

# UNIVERSITY OF NATURAL HEALTH™

BND-110

## NEURO BIOLOGY OF BELIEFS: INTRODUCTION

**TEXT:** *The Missing (Piece) Peace in Your Life!*  
by Robert M. Williams, M.A.

The purpose of this course is to effortlessly help one learn a breakthrough technique that will unleash the full potential of positive and loving thoughts and its healthy effects on one's emotions.

### COURSE KEY CONCEPTS

- The Roots of PSYCH-K®
- Letting Go of The Struggle!
- The Power and Biology of Beliefs
- Conscious versus Subconscious Beliefs
- Why You Need to Test Your Subconscious Beliefs
- The Myths About Change & The Magic of Believing

### ASSIGNMENTS & STUDY SUGGESTIONS

- (1) Carefully read and study the material assigned to you.
- (2) Keep a dictionary and a medical dictionary next to you at all times.
- (3) Always take notes while reading the material, especially if it's **KEY CONCEPTS**-related.
- (4) Complete your **FINAL EXAMINATION** and send it to the school for grading! A combined grade average of 70% must be achieved for **SATISFACTORY** completion of your Final Examination.
- (5) Please allow four to six weeks for grading of your Final Examination.

# **NEURO BIOLOGY OF BELIEFS: INTRODUCTION**

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## **FINAL EXAMINATION**

**QUESTIONS, STATEMENTS:** Please answer in complete sentence format. **TYPE** your prose answers on **SEPARATE** paper and **TITLE** all pages "**FINAL EXAMINATION.**" Please match your answers in sequential order and then attach them to the **EXAMINATION SHEET** before you send in your Final Examination.

1. (A) What has been the prevailing paradigm of Western civilization for the past millennium in overcoming personal obstacles and challenges?  
  
(B) What becomes part of the problem rather than part of the solution in relation to changing habitual thoughts and behavior patterns?  
  
(C) What type of therapy is approximately 30 percent effective for patients treated for depression, and what did other studies show as the result of patients who overcame their difficulties without any exposure to this type of therapy?
2. (A) In chapter 3, through deduction, what is the cause and effect between the conscious and subconscious mind?  
  
(B) What does the subconscious mind direct and control? Support your answer in section A with an illustration.  
  
(C) What device is used to measure the resistance and force applied to the subject's arm to discover physical imbalances while being muscle-tested?
3. (A) PSYCH-K<sup>®</sup> is based on what process?

(B) Why are PSYCH-K® processes more effective than conventional processes (therapies)?

(C) Define the difference in technique between the conventional *do on, or do to, a client* and the PSYCH-K® *do-with* processes.

4. What two realizations catapulted author Robert M. Williams, M.A., out of a fourteen-year business career and the financial security it provided?
5. Why are the odds clearly stacked in favor of the subconscious versus the conscious mind?
6. Using the *computer metaphor*, what does PSYCH-K® provide to your subconscious mind?
7. PSYCH-K® teaches you to change what type of patterns of thought and behavior that render you no longer worthy of who you are?
8. Why is muscle-testing an important feature of PSYCH-K?
9. (A) List some key differences between the conscious mind and the subconscious mind?  
  
(B) Apply some of these differences between your conscious mind and subconscious mind, using yourself as an example.
10. What is the problem with mainstream Psychotherapy?
11. What is the final point that best describes the purpose of PSYCH-K®?
12. Why was author Robert M. Williams, M.A., struggling for two years at the beginning of his private practice as a Psychotherapist, in trying to help his clients make positive changes in their lives?
13. Why are people sometimes their own worst enemy?
14. (A) What point was Lily Tomlin trying to make when she said: “I always wanted to be somebody, but I should have been more specific”?

