias, childbirth, relationship concerns, grief/loss, chronic pain, weight management, addictions, depression, divorce, abuse and life enhancement, and business coaching. Now she helps others address all these areas quickly and easily with PSYCH-K®.

Having lost both parents to cancer and experiencing personal cancer scares herself with her own health, Karen values the opportunity to be of service to those dealing with the numerous challenges health diagnoses can bring. She brings passion and dedication to her life's purpose.

Karen has a diverse business background with over 40 years in both the corporate and entrepreneur arenas. She uses her business knowledge to assist clients and students in developing and growing their businesses. She is a former member of the International Hypnotherapy Federation, the Colorado Association of Psychotherapists, and has taught PSYCH-K®, marketing, and spirit release classes at the Denver School of Hypnotherapy in Aurora, CO.