



*Free
Your
Mind*

PSYCH-K®

“When I was young, I was clever and wanted to change the world. Now I am wise and change myself.”

— Rumi

- Profound change
- Lasting results
- Easy to do by yourself
- Holistic and empowering

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Introduction

PSYCH-K® is a powerful and easy process that enables personal growth and inner transformation. It offers a way to truly master your own life — from what you think and feel to how your life is expressed to the outside world.

Many people have already attended various courses, read self-help books, and worked deeply on themselves, yet their lives often remain far from their ideal vision. Why do these internal conflicts continue to influence their lives? How can we finally break free from old patterns that hold us back?

The key lies in limiting beliefs: internal conflicts arising from deeply rooted subconscious beliefs. These obstacles are essentially nothing more than ‘programming errors’ in the subconscious — and just like a sentence in a ‘Word’ document, they can be easily rewritten.

What does a Limiting Belief do?



Imagine this: you're invited to a dance party. But dancing isn't really your thing, and immediately thoughts like, "Dancing isn't for me," "Everyone is watching me," and "I'll embarrass myself," pop into your head. With such thoughts, chances are you'll spend the party as a wallflower, watching others enjoy themselves while you stay in the background.

Now, imagine transforming those limiting beliefs into supportive beliefs such as: "I enjoy dancing," "It's safe to express myself," "I am spontaneous and free," and "People appreciate my spontaneity." What a difference that would make! Your evening would be much more lively, enjoyable, and freeing.

So, who decides how your evening turns out? Will you let your life be governed by old programming, or will you choose beliefs that truly bring you joy and freedom?

The goal of PSYCH-K® is simple and powerful: to find inner peace, experience peace with others, and thereby contribute to greater peace in the world.

You achieve this by transforming limiting beliefs (internal conflicts that steer your life) into supportive beliefs that give you strength and freedom.

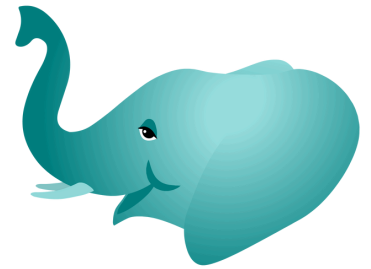
With PSYCH-K®, you can address not only limiting beliefs but also transform stress and old traumas down to the cellular level. A brief PSYCH-K® process lasting just five minutes can bring about profound changes, such as releasing phobias. The tension dissipates on both a mental and emotional level.

PSYCH-K® provides you with a powerful tool to align your subconscious with the wisdom of your conscious mind. When this collaboration occurs, your subconscious becomes a powerful ally, helping you achieve your goals and truly change your life.

The Expanded Consciousness

In PSYCH-K®, the mind is divided into three parts: the subconscious, the conscious, and the higher consciousness.

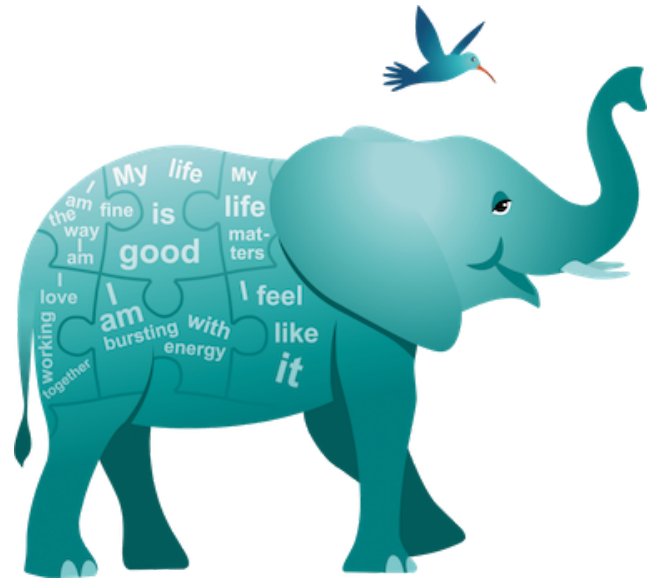
Imagine the subconscious as an elephant: powerful and massive, strongly focused on habits and patterns. This part of your mind stores and automates everything you've ever learned, from your heartbeat and motor skills to acquired skills like walking and driving.



The conscious mind, on the other hand, is like a hummingbird: small, agile, and quickly moving in all directions. The conscious mind sets goals, evaluates results, and makes choices, but it has limited capacity and cannot easily stop or steer the powerful elephant (the subconscious).

The higher consciousness offers an overarching perspective, as if you are looking at everything from above. This can be seen as God, Allah, your higher self, the source, intuition, Gaia, or whatever metaphor resonates with you.

