

Chapter 1 : ERRP | Expired Registration Recovery Policy

Originator of PSYCH-K® and author of PSYCH-K The Missing Piece/Peace in Your Life!. Rob has a Bachelor of Arts Degree in Philosophy from the University of California, at Los Angeles, and a Masters Degree in Counseling and Personnel Services from the University of Colorado.

Rob Williams was a former corporate executive who tired of the corporate life. For the first 14 years of his career, Mr. Williams held management positions in the backpacking, energy management and telecommunications industries. After experiencing a spiritual awakening during this time, he decided to move out of the corporate business environment and into a life of service as a professional psychotherapist. Rob found the accepted counseling philosophy of the day lacking in spiritual essence and overall effectiveness. He studied many non-standard modalities for human change, both in the ancient and modern healing worlds. Indeed, his expectations were met through enthusiastic participants who shifted their lives to desired states of well being. While Rob Williams never expected to be the conveyor of a worldwide wellness modality, he is now beginning to be recognized for his contribution to society around the globe. The subconscious mind is your storehouse of everything that has ever happened in your life. It is your history book. It records information, details and makes associations so the conscious mind can access these at a later time. Your subconscious also stores your perceptions, beliefs, patterns, habits, and emotions. Ever wonder how an actress or actor can bring tears to the surface night after night of the same stage performance? They are using their subconscious to assist with a conscious desire during the play. The subconscious is also very adaptable and willing to change. It just needs the right method to create a desired change, and the right information. When we know how to effectively and efficiently work with the subconscious we can make changes quickly and easily. It only takes a few moments for the changes to occur and they are very long lasting. In some ways the subconscious is very much like a computer hard drive. You save the letter and come back to it at a later time, maybe even years later. You catch the error and correct it. You save and close the file again. Will the corrections still be there later when you open the same file again? This is very much like how our subconscious mind operates too. Our subconscious mind is ready willing and able to help us out at any time. We need to know how to engage it and work with it properly. Once we do we can make all kinds of changes that support our life. We can learn how to better attract and manage money, attract and manage relationships, work with our physical system to improve health, change addictive patterns, sleep better, work more efficiently, etc. In short, everything you do in life you are engaging your subconscious mind. Check out a Basic class and learn how you can gain mastery of your future.

Chapter 2 : Psych K: The Missing Peace In Your Life by Robert M. Williams

For PSYCH-K, the book by Rob Williams will give you a better idea of how you can incorporate this into your own life. While the book is a valuable asset it is in no way a substitute for attending the formal training and working with a Certified PSYCH-K Instructor.

Coupled with knowing how to effectively communicate your personal goals to the subconscious mind where they can do the most good, PSYCH-K is an effective way to quickly and easily change outdated subconscious perceptions and beliefs that may be sabotaging your goals in life. Although no single process of change has all the answers, all the time, for all people, the following elements included in PSYCH-K should make any process more efficient. Consider these important features when you are comparing PSYCH-K to other methods of change and deciding which process, or processes are right for you. The Plague of Powerlessness A growing sense of powerlessness is evident in people everywhere. It is a deep feeling of helplessness to influence or control important aspects of our lives. This dependency can foster an attitude of victimhood and impotence. We stop taking responsibility for our lives and turn that responsibility over to others. While it shares certain characteristics with other methods, it is unique in the following important ways: In a weekend workshop, you can learn all that is necessary to make major changes for yourself and others. This approach honors the power and responsibility of the individual in making the changes they seek. *Biology of Beliefs by Dr. I was truly stuck and lost. This was my full-time job for awhile me. I read about spirituality, psychology, behaviors, and quantum physics, neuroscience, and biology. I wanted to take a step beyond positive thinking, affirmations, and the Law of Attraction. He showed that our subconscious beliefs are a major factor in affecting not only our biology but our lives. It is the key to change. When you can change your limiting subconscious beliefs, you change your life. Here is an excerpt from his Dr. PSYCH-K has helped me undo my self-limiting beliefs, including one about being able to finish my book. They are both gems and the most likable and authentic people I know! This has been invaluable to me in my own transformation and I get the gift of sharing it with others. I do love my knees! I have healthier relationships. I have more fun learned to draw and sketch. I travel to amazing places. And most importantly I have passion and purpose in my life. After teaching over Workshops around the world, I continue to be amazed at what people can do with their lives when they tap into their own inner wisdom and the subconscious mind. PSYCH-K helps you to re-write the limiting beliefs that are driving your life to ones that enhance it.*

