

# PSYCH-K®

## Basic Workshop, Cape Town, Western Province, South Africa 10-12 November 2023

“**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**

**Date.** : 10-12 November 2023

**COST P/P** : \$ 980.00 USD incl. Imported Work Materials

**Venue:** Schoenstatt Retreat and Conference Centre,  
Main Road, Constantia, 7806.

**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.

## CHANGE PERCEPTION OF A STRESSFUL SITUATION

Release trauma and stressful events that have been causing you pain and have influenced your life negatively in minutes.

## WRITING BELIEF STATEMENTS

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

## SERVING THE WORLD

Support human evolution in a simple and effective way using the GAIA Protocol.

## 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.

## PRINCIPLES OF NATURE

Internalize the wisdom of Mother Nature in each area of your life, by integrating Eleven Essential Principles that we are going to share with you in the workshop.



"As a PSYCH-K® Instructor, Elma Rivera inspires change - mentally, physically, emotionally and spiritually. She facilitates in the creation of a new vision and reality for her clients, class attendees, 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: [rivraelma@gmail.com](mailto:rivraelma@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).