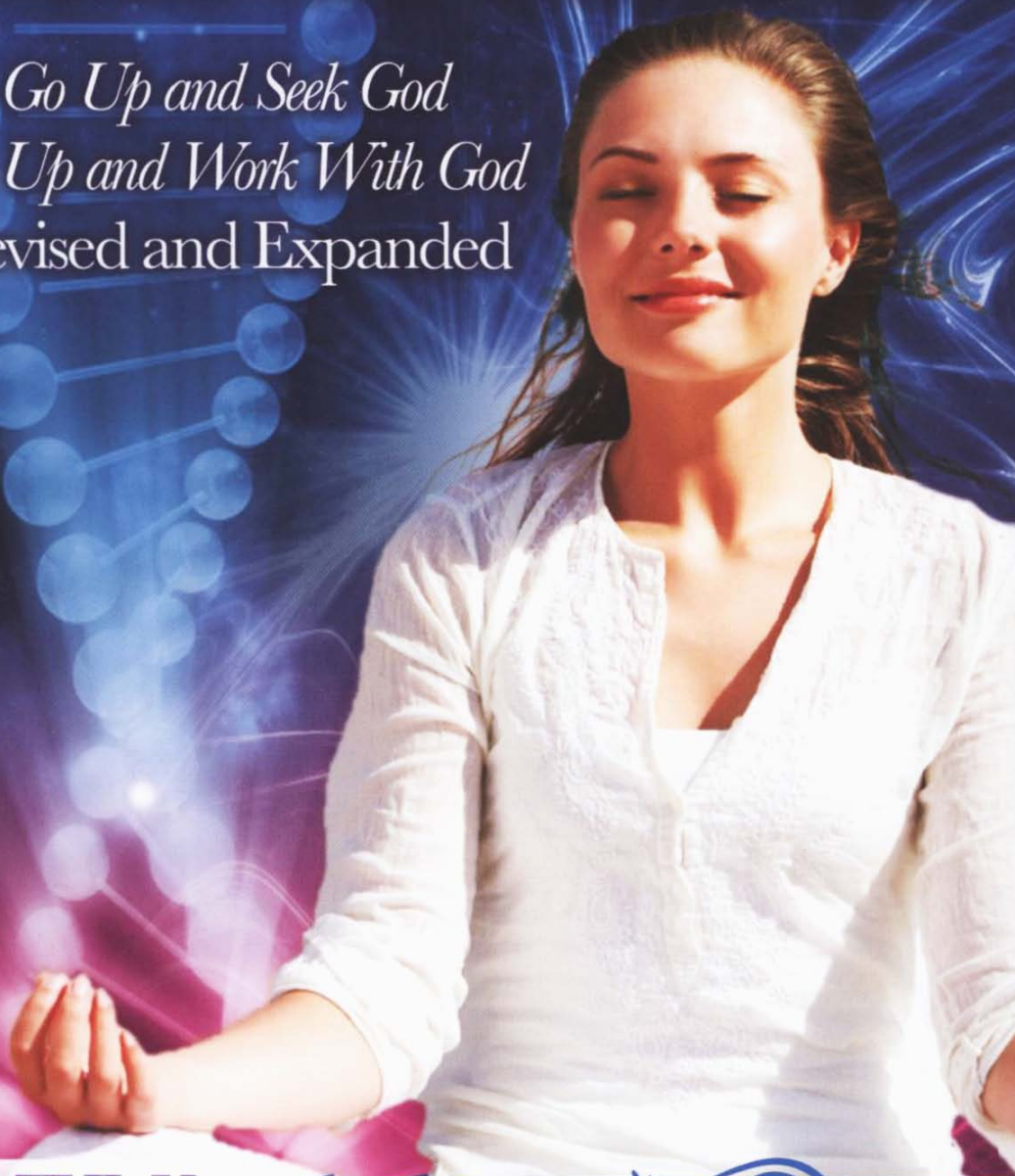


VIANNA STIBAL

THETA HEALING

Go Up and Seek God
Go Up and Work With God
Revised and Expanded



VIANNA STIBAL

THETAHEALING

ThetaHealing™ is an energy healing modality founded by Vianna Stibal. Based in Idaho Falls, Idaho.

ThetaHealing™ has certified Instructors and Practitioners around the world. The classes and books of ThetaHealing™ are designed as a self-help guide to connect to our ability to heal using the *Theta* brainwave.

If you ever wanted to make a difference in the world or felt a gnawing feeling that there was something greater that you were made for, I encourage you to read this book! ThetaHealing is where quantum physics and metaphysics converge at the speed of light. ThetaHealing goes beyond the duality that we often encounter in the world today. It is beyond our differences in beliefs and enlists our commonality to bring forth our highest potential, and truly brings us together into the oneness of All That Is.

Sky A' Hearn, K-12 School Teacher, ThetaHealing Instructor

If there is only one energy -technique that you learn, learn this one. It will change your life forever. The technique is so simple it is perfect. It does not demand anything from you, or that you will give up any other teachings. ThetaHealing transcends dogma and goes beyond all religions yet is accepting of them all. Just as Christ said, "All these things you can do and more," in ThetaHealing you will learn that nothing is impossible if you only dare to believe.

Nini Gerard, Acupuncturist, Former Staff of Kaiser Permanent

This book is a comprehensive study of ThetaHealing that makes them the novice from Vianna's discovery of the modality through its development as one of the most powerful healing modalities available today. It provides the seasoned practitioner with the only complete compendium of ThetaHealing™ techniques and practices. Vianna makes the material fun and accessible to all. I highly recommend this book to anyone who ever wondered whether there might be more to life than meets the eye.

Terry A. O'Connell

ThetaHealing™ Practitioner and Instructor

Director, Vianna's Nature Path Mentor Teacher Program

Editor, Theta Times

See our website

at

www.thetahealing.com

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Vianna Stibal

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Dedication

This book is dedicated to my God, the Creator of All That Is. It was under Divine Direction that the information contained in this book was received.

To my mother, who taught me to pray and to believe that God always hears and answers our prayers.

To my husband, who compiled the writing for this book, and who assisted me during my travels as I taught these techniques to the world. He is appreciated so much more than I could ever express.

To my children, who inspire me, who are my friends and who are all gifted and talented intuitives.

To my precious grandchildren, who have brought blessings and joy into my life.

To all the ThetaHealing Instructors, Practitioners, and the magnificent people throughout the world that have brought it to life. It is these wonderful people that have been a source of joy for me. They are an inspiration to me on my journeys as I present these important techniques and concepts to the world.

And to those I have yet to meet, may your paths lead you to the place of greatest peace and abundant goodness.

Acknowledgement

A special thanks to Sky A'Hearn, for her dedication to all the typing in ThetaHealing classes she has done over the years.

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*Believe nothing.
No matter where you read it,
Or who has said it,
Not even if I have said it,
Unless it agrees with your own reason,
And your common sense.*

Buddha

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Preface

In this book I will reveal one of the most powerful energy-healing techniques that has ever been in a written text: ThetaHealing™. ThetaHealing is a meditational process that creates physical, psychological, and spiritual healing with focused prayer through the Creator. The Creator has freely given us the fascinating knowledge you are about to receive. It has changed my life and the lives of many others.

There is however one requirement that is absolute with this technique: You must have a central belief in the Creator of All That Is, of Creator, of God. With study and practice, anyone can do it; anyone who believes in God! ThetaHealing has no religious affiliation. In this book, you will find that it will appeal to most belief systems. I realize that the Creator has many different names: God, Buddha, Shiva, Goddess, Jesus, Yahweh and Allah are all currents leading in a flow towards the Seventh Plane of Existence and the Creative Energy of All That Is.

The processes of ThetaHealing are not specific to any age, sex, race, color, creed or religion. Anyone with a pure belief in God or the Creative Force can access and use the branches of the ThetaHealing tree.

This book is a fusion of the past works of “Go Up and Seek God,” “Go Up and Work with God,” the “DNA 2 Advanced Manual” as well as new information developed since these works were written.

Even though I am sharing this information with you, I do not accept any responsibility for the changes that can occur from its use. The responsibility is yours, a responsibility you assume when you realize that you have the power to change your life as well as the lives of others through permission.

The remedies, approaches, and techniques described herein are not meant to supplement, or be a substitute for, professional medical care or treatment. You should not treat a serious medical ailment without prior consultation from a qualified healthcare professional.

Chapter One

The Formation of ThetaHealing™

From the conception of the Orian Technique in 1994 to what ThetaHealing™ has become in the present day, it has been quite a journey. This journey has been shared with the wonderful ThetaHealing practitioners and instructors that support the work. ThetaHealing continues to grow as a beautiful tree in spring; watered by the interest of people around the world.

My name is Vianna. I am the founder of what has become ThetaHealing. I was born with an inherent intuitive ability, although it was not my original plan to use this ability for healing. I began an initial study of Taoism, nutrition, and herbs because of personal health problems. These interests eventually led me on the path to “Nature’s Path” which is the name of my business. This path originally began in 1990 when I divorced my husband of ten years and had three children to raise.

I had heard that the government was required to hire a certain number of women for the Department of Energy. This facility was relatively close to where I lived in Idaho Falls, Idaho. My plan was to work at what is called the “Site” in nuclear security and still pursue my true interest in art. I knew that the bus ride to work would be long, but the pay and benefits were worth the effort.

It was in 1991 that I began the training for the job of a nuclear security guard. Competition in the training was fierce and I had to learn skills that pushed me to the limit. After passing and receiving my year-long training I took a job at a nearby manufacturing plant. In the mean time, I waited for my security clearance to work for the Government. During this time I never forgot my other interests. On breaks I would draw sketches of the employees and give them short intuitive readings. This was shift work, and I would often work midnights to morning. As a single mother with three young children to support, I soon decided that working as a security guard at a manufacturing plant did not offer the future that I wanted for us. I knew that something had to change. Health problems added the incentive I needed to concentrate on the study of Naturopathic Medicine. Once I had passed the course in Naturopathic Medicine, in March of 1994 I opened a business offering full-time massage, nutritional counseling, and Naturopathic Practice.

I came to the realization that I was following my life’s path when the doors began to open. I met a psychic who suggested that I do readings for income. As if by magic I had an office to work in, and from the first day on I always had clients to see. Within the first week I had met my best friend and had established repeat clients for readings. It was during these readings that I found that if I would listen, the voice of the Creator would give me instructions. I became quite good at the readings and was asked to do classes on the technique I was using. This was my beginning as a medical intuitive. From this time forward my metaphysical experiences increased exponentially to quantify who I was to become.

Meanwhile, I had developed a severe problem with my right leg. It would intermittently swell up to twice its normal size. Due to the inflammation and severe pain, I decided it was wise to seek conventional medical help. In August of 1995, I was

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diagnosed with bone cancer. I was told that I had a tumor in my right femur. At first every test that they performed confirmed this to be true. The bone specialist told me that he had seen only two other cases like mine. He also informed me that he felt amputation might be my best option. This, he said, would give me a little more time to live.

I felt as though darkness was gathering about me, and my ordeal was not over yet. My doctor sent me to the University of Utah for a biopsy. I was told that the procedure required that my leg be opened, allowing the doctor to go in and scrape my femur from the inside of the bone for a sample. I had no choice but to travel for four hours, in excruciating pain, for the biopsy. Blake, my husband at the time drove me to Utah and I was admitted into the hospital. It was necessary for me to be awake for the procedure, forced to listen to the sounds of the hammer and drill. I was advised to stay in the hospital overnight. Blake, my husband at the time, told the hospital staff that we were leaving because we had no insurance. I was too weak to argue with him. So, in incredible pain, I was hustled to the car and driven to spend the night at Blake's brother's house before the long drive home.

As I was leaving the hospital, I was told by the doctors that if I walked on my leg it would break. If this happened there would be no alternative but to amputate it to prevent the spread of cancer. I was also informed that I might only have a couple of months to live. This ordeal put me on crutches for six weeks; I was still in unbearable pain from the tumor.

My life seemed to be falling apart. I hobbled around on crutches, living with constant pain and doubt as to how much longer I could actually survive. Still I went forward, continuing to see clients, not because of great courage or endurance but because I had financial obligations and my young children needed me. I felt that I had no one else to send them to in the event of my death. The very thought of my children being sent to relatives, even to their father (who was paraplegic and ill), was unbearable. These thoughts gave me the will to live. Even though I was newly married to Blake, the relationship was anything but a true partnership. This relationship was an added burden to my declining health. I couldn't just give up and die leaving my children alone.

Even though I was very sick, my intuitive abilities became even more accurate, as did my connection to the Creator. I had promised to do many things in my life and I felt that I had too much to do on this Earth to give up so easily. All my life I have believed that I had a higher purpose from a promise that I made when I was seventeen. Now I was uncertain if I would complete it.

In confusion and sadness I sent forth a cry to the Creator, "Why me? Why am I losing my leg? God, am I going to die? I have so much left to do!"

In the middle of this plea I heard a voice, loud and clear as if someone was standing right next to me in the room.

"Vianna, you are here with or without a leg, so deal with it."

I was astonished with this answer. I didn't know it at the time, but this answer was just what I needed. In that instant I became even more determined to find a way to heal my body.

Healers from the area where I lived heard of my plight and people came from seemingly everywhere to help me. Some were wonderful healers, which I am sure kept me going through the dark times. The prayers that were made on my behalf kept me alive. I still thank God for Alice and Barbara for helping to take away the pain. I was a

pitiful sight; hobbling into my office, leaning on my massage table to do massages, and painfully struggling through readings.

Adding to my dilemma, I had developed a staph infection in my leg. I decided that *enough was enough!* I was going to treat myself. First, let me say that I have never been against conventional medicine. I believe that we should respect the opinions of trained health care professionals, and in most cases they are likely to be correct in their decisions. Even still, I felt that in my isolated case the doctors were wrong in their diagnosis of bone cancer.

I trusted my intuition and the information I was receiving from the Creator and, undeterred, I began putting my knowledge of Naturopathy to good use. I realized that it was vital for me to focus on aggressively cleaning out my body. I began a series of lemon cleanses as well as sauna cleanses. I spent a great deal of time in the sauna; four hours a day for over two and a half weeks. I took vitamins and minerals and I prayed constantly. Through it all, I still believed the medical diagnosis that the doctors had given me was wrong, but in spite of everything I was doing to help myself, I remained very sick.

The test results for my biopsy performed by the University of Utah finally came back. The result was negative for bone cancer, which confused the doctors since every test performed had shown the tumor. The biopsy had revealed dead cells along with normal bone cells. The test result was sent to the Mayo Clinic, where they determined that I had Lymphatic Cancer that had killed the cells in my femur. I knew this to be the truth and I believed mercury poisoning had caused it. How? I knew this because I went up and asked God (or, "The Creator"). I received the message that I had been poisoned by mercury. I began to search for answers to get the mercury out of my system. I continued with cleanses, always trusting to the information that I received from the Creator. By this time my leg had physically shrunk. I was told by the doctors that in the event that I did survive, I would need physical therapy to enable me to walk correctly again.

I believed to the core of my being that God could heal in an instant. In spite of everything that was happening, I continued to trust my intuition and the feelings I had that God could heal me. Somehow I felt that I already knew how to heal myself. There was just something I was missing. I had used conventional medicine, cleanses, nutrition, oils, vitamins, affirmations, visualizations, and still I remained sick. Every time I asked the Creator, I was told that I already knew the answer and that I just had to remember how to call upon God.

The answer to my prayers came while I was in the mountains. I held a gathering with some friends where we camped out and shared a pot luck dinner. Each person that came brought a dish for the gathering. My aunt from Oregon showed up unexpectedly. She was very sick with a stomach ache. She lay down in a tent and I went inside to help her. She knew that I was a naturopath but I had no herbs with me. The intense pain that she was having led me to believe that it might be her appendix. I began to do a body scan as I had done with others hundreds of times before. I went out the top of my head through my crown chakra as I would do when giving a reading. When I was in her space I asked the Creator why she was sick and I was shown. I saw that it was Giardia and told it to go away. I witnessed as the Creator released the pain in her stomach. Within seconds it was gone. She was able to get up and felt much better. This incident gave me food for thought and encouraged me to use it again.

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The next day a man came into my practice with a severe backache. Reflecting on what had happened with my aunt, I repeated the same procedure on him. Instantly, his back pain was gone. That night, I pondered over the events of the past days. I decided it was time to do the same thing to myself.

The following day I hobbled into my office excited to carry out the same procedure on my leg. I thought to myself, "It can't be this easy!" I stopped just before the door to my office and went out of my space from my crown chakra and prayed to the Creator. I then commanded a healing on myself, and it worked! My right leg, which had shrunk three inches shorter than my left leg, returned instantly to its normal size. The pain was removed, and my leg was healed. I was so incredibly excited about my healing that throughout the day I compulsively tested the strength in my newly healed leg, curious to see if the pain would return.

Today my femur continues to be healthy, all test reports are normal, and I am free of Lymphatic cancer. In my gratitude I made a vow to the Creator to give this technique to all those that wanted to learn. This was the foundation of ThetaHealing that we know and love today. Interestingly, I still have the X-ray pictures of my leg. A few years ago, the x-rays were taken to a bone specialist for a second diagnosis, and he pronounced that the owner of the leg must surely be dead!

The next person that I used the technique on was a little girl. A woman named Audrey Miller had a great-granddaughter with health difficulties. Audrey brought the child to me to be healed. She knew nothing about the instantaneous healing to my leg. I asked her, "Why did you bring her to me?" Audrey looked at me with those soulful eyes of hers and said, "God told me to bring her to you." I remember how she walked up to me and placed the child in my arms. Her tiny arms were about the size of a fifty cent piece and she had gained no weight at all in the past two years. She was born with her legs out of their sockets and she had a heart murmur. She also had what I can only term as a "bad attitude." I knew that I had been healed, so I told Audrey that it would take six days to heal the child, thinking that this would be plenty of time. I was excited to do this new technique; but also very anxious. I remember crying to the Creator, "Oh, dear Lord, please help me heal this child. Please, God, please, heal this child." Then I went up to use the same procedure I had been shown. I spent six days caring for this little girl. I put her under colored lights and used the new healing technique. Each day, Audrey's daughter drove two hours a day to bring this child to me to be worked on for half an hour. The little girl was using crutches to walk, the kind that attached to her arms.

On the third day after working on her, she stood up and told me that she could walk; that she was going to walk to her grandmother without crutches. I said to her, "Oh, no honey, you can't do that yet. You are not strong enough." But stubbornly, she told me that she was going to do it. She stood up and walked about three or four feet to her Grandmother. That was the first time she had ever walked on her own. I was totally amazed! I watched her back straighten out, and she expelled several tapeworms. Her heart murmur was gone and she started with physical therapy to learn how to walk. Now that she had the strength, she could teach her body to walk without assistance. The most amazing part of this healing was that this little girl gained two pounds in just three days, and in six days, she had gained four pounds.

Something was working! I was excited to use it on everyone with different diseases and infirmities. I started working with people who were terminally ill. People

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found me by word of mouth from all walks of life. I found that the healings were becoming extremely successful with clients that I already had. Soon new clients who were very sick were coming from all over the world. Many of them were healed instantly; others took a few sessions, and still others simply did not heal.

After using the procedure with varying degrees of success I came to the conclusion about why this technique was working so well. I came to believe that we were doing these healings from a Theta state of mind. I had some knowledge about Theta because my husband, now ex- husband, Blake, was a hypnotist. He had many books about the subconscious mind and I occasionally read from these books. My theory was that we were going into Theta to bring about these healings. If my theory was correct, then I had a breakthrough in healing and an explanation of faith healing that could be scientifically measured.

Chapter Two

The Formation of Classes

I knew that Theta was not a new theory of healing. Many hypnotists have tried it and have actually worked with people in the Theta State. They bring the client to a Theta state, and also bring the health practitioner to a Theta state, achieving amazing results. I was also convinced that when you call upon God in this state, you could plug in like an electrical outlet and actually heal a person instantly. We were getting extremely good results, but I knew that it could be perfected if we had a better understanding of what we were doing; so I commenced to do more investigating.

There are five different brain waves that will be covered later: Beta, Alpha, Theta, Delta and Gamma. These brain waves of the human mind are constantly in motion; the brain is consistently producing waves in all of these frequencies. Everything that you do and everything you say is regulated by the frequency of the brain waves.

A Theta state is a very deep state of relaxation; the state used in hypnosis. The brain waves are slowed to a frequency of 4-7 cycles per second. Sages meditate for hours to reach this state in which they are able to access absolute, perfect calmness. Theta brain waves can be thought of as the subconscious; they govern the part of our mind that is layered between the conscious and the unconscious. They hold memories and sensations. They also govern your attitudes, your beliefs and your behaviors. Theta brain waves are always creative, inspirational, and characterized by very spiritual sensations. We believe this state allows you to act below the level of the conscious mind.

Theta is a very powerful state. It can be likened to the trance-like state that children attain when they are playing video games; when they are completely oblivious to what is going on around them. Another example of the use of Theta state is that of the Tibetan priests. In the winter, the priests place wet towels over their shoulders. Within minutes the towels are completely dry. In ancient times the Kahuna's of Hawaii accessed a Theta state to walk on hot lava.

I began to teach this technique in my classes that I held locally. During my first class, a student stood up and told me that it was absolutely impossible to hold a conscious Theta State. He said that he had been working with biofeedback for many years and unless that person was in a deep-sleep hypnotic state, they just could not "hold" a Theta state. He claimed that the other brain waves would interfere. He said that it was a great theory, but that it was impossible. I was amused by his response, and I felt more determined than ever to prove my theory.

Validation for the Theta State came when a friend and student became interested in the work. He was a physicist that worked at the Nuclear Site outside of town. He made us an electroencephalograph, and that's when things became interesting. In my classes, we hooked-up people from all healing modalities to the machine. We found that people who were Reiki practitioners utilized the high Alpha brain wave. The Alpha brain wave is a wonderful healing wave. In fact, some Japanese scientists believe strongly in the Alpha wave, because Alpha waves "remove" pain and relax the body.

We confirmed that the technique we were using to do the healings was taking us to Theta. Every single person was going into Theta, even those just learning the technique. We found that not only were the practitioners going into Theta, but the person they were

working on was also going into Theta. We believed that the healings were taking place in a state of what I call God-Consciousness.

We continued to teach people as fast as we could. The classes were filled with wonderful people all eager to learn the technique. More and more people were learning and having a great time. After continued practice, I found the healings became even more detailed and impressive. The results improved and my clientele increased daily, but I still encountered a few who would not heal.

One of these people who did not seem to completely heal was a woman who had diabetes. I knew that this type of diabetes was caused by a chromosome, and although her pain disappeared, her legs got better and so many things improved, I could not keep her diabetes under control. Her blood sugar level still fluctuated dangerously. I tried everything, even commanding the body to have its perfect blueprint. I was told that this did not work because the body thinks it's perfect the way it is. It was while working with this woman that I made a very interesting discovery when I went "up" and asked to see the chromosome that caused her diabetes.

In the rapture of Theta, I was then shown another chromosome that I was told was the chromosome of Youth and Vitality. I heard the voice of the Creator guiding me in a story of human DNA. I was told that this particular chromosome had been changed throughout the history of man's evolution. In a time and consciousness that is now lost to us, we were once able to rejuvenate our bodies. We lost this ability from the DNA over thousands of years and, because of this de-evolution, this chromosome had lost the capability of true Youth and Vitality. It is in this time of enlightenment that the human race is once again ready to receive regenerated youth.

I was told that the lost keys of Youth and Vitality in the DNA code were going to be vital to human survival in the years to come. This was, in part, to be able to overcome poisons and toxins that we would be subjected to by living in our modern industrial age. I was told that as a larger degree of the population become intuitive, the more sensitive they would become to the physical world. The completion of the Youth and Vitality chromosome would help them survive.

I was so excited about the new discovery that I had forgotten all about the chromosome for diabetes. I gave the woman with diabetes a hug. I told her that I would work with her the next day and sent her home. At the time, I shared my office with my friends, Kevin and Chrissie. In glowing enthusiasm I told them all about what I had seen. I also told them that I was given instruction on how to work on the chromosome and how to complete it. They were fascinated with the concepts, and listened with intensity as I told them the process. I activated myself first and then Kevin and Chrissie. That evening I was given more information and guidance. In the coming days I was repeatedly shown how to change this chromosome until the Creator was sure that I understood the information. This was the beginning of the DNA Activation.

The Creator told me to begin with the DNA Activations, activating the phantom strands in a person's body. Understand that we are not actually adding strands to anyone; we are only awakening what is already there. I was told that through this Activation a person's intuition is improved, the ability to heal is improved, the body detoxifies and the person is able to access the different Planes of Existence effortlessly. When I used the Activation upon myself, I found that my "laugh lines" began to fade away and my body started rejuvenating. I felt younger.

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It was at this time that I hosted a radio talk show. I scheduled myself to speak about the theta technique. When the radio staff asked me what we called the technique, I told them that I had always called it ThetaHealing. The staff advised me to choose another name because they felt that the name sounded like Scientology. I told Kevin and Chrissie about the dilemma with the radio station. We all sat down to brain-storm an alternate name. I remember laughing in our bare feet, sitting on the floor of the office. I can still see Kevin with his long red hair and infectious laughter, and Chrissie with her serious metaphysical demeanor. We remembered that the technique had been called many names. The first name I remembered was the Wilson technique, so named for remote viewers in 1928. But we went even further back in time. Kevin and I agreed upon the name Orian (spelled with an "a"). This is the alternate name that we used.

Today we use the name ThetaHealing for the brain wave theta, originating from the Egyptian and Greek letter *theta* that means, among other things, "soul." For the first few years I used the name Orian, but the name ThetaHealing was more to my liking. Orian was originally associated with the DNA Activation, while ThetaHealing represents the complete healing modality. ThetaHealing stems from thousands of readings, not to mention hundreds of classes and seminars that I have done. Today it is known by both the names Orian and ThetaHealing, but ThetaHealing has become main-stream. From this time ThetaHealing began to take on a living essence of its own.

Then I received a message from the Creator. In spite of all that was happening in my personal life, the Creator told me to take this information to the world and to share it with others. I told the Creator that I was the wrong person to do this. In fact, I spent several hours discussing it with the Creator. I'd already given my word to Creator to take it to the world, but by this time the true ramifications of this responsibility had hit home.

I remember reasoning with Creator, and I said, "Okay, if you want me to take this to the world, then send me a doctor; one who can tell me that this is the way a chromosome actually works; a doctor that will actually listen to me. A doctor who is open enough to spiritualism to listen to what I have to say of validation. You also need to send me someone to write a book, because I am just too busy." I was perplexed when the Creator said, "You will write the book, Vianna."

I had many reasons for asking for all this. At that particular time in my life, my son's wife was pregnant and so was my daughter, and they were all living in my home. I was in the middle of a nasty divorce, and I was taking care of all these people by myself. I felt like my whole world was falling apart right before my eyes, and in the midst of all of this, I was being told by Creator to take ThetaHealing to the world! I just couldn't understand how I could do any more than I was already doing. But I also knew that God never asks you to do anything without providing a way for you to do it.

Shortly thereafter, Audrey Miller came into my office quite unexpectedly and told me that I was going to the Universal Light Workers Conference. I had seen their flyer and had a desire to go, but financially I could not afford it. This wonderful woman was willing to pay my fare and all of my expenses, including my food and everything that I needed. She told me that I needed to meet with a doctor that was speaking there. Apparently, this doctor spoke about DNA. Audrey knew about the DNA Activation that I was doing and thought that the two of us should meet. This was validation enough for me. When it came near the time to go, I balked because I didn't want to leave my children at such a difficult time in their lives. The more I thought about it, the worse I felt. I made

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myself sick with anxiety. I was torn between staying and going. Needless to say, by the time I got to the conference, I was feeling pretty wrung out.

The first person that I met at the conference was the doctor I asked God to show me. At the time he was doing extensive work with lasers and the DNA. He seemed to be open-minded, so I tentatively began to tell him about what I was visualizing in the DNA Activation. As we talked he told me the names and functions of everything that I was seeing in the chromosomes: the shadow chromosomes, the telomeres and everything else that I had been observing. He not only validated what I was seeing, but he said it was unlikely that I could have known some of this without having been instructed in some way. I told him that this is what God had shown me, and that inside the brain was the Central Cell (called so by my friend Kevin) that was located in the Pineal Gland. This "Master Cell" (as the doctor called it) is the creation point for sending messages to the rest of the body. I apparently piqued his curiosity. After our meeting he called on me to remote view clients as he visited them. He tested me with these people, and asked me questions as to what I could "see" in their bodies. He not only confirmed what I had seen, but his curiosity in my ability to "see" what was going on in the body allowed me to know that I was viewing something real.

At this same conference I met Robert, who was a publisher. He had been involved with metaphysics before and as we talked he became interested in the DNA knowledge. We agreed that he should come to Idaho to transcribe the channeled material. I recorded the DNA Activation technique for him. He and I had agreed to co-author the small book. But when he took the recordings home to California, he wrote it and published it in pamphlet form, listing himself as the main author with my name in small print at the bottom. Much to my dismay, he had changed the material so much, and added so much filler that it had little to do with the original knowledge that I had given him. This book came out in 1997. This was a great disappointment to me and a betrayal of my trust; however, it encouraged me to re-write the book and publish it myself. By this time I felt that I could not trust anyone to compile the books, even my close friends. I decided to write the information in the true form that it came to me from Creator so that the dictates were not lost. God had once again worked in a strange way, and I was guided by a Divine plan.

My first version of the transcribed ThetaHealing book was called "Go Up and Seek God." True to my word to the Creator, I began to teach classes throughout the United States in 1998. These were the first of the DNA 1 classes where I taught the DNA Activation and the early Orian Technique. In 1999, I created the first Teachers Course to certify teachers in the Orian Technique that was held at a place called Triple Creek in La Bell, Idaho. This course has come a long way since that time. A DNA 2 Teachers Manual was developed for it and is updated constantly. It is now taught several times a year and I have been certifying teachers ever since. The Creator was right; I would take the technique to the world.

I continued to see clients, and by the end of 1999 I had done over 20,000 readings and healings. As time went on I received more information and transcribed the book "Go Up and Work with God" in the year 2000. About this time, the DNA 1 Class (in what was then a two day class) had grown into what became known as DNA 2, into a three day class in order to encompass the Belief Work. By the year 2000 I began teaching internationally.

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One of the greatest things I discovered while working on clients is that we hold the keys to our own health, to our bodies, and our own vitality. In “Go up and Work with God,” the knowledge of the Belief Work that came to me and was put on paper. This information allows you to change your *Beliefs*, and the systems that guide your decisions all in an instant. These are the Beliefs and Programs you have learned from childhood and from other aspects of your *being*, of all that you are. Some of these Beliefs and Programs have been passed on from generation to generation.

In the following pages you will learn how to work on four different Levels of all that you are: The *Core Belief Level*, the *Genetic Level*, the *History Level*, and the *Soul Level*. It is through the removal and replacement of Programs from these four Levels that enables the body to conquer physical illness and remove emotional blockage. The Belief Work will enable you to create the life that you want for yourself, for it is a truth that we create our own reality and that we are all connected to God. I am going to share with you the tools to change what you formerly believed, and the negative effect these beliefs have had on you, and allow you to create the life you desire.

In the year 2000, a new class was shown to me called “Psychic Anatomy.” I have since changed the name of this class to “Intuitive Anatomy.” The first class was held at my old Idaho Falls, Idaho Channing Way offices. This class was designed to assist people in their abilities to “see” the inside of the body for healing as an aid to the Theta-Technique. The body of knowledge of this class is held in the Intuitive Anatomy Manual, published in 2003 and I now certify teachers for this class as well.

By the end of 2002, I had given almost 35,000 readings. The techniques that I learned in these sessions and classes are the beginning foundations for this book.

In 2003, the Feeling Work was added to the Belief Work. I was told that certain people had never experienced particular feelings their whole lives, nor do they understand how to create them. I was told that these “Feelings” could be “Downloaded” into them from the Creator with their permission. Since the time that “Go Up and Work with God” was written there has been a considerable amount of knowledge that has been collected to form the Advanced DNA 2 Class Manual.

In 2003, the first Advanced Class was held in Santa Rosa, California, and the first Advanced Teachers Course was in 2004. This class was designed to get people ready for DNA 3 and to clarify the Planes of Existence, as will be explained further in this book. We will all be closer to DNA 3 when we have removed enough Programs and downloaded enough Feelings to bring us to enlightenment. The Thetahealing “tree” continues to grow as new information brings it into bloom. Inside this book is the new information compiled from all the readings, healings and classes of ThetaHealing to date, from the first instantaneous healing of my leg until the present day.

Chapter Three

The Basics for Healings and Readings

I have been told by the Creator that long ago, in a time before written history, our intuitive abilities were much more advanced than they are now. Over eons many gifts were lost. What we know as ThetaHealing today began thousands of years ago. I believe that these techniques are as old as time itself. They have been used for millennia, awakening from time to time, only to fall asleep once more. Now the long sleep is over and we are awake once again. I also believe that there is an inborn awareness in the human soul that will help us link this technique to ancient and future knowledge. In the past, genetics, energetic influences, and collective consciousness issues kept us from developing to our full potential as Co-Creators with All That Is. We are now evolving into a new transition of development. It is time that we begin to accept our power as Divine sparks of the Creator of All That Is.

Throughout the text you will see the symbol for Theta Θ used to mark an important notation.

The Facets of the Jewel

Each aspect of ThetaHealing is like the facet surfaces of a jewel. Each facet works with all the others to create the desired effect that make the jewel sparkle. Each person is like a jewel. Some are like a diamonds in the rough that need to be polished. Others glitter even in the darkness. In this chapter we will discuss these aspects and how to harness them.

The procedures for the basic healing and reading techniques are really quite easy to follow and understand. However, for the person that has not opened themselves to their true intuitive potential, the modus-operandi of these techniques is something that may not come naturally. Some people must practice this technique before they can visualize. What we have found is that everyone can learn it. If you follow the instructions you will become skilled at your own pace.

Healings and Readings are based upon the power of controlled and focused *thought*. In order to control and focus thought we must learn all that we can of our inherent potentials. In order to understand the process, you must first recognize your own intuitive abilities. Perhaps some of you will have heard of these terms, but others will have not. These are the beginning “branches” of the ThetaHealing tree we use to “Go up and seek God:”

1. The power of words and thought.
2. The brain waves.
3. The psychic senses and chakras.
4. Free agency; Co-Creation.
5. The Command.
6. The power of observation and being the witness.
7. The Creator of All That Is.

Once you understand these topics you will be guided through the first technique.

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The Power of Words and Thoughts

In ThetaHealing, we work with the Creator of All That Is. We explore the subconscious and the conscious mind. These elements of our mind are incredibly powerful in their own way. One of the things that you must remember when you are working with the subconscious is that you have to use words the subconscious understands.

One of the concepts that the subconscious mind does not understand is the word “try.” You cannot try to do anything. You cannot try to pick up a pencil; it just can’t be done. You either do it or you don’t do it. In fact, if you say to your friend, “I’ll try to be there,” you might as well say that you are not going to be there. I could tell my children; “Pick up your room.” If they tell me, “I will *try* to momma!” I know that it will never happen. Since the subconscious does not understand the word try, it just assumes it doesn’t have to be done. So, you are not going to “try” these techniques; you are going to *experience* them. Absolutely eliminate the word “try”. Instead you need to say, “I’m going to *do* this technique.” Approach this with a “do” attitude.

As a ThetaHealing practitioner, you will develop the ability to create manifestations with the power of the spoken word and the formed thought. The belief that the spoken utterance and thought forms have power to create physical changes is as old as the sentience of humans. The things that we say and especially thought-forms are magnified by the use of ThetaHealing. This is because when we are in theta, we connect not only to our own divinity, but also directly to the Divine, the Creator of All That Is. It is therefore important for you to be constantly aware of any random thoughts or utterances. Some examples of negative thought forms and the spoken word are:

- I need to lose weight.

(If you lose it you will always be looking for it.)

- I can’t afford it.

(You will never afford anything, or have abundance, since you can’t afford it.)

- Money is the root of all evil.

(If money is evil, then you will always shun money and opportunities for money.)

Words, either spoken out loud or voiced in thought form, have an incredible effect upon our daily lives. If a statement is voiced enough times, the statement becomes a “reality.” If thoughts are in a deep enough theta-wave, instant manifestations are possible. This is especially true if one is in the pure and meditative Theta-State of mind that connects us to the Creator of All That Is. Interestingly, modern science is coming out of the imperialism of its own dark ages and is now exploring the possibilities of the power of *Thought*.

Think about all thought-forms and words that are in your paradigm. What do they mean to you on all levels of your being? Perhaps they are blocking you from progressing without your knowing it. As you develop your intuitive abilities with ThetaHealing, words, thought forms and Belief Systems will all have the power to create changes in your daily life for good or ill.

Cellular Communication

A good example of the power of thought is revealed in research done with plants. Some time ago a brilliant researcher named Cleve Backster decided to test the response capability of a dracaena plant by hooking it up to the galvanic skin response section of a polygraph. Mr. Backster was amazed when he got a human-like reading from the plant that showed on the chart. Later in the observation period he found that reading on the chart showed that the dracaena reacted wildly to his intention to threaten its well-being by burning it, at the moment the thought occurred to him.

After discovering response capability in yogurt bacteria, algae, yeast, and foods, Mr. Backster learned to separate human white cells (leukocytes) from human saliva and placed wire electrodes in a test tube holding millions of them, wired to an EEG. The donor was at a distance of 20 or more miles away. The cells reacted to the donor's stress or arousal at exactly the same time, showing on the chart.

If we can send a microwave through the air that permits us to communicate with cell phones, it stands to reason that our brain can act in a similar way. This is why we must be careful of all thought forms in the mind. Our experience is as positive or negative as our thoughts because thoughts have real substance.

When we are in a deep Theta-State, our thoughts and words become much more powerful. When you speak directly toward someone, something such as, "Are you feeling okay? You look sick!" it is up to that individual in their *free agency* whether or not they accept or decline this suggestive thought. If you accept what a person has said to you, you could become sick, tired, sad, happy, full of energy, etc. depending upon the suggestive statement that was spoken. As with the spoken word, be very careful of thought forms that are directed toward you and your acceptance of them. Words and thought forms become magnified when in Theta-State.

The Theta State

By holding a conscious Theta Mind State you can create anything and change reality instantly.

To understand the Theta State, you must first understand all the brain waves. There are five different frequencies of brain waves: Beta, Alpha, Theta, Delta, and Gamma. These brain waves are constantly in motion since the brain is consistently producing waves in all frequencies. Everything that you do and say is regulated by the frequency of the brain waves. One frequency dominates in any given situation.

Beta

At this moment, when you are thinking, talking and communicating, your mind is in Beta. Beta waves have a frequency of 14-28 cycles per second. Beta is the state in which you are active and alert.

Alpha

Alpha is the bridge between Beta and Theta. In an Alpha state, your brain waves are moving at a frequency between 7-14 cycles per second. The Alpha frequency is likened to a very relaxed, meditative state of mind. The Alpha waves govern daydreaming, fantasizing, and denote relaxed, detached awareness. People who don't function well at this frequency will experience memory difficulties. For example, if you

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are aware that a particular dream or meditation was quite powerful, but can't recall the details, sufficient Alpha frequencies were not generated. You didn't have the bridge between the subconscious and the conscious mind.

To more fully understand an Alpha state, close your eyes and imagine a sunset. See in your mind's eye the sun setting against the ocean and sea gulls flying low near the shore. This is the beginning of inducing an Alpha state.

When we tested people that used Reiki energy healing on an electroencephalograph, we found that they that they were using the Alpha brain wave. In Reiki, the practitioner brings the "Source" into their body. The energy is then manipulated through the hands to heal a person. The electroencephalograph showed that when Source-energy came into the healer's body and into the hands to heal, the brain of the healer is in an Alpha State. Alpha has been known to take away pain and is useful in healing.

Theta

A Theta State is a very deep state of relaxation. This is the state used in hypnosis and the dream state. The brain waves are slowed to a frequency of 4-7 cycles per second. In fact, Sages meditate for hours and hours to reach this state in which they are able to access absolute, perfect calmness. Theta brain waves can be thought of as the subconscious; they govern the part of our mind that is layered between the conscious and the unconscious. They hold memories and sensations. They also govern your attitudes, your beliefs and your behaviors. Theta brain waves are always creative, inspirational, and characterized by very *spiritual* sensations.

It is believed this state allows you to act below the level of the conscious mind. Theta is the first stage of the Dream State. To understand this frequency more completely, this is the state you achieve when you stand on the top of a mountain completely absorbed in your surroundings. At that moment of realization you experience the absolute "knowing" that God is real; you just know that God "Is." At that moment you are in Theta. When you access a *Theta State* and call upon the Creator, you connect to the *Creator of All that Is* to heal a person instantly.

When you imagine yourself going up above your head through your crown chakra, the brain will still be in an Alpha state on the electroencephalograph. But when the consciousness was sent through the crown with the focused thought that it will Go Up and Seek God, the brain automatically shifted to a pure *Theta State* on the electroencephalograph. What did the ancients mean when they said, "Go up and ask of God?" When you imagine lifting your consciousness above your head through your crown chakra and you go up and ask of God, your brain waves shift instantly to Theta.

When I was asked what I was doing in my readings, this is what I realized. I was sitting across from the person, holding their hands and imagining myself going above my space, praying that God would grant me the reading that this person needed, and it was given to me. I was holding a Theta State.

Delta

A Delta state of mind happens when you are in a deep sleep. In a Delta state, the brain waves are slowed to a frequency of 0-4 cycles per second. It is also this brain wave that is utilized when the phone rings and you intuitively "know" who is calling.

Gamma

The Gamma brain wave is the state we are in when we learn and process information. Gamma waves stimulate the release of Beta endorphins. Gamma waves appear to be involved in higher mental activity including perception and consciousness. Your brain waves cycle between 40 to 5000 cycles a second while in this state. I believe that when you are in a Theta-Gamma State, you are in a condition most conducive to instant healings. In the miracle of an instant healing the brain can go from 4 cycles a second to 5000 cycles a second.

In times of an emergency, the brain has been observed to switch back and forth between Gamma and Theta with no other wave present. This seems to be a natural response.

Gamma waves disappear when a person is under anesthesia. They may also be involved in binding sensory inputs into the single unitary object we perceive. This process is so efficient that we are hardly aware that it goes on at all. Recordings of neurons in the visual cortex show that synchronization in the gamma band links parts of the cortex excited by the same object, and not those excited by different objects, implicating gamma rhythms in binding. For instance, the color, shape, movement, and location of an object are processed in different ways in the visual cortex, and these features of an object need to be reunited into a single entity. This is known as the binding problem (which may be the reason that people accumulate free-floating memories in an unconscious state), and gamma rhythms are thought to provide a solution.

Scientists have discovered that certain brain frequencies (particularly in the Alpha, Theta and Theta-Gamma state), have been found to do the following:

- Alleviate stress and promote long lasting and substantial reductions in anxiety.
- Facilitate deep physical relaxation and mental clarity.
- Increase verbal ability and verbal performance IQ.
- Synchronize both hemispheres of the brain.
- Invoke vivid spontaneous mental imagery, imaginative creative thinking, reduce pain, promote euphoria, and stimulate endorphin release.

Findings from a recent study reported in the American Journal of Psychiatry suggest that increased theta wave activity in prefrontal brain regions is related to medication free recovery from symptoms of major depression. Leuchter and Colleagues (2002) found that increases in quantitative electroencephalography (QEEG) cordance measures of theta wave activity (4-8 Hz) were positively associated with clinical response to a “sugar pill.”

In this study, no statistically significant differences were found between response rates to antidepressant medication verses placebo. However those patients who responded to medication verses placebo did exhibit distinctly different changes in prefrontal theta cordance (PTC): medication responders showed decreased PTC, whereas placebo responders showed increased PTC. Patients who did not respond to either treatment did not show any significant changes in PTC. Thus, increases in PTC appear to be uniquely

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associated with symptom improvement in patients receiving placebo --- a “no drug” condition.

The effectiveness of placebo treatment is thought to depend, in part, on the patient’s expectation that they will get better. In double-blind clinical trials, such as this one, neither patients, nor their doctors, know who is receiving medication or placebo until the end of the study. Patient’s taking placebos often believe that they are taking active medication and often believe that the treatment will work. Increase in frontal lobe theta activity, seen in the placebo response, may reflect a physiological mechanism related to natural (medication free) healing from depression.

Reference: Leuchter, A.F., Cook, I.A., Witt, E.A., Morgan, M.& Abrams, M, (2002). Changes in brain function of depressed subjects during treatment with placebo. *American Journal of Psychiatry*, 159, 122-129.

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The Psychic Senses

The electrical energy of the brain waves has a direct connection with what are traditionally called “The Psychic Senses.” In order for the mind to hold a deep meditative state of Theta, all of the psychic senses and the chakras must be in union, or in what the ancients called “Kundalini”.

There are different intuitive senses that are inherently active in many people and yet in others are asleep, waiting to awaken. Many people have these intuitive senses buried under layers of *Belief Systems*. In the Theta-State these psychic senses are awakened and brought together to coalesce in one consciousness that is sent to seek God.

Empathy or Empathic Sense

The empathic sense is located in your solar plexus, roughly between the ribs and the stomach.

This is the quality of experiencing another person’s feelings by projecting our electromagnetic field on an instinctual level or to connect with the “feeling” of what the person experiences. We understand this to mean that we each have our own sense of “feeling” of how another person experiences emotional thought forms on a spiritual, mental, physical, or metaphysical level.

An example of the empathic ability would be when someone has a stomach ache and you feel the same pain, to a lesser extent, in your own stomach. You simply “know” that the person has difficulties there. The empathic sense also enables you to instantly know how others feel about you when you enter a room, whether you are liked or disliked.

Clairvoyance or Clairvoyant Sense

When engaging our clairvoyant senses we use the energy of the third eye in correspondence with the other centers of the body.

Clairvoyance is the ability to see objects or events that are not perceived by the everyday senses. It is the ability of “second sight” using the visualization of the mind’s eye to see aura energy and visions of events or happenings. Some clairvoyants have the ability to read the thoughts of another person using telepathy. Being clairvoyant enables you to see into the body. You will get very accurate body-readings when you become clairvoyantly developed. The third eye is accurate when you are reading a person’s body because it deals with the here and now, but it is not as accurate for predicting the future because you invariably tell a person what they want to hear versus what they should hear. With this ability, we see the future through the person’s greatest fears and desires. This may not necessarily be the greatest *truth* for that person. For example, someone may be afraid that they have cancer everywhere in their body. When the intuitive uses only the third eye they may “read” that fear, instead of the truth. For the greatest truth, you must first connect with the Creator of All That Is.

Clairaudience or Clairaudient Sense

This is the ability to hear sounds or speech not perceived by the everyday sense of hearing. The clairaudient sense is your auditory system. It is located above your ears and is the last of your psychic senses to develop. This is the one that enables you to hear your guardian angels as well as other auditory messages.

An example of this would be to hear your guardian angels speak to you in a voice of warning, saying, “STOP! Don’t cross the street!” These voices are not always heard with our ears, but can be heard as a thought form or even as a vibration all around us.

Prophecy or Prophetic Sense

This is the ability to reveal or predict with certainty using Divine inspiration. By creating a connection with the Divine, we then become prophetic. In the power of the prophetic, we learn to combine all the psychic senses to access pure theta brain waves. To engage our prophetic senses, we send our consciousness to our crown chakra and go up through all the Planes to connect to the Creator of All that Is and make the command. We are then able to become all that we can be as an intuitive person. The psychic senses relate directly to the timeless concept of the chakras, the energy potentials wherein the psychic senses reside. The Crown Chakra is called the *Prophetic Chakra*, where the abilities of the Divine begin to open.

The Chakras

The *Chakras* are energy centers that lie along the axis of the spine as consciousness potentials. Interestingly, each of these centers correlates to major nerve ganglia branching forth from the spinal column. The psychic senses reside within these whirling vortexes of energy. The aspect of the Chakras or “energy centers” in the body pervades in some form in many cultures around the world. However, no other culture developed the chakras more than the Indians (Hindus) from Tantric philosophy and Yoga.

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The chakras are not to be understood as essentially real in the physical sense but are to be understood as situated in the aura body. The Chakras are repositories of intuitive energies. In the Hindu religion they are usually represented as blossoming lotuses.

Kundalini

The spiritual person is on a quest for Kundalini. When Kundalini comes to pass, the intuitive is awakened with a new enlightenment. The “Shakti”, or female energy, resides at the base of the spine that is inside a person. The Shakti begins to flow up through the body, opening each chakra as she ascends, until the Shakti merges with Shiva, or male essence, in the sahasrara chakra. The Shiva and the Shakti aspects in a person’s spiritual essence then merge, creating balance.

As Kundalini energy reaches each chakra, each “lotus” opens and lifts its flower. As soon as she leaves for a higher chakra, the lotus closes its petals and hangs down, symbolizing the activation of the energies of the chakra and their integration to the kundalini.

There are volumes that can be, and have been, written about the chakras. In ThetaHealing there are exercises to open and use these intuitive energy centers. In the theta technique, the person draws the energy from the center of the earth and ignites each chakra as the energy flows up the body to the crown chakra. As the consciousness goes out the crown chakra the person is balanced with the kundalini energy, and the consciousness can then go up to Creator as a *balanced* spiritual essence. (This is further explained in Chapter Six.)

The Theta State of mind is obtained when you send out your consciousness to connect to the Creator through the crown chakra. The command is made to your unconscious mind and Creator for specific purposes, such as when you are doing readings and healings. Although all chakras and energy centers are used in readings, it is the crown chakra that is the most prevalent in Thetahealing, being the “gateway” to the Creator’s truth.

When we consider truth, the concept of *free agency* opens our potential to use our inherent abilities, but also to co-create with the Creator of All That Is.

Free Agency, Co-Creation and the Witness

The concept of freedom as it relates to meditation and prayer for the individual is important to consider. Free Will and Free Agency are beliefs that humans have the power to make their own choices. The spiritual connotations of free agency give the individual the self-authority to connect to what they perceive as God or the Creator. In ThetaHealing, we have the Free Agency to connect to the inner and outer aspects of the Divine within ourselves to that which is outside ourselves. We are given the tools of *morals* and *respect* for others, but the Creator loves us enough to allow us our own opportunities to experience the joy of life without interference or judgment. As we move through this existence we are given opportunities to create some of our own pathways to find our way. Our existence here could be perceived as a beautiful learning experience of physical, mental and spiritual exploration.

It is through the gift of *Co-Creation* or *synergy with God* that it is possible to bring the Creator into our reality to heal others and ourselves. We unite with the Creator and become the *witness*. When we co-create we are in *Theta-State*. In a deep Theta-Wave

we open doorways to form healings, readings, and manifestations. It is therefore necessary for us to *witness* the healing energy of the Creator until the full process has finished. Nothing happens in nature without it being “seen” or “witnessed.” Our minds do not accept something as real until it has been formed as a burning vision. When it becomes a “vision,” it is accepted as real to us as well as to the Creator. This is why developing visualization skills are so important.

Visualization: Becoming the Witness

Everyone visualizes. However, some people think that this means that they see the visualization behind their eyelids. This is incorrect. The place that the visualization is seen is the same place that we envision our memories. Some people call this “feeling”. A person might say, “I feel you have a spot on your liver”. This is a form of visualization and the person will do well developing this process. People often get mixed up with what is “feeling” and what is seeing. If you feel a color is green, then you are visualizing it.

Visualization is an action that we carry out every minute of every day. Ninety percent of the brain's sensory input is visual, and at least half of the stored memory is visual as well. We plan and conduct our life according to the imagery in our minds eye. We visualize constantly, whether we are aware of it or not. This activity has a very important place in the life of everyone. When you set out to go to a destination, whether it is familiar or not, your mind pictures the place and the route to get there. Before going to a place you have not been before, you plan your way beforehand. How? You use your imagination. You use your ability to visualize. You visualize the road, the streets you have to pass through, and even the traffic lights. If someone were to ask you how to get to a destination, you would describe the way, while at the same time you see the route in your imagination. Imagination ignites *creation*.

When you decide to mow the lawn, cook dinner, buy a new dress, clean your home, tell a joke, or describe a movie, imagination and visualization are at work. The eye of the mind is constantly in motion.

Let's take daydreams for example. We imagine scenarios and actions in the movie of the mind. At the moment we daydream, the daydream becomes real to us. If we repeat the same daydream over a period of time it becomes a habit. We may even start to believe it and accept it as a reality, especially when strong emotions are involved.

Expecting the vision to become reality is something more than just an act of visualization. It is an act of creation. Deciding upon something that we really want to happen, and visualizing it with concentration, faith and desire, sets great powers into action. The creation of reality through visualization is a natural process that all of us unconsciously employ. Thoughts that pass through our mind create our life. It is only our perception of imagination and reality that cause some people confusion.

The picture you see in your mind's eye when you visualize a sunset, a starry night, or a memory of past events, is the same mental tool used in the ThetaHealing. Close your eyes and “see” a view of nature. It is in this same place that we will view the inside of the body. As you send your consciousness with the Command, send your visualization skills as well. As you become more adept at using this skill, you will use it to see in the body to sense difficulties in any area of their life. This will make you an awesome instrument of the Creator.

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Visualization development is easy once you familiarize yourself with this skill. As you practice the technique, all the intuitive skills will develop. Your feeling, auditory, and visualization skills will develop in synchronicity with one another.

The brain is like a muscle. The more we develop it, the better it becomes at doing something. The more we connect to the Creator, the better we will become at seeing inside the body, doing healings and being the witness. Once we connect with the Creator imagination becomes real.

