

Brain Scan Proof of PSYCH-K® Impact

By Robin L. Graham, International PSYCH-K® Instructor

Several years ago, we collaborated with a neuroscientist to demonstrate and document the impact of a PSYCH-K® balance with the brain energy patterns of individuals which results in sustainable behavior change. The extensive explanations of this research have been published in several peer-reviewed papers.

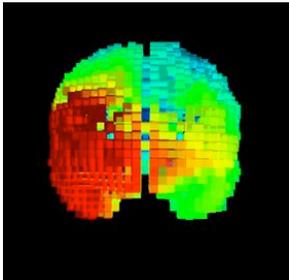
To access some of these scientific papers, see InnerActiveBeliefs.com/Resources/index.html

In January 2013, I was given the opportunity to have my brain scanned with a different organization using a similar but different technology. After the initial scan, I did a PSYCH-K® Balance (i.e. change process) and then we repeated the scan. The results stunned the technician.

And, in January 2014, I repeated the same brain scan with the same word stimuli. The new scan showed definitive change in my response. Since I had not done any additional Balances about the specific concept/word stimuli, this proved the long lasting impact of PSYCH-K®.

For simplicity, I will explain a small portion of the brain scan experience. With a cap on my head and wired to a computer for capturing my EEG brain signals, I looked at a word representing a specific concept as it displayed on the screen. This word was one that I suspected that I had an avoidance to or fear of. (I am choosing not to state the specific word as it does not matter for the explanation and you can fill in whatever concept for yourself.)

The initial scan of my reaction to the word was this:



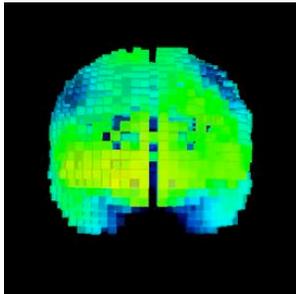
In this particular scan technology, you are looking at the front of the brain in the image. The red on the right side of the brain (left side of the image) indicates avoidance to the specific word concept.

Proof positive that what I suspected was true – I was avoiding this at a subconscious level as well as a conscious one.

Since I had the opportunity to use PSYCH-K® and literally see what impact a Balance would have on the avoidance reaction... I asked if the technician would give me a few minutes and then rescan on the same word. He agreed.

Using the standard protocol of the New Direction Balance taught in the PSYCH-K® Basic workshop, I shifted my perception of the specific word/concept. This took me about 3 minutes to complete.

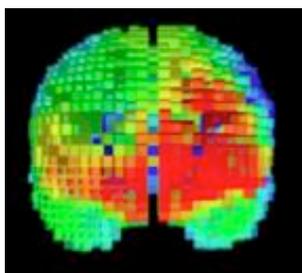
Then we rescanned again with me looking at the same word and this was the new response:



Differences are obvious! I had created a Whole-Brain perception toward the concept that five minutes earlier I was significantly avoiding. The reaction from the technician was “WOW!!”

What does a Whole-Brain perception mean? Rather than avoiding the concept and having to use will power, discipline and determination to overcome the avoidance/fear, now my subconscious response is open and willing to move forward. The impact on my decisions or behaviors regarding this concept now comes from one of openness rather than fear. Pushing against the fear is no longer necessary and I can move forward with ease – which I noticed I did the next time I encountered the specific concept. My behavior changed yet what impact did that have on the brain scan?

But wait, being the curious type, in January 2014, I asked to repeat the same process to see what my brain measurement response would be one year later. We rescanned as I processed the same word from a year before and here is the new response:



Again the technician was impressed because this is a complete opposite of the original one the year before. As a reminder, with this particular scan technology, you are looking at the front of the brain in the image. The red on the left side of the brain (right side of the image) indicates total Acceptance to the specific word concept.

Remember, one year earlier I did a Balance process of about 3 minutes and have not done anything else with respect to the specific word/concept. Impressive to all who have seen this!

Since 1994, when I started learning PSYCH-K[®] and then teaching and sharing around the world, I have consistently heard WOW from participants after experiencing the ease of transforming self-limiting beliefs, fears and stress with PSYCH-K[®].

However, many people asked ‘where is the measurable scientific proof beyond an individual’s personal experience?’ Now, we have proof from two different organizations, multiple technicians, and individuals.

What is wonderful is that you do not have to have your brain scanned to experience the empowering shifts of PSYCH-K[®]. Every time you do a PSYCH-K[®] Balance, you are changing the neuron pathways and energy signature of your brain. And, these changes are long lasting and sustainable.

To learn more about PSYCH-K[®], visit either my site InnerActiveBeliefs.com or the main website, psych-k.com, to inquire about a private session or to find a workshop that fits your schedule and location.

For questions or comments, contact me, Robin Graham, at Robin@InnerActiveBeliefs.com 901.757.4434