To achieve your goals, it is crucial that the hummingbird-consciousness and the elephant of the subconscious work together. Neuroscientific research shows that the subconscious is in control 95% of the time. This means that we operate from our conscious mind only 5% of the time.



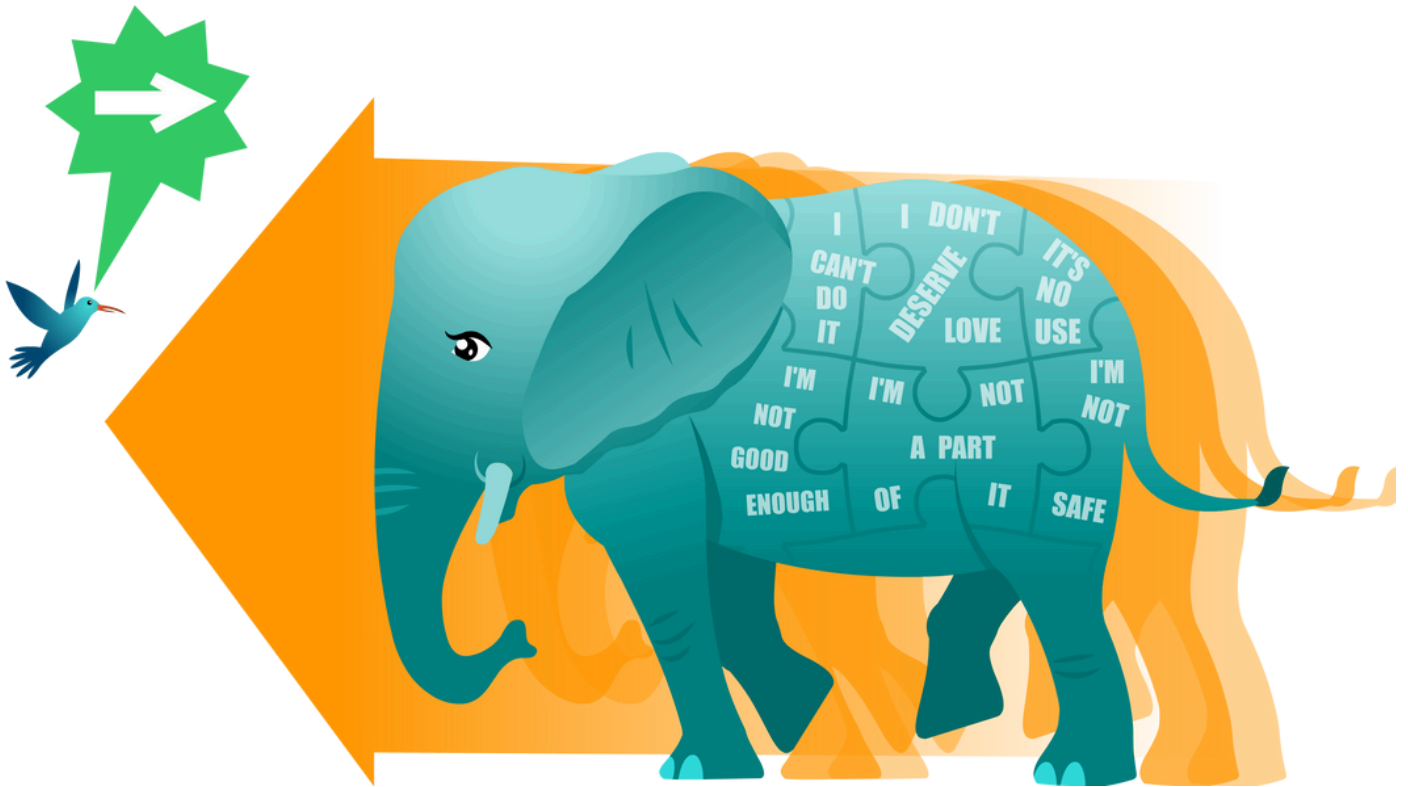
To truly bring about change in your life, it is essential that the hummingbird and the elephant align. Because if your elephant wants to go in a different direction than you do, you won't get anywhere.

What happens when your conscious and subconscious mind clash?

