

# PSYCH-K®

Basic Workshop in Cape Town,  
Western Province, South Africa

29-31 January 2021

“PSYCH-K® is a ‘user friendly’ way to rewrite the software of your mind in order to change the printout of your life”. **PSYCH-K®**  
*Originator Rob Williams M.A.*

“The ‘secret of life’ is BELIEF. Rather than genes, it is our subconscious and conscious beliefs that control our lives. **PSYCH-K®** is a set of simple, self-empowering processes to change your beliefs and perceptions that impact our lives at a cellular level.”  
*Dr. Bruce H. Lipton. Ph.D.*  
*Author of The Biology of Belief.*

“Our subconscious mind implores us to perceive life through the programmed perceptions of our early childhood. **PSYCH-K®** is the missing Peace/Piece to change that.”  
*Elma Rivera Psych-K Instructor*

What if we realise that we need not be victims of circumstance and that we have all the tools we need to change our reality?

What if us as a beautiful nation have the ability to access the one resource – our minds – to change our thinking which in turn will change our lives in a constructive, positive sustainable way?

**CONTRIBUTE TO YOUR OWN FUTURE  
AND THE FUTURE OF SOUTH AFRICA!**

**BOOK YOUR SPACE AT A WORKSHOP TODAY.**

**PSYCH-K BASIC WORKSHOP**

**Cape Town : 29-31 January 2021**

**COST P/P : R 10 200.00 if deposit paid before 2021**  
incl. Imported Work Materials.

**Venue:** 4 Battleridge Rd, Marina da Gama, Cape Town.

**Times : 8am – 18h30 Friday to Sunday**

**Bookings & Enquiries:** Elma Rivera 082 491 1793

### **FOUNDATION AND PHILOSOPHY.**

Understanding the supporting structure of PSYCH-K enhances the system you were born with.

### **SIGNAL TESTING**

Successfully access and utilise the biofeedback communication system you were born with.

### **NEW DIRECTION BALANCE**

Activate your new beliefs using the simplest process in the suite of PSYCH-K balances.

### **RESOLUTION BALANCE**

Discover where your new belief is blocked, when the block occurred and quickly engage the new belief.

### **WRITING BELIEF STATEMENTS**

Master the 5 key criteria of well formed belief statements so your new beliefs always pack a 'powerful punch'.

### **VAK TO THE FUTURE**

Clarify confusion for the subconscious mind with this amazingly simple and dynamic translation tool.

### **SELF TESTING**

Learn how to signal test when you are alone. Important life updates can be made now in the present moment, as they reveal themselves.

### **USE PSYCH-K IN YOUR EVERY DAY LIFE.**

Gain control! Use fast PSYCH-K belief change processes often for maximum gains and personal empowerment.



“Elma Rivera inspires change mentally, physically, emotionally and spiritually. She facilitates in the creation of a new vision and reality for her clients, and the world around her. With her no-nonsense attitude, one cannot but help to want to jump right in and start creating a new reality for oneself.”

Elma Rivera, PSYCH-K® Instructor, COMENSA Certified Coach (Stellenbosch University Business School), Time to Think Practitioner, People Management, Supervisory Management, Journalist, TV Producer, TV Director and Entrepreneur.

**Nationwide Bookings/Enquiries cell 082 4911793 e-mail: [riveraelma@gmail.com](mailto:riveraelma@gmail.com)**

## Workshop feedback:

“Well structured and facilitated.”

(Tjama - Namibian University of Science & Technology)

“I loved this entire experience and cannot wait to do it again with my husband. I walk away today feeling lighter and empowered.”

(Taime – Phd. Molecular Biologist)

“I am so deeply grateful to have learned such a powerful process which has such far reaching effects: in such a streamlined and inspirational format.”

(Karen - Journalist)

“I learnt so much about myself and how easy it is to change!”

(Dr. M – Medical Doctor)

“PSYCH-K is a good tool for leaders!!!”

(Naevera - Namibian university - Institutional planner)

“Life changing, best experience ever, very powerful.” (Howard - Student)

“Absolutely wonderfully simplistic powerful process.” (Clint - Software Developer)

“A Valuable skill!” (Leo - Retired airline pilot)

“Opening a completely new realm of opportunity to have a successful life and help others reaching their full potential.” (Tiaan - Financial Advisor)

“The power of PSYCH-K touched me on a very personal level and I can only say that getting rid of old beliefs and connecting to the new belief has a freedom and a connection to our true purpose. It is truly special.” (Kathy - Estate Agent).

“The strong focus on how to conduct a session provided many examples on how to practice PSYCH-K and various examples of what to expect and what could happen. Very practical.” (Frank - Business owner and investor).

“Very Interesting!” (Willem - Civil Engineer)

“Great Program!” (Johan - Strategic Advisor/engineer)

“Great Experience, thanks!” (Cobie - Architectural Designer)

“Excellent.” (Gerhard - engineer)

“I loved learning about PSYCH-K and enjoyed the program immensely. I have been inspired and will definitely use the process every day.” (Arlene - TRE provider)

“Was Amazing - a Hidden Gem” (Hine - Correctional Officer)

“Excellent course that is very easy and simple to use. It can be profoundly effective! Elma certainly does PSYCH-K justice in her excellent presentation!” (Greg

- Computer specialist).