There is no such thing as not being able to visualize. When you are remote-viewing in someone's body and have a difficult time visualizing, you may be imagining yourself too close to or too far away from the affected area to see it. Move your mind like the focus on a camera closer or farther away to see the affected area clearly. Becoming more familiar with anatomy can reduce confusion as to what we see while in the body, giving a focal point of reference for the vision that is created so you know where you are in the body. Being familiar with anatomy gives your mind no excuses that it cannot see the inner realm of the human body.

When we have discussed the Belief Work in later chapters test yourself for negative Programs on the Belief Levels pertaining to visualization and release any negative Programs that you might have.

☺ *As the practitioner, it is important to learn visualization skills to bring the Healings into reality. We witness the healing come to pass.*

Imagination

While visualizing in a Theta State, it is your imagination that you are using. Most people do not know the definition of imagination from the dictionary.

1. The ability to visualize; The ability to form images and ideas in the mind, especially of things never seen or never experienced directly.
2. Creative part of the mind; The part of the mind where ideas, thoughts, and images are formed.
3. Resourcefulness; The ability to think of ways of dealing with difficulties or problems.
4. Creative act; An act of creating a semblance of reality, especially in literature.

I realize that at first visualizing will seem like it's all "in your imagination," but in truth, imagination is using your subconscious mind and the Theta wave. The subconscious mind is in charge of memory and feelings; the conscious mind is in charge of the decisions.

The Command

When we go up out of our space and connect to the Creator to make the co-creation process, we use the word “command” in the prayer that is spoken to the Creator. An example of this follows:

“It is commanded that unconditional love is sent through every cell of this person’s body. Thank you! It is done. It is done. It is done.”

It is important that the student understands the use and meaning of the word *Command*, or a command statement such as “Creator, show me.” When you use the word “command” in the statement to God, Creator, Source, or however you feel comfortable naming Divinity, several things happen that transcend a simple prayer. In making the Command, there is no question in your mind that the statement will be done, since this process removes all doubts and disbeliefs as to your own worthiness, power, or otherwise. If “I command,” sounds too selfish from what you’ve been taught to say, then say, “It is commanded.” Once you are used to making the command in a Healing, the use of a spontaneous thought form of “commanding energy” will be sufficient and the process will be as swift as thought and it only needs to be witnessed.

In making the command, you permit the Creator of All That Is into the quotient, without the interference of the human factor. After the command has been made and accepted, you are free to play the role of the witness in the healing process, and the Creator is free to do the healing.

When you first make the command it is important that it is spoken silently, at least at first. The reason for this is that, at least for most people, it is difficult to hold a Theta State as you speak aloud. As you practice you will be able to hold a Theta State when speaking aloud.

SUB WORDS IN THE WORD COMMAND

CO: In Latin the meaning is “intensive” with, like in co-operate

COM: To invite to unite or join with, as in the word come.

MAN: Creator . Found in other words such as:

Manifesto - public declaration of intent or principles

Manifold - multiply, of many kinds, a whole made up of diverse elements.

Mandal - a design symbolizing the universe.

Mandible - Lower part of jaw which is necessary in Speaking; As we create with words.

Mandare - (Latin) to order.

Definitions of Command:

To overlook

To have at ones disposal, i.e., command of a language.

To deserve and receive due observance.

A signal to activate.

COMPARED TO THE WORD DEMAND

“DE” in the Latin form means

Oppose, Reverse, Remove, Reduce

As you can see, the word Command is all about empowering you with an understanding of the Creator.

☺ Remember: There is more than one way to envision or to address the Creator of All that Is. Use the word that makes you feel the most comfortable. The name with which the command is made must pertain to the individuals Belief System, not necessarily to another person's perceptions of what God is or is not. Buddha, Shiva, Goddess, Jesus, Yahweh and Allah are all currents leading in a flow towards the Seventh Plane of Existence and the Creative Energy of All That Is.

Chapter Four

The Road Map to All That Is

In retrospect, I can see that when I first began to seriously practice readings and healings a doorway was somehow opened for me. In a way, I was a little like Alice in Wonderland when she tumbled into the rabbit hole to an alternate universe. I began to have metaphysical experiences that increased in intensity. As I have explained, I have always been intuitive and have what some call the “sight.” But there was little to prepare me for what was to come. I suspect that my intuitive senses began to fully open as information began to flood into my mind from what I came to know as the Planes of Existence. In these early experiences I met with the Law of Truth who taught me the concept of the “Seven Planes of Existence.” The Seven Planes provided me with a conceptual medium for understanding how and why the world works on the physical and spiritual levels, and how this relates to us as humans. The Seven Planes gave me a better understanding of the concept of the “Creator of All That Is.” I learned that, through the “Creator of All That Is,” it is possible to create physical healings, to progress spiritually, and to find enlightenment. The more that I made a direct connection to the Creator of All That Is from the Seventh Plane, the more clarity I received about my perspective of the other Planes of Creation that make up the whole.

The ability to convey a process that occurs within the realm of the metaphysical can be a challenge. Our verbal language has no words for much of the pure transpirations of spiritual thought-forms and spiritual information. Even more challenging is to convey these experiences into the written word. Since the invention of writing, holy people, prophets, and seers have attempted to put into words and onto paper spiritual concepts. The expression of concepts that are a *pure vibration* have a tendency to fall short of the original purity of the Divine when they are expressed in the limited capacities of verbal articulation and the written word.

When I first began to teach others what I was doing with Theta, I came to realize that the process was so spontaneous that the spoken and written word could not easily do it justice. Somehow I had to bring a spiritual concept into words, since mere words were all that I had! The first attempt to teach people what I was doing in readings was to “release people from their paradigm.” I used a meditational process to send their consciousness three, six, or sixty seven feet above themselves to connect to God. In my early books “Go Up and Seek God” and “Go Up and Work with God” I used this “three, six, or sixty seven feet” as the early road map to the highest energy. This process of meditation was designed to release the consciousness from the magnetic pull of the earth, and from the egoism of the person. This process was successful with some people, but not with all of them. Some people would become confused; still others needed to be counseled as I took them through the process. Still others went to places that were dictated by their misleading beliefs. At the time, I thought that this was as good a way as any I had been given to connect others to the Creator of All That Is. But as I taught, I found that people had many limiting Belief Systems.

Some of my students began to ask me what I was doing differently when I went up to connect to the Creator. It seems that they instinctively knew that I was going somewhere that they were not, and wanted to know what I was doing. I had been doing this process for so long that it had become instantaneous for me. After serious

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consideration I sat down in meditation to discover if I was going somewhere different than the “three, six, or sixty seven feet” out of my space as I had been teaching. I took the time to reflect upon just what I was doing that I could put into words for others to benefit from. This is the process that came to me, and how I learned to part the veil.

Go up to the Creator of All That Is of the Seventh Plane!

The following process was given to me from the Creator to train “All That You Are” to connect to and understand “All That Is.” Once this is learned, you will consistently go to the Seventh Plane and you will not need to go through the whole process: you will simply be there.

Imagine energy coming up through the bottom of your feet from the center of the Earth and going up out of the top of your head as a beautiful ball of light. You are in this ball of light. Take time to notice what color it is. Now imagine going up above the Universe. Now imagine going into the Light above the Universe, it is a big beautiful Light. Imagine going up through that Light, and you'll see another bright Light, and another, and another, in fact there are many bright Lights. Keep going. Between the Lights there is a little bit of dark Light, but this is just a layer before the next Light, so keep going. Finally there is a great, big bright Light. Go through it. When you go through it, you're going to see a energy, a jelly like substance; that has all the colors of the rainbow in it. When you go into it you see that it changes colors. This is the Laws. You will see all kinds of shapes and colors. In the distance, there is a white iridescent Light; it is a white-blue color, like a pearl. Head for that Light. Avoid the deep blue, light because this is the Law of Magnetism. As you get closer, you may see a mist of a pink color. Keep going until you see it. This is the Law of Compassion, and it'll push you into the special place. You will see that the pearlescent light is the shape of a rectangle, like a window. This window is really the opening to the Seventh Plane. Now go through it. Go deep within it. See a deep, whitish glow go through your body. Feel it. It feels light, but it has essence. You can feel it going through you; it's as if you can no longer feel the separation between your own body and the energy. You become “All That Is”. Don't worry. Your body will not disappear. It will become perfect and healthy. Remember there is just energy here, not people or things. So if you see people, go higher. It is from this place, that the “Creator of All That Is” can do healings that will heal instantly and that you can create in all aspects of your life.

Ⓢ If you find that you have an issue with this process, ask the Creator to take you to the Seventh Plane of Existence to the Creative Energy of All that Is. It is your birth right to use this energy.

Practice using this way to go the Seventh Plane of Existence. This process will unlock doors in your mind to connect you with “All That Is”. This process seems to connect the neurons in your brain back to the point of *Creation*. In fact, after you have truly gone to the Seventh Plane and you open your eyes you will realize that you are connected to *everything* and that the veil has been lifted. Repeatedly perform this process step by step before you use a shortcut to command that you be taken to the Seventh Plane.

When an individual goes to the Seventh Plane using this process the perception is that they are going outside themselves, out into the universe to the far reaches of the cosmos and through a portal into Creation. In a way this is true, but not the way that you might think. Inside of every person there is a tiny universe that is identical to the vastness of All That Is. What do we find inside of ourselves? We find that inside of each person there is the Creative Force, Source, and God. The *infinity* is inside of us as well as outside. Where are you going when you Go Up and Seek God? Where are you going when you go through the jelly-like substance? You are entering the nucleus of an atom. Each time that you connect to the Creator, you go on a journey inside of the vastness that is inward. This journey that connects you to your own atoms brings you to the awareness of the *outside* universe of infinite energy and to the realization that God is in every atom.

You go on a journey inside of yourself to find the Creator-self that is inside you and outward to the Cosmic Consciousness.

☞ *Remember, it is not your spirit that is going up to the Seventh Plane, only a consciousness that is created by the process.*

Cosmic Consciousness

The cosmic consciousness is very different than our earthly awareness. There are many perceptions that are specific aspects of this world. Many of these aspects are purely of a human design, and still others created from Divine inspiration. It can be difficult to perceive what concepts are of this Earth, what concepts are illusions, those that we create, and those that are Divine. For instance, human collective consciousness has not yet developed to be purely *Divine*. It has a competitive streak running through it that is not only part of our perception, but is in our very DNA.

Reincarnation is another example of the many concepts that exist solely on the planet Earth as a consciousness, but is not necessarily a purely *Divine* perception. This is why it is so important that our perceptions be as pure as possible, and why we leave this Earthly illusion to be with the Creator to create healing. I suggest that people use the road map out past the stars into creation. In this way, we break through the earthly bounds that hold us to become a cosmic power that is not bound by the Laws of Earth. These are some aspects and perceptions that are released when we use the road map to the Seventh Plane of Existence.

- The human ego
- The aspect of death
- The emotions of the physical and mental (for example, fear doubt and disbelief)
- Group consciousness
- Dualism
- Instinctual desires
- Passions
- Being human in a physical world
- The illusion of the physical
- Having to suffer (Suffering is a choice)
- Having to sacrifice (Sacrifice is a choice)
- Being separate
- The need for brain candy

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Daily ThetaHealing Meditation

Utilize this meditation daily to practice being connected to All That Is. The longer you hold this energy, the easier it is to create good things in your life.

Imagine energy coming up from the center of the earth into the bottom of your feet, going up to the top of your head and going above your space in a beautiful ball of light. Passing all the Planes of Existence, you go directly to the Seventh Plane, and Poof! You're there. When you get to the Seventh Plane, the ball of light that surrounds you disappears and the energy of All That Is envelopes each and every molecule and atom that makes you who you are, until finally, you dissolve into the love of the Creator of All That Is. There is no fear. You just gently feel this energy moving through everything. You realize that you're a part of everything and everyone.

It's easy to manifest in this energy because you realize that you're a part of everybody and everything that is. You can feel the energy all around you and as you realize this your body comes into perfect balance. Now is the time to think about what it is that you want in your life. Imagine that it is sitting in your life already and that you are a part of it. Take a deep breath in, open your eyes, feeling totally connected to "All That Is." It is from this place that you're connected to "All That Is," feeling and that you can change the outcome and energy in your life.

This is the ascension to All That Is. Throughout the book this will be the Navigation process to the Creator of All That Is. The Seven Planes of Existence will be fully explained in Chapter Sixteen.

Chapter Five

The Reading

Now that you have the background information regarding this technique, we will put all the pieces together for the Reading. The most important part for you to understand is that *you* have the ability to do everything I teach you. With practice, everyone has this ability; *anyone* can do it. Please keep in mind that the analogy of concepts that are discussed in this book are real. They work, and they work because you are accessing a brain wave that places you in a meditative state to allow you to make contact with the Creator of All That Is.

Perhaps I should say that you are simply being reminded of this because on some level you are already familiar with this knowledge. Remember, we are all *Divine* in nature and it is our Divine perception of God that is our Source of Divinity. The most important thing that you must have when you are doing your readings or doing any of these techniques is a belief in God. It doesn't matter what Belief System you embrace, what is important is that your beliefs work for you, not against you. We must stay with the *Truth*; that we are all connected to the complete whole. It is this whole, this completeness, this God that we call upon in doing this work.

While you are in a person's body, silently and gently looking around, you are in what is called a prophetic or healing state. When you are in this state you have the ability to see Truth. As you speak and tell the person what you see, your brain waves begin to go back up to Beta. Any time you speak aloud, your brain waves will go back up to Beta, but once you become silent again you will return to Theta. This is teaching the mind to automatically shift from Beta to Alpha to Theta, back to Alpha then back to Beta on command.

The very act of commanding a reading will usually put the receiver into a Theta State along with the practitioner. As the client is receiving the healing, they need to remain quiet and calm during the process. Tell the person to relax and close their eyes. It is very difficult for some people to hold a theta brain wave while speaking out loud. Speak the command process to yourself. Each time you speak to the client, you will automatically go back and forth from Beta to Theta wave when you become silent again. This renewed silence will place you firmly back into Theta wave each time you answer any questions or continue any processes.

Do not have the people that you are working on repeat after you anything that you're doing. This raises their brain waves to Beta; you do not want them to raise their brain waves. You want them to lie or sit peacefully and quietly. When you work on them, when you touch them, it shifts their brain waves to Theta. Theta is the key here when you are changing cells. In a class setting I say it aloud and then as a thought form in silence and put my brain waves back in Theta. Then I imagine going down into their space to observe my students work. *What is being done is happening in a fraction of a second, but you must be able to hold the Theta wave for that time.* Most people cannot talk and be in Theta at the same time. Bear in mind that it is in silence that you witness the healings. It is in silence that your brain waves slow to Theta. Do not talk, just watch and listen, and you will witness the most amazing things.

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The Structure of the Reading is Simple:

- Begin the heart chakra.
- Send your energy down at Mother Earth.
- Bring the energy back up into your body to open the chakras and create kundalini.
- Send the energy up and out your crown chakra.
- Go through all the Planes of Existence using the Road map to All That Is.
- Make the connection to the Seventh Plane of Existence and the Creator of All That Is.
- Make the command to witness the Reading.
- Go into the person's space.
- Once finished, bring your energy back, rinse yourself off, ground to the earth, and bring the energy back up into your body.

The Rinsing

After having completed the facilitation of the reading or healing, it is important to visualize rinsing your consciousness in one of two ways: The first is to rinse off in white light or clear water as you enter back into your space with your consciousness. The second is to go back up to the Seventh Plane of Existence to rinse off. Once you have connected to the Seventh Plane your consciousness will be purified and you can open your eyes in peace. This is the *spiritual cleansing* and separation for the process. Rinse yourself off to avoid leftover aches and pains or emotional baggage you may have picked up as a memory from the other person.

The Grounding

The definition of *Grounding* is to bring all of our consciousness into our own space and body using the earth. As you bring your consciousness back into their own space, it is important that you follow these steps to “ground” yourself correctly:

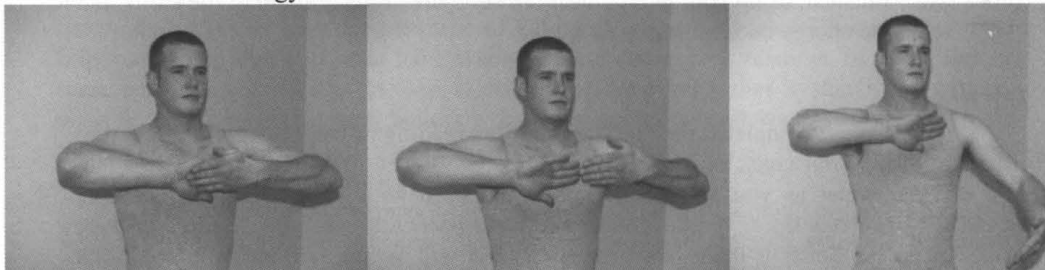
1. Visualize your energy going down into the earth.
2. Visualize the energy coming back up through the feet, up through the body, to the crown.

Grounding in this manner will keep you from gaining excess weight, keeps the energy centers open, and allows the kundalini to open gently.

The Energy Break

To create the *physical cleansing* we use the Energy Break. The Energy Break represents the physical cleansing from the reading. It is a protection so that all energetic influences such as negative feelings, emotions, or other vibrations from the reading are separated from the practitioner and the client.

1. Put your right hand and left hand, palm to palm, fingers touching, the wrist and elbows out to the side. The back of your right hand will be facing your chest and the back of your left hand will be facing outward. Rub your palms together. Pull your right hand back to your chest and extend the left hand away from your body toward your client. This will take care of the energy that is left over.



2. After you have finished with the break from the person, bring your right hand straight up in a knife position and move your hand up and down in front of the chest, making a slicing motion down toward the solar plexus. This last act aligns your polarity and in essence, “zips” you up again and closes your aura field. This field or bubble around you is your protection from outside influences, like a spiritual “skin.” It is a field of electromagnetic energy that in most people reaches three feet up and six feet out. It has been said that the aura of the Buddha reached out for miles around him. *Once you have used the Belief Work you will no longer need to worry about rips or openings in you aura because your aura will radiate outward. Like a small sun, you will shine with your connection to Creator.*

As your understanding of ThetaHealing develops, there will be more that will be revealed in later chapters to make this process even more effective.

The Reading with a Client



1. Seat yourself in a chair directly across from the person who is going to be receiving the reading.
2. Place your hands, palms up, on the bottom of the hands of the person, whose hands are palms down, and hold their hands in yours. (It doesn't really matter how you hold their hands.)
3. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is part of All That Is.
4. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Go up out of your crown chakra in a beautiful ball of light out to the Universe.
5. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
6. Make the command and say silently, "Creator of All That Is, a reading is commanded for (state person's name)."
7. You then say, "Thank you." This is very important because when you say, "Thank you," your subconscious thinks it is already done. More importantly, you are connecting and expressing gratitude to the most important being in the Universe, the Creator.
8. Now firmly state, "It is done. It is done. It is done." This tells your subconscious, conscious, and your Higher Self that this action has been completed.
9. At this point (remember you are still imagining yourself above your space), you imagine yourself going into the other person's body, through the top of their head, (through their crown chakra) to turn on a light.
10. The reason for turning on the light when you begin doing readings is to train your mind. This is like training yourself to ride a bicycle. The first thing that happens when you turn on the light is the brain lights up (if everything is all right in that part of the body).
11. If any part of the body does not light up as you are going through, then there is a problem in that area. You then proceed to the neck. If their neck doesn't light up, then ask the person if his/her neck hurts. Most of the time, they will tell you that they have a whiplash, or they have neck pain or you'll discover that there is a problem with their thyroid. Then proceed down through the chest. If that area lights up, go down to their stomach. As you imagine going down through their body, inform them of any area in their body that does not light up. Remember, every time you speak to them, your brain waves return to Beta. However, you can easily return to Theta because you are teaching the mind to go from Beta, to Alpha, to Theta on Command. Continue all the way down through the body.
12. When you have finished scanning their body, imagine yourself lifting up out of their space and rinsing yourself off with a stream of water. (This can be a mountain stream or a waterfall, whatever you want to imagine) Imagine your energy coming back into your space and going into the Earth. Pull the Earth energy up through all your chakras to your crown chakra. Make an Energy Break.

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With each reading you will reach a deeper Theta State and details will be more specific. Training your mind to do a reading is exciting. It takes more than one attempt for your subconscious to “get it.” Usually when people have difficulties, they are simply trying to hard, making it difficult to learn. Have faith, and do it with joy in your heart, and it will become easy. You might ask, “What if I don’t know anything about the body?” I suggest that you get a well illustrated anatomy book and study it so that you know the organs you are seeing. Certain things will show up in the body that you are unfamiliar with and in the beginning you are not going to be an expert. But with time and practice you will learn.

It is important that you go through the steps in the proper order, and it is equally as important that you understand the steps. One of the best ways to do this is to practice.

The Principles of the Reading-Body Scan

⊕ *Throughout this book, each section will have its own set of principles or guidelines to go by when using the work.*

Talk to the Body

This is an extremely powerful technique. It can be used to communicate with the body. The body communicates back to you as you are doing a reading. Cell talks to cell, and every time you appropriately touch another person’s body, your body automatically communicates with their body. For instance, while working with a woman, stop at her reproductive organs and ask the body how many children it has “housed”. The body will immediately tell you how many pregnancies it has experienced, as well as how many children are held within the heart waiting to be born. The Theta State allows you to hear what their body is saying.

One of the best experiences of the body scan is to do a reading on a pregnant woman. When you see a fetus kick and move in the uterus you are going to be astounded. In fact, when you go into an expectant mother’s body and view the fetus, look for the baby’s genitalia to tell if the baby is a boy or girl.

If you have *any* questions while you are in the body, ask the Creator. If someone is sick, ask the Creator to show you the cause. Always be precise in what you ask the Creator because the answer will be very specific. The Creator is very direct and never makes things more complicated than they need to be.

The Heart Chakra

Each time a ThetaHealer goes into a person’s space in a reading, a person experiences having their heart chakra touched. This feeling may be unfamiliar to them. The person having the reading can become confused and can mistake these feelings for romantic love toward the Practitioner. The Practitioner must be very careful to clarify to the client that the feelings they are experiencing are caused by the reading, and are only temporary. You must clarify these facts to the person that you work with. Also, what is said in the process of a reading is kept in the strictest confidence. *It is imperative to keep your own opinions and feelings out of the reading.* Make sure it is done through the Creator of All That Is.

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The Exchange of Energy

There should be an exchange of energy between the practitioner and client whether it is money, a crystal or even a hug. The reason for this is that an exchange of energy allows the super consciousness of both the practitioner and the client to recognize that something solid and physical has taken place thereby permitting the healing to take place.

The Theta Sleep Cycle

When you are in theta and use the theta wave extensively for healings or readings, the physical body will believe that it is in a sleep cycle. You may need to push yourself to do more physical exercise to balance out the body processes.

Thoughts Have Substance

As you begin to use theta, you should be much more careful with your thoughts. This is important because theta opens new doorways in the mind. Your thoughts will begin to have real substance as they never did before.

Ethics in the Reading

It is very important for the reader not to attempt to take charge of another person's life. A person's freedom of choice should never be altered or changed. If I tell a person that they will find a quarter on the sidewalk, then they may look until they find a quarter on the sidewalk. So it is very important that the subconscious mind of a client not be led into something that you've worked to create for him/her.

When you go in and do a reading on a person, you are seeing what that person's life is, not what is right for you. You should avoid interjecting your morals, your ethics, or your opinions into a reading. The reading is sacred and is focused on the client. If you ask questions pertaining to them then, in response, you will get answers pertaining to this person.

For some people it is a definite sin to have more than one lover; for others it is an absolute part of life to have more than one person to love. You should avoid telling them what is right or wrong for them based on your moral opinions.

Avoid instilling anything concerning your own life into the reading. What is going on in the your life should never have anything to do with the individual being worked on. A very false concept that has been widely spread is that people are mirrors of you. It is true that people can reflect certain things in your life and you can learn from these things, but no person is an absolute mirror of anyone else.

Each person is an individual living his or her own individual life. Everyone has different feelings and has been raised with a different concept of what is right and wrong for them. You should avoid telling them what is right or wrong for them to do. You may offer them your opinion about what you would do if you were in their shoes, but you should not make a decision for the person having the reading. You are only to tell them what you see, and give them your unbiased opinion.

Remote Viewing

Through the Theta technique we are able to send our consciousness through space and time to “read” a person intuitively anywhere on the planet. This procedure also shows us that we do not have to physically touch a person to facilitate a reading.

- Ask the person where they are in the world to know where to send your consciousness in your command process. You can visualize your consciousness traveling to the person and entering their space. This might take up to four seconds.

Chapter Six

Opening the Psychic Centers through the Chakras

As your psychic abilities develop, strange things occasionally happen. Electrical devices may short circuit, radios can turn on and off, lights might flash, and you may contact “outside” information. If this happens, you may be psychically off balance. To alleviate this problem, keep yourself centered so that this “loose” energy does not leak out of you. Command that your psychic centers be in balance. Proper psychic balance is as important as keeping the physical body in balance. The opening of the chakras creates this balance on all levels of our being.

In some instances the crown chakra can be closed. The clairvoyant or third-eye chakra might have a “web or mesh” that is lying over the top of it, making it difficult or impossible for the person to be intuitive. Don’t concern yourself with where this web or mesh comes from. Simply go up and connect to God to command that it be removed and sent to God’s light, never to return.

The process of opening the chakras is designed as a means to open the psychic centers through the chakras. As a beginner becomes more psychically attuned and is able to consciously shift through the Planes and dimensions, it is best to proceed slowly. Sensory and psychic overload are real things, so be careful of *too much too soon*. In the process of accelerating the psychic abilities, specifically ask for only as much as is for the “highest and best” at that time.

Opening the Chakras

Within the chakras the psychic senses lay in waiting for the chakra to blossom. The psychic senses could be likened to the fragrance of the opening flower of the chakra. As a practitioner of ThetaHealing, you may find some individuals (or yourself) will have one or more of the chakras closed. If this is the case, the person will have a difficult time with readings, healings, visualizing, etc.

When working on someone other than yourself:

Go up and make the command, *“Creator of All That Is, it is commanded that this person’s chakras be opened in the highest and best way. Thank you! It is done. It is done. It is done.”*

Beginning at the crown chakra, keep your hand six inches from the body. With a clockwise turning of the hand, visualize the opening of each chakra blossoming with the motion of the hand. You may feel the energy of the Chakra in your hand as it opens. Continue until all seven of the chakras are open.

When working on yourself:

Go up and make the command, *“Creator of All That Is, it is commanded that my chakras be opened in the highest and best way. Thank you! It is done. It is done. It is done.”*

Beginning at the base chakra, visualize each chakra opened as is for the highest and best at this time.

1. Crown Chakra

This is the prophetic chakra. In Sanskrit it is called Sahasrara. The crown chakra keeps us in constant touch with the outer universe and the subtle dimensions of spiritual energy. This chakra is connected to the whole of Creation. As the base chakra connects us firmly and safely to the earth, the crown chakra opens us to the universal energy of the Creator of All That Is.

2. Third Eye

This is the chakra that enables you to see intuitively. This is the clairvoyant chakra. Clairvoyance, intellect, belief, understanding and analysis of reality. In Sanskrit it is called Ajna.

3. Throat Chakra

For communication, inner identity and telepathy. This is used to speak Divine information. Sanskrit word is "Visshuda".

4. Heart Chakra

This Chakra deals with balancing emotional Levels. Sanskrit word is "Anahatha".

5. Solar plexus chakra

This is where your empathic psychic senses are. This is your "gut" feeling. Sanskrit word is "Manipura".

6. Sexual Chakra

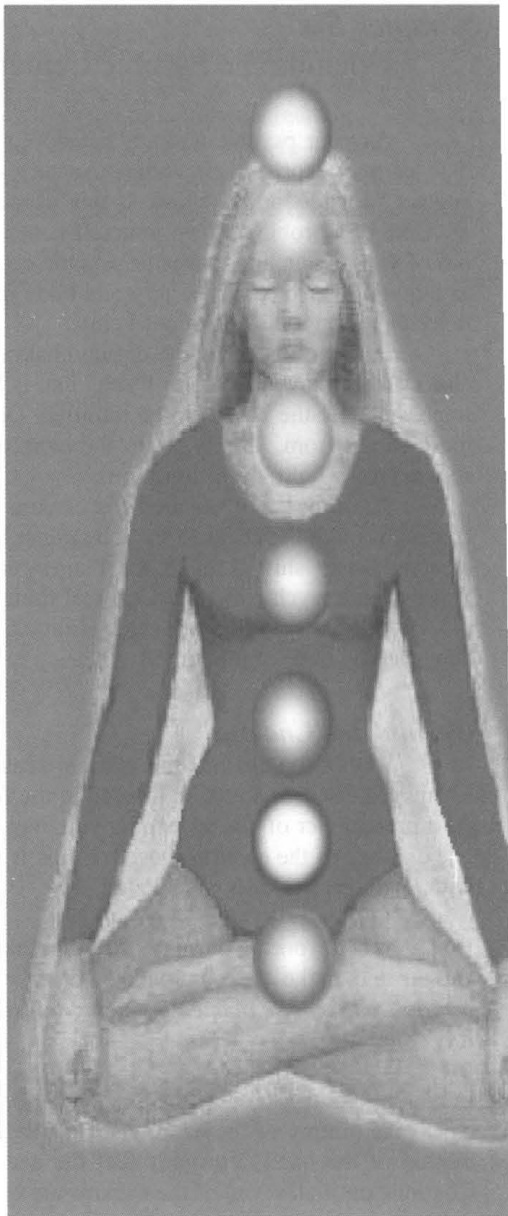
This deals with sexual energy and abundance. The Sacral Chakra associated with the qualities of movement and flow of energy.

The Sanskrit is "Svadhastana".

7. Base Chakra

This chakra is the support system of all the other chakras. It deals with abundance. It is what grounds us to the world around us.

The Sanskrit word is "Muladhara, The Seat of Kundalini".



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Opening the Psychic Centers Process

The psychic centers of a person will only open up as much as they should at one time. Use the following process to open the psychic centers of a person by activating the chakras.

1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is part of All That Is.
2. Visualize bringing up the Earth energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra in a beautiful ball of light out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *"Creator of All That Is, it is commanded to open this person's (name the person) psychic senses in the highest and best way. Thank you! It is done. It is done. It is done."*
5. Move your consciousness over to their space.
6. While connected to the Creator begin with the crown chakra. Keep your hand six inches from the body. With a clockwise turning of the hand, visualize the opening of each chakra blossoming with the motion of the hand. With a clockwise turning of the hand open each of the seven chakras. Use the feeling in your hands to gauge the senses being opened properly.
7. As soon as you envision the process as finished, rinse yourself off; put yourself back into your space, grounding to the Earth, drawing the Earth energy up to your crown, and make an Energy Break.

Chapter Seven

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Although healings and readings are different, the two aspects will eventually blend together once you are familiar with all the branches of the ThetaHealing Tree. In one of the first instances of an instantaneous healing, I witnessed the healing of a horse's broken leg. Incidents like this gave me the encouragement to continue experimenting on different infirmities. I found that it could be used to heal illnesses such as cancer, as in this testimonial from Sally that demonstrates the grace of the Creator of All That Is.

The Success Story of Sally

My name is Sally. In June of 2001, I was diagnosed with malignant melanoma arising from a mole on the back of my head. This diagnosis was devastating because melanoma does not have any effective treatment and is usually terminal. After having surgery, several consultations with doctors and several pathology reviews, lesions were discovered in my brain on September 11, 2001. This news was devastating because there is no treatment for melanoma malignancy that has spread to the brain. Usually the life expectancy is 4-6 months with brain tumors and can be as short as four weeks.

It was after this news that I became acquainted with Vianna. A family friend had heard of her successes in helping people with serious medical problems and gave us the information we needed to find her. Vianna was absolutely wonderful from the start. Even with a heavy schedule, she was able to arrange an "emergency" session with me. During this session, she removed the brain lesions. Subsequent brain MRI's have shown the lesions gone. At a later time, she cleaned my blood and a special test from the John Wayne Cancer Institute has verified that there are no melanoma cells in my blood. This essentially means that I am now clear from any cancer after having been diagnosed with this terminal disease.

The healing, while miraculous, wasn't the only thing that was so very impressive about Vianna. She told me on my first visit that I had "pins" in some old root canals that would cause me trouble. Two months later, a massive infection was discovered that resulted from the breakdown of old silver pins inserted during a root canal years ago. After I was subjected to whole brain radiation, I lost my taste which is a common side effect of this treatment. In a session with Vianna, I mentioned this to her and she made adjustments to the radiation effects and that night I was able to taste again.

Vianna has always treated my husband and I with the utmost respect and friendly approach. She has made room to see me when her schedule was completely booked. She is a sincere, compassionate person that takes her healing powers in stride. She gives the credit to God and declares that she is only the messenger. Her message to me has been one of life and hope. All the doctors have been unable to explain these changes and they are completely amazed that this terminal disease has simply disappeared. I know the reason and now the rest of the world can share in my knowledge. Vianna is truly a miracle maker.

Sally

This is an excellent example of a person who has no subconscious Programs blocking the Healing process. You see, due to her psychological make-up Sally was

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ready to accept instant healings just as I was ready to witness them done. When I was doing the Body Scan “Reading” her body, I was told that she had developed the melanoma from working at a chemical plant. I had to jog her memory for the validation that I was right. Sally thought back in her memory and told me that some years ago she had worked in a chemical plant. This told me that the cause was environmental, due to radiation or chemicals, and felt certain she could be healed without reprogramming her Belief Systems. When the Healing happened, I witnessed the Creator pull the lesions out of her brain. It was an instantaneous healing, and I could feel her body shift and heal with the Creators Love. This energy flashed back into my space, came out of me and back into both of us. I knew that she was instantaneously healed. Now I will show you the process of the Healing step by step.

☺ *The “Creator of All That Is” is the healer and you are just the observer watching it happen.*

The Principles of the Healing

Verbal Consent

The question often arises as to what maladies you can heal without the person’s verbal consent. This is clarified in the situations of emergencies and sending unconditional love.

There are other healing techniques in this book that deal with chromosomal changes, DNA, or subconscious Programming. These techniques require the verbal consent of the person being worked on. This must be respected.

Unconditional Love

In order to make a molecular change in the body, one must have energy. This is a fact that goes all the way down to the smallest particle, the atom. In order for a molecule to form, it must have energy to put the atoms together that makes it what it is. Knowing that it is energy that makes changes on a molecular level, there must be energy available to create this or any change. Where does this energy come from in Healings? When you go up to the Creator of All That Is for a healing, you reach up and grab the energy of *unconditional love* and put it in the body. This enables the body to have the energy it needs to make changes. Just commanding the body to heal on its own forces it to use its own mechanics for the energy and these body-resources are generally not enough.

In order for a cell to change and heal in the body it must have the energy to do so. The body has two ways to form this energy: heat and enzymes. Any change in the body is created by heat and enzymes, unless the change is made through the Creator of All That Is.

If you make a command of the body without giving it energy the body will rely on its own. For instance, if you command a bone to heal without extra energy, the bone will strip calcium from the surrounding resources of the body to comply with the command. For instant healings one should use the energy of the Creator All That Is.

You may ask, “How much of this energy do I use?” It only takes one atom of unconditional love to make any change in the body. For instance, when you make the command, “*Creator of All That Is, a change is commanded in this body,*” you will automatically see energy coming into the body to make the change.

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In the beginning classes we teach people a step by step process to visualize “going up” and gathering the love. But as the brain gets used to what it is supposed to be visualizing, the process will happen spontaneously and automatically. In the end it is your ability to *witness* that brings the healing into the *now*. The Creator does the healing; you witness it. There is a law in physics that says nothing exists unless it is witnessed.

Many people are ready for an instantaneous healing on their body. If the body does not receive an instantaneous healing when given the command, there is a subconscious program blocking it. This program must be found and changed. As long as the healer keeps themselves from becoming discouraged, the Creator will assist them to find the feeling, emotion or belief by using the Creators wisdom, or the wisdom of the person. The mind, body, and spirit of a person has a memory like a computer and if you know the right questions to ask, these aspects of the person will tell you what needs to be released and replaced, or what feeling is missing. It is possible that the healer will misinterpret these messages and become discouraged. Perhaps the feeling of discouragement is not the healer’s feelings, but is projected from the person that is being healed. Perhaps the person that they are working with does not know how to live without being discouraged, and therefore have lost hope before the healing ever takes place. It is my conviction that there are only a few feelings, emotions and beliefs for every specific healing. It is my understanding that sickness is caused by having certain Belief-Programs over a long period of time. Once these beliefs are cleared the sickness leaves. Clearing a sickness is simple, since a sickness is designed to get your attention to tell you that something is out of synchronicity with the body, out of focus, or out of balance. You simply rebalance it.

It is also my conviction that ThetaHealing is not just clearing sickness; it is also a way for mankind to communicate with the Creator of All That Is. The goal is to clear the body, mind and soul of enough burdening beliefs so that you can have pure and unadulterated communication with the Creator.

If you imagine ascending high above your body, you will be gathering the love of All That Is and will be assisted by that love in doing your healings. Once the healer connects to the All That Is energy of the Creator, they go through what is called the electromagnetic field of the earth. When you go beyond this field, you come to a place that is past the Laws of Karma, past the areas that block us from “becoming,” into an area of unconditional love. Always bring the essence of this love into the healing. Healings are accomplished from a place of unconditional love! Never forget this undeniable fact. Healings are not done to prove a point or to demonstrate your ability to heal.

Attachment

Expect a healing, but do not be attached to the outcome. The Creator of All That Is is the healer. Give up the outcome to the Creative Force. Say to your client, “The Creator of All That Is is the healer, let’s see what happens.” If you don’t achieve the results you want, it indicates that there is Belief Work to be done.

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The Witness and Intention

Witnessing the healing being done is a very important part of the process. Going up and commanding it done is one thing, watching it being done is another. Only after you have witnessed the healing process is it done. There is a difference in saying it is done, and observing the process as it happens. I have many people tell me that as long as the healer *intends* to do it, it is done.

There is a big difference between intending to do something and doing it. I can intend to pick up my keys all day long, and I can intend to be helpful to my mate when he needs my help. It doesn't mean that I actually walked over and picked up my keys, nor does it mean that I necessarily do anything to help my husband. When you go into to the body, you must watch the process that you have commanded to be done until it is finished. You are there to witness it in action. Without action, nothing happens. There is a distinct difference between thinking about doing something, procrastinating, and actually doing it, both physically and metaphysically.

It is said that "the road to hell is paved with good intentions," meaning that announced intentions are often useless and not believed. The bad reputation of intentions is not entirely deserved. Science shows that intentions are somewhat related to later behavior, but only modestly. Good intentions account for only about twenty to thirty percent of the variance in the desired behavior. Of course, strong intentions have more influence than weak intentions but strong and weak often fail. "Intention" alone will not have the same effect as making the process a reality by properly witnessing the co-creative energy in the body of your client or in your own body depending on the situation. I can intend to do something all day, but if I do not take action, the intention comes to nothing. ThetaHealing is centered on going beyond the intentions of the ego in the conscious mind, to being the witness to the healing. When a healing is witnessed or observed it is brought into this reality through a genesis of observation.

Genesis by Observation

John Wheeler, a colleague of scientists such as Albert Einstein and Niels Bohr, and the man that coined the term "black hole," has asked the question "How come existence?" There may come a time when quantum physics may be able to prove that the act of observation changes our reality.

To test this theory, scientists created an experiment. Light is shone through two parallel slits and hits a strip of photographic paper. The experiment is done in two ways, both achieving different results. First, with photon detectors right beside each slit, physicists can observe each photon as it passes. Each photon is observed passing through one slit or the other. The photons, in other words, act like particles, but in the second experiment we get a strange result.

Now the photon detectors are removed and the experiment is conducted in the exact same fashion. The photosensitive paper shows a result where, instead of acting like a particle, the light now acts like a wave. We know that light has a dual nature of both particle and wave, but it seems that the mere act of observation influences which way it acts. This "reaction to observation" works on a universal scale as well. This experiment has been conducted using light that has been flung at the earth from across the galaxy. The results were the same. The light reacted differently based on whether or not it was being observed. This means that our observations seem to affect light waves/particles that

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were created millions or even billions of years before we were born. It appears that thought changes even our past, or as John Wheeler says, “Information may not be just what we learn about the world, it may be what makes the world.”

Looking at how this pertains to the theta technique, we see the etheric pathway that is created between the healer and client and the Creative Force as a small “wormhole.” In space and time, this wormhole permits these factors to come into play: That we may cross over dimensions to create healings and readings without the interference of time or other factors, in addition to maintaining an opening to the Creative Force so that this energy might be utilized by us. In quantum mechanics, the act of observation affects the result. Thetahealing is the act of observation. The theta technique is quantum mechanics, and the art of visualization must be learned to make co-creation possible. This is why the “witnessing” of the process of Thetahealing is so important. When the healer witnesses the Healing as done, it is then brought into this reality.

The conscious mind permits us to be the witness in a Healing by making the command to the subconscious that it is reality without interference of the human ego. The best way to step into the creative energy is to make the *command* to the Creator of All That Is. This tells the unconscious mind that it will be *done*. Using the word command or a commanding energy will place the subconscious in a position that it cannot interfere.

Acceptance

Accept the healing as *real*. The Healing energy of the Creator may happen so quickly that it will be done before you can actually visualize it. If this occurs, command that you have a slowed down replay of the healing.

A Double Edged Sword

Visualization is a double-edged sword: on one side, we have the witnessing of a healing as *done*, on the other side the healer can actually see a cut, burn, or break with the physical eyes. When we physically “see” a challenge to be healed, the very act of looking at the affliction brings it into reality in the mind of the practitioner. It is best when doing a healing on an open sore or wound, to keep it covered as the healing is done, and to not look at it. It is best to see it only with the eyes of God until you are used to instant healing.

Remote Healing

The co-creative process of the ThetaHealing enables us to work with a client at any place on the earth, to do a reading, body scan, or healing. Once a connection has been made, the reader sends their consciousness across the vast distances to enter the space of the client as if the two people were in the same room.

Fear, Doubt and Disbelief

If you begin to have doubt during a reading or if you feel disconnected from the co-creative process, get out of the persons space, wash off and rest for a while, then begin the process again. Fear, doubt, and disbelief are the most powerful blocks to any intuitive healing. You can influence the reading by your own beliefs, fears and disbeliefs. You should use the ThetaHealing Belief Work on yourself to get crystal-clear to do the best healing possible. You can tell that your beliefs are interfering with the reading if you have any excessive emotional reactions before, after or during it. The client on the other

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hand may have beliefs that keep the disease in place, or block the healing from entering their space.

When the true connection to the Creator is made you may feel a tingling on the top of the head. You will know when you connect to the Creator. It just is.

Joy, Happiness and Love

The essence of joy, happiness and love generates the healing energy used in co-creating a healing or reading. You must keep your personal affairs separate from energy-work so that you create happiness and joy in the healing. It is important to have a degree of unconditional love for people. You should genuinely care for people, because if you don't, you may find this line of work difficult.

Environmental Illnesses

Environmental illnesses can be healed instantly; however, if the person is continually exposed to the same environmental factor, it can recreate the illness. The toxins will simply re-instate the sickness. It's suggested that the person change their lifestyle and environment to *stay* healed, to be followed up with Belief Work.

You Are Never Alone

You are never alone when you do a Reading. You can go up and ask for help any time, anywhere, under any circumstance. You are never alone when you do a Healing because you are not doing the Healing, the Creator is. This is a very important fact to remember.

Be Specific

The practitioner must make a specific command to heal a specific challenge. Make the command specific enough to accomplish your goals. Once you know exactly what it is that you are going to witness in the healing, the changes can happen. The key to doing a good healing is to know exactly *what* you are healing.

When doing this technique, always take a moment to quiet yourself, and always make certain that when you go up and command Creator to do whatever is needed, that you remain in their space until you are sure that it is completed. The basic healing technique can be utilized on children who have hurt themselves and need immediate attention. It is wonderful to use on your family for any given situation. It is wonderful to take away a headache, to remove back pain, and to command all pain to be gone. This healing technique will change your life.

Time Enough to Heal

When in the co-creative process of ThetaHealing, *time* does not exist. Time slows to a crawl or stops completely during the period the healing is being done. This occurs because the incredible amount of work that is happening has time to finish without causing any difficulties on the physical, mental, or spiritual levels. You must realize that once the command is made, and your mind witnesses and accepts the healing, it has already been accomplished outside of the present time and reality. Being the witness brings the healing into this time and reality. You must witness the work being done and

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accomplished for it to truly materialize and take form in the physical world. This aspect of time is true of all the techniques of ThetaHealing.

Self Healing

The Self Healing technique is the process that I used on my leg all those years ago and numerous times since for healing myself. You can use the Healing Technique on yourself in the same way as with a client: by bringing the Creator in your body and witnessing the Healing. There is no reason that you cannot heal yourself as you would another person.

In ThetaHealing, Avoid....:

...Commanding all bacteria to be gone from the body since many of the body's processes rely on bacteria to function.

...Commanding all Candida to be gone from the body since many of the body's processes rely on some Candida to function.

...Commanding all heavy metals to be gone from the body because the body is comprised of many different kinds of heavy metals, such as calcium and zinc.

...Commanding that vital minerals and vitamins be created from the Creator. Without practice, the body does not understand how to assimilate minerals and vitamins in this way.

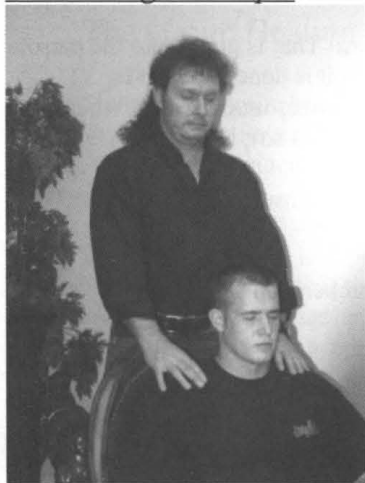
....Commanding the body to go back to its perfect blueprint. The body is given a genetic Program from the moment of conception that tells itself that it is perfect. If there is a disease in the body it perceives it as perfect. The body has the perfect diabetes, the perfect multiple sclerosis, and so on. Everything is perfect in its universe; therefore the subconscious will not understand this command.

...Avoid the presumption that, as the practitioner, you are the one doing the healing. It is *God that is the healer*, not you. It is best to always ask God to "heal this" in the "*highest and best way*" and to "*show me*".

☺ *Using the statement "In the highest and best way" in a command is extremely important. This is stating that the Creator will know what is best for the person and the healer is detached from their ego long enough for the process to finish. It also detaches the Healing from the influences of this Plane. The words "Show me" signal to the Creator that the healer will be the witness.*

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The Healing Technique



The healing may be instantaneous, or it may take several minutes. Stay focused and do not permit your mind to wander.

1. Ask permission to do a healing.

☺ *Permission is important since it involves the Client into the reality of the healing. Consent from the Client will give their body permission to heal.*

2. Center yourself in your heart and visualize going down into the Mother Earth, which is part of All That Is.
3. Visualize bringing up the Earth energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
4. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
5. Go up and connect to the Creator and make the command, "*Creator of All That Is, it is Commanded that this ailment be changed in (person's name) to perfect health in the highest and best way. Show me. Thank you! It is done. It is done. It is done.*"
6. Go into the person's space and witness as the Creator heals the person.
7. Permit the Creator to take you to the place in the body that needs to be healed.
8. Stay in the challenged area until the healing energy is finished.

☺ *It is important that you draw the energy required for the healing from the Creator, not from your own energy. This is done by commanding that it is the Creator that does the Healing. You may also use these same forces to replenish your own energies after a Healing.*

For example, this is the wording used to heal a person with a broken bone.

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1. *“Creator of All That Is, it is commanded that this bone become whole. Thank you! It is done. It is done. It is done.”*
2. Now witness the Divine energy of the Creator of All That Is going into the person. As you witness the healing taking place, accept that it is done and so it is.
3. Then you imagine going down into the person’s space, into the area where the bone is broken. See it being changed (as you see it, it is so), becoming whole and perfect.
4. After you witness the Healing done, go back up, rinse yourself off, and put yourself back in your own space, ground and break.

How effective is the Healing? We have actually healed broken bones in class.

Clearing Radiation

This technique came from witnessing what the Creator did when brain tumors were released from a person in a Healing that were caused by too much radiation. This is the process that I witnessed when the Creator healed Sally and others. It is a good example of the ThetaHealing technique that can be used upon yourself or others.

In our industrial society we are subjected to an incredible amount of radiation from the technological wonders of this century. I began to notice that the cause of some cancers were from radiation. I began to use it to release the day to day radiation of cell phones, computers, fluorescent lights and other electrical equipment.

Releasing Radiation

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *“Creator of all that is, it is commanded that all radiation that does not serve this person (persons name) be pulled, changed, and sent to Gods light. Thank you! It is done. It is done. It is done.”*
5. Witness the radiation being pulled and sent to God’s light.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

*Since radiation is not a substance that should be in the body, it is not necessary to replace the radiation with anything.

Chapter Eight

The Group Healing

Many years ago, when I was teaching classes in Idaho, I was guided to teach my first Group Healing. Several people had the idea that the more people involved in a healing, the better the outcome would be. So we gathered together as a group to work on a person.

A man named Lyle was the first participant. Lyle had injured his back at work and was in constant pain from it. I persuaded him to get on the massage table for a Group Healing. We soon realized that the Theta Technique is so powerful that it could actually cause havoc instead of peace and relief when doing Group Healings incorrectly. We found that if more than one person goes up and does a healing, everyone would be witnessing something different, particularly if they were forcing the healing.

You see, Lyle had an injured back. When we decided that we would heal him as a group, we all stood around in a circle and we all went up and worked on him separately. As we worked on this man, he lay on the table and waited quietly. When we were finished he tried to get up. He could hardly move; in fact the pain was worse. Going up to God I checked to see what had happened. I was shown that one person had pulled the muscles one way, another person pulled the bones another way. I could see that one healer had pulled his back in one direction and another healer had pulled his back in another direction. He slowly got up from the table and tried to escape from the clutches of the healers. Through some persuasion on my part he reluctantly got back on the table for another healing, as he was not sure he wanted to receive further treatment. When we settled him down I gathered the group around me, and this time I asked the Creator for instructions.

I was told to have only one person be the practitioner. The others were to stand around the table and send their love out to a certain place where the practitioner could reach out and grab their extra love and pull it down into the person. So, following these instructions, I went up above myself to the All That Is energy and all those who were standing around the table sent their love up to me. The Group Healing was born. I went up and gathered the love and brought it down into Lyle and I witnessed as it was sent into every cell of his body. The Creator corrected the back problem and this time Lyle stood up able to move comfortably, feeling no pain. When the healing was finished I asked Lyle how he felt. He said, "Vianna the pain is all gone, but don't heal it completely because I still have a settlement with the workers insurance. If it is completely healed, I won't be able to collect my settlement money." At last report he has never had to have surgery.

We also did this technique on a woman who had been in a wheel chair for eighteen years. We went up and sent unconditional love to every cell in her body. When we finished, she could feel her feet. The second time we worked on her, she could feel her legs. Did she come back for more healings? No, she did not. This woman had been in a wheel chair for eighteen years and had been receiving disability benefits. She was absolutely terrified that if we continued to work with her, she might actually get to the point where she could walk again and she would lose her benefits. You cannot heal someone who does not want to be healed. It is their choice and their right to make a choice; their free agency. You must respect these choices in free will.

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After having witnessed hundreds of Group Healings, I can testify they are a wonderful way for a group of people to bond in unconditional love and create phenomenal healings. Over the years I have learned a great deal about Group Healings and their amazing effects.

The Principles of the Group Healing

Unconditional love is the highest vibration in the Universe. Group Healings allow the client to feel what it's like to receive unconditional love. Group Healings train people to hold their concentration in a Theta State and help with visualization skills. They also give an opportunity to bestow unconditional love to someone else without restrictions. Learn to gather Universal Energy for co-creational healing, and how to witness healing energy in the body. When a person does not feel the unconditional love after their Group Healing this informs you that they have a belief that they cannot accept unconditional love.

Decorating

In the Group Healing you learn to avoid being the director of the healing, to avoid "decorating" the process with your ego. You will discover how to simply witness the person healed by the Creator of All That Is.

Group Healing

Appoint one person to be the practitioner, others in the group can stand around the person either holding hands or just sending their energy up to Creator to hold it there for the practitioner.

The practitioner should appropriately place both hands on the person being healed.

1. *People around the circle:* Center in your heart and visualize going down into Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. *People around the circle:* Send your unconditional love up to the power of Creator and hold this unconditional love to be collected by the practitioner.
5. *Practitioner:* Go up to Creator and make the command, "Creator of All That Is, it is commanded that unconditional love be sent through every cell of this individual (individual's name) and that a healing be done on this day. Thank you! It is done. It is done. It is done."
6. *Practitioner:* Collect this unconditional love and bring the energy down. Then direct the energy through every cell of the individual's body in a co created healing.
7. *Practitioner:* As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

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8. *People around the circle:* Rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Chapter Nine

Why People Do Not Heal

As my practice in healing began to grow, I came to see that I still had much to learn. There were certain individuals that came to me that would not heal, so I asked the Creator, "Why?" I was given many reasons; some of these reasons felt like "stop signs" in the creative process of healing. I would repeatedly encounter these same problems. In many of the instances, the Creator would tell me it was because of genetics. Believing this was something that I could not change or resolve, I told the person, "Sorry, it is genetic." At the time I had no idea that it was possible to intuitively heal genetic defects.

