



Lic.Ac, PSYCH-K®, NLP & EFT

Acupuncture - PSYCH-K® - Transformation Coach

## Preparing for your PSYCH-K® Session

The two fundamental questions that we ask in PSYCH-K® are *“How are things for you now?”* and *“How would you like them to be instead?”* The answers to these questions can really bring forward areas in your life where your desires aren't matching your experience, and the underlying beliefs as to why this may be the case.

The answer to these questions can be general, or specific about a single topic, there is no right, wrong or singular way of answering.

There is another fundamental principle of PSYCH-K®, which is the Inuit term *“Isumataq”*. This roughly translates as *‘Keeper of the sacred space in which wisdom is revealed.’* What this relates to is the fact that wisdom lies inside of YOU and it is my role as a facilitator, to hold the space to allow you to access YOUR inner knowing.

Sound advice for answering the two introductory questions and going through the questions below are to sit quietly for a few minutes, place your hand on your heart and take a couple of deep breaths and when you feel yourself connected to your heart and body, look at the questions and simply start writing. Don't judge what you write or try to second-guess it, just let things flow from that inner space and see what comes up.

PSYCH-K® is used to modify subconscious beliefs from limiting ones to enhancing ones. It allows us to create a partnership and give clarity to the part of mind that controls 95% of the experiences we are creating in our life.

As each person will want to write completely different amounts, below is a simple list of questions to help you focus. Get a pen and paper, write the questions down and then take as much space as you need for each of them. There is something much more particular and organic about writing things by hand that helps us tap into our inner being. But of course, feel free to type the answers if that is the way you feel more comfortable. As mentioned, **the wisdom lies inside of you.**

Take as long as you like with this exercise. If you want to go through questions 5-8 for more than one category that is absolutely fine. It can be a very enlightening process that may help you to understand your strengths, weakness and blocks in all areas of your life, even those you are feeling good in at the moment.

It may be difficult at first for you to think of how you would like to dream your world into being. We are often taught to think about things in the negative, i.e. what we don't want or what we don't have, instead of what we do want, or we do have. You are invited to give that space for yourself for your dreams to bubble up from that deep well of wisdom within - you may be surprised at what answers arise!

So, enjoy the process, and I look forward to our session.





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### Common areas of life where people can have issues are:

- Grief, Loss and Letting go of past pain
- Self Esteem and Self love
- Relationships – with self, others, substances, boundaries, giving and receiving
- Spirituality and Trusting the Universe
- Personal Power
- Prosperity, Abundance and Money
- Health and Body

If there are any other areas of life that you would like to address, or a specific situation you have in mind that you would like to work with, add that to the list or simply do questions 4,6,7,8,9,10 with that issue or area of life in mind.

First, rate each of the categories above on a scale from 1-9, with 1 being very uncomfortable or troubled and 9 being content and happy.

1. Identify the 3 areas you feel most comfortable with?
2. Identify the 3 areas you feel least comfortable with?
3. Which area do you have the least emotional connection with?
4. With the 3 areas you are least comfortable looking at, what does each one mean to you? Concentrate on the words of the category for a while.
5. Which words seem to be the most emotionally charged in a limiting or difficult way?
6. How are you experiencing that specific area of life right now?
7. How would you like it to be instead, if you could imagine the highest potential for yourself?
8. What do you imagine your biggest blocks are to achieving you goal or ideal?
9. What are your greatest strengths and talents in that area?
10. How could you utilise or appreciate these strengths and talents more?

When you are finished, take the time to thank yourself for dedicating some time to building a deeper relationship with yourself and for taking a step forward on your journey to awakening your fullest potential.

All the best,

Joanne.