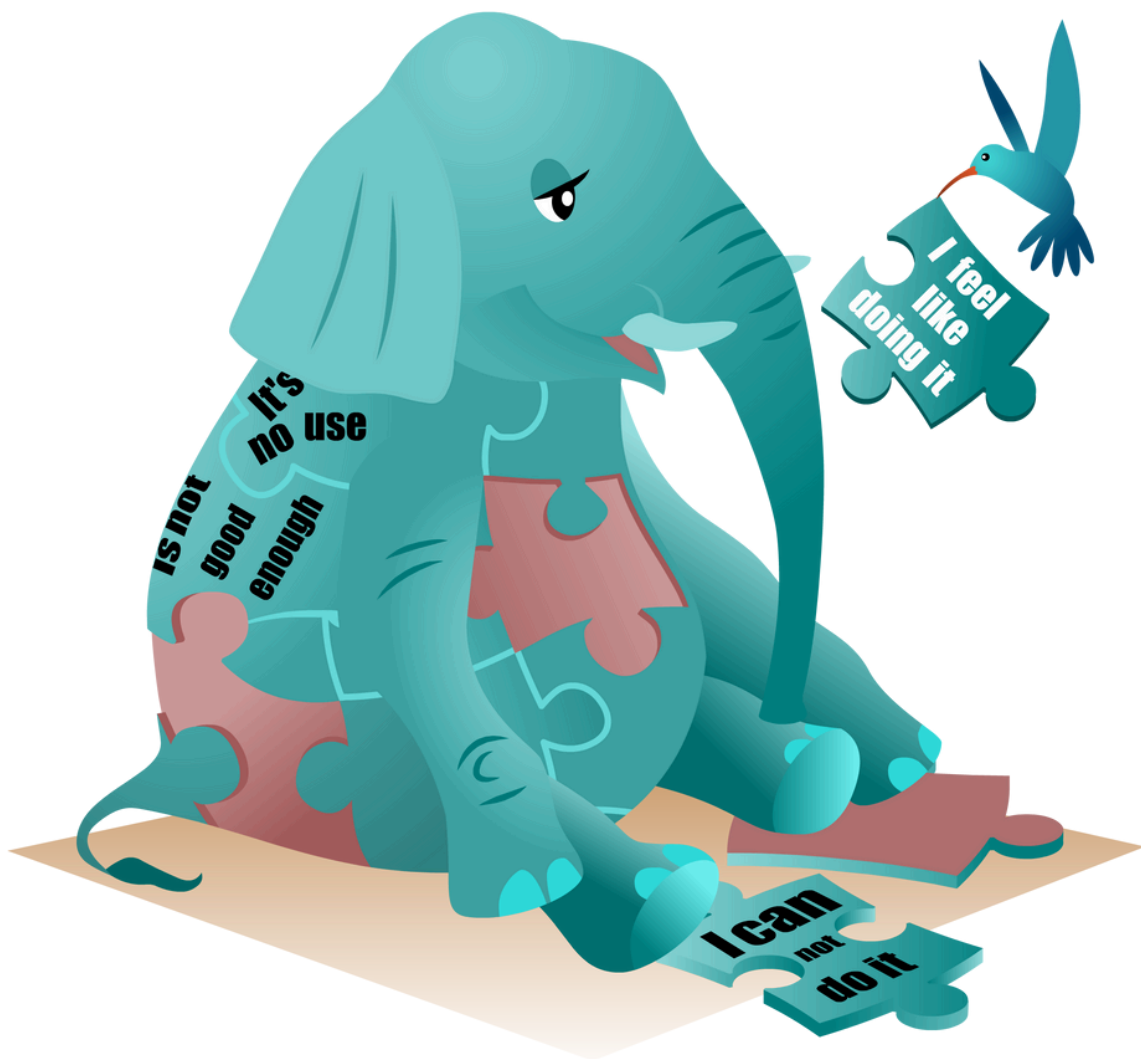


Imagine this: you want to stand on stage with confidence, as directed by your conscious mind. But if your subconscious perceives it as dangerous, it will do everything it can to hold you back. As soon as you attempt to perform, you start sweating, shaking, and losing focus. Your little hummingbird (conscious mind) may be eager, but your elephant (subconscious) is hitting the brakes.