Finally, after I was diagnosed with what was considered to be a genetic defect, I asked the Creator how to repair this defect. The Creator answered by showing me how to change genetic defects and told me that there were sixteen additional lessons. I was amazed, since the information of the DNA Activation in my first book *Go Up and Seek God* took only one lesson. Anxiously, I complied and waited to receive the sixteen lessons. After receiving the first lesson on how to change genetics, I immediately put this information to work. The results continued to improve, but I still found that there were people who could not be helped. I went to the Creator in the middle of a reading, or healing, and ask, "Creator, what is blocking the healing?" I heard a voice that said, "This person believes he should be sick", or "This person believes that he must be punished", or "This person believes what their doctor tells them," or, "This person really wants to die." Thinking that I had no right to change a person's beliefs, or even remotely allow myself to have such a thought, I sent the person home after telling them that they needed to work on how they felt about themselves.

Before 1999, I had used hypnosis and emotional release techniques to change the subconscious thought patterns. When I used these techniques I had only been able to change a few patterns slowly, one at a time. However, these techniques were not consistent enough for me to consider integrating them into my everyday healings.

Then, in 1999, the Creator showed me that you could change several patterns in seconds. I found that I was able to alter belief patterns such as "You're not smart enough," "You're not good enough," "Money is bad," "Money is evil," "I can't be psychic," "I'm not a healer," or "I am separate from God." I found that this would also work on other Belief Systems such as, "I will suffer," "I must have this disease," or "It is in my genes." I found that these in addition to other patterns could be changed or altered in seconds.

Using the techniques that I had received from the Creator, a pattern began to form for the techniques found in this book; patterns that I believe will change the face of energy-healing forever.

An important dynamic I have discovered in healing work is that every person is different and every illness is an individual statement of who that person is. Whether the person has been contaminated by heavy metals, poisons, toxins, exposed to radiation, or whether their illness is caused by emotional problems such as anger, grief, hatred, or personal tragedies, their illness is as individual as they are. Illnesses whether physical,

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emotional, environmental, or a combination of all three, should be treated in that manner individually.

For example, during the time that I was healed from lymphatic cancer I was in an unsupportive and dysfunctional marriage. I felt as though I was in limbo, powerless to change situations in my life. Several individuals told me that I had created my own cancer because of my feelings. My intuition told me that this was incorrect. I was sure that my cancer was created by mercury poisoning. I believed this to such an extent that I did many cleanses to clear out the large amounts of mercury that I knew was in my system. Once I had cleaned out the mercury in my system, I believed that I deserved an instantaneous healing. The day I commanded myself to heal with the Theta-technique my body was healed in an instant. The reason it was healed in an instant was because I believed that I didn't have to be sick, and I believed I could get better. What I found was that heavy metals such as mercury carry with them certain projected thought forms and beliefs that affect the person that they reside in. Once the mercury was gone, these influences were gone as well. The cancer was caused by the mercury, but because the mercury stayed in my system I was unable to *believe* the cancer could be healed. Toxins have their own energetic influences upon the body much as emotions and Belief Systems do.

As a person's life unfolds, they are subjected to a vast array of feelings and emotions, many of which become Belief Systems. Belief Systems in and of themselves can also cause people to be sick. Hatred actually feeds cancer, and cancer grows from hatred as a means of encapsulating the hate.

As feelings and emotions become Belief Systems, they change and evolve. In their negative form Beliefs can have adverse effects on our heart, mind, body and soul. When doing healings on people, the emotional feelings and beliefs of a person play a significant role in whether or not you can heal them. To clarify, their emotions are a large factor in whether they believe that they should be allowed to get better, or whether they should stay sick or die.

There was a time when I worked fourteen hours a day doing readings and healings at half hour increments, six days a week. I was in the rapture of Theta, in the ecstasy that can only come from a pure connection to the Creator. The healing energy of Theta took me on its wings and I began to watch as patterns began to emerge in the people that came to see me. After working with thousands of people, I realized that those who believed they should be sick stayed sick. This made it almost impossible to heal them and have them remain healthy. On the other end of the spectrum, I found that people who *believed* they could be healed, who believed they *should* be healed, or believed that they *deserved* to be healed, were restored to health. I have experienced this to be true in nine cases out of ten.

Another group of people that you will encounter are those who just *want* to die. When working with this group you will come to realize that it makes no difference whether they believe in healers or not, or whether you believe they can heal. In the end, you must respect their decisions.

Sometimes Death is the Healing

A female client came to me to be healed from thyroid cancer. Thyroid cancer is a very easy cancer to treat with conventional medicine if caught in its early stages, as the medical profession treats it with excellent results. However, this woman let her cancer go uncontrolled, until at last it had spread throughout her whole system. After it had destroyed her vocal chords and grown to the size of a grapefruit she tried to have the tumor removed, but it had grown too large. When she first came to see me she was very sick and I could sense that she was dying. Her husband, determined to save her, was trying all kinds of alternative health techniques.

Working with this lady in a session, I decided to implement the use of Color Light Therapy accompanied with Healings. When I first began to work on her with Theta I could see that the Healings were not as effective on her as they were on other people I had treated with similar challenges. During this time I was observing which people responded and which individuals did not, always curious to know why. I asked myself "What could this woman possibly be gaining from being so sick?" As I talked to this woman, she explained to me that during her battle with cancer she had found that her relationship with her husband had become close for the first time in years. They had been spending time together, and she expressed her joy in sharing that time. From an observational and therapeutic perspective it was a very enlightening situation for me. Was this why she was sick? To be loved? Do we create situations of a negative nature to get a positive result?

After working with her a few times, she left and did not return for several months. Four months later she came in to see me again. It was heartrending to see her because I could perceive that she was critically ill. It seems that she had improved a great deal after her first two visits, so she decided she didn't need to see me anymore. After about one month she began to get very sick again. I took her in and began to do a session with her. As I was doing the reading with her I went up and asked the Creator "What is going on with this person?" The Creator said, "Vianna, this person doesn't want to be here. She does not want to live." During our conversation I asked her, "Do you want to live?" She said yes, she did want to live, but she was very upset that her husband had been called back to work and was no longer spending time with her.

Once again I worked with her only to have her leave and not return for regular healings. I received a telephone call several weeks later from her husband. Her husband told me that she was in the hospital and it was likely she was going to die. He asked if I would come in to see her. I said, "Yes, of course I will." Upon my arrival, he asked me to please tell him what she was thinking, for she was no longer able to speak. When I went to speak to her mind I discovered that she wanted to go home. She told me that she was finished with her life and said goodbye to her husband. I told her husband what she had said and, in tears, I watched this person choose to leave this life to go beyond the veil.

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Let Me Go

Another woman came to me with the challenge of breast cancer. The cancer had ravaged her body to the point that her entire breast was gone. When I sat down with her and asked her if she wanted to live, she told me, "No." She said that she was tired of listening to her sister and her husband fight. It seems that her sister was furious with the husband for not permitting his wife the benefit of pain medication. He felt that she needed to suffer for her sins on earth. She told me she was tired of the pain and the hassle. She wanted to die!

I listened to her very carefully while she told me her story. I then went up and commanded her body to be relieved of pain. I also knew that she needed an emotional release therapy. So I commanded to witness that the Creator take care of this woman and help her in her plight. Three days later she died after having an emotional release from a very close friend of mine. I was unable to keep this woman from leaving, because I knew this woman wanted to die. After she died her husband called me. He thanked me for helping his wife, and easing her passing. It was a very strange experience for me.

The Death Sentence

In another instance I watched a long-time client that became a dear friend, Mrs. Crandall, suffer with colon cancer. The doctors informed her that it was likely to take her life within two weeks. As a result of our working together, she lived for another year and four months. One day she came in for her usual session. I could intuitively see that she was completely rid of colon cancer.

I remember the day that her doctors found all traces of her colon cancer gone, and what they had said to her. The doctor told her he couldn't find any cancer in her colon but that didn't mean she still didn't have the cancer. The doctor held fast to the earlier pronouncement of death given to her. After her healing of colon cancer, Mrs. Crandall suddenly found herself raising her daughter's seven month old baby. Mrs. Crandall, weighing barely 80 pounds, still recovering from the devastation of cancer, raised her granddaughter for a year and a half. I saw her frequently, many times just to talk, giving her encouragement. She wrote me the following poem:

I hope you see, you are special to me.
My life was a soap, but you gave me hope.
You were around, when the doctors let me down.
You made me laugh when I wanted to cry
You made me realize that I don't want to die.
You stood by me from the start.
I just want to thank you with all of my heart.

A year and a half later, she faced an obstruction in her bowel. They still thought that no matter what was done for her, she was still dying. But her oncologist advised her to remove the rest of her colon saying, "just to be sure." I suggested that she find a second opinion from a more reputable oncologist. Unfortunately, she allowed them to remove the rest of her colon instead of just clearing out the obstruction, which turned out not to be cancer.

After her pointless surgery, and the removal of her healthy colon, the doctor told her that she was going to die, and would never go home from the hospital. I remember her crying to me on the telephone, telling me that her children wanted her to die and that they had already divided her estate. However, she *did* make it home from the hospital. Once at home her children would not allow anyone to visit her or to do healing work with her. I tried to see her, but was refused. In all reality, her family would not let her do anything to save herself. Forced to give in to the will of others, my wonderful friend just gave up and died.

These were some stark examples of how real Belief Systems are and why they should be changed. For a long time I didn't believe changing a persons Beliefs was possible unless you did lengthy reprogramming work on yourself. I knew they could be changed with hypnosis, and I knew that they could be changed with goals in mind, but I didn't realize that they could be changed in thirty seconds.

I discovered that physical illnesses were as individual as the individuals themselves. This is the pattern that began to emerge:

- If the cause of the illness is exposure to toxins, the body simply needed to be cleaned up and healed.
- If the illness was caused by something in their Belief System, then that belief needed to be cleaned up and healed.
- If the illness was caused by something genetic, then that too needed to be cleaned up and healed.

I came to the realization that there are many factors that cause illnesses. Feelings cause illness and illnesses cause feelings. They go hand in hand. Feelings, emotions, toxins, injuries, genes, Genetic Belief Systems, History Belief Systems, and Soul Belief Systems are all possible factors in the healing process.

The first key to assisting a person is to learn what is causing the problem. To know the cause you need to go up and ask the Creator. You are never alone when you do a healing or reading. The Creator is with you.

Chapter Ten

Belief Systems

Belief: The acceptance by the mind that something is true or real, often underpinned by an emotional or spiritual sense of certainty.

Emotions and Health

Modern science is reaching an age of enlightenment. New avenues of thought are stirring, and the earlier perception of the separation of the mind and the body are falling away. The awareness that emotions, feelings and the power of thought have a direct bearing upon our physical health is becoming main-stream.

Research in the area of molecular communication between the mind and the body has shown the development of Psychoneuroimmunology, which is based primarily upon the neuron-sciences of the central nervous systems, the neuroendocrine system and the immune system and their inter-relationships. The central nervous system is a huge collection of connections throughout the body incorporating sympathetic and parasympathetic systems. The nervous system allows the brain to send information throughout the body using chemicals generally referred to as "information substances." It was once thought that the brain sent out these information substances to respond to problems in the body and that the communication was one way direction. What has become clear is that the central nervous system controls the body's defense mechanisms. Knowing this, we can comfortably assume that; *"Every thought, emotion, idea or belief has a neurochemical consequence."*

The chemical messengers of the body, called Neuropeptides, were at one time thought to be found only in the brain. Pioneering research, by neuropharmacologist Candice Pert, revealed that neuropeptides are present on both the cell walls of the brain and in the immune system. These information substances affect our emotions as well as our physiology. These cells of the body have their own receptors on their surface that act like satellite dishes. These receptors receive the chemical information substances being released by the brain and sometimes return messages at the appropriate times. Candice Pert believes that peptides may provide solutions to every medical problem. As these complex messengers travel throughout the body they provide vital information and sometimes almost instant physical feedback.

If you have ever been in a car accident you may have found yourself shivering because of the release of adrenaline. Once the danger is over you send the message to the bodies receptors that all is fine, and begin to calm down. This is a simple example of how fast the information can be transmitted from thought to physiology. We create emotions, and this requires input from the brain. The discovery by Candice Pert that neuropeptides and neurotransmitters are also on cell walls of the immune system shows a close association with emotions and suggests that emotions and health are deeply interdependent. Research has indicated that an inextricable chemical link exists between our emotions, which includes all the stress in our lives, both good and bad, and the regulatory systems of the endocrine and immune systems through the central nervous system. This emphasizes the importance of expressing our emotions both verbally and physically in an appropriate way. When strong emotions generate fear, anger or rage and

these are not expressed in a healthy way then the body's natural response is that of the sympathetic nervous system as, demonstrated in Walter B. Cannon's research on homeostasis and the fight or flight syndrome. At this point, inappropriate storing of these stressful emotions produces an excess of epinephrine. This excess of epinephrine causes a chemical breakdown, resulting in internal weakening of the immune system and an increased potential for disease.

We can safely say that thoughts, words, emotions and the physical body are all synergistically linked together. A thought is expressed in an electromagnetic brain wave that sends a message to the neuropeptides, which in turn is fired off into the central nervous system to produce the result from the human body. A Belief System is a strong enough (or perhaps recurring) thought that is relayed to the neuropeptides within the message system of the body. In turn, the physical body reacts to the emotional Belief Systems that it is conditioned for. The key is to change the messages that are sent to the body, and to do that we change our *Beliefs*.

How to Change Them

The conscious mind can be compared to a word processor. It is the decision maker for our day to day affairs. It sends the subconscious Programs to perform certain tasks, observes how the subconscious Programs perform and then decides on what else needs to be done. The conscious mind is estimated to be only 12% of our mind. What your conscious perceives as a Belief isn't exactly what your subconscious believes. You may think that you have absolutely no subconscious limitations on abundance or money. To the conscious mind, it doesn't make any logical sense that there would be restrictions within the subconscious, or for that matter on any other level of your being.

A unique quality of the conscious is that it can quickly judge concerning what is right and what is wrong, something that the subconscious doesn't do. The conscious decides what information should be kept in the brain and what should not, at least to some degree.

The sub-conscious mind is like a computer's hard drive. It contains all of our memories, habits, beliefs, personality, self image and controls autonomic bodily functions. The subconscious is both the storeroom of information and the performer of tasks. It also contains "predefined instructions" that you do not have to consciously think about, such as your heart beating. The subconscious is estimated to be 88% of the mind. This means that when we recognize that one of our beliefs is negative, 12% of your mind wants to change the other 88%. Any decision to change is first formed in your conscious mind. This decision will in some way conflict with existing Beliefs.

The body is like the computer hardware, set up to respond to the Programming. Every second of every day your body is responding to the Programming that is sent from the subconscious mind *automatically*. However, there is some evidence that the body has an intelligence of its own. In an experiment, cells that were subjected to nutrients gravitated to the nutrition. When subjected to toxins, the cells retreated.

The conscious mind can program the subconscious mind for new behaviors and habits. This ability is built into us. Nobody taught us how to walk or how to talk. These accomplishments of "self-education" were completed through an intuitive process at a very early age. Unfortunately, as we grow older, many of us get stuck in old behaviors that no longer serve us, and we forget this intuitive ability of self-education.

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By its nature, Belief Work is a means of changing behavior. The behavior may be physical, mental or metaphysical in nature. One of the best ways to change Beliefs is through a return to innocence. When we are children the brain wave pattern is open to receiving and accepting new information. This is why the Theta State is so important, as it returns the subconscious to the frequency of growth and change. It opens the mind for positive change and returns our mentality to the purity of a child. The reason that therapists find it so difficult to change the Belief Systems of a client is because they cannot directly access the subconscious mind. The Belief Work is a means to do just that: to access the subconscious mind. But Belief Work takes us a step further. It gives us the ability to change beliefs that go beyond the subconscious, into the spiritual plane.

The following story is good example of how a Program is recreated and handed down from generation to generation, and how the *progression* of the Program can be broken by free will.

When I was a young girl, my mother had the old-school attitude that you should discipline your children with physical punishment. Out of all my mothers' children, I was the only one that would run and hide. At times, I would hide under my bed to get away from her. When my mother told me to "go find a switch," I would select a stick only to break it into little pieces when she hid it for later use, rendering it unusable. I was a bit different than my siblings, in that I did not blindly accept the beatings.

In time, I grew up and had my own children. My son Joshua reached a point (like all children) when he began to show defiance. I told him to do something and he turned to me and insolently said, "No!" When he did this for the first time, I began to follow the Program that my mother had given me when I was a child. As my mother would have done I reached over and grabbed him by the neck. But in the nick of time, I held myself back. For the first time as a young mother I began to question myself.

As my children began to explore their disciplinary boundaries, the old Program of "go find a switch" reared its ugly head. All three of my children got into trouble at once. I told my precious little ones to go find a switch so that I could beat them just as my mother had taught me. When they came back, each bringing their own monstrous beating implements with them, something turned over inside me. I thought to myself, "How could I do this to my little ones?" As my children each gave me their switch, I admonished each of them in turn. If the stick was too big, I would tell them, "What is wrong with you? Don't you know that this will bruise you? Go outside and play!" As the next of my children came to me and gave me their switch, I could see that it was thin and whip-like. I admonished her with "What is wrong with you? Don't you know that this will raise welts on you? Go outside and play!" When I had sent each of my children away without a beating, I felt a strange sense of liberation—it felt as though something inside me had been changed. In retrospect, I see that I had broken a Core and possibly Genetic Program that had been handed down from my mother.

For several years, the Creator had been putting together the mosaic of the Belief Work in my brain. As my mind was ready to accept the concept, a new branch to the Sacred Tree of ThetaHealing was grown. Believing that I was ready to know how to change Beliefs and that it was possible, I did what I have always done. I went to the

Creator and commanded, “Creator how can Beliefs be changed? Show me.” I was shown that the same technique that I used for healings could also change Beliefs.

I was shown that in order for the Healing to happen, the person receiving the healing must want to restore to health and the person giving the healing must *believe* it is possible. Even though the Creator is doing the healing, you are the witness. If you believe that the healing is impossible, the witnessing of the healing will be impossible. If the person doesn’t want to be healed or doesn’t think they can be healed we can help them with *Belief Work*.

Programs

Belief Work gives us direct access to the world of our subconscious mind and a means of changing Beliefs in it. Our brains work like a biological super-computer, assessing information and responding. How we respond to an experience depends on the information that is given to the mind and how it is received and interpreted. When a Belief has been accepted as real by the body, mind or soul it becomes a “Program.”

Programs can be for our benefit or become a detriment, depending on what the Program is and how we are reacting to it. Many people live most of their life with the hidden Program that they can not succeed. Even if they are very successful for many years, suddenly they may lose everything they own, or do something to defeat themselves. Without realizing that they may be sabotaging themselves, they continue the process. They do not understand that there are Programs deep within them that have been there since childhood, floating in the subconscious mind, waiting for the opportunity to be reasserted into reality.

Belief Work empowers people with the ability to remove and replace these negative Programs with positive beneficial ones from the Creator of All That Is.

The Belief Levels

There are four levels of Beliefs within a person:

Core Belief Level

Core beliefs are what we are taught and accept from childhood in this life, that have become a part of us. These “beliefs” are held as energy in the frontal lobe of the brain.

Genetic Level

In this Level, Programs are carried over from ancestors or are being added to the genes in this life. These beliefs are energies stored in the morphogenetic field around the physical DNA. This “field” of knowledge is what tells the mechanics of the DNA what to do.

The History Level

This Level concerns memories from past life or deep genetic memory, or collective consciousness experiences that we carry into the present. These memories are held in the aura field of the person.

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The Soul Level

This level is all that a person “is”. The Programs are pulled off the completeness of the individual, beginning at the heart chakra, outward.

Energy Testing

In order to find if a person has certain Belief-Programs, a simple method was developed for testing for Programs on the Four Levels of Belief called “Muscle or Energy Testing.” Muscle testing originated from the conventional form of medical diagnostic kinesiology.

Conventional Kinesiology

This is the scientific study of human movement. Kinesiology encompasses human anatomy, physiology, neuroscience, biochemistry, biomechanics, exercise psychology and sociology of sport. The relationship between the quality of movement and overall human health is also studied. Kinesiological information is applied in such fields as physical therapy, occupational therapy, chiropractic, osteopathy, exercise physiology, kinesiotherapy, massage therapy, ergonomics, and athletic coaching.

Applied kinesiology (AK)

This is considered a pseudoscience related to diagnostic kinesiology. It is a method that purportedly gives feedback on the physical properties of the body. AK practitioners say that when properly applied, the outcome of an AK test, such as a muscle strength test, will determine the best form of therapy for clients. Applied Kinesiology is a form of alternative medicine, and is therefore distinct from academic kinesiology, which is the scientific study of human movement and its application.

ThetaHealing-Energy Testing

ThetaHealing uses the muscle test not to diagnose disease or study the movement of body mechanics, but in a completely different way. ThetaHealing uses the muscle test to test for Belief Programs within the Four Levels we have discussed. Energy Testing is a direct procedure in which the practitioner is directly testing the energy field or All That Is essence of a person. This is why we call it Energy Testing with proper respect to its origins. In the Belief Work, the Energy Test is useful for the Theta-practitioner to test for the clients’ Belief and Programs and where they are on the Levels. Energy Testing is accurate regardless of whether they are conscious that they have the belief.

Energy Testing allows both the practitioner and the client a reaction to stimuli - the physical and visual gratification that the Belief-Program exists and that it has been changed. The response is that they *believe* the Belief Program is released and a new one is in place.

Muscle testing was the last key to unlocking the Belief Work. There was a time that I was skeptical about muscle testing. This was because in all the sessions that I was muscle tested the procedure was inaccurate for me. Then I met a practitioner that showed me that the body must be properly hydrated for muscle testing to work. Once the body is properly hydrated muscle testing is a useful tool for the Belief Work. I can assure you that through proper facilitation of Energy Testing your subconscious will tell you what

you believe in spite of the conscious mind. We will discuss two distinct methods for Energy Testing in the Belief Work. It should be known that once the practitioner is accomplished with the Belief Work they will not need Energy Testing to discover the Programs in a client. Energy Testing is still useful for the validation of the Client.

The following pictures illustrate a weak, or “no” response and the indication of a strong or, or “yes” response.

An indication of a “No” response.



An indication of a “Yes” response.



Method One

Sit down opposite the Client. With an up and down motion move your hand in front of the chest making a slicing motion downward and back up again. This will “zip them up,” to pull their electro-magnetic field together so that they will Energy Test correctly.

- Have the client put their thumb and either their fore finger or ring finger together in a circle. Tell the client to hold their fingers together tightly.
- Instructs the client to speak the statement of “I am a man” or “I am a woman” depending on gender. If the person is a woman, prompt her to say, “I am a woman.”
- Pull the fingers apart to gauge a “strong” or “weak” hold. The fingers should hold very tightly. If the fingers come loosely apart, this indicates a weak, or “no” answer. This indicates to the practitioner that the person is dehydrated, and testing cannot proceed until the client is hydrated.
- The client is given a glass of water, and perhaps even a tiny pinch of salt if you feel it will hydrate them faster. Salt or water will fool the body into thinking it is hydrated.
- After she has taken some of the water, test the person again. Have her hold the thumb and finger together tightly and once again say, “I am a woman”. This time she holds tightly, so the practitioner knows this is a “yes.”
- Now ask her to say “I am a man,” Once again the finger and thumb hold tightly indicating a “yes” answer. This indicates that she is still dehydrated because the thumb and forefinger should pull apart loosely since she is obviously not a man. Have her drink more water and test her again.

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- This time the testing indicates that she is holding tightly when she says she is a woman, and she can not hold her fingers together when she says that she is a man. This would mean that she is hydrated and ready to muscle test.
- The practitioner needs to be observant and make sure that the client holds the fingers together firmly at all times, and releases the fingers in an unconscious manner to the statements that they say. Be careful that they do not try to open or close the fingers in an attempt to manipulate the procedure.

Method Two

There is another type of muscle test that you can use when healing yourself, with someone on the telephone, or even with clients that are in your presence.

- While standing to face North, the person being testing should say, “Yes.” His/her body should lean forward for a positive answer.
- When the person says, “No,” the body should lean backwards, indicating a negative response.
- If the body does not lean at all, the person is likely dehydrated.
- If he/she moves forward on a “no” answer, or backward on a “yes” answer this also indicates dehydration.
- Once the person leans toward North for “yes” and leans backward for “no” they are ready to test for Programs.
- Once the person is able to Energy Test then we can begin the search for the removal and replacement of Programs.

Things to Note When Energy Testing:

~If the client is difficult to hydrate have them put their hands on their kidneys (just below the ribs of the back.) This will fool the body into thinking it is hydrated.

~If you or your clients were raised with a particular language, the subconscious mind may have Programs locked in place in that language. The client may not test correctly because the Program was locked in place using their native tongue. Direct the person being tested to speak the Program aloud in their native tongue, or in the language that the Program was formed in. It is also necessary as you speak the commands with Creator to say the commands in the same native language in order to replace Programs on all Four Levels. Ask the client how to say the spoken Program and use it as you would any other command.

~If someone feels uncomfortable saying, “I am a man/woman,” then simply have them say “yes” or “no.”

~The unconscious mind does not understand words like “don’t,” “isn’t,” “can’t” and “not.” You should tell the client to omit these words in their statements when in the Belief Work process. For example, a client should not use a statement such as “I don’t love myself,” or “I can’t love myself”. To properly test for a Program, the statement should be “I love myself,” and the client will Energy Test negatively or positively for this Program.

- A belief may be on only one Level.

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- The person might not lean or move forward or backward if they do not know what the “feeling” is of the Program that they are testing for. It may be necessary to instill the Feeling that the person is unfamiliar with. (Feelings will be explained in Chapter Twelve.)
- Instead of sitting directly opposite or in front of the other person, you should sit offset from one another so as not interfere with each other’s aura field when muscle testing. Also, you should ‘zip up’ the client’s aura field with their hand, in a flowing up and down motion in front of them to repair any openings in their space.

ThetaHealing Energy Testing Does Not...:

- ...Validate that you have reached the Key Belief of a “stacked” Belief System in a client (see: Key Beliefs and Digging, Chapter Thirteen.)
- ...Verify if you and Client are finished with a particular issue or with the session.
- ...Validate in any way the consumption or dosage of a supplement or medication.

Chapter Eleven

How to Work on the Four Levels

You may have heard that “you are what you eat”. In ThetaHealing, we believe that you are what you think. Our thoughts are created by our experiences. Most of our perceptions of the world are created by what is experienced in it. If one believes that something is possible, then it is possible. Beliefs that were taught from childhood and experiences that were solidified in childhood can create Core Beliefs. The mind of a child is so delicate and perceives their parents as the first Gods and Goddesses in their life. Much of what is said and done to us as children is taken literally. These first imprints influence what a child believes and what they will not believe. This is why we must be very careful when we talk to a child because everything that is said is going into the child’s little mind, like a message from the Divine. I stopped to ponder all the things that could have been changed in so many lives if we had just been more careful about what we said and how we said it.

Core Level

Core Beliefs are what we are taught and accept from the point of conception until the present, in this lifetime. Be careful what you teach your children; they are like a mini-computer. As we exist in this space and time we are building new core beliefs even as this text is read and assimilated. We always have a choice as to the Programs that we accept or deny. It is through the awareness of this ability that we attain a kind of mastership over our own destiny through the freedom of free will.

The Acceptance or Denial of a Core-Belief

The choice to accept or deny a projected Program becomes starkly apparent when we examine how four different children react to negativity and a Core Belief. Each one is given a message of, “You will never amount to anything.”

1. One child takes the statement literally, and “amounts to nothing,” as was dictated by the Program.
2. The second child is told the same thing and becomes an over-achiever, constantly attempting to prove the Program wrong. He never feels satisfied or good enough.
3. The third child accepts the negative Program as “real,” yet has an influential person in his or her life that shows the child how wonderful they truly are. The child believes in both Programs at one time. This is how a dual Belief System is formed.
4. The fourth child rejects the Program completely and follows a path of free will.

The Core Belief Level is housed as energy in the neurons at the forefront of the brain.

Genetic Level

Genes are the most intricate part of the body. A gene is a series of nucleic acids found along the Deoxyribonucleic Acid, or DNA, that make up programs for the body to make sure that everything works. A gene tells your body whether it’s going to be a boy or a girl. Your genes, located inside the nucleus of the cells, make up your DNA. Your DNA

consists of twenty-three pairs of chromosomes, a total of forty-six chromosomes. Inside each of those pairs is a mechanism and a Program that runs over one hundred thousand functions for each strand of DNA. For every chromosome there are two strands of DNA. DNA itself is a very beautiful thing to behold in a reading. Your DNA runs everything that happens inside your body. Over time, the cells in your body can become weak and begin to die off. The DNA then takes over and gives the cells the signals that they need to re-create themselves.

The DNA was thought to be a basic structure, two very long chains that run around each other, one going east the other going west. The chain consists of four different kinds of nucleic acids in what is called the ladder. The DNA itself is compiled by what is called a shipper.

Rather than scientifically explain the functions of every particular part of the shipper and nucleic acids, suffice to say that there are over a hundred thousand genes located in the DNA sequence and the encodement of the double helix. The DNA is so long, tied up in such a tight coil in the cells, that if you were to take it out and stretch it, it would be as tall as a man. There is an incredible amount of information encoded in each cell of your body. Now here's the mysterious part! Around these strands is a strange field of knowledge called the morphogenetic field. The morphogenetic field holds and stores genetic feelings and emotions; It is a field of knowledge that tells the DNA to be the DNA. It's that little "film" of knowledge that tells a baby's cells how many legs, how many feet, and how many hands it's going to have.

Within this DNA cell, and within this construct of DNA, is genetic memory that goes back at least seven generations. In the morphogenetic field we find our Belief Systems. These systems are holding on to information that has been stored by past generations for centuries. You're not just physical; you're also mental and spiritual energy as well.

Science knows that this exists. It has been proven in bio-chemistry that there are receptors for emotions in the body. This means that there are parts of the cells that have little gateways for emotions, and that different feelings and emotions from these receptors regulate the body.

We have found that many things that we do in our lives are not just governed by how we believe, but by how our ancestors believed also. How your ancestors believed could be handed down from generation to generation, by one person's Belief System into another person's within the morphogenetic field.

Genetic Level Programs are carried over from our ancestors or are being added to our genes in this life. Around each DNA strand there are beliefs that are stored in the magical morphogenetic "field" of energy, some to our benefit, some not. As the practitioner witnesses the genetic Program removed and replaced, the Programs are likely to be removed and replaced in our future, past, and present energetic genetics, from siblings, ancestors, parents, and extended family.

The Genetic Level is held in the center of the brain, inside the pineal gland as energy in the morphogenetic field around the Master Cell. As we witness the changes occurring in the Master cell, the changes are replicated to all the cells of the body.

History Level

There are three molecules that we carry with us from life to life. When the spirit enters the body, these three molecules come to rest in three different parts of the physical body. One molecule is in the pineal gland in the brain, the second in the heart, and the third in the base of the spine. When the Kundalini begins to awaken so do these molecules and the past memories with them. It has been said that memories are carried in the subconscious mind and in the genetic or morphogenetic field, but there are some memories that are difficult to identify as to exactly where they originate. These are called past-life memories. This Level is called the History Level because they can be deep genetic memories, memories of people that we have watched, been in direct contact with, or if they are memories of other times and places.

Also, because of the highly debated issue of past lives and whether or not they truly come from past life memories, it was decided to call this Level the History Level because it definitely does exist. The opening to group consciousness and the astral plane is held on this Level. Many Programs that are in this Level are the result of a “collective consciousness” due to our interconnectedness with other human thought forms. These thought forms are the result of thousands of years of human experiences, both positive and negative. As a person becomes more intuitive, the ideas and thoughts of others flow into our brains from the collective consciousness or even directly from another person. These ideas and thoughts affect our subconscious Belief Systems without us ever knowing about it.

When resolving Programs on this Level, it is very important that you give all the time and attention to this Level that you gave to the previous Levels. The energy of this Level can be seductive to the beginner. Once you connect with it, it is important not to lose countenance and your grip on reality.

The History Level concerns memories from past life or collective consciousness experiences that we carry into the present. These energies must be resolved not cancelled or deleted, because they are important as learning experiences. Simply resolve the energies in the Programs that are causing the person difficulty. Soul fragments, which are essences of powerful soul emotion either that have been left behind, lost, or taken on from another are held on this Level. Soul fragments are automatically resolved, cleaned and returned when the practitioner witnesses them so.

The History Level is held in the etheric energy field around the back of the head and shoulders.

The Soul Level

Our Soul is more Divine and expansive than our bodies. Our spiritual essence is like a huge ball of beautiful magnificence that is in one way frail and in another way stronger than one might realize. The human Soul is glorious. It is part of God, of the *Creator*, and is a thing of perfection. The Programs that exist on the Soul are very deep and powerful. The Programs that are in the Soul are pulled off the completeness of the individual.

Processes of the Belief Levels

☞ Do not begin the subconscious re-Programming Belief Work until you have read the remaining chapters in this book. ThetaHealing is a mosaic of different pieces that creates a full design. Each piece builds upon the last. The Reading is the basis of the Healing, the Healing is the basis for the Belief Work, and the Belief Work is the basis for the Feeling Work. Once you have an understanding of each aspect, the concepts will come together.

The Core Level

Zip Them Up

Sit down opposite the Client. With an up and down motion move your hand in front of the chest making a slicing motion downward and back up again. This will “zip them up,” to pull their electro-magnetic field together so that they will Energy Test correctly.

Energy Test the client to see if they are hydrated.

Principle 1

Only a positive affirmation is understood by the subconscious. If you find the Program, “I am afraid,” it is not advisable to replace this Program with “I am not afraid.” Replace it with, “I am brave.”

We will start by Energy Testing with a choice of three Programs: “I am beautiful,” “Healers are evil” and “I love myself”. The reason that I use these Programs for the beginning is because they are generic programs that most people share who have not done Belief Work. If the person does not Energy Test negative for one of these program, then test one of the other programs instead.

-Most people do not believe that “I am beautiful.” On a deep level they believe that they are ugly, or it is wrong to be beautiful.

-The program of “Healers are evil” is often a program of fear from healers being persecuted.

-The program of “I love myself” is one of the things that the healers on this earth are supposed to learn, achieve, and teach to others, because no person can completely love another person until they first learn to love themselves.

1. Instruct the client to hold their thumb and finger tightly together. Have them say aloud, “I love myself.” If the person’s fingers pull apart, this indicates a “no” response and this means that she does not love herself. If the person is using Energy Testing Method 2, client is standing up and leans backward on her heels indicating a “no” response.
2. The “no” response indicates that the client does not love themselves on one of the Belief Levels.
3. Energy Test the individual Belief Levels one at a time to discover which Level the Program is on, with the client speaking the statements:

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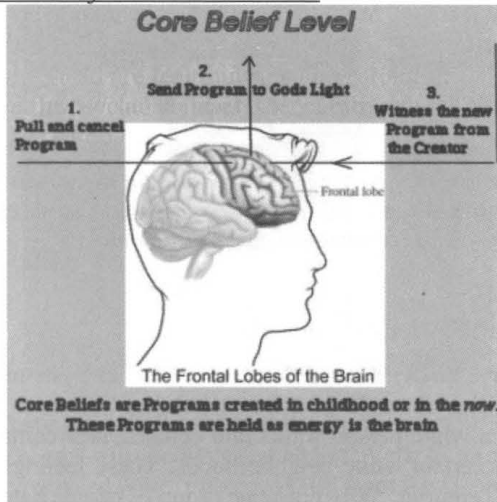
- "The Program of "I Love Myself" is on the Core Level." (Yes/No)
"The Program of "I Love Myself" is on the Genetic Level." (Yes/No)
"The Program of "I Love Myself" is on the History Level." (Yes/No)
"The Program of "I Love Myself" is on the Soul Level." (Yes/No)

If the person Energy Tested "no" on all four of the Belief Levels, this indicates that the Belief of "I love myself, no" exists on all Levels. This should be replaced with "I love myself, yes" from the Core Level.

If a Program is found on one specific Level, it does not indicate that it exists on any other without specifically Energy Testing for each Level. To find if a Program exists on more than one Level, you must explore each individual Level with Energy Testing. For instance, as you become more experienced they can suggest that the client make statements of, "The Belief of 'I am poor' is on all Belief Levels."

You must ask for Verbal permission to release and replace the Program of "I love myself, no" from the Core Level.

Train the Brain: Process for the Core Level



1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance of the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
4. Make the command, "*Creator of All That Is, I command that on the Core Level the Program of 'I love myself, no' be pulled, cancelled and sent to God's light, replaced with 'I love myself' from (persons name). Thank you! It is done. It is done. It is done.*"

5. Imagine yourself going down into the brain to the command center. This will be right at the top of the forehead where the neurons of the brain create Programs just like a computer. Witness the Program and energy associated with “I do not love myself,” being pulled, cancelled, and sent to God’s light. From the right side of the brain you will witness a magnificent energy burst of the negative neurons being pulled and replaced with the new Programs by Creator.
6. As soon as you envision the process as finished, rinse yourself off; put yourself back into your space, grounding to the Earth, drawing the Earth energy up to your crown, and make an Energy Break.

If you are having problems visualizing when you do the readings or healings, keep your eyes closed and move your eyes slightly upwards towards the top of your forehead, looking upwards towards your crown and you will see things more clearly.

For validation that the Program has been released, have the client say aloud, “I love myself.” If the person’s fingers remain tightly together, this indicates a “yes” response and this means that the Program has been released and replaced on the Core Level. If the person is using Energy Testing Method 2, client is standing up and leans forward indicating a “yes” response.

Congratulations! You have successfully released and replaced your first Belief Program!

☪ *Let me remind you that you must have verbal permission for every individual Program that is released and replaced. Just because a person gives you permission to change one Program, doesn't give you the right to change another without further permission.*

The Genetic Level

Our ancestors have kindly handed down many Belief Systems that are within the Genetic Level. An excellent example of a Genetic Belief System is the hatred that can sometimes be felt when a white person walks into certain black communities, or when a black person walks into certain white neighborhoods. These feelings of resentment and hatred have lingered for centuries. Why does one group of people hate another? It makes no sense at all, unless you go back and look into their genetics. The Genetic and History Levels can both carry Beliefs of genetic hatred that can be released with the Belief Work.

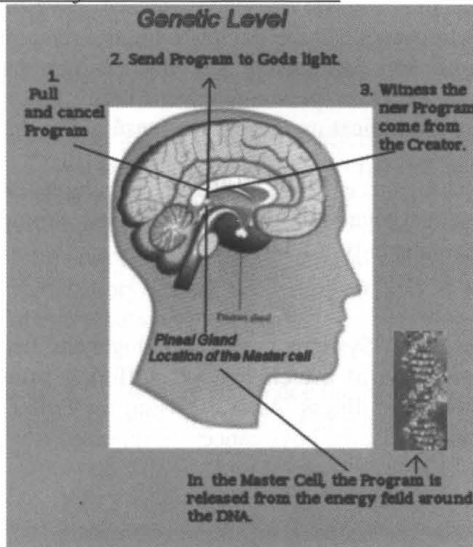
For this process to be successful, the practitioner must journey into the brain to the Pineal Gland. It is located directly in through the top of the crown, behind the third eye in the center of the brain. Inside the Pineal is the Master Cell: the control center that tells the other cells of the body what to do. Within the Master Cell is the morphogenetic field which, you will remember, is the energy field around the DNA of the Master Cell. The practitioner travels into the Master Cell to witness the process as the Program is released, cancelled, sent to God’s light and replaced with the positive Belief. This step is crucial for the Healing. You must be the witness for the transformation to happen. The practitioner will witness the energy of the Program leaving from the right side of the brain, (the practitioners left side,) with a spinning energy. As the Program is leaving the body, the energy is witnessed that it is sent to God’s light. Almost simultaneously it will

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be replaced with a positive Program, or the correct Program that the Creator brings in. You will see energy swirling downward, flowing into the morphogenetic field of the client from the Creator. When this swirling motion subsides the healing is done. For the process to be complete the practitioner must witness this whirling motion until it comes to a close.

We will continue with the same client, and assume that they stay hydrated for Energy Testing.

Train the Brain: Process for the Genetic Level



The Energy Testing has indicated that the Program of "I love myself, no" exists on Genetic Level. Now you will facilitate the Belief Work to remove the Program of "I love myself, no" to be replaced with "I love myself" from the Genetic Level.

Ask for verbal permission to release and replace the Program of "I love myself, no," to be replaced with "I love myself" from the Genetic Level.

1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance of the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.

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4. Make the command, *“Creator of All That Is, I command that the Program of ‘I love myself, no’ be pulled, cancelled and sent to God’s light, replaced with ‘I love myself’ from (persons name). Thank you! It is done. It is done. It is done.”*
5. Imagine yourself going into the brain to the morphogenetic field around the master cell within the Pineal gland. Witness the spinning energy burst of the Program being released from the morphogenetic field and sent to Gods light, and the new Program being replaced by Source.
6. As soon as you envision the process as finished, rinse yourself off; put yourself back into your space, grounding to the Earth, drawing the Earth energy up to your crown, and make an Energy Break.

For validation that the Program has been released, have the client say aloud, “I love myself on the Genetic Level” If the person’s fingers remain tightly together, this indicates a “yes” response and this means that the Program has been released and replaced on the Genetic Level. If the person is using Energy Testing Method 2, client is standing up and leans forward indicating a “yes” response.

Congratulations! You have successfully released and replaced your first Genetic Program! Replacement of the negative Belief with the new Program will alter the way that person feels about love instantly.

Genetic Healing

When you change Belief Systems in the morphogenetic field, some illnesses and diseases can heal instantly. One of my clients was suffering from cancer in his colon. This was his third bout with this illness. After releasing the Belief of “I hate my father” from his Core and Genetic Levels, the boys cancer disappeared from his colon.

The History Level

This Level is important because the thoughts, memories, and information that enter through this doorway need proper discernment and balance. It gives people a means to balance intuitive information that comes to us from undefined origins. Memories are carried in the subconscious mind, in the genes or morphogenetic field, but there are some memories that we have a difficult time identifying exactly where they originate. These are called past life memories. We call this the History Level because we are not quite sure if these are deep genetic memories of pure energy, memories of people that we have remote viewed, been in direct contact with, or if they are memories of other times and places such as past lives.

- The History Level is pure energy that is a part of the aura field that surrounds the body.
- The History Level is the doorway connected to all of the lives that we exist on in the past, present and future simultaneously; it’s an opening into time and space that we live with everyday.
- The History Level is connected to the massive energy of the Soul.

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Soul Fragments

The History Level is a means to return and reclaim Soul fragments. Do not be alarmed about the loss of fragments of your Soul. These fragments can be returned to you with a simple command process.

Let me explain. Your Soul essence is enormous and connected to the Creator. The Soul is here to experience and learn the lessons of the physical body and emotions. In this learning process the Soul extends itself into another person's space and leaves behind a residual essence. The returning and releasing of these essences will strengthen and balance the Soul and its instrument, the body, to return all that we are to the All That Is of the Soul.

A Soul Fragment is a shard of essential life force energy that is lost in emotional encounters. There may be fragments of the Soul that have been left behind in another place or time. These may be genetic memories that your ancestors lost in a traumatic situation. You may call for any soul fragments that belong in this time to be returned in the highest and best way.

When you are in a romantic situation or any circumstances that will allow you the opportunity to share DNA, you will leave behind "Soul fragments." In the long term care of a loved one that is ill, such as a sick child, it is likely you are leaving Soul fragments behind. The Soul in its compassion leaves a life-force to keep the child alive. In a later chapter there is a Soul Fragment Exercise to release and return specific essences to you. When the Beliefs of the History Level are resolved and replaced, soul fragments pertaining to the Belief are automatically returned.

In the journey of the Soul through Existence the essence of other incarnations that are brought into this life is explained in the concept of past lives or reincarnation.

Past Lives

The aspect of past lives comes largely from the teachings of Hinduism. The teachings of Paramahansa Yogananda and other Hindu teachers have stimulated people of the west with spiritual ideologies from India. The spiritual landscape of western society is one of awakening, and has been waking for over a hundred years. The love affair that we have today in western society with the largely Hindu concept of past lives is a direct result of the concept of reincarnation. Reincarnation is a process that believes in the immortal soul, and the concept of Karma. Karma is the teaching tool for the soul. Because certain Karmas can only be resolved in the physical body, a cycle of reincarnation ensues, leading the soul on a path of learning from life to life. There are many instances of people having past life experiences, particularly children. Exactly where the experiences of past lives come from is a question open for debate that I am not particularly interested in, although I will offer some explanations. Past life memories are very real. I believe that they could come from many different sources.

First of all, we all have DNA memories. These are memories that are passed down from generation to generation. We know that the DNA memory goes back at least seven generations. There are memories in the cells that retain the experiences of your life. DNA memory retains everything that your grandmother and grandfather did before your birth. It is likely that DNA memory is accountable for some of what we call past life memories.

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There is a place that we can access called the “Hall of Records,” or the Akashic Records. The Akashic Records are said to have existed since the beginning of Creation. The Akasha is the library of all events and responses concerning Human Consciousness in all realities. Every human contributes and has access to the Akashic Records and it is possible to travel to the Hall of Records with your consciousness to view the memories and experiences of each individual. I have personally experienced the Hall of Records, so I assume that others are connecting to it as well. This too is an explanation for many past life memories.

The land in and of itself holds memories of its own. These memories, or ghost imprints, can be apparent and experienced by an intuitive person. The old memories of ghost imprints can be confused for past lives. (For further information on ghost imprints, refer to Chapter Twenty.)

Last but not least, it is possible that you actually had a past life. It is also possible that you didn’t learn everything in that life and it was necessary to live another because of Karma. Suppose you did live another life, does it really matter? Reincarnation is not specifically what these teachings are concerned with. We intend to teach something that benefits and works with all religious belief systems.

You are in this life, in the *now* and this is the one that counts. Be focused on *this* life. I have had personal experiences with past lives, but I am always careful to keep focused on the life that I am leading now. Do not become caught up in who you were before, what you did or what you experienced. I believe that you can learn from all experiences.

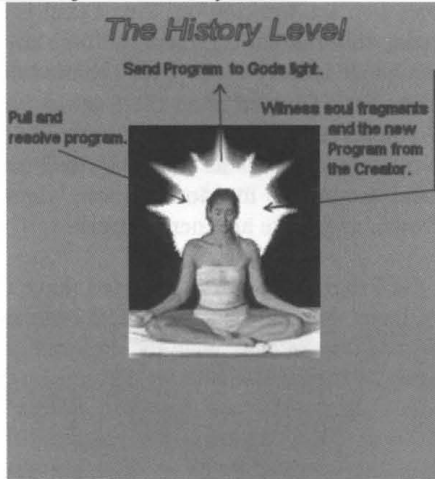
Do not be over concerned about an existence in another time or place. The most important thing that you must have when you are doing Readings or any of these Theta techniques is a belief in the Creator of All That Is. The most important thing to remember is to follow the truth; that *we are all connected to the complete whole*. It is this whole, this completeness, this Creator that we call upon in doing this work. Allow others to believe the way they choose. Do not waste your time trying to analyze things that are of no importance. Use your time wisely living in the present time; in the *Now*. We are going to release the past and live in the present. I am not saying you shouldn’t remember the past or that you shouldn’t learn from the past, just don’t get stuck there.

The other reason that I do not agree with the conventional belief in past lives is because my concept of them is completely different. I believe that the soul of those that have past lives experience past and future lives all at once. This is because I believe that time as we perceive it does not exist. The past, present and future lives all exist outside our perspective of time. When we are in the right state of mind we can experience some of these overlapping memories.

We will continue with the same client, and assume that they stay hydrated for Energy Testing.

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Train the Brain: Process of the History Level



The Energy Testing has indicated that the Program of "I love myself, no" exists on the History Level. Now you will facilitate the Belief Work to remove the Program of "I love myself no" replaced with "I love myself."

****When changing Programs within the History Level it is not advised to make the command using the word or thought form of *cancel*; always use the wording of *resolve*. This is very important for the process to work correctly.**

Ask for verbal permission to release and replace the Program of "I love myself, no" to be replaced with "I love myself" from the History Level.

1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is part of All That Is.
2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
4. Make the command, "*Creator of All That Is, it is commanded that the History Program of 'I love myself, no' be pulled, resolved, sent to Gods light, all soul fragments be washed, cleaned and replaced with 'I love myself' from (persons name.) Thank you! It is done. It is done. It is done.*"
5. Witness the energy of the Program of "I love myself, no" be pulled, resolved, sent to Gods light, and all soul fragments be washed, cleaned and replaced with the new Program of "I love myself."
6. To visualize this Level, you must command to be taken to the History Level by saying, "*Creator of all that is, it is commanded to be taken to the History Level of (name person).*" You will be taken to a place that is a little above the person's head and shoulders, and you will actually see memories of their past lives, or mankind's history, flash before you. This is the aura field around the body; where

the energy is resolved. It is very important when working on this Level to remember what issues you are working on. This Level is seductive in its beauty. When going into past life memories, there will be an incredible amount of information and visions. It is easy to be overwhelmed and forget why you are there in the first place. Stay focused upon the issue at hand and make sure it is taken care of before you leave.

7. As soon as you envision the process as finished, rinse yourself off; put yourself back into your space, grounding to Mother Earth, drawing the Mother Earth energy up to your crown, and make an Energy Break.

For validation that the Program has been released, have the client say aloud, “I love myself on the History Level.” If the person’s fingers remain tightly together, this indicates a “yes” response and this means that the Program has been released and replaced on the History Level. If the person is using Energy Testing Method 2, client is standing up and leans forward indicating a “yes” response.

Congratulations! You have successfully released and replaced your first History Program!

The Soul Level

Over an extended period of time, the Creator of All That Is trained me in the Belief Work. As I explored the new knowledge, I began to Energy Test for Beliefs that I might have. At this time in the development of Belief Work, I had only learned of the first three Levels of Belief. I found that my body had a Program that “I was crying inside.” This Program would not release from the Core, Genetic and History Levels. The Creator of All That Is told me that it went all the way into the Soul Level. I was discouraged and upset. I could not understand why it had gone all the way to my Soul Level. I felt that once it reached my Soul, it was there forever.

The sweet voice of the Creator came into my head and said, “*Vianna, go up and command to release the Belief of ‘Crying inside.’*”

I replied, “I can’t! It’s all the way to the Soul Level.”

The Creator responded with a calm voice, saying “*Vianna, your Soul is still learning. It is learning and it can be directed for what it is supposed to experience in this Existence for spiritual growth. This is one of the reasons you are here; to learn and experience what you create. Go up and command to release the Belief of ‘Crying inside.’ You can do no good for yourself or anyone else with the Belief of ‘Crying inside.’ If you are so busy feeling sorry for yourself and everyone else, you will have no time left to help anyone. Go up and change it.*”

I did as the Creator suggested. I went up above my space to the Creator of All That Is and commanded all Soul Programs of, “I am crying inside,” to be pulled, cancelled, and replaced with, “I have joy.”

I went up to witness the process. When the process had finished I experienced a deep, peaceful feeling, down to the very depths of my heart and soul. I felt a change

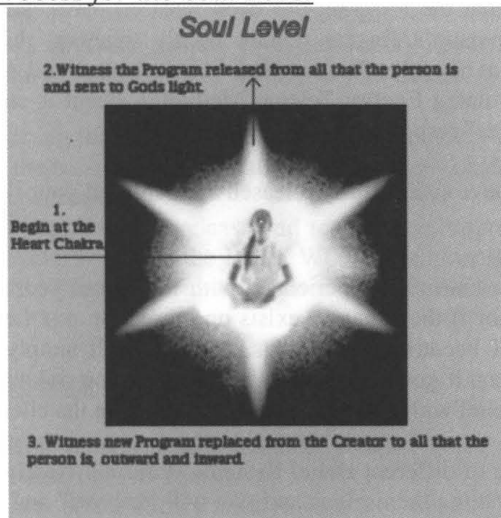
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coming over me and as it flowed through my body and then outward. I wanted to weep with joy.

There are not many Feelings, thoughts and Beliefs that are carried to the Soul Level, but those that do can and will have a profound affect on your life. As you begin to understand the Soul Level, you will learn how to bring all four Levels together in synchronicity to release and replace beliefs instantly. This will enable you to work on each of them in a sequence during the reading or healing.

We will continue with the same client, and assume that they stay hydrated for Energy Testing.

Train the Brain: Process for the Soul Level



The Energy Testing has indicated that the Program of "I love myself, no" exists on the Soul Level. Now you will facilitate the Belief Work to remove the Program of "I love myself no" to be replaced with "I love myself" from the Soul Level.

You must ask for verbal permission to release and replace the Program of "I love myself, no" to be replaced with "I love myself" from the Soul Level.

1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.

4. Make the command, *“Creator of All That Is, I command that the Soul Belief of ‘I love myself no’ be released, cancelled and sent to God’s light, replaced with ‘I love myself.’ Thank you! It is done. It is done. It is done.”*
5. To work at this Level, go to the heart chakra and witnesses the Program released outward from the Soul, from all that a person is. Witness the energy of the new Program coming in from Source being replaced beginning at the heart chakra outward to the aura field until it is done.
6. As soon as you visualize the process as finished, rinse yourself off; put yourself back into your space, grounding to the Earth, drawing the Earth energy up to your crown, and make an Energy Break.

For validation that the Program has been released, have the client say aloud, “I love myself.” If the person’s fingers remain tightly together, this indicates a “yes” response and this means that the Program has been released and replaced on the Soul Level. If the person is using Energy Testing Method 2, client is standing up and leans forward indicating a “yes” response.

Congratulations! You have successfully released and replaced your first Soul Program!

Experience

When you are even more experienced with the Belief Work it will be a simple matter to ask the Creator if the Program exists on more than one Level and how deep it goes. The process will become spontaneous, and you will simply “know” where the Program is and how deep it goes. You will also find that you do not need to use Energy Testing to validate a Belief with a “yes” or “no” answer from the client.