Chapter 3 : PSYCH-K Centre International

My 3rd book on PSYCH-K. NO STRESS TODAY WITH PSYCH-K by "Marina Riemslagh & Everyday PSYCH-K by Brunhild Hofmann were a little more informative I felt. There is a lot of information on YouTube. Bruce Lipton met Rob Williams at a seminar giving a presentation on Psych-K. Bruce & Rob created a DVD together on the subject.

Every once in a while, I stumble on or attract new information that blows me away. I knew that this knowledge was going to transform my life. Abraham has been my favorite teacher ever since and has completely changed my life for the better. As a therapist, he started applying his knowledge with his clients. It was only after he saw huge success with them that he started teaching PSYCH-K, certifying other instructors to teach it all over the world. You can find a list of workshops here. In their more complicated forms, they help to heal relationships and clear the trauma of birth, future death and much more. In my last blog post, I described the Vibrational Soup and concluded that work on the conscious mind alone is often not enough. Establish communication with the subconscious. Ask for permission and commitment from the super-conscious. Muscle Testing Everything in PSYCH-K, from establishing communication with the subconscious mind to testing a belief statement and determining which balance to use to make the change, is performed with muscle testing. What Is Muscle Testing? Muscle testing is widely used in alternative medicine to provide easy access to subconscious information. Often, the facilitator will press on the arm of the subject. A strong response will cause the arm to stay up; a weak response will force the arm down. For example, if someone who is gluten-intolerant holds a piece of bread, their muscle test will produce a weak response. True statements provoke strong responses; false statements will generate a weak response. If the response is strong, the subconscious agrees. If the response is weak, the subconscious disagrees and a PSYCH-K balance will be an easy way to change the subconscious and deliver a strong response. The Whole Brain State occurs when both halves of the brain are communicating and in sync with each other. Once in that state, the change to the subconscious is simple, fast and everlasting. The response would change from weak to strong in a matter of minutes or seconds. With your subconscious mind now agreeing with this belief, your reality will change. Your Beliefs Create Your Reality To understand how subconscious beliefs affect reality, I recommend that you watch this video in which Dr. Bruce Lipton explains the Biology of Belief. This dynamic presentation will leave you amazed:

Chapter 4 : Originator of PSYCH-K® | PSYCH-K Centre International

Rob Williams, Originator of PSYCH-K® Author of PSYCH-K® The Missing Piece Peace in Your Life! Robert M. Williams has a Bachelor of Arts Degree in Philosophy from the University of California at Los Angeles and a Masters Degree in Counseling and Personnel Services from the University of Colorado.