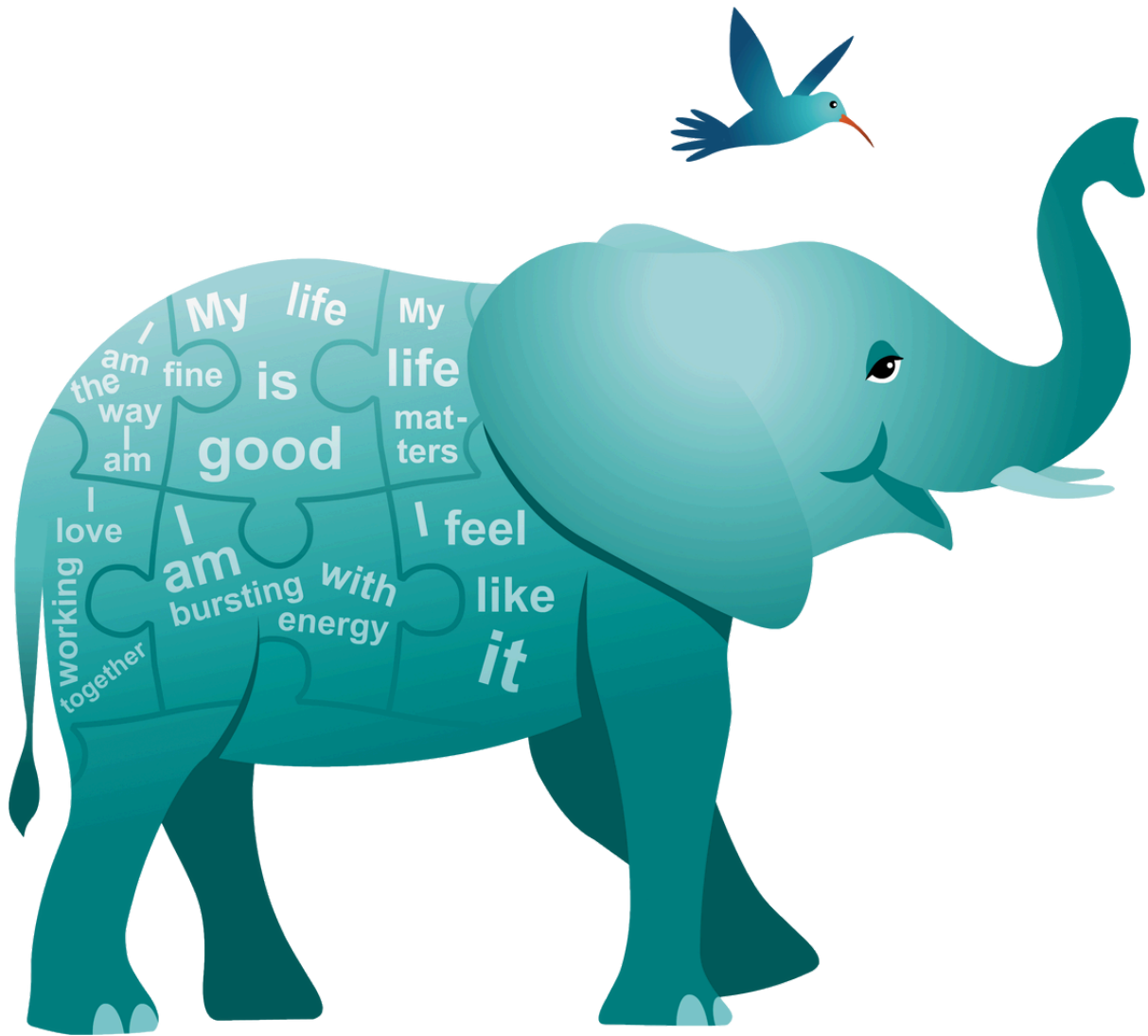
It feels like being in a car with your foot on both the gas pedal and the brake. You make a lot of noise but go nowhere – and in the process, your “engine” (your body) gets overloaded.



For many people, the little hummingbird is busy cleaning up the mess. This is hard work, rarely succeeds, and drains your energy, sense of happiness, and ability to achieve your real goals.



With the PSYCH-K® processes, you transform your limiting beliefs, and supportive beliefs that you choose are anchored in your subconscious.



With the right beliefs, your powerful subconscious processor will automatically help you achieve your goals.

What Can the PSYCH-K® Change Process Be Used For?

You can use the PSYCH-K® change process for various aspects of your life where you wish to see improvement. Which areas of your life would you like to enhance? It could be related to work, relationships, self-confidence, health, or financial abundance. PSYCH-K® helps you transform limiting beliefs into supportive ones, allowing you to experience inner balance and strength to achieve what you truly desire.

Example: Relationships

Suppose you want a fulfilling relationship, but you constantly doubt your own attractiveness or value in a relationship. This could stem from limiting beliefs such as “I’m not good enough for a relationship” or “I’m too old; all the good people are already taken.”

With PSYCH-K®, you can transform these beliefs into positive ones like “I am worthy of love” and “The right person will come into my life.” This makes you feel more confident and open, increasing the likelihood of attracting a relationship that suits you well.

Stress

In ancient times, stress was an essential bodily response to immediate danger. If you saw a predator, your body would prepare instantly to fight, flee, or freeze.

Today, we experience the same stress response in everyday situations: sitting in traffic, being at risk of running late, a demanding boss, or children constantly nagging. Our body tenses up as if there's danger, but this tension often isn't released. Instead of taking action, we suppress our feelings, smile politely, or avoid situations. The result? Stress accumulates in our bodies.