As the intuitive senses become attuned to the energy of the client, you will begin to recognize the feeling of different Belief Systems. You will clearly visualize the Belief Programs that are presenting themselves and you will hear yes” and “no” answers to the Belief Programs statements. *The Energy Testing is primarily for the benefit of the client that is receiving the Belief Work.*

The next step will be a leap of faith for the practitioner. In this scenario, the replacement program will be one that is given from the Creator. The practitioner will make the command that the Creator replace the Program.

To release and replace Beliefs when a Program is on all four Levels, begin by using the Energy Testing techniques that were previously described. Remember, these Energy Testing techniques will only answer accurately if the person is hydrated. Once you are sure the person is hydrated begin the Energy Testing.

Assume that you’re going to release and replace a Program that exists on all four Belief Levels at once. We will use the Program of “I hate people” and continue with the same person.

Synthesis

Have the client say aloud, "I hate people." If the person's fingers remain tightly together, this indicates a "yes" response and means that she believes that she "hates people." If the person is using Energy Testing Method 2, the client is standing up and leans forward indicating a "yes" response.

The next step is to find how deep the Belief-Program goes into the Belief Levels. Energy Test the individual Belief Levels one at a time to discover which Level the Program is on with the client speaking the statement of:

"The Program of "I hate people" is on the Core Level." (Yes/No)

"The Program of "I hate people" is on the Genetic Level." (Yes/No)

"The Program of "I hate people" is on the History Level." (Yes/No)

"The Program of "I hate people" is on the Soul Level." (Yes/No)

The Energy Testing indicates a "yes" response from every Level. In this case the practitioner finds that the person believes that the Program of "I hate people" exists on all the Belief Levels simultaneously.

Ask for verbal permission to release and replace the Program of "I hate people" from all the Belief Levels. Facilitate the Belief Work to remove the Program of "I hate people" replaced with the program from the Creator in the Belief Levels.

The Process for Synthesis

1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *"Creator of All That Is, I command that the Program of 'I hate people' be released, cancelled, resolved on the History Level, released on the others sent to God's light, replaced with the correct program from the Creator. Show me the Program witnessed in all the Belief Levels. Show me. Thank you! It is done. It is done. It is done."*
5. Say, *"Creator, show me the Core Level."* Imagine going to the forefront of the brain. Witness the Program and energy associated with "I hate people" being pulled, cancelled, and sent to God's light. From the right side of the brain you will witness a magnificent energy burst of the negative program being pulled and replaced with the new Program of "People can be good" replaced by the Creator.
6. Say, *"Creator, show me the Genetic Level."* Imagine yourself going into the brain to the morphogenetic field around the master cell within the Pineal gland. Witness the spinning energy burst of the Program of "I hate people" being released from

the morphogenetic field and sent to Gods light, and the new Program of “People can be good” replaced by the Creator.

7. Say, “*Creator, show me the History Level.*” You will be taken to a place that is a little above the person’s head and shoulders to witness the as the Program of “I hate people” is pulled, resolved, sent to Gods light, and all soul fragments be washed, cleaned and replaced with the new Program of “People can be good” being replaced by Creator.
8. Say, “*Creator, show me the Soul Level.*” Go to the heart chakra and witnesses the Program of “I hate people” released outward from the soul, from all that a person is. Witness the energy of the new Program of “People can be good” coming in from Creator, being replaced beginning at the heart chakra outward to the aura field until it is done.
9. As soon as you visualize the process as finished, rinse yourself off; put yourself back into your space, grounding to the Earth, drawing the Earth energy up to your crown, and make an Energy Break.

For validation that the Program has been released, have the client say aloud, “I hate people on all the Belief Levels.” If the person’s fingers easily release, this indicates a “no” response and this means that the Program has been released and replaced on all the Belief Levels. If the person is using Energy Testing Method 2, the client is standing up and leans backward on her heels indicating a “no” response.

Congratulations! You have successfully released and replaced a Program from each of the Levels! As you begin to understand the Belief Work, you will be able to work on all four Levels at the same time.

Process for All the Levels Simultaneously:

It is important to grasp all the characteristics of the Belief Work before a program is removed and replaced from all of the Levels simultaneously. However, once familiarized with the conceptual aspects of the Belief Work, you can save time and effort by witnessing the Programs removed and replaced from all the Levels at the same time. It will not be necessary to make separate commands for every Program on each Level. Eventually the process occurs as fast as thought.

If the change is not witnessed the Program will not clear and it will rebuild itself into the other Levels. You should first remove Programs from each individual Level so that they train their brain to know where they are. Once the brain is trained and knows the Levels, the practitioner can remove Programs from all four Levels at once.

When you are comfortable facilitating the Belief Work, you can use the shortcut command to accelerate the time needed to pull, cancel and replace Programs on all Four Levels on the following page:

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1. Ask permission to release and replace the chosen Program.
2. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is a part of All That Is.
3. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
4. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
5. Make the command, *"Creator of All That Is, I command to remove the Programs of (name Programs) from (name Individual) on all four Levels at one time."* Command that these Programs be pulled, cancelled, and replaced on all Levels, except on the History Level; on this Level the Program must be resolved and replaced with what is correct. "Show me. Thank you! It is done. It is done. It is done."
6. Go into the person's space and visualize all four Levels presenting themselves at one time.
7. Visualize the Programs of energy being cancelled from all four Levels, resolved on the History Level, and sent to God's light. Visualize the new Programs of energy flowing in from God's light, and being placed on all four Levels.
8. Stay in the person's space until you are sure the work is finished.
9. As soon as you envision the process as finished, rinse yourself off; put yourself back into your space, grounding to the Earth, drawing the Earth energy up to your crown, and make an Energy Break.

Even if a Belief does not exist on every Level, it is permissible to command that the Belief Systems are released from every Level at once, but you must always witness them released and replaced from each and every Level. If you do not see it on each and every Level it is not there.

You must witness it changing on the Core, Genetic, History and Soul Levels respectively. You must always witness the change, otherwise it doesn't clear and it will rebuild itself into the other Levels. You may witness soul fragments released and replaced on every Level. This is a common occurrence in the Belief Work.

Chapter Twelve

The Creation of Feelings

How I Found the Feeling of Joy

When I first began to use the Belief Work in sessions, I was working with a woman that was chronically depressed. She had never been in anything other than in a state of depression. We were using Belief Work in a session and I decided to pull the Belief of “life is sad” and replace it with “life is joyful.” But when I witnessed the process it was stopped in motion. Her body refused to accept the Belief. When I asked the Creator why, I was told that she had never experienced the feeling of joy and did not know what it was. This piqued my curiosity and I asked the Creator if I had ever experienced joy. I was told that no, I had never experienced joy either. This made me frantic! I thought, “Oh my gosh, I must find my joy, I have lost it somewhere!” When I had finished the session and had a moment to meditate, I sat down began to converse with the Creator. The first question that I asked was “Creator, would I find my joy if I went to Hawaii?” Of course, the Creator said “Yes.” The reason that I asked this question was that I had previously visited the islands, and while there had found a degree of peace for the first time. I thought perhaps since I had found peace, then I could find the feeling of joy and take it with me.

At the end of my day I went home and told my husband Guy that I needed to take a break and relax so that I could find my joy. My patient husband laughed and said, “Well if you have to go find your joy then I’d better not go with you, because you know how I have to be moving all the time and you will be able to relax better without me.” Since someone needed to stay home and mind the office and store, I agreed that Guy would stay home and I would go to Hawaii to find my joy.

I had fallen in love with Hawaii and it was to Hana, on Maui that I was drawn. Against the advice of my husband I decided to go with my friend Chrissie and her little three-year-old boy, Caspian. Guy knew that Caspian was a bit of a challenge and thought that I would not get any rest with a young child around. I spoke to Chrissie about Caspian and she reassured me that she would watch him closely. Being the optimist that I am and wanting to share Hawaii with my friend I decided to go with them. Needless to say, Guy was right about Caspian coming along. On the plane ride to Maui he screamed for 40 minutes non-stop. From the minute we took off from Honolulu until we landed in Hana, he yelled his little lungs out. We landed in Hana to a torrential down-pouring of rain. When we got to our little house, poor Chrissie made me stressed out because she was working so hard to keep Caspian out of my way that she was more stressful that he was. Guy had admonished Chrissie that I had to relax, or else! Neither Chrissie nor I knew how to relax or what it felt like. We drove ourselves absolutely crazy trying to relax.

After three or four days of doing our best to relax it was time to go home. I had not found my joy and it was almost time to go home! The rain finally stopped and the last thing that Chrissie and I did before we left was visit a “Heiau-Luakini.” This is a sacred Hawaiian spiritual structure that was built centuries before in honor of the kings and the Gods. As we walked up to it, I could see that it was a giant pyramid-like structure made of beautiful round stones. I was told that it had been built by all the members of the community in a group effort full of love and joy. Each stone was handed from one person

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to the other, all the way from many miles away to the hill of the Heiau. As each stone was placed to build the monument, it was blessed as it was laid to rest.

As I walked alone in the quiet serenity of the ancient monument, I connected to the “*Feeling*” of the place, and instantly felt a sensation that I had never experienced before. I realized that this was the feeling of *Joy* that I had never felt before. I had felt happiness when my children were born, but I have led a poignant life, and joy was not a part of my past experiences.

Then I made the quantum leap. Perhaps the Creator could show me how to help others to find the *feeling* of joy. I went up out of my space and connected to the Creator. I asked the Creator how this might be done and I heard a voice that told me, “Vianna, all you have to do is command to *know*. Ask [the Creator] to know what joy *feels like* and your cells will learn. We are here to learn by experience, but there is no law that says you have to learn through an extended experience. You can learn feelings instantaneously; what joy *feels like*, the feeling of compassion, how to have compassion for yourself, how to have self love and so on.”

It was at this moment the Feeling Work was born. When I got home from Hawaii I had another session with the lady that was depressed and could not feel joy. I taught her what joy felt like from the Creator of All That Is of the Seventh Plane. From that moment on the door was opened to teach people experiences that they never had before, such as love, joy, happiness, compassion, forgiveness, and respect. With the Feeling Work you can learn not only what a feeling *feels like*, but that it is possible to have it, how to have it and how to use it.

The Feeling Work

One of the most powerful techniques in ThetaHealing is the Feeling Work. The speeds at which changes are made with this work are amazing. People can be taught quickly what it *feels like* to be loved, honored, respected, cherished, even what it *feels like* to live *without* a negative feeling created by habit, for instance, “I know how to live without being miserable.” As with the Belief Work, the practitioner Energy Tests the client (or themselves) to find if they do or do not have, or have not experienced specific feelings. Some people have never felt or experienced the energy of certain feelings in their lives. Perhaps the person was traumatized as a child and did not develop these feelings, or “lost” them somewhere in the drama of this Existence. Feelings must be taught. In order for a person to have feelings such as joy, to love or to be loved by someone, or what it *feels like* to feel rich, or any other feeling the client may be unfamiliar with, the person must be shown what these feelings “feel” like by the Creative Force. This is the reason that when we manifest for a soul mate in our life, or to be rich, or many other manifestations, the manifestations do not come about. In order to manifest, we have to first *experience* what these feelings are like to bring those things to our reality.

To show a client the experience of a particular feeling, get their verbal permission, connect with the Creative Force, use the command process and witness the energy of the feeling “downloaded” from the Creator flowing through every cell of their body and on all four Belief Levels. Once this feeling has been experienced, the person is ready to create life changes.

What might take people lifetimes to learn can be learned in seconds. Do you know what it *feels like* to live without compulsive misery, fear, anger, frustration, and

conflict? This doesn't mean that when you need to feel fear or anger that you won't have it. This only means that you won't have to create fearful situations in your life. Living with or without these things can become such a habit in our lives, that we no longer know how to live without them, nor can we truly live with them. The "Creator of All That Is" can teach you these feelings on every Level of your life instantly, and remove fears that have become out of control. The full list of "feelings" is in the DNA 2 Advanced Class Manual.

As with the Belief Work use Energy Testing procedures to ascertain what the person does not understand how to feel or what they do not know.

Below is the beginning of a list of "Feelings" and "knowing" to Energy Test for:

- "I understand what it *feels like* to have joy."
- "I understand what it *feels like* to be accepted."
- "I understand what it *feels like* to forgive."
- "I understand what it *feels like* to trust my intuition."
- "I understand what it *feels like* to be completely respected."
- "I understand what it *feels like* to forgive myself."
- "I understand what it *feels like* to be on this earth."
- "I understand what it *feels like* to be connected to this earth."
- "I understand what it *feels like* to be worthy of Gods love."
- "I *know how* to be happy."
- "I *know how* to live without being miserable."
- "I *know how* to live without being angry."

The Feelings Process:

1. Center yourself. Begin by sending your consciousness down into the center of Mother Earth, which is a part of All That Is.
2. Bring the energy up through your feet, into your body and up through all the chakras. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
3. Make the command, "*Creator of All That Is, it is commanded to instill the feeling of (name the feeling) into the person (name the person) through every cell of their body, on all four belief Levels and in every area of their life, in the highest and best way. Thank you! It is done. It is done. It is done.*"
4. Witness the energy of the "Feeling" flow into the person's space and visualize the feeling from the Creator being sent as a waterfall through every cell of the person's body, instilling the feeling on all four belief Levels.
5. When you are finished move your consciousness out of the client's space through the crown chakra, and disconnect by rinsing yourself off, entering your body through your crown chakra. Send your consciousness down into Mother Earth, grounding yourself, pulling the energy up through your body to the top of your crown and then perform an Energy Break.

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The following Programs and feelings are in these categories:

I understand Creator of All That Is' definition of...

I understand what it *feels like* to...

I know...

I know when...

I know how...

I know how to live my daily life...

I know Sources perspective...

I know it is possible to...

Do you have the following Programs? If you do not, connect to the Creator of All that Is and "download" these Feelings into yourself on all four Belief Levels. In the Advanced DNA Class the complete list of downloads is given. The teaching of these Feelings will have a dramatic effect upon the abilities of the intuitive person, and create physical well-being.

Programs Regarding the Creator of All That Is:

"I *know* the Creator of All That Is."

"I *know* that 'God' and the 'Creator of All That Is' are the same."

"I *know* it's possible to know the Creator of All That Is."

"I understand what it *feels like* to know the Creator of All That Is."

"I understand what it *feels like* to be totally connected to the Creator."

"I *know* that the Creator of All That Is is totally connected to me."

"I *know how* to be totally connected to the Creator of All That Is."

"I *know how* to connect to the Creator of All That Is."

"I understand what it *feels like* to connect to the "Creator of All That Is".

"I understand what it *feels like* to be worthy of the love of the Creator of All That Is."

"I understand what it *feels like* to know all things are possible with the Creator."

"I understand what it *feels like* to deserve the love of the Creator of All That Is."

"I *know* that I deserve the love of the Creator of All That Is."

"I understand what it *feels like* to allow the Creator to show me what's in the body."

"I *know how* to allow the Creator of All That Is to show me what's in the body."

"I understand what it *feels like* to trust that the Creator will tell me exactly what I'm looking at in the body."

"I *know how* to trust that the Creator will tell me exactly what I'm looking at in the body."

"I *know* the difference between listening to the Creator of All That Is and myself."

"I understand what it *feels like* to know the difference between listening to the Creator and to myself."

"I understand what it *feels like* to show others they are important to the Creator of All That Is."

"I *know how* to show others they are important to the Creator of All That Is."

"I understand what it *feels like* to radiate the energy of the Creator of All That Is to the world."

"I *know how* to radiate the energy of the Creator of All That Is to the world."

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"I *know how* to live my daily life totally connected to the Creator of All That Is."

"I understand what it *feels like* to allow the Creator of All That Is to do the healing."

"I *know how* to allow the Creator of All That Is to do the healing."

"I *know when* to allow the Creator of All That Is to do the healing."

The True Self

"I *know* my true self."

"I understand what it *feels like* to know my true self."

"I *know* the perspective of my true self through the Creator of All That Is."

To See Myself

"I understand what it *feels like* to see myself the way the Creator sees me."

"I *know how* to see myself with the definition of the Creator of All That Is."

"I *know* it's possible to see myself with the definition of the Creator of All That Is."

The Life Purpose

"I *know* the perspective of my life's purpose through the Creator of All That Is."

"I *know* it's possible to know my life's purpose."

Chapter Thirteen

Key Core Beliefs: Digging Seek for the Bottom Belief

Now that you have learned how to do the Belief and Feeling Work, we are going to explain some quick steps to make your facilitation with a client more effective. One of the ways that the practitioner can be more effective in a one on one session is to use something called Digging. Digging is Energy Testing for the Key Belief that holds many Beliefs to it. The practitioner has the opportunity to play the “investigator.” As the practitioner Energy Tests the person, the statements will give clues to the Key Belief. The person you are working on will give you clues as to how to help them.

First, it is helpful to visualize the Belief System as a tower of blocks. The bottom block is the *Key Belief* that is holding the rest of the beliefs to it. It is the root of all the other Programs above it. Always ask the Creator, “*Which key core Beliefs are holding this Belief System intact?*”

I worked on a woman who believed she could not heal herself. As the session unfolded, she said, “I can’t heal myself because I don’t deserve to heal myself.” I asked her why she didn’t deserve to heal herself, and she said, “Because God doesn’t want me to heal myself.” I Energy Tested her to see if she loved God and sure enough, she loved God. I asked her if she hated God, and she hated God as well. I asked her why she hated God and after a moment of reflection she said, “God punishes.” I intuitively knew that this was the Key to the Belief System. Once I had permission, I went into Theta-State and witnessed the Belief System of “God punishes” sent to Gods light, replaced with the Belief System that “God is a forgiving and loving God.” As the Program of God punishes went to the light of Creation, I witnessed the Belief Systems of “I hate God” and “I cannot heal myself” released as well. All of these Belief Systems were cleared by releasing the Key Belief of “God punishes.” You will know when the Key Belief has been found when there is a gentle feeling of completion in your heart. You can save hours of time by seeking and clearing the major Key Beliefs. One of our practitioners gave me the suggestion to visualize a Belief System as a house of cards. You then ask the Creator which Key Belief System to pull to make the card house fall down, and the Belief will become clear to you. As soon as you have the key Program, ask for or find the proper replacement Programs that are to be installed in the void created by the removed Programs.

It is always best to find the deepest Program of the subject matter you are pulling and replacing before the session is ended.

To Determine the Key Belief

- Ask the person, “If there is anything that you would change, what would it be?” Begin by asking the person questions pertaining to the issue at hand. Ask the individual questions until you have reached the specific or deepest core issue. You will know that you are close to the key belief when the person begins to become verbally defensive, wiggles or cries in a subconscious attempt to hold on to the Program. Pull, cancel, resolve and replace the issue as necessary on

whatever belief Levels you have found it. The key questions to ask are who, what, where and how.

- Avoid putting your own Programs or feelings into the investigation process.
- Be sure to be firmly connected to the perspective of the Creator of the Seventh Plane when you are in the person's "space" with your intuitive abilities to get a good "read" on the person. In some instances, the chosen subject will loop, hide or take you, the practitioner, in circles with the question/answer scenario. Be patient and persistent with the person to find the deepest Program. It may be necessary to ask Creator what the deeper Program is.

Energy-Testing for Beliefs involve functions of both the thalamus and the hypothalamus. The thalamus is located between the brain stem and forebrain. It takes in information such as what is being seen, heard, or felt, including touch, pain, or temperature. This happens primarily during the waking state. The thalamus compares the incoming information with stored memories in the cerebral cortex. If no reference is found, the thalamus searches the memory to see what association or comparisons might be found and makes an intelligent guess.

The hypothalamus keeps the body in balance by controlling the pituitary gland, effecting hormones, metabolism growth, and sexual processes. It helps regulate sleep and wakefulness cycles. It influences mood disorders and produces physical changes when the body is threatened as in fight or flight. The hypothalamus also controls the production of sweat, tears, or saliva. (This is with the eyes open or closed, awake or asleep.)

To determine whether you have cleared the key or root Program, test the person with the eyes closed and the eyes open. The belief will be clear with the eyes open and closed. If the belief isn't clear with eyes open and closed you have not yet found the key belief, therefore the core Belief System of Programs connected to the key belief is still intact. Continue to ask the Creator for the key belief and remove that Program, then retest the client with eyes open and closed.

Reaction to Beliefs

Once you are in the process of seeking for a Key Belief, the Key Belief must be found before the end of the session or the person may experience a possible healing crisis. Do not leave the person before their Belief Work is complete, and closely observe the client for signs of discomfort. If the person feels or acts unsettled, or if the person feels any pain or sorrow, then their issues are not taken care of and the Belief Work should continue. When a client experiences inexplicable physical pain in a session it is likely that you are reaching deep into subconscious Programs. This means that you are triggering different Belief Systems that their subconscious is fighting to hold onto.

If the client begins to experience pain while doing Belief Work, continue releasing Beliefs until the pain is gone. With their permission, ask the person to download the Feeling of what it *feels like* to be safe. Continue with the session until the person is comfortable and has a peaceful demeanor.

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Examples of Digging for the Key Belief

Example one

In a Belief Work session, you are always searching, or Digging, for the deepest Key Belief.

This process is easy! All you have to do is ask *who, what, where, why and how*. The clients mind will do the Digging for you, accessing information like a computer, and will give you an answer to every question. If they seem to get stuck while finding an answer, it is only temporary. Change the question from why to how, etc. until an answer manifests itself. If there is no answer, ask them, "If you did know an answer, what would it be?" With a little practice, you will learn how to access the minds ability to find the answer. At any time in the Belief work process the Creator may come to you and give you the Bottom Belief that you are looking for, so be open for Divine intervention.

The following is an example of an actual session:

Man: "I have a money problem."

Vianna: "Why do you have a money problem?"

Man: "Because money is the root of all evil."

(If I were to pull the Program of "Money is the root of all evil" at this early time in the reading, it would not affect the deepest or Bottom issue.)

Vianna: "Why is money the root of all evil?"

Man: "Because only educated people have money."

Vianna: "Why only educated people have money?"

Man: "That is just how it is."

Vianna: "If that is true, who does that make *you*?"

Man: "I am stupid."

Vianna: "Who told you that?"

Man: "My father."

Vianna: "Why did your father tell you that?"

(The brain will find the right memory in order to correct itself.)

Man: "No, my mother told me that."

Vianna: "Why do you think that it comes from your father?"

Man: "I don't know."

The Man began to squirm around uncomfortably in his chair. If a client is looking you straight in the face unflinchingly, without moving their eyes, it is not likely that you are on the trail to the Bottom Belief.

Vianna: "But what if you did know?"

Man: "They never wanted to have a child; they never wanted a child at all. I am a mistake."

"I am a mistake" and "I am wanted, no" are most likely the Key or Bottom issues. To test that the Bottom issue has been found, Energy Test the client with their eyes open

as well as with their eyes closed. Always go up and ask the Creator if these Beliefs are the Bottom issues. You can usually tell if this is the Bottom Belief because the client will become agitated and move around in their chair. You should still ask the Creator for validation that the Bottom Belief has been found.

Now release the Belief of “I am wanted, no” and “I am a mistake” and replace them with the Belief of “I am wanted.” Be sure to follow up with the Feeling Work to teach them what it *feels like* to have the Creator's definition of being wanted. The Wording in the command would go something like this, “I know the definition of the feeling of “I am wanted” from the Creator of All That is from the Seventh Plane of Existence. With the client's permission, the practitioner will then instill the Feeling from the Creator of All That Is into the Client. Once you have found the Bottom Belief, the digging process will end up with the Feeling Work to complete the session. If you do not understand what it *feels like* to have a particular Program, simply replacing the Program of “I am wanted” will only make the mind go in circles.

At the end of the session, bring in the *Feelings* of what it *feels like* to be wanted, that he knows how to be wanted, what it *feels like* to be nurtured and accepted. It is likely that the issue will clear. After teaching him these Feelings, Energy Test him again, and this time the Program of “Money is the root of all evil” is gone. People's issues with money are not tied up with money itself. Money is only paper that we put a value to. People have issues with money when they have issues with self esteem.

There are two ways to teach the mind Beliefs:

1. You can teach the mind by pulling and replacing a Belief. If you pull a Belief you must replace it with a new one.
2. You can teach a Belief with the Feeling Work without pulling anything from the client. Once you teach the Beliefs, the Feelings and the Knowing the person is immediately affected. There may be more than one Feeling that the person needs.

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Digging-Example Two

This is an example of an actual session I had with a woman. I found that she had issues with being a healer. The woman Energy Tested positive for the Programs of “I’ll be killed for being a healer” and Energy Tested “no” for “I can do healing work”.

Woman: “I’ll be killed for being a healer.

Vianna: “Why will you be killed? Why can’t you do healing work?”

Woman: “Because they will kill me.”

Vianna: “Why?”

Woman: “Because it is wrong to tell people what I believe.”

Vianna: “When did this start?”

Woman: “It started in another life. No, it was my mother, in this life. Each time that I told my mother what I believed, she used to slap me.”

Vianna: “So you will be punished for saying what you believe.”

Woman: “Oh, always.”

Vianna: “Do you have issues with your mother?”

Woman: “Of course. She is awful.”

Vianna: “Why? Are you punished each time you say what you believe?”

Woman: “Always. My father used to punish me, too.”

Vianna: “When did this start?”

Woman: “It started when I was four-years-old.”

Vianna: “What happened when you where a four-years-old?”

Woman: “I remember telling my mother that it wasn’t right that she treat my dad like she did. Then she hit me. Every time I stick up for someone that I love, or anytime I say what I believe, I am punished.”

Vianna: “Would you like to know what it *feels like* to express yourself without being punished?”

Woman: “Yes I would!”

☪ “*I am punished*” is the Bottom Belief. Download the client with the Feeling of what it feels like to express themselves without being punished. Pulling the Belief of “If I say what I believe I will be punished,” won’t clear the bottom issue. First the person needs to know how to live without being punished. The original Program of, “I’ll be killed for being a healer” was now cleared.

Fear Work

Many years ago I taught a ThetaHealing certification Teachers seminar in Yellowstone, Montana. One of my students came up to me and accused a man in her group of being “reptilian,” and therefore evil. The rumor spread throughout the class that he was a reptilian spy watching the goings on of these healers. She was adamant that he must be expelled from the class. When I was confronted with this fear from these people, I told them that “All beings deserve to learn the Theta work. It will be okay; if he really is reptilian we will just fix him.” These people where not happy with this explanation because they where locked into a hysteria of their manufactured truth.

These people in the class where so busy with the imaginary fear of this individual that they missed the fact that he was an old soul from the times of Atlantis and a being of

light, not of evil at all. It turns out that he had simply declined my student's advances which, for some reason, led her to believe that he was reptilian. If there was a person that had "reptilian energy" in the class he wasn't it. His feelings, however, were deeply injured by his group's whispers and false accusations. The groups fear became pandemic. The only thing that stops us from accessing the Seventh Plane of Existence is fear.

What is your greatest fear? Compulsive fear in a person may cause a block in healings, readings, and manifestations. On one hand, the person manifests for something, yet their fears block it. On the other hand, they can create the very thing that is their greatest fear. When intuitive abilities begin to accelerate, fear is the greatest danger to the person who uses manifestation prayers.

If the intuitive person would give as much power to love, light, and balance as they do to fear and hatred, there would be little or no self-sabotage. The intuitive person should recognize how much influence thoughts have over their lives.

Fear programs can also be passed on through the genes or through the History Levels of a person. Pull, cancel, resolve and replace these energies as needed.

There is a natural fear response that a person needs to function as a human in times of an emergency. It is important to separate the "fear programs" from an occasional normal emergency response. If a person lives in fear, this is a program, as are phobias. These can be changed with Belief Work.

When you are dealing with a person who is overwhelmed with a compulsive fear loop in their minds, follow the fear through a scenario by asking what is their greatest fears and the worst things that could happen to the person. Follow the scenario to a conclusion.

Using this process to train the mind of a person to work through a fear loop helps the person to understand how to overcome the fear by way of finishing the thought form.

Fear causes us to stay in our space and blocks our abilities to heal and be healed.

Clearing the Fears

Using the Belief Work, "fear" Program's can simply be removed. Follow the trail of fear through to its end by asking the questions of why this feeling came about, how this feeling happened, and when did this happen. If you reach an impasse with the process and do not know the direction to follow the trail of feelings, just sit quietly watching them and they will come up with the answer to the new trail to follow. The person may go back to another time and place.

As fear is being released it will move through the body. Suggest that the client gently touch or gently tap on their thymus, (the middle of the chest) and it will release the feeling (cellular memory) of their ancestors or childhood. The thymus is one of the most predominate places of stored emotional energy in the body. This 'tapping' on the different parts of the body is an indication of where the emotions are stored and in which organs.

To have disappointed God is a big fear for people with Programs about God, along with this is also the Program of the fear that they will not finish their mission for God. Ask the person if they have a program of "I have a mission for God" and investigate to see if they have any fears attached to the "Mission for God". Test for programs of

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“God hates me,” “God has turned from me,” and “I fear God.” These are all misguided fears about God.

In the thousands of readings that I did, I began to see a pattern of Fear Programs in a large number of people. This is the process that developed from those sessions that pertained to Fear.

These are Fear Work examples from real sessions that came from ThetaHealing classes.

Fear, Example One:

Practitioner: “What is your greatest fear?”

Client: “I fear being poor.”

Practitioner: “What will happen if you are poor?”

Client: “I’ll be on the street.”

Practitioner: “And what if you are on the street?”

Client: “I’ll suffer and die.”

Practitioner: “And what if you suffer and die?”

Client: “I’ll become nothing.”

The real fear is the “fear of becoming nothing.”

Fear, Example Two:

I worked on a woman with a phobia with heights. The Program is “I am terrified of heights.”

In working with a phobia, such as heights, you must guide the mind to work through the fear labyrinth. As the practitioner, ask the client, “What is the worst thing that would happen if you were faced with your greatest fear?”

Woman: “I will fall of the cliff. It is yellow in color and there are no trees.”

Vianna: “When was the last time this happened?”

Woman: “I don’t know.”

Vianna: “What happens then?”

Woman: “The wagon falls on me.”

Vianna: “Then what happens?”

Woman: “I am stuck at the bottom of this cold cliff.”

☉ *Any time that they have this much detail they are remembering a real occurrence. It does not matter where the memory comes from. You must walk them through so you do not leave them in the middle of their greatest Fear.*

Vianna: “Then what happens?”

Woman: “I die of dehydration. It is awful to die of dehydration. The first thing that happens is that you go blind from your eyes drying up.”

☉ *Death is not the end when it comes to fear.*

Vianna: “What is the worst thing that will happen if you died?”

Woman: “Then my children couldn’t see me and I would let them down.”

Vianna: “What is the worst thing that will happen if you let your children down?”

Woman: “Then I would let God down.”

Vianna: “What is the worst thing that will happen if you let God down?”

Woman: “I would be stuck alone in the dark.”

Vianna: “Then what happens?”

Woman: “I would be nothing. I would become nothing if I let God down. I am afraid of the nothing.”

“I am afraid of the nothing” is the Bottom Program in most of the “greatest fears” in a person. In fact, it is one of the greatest fears of humankind. The “fear of the nothing” is the apprehension that there is nothing after death, that there is no God, and that all that we will come to nothing.

Remove the Fear of “I am afraid of the nothing” and replace it with the Program that the Creator of All that Is brings in. Usually this is the Program of “I am always loved by the Creator.”

Now we take the person back to the tall cliff.

Vianna: “Think about that tall cliff. Does it make you feel sick and queasy?”

Woman: “That’s strange! It doesn’t bother me anymore.”

Remarkably, the fear of heights is gone from the person. The trail to real fear has been followed. The fear was not of heights, it was being afraid of letting her children down, letting God down, and becoming nothing.

Fear, Example Three:

The greatest fear of a woman is “I am afraid of deep water.”

Vianna: “What is the worst thing that would happen if you were in the water?”

Woman: “I would drown.”

Vianna: “What is the worst thing that would happen if you drown?”

Woman: “I would have to come back again.”

Vianna: “What would be the worst thing that would happen if you came back again?”

Woman: “It never stops. I have let God down and I would have to come back again.”

Vianna: “What would be the worst thing that would happen if you came back again?”

Woman: “It never stops. I am in an endless torment of coming back again.”

Vianna: “Then what happens?”

Woman: “Then I would have to come back again. I would fail my mission in life.”

Vianna: “Then what will happen?”

Woman: “I would come back and drown again.”

Vianna: “What would be the worst thing that would happen if you drown?”

Woman: “I’ll come back over and over again.”

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Vianna: “What would be the worst thing that would happen if you had to come back over and over again?”

Woman: “I would never be finished. I would be trapped. I would never be with God again.”

When they say these statements you can guess that the Bottom Belief is “I would never be with God again.” After you release the Program of “I would never be with God again.” and replace it with “I am always in the Creators presence,” all the fears of water will clear from that particular person.

☉ *You must realize that every person is different. There is not one single way to work on everyone's Beliefs. For example, you cannot pull the Program of “I fear the nothing” from every person that has a fear of heights. Every person is as individual as grains of sand on beach. Programs of fear occupy a great deal of space. When there is an excess of fear, there are problems in the adrenals and lungs.*

The Three R's: Rejection, Resentment, Regret

I call these Programs the three R's. If you clear Programs associated with these emotions, you will open up enough space in your mind to be able to move objects (telekinesis.) Your mind spends an incredible amount of time on these three issues and the neurons of the brain are occupied with resentment and regret.

Through proper stimuli, your brain makes new connections for thought all the time. When you do the Feeling Work you stimulate the brain and add new connections. In the Feeling Work we teach how to live without specific negative habits. You give them the ability to shut down receptors that are looking for these negative emotional Programs and make new pathways to positive ones. Your cells have receptors for emotion. Whether that emotion is depression or happiness, it is like a “fix” to your cells. Once the receptor is used to the emotion, it has to have it just like a drug. If you are used to being depressed, you will create depression. This is why when we do the Feeling Work it is wonderful to be able to teach a person what it *feels like* to live without depression, without feeling miserable, without the “poor me” syndrome and retrain the neuron receptors to accept joy, happiness and responsibility for their life. After the Feeling work, if these negative emotions appear in the person's life, they have conscious awareness and can shut down the negative emotion and open it for positive ones.

In the pulling of resentments you have to realize that the brain is similar to a computer. If you pull “I resent my mother,” It may clear at first, but seamlessly transform into a grudge against the mother. The next step is to pull the grudge, but then the person may become uncomfortable because it is keeping them safe. The practitioner must teach the client how to live without resenting the mother, and to know that they are safe to do so. This is why we create grudges. We keep ourselves safe from the people that hurt us so that we are not hurt again. You can pull individual resentments with the Belief Work, but you must go the extra mile and pull the grudges as well. Here is a key. Every person in your life serves you in some way. If you have one person that gives you a difficult time and presents resistance in your life, perhaps resistance is the way you are motivated.

Regrets, as well, can keep your client from getting better. Perhaps of failed marriages, of marriages that are still lonely, being lonely, not telling someone you love

them, etc. all can keep the person very sick. It will affect their lungs as well as the whole body.

Rejection can influence a person for most of their life. It can prohibit success and finding true love. The fear of rejection can cause one to fail before they even start something, and it can cause someone to sabotage themselves in everything they do. Changing the fear of rejection allows a person to live their life. If you've worked on someone's beliefs and they have not improved, go back to the 3 R's. The 3 R's will clean up the kidney, the lungs and the liver.

Programs of the Three R's

"I am rejected by (person, situation), replace it with 'I accept myself' and 'I understand what it *feels like* to live without being rejected'."

"I resent (this person), replace it with 'I release resentment and 'I understand what it *feels like* to live without resentment'."

"I regret (this situation), replace it with 'I am free of regret' and 'I understand what it *feels like* to live without regret'."

Chapter Fourteen

Advanced Healing Processes Using the Belief Work

The Creator

Some of us scream at the heavens or even mutter beneath our breath the question of, “Why is God doing this to me?” What you will learn is that this is a cop out. God isn’t doing anything to you. God didn’t decide to make your life miserable. God has an energy that you may tap into and, like a benevolent parent, lets us decide what we will be. Unless permitted in by us, God allows us to live our own lives. How many people know that God can change anything in an instant? Who is this God? Is it a man? Is it a woman? How many of you believe that when you die you are going up to judgment? This is a Belief that you were taught as a child or in the past.

How many people understand what it *feels like* to know that this is not really a reality? That your spirit and your body are occupying this space, but there is no such thing as really being here? Intellectually, how many people know and have the deep intimate realization that everything is composed of atoms and energy?

Do you believe that prostate cancer is worse than the mumps?

Do you believe that breast cancer is worse than the chicken pox?

Do you believe that diabetes is incurable?

Do you understand what it *feels like* to have an instant healing from God?

This is why we have the Belief Work. The Belief Work gives us the ability to answer these questions of the mind, body, and spirit that we may remove and replace Belief Systems inside our space, to connect fully to *All That Is*.

In order to become proficient in the ThetaHealing technique it must be practiced, because the more you practice the more you grow. I have people come to me all the time and say, “I want to do what you can do!” I always tell them, “Okay, but you are going to have to practice.” Still my students persist and say to me, “No, I want it all now!” And I patiently say, “No, it doesn’t work that way. You still have to practice so that you can grow.”

The best way to grow is to learn how to *feel*. You will learn to bring in from God certain feelings that it would take a lifetime to experience. This is why we have the Feeling Work. The Feeling Work gives us the ability to bring in these feelings *now* for your evolvment.

Some people cannot accept an instant healing because they believe that the healing should take time; a day, a week, a month, and the healer must respect this. As your abilities become developed you may walk into a room and intuitively ‘see’ that someone has something wrong with them. It is not your responsibility to walk up and tell the person they are sick and what is wrong with them. You have to respect the person’s free agency and wait until you are asked by the person to work with them. It is then that the person will be ready to heal.

One thing I have found about the people that healed instantly is that they understood what it felt like to feel healthy, that they understood what it felt like to be loved by God, and they understood what it felt like to be worthy of God. If the person does not have these feelings they should be instilled with them. But just because they understand what these feelings are like doesn’t mean that they believe that they deserve

them. They may have accepted the Program from someone else. It is then necessary to do Belief and Feeling Work with them.

A woman contacted me for a healing. I used Belief Work with her to have God heal her leg of cancer. She showed up at one of my classes very angry with me. It seems that the Creator had healed her leg of cancer but had neglected to heal her knee of a painful condition unrelated to the cancer. She was very upset about this. Patiently, I went into the person's space to do Belief Work to find out why her knee didn't heal. I found that she had the Belief that, "It is wrong to ask God for too much," and this blocked the healing. I was curious and I found that I had this Program as well.

You must have patience with all kinds of people. Do you as the healer have this kind of patience? Do you understand what this kind of patience *feels like*? Just because you know what something *feels like* doesn't mean you know how to act on the feeling.

Many of us do not take that next step to accept healings because we are afraid. What if you could do an instant healing on anyone you touch? Then these little voices inside begin to whisper, "Who do you think you are? Only Christ can heal like that!" All of these little debates go on in our minds all the time. If you could eliminate them, you could step into your true connection to God. As we become unaffected by the negative and positive, cause and effect, good and bad, you are able to witness God and not be interfered with by Programs.

People raised in the various religious belief systems of the world may not have a clear view of what God is, who God is, and what they believe God will do for them. It is a good idea to explore how you view God, the Creator of All That Is.

Once you have acceptance and trust of God's love, the healing simply happens. It is important to learn how to influence your mind to be in a particular frame with the following Programs: "I believe in miracles," "I'm important enough to God," "I am totally connected to the Creator," and "I am always connected to God."

The New Paradigm: What Serves Them?

I have found that some people use their condition to serve them. If you find that a person will not accept a healing, explore what it is about the illness that serves them. A good example of this would be the attention someone gets during an illness. When you are sick, people care about you; they send you presents, take the time to call you and stop by to see how you are doing. Find out what Beliefs need to be changed so that the disease no longer serves them.

Some individuals make their disease their whole life. Some people will not heal because the loss of the affliction would be too much for them. In some instances the whole meaning of their existence is to do battle with the disease. Or perhaps they receive love, attention, or sympathy because of it. They become so incredibly focused on healing the disease that once the affliction is gone, the person feels lost because the challenge of overcoming the disease was the persons only reason to live. The healer must give the person a new focus; a new reason to live. Otherwise the person may replace the affliction, creating another for a familiar challenge. Most people have a difficult time with change. Unless they can feel comfortable in their new paradigm, they will go back to the old one. For the person to accept the healing process, it is important for the practitioner to search for Programs that create a negative result.

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It may also be that the person does not have certain Feelings such as “I understand what it *feels like* to be healed by the Creator.” Clear any Programs of fear of any disease, as fear may interfere with the healing process. Download the person with Feelings they do not have that pertain to living without the disease. Another suggestion is to train the person to do ThetaHealing. For some people there is no better therapy than helping others to heal.

Freedom from Obligations

When I first began to teach ThetaHealing internationally I asked someone that I had known for many years to come and work for me. He was a good friend of mine, and initially he was reluctant to have a friend as a boss but, with some coaxing on my part, he agreed to work for me.

Please understand that I believe that most situations in life are created for a reason. In time I saw why I had intuitively chosen my friend to work for me. You see, I had chosen this person for the negative Programs that we shared, not necessarily for the positive Programs. The interaction between the two of us was interesting and for years followed a strange scenario. When I wanted to take chances to create opportunities, this person would become incredibly stressed telling me that I would fail and that it was not possible for me to accomplish my goals. Naturally, my response to him was, “Want to bet? Watch me go! It will be done, it is so.”

Up until that time, the only way I knew how to get things done was *through conflict*. I had drawn to me someone that would help me to accomplish my goals, but not in the highest and best way. Eventually I realized that I was keeping him in my life for the wrong reasons. It goes without saying that the two of us were miserable in the situation. Finally, it was time to let him go so that he could be happy. I had grown out of the constant need to be negatively challenged.

Take a good look at your own life and observe how people are serving you. Find out why they are serving you. Is it because you are a victim, or is it that you need conflict to function? If they are serving you in a negative way to create a positive affect then perhaps it is time to free them of this obligation. But if you do not release the Beliefs that are inside you that are causing this situation, you will replace the scenario. For example, if you remove someone from your life and they were serving you, then you will just replace them with someone else.

Take a good look at your own life and observe how people are serving you. If someone is making your life miserable or sad, free them from this obligation. Ask yourself these questions: Is your shyness serving a purpose? Is another person's aggression motivating you? Is there someone in your life that makes you miserable? Is there someone in your life who constantly tells you that you can't do something, or is holding you back and not supporting you? Do you have this person in your life to create a challenge to overcome? Would you like to release them from this obligation? Is there someone that keeping you from moving forward? What would happen if you didn't have this person in your life? Would you be able to move forward or would you replace them with another? What are they making you look at?

Free yourself from Belief obligations such as “I can't do it,” “It has to be hard,” “It's too easy,” “It can't be that easy,” and “Everything in life has to be hard to be worth anything.”

Search yourself for these Programs and replace them as needed. Instill the Feelings of, “I know what it *feels like* to accomplish goals without conflict” and “I know how to exist without conflict.” Pull the Program of “This person motivates me by conflict.” Replace this Program with, “I free this person from the obligation of creating conflict in my life.” It may also be necessary to do Feeling work connected to this issue.

Advanced Programs

Self Compassion

A wonderful friend of mine once told me that she had spent a little time with a famous Lama. This person asked the holy man what he felt was the single most important thing in life? You would have thought it would be “To have compassion for others”, but the holy man replied “It is the company that you keep. The most important thing you can do in this life is to keep good company.” We should all take this wisdom to heart. Look around you, at your friends, your family, and your associates. Do they make you feel good about yourself, or do you permit them to continually drain you? You may wish to reevaluate your life. This is a challenge for some people, to have the confidence to keep good company. One must first learn to have compassion for yourself, to know what it is, and *feels like*. This can be difficult if there are people in your life that block you from loving yourself or others.

Programs of Self Compassion:

Test yourself for these programs:

“I understand what it *feels like* to have compassion for myself.”

“I understand *how* to have compassion for myself.”

“I understand *what* compassion is.”

Safety

Test yourself for the *feeling* and *knowing* of being safe if your childhood was turbulent and full of violence and uncertainty. Those who were raised in these situations have never been able to create the knowing of being safe because they never experienced it for long periods of time. It is important that this Feeling and Knowing be instilled in the person since without it the person will unconsciously manifest and create situations that are unsafe in thought, deed and action.

Programs of Safety:

“I understand what it *feels like* to be safe.”

“I understand what it *feels like* to feel safe in my human body.”

Acceptance

Perception of information is an important factor in the understanding of healing. Many factors come into play: background, present state of mind, emotional balance, physical state as well as spiritual development. All these are factors in the ability to listen and discern sacred knowledge.

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Learn to fine-tune your perceptions so that you may find the essence of acceptance without the interference of negative and even positive influences that can block development.

Test for “I accept myself.” This may completely clear a person of self-doubt. If the person tests for the program of “I have self doubts” change it to the program of “I have pure acceptance of self.”

Programs of Acceptance:

“I understand what it *feels like* to be accepted.”

“The Creator accepts me.”

“I understand *how* to accept an instant healing from God.”

“I accept my human body.”

Joy

Many of the people that you will work with will not understand what the feeling of joy *feels like*.

Programs of Joy:

“I understand what it *feels like* to have joy.”

“I understand what it *feels like* to learn from joy.”

Living in the Now!

Most people have spent so much time living in the drama of their story that they have forgotten to be in, and live in, the now. These people are often stuck in the past and are still living more in the past than in the present. You may have a wonderful day but not be aware of it until afterward. Teach yourself to live in the now.

Programs of Living in the Now:

“I am living in the now in this moment and this second.”

“I understand it what *feels like* to live in the now with joy going through my body.”

Sacrifice

Some people act out commitments from genetics, from history, or other Planes in other times to re-create major sacrifices in this present time. This is because the soul is growing in the only way it knows how. The soul needs to be re-trained that it may advance without having to sacrifice everything in order to grow spiritually or to gain materially. The aspect of sacrifice is different than a person’s commitment and conviction. Ask God to know the difference between these aspects. Sacrifice is a choice. Lastly, we should remember that service is different than sacrifice.

Programs of Sacrifice:

“It’s my job to save the world.” Replace with, “I am in perfect harmony and balance.”

“I am responsible for everything the world does.”

“I have to sacrifice myself for Jesus to love me.”

“I have to sacrifice myself for any one to love me.” Replace with “I am loved always.”
“I must sacrifice to make money.”

Diverse Belief Systems

Money

The Belief Systems surrounding the concept of money is good way to illustrate how to release and replace the negative Belief Programs connected to it. For centuries it was believed that people must be humble to communicate with God. Since those who had money were not looked upon as humble, money was therefore thought to be “the root of all evil.” Now we realize that the Creator is abundant in all ways. So let’s imagine that you’re going to work on someone for Programs relating to money.

You’ve made certain that the client is hydrated and ready to test. The first thing you do is Energy Test the client by having them declare whether they believe themselves to be wealthy or poor. Let’s say this person tests out with, “I am poor.”

After you receive permission, go up to the Creator, make the command, go into their space and witnesses the Belief of “I am poor,” released and replaced with, “I am wealthy.” Then you muscle test again, and have them say, “I am poor.” This time their hands open freely, which is a “no” answer. You then begin to Energy Test for the Genetic Level. The person again says, “I am poor.” Once again the person confirms that, “yes, I am poor.” You then know that this Belief System is definitely to the Genetic Level. After you receive permission the Belief System of “I am poor” is released and replaced with, “I am wealthy” for the Genetic Level.

As you replace the Program with, “I am wealthy,” they may feel a terrible conflict emanating from the client. You quickly test the person for the Program of, “Having money is bad.” The client responds with a “yes.” Promptly testing the client again they speak the statement, “I took an oath of poverty.” Sure enough, this person has an oath of poverty because they respond with a “yes.” Once permission has been given, you go to the History Level and commands all oaths of poverty to be pulled, resolved, sent to God’s light, and all soul fragments be washed, cleaned and replaced with the new Program of “All oaths are finished now.”

Oaths of poverty are usually made on the Genetic Level and the History Level. It may be necessary to check them on a Core Belief Level if they have ever been a priest or anything pertaining to that profession or field in this life.

Energy Test the person and see if they still have an oath of poverty on the History Level. The next step is to Energy Test for the Soul Level which gives us an answer of “no” for an oath of poverty. In most instances, issues are not carried to the Soul Level. They are usually only within the first three Levels; however, any Program that is deeper than one Level can go as far as the Soul Level.

I used the subject of money because healers the world over think they should be humble and therefore poor. There is no wisdom, written or otherwise, that says that being humble is to live in poverty. Many humanitarian deeds can be accomplished with money. Starving children can be fed, and people that are suffering throughout the world can be

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taken care of. If someone's Belief is that "money is evil" and therefore *having* money is evil, this obviously needs to be released.

Struggle

Another example of a flawed Belief System is "I have to struggle." I once believed that I had to have struggle in my life. As a consequence I created the first thirty years of my life to be a complete struggle. This is a Program that needs to be pulled and replaced with, "Life is an adventure." Interestingly, this Program is carried not only genetically, but occasionally you find it in the History Level. Release and replace the Program of "I have to struggle to receive the good things of life." It is true that we can learn through all our experiences, but we can learn through good experiences just as easily as we can through our bad experiences.

It is quite interesting to observe all the lessons that a healer or spiritual person will put themselves through. In so many ways I am very grateful for the lessons that I have created for myself, for this has prepared me to have empathy for people in all walks of life. However, Programs of struggle can be changed to "Life has challenges" and "Life is an adventure." Do not replace Programs of struggle with "Life is easy," or the Soul gets bored and stops the learning process.

Suffering

The concept that you have to suffer to learn is false. We need to embrace the truth of the goodness in our lives; that we can experience happiness, challenge and adventure. Life is meant to be an adventure. The Soul does not consider whether you're having a good adventure or a bad adventure, as long as you are learning. Why not make the journey a joyful experience? There are certain things in life that you are unable to completely control. The fact remains that you can not control another person's life, but you can control your own decisions and what you create. Releasing the need to suffer will save you a great deal of time and energy.

Programs of Suffering:

"The more I suffer the faster I learn."

"The more I suffer the closer I am to God."

I Am Alone

I have found in Belief Work that people like to hold onto Beliefs they perceive as comfortable. I watched one client struggling very diligently to hold onto the Belief that she was alone. She made statements such as, "We are all born alone," "We will all die alone," and "We are islands unto ourselves." I explained to her that, in truth, we are constantly surrounded by unseen guardians. We are surrounded by assigned companions and the loving energy of the Creator. We truly are never alone. When replacing someone's Program, always ask the Creator what to replace it with if you are sure. You will always get an answer from the Creator. You are never alone in the Belief Work.

Victim

Another Belief System that some people hold on to is that of being a victim. Looking back over the people who have attended my classes, I would estimate that easily eight out of ten women have been molested, and probably five out of ten men. This is not something new; this is unfortunate, but real. I include myself in that group of eight out of ten women. But you can not let it destroy your life or give you the excuse not to live.

Releasing the Program of "I am a victim" from people is vital for their health and well being. Energy Test the client (or yourself) for Programs of "I am a victim," "I am abused," and "I am molested." Replacing the Belief of "I am a victim," with the positive affirmation of "I am a power in my life," or the Program that the Creator tells you to replace it with will change their lives dramatically and permanently!

Teach the person the feeling of, "I know what it *feels like* to live life without being a victim."

Overweight

It is enjoyable to help people release Programs from people of being overweight. People are overweight for many different reasons. One reason is that someone may feel that they should be overweight because everyone else in their family is obese. Another reason is if they are overweight they are safe and protected by being fat. The person may have what is called the overweight gene, an interesting Belief System in and of itself. Energy Test the person to see if they believe that being overweight is powerful, safe and secure. However, everyone is different and there may be other Beliefs that the person might have. Be sure to release the Program of, "I am a victim" from them.

To our ancestors, being heavy was a sign of wealth, power and prosperity in many cultures. In some tribes, especially Hawaiian tribes and some Native American tribes, the heaviest person was the most powerful person. Energy Test the client and see if they have one of these overweight beliefs. "I am overweight," is replaced with, "I am thin," or "I am healthy." Any Program that has to do with "I am overweight" or "I am fat" should be replaced. You will find that Beliefs of being overweight is usually carried at least to the Genetic Level.

Hidden Beliefs might be, "I am powerful when I am overweight," "I must gain weight to be intuitive," and "I am heavy." Be sure to test for these Programs in the History Level. The practitioner may have to "dig" for the Bottom Belief. Do not be surprised if the Bottom Belief has nothing at all to do with being overweight.

Dual Beliefs

The spiritual subconscious can be a little tricky. I discovered that there are many people that have Dual Belief Systems. A Dual Belief is explained as, "Two Belief Programs that are opposite from one another in their meaning, but have the same theme, that exist simultaneously on one or more of the Belief Levels." When a practitioner is Energy Testing for Belief Programs, the Client might test positive for the Program of "I am abundant," but might also test positive for the Program of "I am poor." They may believe that they are or can be abundant, but at the same time they believe they are poor. To release a Dual Belief simply leave the positive Program in place, and release the negative Program to God's light, and then replace it with the correct positive one. As you Energy Test for Belief Programs you should also Energy Test for opposing Programs.

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For instance, if you Energy Test for the Belief of “I hate my mother,” and the client tests positive for the Program, it is quite possible that the client might have the opposing Program of “I love my mother.” Some people are shocked at the knowledge that they might carry hate for their mother as a Belief. It is a useful therapeutic tool to show the Client that they still love their mother, and they carry Dual Beliefs of both love and hate for their mother.