At best, this book is misleading; at worst, it borders on scam. Most readers, like me, are searching for answers: How can I apply it to my life? How can it help me change my beliefs - for that is what the complete title implies: A misfit teaching misfits. Halfway through the book, he was still spouting scientific jargon, explaining and re-explaining. About that time I confess I started to skim, as the suspicion grew that he had no intention of answering my pressing question. I was the fool for falling for the hype and ordering the book. Lipton is pandering to the public. It would seem that Dr. Lipton is a well-meaning man, but I am afraid his departure from objective rationality is the equivalent of a man that has found religion and given his reasonings over to mere faith. He states that environment has a profound influence over gene expression and that genes in and of themselves do not dictate biology. He uses the word "epigenetic," meaning above or beyond the genetic level. Neither this term nor the idea that environment plays a role in biology however is new--and moreover there is nothing mystical about it. Despite having learned enormously from the Human Genome Project, Dr. Lipton attacks it as a "failure" for having mistakenly predicted that the number of genes in H. Homo Sapiens would be over , and asserts that researchers claimed the project would demonstrate the belief of "genetic determinism. It is one of the most incredible feats of human accomplishments-right up there with sending a man to the moon. In fact, I would submit even more significant in accomplishment for the doors of continuous opportunities in research that is has now opened. The project revealed two amazing things: Moreover, the project showed the remarkably adaptive economy of human DNA. The apparent dearth of genes is something of an illusion. Although there are only 23, genes, these genes get alternatively spliced together, giving rise to much higher combinations of protein output that could not otherwise be achieved. Lastly, no serious researcher involved in the Human Genome Project saw the project as the end-all of biology or seriously pushed for the notion of genetic determinism. It was understood before the project finished that genes alone were not an end-all answer of biological functioning. Lipton claims that illness can be cured by mere belief. What an incredibly cruel sentiment. Yet this is in essence what Dr. Alas, reality does not work this way. Lastly, I cannot commend Dr. Lipton for trying to merge science and spirituality together, for his attempt is based not on science-but anecdotal evidence and highly questionable research with no direct evidence or scientific proof. Lipton offers, then, is not a new science-but another new-age religion. What is more, Dr. Lipton espouses quite frankly a ludicrous ideology. The title of his book is "The Biology of Belief. The Road Runner might levitate above a cliff and Luke Skywalker might levitate objects with his Jedi mind, but each respectively has Warner Brothers physics and Industrial Lights and Magic on their side. For the rest of us, trying to walk on air by stepping off the balcony will prove a comical, if not outright fatal, flaw in reasoning. And all the deep, faithful believing of otherwise will not change the outcome. Lipton however mocks science and the many dedicated men and women devoted in making true scientific progress and expanding our understanding of disease and the laws of nature. To them, a debt of thanks is owed, for real scientific progress is made by them--and the only place belief has a place in that progress is the belief in the ability that we as a species can accomplish such marvelous, triumphant understandings of the world around us.

Chapter 5 : Robert M. Williams (Author of Psych K)

Psych-K: The Missing. Piece. Peace. In Your Life, By Robert M. Williams, M.A. ISBN 5 star must reading. [The following is what I highlighted during my read of this excellent book -- I recommend it on my Top-ten List of Peace resources.

People wish to be settled. Only as far as they are Unsettled is there any hope for them. I recall only the circumstances. Sitting in my office at the cable television company, I stared into space. The fat-wallet, tin-life feeling became overwhelming, putting me in one of those life-assessment moments, where in the privacy of my own mind I could be completely honest. This was not unfamiliar territory for me, having known such moments more than a few times in the previous several years. The social trappings for happiness were all there: And yet, something vital was missing. Until that moment, my ability to reason had been my most effective tool for navigating through the whitewater of life. Indeed, reason and logic were responsible for most of what I had created, and yet simultaneously I knew these seemingly all-important faculties were no match for the deep feelings of emptiness sitting in my belly. Logic, in fact, was making things worse, reminding me that I should be happy, because I had what most people wanted. Who was I to complain? I sat at my desk, unaware of anything on that day but the simple fact that for two years I had been trying not to rock the boat and now the boat was sinking! Something had to change. I was not clear about what that something was, but a sense of despair at impending disaster haunted me. I had reached a point of no return. In the past, it had never gone that far. All of a sudden I was in touch with what was at the very core of my being, beyond the boundaries of my personality and the day-to-day social concerns that are the domain of logic. I became aware that the greatest joy I derived from my current job came from working with people and that it was only a matter of time before I would have to make a change. Those two realizations catapulted me out of a fourteen-year business career and the financial security it provided. Compelled by a persistent sense of urgency, I enrolled in a graduate program for counseling at the University of Colorado. During that time I realized that the world of business and the world of counseling were worlds apart! Whereas business stressed results, counseling emphasized the process itself. Success in business, often measured as profit and loss, was quantifiable. Counseling, on the other hand, was difficult to quantify in any concrete way, and the process could take years before results were apparent. Yet I loved it. As I grew as a therapist, I found myself not always agreeing with the business philosophy of just doing whatever it took to achieve success, yet I was equally disturbed by the overemphasis on the process of psychotherapy, with so little attention being paid to achieving results. This widening schism forced me to look outside my university training for more results-oriented approaches to my future profession as a psychotherapist, a search that led me through a myriad of alternative therapies such as Neuro-Linguistic Programming NLP , hypnosis, Educational Kinesiology, Touch for Health, Reiki, and a plethora of other contemporary and ancient healing techniques. I read countless books, attended numerous lectures and workshops, and listened to the best and the worst of the self-help gurus. Out of this primordial soup of therapeutic approaches I eventually arrived at the conclusions I share with you in this book. Finally, in I left the business world to begin a private practice in psychotherapy, struggling for two years to find better ways to help my clients make positive changes in their lives. Many of my clients, up to their eyeballs in insights about how and why they had become the way they were, were still not experiencing the satisfying lives they sought. I helped them develop mental and behavioral strategies for moving beyond their current limitations, yet the problems persisted despite their motivation and efforts to change. I did know that just using insight and willpower alone seldom resulted in real and lasting change. I believed my clients deserved a better return on the time and money they were investing than I was capable of offering with the techniques I learned in graduate school. My search for synthesis finally came to fruition early in December I remember that day clearly. I was putting together a marketing flyer for a workshop I had done several times before. With money tight and Christmas shopping in full swing, I was counting on the workshop to ease the extra expenses of the season. I drove home and began to fold them for mailing when I noticed the dates of the workshop were missing: I considered hand-correcting them, but my sense of perfectionism would not permit it. So the only option was correcting the master copy and going back to the printer for more copies.