Accumulated stress can have serious consequences: chronic fatigue, burnout, headaches, sleep problems, etc. Stress plays a role in almost every condition.

With PSYCH-K®, you can easily release this pent-up stress. Stuck energy is freed, your body and mind come into balance, and you feel an immediate sense of relaxation.

Stress: How fo you feel?



How do you know if you're stressed? Do a simple check: do you recognize yourself in the following lists?

Stress

Irritated, impatient, angry, unfocused, restless, nervous, annoyed, tense, anxious, sad, unsettled, chaotic

In Balance

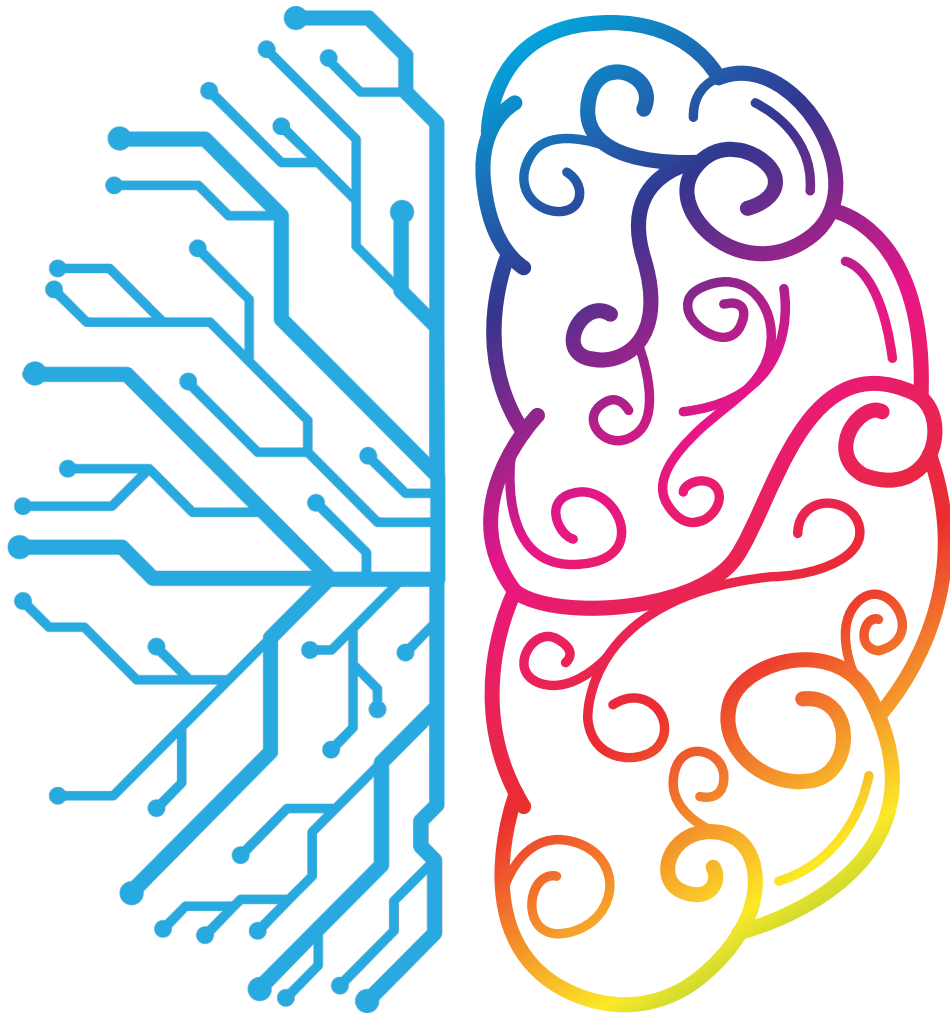
Peaceful, joyful, harmonious, calm, centered, happy, playful, patient, friendly, focused, creative, respectful, attentive

How Does PSYCH-K® Work?

Two Brain Hemispheres: One Harmony

One way to understand PSYCH-K® is by looking at how our two brain hemispheres work together. Research into "split brain" has shown that the left and right hemispheres each have their own specialties. They complement each other and work together, but in stressful situations, this balance is often disrupted. When one hemisphere takes over, the qualities of the other are suppressed. This can happen due to experiences that train us to respond from a specific hemisphere in certain situations.

With PSYCH-K®, you restore the balance between your left and right brain hemispheres, enabling you to fully function with both the analytical power of the left and the intuitive wisdom of the right side.