Changing the Belief of “I am overweight,” and replacing it with “I am thin,” may have contradictions. For every Belief that you release, you should test the person for the opposite Belief. For instance, if the person tests positive for the Program of “I am overweight,” test to see if they believe they have the Program of “I am thin.” Or if the person believes they are wealthy, don’t continue until you test to see if they believe they have the Program “I am poor.” I found that I believed I was rich and poor at the same time. Always verify Dual Beliefs on all the Levels.

Hatred and Forgiveness

Hatred can be carried to the Soul Level. As reluctant as we might be to admit that we hate anyone, this is an important issue to release from all Levels. Releasing someone’s hatred for another person has an immediate affect on the physical body. When you release anything off the morphogenetic or subconscious Level you will see a physical change take place in the person. Liberating the person from the Belief Systems of hatred will affect diseases immediately.

I was working with an individual who was very weak. I found the source to his weakness to be his liver. After Energy Testing this person, I decided that the problem was coming from a hatred of his mother. His hatred was so strong it was affecting the functions of his liver. Once I had permission, I went up and commanded that all hatred for his mother be pulled, canceled, and replaced with, “I forgive my mother.” After doing this, not only did his liver begin to function normally, he was once again able to have a normal relationship with his mother.

Some people can not be re-Programmed to forgive a certain person. If you encounter someone who will not receive the replacement Program, it means that this person is not ready to forgive. If the person does not wish to forgive someone, such as someone who molested them, replace it with, “I release this person to God’s light now.” Don’t always force the issue of forgiveness; releasing is forgiveness in its own way. Some individuals must release their feelings before they can forgive someone, or they may need to be taught the feeling of forgiveness.

You should be careful with instilling forgiveness in an individual to replace a program such as “I hate my father or “I hate my mother.” In some instances these programs are held in place by the person to keep these people at bay and away. Hating and not forgiving these people is the only way the person has to control their feelings towards the person. Perhaps it is best to release the hate and instill that the person has proper discernment in their feelings toward their father or mother. Be sure that the person has the “feeling” and understands what forgiveness *feels like* with proper discernment.

I began to see that many people had deep Programs of hatred. Consequently, I went up and started working on myself. On a conscious level I didn’t believe that I could

possibly hate anyone, ever. But sure enough, my subconscious was hanging onto the past. I had a few people that I didn't like. After I released and replaced this dislike from myself, I began to feel an inexplicable strength coming back into my body. It was once explained to me that hatred consumes the life-energy from a person. I was told that when you release hatred from your body, you should replace it with a different emotion.

I extended this internal search and tested myself for different people that I knew for Programs of hatred. I discovered that there were many people I held hateful feelings towards. I began to pull these emotions off and replace them. I was taught that it was wrong to hate. Because of the way I was brought up, I didn't think I hated anybody.

I challenge you to be honest with yourself. Energy Test yourself for subconscious hatred for anyone that has hurt you. Release the hate, cancel it, and send it to God's light to be replaced with "I release," or "I forgive."

"I understand what it *feels like* to forgive someone."

"I *am* good enough to be forgiven."

"I *know* what it *feels like* to forgive myself."

Command to know what the feeling of forgiveness *feels like*.

Once you release the hatred, make sure you also set free Programs such as, "I am angry with (persons name.)"

Hatred and Prejudice

The word, Feeling, and Program of hate are one of the most prevalent challenges we have. I believe that hatred is the most prevalent causes of disease. So much energy is given out in hatred that it becomes unconscious. When people harbor hatred and hold it inside it can "build up" in the body to cause physical disease. Therefore, it is essential to release and change all hatreds from all levels of a persons being, either of the present or of the past in origin. Energy Test yourself or your client for hatred of family, old enemies, and work mates. You will be surprised at how many people you hate that you didn't know you did. Be aware that these Programs may be genetic in origin; passed down from generation to generation.

Test for the hidden programs of self-hate, I hate my family, I hate God, or for the hidden hatreds of prejudices to other ethnic cultures and peoples, either nationality or race or religion.

Examples: I hate white people. I hate blacks. I hate Japanese. I hate the British. I hate Jews. I hate Muslims.

If it is found that the test is positive for these hatreds, pull, resolve, cancel, and replace as is appropriate for the individual. It may not be best to replace the program with "I love". Sometimes it is better to replace the program with "I have proper discernment for" or "I can love my fellow man." Understand that you may have no idea that you have these subconscious programs.

Energy Test yourself for hatreds in your life. Cancel and replace the following Programs as needed.

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Release Prejudice and Hatred

Energy Test for the program of “I understand what prejudice means.” For those that do not test positive for “I understand what prejudice means” use the wording, “(Someone) offends me.” For example, “Homeless people offend me.” Energy Test yourself or your client for unreasonable prejudice towards people. It is not uncommon to be prejudiced against your own ethnic group or religion.

I am prejudiced against or offended by...

| | | |
|------------------|-----------------------|---------------------|
| Australians | Chinese | Cubans |
| Egyptians | Israelis | Italians |
| Japanese | Jamaicans | Mexicans |
| The Polish | Puerto Ricans | Russians |
| Saudi Arabians | Spanish | Taiwanese |
| Vietnamese | Canadians | Greeks |
| The Irish | The Scottish | Czechs |
| Yugoslavians | Romans | Austrians |
| Mongolians | Indonesians | Polynesians |
| The Danish | The Swiss | Icelanders |
| Native Americans | African Americans | Caucasians |
| Germans | The French | Afghans |
| Hispanics | Asians | Americans |
| The British | Indians | Argentineans |
| Norwegians | | |
| Addicts | Alcoholics | Transvestites |
| Bi-sexuals | Homosexuals | “Holy Rollers” |
| Men | Fat People | Doctors |
| Slender People | Homeless | Psychics |
| Poor People | Rich People | Prostitutes |
| Children | Educated People | Elderly People |
| Sick People | Myself | Women |
| Pentecostals | Jewish | Jehovah’s Witnesses |
| Catholics | Born Again Christians | Mormons |
| Baptists | Protestants | Atheists |
| Hinduism | Moslems | Buddhists |

Negative Programs

I am often asked the question of “Can you just command all negative Programs to be changed in your life instantly?” Unfortunately, you cannot. You can’t command every negative Program to be changed in your life instantly because your subconscious does not know the difference between a negative of positive Program. This is where the conscious mind comes into play to make the decision as to what is negative or positive.

Multiple Personality Disorder

When working with a client that has MPD, do not presume to eliminate the personalities you choose to believe are not helpful! Rather, find harmony and agreement amongst the various aspects or personalities of the client. Help the various personalities work together in a positive, integrative, manner.

In beginning Belief Work with a subject with multiple personalities disorder it is important for the practitioner to understand that she/he may initially be contacting only one of the personas at one time, or pulling the Program for only that single persona.

To be effective, the Program must be pulled and replaced for each of the personas. If this is not done, the old Program will likely be reproduced by those personas not initially addressed. Therefore, you must ask for verbal permission from all the personas at one time before pulling and replacing the Program. One must persuade the resistant persona to accept the release of the Program

Go up and connect with the Creator, then go down into the person's space, and envision speaking to all the personas at one time to get them to agree to have the particular Program pulled. (Note: Some of the Programs will not be held by all the personas.)

Process for MPD:

1. Ask permission from all the person's personalities to pull the chosen Program.
2. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is a part of All That Is.
3. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
4. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
5. Make the command, *"Creator of All That Is, it is commanded to resolve on the History level, cancel on the others, send to Gods light the Program of (Name the Program) replaced with (Name the new Program) from (name individual personalities) from all four belief levels at one time. Thank you! It is done. It is done. It is done."*
6. Go into the person's space and visualize all four Levels coming up at one time in all the different personalities.
7. Visualize the Programs of energy being released, cancelled from the three levels, resolved on the history level, and sent to God's light. See the new Programs of energy flowing in from God's light, resolved and replaced on all four levels of each separate personality.
8. Stay in the person's space until you are sure the work has finished. Rinse yourself off with God's light; put yourself back in your space. Go into the Earth, and pull it up through all your chakras, to your crown chakra and make an Energy Break.

Free-Floating Memories

Free-floating memories are Programs that we have accepted when the conscious mind is shut down and the unconscious mind is vulnerable to them. The person replays trauma in the present waking world when the words, noise, or situation is repeated that were accepted by the person in the unconscious state. This generally happens when the person has had a loss of consciousness, such as surgeries, accidents, war-time traumas, extreme abuse, or loss of consciousness due to alcohol and excessive drug use. If you have a client that seems resistant to healing, check for free floating memories.

The person with a free-floating memory may have different reactions when the brain is reminded of the program by a spoken word, a noise, or a situation from the point of trauma, ranging from a simple headache, to full blown seizures.

Process for Releasing Free-Floating Memories

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *"Creator of All That Is, it is commanded that any free-floating memory that is no longer needed, which no longer serves this person, be pulled, canceled, and sent to Creator's light, in the highest and best way, and to be replaced with Creator's love. Thank you! It is done. It is done. It is done."*
5. Move your consciousness over to the client and witness as the healing takes place. Watch as the old memories are sent to God's light, and the new energy from the Creator of All That Is replaces the old.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

The New Life Experiment

The New Life Experiment is to train ourselves to self-monitor what we say, what we do, how we act and react to others. This exercise will show you just how much negativity that we create in our lives and how we can stop ourselves from saying and doing negative things.

When you catch yourself using a negative statement, always cancel it. Better yet, catch yourself before you say it and choose a different thought. Shift to a different reality and choose to use your energy on your manifesting or healing work. Negative thought forms consume an incredible amount of our energy. As the negative thought form begins to take shape, stop it in motion and back up and teach yourself the Creator's perspective on the situation. Send yourself the love and energy to change it with ease and grace to a positive situation. Permit the Creator to teach you how to move forward to take the next spiritual step.

Things to Remember:

No complaining.

No whining.

No being overly critical.

No being overly judgmental.

No poking fun at others.

No being cynical or facetious.

No creating reasons to be sorry or to say you're sorry out of habit.

No creating reasons to stress.

No creating reasons be unhappy.

No affirming negative thoughts, such as "I'm overweight."

No affirming negative feelings, such as "I'm depressed."

No making reasons to be angry.

No making or seeking out reasons to overcome, to fight, to struggle, or combat (more than necessary.)

No making reasons to be anxious.

No making reasons to be overwhelmed.

No making reasons to worry.

No making reasons for self doubt.

No creating situations of lack or scarcity with statements such as "I don't have enough energy," Instead make the claim "I have plenty."

No creating chaos or drama for entertainment, excitement, adventure, thrills, or to avoid peace.

No wrong or right, better or worse, should, hope, or try.

Chapter Fifteen

The Law of Truth

I have always been close to the spirit world. From the time I was four-years-old, I have had spiritual experiences. These experiences came in a broad range, from apparitions to waking visions. In those early years some of these experiences were not necessarily wanted. They would just come out of the blue into my world; appearing with an unwanted abruptness that was at times startling. As I grew older, I began to have more control over these experiences. This was because of my belief in God. From an early age I was (and still am) focused specifically upon God, the Creator. I have always felt a deep connection to my God. I love God so deeply that when it came to spiritual experiences, I had no fear of them because I knew that I would be protected. God is over all.

Because of this belief, there was no reason for me to have fear, doubt, or disbelief of things that were spiritual. My intuitive abilities developed, unhindered, until I could actually reach out and swirl the moon-dust by putting myself in a state of Theta. You see, when you begin to experience a purposeful Theta State, you are in a waking dream state. A dream state opens you to be more receptive to metaphysical and spiritual aspects that are around you. For instance, there are some disembodied spirits that are good, and some that aren't. In the following chapters I'm going to teach you how to tell the difference and what to do with them so that you have no fear. Compulsive fear is only a waste of time. Irrational fear accomplishes a man nothing. The only thing that stops intuitive healing from working is fear, doubt, or disbelief.

In my classes I teach people through the use of stories. This is a little story about my life in the early years when I first met with the Law of Truth. It all started with a free reading...

Years ago, before I was healed of cancer, I started working in an office doing readings and massage. This happened in a spontaneous and rhythmic fashion. A psychic that I met decided to give me a free reading. I have always been intuitive, so I gave her a reading in return. I "read" the psychic impression on her ring, and then took her hand and "read" her. Apparently, she liked it. She said, "Honey, you're pretty good at this, you should do this."

She wanted to leave town to go be with her husband, but she was in a lease contract with a massage therapist. She was paying half the rent and the massage therapist told her, "You have to find someone to take your place." She asked me if I wanted the office. I was trained in massage therapy and as a naturopath, but I was a little uneasy about leaving the job as a security guard. But I saw it as an opportunity, so I told her that I would take over the lease. I am glad that she saw my potential. It just so happens that this same psychic was the mother of who was to become my best friend Chris, who I came to call "Chrissie."

Two months after I did the reading on Chrissie's mother, I was in my shop setting up for my job. I had come to depend on people coming in for massage, readings and nutritional counseling. Of the three, it was the readings that took off first, although I gave a good therapeutic massage. In time, I was to fuse the nutritional counseling with the readings. I had to have a couple of appointments a day to make ends meet. Unfortunately,

I was left with the whole office due to my lease partner becoming pregnant. I had to come up with not only my half of the lease but hers as well.

Since the demand for my readings was increasing, I came to know that the only way to be a good reader is to be able to see the truth. I remember sending out the prayer, "God, please, teach me how to see the truth." I knew that I could tell people what they wanted to hear, but if I told them the truth, then they would come back, and they would tell other people about me. I felt that this was the only way I would make this work. At the time I didn't know what I got myself into when I asked God to know *truth*.

It was a few weeks after this that my answer came. I went home that night to my house. My children were in Utah visiting their father and my husband at the time was away for more police training. In fact, just prior to this I was a police reservist. When I came home from work, I was completely alone. I got into bed and went to sleep. I found myself in a strange dream. There were these big, giant faces floating in the front of my living room. They were huge! They said, "Vianna, come with us. We have something to show you." Well, of course, I fought my way out of sleep and woke up. I thought, "That was a weird dream. That's strange." Then I got up to go to the bathroom, and I saw them in reality, floating in my living room, these big, huge, faces. The faces constantly shifted in form as strange energy flowed from them. Sometimes they looked like huge balls of energy, sometimes faces. For some reason, I could tell that all of these faces were shifting energy. As one, the faces said, "Vianna, come with us. We have something to show you." So, of course, I did what any self respecting intuitive would do, I ran to my bed, crawled under my covers and prayed *really* hard that they would go away! I continued to pray until finally they went away and left me alone. Needless to say, I did not sleep much the rest of the night.

This experience was something that I was *not* prepared for.

Up to this point I had read about the human body, anatomy, parasites, vitamins, minerals, God, scriptures, religions, but not very much about metaphysics. Although I had seen spirits before, this was different. The paranormal was a part of my life, but this experience was a little bit out of my league.

By this time I had developed a friendship with Chrissie. She would come into the shop to talk about all kinds of things. I knew that she had been raised a psychic all of her life and, because of this, she had read all different kinds of metaphysical philosophies and books. I resolved to ask her about the encounter the next day. The next day she came to visit me in the shop. I said, "You will never believe what happened! I had these really big, huge faces that were in my living room and I ran under the covers and prayed and prayed that they'd go away." She was excited, and said, "Oh Vianna that is so cool!" Perplexed by her reaction I said, "It is?"

Chrissie said, "Yes, it is! It's wonderful! Vianna, the next time that they visit you you've got to go with them! You've got to find out what they want!"

Puzzled, and a little uneasy, I said, "Ok." I felt confident that I'd prayed hard enough that they weren't going to come back. Chrissie must have noticed my reluctance because throughout the day she made a point to come back into the shop on her breaks. She began to tell me about all things metaphysical. She told me about alien visitations, group consciousness, and other things. Chrissie persisted with this talk through the day to hammer her point home. Finally, I promised her that if they ever come back again, I would go see what they wanted. I'm a person of my word.

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When I went home that night I searched through my house, just to make sure there was nothing there. I was not really expecting anything, and I felt pretty confident that the experience would never happen again. I got into bed and cuddled up to sleep. But before I could get to sleep they came back. These faces were taller than I was and four of them blended together, first one countenance, then another. They spoke to me and said, "Vianna, come with us." The thought that came into my mind was that I was obligated to the promise I made to Chrissie. Mustering my courage, I thought to myself, "What is the worst thing that could happen to me? I would die?" I said to myself, "Alright, fine. You have to die sometime. What do I have to lose? They're never going to leave me alone; I might as well go see what they want."

It was then that I was taken to a place where I saw what looked like rows and rows of hay bales. These bales were hanging down from hooks. The entities told me to touch one of them. Every time I touched one, I could see the deepest, darkest secret of everyone that I was working with in my shop. Suddenly, I could see the deepest, darkest secret of *every person in my life*. It was horrible! I watched a woman that had come to me that I previously felt had some sexual issues. I watched her molesting her two little children, ages two and four. As I moved from bale to bale, I was privy to every deep secret of evil from all these people, all that they wanted to hide from the world. The vision covered my whole existence, everyone I talked to, my neighbors, every client I had. It was horrible. It was one of the most awful experiences of my life. In fact, it's the reason I left my second husband. I was in this vision for most of the night. After I had seen my husband's deepest, darkest secret, I was released from the vision.

I was absolutely terrified and upset. I had watched a man that was taking care of invalid children molest them on a gurney. I had watched people lie. I had watched people do things that were just unbelievable. The next day, I got up and decided that the world of humans was an evil place. I decided that I was packing up my children and my car and I was driving to Montana. I would find a little town and I would talk to humans as little as possible. At the time, I felt that the whole human race was awful.

Then I had a realization that I didn't have enough money to set myself up in Montana. I had to go to work the next day to earn the money. My plan that morning was simple: I would get my kids from Utah and once I had enough money I would drive to Montana. I went to work tired and disillusioned. Chris met me there and I told her my experience. She was animated and began to ask me questions. When I told Chrissie her deepest, darkest secrets she validated them. Even with this validation I let feelings of doubt creep in. I began to have hopeful doubts of, "What if I had only dreamed it? What if I was only right about Chris? What if I was wrong? What if those things didn't really happen? What if I made it up?" I decided that I had to find out if the vision was true from a second validation. God must have been with me that day because I received my validation. God sent me seven people that were in my vision.

The woman who molested her little children was the first to come in to the shop. The words just fell out of my mouth. I said, "You molested your own children." She collapsed at my feet and started to cry and begged me to forgive her. It was terrible to see. I was mortified because now I had validated what I'd seen, and it was the same awful truth in each client that came in that day.

By the time I finished with my clients, it was dark and I didn't have time to drive the four hours to Utah, pick up my kids, then turn around to drive the six hours to

Montana. So I went home and went to bed. Just as before, the huge faces came again. Only this time, they had more surprises. I was taken up through what I came to know as the Planes of Existence. I rose passed the Six Planes until I reached the Law of Truth. From this lofty place of purity, I could see all the levels of Existence that was my life, and the lives of all the people in the world. From this place I was shown the deepest, darkest secrets of my life. They showed me everything that I had done in my life. They did something to me that at the time I did not fully understand. When they took me up and showed me my life I had the realization of how *I* had made every decision that had led me to where I was now; that *I* was responsible for what was going on in my life.

You see, I had grown up in a good Christian home. My experience was that God was giving me tests to prove my strength to learn. Because I believed that I could get closer to God the more I suffered, I had created truly bizarre experiences. They showed me that it was me that had created them. At that moment in my life, I was with a person that I wasn't in love with, in a place I didn't want to live. I would have to leave my shop because I couldn't make my financial obligations. I could see all of this and the realization came to me: I had created it.

Then the Law of Truth said, "Look! You can change anything! All you have to do is *go up and be in this place*. Now look down at yourself Vianna, down at the energy of your life and command change and it will be done." I said to the Law, "That's impossible. This can't be true. How can this be true? I spent an entire life creating this mess; do you think I can fix it in 30 seconds or less? That's ridiculous."

After a brief pause I thought about it and said to the Law, "Okay, if this is true, then I need a new place to put my shop, since I'm losing it. I need a new place to live. Obviously, the place I am living in is falling apart. I need something new." I remember thinking, "I want a brand, new, clean apartment." I don't know why I didn't ask for a mansion, but an apartment seemed in my range at the moment. I also stated, "While you're at it, I need a new husband." I thought to myself, "I want my man from Montana, the man I always dream about." I remember stopping myself saying, "Oh, I'm not ready for him yet. I don't deserve him yet." So instead, I stated what I felt I deserved in a man. (Can you see how the Beliefs of a person limit them?)

From the Seventh Plane of Existence, I was shown how to reach down into the bubble of energy that was my life to stir the energy, simultaneously commanding the changes I wanted.

Once I was finished manifesting, I was back in my body to reflect upon the strange occurrences of the night.

The next morning I was at home and the phone rang. On the phone was a man named John who owned the only metaphysical store in Idaho Falls. He said to me, "Vianna, I'm moving my shop. I need someone to move in with me at the new location to help pay the rent. Do you want to move in?" This was the spark for a series of events that validated the manifestation of the night before. Within two weeks I was moved into a brand new apartment, moved my shop, and I had already met my next husband. I filed for divorce as soon as I saw the deepest, darkest secret of the man I was with.

That afternoon, I reflected about my existence. The realization that I had created my problems was a bitter pill to swallow. The ability to see truth in people had shaken me. I went up to God and I said, "God, why did you do this to me? Why do I have to learn

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from this experience?" And I received the message, "*Oh, Vianna, Christ could see the truth in people, and he loved them anyway.*" I said, "Well, I don't want this unconditional love stuff, because that's way too much responsibility." God seemed to smile, and was silent. In time I came to see that truth is what it is and people are just what they are. The ability to see the truth about someone and still love them the way they are is the true meaning of unconditional love. This was my first experience with the Laws of the Planes of Existence. What I am about to share with you is what I have learned about the Seven Planes of Existence since that time.

You see, I didn't know it at the time, but what I had done was to ask to know *truth*. I had asked God to show me truth and I had met truth. I met the Law of Truth; it had come into my living room. It came in the form of faces and as balls of formless energy. It showed me how to see *truth*.

Chapter Sixteen

The Seven Planes of Existence

Introduction to the Planes

The concept of the Seven Planes was shown to me by the Law of Truth. Even now this Law comes to visit me from time to time. The Seven Planes provide us with a conceptual vehicle for understanding how and why the world works on the physical and spiritual levels, and how this relates to us. The Seven Planes show us how to understand the concept of the Creator of All That Is. It is through the Creator of All That Is that we learn how to create physical healings, to progress spiritually, and to find enlightenment.

The Seven Planes of Existence are divided into degrees and are sometimes thought of as being twelve or more. The Planes of Existence are not dimensions. There are trillions and trillions of dimensions on the Sixth Plane of Existence, through the Law of Time.

Definition of the Planes

Once understood, all of the Planes have the ability to heal. Each Plane is subject to its own conditions, rules, laws and commitments. We respect all of the Planes and those who have accomplished great healing abilities with them. However, the objective of this book is to teach how to access abilities from the Seventh Plane of Existence by using the Unconditional Love of the Creator of All That Is.

Through the Creator of All That Is, instant healings, instant accountability and instant results are created. When healings are done from the Seventh Plane, we are under no obligation to the contracts and conditions that govern the first Six Planes of Existence.

It is often necessary to clear ourselves from oaths, vows, rules or ancestral commitments from the first Six Planes of Existence. As we explore these Planes in the following pages we will reveal and clear many of these Beliefs and commitments that we may not know that we have.

The Creator of All That Is exists everywhere. The energy of Creation exists everywhere. It is all around us. It is what you are. You are the Seven Planes of Existence.

The First Plane of Existence



The First Plane of Existence consists of all non-organic material on this Earth, all the elements that make up this Earth in its raw form, and all the atoms on the Periodic Table before they start to bind to carbon bases. It is the minerals, the crystals, the soil, and the rocks. It consists of every piece of Earth, from the smallest crystal to the largest mountain, in non-organic form. Every minute of every day, we work with the First Plane of Existence.

Each Plane represents physical and emotional aspects of us. If there is perfect balance, there is perfect health. The less the person is able to absorb minerals, the greater the imbalance with the First Plane of Existence and the higher the risk for developing mineral-deficient related diseases, such as arthritis and osteoporosis. If the body lacks minerals, there will be a lack of emotional support and structure in the person's life.

People who work exclusively on the First Plane of Existence are sometimes called Alchemists, and have the spiritual knowledge of transmutation of minerals from one form to another. The ability to move objects or to bend spoons with the electromagnetic power of the mind is held on this level in a marriage with the Sixth Plane. When a healer uses minerals they are using this Plane of Existence. Crystal healings use this Plane of Existence. The use of crystals requires time and energy and if the facilitator isn't trained correctly, a part of their life force will be taken to do the healing. However, there is a mineral for every sickness, for every Plane of Existence can be used for healing. It is through this First Plane that Telekinesis, or the moving of non-organic matter, is learned when using more than one Plane of Existence.

The Second Plane of Existence



The Second Plane of Existence consists of organic material; vitamins, plants, trees, fairies and elementals. The molecular structure of the Second Plane contains a carbon molecule and, therefore, is organic matter. Minerals are non-organic and vitamins are organic; both are essential for life to occur. Vitamins symbolically give us the feeling of being loved. If vitamins are missing or the body is not absorbing them, our body can become out of balance with the Second Plane of Existence. This results in the feeling of a lack of love in the body. Yeast, fungus and bacteria also reside on this Plane. Yeast and bacteria occur naturally in the body, being neither good nor bad. However, it is important that they are balanced in the body. The human body craves what it needs. If a person is low on carbohydrates (sugars), then they are low on energy and will crave them. To experience harmony with the Second Plane of Existence, the body must be in balance.

We live in harmony with the Second Plane of Existence. Plants and humans have developed a symbiotic relationship. Plants use humans to propagate and spread themselves and are in turn, indispensable to human survival. Plants perform the miracle of photosynthesis, the sacred creation of blessed sunlight into pure energy for us to consume. We thrive on this energy and plant the seeds in the earth to begin the cycle anew. Plants are highly evolved; they live from light and minerals and, on the whole, they use no other living organic material. All these plant beings have their own consciousness.

Plants, along with the earth and air spirits, act out the sacred dance of interconnection between the First and Third Planes of Existence. They transmigrate the life force for the animals to utilize. Plants and trees are some of the most evolved and sacred of God's creatures. In the cycle of birth and death, they gather nutrients through their roots from Mother Earth and continue to return the same nutrients, long after they die. They follow the Nature's sacred cycle and only compete to live, not destroy. While only consuming sunlight, air, and soil to sustain themselves, trees and plants provide nourishment and shelter for other living beings.

Love, joy, happiness and respect are the keys to truly understanding plants and trees. When using plants and trees to heal, whether the herbs are home grown or wild crafted, we should remember to harvest them with respect:

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Connect to Plants

Speak to the plants by going up out of your space, connect to the Creative Force. Through the Creator of All That Is, speak to the plants in their language, express your need and ask their permission to harvest them. They should speak back to you and will direct you to the plants that will suit the intended use. As you harvest the plant, be connected to the Creator, go back to the time the plant was a seed and pour love and blessing into the seed, then envision it growing into its present form with this love. This will give the plant more potency.

Blessing Food

If we buy herbs, vitamins, or food from the store, ask Creator of All That Is if this is for your highest and best. We can determine this by connecting to Creator while holding the product, simply asking if the potency is correct. Once the substance has passed the test, it should be blessed before use to insure maximum potency, effectiveness and quality. Since everything has a consciousness and we absorb this essence when we consume it, we need to bless all the food we eat! If these substances have not been treated with the respect they deserve, the benefits will be reduced. Genetically altered food, especially corn, has a consciousness that is perhaps not for our best. If there is a question about the essence of the food, go back and bless it from its origin. Healers using this Plane of Existence understand how to use herbs and vitamins in order to achieve health. They understand how to balance the alkaline in the body with food to achieve health. Every Plane has its rules and regulations on its use. Healing from this Plane takes persistent use and requires time to take affect. Healers working with this Plane require extensive knowledge of plants and reactions to medicines. Without this knowledge it is a risk to the client. As with the minerals of the First Plane, there is an organic combination of plants for every illness.

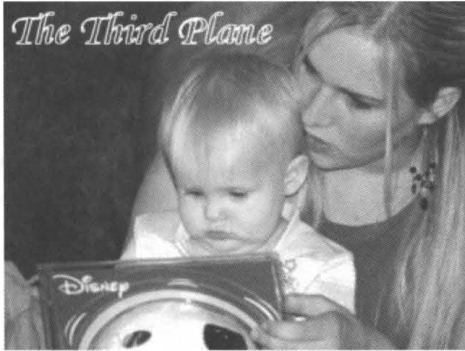
Nature Spirits

The Second Plane of Existence is the first Plane that demonstrates the ability to enjoy life, emotions and feelings. This is the Plane where coexistence and survival between Planes begins. There are living organisms connected to the trees and plants. Plants release fragrances to repel bad insects and fragrances to attract beneficial ones for pollination. Plants and trees have spirits that guard them. These are the fairy spirits and elementals that reside on the Second Plane. Use proper discernment in working with the energies of the fairies because they are incredibly powerful beings and they do not process thought in the same way as humans. Even if fairies are not a part of your belief system, the more that you are in a Theta State the possibility will rise that these kinds of energies can be seen by the naked eye.

Fairies are mischievous and extremely curious and love to annoy us as much as they love to help us. The energies of the Second Plane are unique and joyful spirits and some are just merely curious. They are like, yet unlike humans, with their own inconsistencies and passions. If we invoke and use the energy of elementals directly from the Second Plane in a manifestation, they will demand something in return for that manifestation. Elementals are sometimes afraid of us and will not reveal themselves because they see us as predators. There are water spirits that are the life force of the

streams and bodies of water that have their own spirits that will talk to you. People who work exclusively on this level are sometimes called *Wizards*.

The Third Plane of Existence



The Third Plane of Existence is where animals and humans exist. Life that has mobility, that exists from eating plants or other animals that co-exist here. This is the Plane of protein based molecules, carbon based structures and amino acid based chains. These organic compounds are the basis of life on this Plane.

Complex beings, such as humans, have an imagination, great problem-solving abilities and the power to ask the question, "Why?" We often think that we are more evolved than the First and the Second Planes. Perhaps this is because we have an ego, an instinct that was gifted to us in order to survive and achieve.

Humans are walking miracles! We learn to manipulate our bodies, how to use our brain, walk, control limbs, communicate and have the ability to act upon thoughts, ideas, dreams and make decisions. A man imagines a building and he can build it. It is on this level that we have the challenge of being governed by emotions, instinctual desires, passions, and of being human in a physical world. This is the Plane of imagination, problem solving, of fight or flight.

You may think that you're physically on the Third Plane of Existence, but you actually exist on all of the Seven Planes of Existence. In reality, humans are from another Plane. We are children of the Fifth Plane and actually seem to have some conscious recollection of this. In fact, many religions are based upon this thought. The Third Plane is the learning ground to teach them how to learn control of their body, their thoughts, and their feelings. This explains why we believe that we are "*children of God*," because we have a spirit Father and Mother on the Fifth Plane that call themselves Gods.

Because the Third Plane of Existence is the school of Fifth Plane energies, we are Divine in nature and can easily be taught and reminded to use a Seventh Plane force. In order to graduate from the Third Plane, the human "student" must learn how to use the Seventh Plane of Existence. Many of the people here on Earth are actually masters from the Fifth Plane who have come here to help their human Third Plane students/children come home to the Fifth Plane.

If you often feel as though you do not belong here on Earth, that the Earth is too harsh, that the people are cruel, and you feel incredibly homesick, that you miss your spiritual family, you may be a Fifth Plane master. If you know you have incredible abilities, a strong connection to Creator, you may be a master waking up to help the Earth. The masters of the Fifth Plane that have come here can easily remember how to direct their mind. All of the high Fifth Plane masters use the Seventh Plane to create.

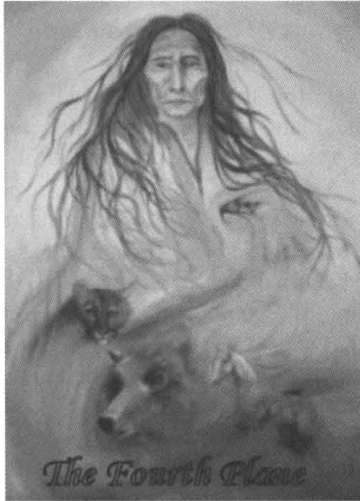
Healers working from the Third Plane often get caught up in the drama of this Plane and believe that some things are incurable because of group consciousness. Healers working from this Plane often get caught up in a Fifth Plane energy of Good and Evil (dualism) instead of a Seventh Plane energy of love and “All That Is.”

It is through the removal and replacement of Belief Systems as well as the addition of *Feelings* that give us the opening to the vibrations of the other Planes of Existence. It is then we are released from karmic influences. The more Beliefs that are changed, the faster you're able to access the other Planes.

We live on the illusion of the Third Plane of Existence. Here, we have created programs, thought-forms, and collective consciousness. Ego, another creation of humans exists on this Plane. One of the great qualities of this Plane is the gift of passion and the experiencing of emotions. Remember, because we are made of minerals and organic material, we're still interconnected to the other Planes. The component of this Plane is proteins. If there is weakness on this Plane, proteins are deficient and the structure of the body is deficient. If the body lacks proteins, the body will also lack emotional nurturing. There is an amino acid for every sickness.

- It is on the Third and Fifth Plane of Existence where galactic visitations occur.
- Wayward spirits reside between the Third and Fourth Planes of Existence.
- Healers on the Third Plane of Existence are governed by time.

The Fourth Plane of Existence



The Fourth Plane of Existence is the realm of the spirit, where people exist after death, and where our ancestors go in waiting. This is what some people would consider the "spirit world." Unlike popular belief and superstition, spirits can still feel, touch, smell, hear and see. They can still eat foods, and they still have to give themselves nutrition. This world is simply of a higher vibration, where the molecules are moving faster than in the Third Plane. Since no Plane is really "solid" they are all simply different combinations of energy, vibration and light. This is the Plane that we learn to master the Spirit, or the mastership of what we perceive as the spiritual aspect of Creation.

The Fourth Plane is not governed by time. What may seem like a hundred years to you is only a few seconds on the Fourth Plane consciousness. The spirits that exist with the Fourth Plane achieve much learning and new heights in this new place of evolvement. Many highly evolved guides come from this Plane. Healers that understand the specific healing energy from this Plane are restricted by the obligations of consciousness that exist there. Healers such as Shamans and Medicine Men, often use Spirits and their Ancestors to aid them in healing. Together with Spirits and herbs, they are able to achieve many great things.

Some of these Fourth Plane healers may be restricted to obligations of suffering, and to the oaths and vows that they cannot heal themselves. If this is the circumstance, they must go through the "Little Death," where in some situations they often die and come back. There is also the consciousness that the disease must be "taken on" in order to heal it. This is fine for the Shaman who knows how to "take on" and transform the illness to get rid of it later, but many people who have genetically or energetically inherited this ability have forgotten how to get rid of the illness after they take it in. They also are caught up in dualism, the belief that there is an eternal battle between good and evil and they separate the two opposites that make one, that of Mother Earth and Father Sky. Many Goddess worshiping religions are based on this Plane that worships the Mother Earth. This is the Plane where we find the spiritual energy of the Animal Spirits and the shape shifters that Native cultures speak of.

Oaths, Problems & Obligations of the Fourth Plane

- People using this Plane for their healings believe that healers cannot heal themselves. This is the Plane of exchanging one thing for another, to take a person's sickness upon oneself and then to get rid of it.
- Healers connected to Fourth Plane energies have a program that it is wrong to directly accept money for healing sessions, only gifts are acceptable face to face.
- The obligation of this Plane is self-sacrifice and that one must suffer to learn to overcome the negative beliefs of our ancestors.
- It is on the Fourth Plane of Existence that we learn about initiations. There are beliefs on this Plane that says a person has to come close to death or "believe" that they must die to learn more. This is the belief that to master the Plane that they are on, they must dance with death or die the "Little Death" of initiation.
- Spirits on the Fourth and Fifth Plane of Existence have a tendency to be misleading, and often have a tendency to make the healer believe they are more special than anyone else. The healer will walk around expecting others to recognize that they have no "ego," and they expect to be honored, worshipped or feared. One can get a false sense of power from this Plane.

Sometimes, when a spirit passes from this Earth they get trapped between the Third and Fourth Plane, afraid to go to light of the Creator of All That Is.

- These can be spirits who simply do not believe in the light.
- These can be spirits who have committed suicide and had traumatic deaths.
- They can be Native Americans who have died and are afraid to go to the light because they are afraid they will become the light.

These are wayward spirits and even though they are trapped on the Fourth Plane for a moment in time, it may seem like hundreds of years to us. They can simply be sent to the Creator's light by using a simple Wayward Spirit exercise.

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Fourth Plane Belief Programs:

Energy Test For:

"I have to suffer to learn."

"I learn the hard way."

"I am expected to suffer."

"The more I suffer the closer I become to God."

"I have to go through a Death Door or die to grow spiritually."

Replace With:

"I learn without suffering."

"I learn from the Creator."

"I learn with ease and freedom."

"I know the definition of dedication from the Creator of All that Is."

"I am always connected to Creator of All that Is."

"I grow spiritually through the Creator of All That Is."

The Fifth Plane of Existence



The Fifth Plane of Existence is divided into degrees; hundreds if you were to count. This is the Plane of the ultimate in dualism. The lower degrees of the Fifth Plane are where the negative entities abide. Understand that the negative degrees are not mixed with the positive degrees, such as the Angels, the Council of Twelve, our soul families, the Masters, our Heavenly Father or our Heavenly Mother. The Masters, such as Buddha and Christ, are beings that have transcended both a physical and spiritual body. Even though the Fifth Plane of Existence has such enlightened beings, in the lower levels of this Plane, *ego* still resides. People who channel Angels, Prophets, and bring spirits to perform Psychic Surgery are tapping into this Plane of Existence. Healers using this energy are bound by the “rules” and will often heal with a sacrifice of energy.

For instance:

- “I must be punished.”
- “It’s selfish to heal myself.”
- “I will trade my eyes in order to get the gift of sight.”
- “I will sacrifice my life for your life.”
- “I have to die to get close to God.”
- “I must prove my love to God.”
- “I must battle evil all the time.”

Many healers are consumed by the Fifth Plane drama that is going on, and fail to realize that the Creator of All That Is has created everything of the “All That Is.” When healers attempt to tap into the Fifth Plane, they first tap into the boundaries of the Third Plane. They don’t realize that these boundaries were only put there in order for them to move above them and to come back to the Fifth Plane.

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Examples of these boundaries are:

- I am mortal.
- I have limits.
- I must prove myself.
- You have to suffer.
- You are separate.

This is the level of the lower gods and goddesses, Guardian Angels, angels, guides and demons. Each time you connect with these beings, this Plane is simultaneously opened to the individual.

When connected with, the spirits of this Plane act as mediators between humans and the Creator. These beings inadvertently interject their own opinions into the information and this can be confusing to the person receiving the messages. One should learn from this Plane, but not get swept up in the drama of the battle of *good against evil*, of *ultimate dualism*, nor get bogged down by the opinions of the beings of this level. People who get swept up in the drama of this Plane tend to bring in the belief of “the end of the world” or other drama based information, which is still based on sin, fear, doubt, and guilt. Healers that work with the Fifth Plane of Existence often read emotions, fears, and aggression versus the *Highest Truth of the Seventh Plane*. Remember, while Unconditional Love is of the highest vibration in the Universe, fear is of lowest vibration. Often times, healers who work with the Fifth Plane energies find themselves caught up in competition, being jealous and envious of others because they are tapping into a lower Fifth Plane energy.

It is on the Higher Degree of the Fifth Plane on which the Councils of the Twelve are held. There is a Council of Twelve for every soul family. You may even be part of these Councils of Twelve. These are enlightened masters that have evolved past the Fourth and Third Planes and who sit together in conferences helping create other worlds, using their knowledge. These masters are now being born into this reality in order to change energy on the Third Plane of Existence.

There are Angels on this Plane that have never touched the Earth and have always been with or in this Plane. These Angels of light go forth to touch and assist all creatures of the Universe. On this Plane there are groups of special spirits that come in to assist in healing operations being done to a client (Psychic Surgery) when an intuitive person calls them in. We have a spiritual Father and Mother that are on the Fifth Plane. This is also where the Astral Plane is.

The History level of Belief Work may be connected to the Fifth Plane of Existence. Make sure that you have no past commitments of:

- “I have to be alone to be a healer” or that you trade one of your senses to gain power.
- The Fifth Plane has the programs of “Healer, heal thyself” and that you need to take on the illness to heal the person.
- There is the program that you are not allowed to defend yourself or protect yourself, or that you permit people to control you.

If you connect to the Fifth Plane of Existence and ask for help from the spiritual energies, such as Angels and Ascended Masters, you become obligated to follow by the rules of this Plane. According to the illusion set down in this Plane, there must be a “trade” between the healer and God. However, if you go to Seventh Plane of Existence and ask the same question, the Creator of All That Is may send an Angel from the Fifth Plane to do the job, but in this instance, you are not bound by the rules of the Fifth Plane.

If you’re working with a Fifth Plane consciousness, your ego may interfere with your judgment. You’ll refuse to look at the possibility of not being right. You will refuse to rethink your decisions; you will refuse to work on yourself, assuming it is someone else’s fault. Each Plane has its own version of truth, but the Seventh Plane is the Highest Truth. What before appeared to be mountains, becomes a small matter when you use the Seventh Plane. The Fifth Plane can give you an exaggerated sense of self and make you feel like you have to prove you’re right. You pick up group conscious fears, and you try to force your importance onto everybody else. You may get false information that you are the only one who has a special power, the only one who has the key to some specific bit of knowledge or are the only one allowed to bring it back to Earth.

When you receive information from any spirit, go up and verify the information with the Creator of All That Is, because beings on this level have their own opinions. On the Seventh Plane, all information is available to those who ask. The Creator will always help you.

The Masters from the Fifth Plane that are here on Earth know that in order to help others from the Third Plane they must relearn how to use the Seventh Plane. At some point in time, they remember their mission:

1. They must teach their students how to use the Seventh Plane, and clear their limitations.
2. They must teach their students how to have discipline in their own thoughts and how to tap into “All That Is.”

Fifth Plane beings that are not born into the Third Plane can only hold Third Plane energies for three days, because it is difficult to lower their high vibration to match a low vibration. It is much easier to be born in a lower vibration and to rise to their remembered high vibration. This is why the masters are incarnated into this world at this time. Unlike Third Plane children, they are born with “knowingness” and will remember all that they need to know in order to bring the Earth to graduation. You can understand how we are connected to the five previous Planes. We are part mineral, part of the plant kingdom because we consume it, we are a part of the animal kingdom because we have a body, we are a part of the spirit realm, and because we have a spirit, we are a part the Fifth Plane. Because we live under the universal laws, we are connected to the Sixth Plane.

Fifth Plane Programs Vows or Commitments

These are some of the possible programs of Vows or Commitments from another place and time that some people have. In the following examples, test yourself or your client for these Vows or Commitments and instill the replacement shown.

For the first Energy Test, investigate for the program of:

- *“I have vows or commitments that keep me bound to a Plane.”*

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- If the person tests positive, continue to investigate for what the Vows or Commitments are.

Power

Energy Test For:

“I have to give of my body to gain power.”

“I am afraid to own my power.”

Replace With:

“I understand the Creator of All That Is’ definition from the Seventh Plane of power.”

“I understand what it *feels like* to know and have my power because my power is the Creator.”

“I am empowered.”

Love Another

Energy Test For:

“I can love someone and be a healer.”

“I can be loyal to God and be with a mate at the same time.”

“I understand the definition from the Creator of All That Is from the Seventh Plane of being a healer.”

“I understand what it *feels like* to know love.”

“I know what love is.”

“I know when to be in love.”

“I know how to live my daily life with love.”

“I know the perspective of the Creator of All That Is of love.”

“I know it is possible to be in love.”

“I understand what it *feels like* to have love and still love the Creator of All That Is.”

Sacrifice

Energy Test For:

“I have to “Sacrifice” one of my senses to get close to the Creator of All That Is.”

Replace With:

“I am always connected to the Creator of All That Is.”

Suffering

Energy Test For:

“I have to suffer to get close to the Creator of All That Is.”

Replace With:

“I know how to live without creating suffering.”

Prove My Love

Energy Test For:

“I have to die to prove my love to the Creator of All That Is or to please the Creator.”

Replace With:

“The Creator of All that is loves me unconditionally.”

The Battle with Evil

Energy Test For:

“I have to battle evil.”

Replace With:

“I’m impervious to evil.”

“I understand what it *feels like* to be impervious to evil.”

“I know how to be impervious to evil.”

Take on the Disease

Energy Test For:

“I must have the disease to heal it.”

Replace With:

“The Creator of All That Is is the healer, and I am the witness.”

God is the Healer

Energy Test For:

“Only men/women can heal.”

Replace With:

“The Creator of All That Is is the healer, and I am the witness.”

Celibate for God

Energy Test For:

“I have to be celibate to be close to Creator of All That Is.”

Replace With:

“I can be loved by God and still have a partner.”

Alone

Energy Test For:

“I have to be alone in order to be close to Creator of All That Is.”

Replace With:

“I am close to the Creator of All That Is always.”

Destruction

Energy Test For:

“The world is headed for complete destruction.”

Replace With:

“I am always safe in the Creator of All That Is.”

“I understand what it feels live without fear of destruction.”

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Healing and Money

Energy Test For:

“It is impossible to do healing work if I have money.”

Replace With:

“The abundance of the Creator of All That Is is limitless.”

“I understand what it *feels like* to be fairly paid for my time.”

Trade

Energy Test For:

“I traded my gifts of healing away, of sight, knowing, hearing, etc. in order to help someone or to learn.”

“I have to give of my body to gain spiritual power.”

Replace With:

“The gift of healing is mine through the Creator of All That Is.”

“All trades are finished and over. I claim my gifts.”

“I understand what it *feels like* to witness as the Creator of All That Is heals.”

“The Creator of All That Is is my spiritual power.”

Vows Preventing People from Accessing Other Intuitive Abilities:

Energy Test For:

“I have to be dead to connect to the Creator of All That Is.”

Replace With:

“My connection to the Creator has no limits.”

Energy Test For:

“I have to suffer to be with the Creator of All That Is.”

Replace With:

“I can be with the Creator of All That Is without suffering.”

Energy Test For:

“I have to suffer to spiritually grow.”

Replace With:

“I can grow without having to suffer.”

“I know how to grow without suffering.”

Energy Test For:

“I have to die and return to spiritually grow.”

Replace With:

“I can always grow spiritually without dying.”

The Sixth Plane of Existence



The Sixth Plane of Existence is the Laws. There are Laws that govern our Universe, our galaxy, our solar system, the Earth, and even us. There are Laws that govern the Fifth Plane, the Fourth Plane, the Third, the Second and the First. It is because of these Laws that there is an imaginary division between the different Planes of Existence. This is because they truly exist altogether. When I say "Laws", I mean the real Laws, the Law of Magnetism, the Law of Electricity, the Law of Truth, the Law of Nature and the Law of Compassion.

Each Law is a huge consciousness that has a smaller consciousness connected to them. The Laws have a spirit-like essence, a living, moving consciousness. You can invite a Law to speak with you, but it is up to the Law when they'd like to accept the invitation. Tesla channeled the Law of Magnetism and the Law of Electricity. One should always speak with these beings through the Seventh Plane of Existence.

Healers that use the Sixth Plane will do healings with tones, geometrical shapes, numbers and light. The philosophy on the Sixth Plane is, "If it's broken, fix it." Often these healers get caught up in explanations and often exude an enormous amount of energy. Healers that use the Laws often become blunt in their truth, and are easily irritated at themselves and others in their quest for Truth. To hold this and other types of "Law vibration" for long periods of time is hard on the human body. It takes much persistence and practice to hold these kinds of energy. This is the Level of *Pure Truth* and accountability.

Anytime tones, colors, numbers, magnetism, sacred geometry, the Earth's magnetic grid, astrology, and numerology are used in healings, a healer is tapping into the Laws of the Sixth Plane of Existence. Here there is the knowledge of tones that balance the body perfectly, the knowledge of the tone to change any virus in its vibration.

Healers using the Sixth Plane of Existence realize that they are living in an illusion and that they are directing their own illusion. They know they no longer need to punish themselves in order to grow and progress. On this Plane, the battle between good and evil is eliminated and replaced by pure truth. People who work exclusively on this level are sometimes called *Mystics*.

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The Laws are Structured and Tiered with Limitless Information

- Under the Law of Truth comes the Law of Motion, which states once in motion, always in motion. Under the Law of Motion is the Law of Free Agency and the Law of Thought (“I think, therefore I am.”). Under the Law of Motion comes the Law of Velocity and Law of Cause and Effect. Under the Law of Cause and Effect is the Law of Wisdom, the Law of Action and the Law of Justice. Under the Law of Justice is the Law of Witness or Acceptance.
- Under the Law of Magnetism is the Law of Gravity. Under the Law of Gravity is the Law of Time and the Law of Attraction. Under the Law of Time (Sacred Geometry is under the Law of Time) is the Law of Dimensions. (Avoid getting caught up in the Law of Dimensions as there are millions of dimensions.) Under the Law of Dimensions is the Law of Illusion that keeps you thinking that you’re here. Under the Law of Illusion is the Law of DNA. Under the Law of Time are the Akashic Records. or the Hall of Records.
- Under the Law of Vibration is the Law of Energy and under the Law of Energy is the Law of Focus. Under the Law of Focus is the Law of Light, the Law of Tone and the Law of Electricity.
- There is the Law of Nature, which has laws under her, such as the Law of Balance. Nature is always changing and improving upon the Law of Life. There is no Law of the Creation of Life, because the true creation is All That Is.
- There is actually a Law of Compassion that has the ability to bend many Laws. Under the Law of Compassion is the Law of Pure Intent, the Law of Patience and Law of Emotion
- There is no law of Love. Love is a pure Seventh Plane energy. *It Just Is.*

You can see that Laws could be discussed for a very long time. There is so much to learn because each Plane has an enormous amount of information. We are advised to avoid getting caught up in the “brain candy” nor to get bound to any of the other Planes, but to go to the *Seventh*. Since each Plane has so much information and many levels of truth, many healers get distracted and never venture further. Brain candy is interesting, but it will distract you from your prime objective. The objective is to achieve an instant connection to the Creator for instant healings, full accountability, creating a productive life.

The Seventh Plane of Existence

The Seventh Plane of Existence is the pure energy of Creation; it is all encompassing. This is the Plane of “It Just Is.” If the healer uses this Plane to heal, the healings are instant, because the illness is simply recreated into perfect health. Unlike the other Planes where the healer can be exhausted by the Plane’s vibration, this Plane simply embraces you in a love-energy while it changes the human vibration to perfection.

In this Plane the individual is suddenly aware that they can recreate energy easily and effortlessly, and simply create their world. Healers using this energy are raised to perfect health. The healer using this Plane can use all the Planes without being bound to any oaths and commitments to any other Planes. They will realize thought control and have things manifest in front of them instantly. They can clear their limiting beliefs that bind them to the fear created paradigm. Some healers are afraid of using this Plane, thinking that they are going to God’s God, but the Creator says you’re just stepping into your birth right as being apart of All That Is, without separateness.

This is the place of pure wisdom, of the Creative Force, the essence of pure *Love*. The Seventh Plane of Existence creates the other Planes. This is the place of instant healings, manifestations and the Highest Truth. When the healer connects to the Seventh Plane and witnesses the Creator heal, the healings are simply done. To reach an understanding of the Seventh Plane, one must first realize that the first six levels of Existence are only illusions created by the powers of each level. Know that the power and the pure truth is the Creator. Instead of fixing a problem you just change it. The individual grasps that the world is an illusion and are able to take action on every level.

Healers working on this level achieve instant healings, but only with respect to the client’s Free Agency. Beliefs may be blocking them from an instant healing. With the Seventh Plane energy, you are consciously aware of every choice. You don’t waste time on little idol things, such as drama, chaos and havoc. Issues are changed without self-criticism. Beliefs can be changed instantly.

Healers who work with the Creator of All That Is can move easily in, and if desired, out of all of the Planes of Existence. With practice, one can instantly manifest things, teleport, and have an absolute energy of joy and love.

Be patient with yourself as you evolve. When evolved to the Seventh Plane, one has absolutely no time for useless anger, resentment, competition or regret. One will have the ability to read thoughts instantly without critical judgment of where a person is. When channeling the Seventh Plane, one realizes that everyone’s thoughts are a response to what they themselves project out to the world. They are not only conscious of these thoughts, but they can control and easily create the thoughts they choose to. They project cooperation and how to bring everyone to their best. They are awakened masters.

The “road map” that I have suggested that you use to get to the Seventh Plane lowers the veil of the First Six Planes of Existence.

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Welcome to the Seventh Plane of Existence

People naturally resist moving out of their comfort zone. It may take some time to train your brain to go to the Seventh Plane of Existence. You can consciously be aware of your connection to the Seventh Plane of Existence. Clearing out negative thoughts and programs on all four levels that keep you bound to the other Planes will allow you to maintain this *conscious* connection *all* the time. Be patient and gentle with yourself. Continue to practice and you will obtain your objective. It gets easier and easier to connect to the Seventh Plane when there are less negative thoughts occupying space in your brain. The memory and consciousness of all the Planes is within you.

The more you practice going to the Seventh Plane, the faster you can get there. It may seem like you just went up, and now you're back! You are going to the nucleus of All That Is. It Just Is. In this place there is absolute peace, knowingness, contentment, a feeling of support, nurturing and endless possibilities.

When you first go in a Theta State you may only initially reach a high Fifth Plane energy. This is because of Genetic Programs. You may still do healings from this Plane; however, your resentments and anger may prevent you from going up to the Seventh Plane at first. Also, you may never have known that there is a Seventh Plane. Your ancestors may have never been allowed to reached that far before because they were confined by the group consciousness of their time.