Home again with dates in place, I began the folding job once more. When I was halfway through the task, my eyes caught the registration section. I had left off the times of the workshop. In disbelief I stared at that flyer for five full minutes, thinking maybe if I stared long enough I could make the times magically appear! I had never made that mistake on the flyers before. Soon I went from being stunned to being angry—deeply angry. I was faced with the same dilemma of correcting the copies by hand or starting all over again. Furious with myself for being so careless, frustrated by the economic pressures of the Christmas season, and plagued by an ominous feeling that something or someone other than just myself was sabotaging me, I went out to the backyard to let the December air cool the rage in my flushed face. Still fuming, I sat on a half-frozen lawn chair and closed my eyes. But, to my astonishment, within minutes the details of a pattern for changing subconscious beliefs showed up in my head. I could barely believe what I was experiencing. When the information stopped coming, I jumped up, ran to my computer, and feverishly began typing. In a matter of a few minutes the information in my head was gone and I was reading what I had typed: In fact, the entire format and sequence of steps was completely unique. This experience was remarkable, to say the least! It became the first in a series of patterns I received in a similar manner over the next several months. I was skeptical at first. After all, this new way of changing broke every rule I had been taught in graduate school about counseling. It violated the assumptions of mainstream psychology that had prevailed for more than fifty years. So before using this new approach with my clients, I experimented with these new patterns using willing friends and myself. The results were often dramatic and life changing. Eventually, with a proven track record, I began to use the techniques with my counseling clients. Changes that took months or even years to achieve with traditional methods were happening in just three to six sessions with PSYCH-K. Eventually skepticism yielded to experience. It was gratifying to see how easily people of all ages and walks of life were learning and using this new approach to personal change.

Chapter 6 : Psych-K, by Rob Williams, M.A.

This book is only an advertisement for the Psych-k workshop. The author briefly introduced it, but not much of a detail or how to do. Just referring to the workshop and saying how good is this workshop waste of money!