Left Hemisphere

- Uses logic/reason
- Thinks in words
- Works with parts/details
- Analyzes
- Thinks sequentially (step-by-step)
- Time-bound
- Identifies with the 'I'
- Is organized/controlled

Right Hemisphere

- Uses intuition/emotions
- Thinks in images
- Works with wholes/relationships
- Integrates
- Thinks holistically (as a whole)
- Free from time
- Identifies with the 'we'
- Is spontaneous/free

The Left Hemisphere is Dominant in Our Society. Why?



Our society has been shaped by centuries of focusing on survival during times of scarcity and uncertainty, where planning and looking ahead were essential. These are qualities of the left hemisphere, which excels in analyzing, preparing, and structuring. The use of the left hemisphere became literally vital for survival.

However, this "survival mode" came at the expense of the qualities of the right hemisphere, such as being relaxed in the moment, spontaneity, and a holistic perspective. Moreover, key institutions like the church reinforced this left-hemisphere-oriented way of thinking, emphasizing duty, submission, and obedience. In this way, not only traumas but also cultural values were embedded, making the left hemisphere dominant.



The Power of Our Subconscious Programming

Our subconscious programming often steers us in a direction that our conscious self doesn't actually want. For instance, have you ever thought, "I planned to do this differently," but still gave in? Think of eating chocolate, procrastinating, or working hard without enjoying it.

PSYCH-K® helps you rewrite these subconscious patterns, bringing your conscious and subconscious mind into balance.

How Programming Develops

In the first seven years of life, children subconsciously absorb everything from their surroundings. What we pick up from our parents, friends, culture, and even the media is programmed into our subconscious without our control. Strong emotions, both positive and negative, reinforce these impressions. In this way, beliefs are stored in our subconscious as automatic programs.

The Power of the Filter

These deeply ingrained beliefs act as filters, allowing us to see the world only through the lens of our programming. For example, if you believe the world is unsafe, you'll see danger everywhere. To experience the world differently, it is essential to become aware of your subconscious patterns and reprogram them.

PSYCH-K® provides the tools to retune those filters, enabling you to live more freely and powerfully.

Subconscious filters in action

Innocent example

When Paula was pregnant, it suddenly seemed as if pregnant women were everywhere. Her subconscious filter had been adjusted by her pregnancy, causing her to notice every other pregnant woman.

Harmful Example

You're on a diet and have resolved not to eat sugar anymore. Although you're determined, the temptation suddenly seems to be everywhere. Colleagues offer cake twice, you see people enjoying candy on your way, and at the gas station, snacks seem to call out to you: "After such a hard day, you deserve a treat!"

Muscle Testing

To address your subconscious programming and beliefs, PSYCH-K® uses the technique of muscle testing:

In PSYCH-K®, a muscle test is used to communicate with the subconscious, serving as a kind of "entry point" to discover which beliefs or patterns exist in your subconscious.

Because our subconscious operates through automatic patterns, conscious and subconscious beliefs are not always aligned. This causes inner conflicts. The muscle test helps by using your muscles' responses as a gateway to access those deeper layers.



The muscle test helps you uncover the beliefs, traumas, or stress reactions in your subconscious that influence your behavior, often without your awareness. This may relate to beliefs about self-worth, stress responses, fear patterns, and even physical health.

In PSYCH-K®, the muscle test provides a direct way to identify these inner blockages. Using a simple Balance process, you can then transform them directly into supportive beliefs, releasing these inner blockages.

What Makes PSYCH-K® Unique?

Instead of merely addressing symptoms, PSYCH-K® tackles problems at their root. While we've traditionally learned ways to manage stress, like jogging to calm down, PSYCH-K® frees your body from the stress itself. You can still go jogging, but now because you want to – not because you need it to calm yourself.

1. Profound Transformation at the Subconscious Level

PSYCH-K® doesn't just work with the conscious mind; it brings about powerful changes at the subconscious level, allowing old limiting patterns to disappear and be replaced by supportive beliefs.

2. No Prescriptions, Only Freedom

PSYCH-K® doesn't tell you what to believe. Instead, it provides the tools to believe and live in alignment with your own choices. It's your life, your power – PSYCH-K® helps you realize it.

3. Safety Protocol and Higher Consciousness

A unique aspect of PSYCH-K® is its collaboration with the higher consciousness. Every change is aligned with an internal "safety protocol" to ensure that the proposed change is genuinely in your highest interest. This ensures sustainable growth that aligns with your inner truth.



The safety protocol ensures that we do not transform our coping mechanisms (the balloons) but first address the challenges (weights) that underlie them.

Example: A client who wanted to focus on her ideal relationship discovered through her higher consciousness that it was necessary to build an ideal relationship with herself first.

4. Focus on the Solution

In PSYCH-K®, the emphasis is on what you do want to achieve. We briefly consider what you no longer want but then quickly transition to the miracle question: “What do you want instead?” This desired outcome is formulated as a supportive Goal Statement and programmed into your subconscious using the Balance process.