It is not uncommon for you to think that you've already made it to the Seventh Plane because a high Fifth Plane energy is filled with lots of love. If you think you're at the Seventh Plane and you're seeing people, angels, kings or queens, then you're not on the Seventh Plane. You're home in the Fifth Plane, a great place to visit. Sometimes when you think you've reached the Seventh Plane you will receive an answer that says, "Go to a higher Plane." You then think that there is something beyond the Seventh Plane, but in reality you have yet to get there. So keep going.

It is not uncommon for you to feel discouraged when you feel like you are not reaching the Seventh Plane; however, the more Beliefs that you clear, the more you realize that the Seventh Plane has always been there for you. You are a part of it. Clear your resentments until you are where you want to be. Again, remember, as long as you go into a Theta brain wave you can witness healings from any Plane of Existence. Every Plane heals. If you're getting sick, you're probably not doing healings from the Seventh Plane. The sickness is an indicator of this and is just a sign of imbalance, too much resentment and anger at yourself and others. Remember, this could also be genetic and now we have a way to clear it. The Seventh Plane doesn't heal or fix things, it simply creates another reality. Until we can access this power in pureness, we won't be allowed to use it. Just clear your resentments and keep practicing the work.

The method of meditation for the Seventh Plane is designed to collapse mental blocks that prevent you from maintaining this level. In reality, you are not leaving your body, but actually going to the basics of Creation, the first atomic structures of an atom. You are breaking up the barriers that make you feel separate from the Creator and stepping in the realization that you are part of All That Is, the energy that moves in all things. This is a proven method; a road map to your brain to access this energy regardless of beliefs. Use these meditations to access this level and eventually your brain will do it without effort.

Meditations to Go Up to the Seventh Plane of Existence

Method One

Imagine energy coming up through the bottom of your feet from the center of the Earth and going up out of the top of your head as a beautiful ball of light. You are in this ball of light. Take time to notice what color it is. Now imagine going up above the Universe. Now imagine going into the Light above the Universe, it is a big beautiful Light. Imagine going up through that Light, and you'll see another bright Light, and another, and another, in fact there are many bright Lights. Keep going. Between the Lights there is a little bit of dark Light, but this is just a layer before the next Light, so keep going. Finally there is a great, big bright Light. Go through it. When you go through it, you're going to see a energy, a jelly like substance; that has all the colors of the rainbow in it. When you go into it you see that it changes colors. This is the Laws. You will see all kinds of shapes and colors. In the distance, there is a white iridescent Light; it is a white-blue color, like a pearl. Head for that Light. Avoid the deep blue, light because this is the Law of Magnetism. As you get closer, you may see a mist of a pink color. Keep going until you see it. This is the Law of Compassion, and it'll push you into the special place. You will see that the pearlescent light is the shape of a rectangle, like a window. This window is really the opening to the Seventh Plane. Now go through it. Go deep within it. See a deep, whitish glow go through your body. Feel it. It feels light, but it has essence. You can feel it going through you; it's as if you can no longer feel the separation between your own body and the energy. You become "All That Is." Don't worry. Your body will not disappear. It will become perfect and healthy. Remember there is just energy here, not people or things. So if you see people, go higher. It is from this place, that the "Creator of All That Is" can do healings that will heal instantly and that you can create in all aspects of your life.

Method Two

Seat yourself in a comfortable chair or sofa and take a deep breath in. Imagine that you and the chair have become as one on a molecular level. Your molecules and that of the chair are transferring back and forth between one another. You are not stretching, but rather connecting to the molecules, becoming as one. Now imagine that on a molecular level you are a part of every thing in the room. Expand outward and become as one with the outside world.

Imagine that you are a part of the state, then the country that you are in.

Imagine that you are a part of the entire earth, connecting to earth land and sea, every creature, every nation on this planet until you and the earth are one and the same.

Imagine that you and the universe are one and the same.

Imagine that you are a part of all the bright white lights.

Imagine that you are a part of the jelly like substance.

Finally imagine that you are a part of an iridescent white light that is the Seventh Plane of Existence. Become as one with this iridescent white light.

Take a deep breath in and open your eyes. Welcome to the Seventh plane Of Existence. For behold, you are not separate, you are a part of God.

All That Is

The Structure of Life of the Planes

| Lack of: | Will Create: |
|-------------------------------------|-----------------------------|
| 1 st Plane-Minerals | Lack of support |
| 2 nd Plane-Vitamins | Lack of love |
| 3 rd Plane-Proteins | Lack of nurturing |
| 4 th Plane-Carbohydrates | Lack of energy |
| 5 th Plane-Lipids | Lack of spiritual balance |
| 6 th Plane-Nucleic Acid | Lack of spiritual structure |
| 7 th Plane-ATP | Lack of spirit |

The human body is made up of five different compounds. It is comprised of lipids, carbohydrates, proteins, ATP or energy, and nucleic acid, which is DNA. These five components are what make up a living organism. These components make you what you are, and are the staff of life that interconnect you to the other Planes.

Without carbohydrates, you will have a lack of energy in your body and you will have weaknesses in the body. Mitochondrion is the essence that we get from our mothers DNA. Mitochondrion holds ATP – the energy supplies for the cell. *The spirit is the ATP energy.* Low spiritual energies may mean that we have too many soul fragments in too many places.

The First Plane: If you have a lack of minerals in the body you will have lack of support on an emotional level and will be prone to diseases which have to do with a lack of support, such as some kinds of arthritis.

The Second Plane: If you have a lack of vitamins, you have a lack of love on some level. This is the emotion that will be created if you are lacking in vitamins. If you have a lack of love, you will not absorb your vitamins correctly.

Everything that you consume in the way of food gives you the knowledge of that food. All things that are consumed have their own intelligence. So if you consume food of a low intelligence, or a slave food such as wheat, you can take on the consciousness of that plant that for thousands of years has been a slave food. A balance can be met by using oats that has a different consciousness. Always remove the group consciousness that stigmatizes foods such as wheat. Always bless your food.

The Third Plane: If you have a lack of proteins you have a lack of nurturing.

The Fourth Plane: If you have a lack of carbohydrates, then there is a lack of energy.

The Fifth Plane: If you have a lack of lipids, you will be without balance in your system and your hormones will be off. Hormones keep your body balanced.

The Sixth Plane: If you have a lack of nucleic acid, you will have a lack of structure.

The Seventh Plane

If you have a lack of ATP, you will have a lack of spirit, because ATP is the energy that makes the cell function. This is the *pure energy* that is held on the mitochondria. The electrical pulses of the energy of ATP are the home of the spirit. The spirit is in the mitochondria, not in the DNA. The DNA is the computer program, the mitochondria the conscious electricity. When people die and energy is seen leaving the body, this is the mitochondrion beginning to shut down.

The Equation of the Planes of Existence

Healers always use more than one Plane of Existence at a time. This is called an equation. The healer plays an important role in this equation as the witness: Creator + Person to be Worked On + Witness = Result.

Many people heal using many planes. They do this by mixing the planes together. When doctors perform surgeries, they are performed from the Third Plane of Existence utilizing imagination, problem solving abilities and physical application. Even though they are doing it on the Third Plane, they are using the Law of Cause and Effect from the Sixth Plane of Existence. They are also using anesthesia and antibiotics from the Second Plane of Existence and surgical equipment made out of materials from the First Plane of Existence.

The fastest way to heal is by going to the Seventh Plane, Creation. ThetaHealing recognizes that all the Planes of Existence can heal, and honors each Plane.

In the old ways, a person was expected to master one Plane at a time. Every time there was advancement, one would have to make a giant mental shift, an “initiation.” Because of the drama held on all of these Planes, the initiation could be traumatic. The true purposes of initiations are merely to reward someone for all of their efforts and their conscious actions, as well as to inspire them to progress further and to evolve. These advancements would often come as near death experiences. In ThetaHealing, we have learned not to be bound to those Planes, to free our minds, and advance less traumatically.

Vows or Commitments to be Cleared in Order to Utilize the Seventh Plane:

These are vows that most of us do not realize we have. They keep us from the mastership of the Planes.

“I have to be dead to connect to God.”

“I have to suffer to be with God.”

“I have to suffer to spiritually grow.”

“I have to die and return to spiritually grow.”

Since you began as a healer, have you gained weight? If you can feel everyone else’s life experiences more than you can feel your own, or if you begin to fall apart physically, it may be because these vows and commitments are still in place on some level of your space. They can be on the emotional, physical, mental, or spiritual levels. Think back to how many times you began to develop as a healer, only to begin to lose other things in your life such as your car, your husband, or your wife. This is the issue of “sacrifice for power.” As one once again connects with the power of the Fifth Plane the spirit reacts in remembrance of that power just as it once did. This means that you may be

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trapped in those commitments from other places and times, and will continue to sacrifice to get healings and information.

The goal, obviously, is to be freed of these commitments to be with the Creator and to have the ability to use every Plane of Existence without any commitments or obligations to those Planes.

Because we are so intertwined with all these lower Planes, we sometimes keep commitments and obligations from them, and are not going up to the Creator first, which gives them the ability to flow with all the Planes at one time. We become so used to only using certain levels that we become bound by the rules of some of those levels. If you go up and ask the Creator to do something, the Creator can put all those Planes together and it works in a different equation. With the Belief Work, we are able to pass initiations smoothly without having to sacrifice or die for attainment. In fact, the Belief Work is an initiation.

In another explanation as to how the Planes of Existence affect us in this reality, we observe an individual who has had an experience in a past life as a person or as a spiritual being who had knowledge of the powers of the Fifth Plane of Existence. In that time and place the person or spirit knew a great many ways to heal, had great powers of the physical, mental, emotional, and spiritual aspects, had great respect, and had the understanding as well as the *experience* of that Plane of Existence. But in this place and time the person has transmigrated to a new body with new challenges. They have forgotten some of their former talents, been stripped of some of their old power, and the respect that they once held from others is no more.

This person is constantly attempting to recapture the remembered elements of power in this place and time, only to find disappointment in the fact that some of these elements of power must be re-created through initiations in the present. The ascended master is constantly reminded of the limitations of the human body and faced with the collective belief systems of other inhabitants of this existence. For an old soul, this is one of the initiations facing them: the initiation of the reconstruction of the elements of power in this life, and to not constantly pine for the past one.

For the old soul to integrate with the Third Plane of Existence, they must first not sabotage themselves in attempts to “check out” of their present situation. They must learn to accept and enjoy the Third Plane, even as they train themselves to pull back the elements of power from the other Planes, as well as develop new abilities for this place and time.

Programs Without Limits, Planes Without Boundaries

When you remove, replace, or instill Belief and Feeling Programs, you work with all the Planes that you currently are connected to and exist in. As these “Programs” are removed it permits you to use all the Planes at once instead of being trapped on one or two, as all the levels can be accessed in concert with one another, and all the manifestations of power can be used simultaneously or apart as they are needed. As your negative Programs are removed and replaced to *Programs without limits* we may begin to manifest for important changes.

When you were raised in your particular family, you were told what to believe. You were expected to believe as your family did, and because your brain works as a computer, you either took what they told you as a Program, or you rejected it. From the time you were a small baby you were told that if you touch a hot plate it will burn you. This is a *stop* sign. As a child you agreed that this was a *truth* and so believed it and took it as a Program. Anything held as a Belief will be created in this illusion of the *Third Plane* in the subconscious mind. So in the act of creating Programs, the mind, like a computer accepting data, accepts the illusionary Third Plane to be real. The more stacked negative Belief Programs that are released will free your mind to accept the flow of the Law of Truth. Pulling out negative Programs from yourself and allowing more of the Creator energy to affect change, which is *creation*, will bring about instant healings.

What we chase after is the seemingly elusive feeling of being joined into the Creator of All That Is. What we do not recognize is that this is already ours. We can recognize this as long as we don’t have Programs that block us. Once these Programs are changed, you can live in the present moment of absolute love to see clearly what is really going on with the people around you. Even though you are in a Third Plane of Existence “body” you can still tap into absolute Truth. It was once thought that the only way to tap into Truth or the other Planes was to die to move up and advance into them. But now we know that the key to advancing is in *this* space and time, in *this* physical body to become the master in *this* incarnation. This information is to show you not to get bogged down with our Third Plane of Existence emotional Belief Systems, or the Belief System of other spirits and energies in and on the first Five Planes, as well as to understand the powers of the Planes and how they pertain to healing.

When a person first begins to use the Theta technique they connect to different Planes of power and are unfamiliar as to which one that they are on. Since all the Planes are of divinity and are connected with the Divine the person can sometimes be confused with them easily. The best way to learn the Planes is to connect to and experience them. Always go to the Seventh Plane first so you are not bound to the commitments of the other Planes.

Manifestations of Belief

We are manifestations of what we believe, and how we are programmed. Everything we are makes us in our body, in the *now*. What we believe we are, we are. If you have too many negative Beliefs, it causes an energy fracture in whom and what you are. These are the Beliefs that do not serve you. In order to fix these energy fractures, the Creator has given us illness to make us aware that there is one.

If you're dealing with too much guilt, you will attract bad bacteria. (Most bacteria are good for your body.) If you have too much resentment, you will draw funguses into the body. By the same token, if you feel that you are unworthy, you will draw viruses. Belief Work can clear these emotions and vibrations. Just as some herbs and minerals have the correct vibrations, Belief Work has the correct vibrations.

When a person is truly sick, they will always tell you that they are ready to change and will do *anything* to get better. In some instances they go back to their old habits because they don't know how to live without the negative Beliefs that hold the disease to them. Some of these feelings are Programs of rejection, or Programs of resentment. If the person does not change or instill Beliefs, the cycle of disease starts all over again. For instance, an antibiotic has the correct vibration to heal bacteria. But if you do the necessary Belief Work, you would not draw the bad bacteria to you in the first place

By observing people, we are beginning to map individual sicknesses and the Beliefs attached to them. This will be a reference map available in the future.

Ask the question, "What is lacking in this person to draw these diseases? Is it love?" It may be that there are *Feelings* that are lacking that the person has never known.

I Am Separate

One thing that allows sickness to come into the body is the Program of "I Am Separate." When your consciousness leaves your body to do a healing on someone, you realize that all things are a part of the "All That Is." But when we move back into our space and realize that we have a body of skin and bones, it makes us think that we are "Separate." Most of the problems that occur in this existence are caused by illusions. For instance, I have found that many people have the illusion of "Separation from the Creator" and the illusion that we physically exist in the flesh.

This is why some healers gain weight. In their fear of becoming "All That Is," they gain weight to maintain their identity and to stay Separate. When you move your essence "up" to do healings in the body, you realize that the Creator moves through all things and you're a part of "All That Is." This is a wonderful feeling for that moment, but we're programmed to have an *identity*. In order to keep the illusion of individuality, some healers overcompensate when they bring themselves back into their space, and have the misconception that they must keep their identity. They ground to this Plane so rigidly that their body gains weight to anchor them to this illusion. This can be an unconscious response on the part of the healer. They have a healer side and a more personal side designed to maintain and own an identity. In emotional fear to keep these identities they build programs to be separate. This is why when you bring the energy back into your space, you should go down into the earth and ground out and then bring it back up to the crown chakra. This is training your body to know that you are a part of All That Is.

The concept that life is an illusion is a wonderful concept to believe in, but you must have the *knowing*. The illusion *is* that we are separate. You are not separate from God, you are sparks of God. With the *knowing* that you can be connected to that energy and still live in a human body you may realize that you don't even have to eat. You come to know it as a philosophy and come to the actual *realization of truth* that you don't have to eat. After you have a realization such as this, it is then that you create your sphere. Nothing can get in that energy because you are no longer separate. You will not be psychically attacked; you will not vanish into thin air ... unless you want to. Our thoughts and our Programs are designed to keep us in separateness.

Healing With the Planes

As I have told you before, we exist in Seven Planes of Existence. Each of the Planes has a cure for every emotion or disease in the body. On the First Plane there is one chemical combination or one mineral combination to repair every disease. It is a combination of minerals that has the same vibration to replace the Program. There is one plant or vitamin, or possibly several plants or vitamins that will act as a cure for every single disease on and from the Second Plane of Existence. We live in the Plane of proteins, which means there is one amino acid combination that will heal any sickness. This means that on the Fourth Plane of Existence there are spiritual advisors and a spiritual essence that will heal any sickness in your body, and so on.

Knowing *how* and that you *can* heal on these first three levels, as well as all the other Planes will explain why you go into a healing crisis. In the process of healing there is a period when the person goes through all sorts of emotions. So when you are using an herb from the Second Plane, the healing crisis forces you to cleanse the body, but it also forces you to clear out those unneeded emotions.

Shamans use the marriage of the Fourth and Second Plane. They use the plants and spiritual energy to heal. The essences of these two Planes will usually make you promise to do certain things, which will change your vibration.

On the Fifth Plane of Existence the Heavenly Fathers and the angels can all heal your body. You may have to trade for the healings or make changes for them, but in the process, they all clean up Belief Systems. Once connected to the Sixth Plane of Existence you will hear music and tones. This means that to heal from the Sixth Plane of Existence, we use vibrations to heal.

When it comes down to it, all of the Planes are about *music* and *light*; all about *vibration*. When using the correct mineral to heal, there is the right vibration within the mineral. When using the correct herb to heal, this means it has the right vibration to do so. All of these physical things that you consume for healing are the same vibration as the Belief Work that you do, and will heal the body. With every cure from every Plane of Existence it is possible to do Belief Work. An antibiotic herb has the right vibration to heal you from a bacterium. This means it also has the right vibration to heal you from the guilt that draws the bacteria. This is because every Plane of Existence has the right answer; there is the right mineral, vitamin and protein.

To Recreate

Prior to teaching a seminar in Seattle, I tripped over my dog's food bowl and took a nasty fall. When Guy brought me into the house, I realized that my knee was dislocated. My first thought was, "I have to do a seminar! This is NOT going to happen." So I went up and said, "No, this isn't here. This did not happen. Go back to the way you were!" My knee went back instantly. That's when I noticed that I had broken my finger. It was pretty obvious since it was bent off to one side. I put my hand over it because I didn't want to see it. I commanded it to heal. I was out of pain, and I was healed. That's Seventh Plane energy. Deny that the situation is happening and recreate a new one in your life.

When I tell you to go to the Seventh Plane, I tell you to discreate the illness, not to shrink it. This means that you must recreate the reality that there is no illness, to tell the body that it is denied and that there is a new scenario. Witness this. In order for you to do this, you have to clear up limiting Beliefs that says you can't.

Perception and Projection

Do you know what you're projecting to the world? We send out signals and others perceive us through these projected thought-forms. On the second day of a seminar a lady said, "Vianna did you dye your hair brown last night?" I said, "My hair *is* brown." She told me, "No, yesterday it was blond." That was her perception. But is this what I was projecting? When I teach in Australia, some people think I'm from India. Some people bring me bindis to wear over my third eye, which I'm very happy to oblige by wearing. Isn't it just possible that many of them remember me from a lifetime in India, or that my vibration reminds them of it? When I opened up my shop, people brought me so many Egyptian gifts that I made an Egyptian room. Then they brought me so many Native American gifts, that I made a Native room. We are a perception of ourselves interpreted by others perceptions.

Clear Your Mind

I have students come to me and say "I've been working on my Beliefs for a year and I'm not completely better yet." Do you want to know why? They're working on the wrong Beliefs. They should first work on the Beliefs that clear their mind. The Belief that heals them might be one tiny little Belief out in the aura field of the body. Once they clear their mind, they'll be able to see it and release it. They'll be able to wake up in the morning and be better. Ask the Creator, "Which Beliefs do I need to clear?" But maybe you may have to ask the right question, like "*Which Beliefs do I need to work on to take care of this symptom?*" It is possible that the challenge is two-fold in nature. You may get two answers, clear your mind and release a particular Belief.

Chapter Seventeen

Healer, Heal Thyself

The Belief Systems of the Healer

The Instant Healing

It is important that people permit you into their space for you to be able to do effective work on them. The healer's Belief System is also very important since things can be changed and healed simply with the healer's faith alone. However, it is best if you do Feeling Work on a person before doing a healing, such as downloading the feelings of "I know what the Creator's love *feels like*," "it's possible to be healed," and "I deserve to be healed." Once the person has been prepared, the person believes they deserve an instant healing and that they don't have to suffer. In this process, at the moment of healing conception, you will discreate what is in the person's space, to recreate something new. In that moment of discreation and creation, we touch the very essence of the Creator. In that moment you will feel an incredible surge of energy. It will surge through your body, into the body of the client, then flow through both people together and then it will be gone. This is the experience of an instant healing. The feeling from this occurrence is as addictive as any drug on the planet. Once you have this experience you will want to experience it all the time. An instant healing is the discreation of a Belief System and the energy of that Belief, into the creation of a new one. This is when you touch the Seventh Plane and can see actual *Creation*.

After the Creator healed my leg I did healings because of my love for the Creator. Each person that comes to me adds a piece of a new understanding of the Creator.

After the year 2003, I have witnessed more instantaneous healings than at any other time. The reason for this is because the more people that know how to tap into the belief of an instant healing as a group consciousness, the easier it is to do instant healings. The more people that are given the keys to open the doorway to illumination, the stronger all of us will be in healing through the Creator. As we become as *one* in our thoughts and create a group consciousness we will all experience instant healings.

As healers, we want instantaneous changes but we fail to realize all the things that go into making the body what it is. Your body is composed of millions of cells. When you want an instant healing to be done, you are asking for thousands of cell changes to happen right when you want them to. You may not realize that all these cells have their own intelligence. We can pick up on the thought processes of people as we walk across a crowded room and so can your cells. What is important is whether or not we accept these thoughts as truth. The projection of Healing works in much the same way.

I expect a healing from Creator but I am not attached. If a person heals, they heal. If they don't, they need Belief Work. When people do not heal instantly, they like to place blame on others, and give others the responsibility for their illness. Healers need proper discernment in these matters, knowing that God is the healer and not them. Some people are not ready for an instant healing, and will heal gradually. The person's ability to accept the healing has a lot to do with them getting better. The healer is just the witness of what happens between them and God. Do not become attached to the outcome. I know that everyone is healed in some way when I witness a healing.

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The key to healing is *Love*. Every organ in the body is very receptive to love. Look at person to see where they come from in their Belief System. If someone thinks they should get better in 3-4 months, they are saying that they need more time to heal. If the person doesn't believe that they deserve a healing, you may need to work on them with regard to their Feelings and Beliefs before they get better. For instance, you do a healing on someone and command their cells to be completely better. This person goes home and is still sick. I would say that the thought-form of healing has been interfered with. They have Belief or Feeling Work to be done so their body will be in agreement.

There are people who want to be healed, and people who want to be sick. Some people will come to you in an attempt to get you to carry their illness for them. Some keep illnesses because it serves them well, or the disease is their entire life experience.

Every one of these people needs the balanced love that comes from the Creator. The healer's role is to be the witness, to be the conduit for love from the Creator but not directly responsible for their healing.

A person has to be ready for a healing. The healing takes place on the level that the person can accept a healing from. The person may not be able to accept an instant healing. The "healing" may be that the person needs to take a vitamin to get better, or even have a surgery.

When a healing is done, there is the realization that something is not made of nothing. The energy is drawn from the Seventh Plane. Witness the energy being gathered, and watch it immediately sent through the body.

Preparing for an Instantaneous Healing

When you're getting a person ready to experience an instantaneous healing you need to teach them what it *feels like* to:

- Forgive and forgive ones self
- Have joy
- Have the Creators love
- Be worthy
- Have the Healing from the Womb.

People may come to you because of their sickness, but they really come to learn from you, to learn about the Creator of All That Is. If the person isn't healing instantly, do more Belief Work. If they are getting sent psychic surgeons and tones in their healings, they have Belief Programs that say they can't heal instantly or that it may take time for them to heal. All the people that I have seen have instant healings all shared certain beliefs and feelings in common.

- "I understand what it *feels like* to be worthy of Gods love."
- "I understand what it *feels like* to be healthy."
- "I understand what it *feels like* to be loved."
- "I understand what it *feels like* to love myself."
- "I understand what it *feels like* to have joy."

Belief Blocks for the Healer

Energy test yourself for these Programs:

- “Healers are evil.” (Ancestral fear)
- “Psychics are evil.”
- “I fear healings.”
- “I doubt healings.”
- “I have boundaries on healing.”
- “My healing abilities are blocked.”
- “I will be killed for being a healer.”
- “I must suffer to be close to God.”

Programs About Love

When I was a little girl people always disappointed me. I knew that they couldn't love me, because they didn't know how to love anything or to receive love. I realized that I had to love them first and then they could learn to love me. The reason that most people cannot be good to you or to be nice to you is that they do not know *how* to love, or the *feeling* of love.

As a child, I thought that loving people meant seeing only the good parts of them, not the bad. My mind was changed when I saw the truth about people in the Akashic Records and about unconditional love. After the Creator healed my leg I did healings for the pure Love of the Creator.

We all think that we understand the feeling of love but many of us do not. Energy Test for the program, “To be loved I have to be needed constantly.” If you test positive for this program, reaffirm in yourself that “I have balance with love,” and “It is safe to be loved” or “I love God, and God loves me.”

- Energy Test to see if you understand the Creators definition of what it *feels like* to be surrounded by people that you love, and love you in return in the highest and best way. Instill, “Creator of All That Is, it is commanded that I understand what it *feels like* to be surrounded by people that love me.”
- See if you understand the Creators definition of what it *feels like* to be surrounded by people who are intelligent, uplifting individuals. People that build your spirit and help you soar. In return, you will build them up and help them soar.

If you have become a healer so that every one will love you, you are in the wrong profession. You must love your clients and tell them the truth in a kind way. People come to you for their own reasons. Ask them what you can do for them, and then use the healing processes that are needed to help them.

Programs of Love

“I understand the Creator's definition of love.”

“I understand the Creator's definition of love for my human body.”

“I understand what it *feels like* to allow someone to love me.”

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“I understand what it *feels like* to have discernment and love.”

If you test no for these Programs, then bring in the feeling and the knowing of love from the Creator on every level- physically, mentally, emotionally and spiritually.

See Truth – Know That You Are Protected

Make sure you have proper intuitive discernment when you go into a room and feel the energy in the air. When all of your abilities are developed it is possible to sense each bacterium that is in the air and every parasite on the ground. Psychically, I can feel every worm in someone’s body. But if I let it affect me, I would be frozen and I wouldn’t be able to function. Physical senses become very receptive for many psychics, and we can openly feel other people’s emotions and thought forms. We spend all this time trying to get our psychic abilities developed and, when we finally do, we may find another person’s thoughts to be too harsh. You can become offended by people but not know why and you may want to simply get away from them.

When you become a balanced intuitive, you know the truth and are still able to function. You need to be able to recognize these thoughts and energy, yet still be impervious to them. Many intuitives create walls of protection because they don’t want to feel all the wild energy in a room, or in the world. When they do this they aren’t seeing the truth because it is filtered by the defense shields that they create. But if you shine your energy out then nothing can touch you. If you radiate the Creator’s energy, you can change any energy. You will be totally protected by God and nothing is offensive to you.

Go Up, and Go Out

There are old psychic processes that teach that you should stay completely in your own space. This teaching tells people to constantly create “protection bubbles” around themselves and to never leave your space at all. It seems to me that this takes a lot of time and energy to do and that this is also fear based. Instead, consider radiating your aura with the essence of love. Let any negative energy that comes your way to simply flow through, around and from you, changed to love and light to feed you and sent to Gods light. When you are connected to the Creator, these negative thought forms and psychic attacks melt as snow in spring to create pure water to wash you clean.

Download the Creator’s Definition of:

- “I am impervious to evil.”
- “I am impervious to attack.”
- “I’m impervious to others’ negative thoughts.”
- “I know how to see truth.”
- “I know what the truth is.”
- “I know that I am protected.”
- “I know the difference between my thoughts and another’s.”
- “I shine Creator’s light to the world.”

Healing Addiction

It has been my experience that some people create sickness to get attention, nurturing and love. They become dependent on the healer and are afraid that they will die without them. There have been times when I have considered refusing Readings and Healings on someone, because they expected me to live their life for them. The trick is to give them back their own power, a power that they may have never have had.

There are endorphins that are released into the system of the client each time they experience a reading and this may be why they come back. By the same token, I am careful to honor everyone who comes to be worked on, even when I do not agree with why they came to me.

Programs of Past Faith

In the past, religious people were eaten by lions, and healers were stoned or burned. If you have the feeling that these may be your past experiences or that they may be genetic memories,

Energy Test For:

“I am wrong to defend myself.”

“To test my faith, I have to die.”

“I have to suffer like Jesus.”

“I have to prove myself to God.”

Replace With:

“It’s safe to defend myself.”

“I have proven myself to God.”

“I can believe in Jesus and still defend myself.”

“I know what it *feels like* to be in service to mankind.”

Second Sight

Listen if someone says, “I’m blocked, I can’t do this Work.” See if they traded their gift of sight or healing away in order to help someone in another time or place. Go up and command that this past energy is cleared and finished, and that they are allowed to receive back their gifts.

Example of Preparing a Man for Healing:

To help someone heal it is useful to know the background of what you might be up against. Let’s say a man comes to you to be healed. You enter his space and see all the things that are going on in his life. He is forty-years-old and has been divorced for a year and has just met and re-married a young woman of twenty. He thinks his ex-wife is cold and insensitive and he has two teen- age daughters that he is paying child support for. He has a good job, is prosperous and ambitious. The young wife wants a home in the country, and because he loves her takes out a mortgage to secure it. The house has lead from the old pipes, and the water that comes from the well is tested for bacteria but not for heavy metals. What he does not know is that there are trace elements of arsenic and nitrates. The house has a little mold in the walls, and has lead paint. But, the new couple moves in and in a whirlwind of activity his new wife begins to renovate the house. The bills begin

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to mount up between two wives, the past and the present. He becomes very busy at work to generate income to pay all these bills and begins to use coffee to stay awake on the drive from the country home. He complains to a friend that he has no energy and the friend gives our hero some pills to keep him up. Because he spends so much time at work, the beautiful young wife has an affair with the interior decorator.

After about a month the young wife finds that she truly loves her husband and breaks it off with the decorator. In remorse, she confesses to her husband. Hurt and incensed for a time he finally decides to forgive her. Unfortunately, the decorator has given our couple the gift of herpes. To add to the problem, one of our hero's daughters becomes pregnant and the ex-wife is incessantly badgering him for money and support. Now unable to sleep, he goes to the doctor to get some sleeping pills. So! Our hero has heavy metal poisonings, is breathing fungus, uses speed and tranquilizers, and has herpes, with more stress in than the body can take. The body hits an overload level. To control and encapsulate all of these toxins and emotions it creates a place to put them. The body creates cancer in the prostate as the answer to all the toxins. Now after all this he comes to you to be healed. He needs help on his perception of his life. First, teach him what it *feels like* to be loved. Maybe he *feels like* anyone he loves will betray him. Teach him that he is worthy of being loved, what it *feels like* to be healthy, to be in balance. Also, he will have to clean up the heavy metals, the funguses and molds, and not to mention the addictions to drugs. You can witness the Creator heal the person, but if all the other factors are not put into balance, the cancer may return.

Example of Preparing a Woman for Healing:

It is interesting to note that I have done readings on divorced couples without them ever knowing that the other was seeing me.

A woman comes to you to be healed. You enter her space and see all the things that are going on in her life. She is forty-years-old and been divorced for a year from her husband who has re-married a young woman of twenty. She thinks her ex husband is a insensitive pig and she hates his new wife. She has two teen- age daughters that she is almost solely responsible for. She has never had a steady job and now has to keep one. The divorce has given her a large house, but there are still payments on it. The teenage girls have gone wild, so in order to watch the girls her mother invites herself in, with whom the mother has a love-hate relationship. She starts work early, works late and begins to use ephedrine to stay awake on the drive from the home. She complains to a friend that she has no energy and has gained weight, so the friend gives our heroine some pills to help her out. The factory that she works at as a secretary is a chemical plant and she is exposed to dangerous fumes from time to time. Unfortunately she falls into a rebound love affair at work, only to find out that the man is married. Let's call the man "Peter."

The woman is hurt and incensed for all time and eternity and decides to swear off men forever. Unfortunately, Peter has given her a parting gift, that of Chlamydia. To add to the problem, one of the daughters becomes pregnant and it becomes necessary to incessantly badger the ex husband for money and support. Now unable to sleep she goes to the doctor to get some antibiotics (for the Chlamydia) and sleeping pills. So! Our heroine has chemical poisonings, uses speed and tranquilizers, has just had Chlamydia, has internal hatred, and more stress than the body can take. The body hits an overload

level, and to control and encapsulate all of these toxins and emotions it creates a place to put them. The body creates cancer in the ovaries as the answer to all the toxins. After all this she comes to you to be healed. First we need to teach her what it *feels like* to be loved. Maybe she *feels like* anyone she loves will betray her. Teach her that she is worthy of being loved, what it *feels like* to be healthy, to be in balance, as well as release all the hatred inside. Also, she will have to change her job, and stop using the drugs. You may witness the Creator heal the person, but if all the other factors that are creating the cancer are not put into balance, the cancer may return.

The Nature of Healers

Generally speaking, there are two different kinds of healers that I have dealt with in the teaching of this work: those that serve everyone and those that think that if they become a powerful healer everyone will serve *them*. (Both, by the way, are dysfunctional!)

The first type forgets the love of self. This person is constantly looking for the lost and lonely soul that needs help. (This can be a full time job.) This person wants to help all humanity and cries when others are hurt. This kind of person lets others walk on them. They are so busy helping others that they set no boundaries. Generally, they don't understand what it *feels like* to love them selves or to know that God loves them. Finally the physical body is affected and they find themselves very alone when they need love. The danger to this type of person is that they may become sick simply in an effort to receive some love by giving.

The other kind of healer is on the other side of the scales. They expect the world to worship and adore them. This type of healer has love of self, which is good. It is only that they love themselves too much and forget to love others in the process. This type of person only serves them-selves, and wants everyone else to love and serve them. This type of person needs to understand what it *feels like* to love another person, or that they can love God.

These two basic types of people have the same feeling but with different motivations. There are those that *over* serve and those that *under* serve. I know that even before we were born we knew that at some time in our lives we would step up and become healers.

You may fall into either one of these categories depending on the day and how you feel at the time. Balance is the key and both these people need to meet somewhere on middle ground, in service and in love of mankind, without forgetting ones *self*.

Chapter Eighteen

Death, Initiations and Death Doors

An Understanding of Death

A true intuitive is sensitive to the world around them, particularly the feelings and emotions of others. We are like a canary in a mine shaft. We are the first to feel the effects of the poisonous influences around us. These influences can be physical or metaphysical; both are hazardous to a sensitive person if they do not learn to release or become impervious to them. In a Healing, the emotions and feelings of others can be overwhelming, particularly when someone has been told that they are terminally ill. These are emotional reactions to the prospect of death, a reflex that may keep us alive, or hasten our demise.

I am and always have been an advocate for life over death. I have cheated death so many times in my life that I have lost count. It was only after witnessing thousands of Healings that I came to realize that some people come to a point that they do not want to be healed. This is one of the cold, hard facts of life. You cannot do a Healing on a person who does not want to be healed. The Healing will roll off them like water from a duck.

If the person will not accept a Healing in any area of the body you will sense it. This is the time to ask the person whether or not they truly want to be well. If they do not want to get better, just accept it. Some people who are dying want it that way. You must allow this to be.

In the following text are two examples of how I learned that it was not me against death in a battle of duality. Death was not the enemy, it was another part of "All That Is."

Live For Another

I had a very good friend who had cancer. I came to love this person very much. He came in for Healings on a regular basis when we first started developing the Theta-technique. As I worked with him I could see the changes that were occurring, but I could also feel that he didn't want to be healed. Finally I confronted him with this feeling. This is what he said to me; "Vianna, I have lived my life and I have been useful. I am in my seventies now and no one wants me anymore. I am tired of this life and I want to go on to something different. The only reason I come for these Healings is so that my wife will think that I am making an effort to get well."

Always make sure you understand the motivation of the person you are working with. You are not at fault if they do not want to be healed. Since the Healings come from Creator, and not from you, you must never feel guilty or assume any blame for that person.

Shelly: The Spark for Belief Work

This story is about courage, the will to live, the will to die and how I learned how to accept death.

I learn something from every person that comes into my office. I have seen so many people that truly impacted my life, but one of the people that left a lasting impression was Shelly. Up until the time Shelly came into my life, the mentality that I had was that it was *me against death*. I had almost died and I wasn't going to let death take any of my clients, not if I could help it. Death was the enemy until Shelly came into my life and showed me a different viewpoint.

Shelly was an unusual person. She had three-year-old-twin daughters and was a single mom. Shelly had a rare form of genetic cancer that caused both benign and malignant tumors to grow in different parts of her body. In fact, the disease was so rare that the doctors treated it for free. The doctors were amazed that she was living at all with all the surgeries that she had and all the tumors that were in her body. When I first met her she had recently had a tumor removed from her brain. When they removed it, it was necessary for the surgeons to replace part of her skull with a metal plate made of titanium. Unfortunately, she had a reaction to the plate that caused a staph infection and they had to remove it. The surgeons folded the skin over the opening in the skull, and told her to be careful and not to bump her head. Shelly had so many tumors in her kidneys that the doctors wanted to remove them. I could never understand this because, even though she had all these tumors, her kidneys were still working. The doctors told Shelly that she had so many tumors in her lungs that it was not possible to remove her kidneys. They first had to shrink the tumors in her lungs, so they prescribed a new medication that would be administered daily to shrink the tumors. They told Shelly that she would be so sick on the medication that she would be bedridden.

This was all going on when I first met her. We did repeated Healings on her during this time, and it must have helped because she was up and about while on the medication. It was amazing to watch her progress from the Healings. Shelly was a smoker and I told her repeatedly to quit smoking. She told me with that dry humor she had, "Well, Vianna, I like to smoke." She was a funny little duck!

This was before we had the Belief Work. In fact, it was Shelly that inspired me to develop the Belief Work. It was because of my sessions with her that we discovered how to pull a Belief just before she passed away.

She came in for a Healing from time to time, then she would leave and I would not see her for a while. This went on for quite some time. Shelly traveled all over the state and came back to tell me all about it. She told me that she had never realized how many beautiful places that there were around and in Idaho. She took her little girls to Yellowstone Park, Craters of the Moon and other places. She did all this when she was on experimental medication. Shelly and her sister knew that my husband, Guy, ran a Native American Sweat Lodge Ceremony. They came to me and wanted to have the experience. My husband Guy agreed to do the Sweat lodge ceremony for her. During the ceremony, he had all of her family and friends individually pray for her. Those of you that know what a "sweat" is know that it is physically challenging, but Shelly did just fine. Her health was amazing during this time.

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Then came the day that she came into my office and I could sense that something had changed. She came in when I was eating lunch. My daughter Bobbi and I had only a half an hour to eat. At the time, I needed to see twenty clients a day to pay my bills. Shelly often came in for Healings at noon when I was available.

On this particular day, she sat down on the desk and began to talk. She said "You know Vianna, life is like a game of Yatzee." I said, "It is?" Shelly said, "Yep. You know, my first husband was a quadriplegic. He was the meanest man I ever knew. I used to play Yatzee with my roommate waiting for him to pass on. I thought it was wrong to leave him because he was a quadriplegic. Finally, I couldn't stand it any more and I left him." Then Shelly went on to tell me, "You know, my children's father left me when he found out I was pregnant. So I sat there, pregnant with my twins, and I played Yatzee with my roommate. Now I live with my mother and my doctor won't let me work any more. They tell me I am too sick to work so I sit at home with my mother every night and I play Yatzee." She looked at me and told me, "Vianna, I am so tired of playing Yatzee." With that she jumped off the table, gave me a hug and walked out the door. I thought to myself, "I need to get in a session with her, something is not right."

About two weeks after that I got a phone call at the office. I was asked, "Is this Vianna?"

I said, "Yes, this is she."

"Vianna, this is Shelly's sister and she is dying. She gave me a list of people that she wanted to say good-bye to, and you are the last person on the list. I only had your first name, so I have been asking for you all over town, and now that I have found you, I want to know, would you like to say goodbye to Shelly?"

Through sobs, I said, "Yes, of course I want to say goodbye." Her sister gave me the directions to her house.

On my way, I picked up my daughter Bobbi and my two-year-old granddaughter, Jenaleigha (Jena for short), because Bobbi wanted to come along. When we stopped to get gas, Bobbi got out of the car to pump the gas for me. I was alone with little Jenaleigha who was buckled in the car seat. Jena had started to talk from an early age. She piped up from the back seat saying, "Whatcha' doin' Grandma?"

I turn around and explained, "We are going to Shelly's house. We are going to go and do a Healing on Shelly."

Jena asked me, "Can I help?"

I said, "Sure you can help." Jena closed her eyes and was quiet for so long that I thought that she had gone to sleep.

Finally, she opened her eyes and said, "There! Shelly's better now, all done! All done Grandma, Shelly's dying." I found this strange, and I was shocked that she knew what "dying" was at two-years-old.

We followed the directions and found the house where Shelly lay dying. We found out that Shelly was in a morphine induced coma and, following her instructions, she had been without food and water. Her sister said that if I had been there two days earlier, Shelly would have been awake. She told me how, a few days before, there were motorcycle riders racing up and down the street making a racket. Shelly asked her sister help her to the door so that, as they drove by, she opened her robe to flash them; Shelly was a real character!

Bobbi wept uncontrollably and I watched as Jena wiped her tears saying, "Don't cry Momma, it's almost over now." It was in that instant that I realized that Shelly didn't want to live. To her death was not bitter; it was a release.

I sat beside Shelly on the bed and went up out of my space to check on her. I saw her spirit floating above her body. Her spirit saw me and said "Vianna! Where is the light? I can't find the light!"

I told her, "It's okay Shelly, it is right here." Then I showed her a great pillar of light that led to Creation and said goodbye to her. I had done all that I could for my friend and I left the house in tears. From that day on, death was not a bad thing anymore; death was simply what it was. This did not help me when I missed someone when they died, but it made me realize that sometimes death was a welcome friend.

It was because of the life and death of Shelly, as well as many others who passed away, that we started to develop the Belief Work. I can't tell you how many nights I stayed up crying to myself, praying and wracking my brain, looking for a way to change the way that people with disease felt about themselves and the world around them. Then the Belief and Feeling Work came to us, and I felt like I could make a difference. With this work I could help more people to live. I may not be able to save everyone from death but I certainly could prepare them for it.

Death Doors

Death doors are openings given to us by the Creator as opportunities to return home. When a person is given the opportunity of a death door, they have a choice as to whether they will accept or decline the death door. These choices are given to the higher self. From there, the choice is given to the soul to choose whether or not they wish to go to God's light.

When a person declines a death door, their life changes, and they grow spiritually. With this new transition, new guardian angels are appointed to the individual, and the person becomes more intuitive. This is an initiation of evolvment.

The person that has recurring death doors may have negative programs about death, spiritual growth and the Creator. To change the programs of "Death Doors" use the Belief Work. Energy Test the person, pull and replace any programs that are not for the person's highest and best.

The Dark Night of the Soul

The Dark Night of the Soul is a concept from the writings of Saint John of the Cross. They were written in 1547 when he was imprisoned for months on end in a dungeon, by his own Christian order, because of his beliefs. In the darkness of his cell all that was left to him was God. This concept has become main-stream in the collective consciousness. The concept of the dark night is that, through great suffering and deprivation, a higher consciousness can be attained that brings the individual closer to God.

The Dark Night of the Soul experience sounds ominous. Yet many intuitives and people with a spiritual nature seem to experience this phenomenon while on the road to higher consciousness. The goal or rewards past the dark night seems to be to find the profound joy of their true nature. To one going through the dark night, suffering seems unending. It is a lengthy and profound absence of light and hope. In the dark night one

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feels profoundly alone. The person experiences great difficulty in their lives and will face their greatest fear. At times, the person creates these great difficulties because this is the only way he or she knows how to spiritually grow. In most instances, the Dark Night of the Soul only occurs once in a lifetime. It is used as a karmic growth tool for the soul.

Energy Test For:

"I am in a Dark Night of the Soul."

Replace With:

"I understand what it *feels like* to be completely accepted by God."

"I know *how* to be completely accepted by God."

"I know *how* to live my daily life completely accepted by God."

"I know the perspective of being completely accepted by God through the Creator of All That Is."

"I know it is possible to be completely accepted by God."

Energy Test For:

"I know *how* to evolve spiritually without creating suffering."

"I have to 'sacrifice' one of my senses to get close to the Creator of All That Is."

Replace with:

"I am always connected to the Creator of All That Is."

Energy Test For:

"I have to suffer to get close to the Creator of All That Is."

Replace With:

"I know how to live without suffering."

Energy Test For:

"I have to die to prove my love to the Creator of All That Is."

Replace this with:

"The Creator of All That Is loves me unconditionally."

Chapter Nineteen

Experiences with the Planes

Guardian Angels

A guardian angel is a spirit assigned to a particular person to protect and guide them. The concept of angels goes back as far as recorded history to the Sumerians and throughout history has been a pervading belief system. The belief that the Creator sends a spirit to watch every individual was common in Ancient Greek philosophy and the Old Testament, although it is written somewhat non-specifically. In the New Testament, Jesus says that children are protected by Guardian Angels;

“Never despise one of these little ones; I tell you, they have their guardian angels in heaven, who look continually on the face of my Heavenly Father.”

A good example of a guardian angel experience was years ago, in reading I had with a woman. I could sense that she had a strong female spirit watching over her. When I went into her space I was told that this spirit was her Guardian Angel. The guardian angel said to me, “Tell her that I held her when her son died.” I told the woman her guardian angel had held her when her son had died. The woman broke down in tears and began to cry. When she composed herself, she told me her son had died years before. When he died she was so upset and so overshadowed with grief that she went to her room and wept uncontrollably. While she was weeping and grieving she felt as if someone’s arms were around her, gently rocking her back and forth. From that moment on she knew that she was not alone and began to feel better. I’ve had so many experiences with guardian angels that they are almost too numerous to count. They definitely exist for our benefit.

Just because you go to the Seventh Plane for healings does not mean that you cannot talk to guardian angels, or that they are unnecessary. But you should always go to the Seventh Plane first, before talking to your guardian angels. I have only done my best to clarify that the angels themselves expect us to venerate the Creator of All That Is. I am always amazed at the incredible support that the angels bring us.

I have found Guardian Angels with every person, in every religion and nationality known to man. Every single one of these guardian angels has a particular name and a particular energy. I have learned that they are not always compatible and they may disagree with each other if they are guarding the same person. However, I have come to realize that they have only the best interest of the person at heart. I have found that there are two to four guardian angels per person. Every person has at least two guardian angels; one male and one female. Guardian Angels never leave a person unless the person passes a death door. This means that they have declined an open door to go home to God. We are given many opportunities throughout our life to go home. Angels may also leave when you go through what is called “the dark night of the soul,” at which time the guardian angels are replaced with another set of guardian angels that will be there to walk the person’s life with them.

Guides, however, can be a different kind of angel from the Fourth or Fifth Plane. They can come and leave as they are needed. People can have many, many guides at one

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time. Any time there are more than twenty guides in a person's space, this is a sign that they are on the verge of a major transition or starting their life's purpose.

If at any time you see a Guardian Angel or Guide who appears to be two years old, you are probably observing a child waiting to come into their life. They appear on the left side of the person, (your right side if you are facing them.) This may be their children or grandchildren that are soon to be born.

All of the information that you receive from a Guardian Angel should be cleared with the Creator because angels and spirit guides have their own opinions as to what is right or wrong. Even though they have your best interest at heart, the pure truth is with the Creator. If you ask for specific help and healing from Angels, you become obligated to follow the rules of the Fifth Plane of Existence. According to the illusion set down in the Fifth Plane, there must be a trade for healing. However, if you go to Seventh Plane of Existence and ask for the same thing, the Creator of All That Is may send an Angel from the Fifth Plane to do the job. In this instance, you are not bound by any of the rules of the Fifth Plane. This is not to detract from angels. To experience the energy of an angel is a magnificent event.

The Guardian Angel technique is an introduction to the spirit world which is all around us. The most important aspect of this technique is that it reveals the difference between the voices of the Creator of All That Is, as opposed to that of lesser spirits. It validates that we are not alone in our own spirit realm, or even in our own electromagnetic aura field. This exercise gives you an opportunity to practice how to discern the different energies while in a reading. The Guardian Angel reading also helps the practitioner to recognize the difference between the voices and energy of spirits that are positive and negative.

As soon as the practitioner is in the person's space they will see the first thing that comes into their mind. The Angels will be seen as balls of light or a person's face. If you see balls of light, tell the person that you see two or three balls of light representing that number of guardian angels. Then command to see their faces. Once you see the faces, describe the faces that you are seeing to the client.

Principles of Guardian Angels

- Guardian Angels may appear as human spirits, ancestors, animal totems, spirits, fairies, or nature spirits.
- A person usually has two to four Guardian Angels.
- A spirit guide is different than a Guardian Angel. A spirit guide will move in and out of a person's world, whereas Guardian Angels stay until a death door opens.
- Guardian Angels may leave when a person has "*The Dark Night of the Soul.*" At this time, a more elevated Guardian Angel comes to us to assist us. This shows us that we are never alone in our space and have assistance at all times.
- This technique will also show you when children are coming into either your life or the life of a relative. It can even show you the arrival of a baby for someone else that is close to you. The spirit will have the appearance of a baby or young person on the shoulder of the individual being read.
- To tell the difference between Guardian Angels and wayward spirits, simply clear any information that you received from the spirits by asking the Creator what you have seen and heard.

- Guardian Angels will be happy that you ask God to verify information whereas waywards will throw a fit. Both Guardian Angels and other spirits have their opinions about questions asked of them, and their opinions may not be pure truth.

To see and speak with guardian angels you are going to use the same steps we have already discussed with minor variations.

Guardian Angel Technique

1. Ask permission to see the person's Guardian Angels.
2. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
3. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
4. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
5. State the following: *"Creator of All That Is, it is commanded to see and speak with this individual's (name of person) Guardian Angels at this time. Thank you! It is done. It is done. It is done."*
6. Move your consciousness over the head of the client and into his/her crown chakra and down into their space.
7. Go directly to the person's space and then look over the individual's shoulders. You may see balls of light. You then command to see faces, ask the Guardian Angel's names and their purpose.
8. Tell the person what you have seen and heard.
9. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

☺ *You can go up and see your own Guardian Angels by using these same steps by sitting in front of a mirror and going into Theta.*

Chapter Twenty

Waywards, The Fallen, Possession, Psychic Hooks, Curses & Implants.

Beyond the Concept of Evil

It is important that we have a clear perception of the concept of evil. The concept of evil is related to fear and hatred. The concept of evil is an important milestone in the evolution of the consciousness of mankind. Mankind uses it as an excuse to explain floods, famine, earthquakes and natural disasters. As it relates to human behavior, the concept was created to explain behavior or acts that at some time in history became morally unacceptable. At some point in time the idea of duality was formed to quantify an ultimate good and an ultimate evil battling for supremacy in nature as well as inside mankind. Remember, evil is fed by fear.

With the Belief Work it is possible to find and release programs of evil that may be creating friction in our existence. When we talk of good and evil we go back to the childhood programs of “I am afraid”. I don’t think we should use the terms good and evil but there is always a controversy with these terms; to keep or to let them go. What we want to create within us is *balance*. Whenever there is a battle or controversy, there is an imbalance, and whenever there is an imbalance there is likely to be a *physical* disability.

Energy Test For:

“I have to fight constantly against the evil forces of the universe”.

“I am opposed by evil.”

“I have to fight the forces of evil.”

“I know how to be safe.”

Use the Belief Work and Replace With:

“I can choose to battle evil.”

“I am impervious to evil.”

“I am safe.”

“The truth is pure balance.”

Or, use the program that best suits your vibration.

Removal and replacement of these Programs will show the client the truth about good and evil. To some people, the government, aliens, waywards, or demons represent evil. Replace these Programs with “I am safe” from these influences. The Seventh Plane is beyond the concept of “good” or “evil” and there is only the purity of the Creator.

In the modern metaphysical world there has been a great deal of hysteria that revolves around negative spirits, aliens, implants, psychic attack, reptilian energies, and the like. In ThetaHealing it is taught that these aspects of evil are nothing when compared to the purity of the Creator of All That Is.

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Energy Test For:

“Life is boring without evil to fight against.”

Replace With:

“I am entertained with life.”

Waywards

When you begin to experience the Theta State, you’re going to start going into a dream state. In this dream state, you will start to be more receptive to other characteristics that were once invisible. As the psychic abilities open, many people become receptive to metaphysical and spiritual aspects and energies. These energies can show themselves as spirits. There are some disembodied spirits that are good, and some that aren’t.

One of these energies is called Waywards. “Waywards” is a word that I learned from a wonderful woman named Barbara Hughes, who lived not far from me in Idaho. Barbara was a retired school teacher who spent much of her life pulling discontented spirits off of people along with the other healing work she did. She explained to me that a “Wayward” is a spirit that has left the body at death and doesn’t know where to go. She was a gifted healer that has gone to the same light of God that she sent all those waywards to.

The Grid System

Our lives are built on an invisible grid system, a grid system of the universe. We all live under this network pattern. The grid system is so real that even NASA waits for a “window” before they send their ships into space, so they can arrive at the destination they are seeking. This grid system follows natural laws such as the rotational turning of the earth and gravity. There are openings in the lattice work of the grid system that are doorways that lead back to the Creator. We are totally connected to the Creator at all times. However, we are granted many windows and doors, which allow us to go back to the Creator, called death doors. Each person has their own pattern of opportunity to use these death doors.