PSYCH-K is a simple way to change self-limiting beliefs at the subconscious level of the mind, where nearly all human behavior originates. Does it support your goals and ideals? Rob Williams, the originator of PSYCH-K, has a way to find out—and he claims we can change the subconscious beliefs that direct our lives. Imagine a shy young woman, terrified of public speaking, coaxed onto the stage in front of people. After a simple minute process facilitated by Williams, she takes the mic, turns to the audience, and begins speaking with the confidence of a natural. This is the scene that author and scientist Bruce Lipton witnessed in his first encounter with Williams. He recounts the story in his best seller, *The Biology of Belief*. Bruce Lipton, a Monterey Bay resident, thinks it does. It has helped me undo my self-limiting beliefs, including one about not being able to finish my book [*The Biology of Belief*]. Recent neuroscience studies indicate that as much as 95 percent of our consciousness is actually subconscious. As a practicing psychotherapist, Williams found the accepted counseling philosophy of the day lacking in effectiveness. Out of his studies in the latest mind-body research, came a series of paradigm-shifting insights known today as PSYCH-K, short for psychological-kinesiology. She will also give an evening lecture and demonstration on Wednesday, September 22 in Monterey. For more information, click here. What is it in us that can sabotage our best intentions and efforts? Rob Williams has some unorthodox answers. He spoke with us from his home in Crestone, Colorado. I had risen before dawn that morning, intent upon getting an early start on a talk I was giving that weekend, so my attention was glued to a large blank Word document on my computer screen, waiting for the words to come. Again I heard "Thump, thump, thump. Expecting the bird to fly away at any minute, I turned back to the blank screen. But just as I began to refocus on my talk, it started its noisy routine all over again. So I got up and walked outside to get a closer look. As I approached, it once again began to madly flap its wings against the window. I carefully reached for it, but just as I got close it dropped straight down into the dark bushes under the sill. But just as I sat down, it started its crazy routine all over again. Out I went again to attempt to help liberate it. And once again it dropped into the bushes. This time I overcame my fear and reached deep down into the bushes. Suddenly it flew straight up in front of me. As I lurched back, it flew higher, veered to the right over our Cypress hedge and disappeared into the brilliant pink rays of the morning sun. Something deeply meaningful had just happened and I needed to know what life was telling me. This means becoming acquainted with your wise inner voice. It knows what is best for you at any given time because it operates within the broader picture of your life in ways your rational mind cannot understand. In fact, the directives of your inner voice might not make sense to your logical mind or to other people around you. Yet it is through this internal guidance that you will receive unfailing counsel about whether to turn left, right, or go straight ahead. To hear your inner voice consistently and trust in its direction, carve out some quiet time each day to connect with your thoughts and feelings—even if it is only for five minutes while you are cooking, exercising, driving, lying in bed, or taking a shower. Quiet time is critical in our twenties because we are bombarded with endless stimuli from the outside, ranging from the demands of our work and relationships to the vast amounts of information available through the Internet and other means of technology. While I have chosen to use the term inner voice to refer to the intuitive self, you will not necessarily hear its messages like a literal voice. This wise part of your being communicates in countless ways, such as through intuitive hunches and desires, dream images day dreams and night dreams, inspired thoughts, feelings of contentment and joy or of sadness and lethargy, irrational impulses, repeated urges to pursue something, uncanny synchronicities, or waking up in the night for no apparent reason. Its messages may also come through physical sensations such as gut feelings, butterflies in your stomach, a tight throat, goose bumps, or even a sudden headache. Following are numerous suggestions to help you hear your inner voice more clearly.

Chapter 7 : PSYCH-K® FOUNDER - Carla Trigo

Psych-K: The Missing Piece Peace In Your Life, By Robert M. Williams, M.A. ISBN 5 st ar must reading. [The following is what I highlighted during my read of this excellent book - - I recommend it on my Top- ten List of Peace resources.

Chapter 8 : PSYCH-K: The Missing Peace in Your Life! - Rob Williams - Google Books

If you want to learn how you can make the changes you want in your life watch this video.

Chapter 9 : Your Beliefs Matter PSYCH-K® - Your Beliefs Matter

Robert M. Williams, M.A., is the originator of PSYCH-K, a process that transcends the standard methods of visualisation, affirmations, will power and positive thinking. Derived from scientific research in brain dominance theory as well as ancient mind/body wisdom, this techniques has proved to be especially effective in the areas of behavioral.