In this way, your powerful "elephant" (subconscious) actively contributes to realizing your dreams. Whatever you focus on grows. In PSYCH-K®, we consciously focus on what you want to achieve, not on what you want to avoid.

5. The Wisdom is Already Within You

PSYCH-K® works with your intuition and self-healing ability. You lead the process; we, as Facilitators, guide and help bring out your inner strength.

For us as Facilitators, this was a liberating realization: the Facilitator is not there to carry the responsibility of clients but to help them discover and empower themselves. And it works!

Our clients are now achieving beautiful results: old problems are resolved, energy flows, and the best part? They can do it themselves.

PSYCH-K® Basic Workshop

In three intensive days, you dive into the essence of PSYCH-K®. You learn the basics and principles, such as protocols, muscle testing, and the different levels of consciousness. Additionally, you acquire two powerful transformation processes – Balances – that allow you to effectively transform limiting beliefs and free yourself from stress at a cellular level. After the workshop, you can independently use these Balances for yourself and with others.

30-Day Challenge

After the workshop, the 30-Day Challenge begins: a practical challenge to fully integrate PSYCH-K® into your daily life. You are invited to do one (or more) PSYCH-K® Balances daily and share your Goal Statement with the other participants from your workshop. This helps you build routine while inspiring each other to truly master the processes.

During the Challenge, we meet five times in weekly online sessions where you can ask questions, we revisit parts of the workshop, and you gain access to additional materials, including three advanced protocols and a Self-Realization Program. This ensures PSYCH-K® is always within reach!

The Instructors

The PSYCH-K® Basic Workshop is led by Paula van der Werff or Martijn Lemmens, both part of a select group of 30 certified PSYCH-K® instructors worldwide.



Paula van der Werff

Paula is a psychologist who encountered PSYCH-K® in 2013 during her search for better methods to help her clients. She has been certified by Rob Williams, the originator of PSYCH-K®.

Martijn Lemmens

After a successful career as a senior manager and director at EY (Ernst & Young), he decided to combine his passion for teaching and PSYCH-K® by becoming a Facilitator and PSYCH-K® Instructor.



Together, Paula and Martijn bring a combination of professional experience and personal dedication, aiming to make PSYCH-K® accessible to anyone seeking genuine transformation.

Testimonials

Starting May 2024, our participants share their experiences with the PSYCH-K® Basic Workshop on the independent platform 'Onderwijsscore' (Education Score).

Here is a selection of their enthusiastic feedback:



Discover and Fulfill Your Desires

Clear, straightforward steps and explanations from the instructor. Pleasant atmosphere. The balance between theory and practice is excellent... plenty of exercises. This allows you to immediately experience the impact of PSYCH-K®. A fantastic path to removing limitations and living a life where you learn to discover and fulfil your desires. You actually experience this during the workshop.



The Promise is Truly Fulfilled

I was curious. Topics I've been working on for a long time. Things I want to change. Truly, I can now transform them from limiting to positive within minutes.

Testimonials continued

PSYCH-K® is amazing; it brings the change I've been searching for for years.

I'm going through a difficult time and initially didn't want to attend. Fortunately, I went anyway. It brought immense peace and relief. The group was wonderful, and Paula provided very supportive guidance. It felt safe to share whatever you wanted to share.



A Wonderful Addition and Enrichment to My Life

In a space of safety and love provided by the instructors, valuable tools are offered. It's a workshop you move through effortlessly, yet it accomplishes so much. The three days flew by! I'm ending these days with a big smile on my face and a feeling of gratitude. Thank you so much, Martijn and Paula



Fantastic

This workshop is the best thing I've done in the past seven years. Thank you so much. See you again soon!

Day 1: Basic Workshop

Discover how subconscious beliefs control 95% of your world and learn to communicate directly with your subconscious through muscle testing. You'll also learn two Balances (transformation processes) to reprogram limiting beliefs the way you want. The first day gives you the opportunity to immediately put these into practice and practice Balances.

Summary:

- Learn about the theory behind PSYCH-K®;
- Discover how subconscious beliefs influence your entire world, 95% at the subconscious level;
- Communicate with your subconscious through muscle testing;
- Learn two transformation processes (Balances) to reprogram limiting beliefs;
- Practice the Balances.

Day 2: Deepening

Deepen your understanding by learning how to create effective Goal Statements, transform the perception of stress with the New Direction Balance, and learn to muscle test with yourself so you can perform Balances independently. You'll also learn how to formulate action steps that turn new potential into concrete changes in your life.