- (B) What three important VAK (Visually, Auditory, Kinesthetically), sensory-based questions must you ask yourself that will help the subconscious mind to help you to attain specific goals?
- (C) State a personal goal and how you would achieve it by using the VAK formula.
15. (A) What seven areas should you test for self-sabotaging beliefs?
- (B) List a personal goal, including its corresponding self-sabotaging beliefs and its corresponding positive beliefs, which would help you to harmonize your subconscious and conscious beliefs?
16. (A) Which workshop teaches a technique called “*surrogation*”?
- (B) What is the purpose of teaching the “*surrogation*” technique?
17. When you are muscle-testing a client through a process called *Applied Kinesiology*, why is it important for the clients who are testing, to not look upward or straight ahead, but in a downward direction?
18. (A) In relation to beliefs, author Robert M. Williams, M.A., discovered that disagreements between the subconscious and conscious minds are usually due to what feeling (s) about those very same beliefs?
- (B) How can one resolve these disagreements between the subconscious and conscious beliefs?
- (C) Give several examples of statements or beliefs that would help you to harmonize your conscious thoughts with your subconscious mind.
19. (A) Who stated: “Always Stay in your own movie”?
- (B) What is the key processing point of the statement, made in section A, that author Robert M. Williams, M.A., is trying to illustrate by using the PSYCH-K<sup>®</sup> belief change processes?
20. What are the key features and main points of the book, *The Missing (Piece) Peace In Your Life*, by Robert M. Williams, M.A.?

21. What does the PSYCH-K® *Basic Workshop* provide to participants?
22. If PSYCH-K® does not insist that you consciously revisit or relive past traumas, in order to effect change in your life while in the present moment, then what does PSYCH-K® suggest that one should do to effect change in one's life while in the present moment?
23. (A) What is the ideal goal for changing subconscious beliefs?  
(B) How does one accomplish this ideal goal?
24. (A) Which author stated: "When the brain's hemispheres are phase-locked and work as one, a number of known benefits result; including heightened awareness, improved recall, more self-programming flexibility, and heightened creativity—in short, "super learning." From here, it is a simple, if substantial, step to recognize that our individual brains are neuron-clusters within the larger species of the brain of humanity. Our individual mind fields are "cells" within the Sacred Mind. When a number of minds come together and integrate their individual capacities, it is as though they become phase-locked in ways analogous to how individual neurons become phase-locked in hemispherically synchronized brain states."  
(B) In your own words (twenty or less), what point best sums up the statement made in section A?
25. What system relies on the inner wisdom and ability within the individual?
26. Why is whole-brain thinking so important?
27. When learning to speak the language of the subconscious mind, why are affirmations often disappointing in trying to change habitual and behavioral thought patterns?
28. (A) In relation to how the conscious and subconscious minds operate, what was the point of the drunk, who was looking for his car keys under the street lamp?  
(B) After shedding light on the subconscious mind and rethinking its true nature, i.e., it isn't so dark after all, so how would we now view it, and to what can it now be likened?

29. J. Krishnamurti wrote: "What you are, the world is, and without your transformation, there can be no transformation of the world." How can transforming yourself as one person help change the world, according to J. Krishnamurti's statement?
30. What is the lesson to be learned in relation to the "fly" burning out the last of its short life's energy, in a futile attempt to fly through the windowpane?
31. During the application of *Kinesiology*, what is the cause that reduces the strength in the muscles of the arm?
32. Whether you want to think clearly and with more mental flexibility, or to face life's challenges, or to find comfort and peace within yourself, you have only to seek and realize what important truth?
33. Why is the one very important feature of all PSYCH-K<sup>®</sup> processing called "*The Permission Protocol*"?
34. (A) What point was Deepak Chopra, M.D., trying to make when he stated: "To change the printout of the body, you must learn to rewrite the software of the mind"?
- (B) How do beliefs and reality co-relate?
- (C) What must we first realize, if we are to learn to rewrite the software of the mind?
35. What is the secret to helping the subconscious mind to understand the best method for changing beliefs?
36. (A) What does the word *subconscious* imply?
- (B) Why is it important for your subconscious mind to understand the source of your problems, in order to rewrite the necessary computer software needed to make the desired changes in relation to your past experiences, attitudes, values and beliefs?
37. When *muscle testing*, what important reminder, for the person being tested, is necessary for one to achieve successful results?
38. (A) Collectively applied: intention/goal, intent, meaningful rituals and actions equal what event?

(B) Define the four components: intention/goal, intent, meaningful rituals and taking action, to manifest just about anything.

(C) Personally choose a goal to manifest, and explain, in detail, how you will apply the four-step formula to successfully attain the changes necessary to manifest that goal.

39. (A) What are some of the ways we could view our subconscious mind and its influence?

(B) How can we effectively learn to communicate with our subconscious mind on a *best friend* basis?

(C) What must we always remember by definition to effectively communicate with the subconscious mind?

40. PSYCH-K<sup>®</sup> identifies and communicates with three distinct, yet interactive, levels of consciousness: the conscious, the subconscious, and the super conscious. Define the importance of all three levels of consciousness in relation to *muscle testing*.

