



*"We cannot solve our problems
with the same thinking we used
when we created them."*

- Albert Einstein

What is Coaching?

Coaching involves effective questioning and listening skills. The coach is neutral and has *your goal* and *your best interests* in mind. Coaching is about self-discovery, achieving goals and becoming your best, happiest and most peaceful self. It can also involve mentoring.

Power Coaching with Mind Kinetics®, or PCMK is a highly specialised coaching method with many significant advantages. It opens the mind and empowers the Client to receive new ideas and take action for permanent positive change.

One benefit of this method is that it can assist in balancing out the analytical, sequential and methodical approach to thinking with more creative and artistic approaches. As Stephen Covey has stated:

“When a person has access to both the intuitive, creative and visual right brain and the analytical, logical, verbal left brain, then the whole brain is working.”

Another aspect of PCMK is that it allows people to experience profound clarity. It helps us to become aware of our conscious and subconscious thoughts and beliefs. Conscious thoughts are those that we are aware of and subconscious thoughts and feelings are those that we are not aware of.

It's like an iceberg – the ice that can be seen above the water is like the thoughts and beliefs that we are aware of, while those thoughts and beliefs that we aren't aware of are like the ice below the surface.



The Power of Our Subconscious Mind

According to Dr Bruce Lipton (Author of the Wisdom of Your Cells):

*"95% to 99% of our daily behaviours are operated
by our unconscious mind."*

and

*"Our subconscious is 1 million times more powerful
than our conscious mind."*

The problem is that the subconscious mind and the conscious mind are often not in agreement. This causes us all sorts of difficulties.

For example, we may want to achieve something, but our subconscious mind has reasons for not wanting to achieve the goal or has the belief that our goal is unachievable.

When our conscious and subconscious mind do not have the same beliefs, then we will most likely not achieve our goals, or achieve them only with much more difficulty.

Having conflicting conscious and subconscious thoughts can contribute to us repeating the same unconstructive behaviours, having the same recurring thoughts, and feeling the same unwanted, negative emotions.

To overcome this, we need to have our conscious and subconscious shake hands with each other. That is, they need to co-operate, in order for us to truly be successful!

Or you might think of it as a child who doesn't look where they are walking. While their feet move in one direction, and their head looks in the opposite direction, they trip and fall and hurt themselves along the way. And it takes a lot longer to get to where they want to go!

To learn more about the subconscious mind, here is a great video that you might enjoy watching:

[facebook.com/createmorecalm/videos/
217641062467686/](https://facebook.com/createmorecalm/videos/217641062467686/)



The Mind Body Connection



It is becoming increasingly obvious that our mind and body are connected.

The late Dr Candace Pert, Author of the book *Molecules of Emotion*, wrote:

"...if our emotions are blocked due to denial, repression, or trauma, then blood flow can become chronically constricted, depriving the frontal cortex, as well as other organs, of vital nourishment. This can leave you foggy and less alert, limited in your awareness... As a result you may become stuck – unable to respond freshly to the world around you, repeating old patterns of behaviour... By learning to bring your awareness to past experiences and conditioning – memories stored in the very receptors of your cells – you can release yourself from these blocks, this "stuckness".

Dr Pert also stated,

"...the body and mind are not separate, and we cannot treat one without the other."

During coaching sessions, it is quite very evident that there is a strong mind-body connection. Attitudes, beliefs, and emotionally-charged incidents experienced in one's life appear to play an important role in one's health (or lack of).

Some people report physical shifts due to coaching sessions such as increased frequency of bathroom visits, feeling tired or energised after sessions, dreaming a lot that night or gaining an understanding of recurring dreams, feeling very thirsty for the rest of the day, feeling like a physical weight has been lifted from their shoulders or their heart etc.

Why not book a session now? Email eve@createmorecalm.com or visit www.createmorecalm.com/coachingservices to book a session