Summary:

- Deepen your ability to work independently with PSYCH-K®;
- Create effective Goal Statements;
- Transform stress perceptions with the New Direction Balance;
- Learn self-muscle testing so you can perform Balances independently;
- Formulate action steps for concrete changes;
- Explore the qualities of a PSYCH-K® Facilitator.

Day 3: Integration and Stress

On the final day, you'll bring everything together to facilitate sessions with yourself and others. We'll dive deeper into transforming stress, work with the safety protocol for added depth, and discuss how to effectively integrate PSYCH-K® into your daily life. You'll practice extensively and receive information about the 30-Day Challenge to further refine your skills.

Summary:

- Combine all processes to facilitate sessions with yourself and others;
- Dive deeper into transforming stress;
- Use the safety protocol for added depth;
- Discover how to effectively integrate PSYCH-K® into your daily life;
- Practice extensively with the learned processes;
- Receive information about the 30-Day Challenge to further develop your skills.

Participation

“Knowledge is experience, everything else is just information.”

— Albert Einstein

The 3-day PSYCH-K® Basic Workshop is for anyone looking to move forward in life. Do you feel there is more to life than what you’ve discovered so far?

Sign up and discover what
PSYCH-K® can offer you!

www.dewerff.net/en/register

Do you find this step still too big?

Book an introductory session and experience for yourself what PSYCH-K® can do for you. During an introductory session, we’ll work on your theme using the Balances from the Basic Workshop as the transformation process.



1:30

Session Duration

90 minutes



€ 242

Price



€ 75

Discount

if you sign up for the
Basic Workshop

Qualifications

Paula van der Werff

- Earned her M.A. in social psychology at Harvard University in the United States and her M.Sc. in clinical psychology at Leiden University in the Netherlands.
- Taught psychology for several years as a lecturer at Harvard College.
- Certified by Rob Williams as a PSYCH-K® Instructor in 2015.
- Founded her own company, 'de Werff,' in 2005.
- Teaches the PSYCH-K® Basic Workshop, the Advanced Integration Workshop, and the Master Facilitation Workshop worldwide.

Martijn Lemmens

- Has 30 years of experience as a manager, coach, counselor.
- Completed various (coaching) training programs, including: Professional Communication, Story Telling, The School of Byron Katie, Family Constellations, and NLP.
- Focused on developing High Performing Teams in his role as Global Director at EY (Ernst & Young).
- Is Preferred PSYCH-K® Facilitator.
- Teaches the PSYCH-K® Basis Workshop worldwide.

Paula's Story

I discovered PSYCH-K® at a time of deep doubt about my work as a psychologist. I had just supported a client who, despite her growing success in her business, was afraid of being “exposed.” For seven sessions, we worked on valuable insights, but in the end, she admitted that the fear remained as strong as ever. This hit me hard and made me question my own abilities.

When I shared this with a friend, she recommended that I try PSYCH-K®, a method enthusiastically described by Bruce Lipton, known for his book *The Biology of Belief*. I had read Lipton's work and was familiar with his theory on how beliefs can even influence DNA. Although I was initially skeptical about the idea that PSYCH-K® could transform beliefs in just five minutes, I decided to attend a workshop.

That decision turned out to be a turning point in my life. Today, I am a PSYCH-K® instructor myself, and I use the method not only to consciously shape my own life but also to help others become the best version of themselves.

Martijn's Story

Throughout my long career, including the last 20 years at a large consulting firm, I worked my way up to director. But what truly drove me was my fascination with personal development and the growth of the people around me, including my team.

When my wife discovered PSYCH-K®, she asked me to practice the Balance processes with her. Skeptical, I chose a "safe" topic: becoming a better tennis player. I am critical of methods that make big promises, but I trust my own experiences completely. And that experience was convincing! After that first Balance, I not only noticed an improvement in my tennis but also an unexpected and deep transformation regarding my fear of anger.

PSYCH-K® became my ally. It facilitated my promotion process, refined my management skills, and made delegating easier. In my personal life, too, everything began to flow more smoothly.

Now, eight years later and a PSYCH-K® instructor myself, I work with Paula to spread love and help activate heart in organizations. It is our mission to create a world where people thrive – at work, at home, and beyond.

About de Werff

This ebook is a publication of de Werff, a training institute for PSYCH-K® Workshops and Coaching.

Coaching

At de Werff, you find a national network of PSYCH-K® Facilitators who work closely together. In addition to workshops, we offer:

- Personal sessions (in-person or online);
- Coaching programs;
- Deep Dives (multi-day coaching for profound change).

Contact

Curious about the possibilities with PSYCH-K®? Visit our website or contact us directly. We are happy to answer your questions and help you determine the best step for your personal growth.



www.dewerff.net/en/



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