The Window to the Creator

A death door becomes a “window” when the Soul is committed to go to the Creator. A window stays open about nine days after the death of a person. When they miss this window of light, the grid system passes by and they are trapped by the magnetic pull of the earth, so their spirits are left to walk this planet. If the spirit decides not to return back to the Creator then they go back to the house or the place they were before their death. Waywards are spirits that have missed their window to the Creator. These spirits are in a holding pattern for a space of time between the Third and Fourth Planes of Existence. In good time, these spirits find their way to the home of the Creator.

The Creator has not abandoned these individuals; the Creators conception of time is totally different from our own. Even though we feel that we’ve have been here for a long time, in God’s perspective it has been a very short time. Once again we are talking about the free will of the spirit.

When we are still living in the physical body we are constantly connected to Creator’s light. After death, this light is still open for nine days. If the spirit does not use

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the light to return during this period of time, their pathway to God is temporarily interrupted. Lost, searching for the light, they will use our radiance as a guiding beacon for the path to return to God. This is why waywards may be attracted to you. In some instances waywards will attach themselves to you and feed off of your energy. This may cause difficulties. They also return to the places on earth that they were the most accustomed to, or to the people that they loved, and can even return to their place of death. These disembodied spirits are so common that they are used in many religious practices.

A person who has carried a wayward spirit with them for a period of time may have a physical illness caused by the wayward draining energy from them. As soon as the wayward is gone, the symptoms can completely vanish. There can be more than one wayward attached to a person.

A person who uses drugs or is an alcoholic has more openings in their aura field and tends to invite more wayward spirits. Remember: don't converse with wayward spirits before they have been sent to God's light since they may be manipulative, angry and crazed. Send the "problem" spirit to God's light, and then you may converse with them. When the spirit comes back from the Creator, the spirit will be balanced once again. Once they go to the light, they will go through a filtering process that releases all negative emotions and programs from them. Then it is permissible to call upon and speak with them.

Some Native American teachings maintain that if the spirit goes to the light they lose their identity and become part of the light. In some instances the spirit might feel the need to stay on the earth to be a protector and thus they keep their identity. There are also native spirits that choose to stay and become a guardian spirit for sacred sites.

People who commit suicide are often afraid to go to the Creator's light, fearing punishment in hell. In fear, the spirit rejects the Creator's light. People who have been killed in tragic deaths, such as murders or freak accidents may miss their opening to the light. These spirits become so disoriented or so upset at how their deaths occurred that they didn't take their window to God's light.

True love can cause a spirit to stay close to their loved one and refuse a death door, thinking that their loved one can no longer make it if they are truly gone. This makes grief a heavy feeling in the house. If you send the lonely departed spirit to Creator's light, they will most likely return, only with an uplifted spirit and with less grief.

Use your connection to God's light to send these wayward spirits to the Creator of All That Is of the Seventh Plane. There is a law that states these wayward spirits must listen once the healer calls on the Creator. As the practitioner, do a thorough search for spirits around the person's aura field.

Process for Wayward Spirits:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.

3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, "*Creator of All That Is, It is Commanded that all wayward spirits around (person's name) be sent to God's light to be transformed. Thank you! It is done. It is done. It is done.*"
5. Move over to their crown. Witness them being sent to the Creator's light using your connection or the client's connection to Source. Be sure you follow them all the way to the Creator's light as they will attempt to escape.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

The Fallen

There is another group of spirits called the Fallen. They are different from waywards. They are spirits and entities that shouldn't be here on the earth. They are a little bit nastier than regular waywards. Ask God for the name of the spirit, and you will receive it. Then command it to go to the Creator's light.

Once you use the Creator to send the Fallen to the Creator's light, it is one of the Laws of Nature that they must obey the command.

Process for Releasing the Fallen:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, "*Creator of All That Is, It is commanded that I hear and be given the name of the entity. Thank you! It is done. It is done. It is done.*"
5. Move over to their crown.
6. Find the fallen spirit or entity in or around the body, and using the name of the spirit or entity, command that it be sent to the Creator's light.
7. Witness it being sent to God's light using your, or the other person's, connection to the Creator. The spirit must obey universal Law.
8. As soon as you are finished, rinse yourself off, and put yourself back into your space, and ground to Mother Earth. Then make an energy break.

☞ *This process works with a possession as well.*

Channeling Spirits

If you call to speak with a spirit, never permit it to enter your body. Permitting a spirit into your body can be detrimental to a person's mental and physical attributes, causing obesity and mental illness. You may permit the spirit to enter your aura field that is around your body in order to speak with it, but never, ever permit spirits to enter or "take over" your body.

Possession

I never gave much thought to possession until I experienced it directly. This experience came in a psychic fair that was organized in Twin Falls Idaho. The room was open and didn't have any booths to separate the readings for privacy. We all did our readings in the open. There were seven psychics doing readings at once. Friends, acquaintances and my ex-husband, Blake, were in the room watching the goings on. Two of these people were young Mormon missionaries, relatives of Blake. The room was hot and stuffy and I thought of going home. But since we had traveled such a long way, I decided to stay.

All of a sudden, there was a commotion from a person that was getting a reading. A lady started to speak with different voices and roll around on the floor like in the movie "The Exorcist." I had never seen so many people disappear that quickly in my life, including the missionaries! Everyone in the whole place ran away in terror, leaving me alone to deal with the situation!

As I walked over to help, I watched as her eyes rolled back in her head, her face and body convulsed and she uttered foul utterances. As I touched her shoulder, I knew that she was possessed and I instinctively put myself into a Theta State to send the Waywards to God's light. Surprisingly, she had more than one spirit in her body. She had the most spirits that I had ever seen up until then. Eventually I witnessed all of the waywards that were possessing her sent to God's Light. A little while after that she was fine.

Many people diagnosed with mental problems may be prone to possessions, so it is good to check for spirit possession as you do your medical intuitive sweep of the body. Be sure to place an energy field around the person using the love of the Creator so that they cannot be possessed again and replace all the Beliefs that might be the cause. Another type of possession is the "created" entity caused by substance abuse of drugs or alcohol. Removal of these entities from the afflicted person may help in their recovery.

The wayward spirit that inhabits the body of the person must obey the command that you send to it when you are connected to the Creator of All That Is.

Process for Possession:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.

4. Make the command, "*Creator of All That Is, it is commanded to know the name of this spirit in (name the person) this person's body. Thank you! It is done. It is done. It is done.*"
5. Move your consciousness over to their space.
6. Name the spirit and command that it be pushed down through the feet of the client.
7. Command that the spirit be sent to the Creator's light using your or the clients connection to the light. Witness the spirit going all the way to the Creator's light.
8. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Ghost Imprints

The concept of Ghost Imprints is that the energy of living matter projects memories upon places and articles. There are some places such as houses, sacred sites, battlefields, boats and cemeteries that have their own personality. Articles, such as furniture, jewelry, pictures, and musical instruments, may all develop "ghost imprints."

Ghost Imprints are energies picked up from emotional events, or can be collected energy from the people that used the places or articles. Houses, sacred sites, and articles can collect their own sentience, even their own personalities. They may act "alive" from interaction with biological life forms. Hence, a house becomes "haunted" in and of itself regardless of any spirits that inhabit it. The house will creak and groan and move parts of its own volition, such as windows and doors opening. So, a "haunting" in a house may not be caused by "spirits" but rather by the collected "sentience" of the house itself.

People may see "visions" from the past of war and carnage standing in an old battlefield. These "visions" that people see are imprints left over from the strong emotions experienced by the people involved in the conflict. The imprint creates a vortex, or opening, in space and time, and it is then possible to see the past events.

To experience a Ghost Imprint that is instilled in physical objects, simply touch or hold the article in question. Open your psychic senses to permit the energy from the article in your hands to flow through you. This technique is an emphatic reading, and you may see, feel, touch, and taste the sensations from the object, as well as hear the article speak to you.

Spirits and waywards can attach themselves to inanimate objects such as tarot cards, because we give energy to the cards. The cards become like a living entity with a sentience all their own. Remember to clear special articles, i.e. crystals, wands, ceremonial objects, and antiques with the crystal light of the Creator.

Clearing and Belief Work on Non-Organic Material

Objects can hold memories, emotions and feelings. These are ghost imprints of everything that has gone on around them, and in the case of a house, inside of them. Sometimes they gain a sentience or consciousness of our own. For this reason you can teach your house what it *feels like* to be a home. With Belief Work, you can pull curses off of a piece of land or you can return soul fragments that the land has lost just like you would with a person.

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Clearing and Belief Work on Non-Organic Material Process:

Variations of this exercise can be used with any objects.

1. Ground and center yourself in your heart and visualize going down into the center of Mother Earth, which is a part of All That Is.
2. Visualize bringing the energy up through your feet, into your body and bring the energy up through all the chakras.
3. Go up through your crown chakra, raise and project your consciousness out past the stars, the Universe. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence.
4. Gather Unconditional Love, make the command, *“Creator of All That Is, it is commanded to teach this home the feeling of (whatever you want to teach the house.), in the highest and best way. Thank you! It is done. It is done. It is done.”*
5. When you are finished, rinsing yourself off in a stream of the water or light of the “Creator of All That Is”. Enter your body through your crown chakra. Send your consciousness down into the center of Mother Earth to ground yourself, then pulling the energy of Mother Earth, up into yourself to ground you, performing a physical energy break.

Entity Energy in Drug Abuse

Drug addiction and alcoholism can leave people open to entities. The addiction causes a spiritual energy drain that opens the person for parasitic energy and an entity is able to intrude into the weakened “space”, or aura, of the person. Of all the drug-addicted people that I have experienced psychically, there have been strange entities attached to them. Each drug seems to have their own entity peculiar to it, and intuitively looks the same from person to person. To help the person, move the person’s serotonin level as the Creator directs, and go into the person’s space to see if anything needs to be detached and sent to God’s light. If they are on drugs, the entity will be attached to them. The spiritual entities will attach themselves to the addicted person, gain a hold on the persons mind and whisper to them the words that keep them addicted to the substance. These entities must be sent to Gods light to ease the suffering of the addicted person to give them a chance at recovery.

These are what some of the forms that addictive energies may look like:

- A heroin spirit looks like a shriveled old man with hollow eyes.
- A marijuana spirit looks like a brown haired woman.
- A cocaine spirit looks like a white-blond haired woman with electric blue eyes. Her energy will be flowing around the addictive person.
- A crystal methamphetamine spirit looks like a white-blond woman with blank holes for eyes.
- Each type of alcohol has a different spiritual energy that is attached to it and looks different from one type of alcohol to another. Why do you think they call it “spirits?”

Psychic Hooks

A psychic hook can take place when there is an emotional attachment to another person. When you feel sympathy, concern or pity towards another person an energetic bond can be created between two people. Since thoughts and emotions have a physical substance, this energy is willingly released to help another. In a scientific test conducted at a hospital it was proven that there was energy going from the mother to her child when the child was lying ill. The mother was feeding the child part of her soul energy of her own free will.

Emotions of hatred, anger and obsessive love can also create a psychic hook. These kinds of emotional attachments of both a negative and positive nature can be unfavorable to the overall well being of an individual.

There are varying degrees of depth to a psychic hook. In an instance of extremely intense emotional attachments a soul fragment can be lost to another person. A soul fragment is a tiny piece of our essential life force. It is essential to reclaim soul fragments that have been lost.

Psychic Hooks and the Healer

It is important for a healer to have a certain degree of objectivity with the client. If a healer begins to feel uncontrolled pity for all of the people they work with, too much energy is expended. There would soon come a time when the healer is used up and would no longer be able to help anyone. The idea is to have balanced compassion and not uncontrolled pity for the people you will be associated with. These individuals are creating their own lives. True compassion is doing what is best for the person, rather than feeding on their emotional drama. Even the best of us can get what is called a psychic hook.

Breaking Psychic Hooks:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *"Creator, it is commanded that this psychic hook that is attached through (individuals name) be released, sent to God's light, transformed into love and light. Thank you! It is done. It is done. It is done."*
5. Witness the psychic hook being released and sent to the Gods light.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Psychic Attack

Psychic attacks originate from the thought forms of other people. We naturally discard most “thought-forms” that are sent to us, except from those that are close to us. These thought forms are either directed or misdirected at a person. In many instances the person sending the attack has no idea they cause pain to someone who is intuitive. If a family member is the one directing the thoughts to the person in question, the aura field doesn’t protect the person as effectively, since we are more open to these familiar thought forms.

Wayward spirits and other worldly beings may be the cause of psychic attacks as well. Command that the wayward spirit be sent to God’s light of Creation.

Energy Test For:

“I have to battle evil all the time.”

Replace With:

“I am impervious to evil.”

Θ *As you become acquainted with the Seventh Plane of Existence and the Creator of All that Is, it will become impossible to be affected by psychic energy attacks.*

Psychic Attack Process:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *“Creator of All That Is, it is commanded that all psychic attacks be automatically sent to God’s light. Thank you! It is done. It is done. It is done.”*
5. Witness the psychic attack being sent to the Creator’s light.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Oaths, Vows and Curses

From the time that I started doing readings, people would come to me carrying curses of all kinds. Mexican curses, generational curses, spells and so on. Some people knew they had them, others did not.

One of the most profound experiences with a curse came from a nice lady that came to me with a unique problem. She was physically sick and everything was falling apart around her. She had just met her mother in law and had accidentally insulted her. I could see that her mother in law had put a curse on her because she did not like her. When I went into her space I could see that it was a Voodoo curse that had been put on

her. It was in the form of a tall, looming black man that was slowly choking the life from her. This was when I didn't know the best way to deal with curses. Instinctively, I brought light from God and sent it through every cell of her body and pushed the curse out of her feet. Then I gathered the curse up and sent it back at the practitioner that had cast it in the first place. I gave the lady a hug goodbye, confident that it was gone.

A few minutes later I felt a strange heavy sensation that began to come up my arms. It was the curse, and I knew that the Voodoo practitioner had sent it back at me. It was so strong that it started to come up my arms into my body and I could feel it begin to take me over. In a panic I commanded that it be sent to the Light of God, and I commanded that it to be so through the Creator. It slowly receded from my arms until it was gone. Then I felt a presence in my space, and it was the black man in the curse. He had come through Gods light and had returned. He thanked me for freeing him from his bondage. The lady felt much better and her sickness and troubles stopped. This is how I learned that you should never send a curse back to the sender. This only causes a war. Send the curse to Gods light, and use the Belief Work to give the person the program of "I am impervious to curses."

Two Aspects of Curses

1. Generational Curses

One aspect of a curse is a genetic or generational curse. This is a curse that has been handed down from an ancestor who has knowingly or unknowingly accepted the curse. Someone in the family line has accepted the thought form of the curse sent at him or her. The person afflicted with the curse will have experienced repetitive difficulties where things seem to attack him or her. Some examples of this are accidents, insanity, alcoholism and continuous bad luck. A good example of this comes from the bible when Moses addressed the Israelites when they were preparing to enter the Promised Land. He told the new generation that was preparing to enter the new land that they would not enter unless they dealt with their own personal sins and also the sins of their fathers. The account can be found in Leviticus 26:39-42

"Those of you who are left will waste away in the lands of their enemies because of their sins; also because of their fathers' sin they will waste away. But if they will confess their sins and the sins of their fathers, their treachery against me and their hostility toward me, which made me hostile toward them so that I sent them into the land of their enemies, then when their uncircumcised hearts are humbled and they pay for their sin, I will remember my covenant with Jacob and my covenant with Isaac and my covenant with Abraham, and I will remember the land."

2. The Cast Curse

Another aspect of a curse is "cast" at a person in the present time. It is only when the person has guilt, fear or a negative program that they receive and accept a curse. Curses seem to be as old as civilization, perhaps older. Here are some interesting examples.

Greeks and Romans

Greek and Roman curses were somewhat formal and official. Called “katadesmoi” by the Greeks and “tabulae defixiones” by the Romans, curses were written on lead tablets or other materials, generally invoked the aid of a spirit (a deity, a demon, or one of the dead) to accomplish their goal. These writings were put in a place considered effective for their activation, such as in a tomb, cemetery, sacred spring or well. In the text of katadesmoi and defixiones, the petitioner uttered a prayer or formula that the enemy would suffer injury in some specific way, along with the reason, such as theft or loss of respect. The Romans, Etruscans, and Greeks in Italy all practiced this custom. Fortunately for us, they buried the curses so well that today we have a body of curse inscriptions to tell us how they practiced their magical incantations.

Voodoo Curses

Voodoo is a religion that originally came from Africa to Haiti, and from Haiti to New Orleans. Two hundred years ago, the ancient art of Voodoo was transformed and enhanced by a very powerful practitioner. In New Orleans it became what is called Gris-Gris. With Gris-Gris, the practitioner can send a curse or a blessing upon a person in numerous ways. In most cases Voodoo is a respected philosophy; very few practice it in a negative way.

Blessings

The opposite of a curse is a blessing. These aspects are two opposing forces of the pervading and underlying belief in duality: The forces of “light” (good) against those of “darkness” (evil). Both begin as condensed thought forms. The big difference between the two is that blessings can be supported by the Creator, whereas curses have only the support of elements that are less than Divine.

Oaths and Vows

An oath is either a promise or a statement of fact calling upon something or someone that the oath maker considers sacred, usually a God as a witness to the binding nature and the truth of the statement as fact. To swear-by or swear on something is to take an oath, such as when a person swears on the Bible in court. An oath binds the person on a deeper level and is more profound than a promise.

There is confusion between oaths and other statements or promises. For instance, the current Olympic Oath is really a pledge and not properly an oath since there is only a “promise” and no appeal to a sacred witness. Oaths are also confused with vows, but really a vow is a special kind of oath. Oaths and vows can be generational as well, and even though they may have been created for a positive reason, may cause the person difficulties in the here and now.

A self-proclaimed Oath or Vow spoken by an individual may have far reaching effects, similar to the effects experienced in a curse. As you investigate the cause of the person’s challenge, use Energy Testing to find if there has been an oath taken by the person, and if it is causing them problems.

Curses Command Process:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *"Creator of All That Is, it is commanded that the curse or vow this person has (person's name) be removed from this individual from all that they are. It is completed and no longer needed. Thank you! It is done. It is done. It is done."*
5. Move your consciousness over into their space.
6. Go into the person's space and tell the curse that it is completed and finished. Witness the energy of the curse being removed from all four belief levels, from the physical DNA outward to their aura field. Witness the curse being pushed out through their feet. Gather up the curse, and send it to God's light, never to return, to be transformed into love and light.
7. As soon as you are finished, rinse yourself off, and put yourself back into your space, ground, and make an energy break.
8. Use Belief and Feeling Work on this person.

Implants

Ten percent of Americans have UFO experiences of one kind or another. The conception of implants is from the modern UFO craze which began in 1947. In the 1960s reports of alien abductions began to surface. Implants seem to have begun in 1967 with a woman who described a tiny spiked ball that had supposedly been inserted up her nose. Soon such devices began to proliferate, one of which survived and was thoroughly investigated by the Center for UFO Studies in the late 1980s. Possessed by an abductee, the object had supposedly been implanted by his extraterrestrial abductors, but was later dislodged when he caught a cold and blew his nose. It proved to be a common ball bearing! Since 1994 alleged implants have been surgically recovered but all are different. One looks like a shard of glass, another a triangular piece of metal, still another a carbon fiber, and so on, recovered from such extremities as toe, hand, shin, external ear, etc.

Doctors know that a foreign object can enter the body unnoticed, during a fall, or while running barefoot, or as a splinter from a impacting object. Foreign objects may become surrounded by a membrane, like several of the recovered "implants." In his book *Confirmation* Whitley Strieber describes several of the implants including one removed from his own external ear by a physician. It turned out to be collagen, the substance from which cartilage is formed. Strieber admits that "hard evidence" provided by implants is inconclusive. "I hope this book will not cause a rush to judgment," he writes, "with skeptics trying to prove that evidence so far retrieved is worthless while UFO believers conclude that it is proof. Both approaches are a waste of time, because the conclusive evidence has not yet been gathered."

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Numerous implants have been removed and studied. The implants are generally no more than 3cm (1 inch) long and 1mm (1/16 of an inch) in thickness. One implant is wire-shaped and under an electron microscope seems to have a complex structure containing many different layers. Tests have shown that the implant is composed of a variety of metals and alloys. During routine X-rays and MRI's - abductees sometimes discover unexplained objects in their body. Neither their doctor nor the abductees are able to explain how these objects got there.

In the early years, many people came to me to have all kinds of attachments and implants that they felt where inside them. Many of these people worked for the government. I was not so much interested in what they where or where they came from, only that I helped the person to overcome their challenge with them. Because of what I learned about this and other aspects of the Paranormal, ThetaHealing in the present time teaches the person to use the Belief Work to remove Programs of being a victim to aliens and other negative, fearful aspects. These programs should be replaced with "I am impervious to evil," "I am impervious to Aliens," and so on. Then the person can use the Feeling Work to instill from the Creator any feelings that the person does not have or understand that will assist them in overcoming the aspect of implants or Aliens.

One experience that I have had stands out from all the rest. A wonderful woman would periodically come in for healings because she was attacked by aliens and plagued with implants. I would strengthen her aura and send the "implant" to Gods Light. This was well before the Belief Work, so I did not have this means to work with.

She would be left alone for a while, only to have the difficulties return. One day, she came in for a healing and my husband Guy was there. Guy was skeptical about implants, and this was something that I wanted him to learn. I asked the lady if it would be alright if Guy attended the healing. She said that he could. I had him come into the healing room to show him a "real" implant. On this occasion the lady had an implant in her arm. It moved up and down her arm, and I wanted Guy to witness this with me. Guy put his hand on the ladies arm where the implant was. It moved under her skin, and this alarmed Guy. He stepped back and said, "What the hell is it?!" Then she held her arm out and we could see the implant move under her skin. This experience pushed my husband's belief system to the limit. I commanded that the implant be sent to the light of God, never to return, which it did. After that, it was gone. I do not know what it was in her arm, and I don't care. What I do know was that you could touch it, see it, and watch it move. The important thing was that the lady believed that I could help. Eventually the lady stopped having these experiences with such intensity, and when the Belief Work came to us, she used it to empower herself. In ThetaHealing today, we do not have an opinion as to the validity of implants or Aliens energies, only that we help the person heal.

If in the process of a reading you hear the Creator tell you the person has an implant, first ask the person if they have breast, tooth, or surgical implants. Implants are generally found on people who are working in government positions or believe they have had abductions. If they believe it, then it is real. Many people who are very intuitive are mistaking viruses and bacteria in their bodies for "implants." Do not command all implants to be removed from a person until you have explored to see if they have breast

implants, pace makers, steel pins, or any number of different surgeries where foreign matter is in the body.

Do not over analyze what the implants are, where they came from, or have the person relive the experience of the implantation or alien experiences. Empower them with the Belief and Feeling Work.

When someone has difficulties with alien abduction memories, the programs are generally held on the History level. Muscle test for the memories, and if the memories exist, then resolve them with the Belief Work. If the memories are not real, then the person has made up the alien memories to cover up the real experiences of trauma.

Remember that a virus is an alien invader in every cell. Psychically and microscopically, a virus may look like a robot. If asked, God may agree that the virus looks like an alien invader. When the person is telling you that they have an alien problem, they may not be wrong, it is only their perception of the “alien” that is. As an intuitive healer there is the need to listen to the person until they can work out whatever the fear is and find the real problem. If you follow the person’s “brain candy,” you will find the greatest fear. Listen to their Belief System. The person will choose which Beliefs they want to keep or to drop. The Creator of All That Is can change anything, so don’t live in fear, just go up and change it. Convince the person that it is through the Creator that freedom from abduction and fears of aliens is reached.

Process for Implants:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *“Creator of All That Is, it is commanded that I know and hear the tone that destroys this implant that is in (individuals name). Thank you! It is done. It is done. It is done.”*
5. Move over to their crown. Enter the body and witness the implant. Witness the tone being sent into the implant that destroys it, and then send the remains to God’s light.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

To permanently stop the person from having implants, use the Belief Work.

Energy Test For:

“I am impervious to attack” and “I know how to live without being a victim.”

Chapter Twenty- One

Healing and Communicating with Animals

Some of the best friends that many of us have are our pets. They are the very essence of unconditional love. Some people become so attached to their pets that they are like children to them. When you “go in” to speak with an animal, you need to realize that most animals do not understand the spoken word. A much more realistic way to communicate with an animal is to form a picture and then telepathically transfer it to the animal’s mind. Most animals communicate by sending pictures. They do not intuitively send words, but rather use feelings, emotions and images. It is also very important to understand that sending a feeling is much different than sending words. You are sending an emotion to the animal. If you find yourself in a situation where you feel threatened by an animal, do not project the thought, “do not bite me.” Projecting any kind of image about biting may be misinterpreted, and you could cause a biting incident. Instead, if you find yourself in a situation with an aggressive animal, project pure love to the animal, and move away slowly. Sending the projection of love telepathically will probably not work on all animals. Discretion is definitely the better part of valor when it comes to dealing with animals.

Someone once said that animals act upon pure instinct and it is only humans that have imagination. This person must not have studied animals. Animals have great imaginations and problem solving abilities. Animals dream much in the same way as we do. Some animals, such as dogs and some cats, do understand words; not just a few occasional words, but whole sentences. In the wild, animals can sense your fear, so it is important to send them feelings that they are safe and that you are safe. It is easy for them to accept intuitive love that is sent to them.

Animals can become chronically depressed just like humans. For example, if you have a dog that is depressed and lethargic, you should project the picture of the animal in a happy situation with the master as its friend, giving it love.

Animals respond quickly to healings. You may want to work on their owner as well, as the animal often absorbs sickness from them. In the symbiotic relationship between the pet and master, the pet will attempt to heal their master by taking on emotions or the physical disease. Although animals are able to absorb sickness, they are often unable to get rid of it. This is why it is very important to clear your pet of negative energy on a regular basis. To clear the negative energy, simply go up to the Seventh Plane and command that the energy be gone. Animals usually respond to healings quickly, but if they don’t, they may need Belief or Feeling Work.

It is easy to work on animals, even from long distances. Horses heal quickly, but they don’t like to hurt. Before you do the healing it may be necessary to relieve their pain before witnessing the healing. Another tool is to go in and project to the animal that they are strong and healthy with a visualization. Pull the disease from the animal and send it to the Creator of All That Is. Project the emotion or the feeling of the animal as strong and healthy.

Some of the Feelings that animals may need are, “I understand what it *feels like* to receive and accept love,” “I know what it *feels like* to be loved,” “I know what it *feels like*

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to be important,” and “I know how to live without feeling abandoned.” Go up and ask their Higher Self permission to do healings and Belief Work.

Chapter Twenty- Two

Affairs of the Soul

Soul Mates, Soul Fragments & Energetic Divorce

My Little Story

For years I dreamed of a man that I was to be with later on in my life. I knew that he would have brown hair and blue eyes. As time passed, I knew that this person would be from Montana. I knew that he was a rancher or a farmer; I couldn't decide which one it would be, but I knew that it was one of the two, and I knew that he would have a child. When I first dreamed about him, I knew that he was already married, but that he would become divorced. As time drew near for our first meeting, I knew that he would be driving an old blue and white truck and that his child was a young boy. For some inexplicable reason I could not reach the man directly. It was through the dreams of the little boy that I attempted to reach him, to have him tell his father that I was coming. For years I had intermittent dreams of becoming a great female wolf and running with a pack. In the form of this wolf I would run into the little boy's dreams. In this form I would attempt communicate that I was coming to see his father someday. The recurring dreams terrified the little boy and he would wake up screaming and crying. These dreams went on for some years with no success at communication. It wasn't until years later in 1997 that I met this man.

From my dreams I would always call him my guy from Montana. I asked the Creator time and time again what his name was, but I was told simply that he was my "guy from Montana." In my waking hours, I would tell my friends about the kind of man that I wanted, hoping that my man from Montana was the "one." I was having a discussion with one of my friends. I realize now that I was manifesting for my soul mate, because I began to specify to her just what I needed in a man or I was going to give up. I told her that I wanted a man that was tall with blue eyes and brown hair. I told her that he had to be stable and I wanted the man that I dreamed of, my man from Montana.

In 1997, I met a man whose name was Guy Stibal. (Get it? Stibal sounds like stable.) When I saw my friend again she heard Guy's last name and said "Boy, can you manifest!" Guy was a farmer and a rancher. He farmed on the family farm in Idaho and he worked on the ranch in Montana in the summer. He told me that his son had dreamt for a long time about wolves that kept coming into his dreams and waking him up. I had seen this man in such detail that when I met him, I thought the Creator was playing a joke on me, for certainly it couldn't be this easy.

To this day I know that the Creator gives you all the answers you need. My husband's name is Guy and he is from Montana- "My Guy from Montana." He is a partner with me on this journey, supporting me completely in the creation of ThetaHealing as we travel to different places in the world teaching people. This story was dedicated to my husband, and also to remind you to trust your intuition.

Soul Mates

Many people are confused by the phrase “soul mate.” Most of this confusion is caused because there is more than one soul mate for each person on the earth. A soul mate is anyone that you have known from some other place in time; the pre-existence. Soul mates are sometimes compatible and sometimes not, but your heart will instinctively remember and love them. A soul mate has a magnetic pull that makes your heart beat faster and your palms become sweaty. A soul mate has something special inside. Your heart is excited to see them, and when you are apart you can’t wait to see them again.

I believe that since the year 1998 more soul mates are finding each other than at any other time in history. Because of the change in the electromagnetic pull of the earth and the spiritual development we are attaining, it is a time when we are beginning to finally love ourselves. When you can truly love yourself, you’re ready for a soul mate. A soul mate can make you happy or tear you apart, depending on how you feel about yourself. If you have not arrived at a point in time when you can truly love yourself, a soul mate relationship will drag you over the coals. As soon as you commence to love yourself there is an interesting energy that opens in the heart chakra. This energy triggers your sexual chakra which also calls to your soul mate. When you begin to call for your soul mate, you will find that you draw other people to you who are attracted to your energy. Not everyone that is going to be attracted to you is your soul mate. It is very important that you bring to you the right mate to walk with you through life.

When asking the Creator for a soul mate, make sure you ask for a *compatible* soul mate. Always be specific when asking the Creator for a soul mate, and ask for one that is compatible to you. Some people are confused and ask the Creator for a twin flame. A twin flame is someone who is exactly like you, and unless you truly like yourself, most people will not find this match compatible.

A soul mate only compliments you. Another person cannot make you complete; you must first be complete on your own. If you are not a whole person in and of yourself, then you have nothing to bring to the relationship. Be extremely careful when you ask for a soul mate; know exactly what you are asking for so that you will recognize that person when you find them.

Soul mates are part of the evolution of the earth. As true partners a couple can evolve and change together. Part of the evolution of human beings is to learn to accept others for whom and what they are. It is very important that you do not romanticize so much about a partner that you don’t see them for who they are. The term “love is blind” applies to soul mates as well. It is imperative that when you find your soul mate, that you accept this person for who they are.

Many people are generous by nature and have a tendency to give all the time. Because of this they will draw soul mates to them that are not generous and take from the relationship more than they give. Be certain that you are ready for a soul mate to give you back the love that you give. Always make sure that you can accept and receive joy, and that you can accept and receive love if you are looking for a compatible soul mate. Energy Test for the Program that love hurts and replace it with the program that the Creator tells you to replace it with.

The best way to find out if you are ready for a soul mate is with Belief Work.

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Energy Test For:

“I believe I can be loved by another person.”

“I can receive love from another person.”

“There is someone out there for me.”

These Programs should also be present in the other person for them to be your most compatible soul mate. In reading sessions I see women all the time that say, “There is nothing out there but rotten men.” As a consequence, all they ever find are rotten men. I hear the same thing from the men that I talk to. They say, “There is nothing out there but women who use men,” Because this is what they believe, that’s all they find. Your subconscious will bring to you what it is told to.

There is a great deal of controversy evolving around whether or not a person can love more than one person. I believe that a person can definitely love more than one person. But I also believe that the higher evolution of a being is to love one person totally and completely. I believe that to say that you love more than one person is a kind of cop out, because then you’re not obligated to knowing a person completely and committing to them as a partner. After working with thousands of people, I have discovered that there is a gene for monogamy as well as a gene for non-monogamy. It is not ours to judge, no matter who a person finds as a partner. However, it is important to know that soul mates are out there and are very likely searching for you. It is possible to find the perfect soul mate for your life’s journey.

The Principles of Soul Mates

- There are more soul mates to choose from now than ever before. One person may have dozens of soul mates, ranging in many different ages, shapes and sizes. An individual has more than one compatible soul mate.
- The individual must love himself or herself before calling in a soul mate. Once you manifest for a soul mate, the level of evolvment you have as a person will dictate the soul mate that you draw from the Creative Force.
- People are drawn to one another for the negative that they have in common; as well as the positive. You should remove as many negative beliefs and do Feeling Work on yourself to draw to yourself the best person you can.
- A twin flame is someone exactly like you. They mirror you *exactly* and this may not be good.
- When you draw your soul mate to you through the Theta Technique or other manifesting techniques, be aware that you will attract other people to you since your sexual chakra will be open. In the command process, it is important to state, “I *have* my most compatible soul-mate,” rather than saying, “I *need* my most compatible soul mate”.
- You should specify that you receive the opposite or same sex, depending upon preference.
- Make a list of the criteria for the soul mate you wish to draw, and state the complete list in your command.

- A compatible soul mate will flow with you. You will mesh with that individual with little or no friction. Usually you will have Belief-work to do together.
- Life is about choices. If you wish to break up from your present relationship, this is between you and God. Ask God if your relationship could (or should) be saved and how; then decide to ask for a new soul mate.
- Do not ask for a perfect soul mate, since this person may be *too* perfect. Instead, ask for your most compatible soul mate.
- Soul families and soul mates are people whose spirits we recognize from other places and times. We seem to “know” them and can read their minds easily. Soul families have a tendency to travel through time together.
- If you have a preference as to whether or not someone is faithful sexually, specify that they have a monogamy gene, which not everyone carries.

Calling For Your Compatible Soul Mate:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *“Creator of All That Is, It is commanded that my most compatible soul mate be brought to me, and that they have these attributes (state attributes). Thank you! It is done. It is done. It is done.”*
5. Witness the call to your most compatible soul mate being sent out.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Soul Fragments

A soul fragment is a piece of essential life force energy that is lost in intense emotional encounters. Soul fragments are exchanged through the History Level. A soul fragment is more complex than a psychic hook. These are fragments of another individual's life force that you have received or given to another individual by you. These exchanges of energy may be either negative or positive and can be draining to the psyche. Soul fragments may be the reason we still think of someone for years after leaving them and cannot make a healthy break from the memories. For example, if you continually think about an ex-husband there may be a reason for it. You may still carry a soul fragment from that person. Please understand, there's nothing wrong with thinking about that person, but be sure that you are not continuing to give your power away, and that you're not taking their power from them.

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Soul fragments may be lost or exchanged in the following ways:

- Soul fragments may be lost in the death of a loved one with whom we have shared much.
- Soul fragments may be lost in marriages or partnerships in which we have given much of ourselves. When you pull back your soul fragments from a past sexual partnership, you also bring back all the exchanges of DNA knowledge passed between both parties.
- When someone has been sick, we can knowingly or unknowingly give something of ourselves over to them in an instinctual effort to heal them.
- In cases of rape or abuse.

Soul Fragment Retrieval Process:

This exercise will do incredible things for your spiritual strength. Do you still think about a past love from ten years ago? You may still carry a soul fragment from that person. To release and replace soul fragments from a particular person, make the command that all soul fragments that have been exchanged between you be rinsed clean and returned to both parties.

There are two processes given. One is for doing the process on another person; the other is for doing the process on yourself.

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command:

(For someone else) *“Creator of All That Is, it is commanded that all soul fragments from all generations of time, eternity, and between time, from (individual’s name) be released, cleansed, and returned to (state their name). It is commanded all soul fragments belonging to (individual’s name) be released, cleansed and returned to them. Thank you! It is done. It is done. It is done.”*

(For yourself) *“Creator of All It Is, it is commanded that all soul fragments from all generations of time and eternity, between time, from (individual’s name) be released from them, cleansed and returned to me, (name yourself.) It is commanded that all soul fragments belonging to (individuals name) be released from, (name yourself) cleansed, and returned to them as is proper for this time. Thank you! It is done. It is done. It is done.”*

5. Witness the fragments as they are returned.

6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Energetic Divorce from Past Relationships:

One hidden Program that many people have is that of still believing that they are married to another person even when they are separated or physically divorced from them. If the person became deeply attached to the person, it may not matter if they were married or not, on an unconscious level they still believe that they are. Energy Test the person to find out if they still believe that they are still married to the person energetically. The Program that comes up is "I am married to (Persons name)." You would be surprised at how many people have not severed their energetic commitment to a past love.

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *"Creator of All That Is, it is Commanded that (person's name) is released from the commitment of this marriage, in the highest and best way. Thank you! It is done. It is done, It is done."*
5. Witness the energy of the bond that is between the two people as it is sent to Creator's light.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Chapter Twenty-Three

Manifesting

Is your life what you create it to be? Or is it, as some say, that all is pre-destined and we have no choice but to simply exist without the ability to choose our destiny? There are millions of people across the planet that follow the ideology that their life path is predestined and cannot be changed. These Belief Systems may be genetic, passed down through generation to generation. For those of us that refuse to follow the thread of fate that is spun without the consent of the Soul, this ideology is impossible to accept. We accept that we are physical, but only in the sense that this is a small part of us. We insist that the majority of “all that we are” is spiritual in nature and is not dictated wholly by fate.

First let us be clear in our concept of reality. The mainstream concept is that it is the spiritual that is the illusion, and the physical is the reality. But what if we were to turn the tables on this concept to say it is the other way around, that the spiritual is the only real thing in existence, and the physical is the illusion. What if we only think that we're here because our Beliefs keep us here? If it is the physical that is the illusion then the reality of the spiritual can create changes in that illusion. If we could all see the infinite essence of the soul, the concept of manifesting into the physical would not be so far-fetched.

In ThetaHealing, the concept of manifesting is the Belief that it is possible to create something into the physical using the power of the Creator of All That Is.

Every statement, thought and action is reflected by what we are manifesting in our lives. Every decision is made upon the mirror reflection of what we choose to create. What we think and say have a direct bearing upon whether our manifestations are for our benefit or detriment. If you constantly say that you are poor, you will be. If you constantly say and think that you are financially abundant, you will be. It is of the utmost importance to stay on a positive mind set.

When deciding what it is you want to manifest for in your life, the biggest challenge is deciding what it is that you truly want. Many people don't know what they want in their life; therefore they never create it. Other people believe that their life is leading them and they are not leading their life. These people go with the flow and wait to see what happens.

The truth is that we are creating our own reality and it is possible to manifest the best that the world has to offer. But you must first decide what it is you want in your life.

When I asked the Creator of All That Is to see truth I received more than I bargained for. The Creator sent me the Law of Truth to teach me how to see truth. The most profound truth I was shown was that we have the ability to change our own reality.

The Law of Truth showed me that it was possible to manifest through the Creator of All That Is. I was taken to the Seventh Plane of Existence where I could look down at the energy of my life. The Laws said, “Look! You can change anything! All you have to do is go up. Now look down at yourself, down at the energy of your life and command change and it will be done.” From that high lofty place that I came to know as the Seventh Plane of Existence, I reluctantly reached down into the energy of my life and

manifested the changes I wanted. I witnessed the changes beginning to take shape and the Law was gone. I was back in my body to reflect upon the strange occurrences of the night. What was surprising to me was that over a short period of time all that I had manifested for came to pass.

From the perspective of the Seventh Plane you can view yourself and your life circumstances.

We all live in our own little world, our own version of reality. We are all busy doing our own thing, trying to fit in and be like everyone else. We think other people are “like” us, but they are not; similar perhaps, but not exactly like us. Everyone is unique in their own way. When you go up to the Seventh plane of Existence, you can view yourself and your world to view what is going on around your life. From this perspective you can command changes in your life for the highest and best.

Spontaneous Manifestations

After the Law of Truth showed me how to manifest, I began to have spontaneous manifestations. The more readings I did the more often I was in a deep Theta State. Even when I was not doing readings I was in a mild state of Theta wave. It seemed that much of what I said and thought would come to pass in the near future. These spontaneous manifestations began to occur closer to the time that I thought of them, sometimes immediately after they were spoken about. The manifestations began when I mentioned the things I desired during readings.

The Topaz Ring

I did a reading on a woman and asked her where she got the beautiful amethyst ring that she was wearing. I mentioned that I would love to have a blue topaz ring. I was undoubtedly in a Theta state when I made this statement. I remember thinking that it was a really beautiful ring and I just left it at that. Two days later I received a gift from a separate source in the form of a blue topaz ring!

The Amethyst Geode

Not long after the ring incident, I was talking with a friend and I mentioned that I wanted a large amethyst geode to put in the corner of my healing room and I told her that I wanted it to be about 2 feet high. A couple of days later a gentleman came into my office and told me that he had something that belonged to me. It was an amethyst geode. He needed someone to come with him to help him pick it up and deliver it. He said that he couldn't lift it alone because it weighed 230 pounds and was about 2 feet high and 2-1/2 feet across.

After this the manifestations began to increase in intensity. Containers of fluid filled themselves up and the things that I thought and talked about began to come into my life. My gas tank even filled itself up, and a large dent in my car went back to normal. These occurrences were witnessed by others.

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The Law of Truth that came into my living room so many years ago comes to visit me at least twice to three times a year to see what I've manifested in my life and to give me further guidance. What the Laws come to remind me is that you can manifest anything. They showed me that the way that we perceive the world is an illusion and that we only think that we're here. Our DNA just needs to be re-programmed, so that we can create and recreate our Existence with light in multiples of cells every sixteen-billionth of a second.

There are two manifesting techniques that have proven themselves to me time and time again. The first is the one that I was shown by the Law of Truth the other is the Kahuna Manna Manifestation from Hawaii.

Manifesting with the 7th Plane of Existence

If you want to create something for yourself, proceed as follows:

Go up above yourself to the Seventh plane of Existence. You are now in the highest creative zone. Look into your life and see what is going on; see the things that need to be changed. Focus upon your life that looks like a bubble of energy. Reach into it with your mental arm and imagine stirring the energy of your life. As you do this, command the changes you desire and bring energy from the Seventh Plane. Feel the essence of what you have just commanded; experience it as though it is already done. Just be careful what you ask for, you just might get it! To train your brain to manifest, use the following process.

Process of Manifesting from the Seventh Plane of Existence:

1. Begin by sending your consciousness down into the center of Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Look into your life and witness the things that need to be changed.
5. State the command for the manifestation/life changes, "*Creator of All That I, it is commanded (state manifestation) Thank you! It is done. It is done. It is done.*"
6. From the standpoint of the co-creative, envision your life as a giant bubble, and yourself as a giant whose arm reaches from the Seventh Plane into the bubble, stirring the life/flow/energy to create the changes.
7. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Kahuna Manna Manifestation:

The ancient Hawaiians believed that there was an essential force, called Manna, that pervaded all things. It could be breathed in to the body to create manifestations and healings. The Hawaiian Kahuna's believe that the high self manifested your physical self and that something is not made of nothing. The Kahuna would gather the Manna energy, the life force around them, and send it up to the higher self to create the manifestation.

Prior to beginning, have in mind the object or situation you have chosen to manifest in you life.

1. To begin, sit down with your legs uncrossed and become very relaxed.
2. Expel all the air from your lungs. Do this by exhaling the air from the lungs, literally forcing our more air by using short exhaling puffs. This removes all of the old air from the lungs, making room for a large amount of Manna.
3. Take a deep breath, taking it in all the way and pushing the air deep into the belly, ballooning the belly, and hold for thirty seconds. If you are a woman this is all you do before you release the breath. If you are a man, you take another breath in (before exhaling the belly breath) to fill up the chest. (In manna energy, the life force is held in the stomach for the woman and in the chest for the man.)
4. Hold the breath for thirty seconds and then release.
5. Take in another deep breath and push the air deep into the belly (men need to take another inhalation, same as before) hold for thirty seconds and release. As you hold the air, you imagine the Manna, the life force energy, going through your body and nourishing every cell as light.
6. As you release the air the second time, you take a third deep breath in doing exactly the same as before (with men taking another inhalation to fill up the chest) holding for thirty seconds and releasing.
7. On the fourth breath, place your hands out in front of you as though you were holding a ball. Imagine a ball of energy is being built up between your hands as you take the next deep breath in and push it down into the belly. If you are a man, take another inhalation to fill up the chest.) Hold for thirty (30) seconds and release.
8. As you take in the next deep breath, feel the energy building stronger and stronger. Imagine this ball of light growing. Push the air into the belly (extra inhalation for the men to fill up the chest) and hold for thirty seconds and release.
9. On the sixth and final breath, take a deep breath in, push the air into the belly (men/extra inhalation to fill up chest) hold for thirty seconds. As you near completion of holding the breath, imagine the ball of energy going into the solar plexus, up through your heart, through your throat, up through your crown chakra and about six feet above your head.
10. At this time you command the energy by saying, "*I have this in my life now. Thank you! It is done. It is done. It is done.*"
11. This command can be made while holding the breath or when you exhale, both are acceptable.
12. It is very important to send a picture to your subconscious of exactly what you have chosen to manifest. Sending a picture to your higher self tells the higher

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self what you want in your life. Command it to be so and so it is, now. When you have finished, rinse yourself off and put yourself back into your space. This Hawaiian Kahuna technique is especially efficient, and has many magnificent qualities.

The Different Forms of Manifesting

Being in a Theta State while manifesting will increase the chances of a manifestation to about eighty to ninety percent. Just talking about things will sometimes manifest things in your life, and the chances of this happening are about thirty to forty percent, visualizing increases your chances nearer to fifty percent. But a Theta State increases the manifestations enormously.

- The spoken word is effective 30-40% of the time.
- Visualizing is effective 50% of the time.
- Theta wave manifesting is effective 80-90% of the time. Theta wave is the most effective way to manifest.

The Principles of Manifesting

You cannot manifest for someone to love you. No matter how much you want them to, you can not make someone love you; this is their free will.

You are only allowed to manifest for *your* life. You are not allowed to manifest for others. For instance, you cannot manifest for your spouse to get a job. You could also use this technique to manifest new guides in your life. However, when manifesting new guides in your life, always ask for a guide that is more intelligent than you are, but not so intelligent that you can't understand what they say.

One important thing to remember when you are doing any kind of manifesting is that you will get exactly what you ask for. Always ask for the highest and the best. If you need money, be mindful that you ask for it in the *highest and the best way*. For example, you do not want ten thousand dollars from an accident insurance claim filed on behalf of yourself.

- We create our own reality.
- You cannot manifest a specific someone to love you.
- Think before you ask for something. You may just get it.
- You are only allowed to manifest in your own life.
- You may use manifesting to bring in new spirit guides.
- Be very specific about what you want.
- Be specific as to what you ask for. If you ask for one million dollars, specify that it comes to you in the highest and best way.
- Know exactly what you want, "word for word", and specify "word for word" in your prayer of manifestation.
- Be careful with the spoken word and directed thought forms, as this may bring manifestations, either good or bad, to your life. What you say and what you think creates your life.

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- Be aware that there may be blocks on some level concerning what you want to manifest. If your manifestations do not come into reality, the cause may be programs on core, genetic, history, or soul levels. Test for these programs and replace accordingly.
- State that the manifestation is created in the present positive sense. State, “I have this, now!”
- Do not command that you be like someone else; rather command that you be the best that *you* can be.

Chapter Twenty-Four

The Future Reading

Y2K

Do you remember the Y2K scare in the year 1999? It was said that all the computers were going to crash in 2000. So many people thought that there was going to be chaos, confusion, mass anarchy and electrical failures, not to mention rioting in the streets. This was all because computers might not recognize a number. All of my clients asked me about the outcome to this supposed looming disaster. When I went up and asked about Y2K, God said that all would be fine. I asked a specific question and I received the specific answer, “No, this will not happen and it will be okay, but there will be a great sale on generators directly after.” Accepting this answer was a step of faith for me because the group consciousness had created a hysteria that said, “We are all doomed!” My friend Kevin was certain that Y2K was going to happen. Even a client that was the wife of a general for the army told me to watch out and stay indoors. But I trusted in the message and told everyone that I knew that all would be fine. I even planned a pot luck dinner for New Years, inviting all of my metaphysical friends.

They all called me, graciously bowing out, fearful of leaving their homes. Only four people came. The majority of people were afraid that something would happen when the clock struck 12:00 midnight. Midnight came and went without mishap, and so did Y2K, just as God said it would. This shows you how we should not let our fears rule us, our computers control us, or the group consciousness interfere with truth in a Future Reading.

Only the journey is written, not the destination. The future is not set in stone; it constantly changes with the choices we make.

The truth about the Future Reading is that a person is creating their own future with their thoughts, deeds and actions. Each one of us is weaving a pattern, a mosaic that represents our life. The practitioner can only tell them what they are creating at the moment. They can alter what the practitioner has seen in the Future Reading by changing their life styles and patterns. For instance, if a person is on the verge of losing a job, he/she can always change the energy that is causing this to happen and keep their job. If you see a divorce in your client’s future, advising him/her allows them the opportunity to change this from becoming a reality.

It is important for you to explain this to your clients. What you see is the path they are walking at this moment. But life has infinite possibilities, the future is always changeable. Any time that you give a client advice and they change their lifestyle and patterns because of it, the original future has been changed to a new one.

A future reading is a very important, very powerful thing. You must be extremely careful not to mislead your clients into making decisions for them. You cannot tell them what choices to make or how to live their life. That is not your responsibility, it is theirs. You cannot tell them to leave someone who is hurting them; you can only tell them what you see in their possible or most likely future. All decisions concerning what they are going to do about a situation must be made by them.

Faith in the Answer

When doing a Future Reading it is very important to know that your questions will be answered specifically by Creator. For instance, I had a woman who kept asking me where her next mate was coming from, and every time I did a Future Reading for her, I kept getting over and over again that the man she was looking for would ask her for coffee three times. His father would be in a wheelchair and she would be a caregiver for the father, and that the man that she was looking for was right behind her. She waited very impatiently for this man to arrive.

This lady worked for a Hospice and one of her assignments was to take care of a man in a wheel chair. While taking care of this man she met his son. During his visits to see his father, the son asked her for coffee three times. He asked her several times for her phone number and, at last, reluctantly, she obliged. Having lost her phone number after she had given it to him, he looked her name up in the phone book. She was astonished when he called her to say, "Oh my gosh! You will never believe this, but you live right behind me. In fact, your bedroom window is facing my back yard." When I had asked where the man was, the Creator had answered "right behind her."

I had asked an exact question, and in return I had received an exact answer. At the time I received the answer it made no sense to anyone, but the answer could not have been more accurate. The more you use this technique the better you will become at wording your questions. With experience you will improve at asking specific questions and interpreting the answers. You must remember that to make ThetaHealing work for you, you must keep your opinions to yourself, which is a challenge all its own.

The Future Reading Process:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the Command, "*Creator of All That Is, grant me future reading on (name the person.) Thank you! It is done. It is done. It is done.*"
5. Go through their crown chakra into the body. Pull your consciousness up and hold your vision on the left side of their body (your right side.)
6. Have the client ask questions that pertain to their life.
 - * You will see flashes of scenarios that are going on in their life from the past, present and future. You then ask the Creator to specify which is past, present, or future, and you will be shown. You will be shown an actual account of what is going on.
7. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

The Principles of Future Readings

At some point in time you will find yourself faced with a client who has questions pertaining to the future. This is no challenge since there is always the connection with the Creator, and it is the Creator that does the Reading. However, there are a few guidelines to go by:

Explain to the client that the future is not set, and that there are many possible futures for any one person. The future changes with our choices, and with the choices of other people. We all have free will to create a good future, or perhaps create a difficult one. When you do a future reading on a client, you are giving the person the most likely scenario based on the particular “choice” the person makes.

Example Question: “Will I be fired from my job?” Answer: “Yes, if you do not do your job, you will. If you want to keep your job, you must apply yourself.”

⊕ *The future of a client will automatically change when the person has Belief- Programs removed and replaced. It is a good idea to do a future reading after any Belief Work has been done in a session.*

Chapter Twenty-Five

The DNA

I have included this explanation of DNA for your benefit to help you to understand the mechanics and mystery that is inside each living being on this planet. Some years ago the concept of energy-healing at a DNA level was shown to me in the DNA Activation and the Gene Replacement. Both of these techniques employ the ThetaHealing process to heal on a submicroscopic level, in a world so infinitely tiny that it is a universe all of its own.

The DNA (deoxyribonucleic acid) can be perceived as a library containing all the genetic information that a cell needs to sustain and reproduce itself. It is in effect, the blueprint for the functions of the cell. In order to accomplish the desired processes, the DNA must contain detailed blueprints needed to synthesize the enzymes required to perform every activity of the cell. If any part of this blueprint is missing or inaccurate, the cell will not function properly and could even die. The DNA may be thought of as the blueprint for life.

DNA is found in the nuclei and mitochondria of tissue cells. It is found in two forms in the nucleus: as chromatin or as chromosomes. Chromatin is made of uncoiled DNA strands wrapped around histone protein cores. Chromatin resembles a string with beads. The bead structures called a nucleosome. When a cell begins the reproductive process, the chromatin becomes more tightly coiled and is transformed into tiny rod shaped chromosomes.

DNA is composed of two long chains of nucleic acid molecules, twisted around one another in the form of a double helix. These strands are made up of building blocks called nucleotides, consisting of a phosphate group, a five carbon deoxyribose sugar, and a organic base. The organic base of a DNA strand can be one of four kinds, G-guanine, C- cytosine, A-adenine or T-thymine. Because of their special molecular shapes and electrical patterns guanine will bond only with cytosine, and adenine will bond only with thymine. The deoxyribose and phosphate group are joined to form the backbone of the chain of molecules. Attached to the deoxyribose sugar of this DNA backbone are the organic bases. These organic bases are bound by weak hydrogen bonds to the bases of the second chain of DNA molecules.

A set of three consecutive nucleotides in a strand of DNA is called a triplet or a codon. Each triplet contains the code for one of the 20 amino acids, the building blocks that form proteins. Sometimes several combinations of triplets are required to design a amino acid. The sequence in each segment of DNA determines which protein is synthesized.

DNA contains the genetic codes that instruct chemical compounds in the synthesis of proteins that control specific cell functions. A gene is segment of a DNA molecule. The nucleotide sequence of each segment contains the genetic information for making one kind of protein molecule. Genes tell a cell how to synthesize protein molecules that function as structural materials, enzymes and other vital substances. Therefore, genes determine a person's gender, eye color and skin color, hair color, blood type and so forth.

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Chromosomes are located in the nucleus of a cell. A chromosome is made up of DNA molecules coiled around a protein framework. The number of chromosomes within the cells of an organism varies from species to species. For example a domestic cat's cells have 38 chromosomes, a dog's cells have 78, and a human's cells have 46.

If you were to uncoil the DNA from a cell, it stretches out to be two yards long and is ten atoms wide. This thread is a billion times longer than its width. A thread of DNA is 120 times narrower than the smallest wavelength of visible light and cannot be seen with regular microscopes. This two yard long thread of DNA is coiled into a cell whose nucleus is in volume to 2 millionths of a pinhead. A human has an estimated 100 thousand billion cells, with the possibility of 125 billion miles of DNA in the body. This length would wrap around the earth 5 million times!

DNA by volume contains over a trillion times more information capability than our most sophisticated storage devices. It is a biological technology of the highest order.

DNA and its mechanisms is the same for all creatures great and small. The only thing that changes from species to species is the order of the letters (sugars.) It is thought that DNA has remained constant for at least three billion years. For instance, 400 human genes match similar genes in yeast. This means that life on this planet has the same building blocks, from the smallest bacteria to an eight ton elephant. Scientists have discovered that there is at least a third of the DNA in the human Genome that they do not understand and in the past have termed it "junk DNA." What this means to the rest of us is that this extra DNA is an unknown, an enigma if you will.

In the early 1980's, scientists developed a sophisticated measuring device devised to demonstrate that the cells of living beings emit photons. They found that the cells emit photons up to 100 units per second, per square centimeter of surface area. They also showed that the DNA was the source of this photon emission. This means that the DNA is emitting a quantum of *visible light*.

The human genome is the set of genetic information encoded in the 46 chromosomes found in the nucleus of each cell. The chromosomes are organized in 23 pairs; one chromosome of each pair is inherited from the father and one from the mother. Thus comprising the human genome are very long DNA molecules corresponding to each chromosome. Arranged along these DNA molecules are the genes. The quest of the human genome project is to determine the nucleotide sequence, the location and the identity of each of the human genes. The task has relied on automated machines that sequence the DNA and computer programs that search for and identify genes. A rough draft of the human genome was completed in the summer of 2000.

Francis Crick, who co-discovered DNA, wrote a book titled "Life itself, Its Origin and Nature." In this book, Crick states that the DNA molecule is unable to build itself on its own. Proteins are needed for this, but proteins alone are incapable of reproducing themselves without the blueprint of the DNA. For there to be life there must be a synthesis of these two molecular systems. Crick estimated that the chances that the emergence of one single protein that would build the first DNA is not likely, even remote. Further, the complex chain of events leading up to what we know today as DNA could not have happened by chance. Crick suggests that DNA is *cosmic* in origin.

Science has found that there are genetic sequences known as "master genes" that control hundreds of other genes like an off-on switch. These master genes send messages to create for instance, the intricate structures of the human eye.

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In ThetaHealing, the DNA is the microcosm to healing the macrocosm of the human body. *Healing* is clarified by not only making the body well, but also healing the mind and the spirit. This is done by changing the messages that are sent to the DNA.

Chapter Twenty-Six

The DNA Activation Technique Awakening the Masters

The DNA Activation allows us to survive the environmental poisons created by man, as well as accelerates our psychic senses. As a species we are now evolving and are waking up dormant parts of our spiritual DNA. *The DNA activation is now becoming a part of the Earth's collective consciousness. Enough people have been activated so that it happens spontaneously to people without having it done by a practitioner. Most people have already intuitively activated themselves.*

The Dream into Reality

I was told by the Creator that if enough people have the Activation, then the whole of the earth consciousness will move up in its vibration. When this happens people will automatically be Activated from the collective consciousness that we all share. I believe that the Activation will happen automatically in 12 to 24 years in the future. With the Activation and other techniques in this book, we have been given a opportunity from the Creator to use our intuitive abilities in the next phase of our evolution. This evolution is the next level of our human consciousness.

The Activation of the Youth and Vitality Chromosomes is described in such detail so that it is witnessed and brought into reality. In the Activation, we are activating strands to the DNA and its existing 46 chromosomes in what will be explained as the Master Cell of the brain. The mitochondrial DNA is also activated. The Activation is a gift from the Creator as an opening to your intuitive gifts. From the moment that the Activation was done upon me, my life began to change.

I can remember being on my massage table witnessing the Activation in my head. When it was finished I got up and I knew that I was changed forever. The first thought was that I would get a divorce. (The Activation is not a license for divorce.) After this marriage I found my soul mate, Guy. In the days and weeks that followed I would have strange metaphysical experiences. When I was doing massage and Readings my hands would disappear. I witnessed containers in my refrigerator refill themselves. I have seen rubbing alcohol refill itself from the second I put it down until the next second when I picked it up. Most of the people that had their DNA Activation had similar experiences.

The Pineal Gland

Located in the middle of the brain is a small gland called the *Pineal Gland*. This gland has been called "House of the Soul", and it has been referred to as such for thousand of years. Initially, modern science believed that the Pineal Gland was a completely nonfunctional gland in the body or that its functions were not understood. It was thought that the pituitary controlled everything in the body. Modern science has changed its mind since discovering that the Pineal Gland releases many substances that direct the pituitary in its function. It was only after the 1960's that scientists discovered that the pineal gland is responsible for the production of melatonin, which is regulated in a circadian rhythm (the body's time clock). Melatonin is a derivative of the amino acid tryptophan, which also has other functions in the Central Nervous System. The

production of melatonin by the pineal gland is stimulated by darkness and inhibited by light. You don't have to be a scientist to do this technique, but you should know that the Pineal Gland is located exactly in the center of the brain; directly down from the crown and directly back of the third eye. Inside the Pineal Gland is where you will witness the Master Cell.

The Master Cell

Within the Pineal Gland is what is called the Master Cell, and it is this cell that is the operation center for all the other cells in the body. The Master Cell is the beginning point of healing for many of the functions that the body performs. Within this Master Cell is the chromosome of DNA that is the heart of the DNA Activation. Inside the Master Cell is a tiny universe all its own that is a master-key to our function. It runs everything in the body, from the color of our hair to the way we wiggle our feet. All parts of the body are controlled by the Program in the chromosomes and the DNA. Inside the Master Cell is the Youth and Vitality Chromosomes.

The Youth and Vitality Chromosomes

You have forty-six Chromosomes (23 pairs of two strands each) in your body and each of those chromosomes have two strands each of DNA. The first two that you are going to be working on within the Master Cell are called the Youth and Vitality Chromosomes. These chromosomes are always in pairs, so if you activate one you obviously have to work on the other. I believe that the Youth and Vitality Chromosomes are called the Chronos and maintains track of the seconds, minutes and hours of the day for the body. The Youth and Vitality Chromosomes contain memory materials that are called Shadow Strands.

The Shadow Strands

When you are inside the Master Cell you will witness as the Creator begins to build parts of the ladder to bring into physical form what is called the *Shadow Strands*. Shadow Strands are the invisible memory of the Youth and Vitality Chromosome, waiting to be formed and awakened to bring us back to the Creator of All That Is. In the evolution of mankind the accumulation of negative memories and feelings changed part of the chromosomes and DNA. This lowered our resistance to different diseases. Only a memory remained from these changes in the form of the Shadow Strands.

You will witness as the Shadow Strands form new parts to the chromosomal ladder. The new parts of the ladder are held together and formed from amino acids (sugars) that become the new strands from the memory of the old. You will watch them as they continue to build one by one until they climb up eight rungs of the ladder. Each side is counted as one step, so there is a total of sixteen steps. After you watch this climbing and building process you will see strands of *rainbow light* come into the chromosome and be capped off at the top with a beautiful pearl iridescent white cap that looks like a shoestring top. This is called the telomere; the telomere is responsible for our staying young.

The Laws of Time

When the command is made that the Activation is done, the Creator shows you the process in a version that your mind can accept. The second you are into the Master Cell you are bending the Laws of Time. The work that you are doing takes place in a fraction of a second, so for you to actually see it, your brain has to slow it down to visualize it from where it has already happened (it's already done), before it is registered in the brain. All you have to say to visualize it is "Creator, show me."

The Telomere

As we get older, the telomere on the cap of the chromosome becomes thinner and worn. The telomere is composed of repeating sequences, various proteins and acts to protect the terminal ends of chromosomes. This prevents chromosomal fraying and keeps the ends of the chromosome from being processed as a double strand DNA break. Telomeres are extended by telomerases, specialized reverse enzymes that are involved in synthesis of telomeres in humans and many other, but not all organisms.

If telomeres become too short, they will potentially unfold from their closed structure. It is thought that the cell detects this uncapping as DNA damage and will enter cellular aging, growth arrest or apoptosis depending on the cell's genetic background. Apoptosis is a form of cell death necessary to make way for new cells and to remove cells whose DNA has been damaged to the point at which cancerous change is liable to occur. Uncapped telomeres also result in chromosomal fusions. Since this damage cannot be repaired in normal somatic cells, the cell may even go into apoptosis. Many aging-related diseases are linked to shortened telomeres. Organs deteriorate as more and more of their cells die off or enter cellular aging. This is why it is so important that you witness the telomere being formed on the end of the chromosomes.

This is the process that I was given.

Activation of the Youth and Vitality Chromosomes Command Process:

Part One

1. Ground and center yourself in your heart and visualize going down in the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Go up out of your crown, out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
4. In silence, make the command, "*Creator of All That Is, it is commanded that the activation of the youth and vitality chromosomes (state client's name) take place on this day. Thank you! It is done. It is done. It is done. Show me the master cell in the pineal gland.*"
5. Observe the Virtual DNA Strands stack in pairs on top of each other with a telomere cap at the ends. Sometimes this happens so fast, that you may have to ask the Creator for a replay later.

6. As soon as you see that the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Part one of the DNA Activation is now complete.

The Activation (Part Two)

After the first procedure has been done the person might experience toxins coming out of their system on all Levels, spiritually, mentally, emotionally and physically. Since you are making cellular changes in body from the Master Cell the body will begin to purge toxins. Some people may experience a healing cleanse, a period of detoxification and purification. Generally there should be a space of time between the two Activations. Other people are ready for both of them simultaneously. With these people you may do the second step immediately after the first if they are ready to receive it. The way that you can tell if they can immediately receive the second part of the Activation is to stay in the person's space as the first part is finishing. As you are in their pineal gland, the remaining chromosomes will begin to come to life on their own. If you see the chromosomes begin to come to life, then they are ready for it. You will witness the addition of the ten new strands to the remaining forty four.

Mitochondria

In the second process we are now activating mitochondria as well, which accelerates the process. When you make the command of "It is commanded that the remaining chromosomes be activated," the mitochondria of the cell is awakened as well. Mitochondria possess their own genetic material, and the machinery to manufacture their own RNAs and proteins. The 46 chromosomes in the cell nucleus is the blue print, but the mitochondrion holds the energy; the ATP that makes it all function. In cell biology, a mitochondrion (plural mitochondria) is an organelle, variants of which are found in most eukaryotic cells. Mitochondria are sometimes described as "cellular power plants," because their primary function is to convert organic materials into energy in the form of ATP. Usually a cell has hundreds or thousands of mitochondria, which can occupy up to 25% of the cell's cytoplasm. Mitochondria have their own DNA and are accepted by endosymbiotic theory to have descended from once free-living bacteria.

Activation of the Remaining Chromosomes

Part Two

The next step in the process is as follows:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.

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4. In silence, make the command, *"Creator of All That Is, it is commanded that the remaining chromosomes be activated. Thank you! It is done. It is done. It is done. Show me the master cell in the pineal gland."*
5. As soon as you envision the process as finished, rinse yourself off and imagine your energy coming back into your space. Go into the Earth and pull the earth energy up through all your chakras to the crown chakra.

Words Become Reality

The one thing I found to be consistent with the Activation is that the likelihood of the spoken word and strong thoughts becoming reality increase dramatically after the Activation is done. Once the Activation begins to take effect, it is important to stay positive and affirm that you have abundance coming into your life. Do not affirm lack in your life, because after the Activation the words and thoughts will be ten times more powerful. Words and thoughts must be focused in the right direction. When you're working with the energetic DNA, the negative aspects of your life will begin to be replaced with positive aspects.

The Company That You Keep

The Activation brings a person to a higher spiritual vibration. Your family and friends may not be on the same vibrational level. The Activation increases our awareness of the negative influences of others. If you have an associate or friend that is not for your highest and best good you will easily and gently gravitate away from them. If you are in an unhappy relationship, you either will remove yourself from the relationship, or make it better.

Once the Activation is done within yourself, it should also be done on your spouse, because your dual spiritual vibration needs to accelerate together or you may choose to be apart. It is possible that the Activation will happen by sleeping with your spouse. This is because cell talks to cell, but you must be patient as this will take several months. Most people experience a slight cleansing with cold-like symptoms after the DNA Activation and some people ache all over. I suggest as a remedy that they take a little calcium and perhaps a little chelated zinc.

The Complete Process

Activation of the Youth and Vitality Chromosomes Command Process.

Part One:

1. Ground and center yourself in your heart and visualize going down in the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Go up out of your crown, out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
4. In silence, make the command, *"Creator of All That Is, it is commanded that the activation of the youth and vitality chromosomes (state client's name) take place*

on this day. Thank you! It is done. It is done. It is done. Show me the master cell in the pineal gland."

5. Observe the Virtual DNA Strands stack in pairs on top of each other with a telomere cap at the ends. Sometimes this happens so fast, that you may have to ask the Creator for a replay later.
6. As soon as you see that the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Part one of the DNA Activation is now complete.

Activation of the Remaining Chromosomes Part Two:

The next step in the process is as follows:

1. Ask the Creator if the client is ready for activation of their remaining chromosomes. If the answer is "No", exit and rinse off. If the answer is "Yes", activate them with the second process.
2. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
3. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
4. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
5. In silence, make the command, *"Creator of All That Is, it is commanded that the remaining chromosomes be activated. Thank you! It is done. It is done. It is done. Show me the master cell in the pineal gland."*
6. As soon as you envision the process as finished, rinse yourself off and imagine your energy coming back into your space. Go into the Earth and pull the earth energy up through all your chakras to the crown chakra.

This will activate all DNA, including the mitochondria.

Awakened Masters

The DNA Activation is a part of the awaking of the masters to earth. This is a story of how I was told to teach the masters this work.

Over the years I have been given many gifts from the energy of the Hawaiian Islands. One of these gifts came in the form of a busted seminar. One of my first teachers moved to Honolulu and set up a class for me with a woman that he had been working with, named Teresa. Teresa is an osteopath with a life long interest in metaphysics and spirituality. This was to be my first trip to the island of Oahu. Then a mild disaster struck. Two weeks before the seminar, I received a call from Teresa. It seems that the teacher had some misunderstandings with her and skipped out on the seminar, leaving Teresa and her partner, Larry, to hold the bag. Teresa told me all that had happened, and would I come in spite of the situation? I knew that it was likely to be a small class, but God told me that there was a good reason to go. I was told that more would come from the trip,

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and in the end, it did. Because the seminar had become disorganized it was a small class of seven people. Most of the people who attended were wonderful people however, there were a few that attended that were difficult. One of the women who attended was a hateful person that attempted to attack me at every opportunity. She even attempted to demean my husband. She was the kind of person that elevates themselves at the expense of others. I was tempted to simply leave and go home but something told me to finish the class, difficult as it was. Needless to say, I was a little discouraged with the conduct of part of the class members.

After the class was over, I went to Hana, Maui, to visit some friends. We stayed as their guest and it was a beautiful house with commanding views of the flora and fauna that is typical of Hana. The night came and with it a magical timelessness that is peculiar to Hawaii. The trade winds billowed the curtains all night, and continued to do so even when we closed the glass doors tight. Guy and I had strange dreams all night. Morning came and I was in the bathroom when a voice came to me that seemed to speak all around me. The voice was one that I've known forever. It was Pele, the Goddess of Hawaii. She said to me, "Vianna, you know that you should only teach the *masters* this work. You told the Creator that you'd teach anyone who needs this work. Teach only the masters who appreciate and respect this work. Just because they need it doesn't mean they understand or appreciate it. Change your intention." I realized then that I was asking for the people that needed the work instead of the people that were ready for the work.

This visitation made me feel better about life. Later that day, my friend Lani came down from the mountain to see me. Lani very rarely leaves her mountain. She is a wonderful healer and she looked like a Goddess as she walked up to me and said, "Vianna, I have a message for you from the Goddess Pele. Only teach the Masters that appreciate and respect this work." This was pure validation for me, having received the message spiritually as well as physically. From that time on I asked The Creator to only send the Masters that appreciate and accept this work. My students changed immediately, less driven by the ego and more by Divinity. The teachers and students that came to learn have, for the most part, been ascended masters in human form that love and cherish the work.

The awakened masters are back on the Earth. They have come back to Earth to make sure that we are ready to graduate to goodness. This is why ThetaHealing is so easy for people who come to learn it. Many that come to learn are awakened masters assigned to develop the goodness in mankind. An awakened master that comes into our space and into this Plane cannot stay in a lower vibration for long. They can only lower their vibration for short spaces of time, perhaps only an hour at a time. It is easier for a master to be born as a human on this Plane so that the energy is in a marriage with this place and time. The master is then able to complete their mission here. It is easier to raise vibrational energy than it is to lower it.

Chapter Twenty-Seven

Gene Replacement-Repairing the Physical Gene

The reason that I have the Gene Work at the end of this book is not because it is difficult to perform. Once you understand it, it is easy. However, it is imperative that you understand the Reading, the Healing and the Belief Work before doing Gene replacement. The Belief Work affects the genes. Belief Work in and of itself will *indirectly* repair damage to the physical DNA. The Gene Replacement process is a guide to *directly* change a physical genetic defect in the DNA. These are the instructions and principles for Gene Replacement.

Gene Replacement is the easiest thing to do in ThetaHealing. The Physical DNA is composed of a hydrogen bond. In chemistry, a hydrogen bond is the easiest bond to change. This means that thoughts focused in the correct way can affect it.

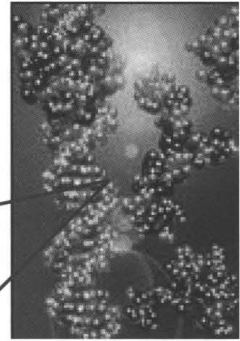
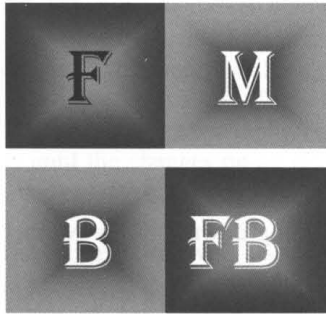
When you change a physical gene the process occurs so quickly that you may not be aware that it is done. All that you see is likely to be a flash of light. The actual changing of the gene is in a fraction of a second. The key to ThetaHealing is to witness the Healing. Ask for a slowed down replay if you choose to see more. *The flash is the witness that brings it into reality.*

Principles of Gene Replacement

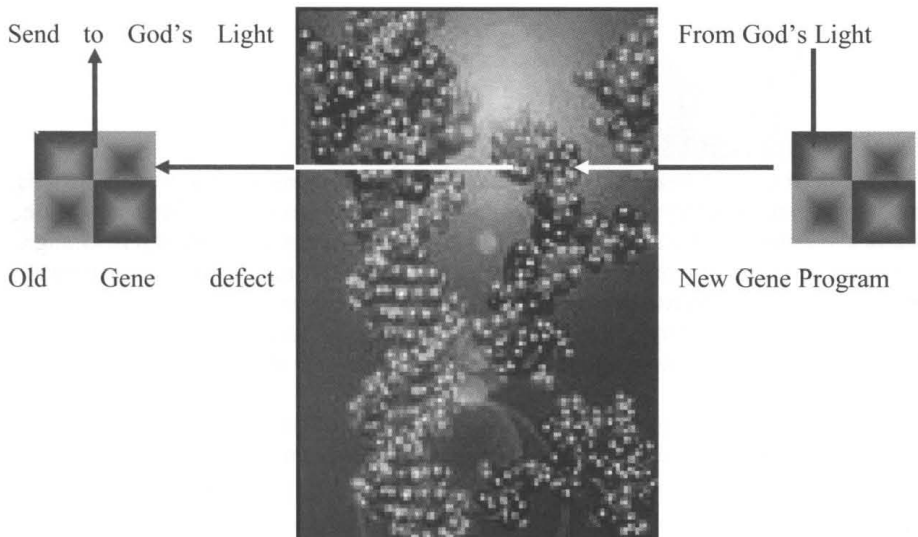
1. To change or restructure any physical genetic code, you must have verbal permission from the person.
2. Inside the DNA are recordings that make the systems of the body function. These recordings affect memories, feelings, and defects which, in turn, affect particular body parts that are making the system work. In some of these recordings genetic defects are held.
3. Visualize the recordings inside the pineal gland in the central cell. This is where the facilitator makes the changes.
4. In the central cell of the pineal gland we visualize the pillar of DNA. We make the command while in the central cell to be taken to the affected area of the DNA portion that is to be changed.
5. We visualize the affected or defective portion of the DNA which is pulled. In addition, we watch the four square (four-part) cubicle shown to us with the parts: (You will not see the letters in the cubicle in the visualization.)

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1. Feelings
2. Memories
3. Body
4. Future Body



The changes made in the central cell will be replicated throughout the entire body.



With respect to medical conditions, all that you need to do is watch then Creator to rearrange the DNA genes / nucleic structure. Since all medical defects come in pairs, both genes of the pair need to be changed. To make the gene / nucleic changes, command and observe that Creator make the correct rearrangement. One should always command for the complementary gene.

Be aware that the results from the gene work may take a little time since the new codes will not be in effect until the new cells have replaced the old cells in the defective area.

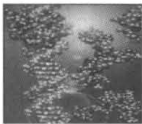
Environmental conditions may cause difficulties in the DNA encoding and may change the structure of the DNA over time. To work on a dysfunctional gene clip, follow the process on this and the next page.

Gene Replacement Process:

Ask for verbal permission.

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, "*Creator of All That Is, it is commanded to heal this gene in this person (name the person,) to change it in the highest and best way. Show me.*"
5. Now go into the person's space.

1. First, ask the Creator to show you the defective gene. Then go to the master cell in the pineal. If you see this,



a visualization of a DNA helix, then it is a matter of rearranging nucleic acid. This tells us that it is a physical defect caused by a pollutant in the mother or father's genetic code. The factors that may have caused the defect are: cocaine, drugs, alcohol, Agent Orange, heavy metals, or other disruptive materials like radiation. You may not know what genes to change to correct the defect, but the Creator does.

Make the command, "*Creator of All That Is, show me what needs to be done to correct this problem. Now let it be changed. Thank you! It is done. It is done. It is done.*"

For every defective gene, there is always a matching defective gene since they come in pairs. There will always be at least two. Say, "*Creator of All That Is, show me*

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the defective match and change it as well." Witness as the Creator makes the rearrangement, and then the work is done.

2.



If you see this, which is a visualization of the "clip", it means the defect was caused by a feeling, and it is the memory causing the body's defect.

Make the command, *"Creator of All That Is, it is commanded that the defective clips be removed, canceled and sent to God's light and replaced with a proper substitute of a positive feeling, memory, body, and future body. Thank you! It is done. It is done. It is done."*

You will witness the four parts of the clip and any other affected clips as well. It will appear as if you were watching pages of a rolodex fly off and being replaced. The process happens very quickly. If it is too quick and you feel you didn't see the complete process it you may ask for a replay, or for the process to slow down. You must witness the action until the changes on all chromosomes on all four levels are done: the feeling, memory, body and future body.

The four part clip will also have a counter or matching defect. Make an identical command process in the same way.

Say, *"Creator of All That Is, show me the defective match and change it as well"*. Witness the Creator making the rearrangement, and the work is done. Then say, *"Show me the defective match and change it as well"*. Witness the Creator making the rearrangement, and then the work is done.

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into to the Seventh Plane of Existence.
4. Move into the client's space with the co creative energy.
5. Go inside the brain to the pineal gland, which is positioned in the center of the brain, directly behind the third eye.
6. Go up to the Creator and make the command, *Creator, Show me the defective gene in (name the person)."* (If the Creator shows you the clip process, the gene is defective.) *If you do not see the clip process come up, the problem is a genetic Core Belief in the morphogenetic field. If you visualize the clip process, continue with this process.*
7. Observe the four part defective clip as shown to you as the Creator makes the change.

The First Part of the Clip is the Feeling.

Observe as the defective emotional energy of this portion pulled and sent to God's light. Observe the new energy come in from the Creator, replacing the old.

The Second Part of the Clip is the Memory.

Next, observe the defective memory portion of the clip being pulled, sent to God's light, witnessing the new energy come in from the Creator, replacing the proper memories for the situation.

The Third Part of the Clip is the Body.

Observe the defective body portion of the clip sent to God's light, witnessing the new energy come in from the Creator. Observe as the body is trained to accept the changes made to it on a physical level to the specific ailment.

The Fourth Part of the Clip is the Future Body.

Witness the defective future body of the clip sent to God's light. Witness the new energy as it comes in from the Creator. Observe as the new Future Body is replaced, making sure that the body does not regenerate the old program.

Any time that the practitioner does the Belief Work they are doing a form of Gene replacement on the person. If you reach and remove enough of the bottom issues from a client, then the physical issue is healed as well. All things are connected and interrelated. Gene replacement is easy to do. You simply witness the processes as done. Most changes happen so fast that only a flash of light is seen.

Practical Application – Gene Replacement:


Ask for verbal permission.

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
3. Make the command, "*Creator of All That Is, I command the genetic flaw in this person be healed. Show me. Thank you! It is done. It is done. It is done.*" Go into the person's space.
4. In witnessing the change made by God, the "change" happens so fast, the practitioner may only see a flash of light.

You may see this:



This is a visualization of a DNA helix; to repair it is a matter of rearranging nucleic acid. This tells us that it is a physical defect caused by a pollutant in the genetic code of the mother or father. The factors that may have caused the defect are cocaine, drugs, alcohol, Agent Orange, heavy metals, or other disruptive materials like radiation. You may not know what genes to change to correct the defect, but the Creator does.

If you see the cube  the defect is caused by the "feeling" memory, from ancestors. The cause doesn't matter. Just ask God the Creator to heal it and to "show me". The

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practitioner should follow up this process with Belief Work. Belief Work alone can heal the body, it is the key.

Changing Genetic Programs for Aging

The people that call me for readings do so for different reasons. Some call to be healed, others for advice, still others for validation and so on. Some of these people are perfectly healthy and they want to remain healthy. For instance, an elderly gentleman called for a reading. When I went into his space I could see that his body was very healthy and as I spoke to his body, it told me that it was years younger than it actually was. I did a full body scan but I could not find anything wrong with his body. I told him that he was perfectly healthy and inquired as to why he had asked for a reading. He told me that, yes he knew that he was healthy and he took very good care of himself. For years he had been eating a particular kind of clay that had a high mineral content to promote good health. The reason that he called was because he wanted to change his genetic programs for aging. I paused for a moment at this request, and then I thought, "Why Not?" I asked the man if he would accept the consequences. When he agreed, I went up to the Creator of All That Is and made the command that his genetic programs be released and sent to Gods light. This is the process that I witnessed.

Process

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, "*Creator of All that Is, it is commanded that gene work be facilitated on this person (name the person). Thank you! It is done. It is done. It is done.*"
5. Go into the person's space into the pineal gland, to the central cell.
6. Make the command, "*Creator of All That Is, it is commanded that all genetic programs in (name person) for aging and getting older be pulled and cancelled, sent to God's light, replaced with the program of I am young and ageless, forever regenerating, for all present and future bodies, to be replaced all through the body. Thank you! It is done. It is done. It is done. Show me.*"
7. Witness the process. Stay in the person's space until the process is finished.
8. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

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The person may feel sick for a few days, as the body will go through a detoxification process. To avoid this, it is suggested to use calcium-magnesium and chelated zinc.

Chapter Twenty-Eight

Vianna's Intuitive Anatomy

This chapter has excerpts from the Intuitive Anatomy Class Manual. In the Intuitive Anatomy Class it is taught that each system of the body can hold emotions and Programs caused by abuse and other negative influences. This is the first and last chapters from the class explaining the aspect of parasitical influences and the advanced body scan. Each of the bodies systems is explored in the class with the psychic energetic influences of each and the negative Beliefs that are likely attached to every system.

Microbes and other Toxic Influences in the Body

As we study the body systems, we will repeatedly mention disease causing toxins and microbes. All of these microbes and toxins influence the body and are drawn to you by different *Beliefs*.

Parasites

It is essential to recognize that a person who is infested with parasites is influenced on more than a physical level. Parasites are drawn to our thought processes that block our development on all levels: physically, emotionally, mentally and spiritually. They relay feelings to us to ensure their own survival, particularly as they die off in a parasite cleanse. They relay feelings of "I am dying" to the host, releasing this feeling into the system, causing the host to believe that they are dying. This is generally in response to a parasitical cleanse that the human host is taking. Feelings and emotions such as "I must allow others to take advantage of me" and "I must allow people to suck me dry" are a magnet to parasites. When we do Belief and Feeling Work, we are freed from the Programs that attract parasites.

The next step in the process is to free ourselves from parasites of all kinds, such as certain people in our lives. As we remove, replace and add Feelings from the Creator of All That Is with the Belief Work, we will gain the strength to expel much of the micro-parasites from the inner body and expel the human variety from the outer-body of our paradigm. Parasites cannot survive in or around a body that doesn't have Programs that will attract them. The less limiting Beliefs you have, the more balanced the physical PH balance is, creating a healthier body, thus making the body an unhealthy place for parasites.

There are approximately 670,000 *known* parasites. Some parasitical bacteria help digest food and are normal to have in the body. For this reason, we do not intuitively command *all* parasites to leave the body. When someone is grinding their teeth, it is a physical indication of parasites in the body. A parasite cleanse is in order. This can be done two ways, by doing Belief Work that holds parasites to you or by actually taking a parasite cleanse. Truly, both may be in order. As a parasite cleanse is done, feelings and emotions will come up to be cleared. Parasites and yeast crave what they want and need, and relay these requests to the host to feed themselves.

A person is more susceptible to parasites if their Belief Systems permit other people to take advantage of them. People with parasites may not know how to say "no"

and may allow themselves get “sucked dry”. People with parasites have self esteem issues.

All vegetables and meats have some parasites. Raw walnuts are one of the most infested foods with parasites. Regardless, the more balanced your Beliefs Systems are, the less parasites you accumulate. Remember, some of these Belief Systems may be genetic in nature.

If a person has heavy metal poisoning, they seem to have an abundance of parasites. This is undoubtedly due to the weakened condition caused by the heavy metals and the peculiar feelings and emotions that these substances create when in the body.

Tapeworms

People come into contact with tapeworms when eating beef, sea food and pork. They can be contracted simply by walking barefoot outside. Once in the body, they attach into the sides of the host’s colon where they steal nutrients. The first indication of a tapeworm is that the host becomes very thin followed by weight gain. The host will feel hungry all the time. The body thinks it is starving and because of this, holds on to the fat.

Flukes

Flukes look like snails or leeches in the liver.

Suggested parasite cleanses for tapeworms and flukes:

- Ionic Copper
- Walnut/wormwood combination
- Clove
- Oregano oil (Oregano oil can be hard the on stomach, so put 2 drops in capsules)
- Noni juice or seeds

Exercise

Practice entering someone’s space to observe the person’s microbes and heavy metals.

Human Programs for Microbes & Parasites:

- “I have the Creator’s definition of how and when to say ‘no’.
- “I know what it *feels like* to be listened to.”
- “I understand what it *feels like* to be heard.”
- “I know what it *feels like* to live without being constantly angry.”
- “I know what it *feels like* to live without allowing people to suck me dry.”
- “I know how to live without allowing people that I love to take advantage of me.”
- “I understand what it *feels like* to live without being overwhelmed.”
- “I know how to live without being miserable.”
- “I know how to interact with others.”

***Note: Follow up this list by doing further Belief and Feeling Work. These are just ideas to work on. Remember, every individual is different, so ask the “Creator of All That Is” what the person you’re working with needs to heal.

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Ⓜ *It is imperative that you listen to the Creator to see what the person you're working with needs. Remember to listen to the person that you're working with and to dig to the bottom issues.*

Herbal and Dietary Suggestions for Parasites & Microbes

The body needs to be about 7.2 to 7.4 alkaline so that you can resist parasites, candida, bacteria, and other challenges. Your body is equipped to fight off viruses, bacteria and parasites, but if the body becomes out of balance, the immune system is stressed and these entities can then become out of control.

Herbal parasite cleanses should be used only in the spring, not in winter because the body is in a rest period. Doing parasite cleanses constantly can be hard on the body. If it is found that an herbal cleanse is needed, follow this process: *Ten days on, five days off, ten days on, five days off, ten days on and five days off, so that all the eggs that are hatched by the parasite are destroyed.*

If you do a parasite cleanse, it is best to balance it with an alkaline diet so that the process is not so emotional. The “feelings” you will experience during a cleanse may not be your own. Feelings like, “I’m going to die,” are coming from the consciousness of the parasites and worms that are dying. Ridding yourself of parasites also helps let go of emotional parasites, and “energetic parasites,” such as way-wards, spiritual hooks, etc.

Herbs and Minerals for a Cleanse:

Seek advice from a health care professional before using a cleanse of any kind.

- *Wormwood-Walnut Extract:* Not for people with diabetes.
- *Ionized Copper:* A very good parasite cleanse; good for tapeworms.
- *Cayenne Pepper*
- *Oregano Oil:* Put it in a gel cap before consuming.
- *Ginger*
- *Garlic*
- *Olive Leaf Extract:* Kills yeast as well.
- *Fresh Juice:* 2 carrots, 1 stick of celery, 1/2 beet, little garlic, pinch of ginger. Keeps you clean.
- *Noni for Pets:* 10 days on, 5 days off as explained above.
- *Thyme:* Thyme kills parasites in drinking water. One tablespoon of Listerine contains enough thyme to clear parasites that are consumed with water, as well as Salmonella.
- *Charcoal:* Clears Giardia and other parasites.
- *Colloidal silver:* Clears parasites and Candida, but it is not suggested to take it all the time.
- *Platinum:* Clears all kinds of parasites and Candida.

DO NOT kill parasites using ThetaHealing. The die-off will create an over abundance of waste products and dead parasites, causing the person to be sick. In many instances, pulling and replacing the Beliefs that draw and hold parasites is enough to pass the parasites from the system.

Fungus

Fungus infections affect all organs of the body. For example, some sinus infections are caused by fungus. Mold problems at home and work are common and should be taken care of immediately, before they can create health problems. Black mold in houses are only now beginning to get attention from public officials for the health hazard that it is.

If someone has a fungus, they should consider removing white flour and sugar from their diet and assume an alkaline diet. Fungus projects Programs of “I’ll do it later.” Through this projection, the person thinks these feelings of procrastination are their own thoughts. Dead and dying fungus is seen inadvertently as a black cloudy substance. All fungus is tied to resentment issues. Clear the issues and the fungus will go away.

Some Herbs for Fungus

- Tea Tree oil (use topically only)
- Noni
- Eucalyptus is anti-fungal/antibacterial (use topically only)
- Olive leaf extract

Candida

Candida craves what it needs to survive in the body. Many people have Candida problems and should consider an alkaline-acidic balanced diet. Candida is a problem when a person is too critical or resentful of themselves or others. Too much acidity tends to increase with age, and will explain the loss of teeth and osteoporosis. On the other side of the coin, too much alkalinity will also make a favorable environment for Candida to grow.

It is not advised to intuitively command all the yeast in a person’s body to die. The body needs a certain amount of yeast to function. Intuitively, yeast looks like a dusty, misty or cloudy energy in the body. An over abundance of yeast in the body can cause weight gain in some people. Yeast in the colon affects the sinuses.

Bacteria

Bacteria causing challenges in the body can shift to beneficial bacteria when the body is alkaline balanced. Bacteria only become detrimental when the body is out of balance.

Bacteria are easy to get rid of intuitively. Do not command all bacteria in the body to be gone, as some of it is beneficial. Guilt issues hold bacteria in the body. And, of course, you can always ask the Creator to take care of it and to show you what Beliefs are involved.

Viruses

Worthiness issues hold viruses in the body. The virus projects thoughts to the host to prolong the duration of its life. Many people are immune to viral and other sexual diseases when they feel good about themselves and refuse to accept the disease. This may

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not have anything to do with how the person feels about sex, but rather with how they feel about themselves at the time.

Viruses Share Beliefs with the Host

We attract diseases to us in the same way that other people are drawn to us - through parallel Belief Systems. Because we have the same Belief System as the virus, bacteria, yeast or fungus it is attracted to and attaches to us. Take a good look at yourself. Do you attract the human equivalent of parasitic energies? I know this is a broad concept and a bold statement, but let me tell you a story.

When I first started to seriously do healings, in the early stages of Belief Work, I worked with a woman who had herpes. She periodically came in for healings to clear it, but it wouldn't permanently go away. I witnessed Creator send a tone into her body. This *tone*, or perhaps I should say *vibration*, would put the virus into remission for a while, but then it came back. Every time the herpes came back she came in for a healing. During a Reading the Creator told me to witness the same beliefs that were being released from her to change on the herpes virus as well, treating it as if it was a separate entity. So, I witnessed the Feeling program of "I am worthy of God's love" come in. Then I witnessed the *Feeling* of God's love come in and instilled the virus with the same Feeling. I pulled and replaced more Belief Systems around and in the virus. As I did so, I watched the virus change into something completely different and leave the body. She went to the doctor and was tested to see if for herpes was gone. The tests all came up negative for herpes and it has never come back.

Viruses have the ability to tap into the human group consciousness and are drawn to a particular person because they share the same negative Programs as the "host" they infect. In some instances, viruses are held and hidden on different Belief Levels. When you are in a Belief Work session with a client you may find that they have a virus.

Remember that a virus is an alien invader in every cell. Psychically and microscopically, a virus may look like a robot. Many intuitives will find that the virus is an alien invader, but *anything* that is alien to the body will come up as an alien invader.

Every virus has the ability to quickly change and mutate to something different in order to survive. At one time, I used a tone or vibration to destroy the virus. This tone comes from the Sixth Plane in marriage with the Seventh. As a process, one would go up to God, and then through God go to the Sixth Plane, which is where you get the specific tone to send through the body, then move the tone up or down to match the vibration and mutation of the virus. You can also command the bacteria or virus to a form that is harmonious to the body, or command the body to be in perfect balance and harmony then move the immune system up. This will change the microorganisms to another harmless form.

To guard ourselves from viruses we change the Beliefs that are drawing them to us, and then mutate the virus with Belief Work at the same time. This changes the Belief System of the virus so that it does not have to attack us to survive, thus transmuting it to a life form harmless to the host. Since microbes have a group consciousness, all we need to do is to change our group consciousness so that the microbes will have no need to be drawn to our emotions.

We do not want to make viruses our enemy and command that they be gone since viruses could be the best way to administer medication. Rather, we should witness the

virus changed to a form that is harmless. A virus goes through the cell wall and uses our DNA or RNA to replicate itself, so it can get to the nucleus of the cell, which is a place where I made a discovery. There is some kind of micro-plasma organism that attacks the mitochondria and causes sicknesses. The mitochondrion has its own DNA and this must also be worked on as well. This is present in anyone that I have seen who has muscular dystrophy.

In the grand scheme of life we are drawn to one another's negative attribute that we share more than the positive qualities. Viruses are drawn to the negative attributes of the person, because negativity makes a person weak physically, mentally, and spiritually.

Viruses use us as the vocal communicator for survival. The older the virus is, the smarter it is. Younger viruses, such as AIDS, are not very developed, since these viruses kill their host.

Intuitive people need to be aware that through the symbiosis between host and virus, the virus will learn to send thought forms to the host in an attempt to control the host, such as to get the person to stop taking medication that is killing the virus or bacteria. Once again, ask the Creator what is truly going on in the situation.

Intuitive Remedies

Viruses and Bacteria Held on the Belief Levels

Herpes and Hepatitis look like little robots when seen intuitively, so it is good to remember that what you are seeing are not aliens, but rather viruses, a different type of invader.

Check to see if the person believes that sickness is punishment or has Programs of "I should be sick." The virus is attracted to you when you and the virus carry the same Belief Systems. The virus has four levels of Belief Systems the same as humans. Ask the Creator of All That Is what Feelings to instill so that it will change to a form harmless to the host.

Micro-Plasma

A micro-plasma is a cross between a virus and bacteria. Work on worthiness and guilt issues.

Nanobacter

A nanobacter is a newly discovered bacterium that grows *very* slowly. It causes plaque in the veins and has a calcium shell. When one drinks homogenized cow's milk the nanobacter uses the dead calcium in the milk. It utilizes it to shield itself from detection by the bodies' defense systems.

Prions

You may know prions best from mad cow disease, when a rogue protein grows out of control, and scrambles the brains of a cow. It attaches to another protein and scrambles the protein chains, thus destroying the chain. A prion is a protein and most are beneficial in nature. The human brain has many prions in order for the neurons to function.

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Ask the Creator of All That Is to change it and show you when doing a healing for Mad Cow Disease. Since most prions are beneficial, do not to command that all prions be removed from the body.

Heavy Metals

Viruses and bacteria are drawn to heavy metals because of the weakness that they cause in the body. The body is made up of heavy metals, such as zinc, calcium and magnesium, but some metals are not meant for the human body, such as aluminum and mercury. These heavy metals are poisonous and may be the source of many sicknesses in the body. For the person with heavy metals, it is suggested to use something to gently clear the body.

If you are in a person's space doing a body scan and you see shiny flecks in their body, it may mean that they have heavy metals. Calcium, magnesium, zinc, Alpha Lipoic Acid (ALA), Omega 3, CoQ10 and lots of greens have been found to take unwanted heavy metals out of the body. Clean the body by asking the Creator how to clear them in the highest and best way. When you detoxify from heavy metals, you pull out old memories attached to them, for these feelings.

The healer should not command all heavy metals from the body to be gone since we are made of heavy metals, such as calcium and zinc. They are a vital part of our molecular structure. It is best to ask the Creator of All That Is what to do, since everyone is different and toxins should be pulled out of the body at a rate tailored to the individual.

- *Aluminum:* There are many different sources of aluminum. Aluminum can be a cause of Alzheimer's and Parkinson's disease.
- *Fluoride:* It makes a person age quicker and leave deposits in the body.
- *Iron:* Naturally oxidizes in the body. High levels are poisonous.
- *Lead:* Causes depression, insanity, cancer and immunological diseases.
- *Manganese:* Manganese is needed to regulate sugars in the body, but too much can make you go crazy. Psychopathic killers have very high levels in their brain.
- *Mercury:* Mercury makes you depressed and it can cause many cancers. It may bind to other heavy metals in the body. Ask the Creator of All That Is to show it to you. Any amount is poisonous. Selenium, coriander or pectin pulls out mercury from the body. These substances bind to the mercury in amalgam fillings and leech out mercury from the fillings. For this reason, it is suggested take out amalgam fillings first, then do the cleansing. See reference chart in the back of the book.
- *Silver:* Naturally oxidizes in the body. High levels are poisonous. Over use of colloidal silver will turn the skin blue.

Heavy Metal Toxicities

| Metal | Effect | Found In | Remedy |
|----------|--|--|---|
| Mercury | Depression Suicidal tendencies Hearing Loss Memory loss Parkinson's Alzheimer's Anxiety Autism | Amalgam fillings Old flu shots Paints | Liver cleanse Blue green algae Chlorella Selenium Vitamin C |
| Cadmium | Cardiovascular-diseases Cancers | Coffee- (traces) Tobacco White bread-(traces) Batteries Paints | Chelated Zinc Calcium Amino Acids |
| Lead | Lack of will power Tooth decay Allergies Neurological-dysfunctions MS Fatigue Irritability Nervous disorders | Old Paint Old water pipes Tin cans Tobacco Old hair dyes Fungicides | Basil Rosemary Red cabbage Chamomile tea Vitamin C Vitamin E |
| Aluminum | Alzheimer's Dementia Senility Tumors Kidney dysfunction | Some anti-acids Baking powder Tooth paste Antiperspirants Buffered aspirin | Pumpkin seeds Cayenne pepper Red cabbage |

Chemical Sensitivity

Chemical Sensitivity is a severe problem for many Americans. Our bodies are becoming overloaded with synthetic chemicals. The worst culprit, and the most prevalent, is Formaldehyde. Formaldehyde is an industrial chemical manufactured from methanol, natural gas, and some of the lower petroleum hydrocarbons found widely in urea formaldehyde foam insulation used in homes and mobile homes.

Some Sources of Formaldehyde (Traces)

| | |
|--|------------------------|
| Synthetic Fibers | Wood veneer |
| Fertilizers | Wallboard |
| Pesticides | Nail Polish |
| Antiperspirants | Carpets |
| Shampoos | Cellophane |
| Hair sprays and hair products | Cleaning solutions |
| Detergent soaps | Contraceptive creams |
| Mouthwashes | Cosmetics |
| Dentifrices | Dry cleaning chemicals |
| Germicidal products | Enamels & latex paints |
| Air deodorizer | Fabric softener |
| Disinfectants | Facial tissue |
| Dyes and dyed fabrics | Foam insulation |
| Adhesives | Plastic |
| Waxes | Plywood |
| Polishes | Newsprint |
| Fabrics – perm press | Tampons |
| Synthesis of some vitamins -especially A & E | Toothpaste |

What Can Cause an Out of Balance State

Environmental Pollution

- Carbon Monoxide
- Chemical Factories - Plastics, Solvents, Pesticides
- Refineries
- Waste Treatment Plants
- Acid Rain
- Soil Treatment sprays - Herbicides, Fungicides, Pesticides
- Mycotoxins - *Cryptosporidium*

Electromagnetic Pollution

- Power Lines
- Communication Frequencies
- Telephones
- Appliances
- Transformers

Magnetic Fields - Direct Impact

- Steel Buildings and Structural Beams
- Bed Frames, Autos, Aircraft, Dental Work, Eyeglasses, Jewelry, Belt Buckles, Hair Pins, Bra Under-Wires

Toxic Substance Radiation

- Household Cleaners, Pesticides, Carpet and Padding, Synthetic Fabrics, Foam Rubber, Polyurethane, Plastics

Toxic Ingestion

- Food - Harmful chemicals, Preservatives, Enhancers
- Drugs -Phenol, Alcohol Derivatives, Synthetic Carrying Agents
- Drinks - Refined Sugar, Artificial Sweeteners,

Hidden Places of Magnetic Fields And Toxic Substance Radiations

In the Work Place:

Steel Buildings
Lighting
Carpet
Wall Board
Machinery
Power tools
Office equipment
Telephones

In the Home:

Foam padding
Fabrics
Carpet and padding
Drapes
Upholstery
Electricity in walls and floors
Kitchen cleaners
Lights
Appliances
Bedroom
Walls
Drapes
Mattresses

For alleviating difficulties stemming from chemical and heavy metal poisoning a person should first check with a doctor, as there are effective means available to deal with these problems

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Healing Crisis from Cleansing

A healing crisis can manifest and carry the memory of any number of past challenges, such as old infections, toxins, trauma from an accident, and so on. Be aware that in the cleansing process, these emotions and physical symptoms may feel real when in reality they are only phantoms of the past. Do Belief Work before starting a cleanse, as this will make the process smoother.

The Body as a Whole

Every DNA embodiment is different in every person, but all the DNA code is run by the mitochondria. If there are not enough mitochondria to keep the healing energy moving through the body, disease gets a foothold. A substance such as Alpha Lipoic Acid cleans the waste product out of the mitochondria and stimulates the body to produce more mitochondria.

The more antioxidants in the body, the younger you stay. When the healer Programs the Youth and Vitality chromosome in the DNA Activation, the person will detoxify, so suggest that the person uses anti-oxidants, Alpha Lipoic Acid, calcium, magnesium and zinc. Depending on the health of the individual, there may be a period of detoxification when the healer pulls the “Programs for Getting Older.”

Doctors and the Diagnosis

In Western society, most doctors and patients do not realize how much power we give our doctors. We wait with bated breath on every word the doctor says and believe what we are told since in our society the doctor knows all. Proper discernment of what we are told by our doctor is important, as well as the knowledge that there is always an alternative; there are other opinions, and other doctors. Doctors are like us, with positive and negative attributes, and in the end it is still our decision to accept an opinion that is suggested by a health care provider. Be careful of the acceptance of negative statements from a doctor as the ultimate truth.

On the flip side of the coin, there is the story of the person in the hospital dying of a mysterious malady. None of the doctors in the hospital could diagnose the challenge that was affecting the man, much to the consternation of the patient. One day, as the man lay in bed, a surgeon visited him while making his rounds with a group of interns in tow. After looking over the sick man's chart and talking with him for a bit, the surgeon turned to leave. As he did so, he turned to the interns and spoke the word “Morto”. Strangely, after that point his illness began to improve. He improved so much so that he got up and left the hospital. When asked by a friend the reason for his recovery, the man answered, “I finally found out what I had.” It seems that from the point that the visiting surgeon turned to the interns and spoke the word “Morto”, which he interpreted to be a diagnosis on the part of the doctor, all the fear of the unknown was gone. The man could finally put a name to his challenge, and in having the name, the fear was gone and with the fear and doubt, the challenge with it. What the man didn't know was that “Morto” is Latin for *dead* or *death*. The surgeon was indicating to his students that the man was as good as dead. Just imagine what would have happened to the man if he had understood Latin! This is just one instance of how much power we give to our health care providers.

Chapter Twenty-Nine

The Secrets of the Intuitive Reading Session

The Structure of a Session is generally as follows:

1. Ask permission to enter the person's space.
2. Do a scan of the body. This can take a while to work through all the systems of the body, so ask for the major challenges in that person.
3. If it is necessary, witness the Creator heal as needed.
4. See and speak with their Guardian Angels / Guides.
5. Ask the person "If there is anything that you would change in your life, what would it be?"
6. Begin using the Belief Work to "dig" to find what Feelings need to be taught and what Beliefs may need to be released.
7. Have the person ask you questions. Answer the questions and give the person guidance.
8. Give a Future Reading last because the Belief Work changes the future. (see: page 184, *The Future*.)

This is a simplified structure for an otherwise intricate process. The Theta-Reading is like the music of wind through the leaves, but the music plays a different melody in each person. The following sections are a guide to the different music played in the Body-Reading.

The Principles of the Body Reading

How Do You View the Body?

Many of my students have asked me what I am doing when I view the inner realm of the body. From listening to my students, I knew that I was viewing the body differently than other people. I asked God, "What am I doing differently than other people?" These are the messages that I received:

The Body Sings

When other people look into the body, they go in looking for something that is *wrong*. They go in with too much stress, tension and emotion. They are trying too hard. The thing to realize is that the body is wonderful, even magical. When you look into the body and see one single cell, you should listen to how it sings its tiny song of harmony with the rest of the body. All parts of the body, from that smallest cell to the largest organ, sing and resonate with one another with beautiful vibrations. When there is something wrong with an organ, you will hear that it doesn't sing "true" with the right vibration, and sends the wrong signals to the other organs. Learn to listen to these vibrations and their signals. If you are in a person's space in a Reading and you hear an organ sing out of tune with another, perhaps the body is out of tune or the organ has a challenge in it. The reader should then investigate what is amiss.

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When you look in the body, remember: *it is alive*, so it will never look exactly as an anatomy model would. The colors are far more vibrant and beautiful than any anatomy model.

Go In With Love

The best thing to do when we scan the body is to project the feeling of *love* to it. The body talks to me and tells me what's wrong. I don't go in with stereotypes, I don't hate the viruses, I just talk to it. I ask it, "What's going on?"

When I was first doing healings I told the viruses, "You're not supposed to be there!" I would hear the shocked reply from the virus of, "I'm not?" Viruses like Hepatitis C are not mean or vicious.

When you do a body scan, you may not recognize cancer and sickness in the body because the cancer doesn't think it's bad, and bacteria and viruses may hide from you.

The first time I saw a cancer cell I told it that it wasn't supposed to be there. But it talked back to me and said, "I'm supposed to be here. I'm not wrong and I'm not bad." It emitted this self righteous energy from it. I understood for the first time what it meant to *love* cancer away. Cancer cells can shift back to normal cells if you guide them to do so.

If you go into a virus with hate, you'll feed it with your emotions, especially if the person is carrying sexual herpes. Check yourself for the Programs of "I hate sickness," and "I hate sick people." The sickness, whether it is bacteria, viruses, fungus, is just energy. It serves you and just shows you are out of balance. Work on the attachment and how you view the imbalance. The healer gives the disease more of an identity when they are angry at it. I can see viruses hanging off of people when they come in, it as if they're waving to me saying, "Hi!" I can see them because I'm not afraid of them. I can see sexual herpes right away, and I'm not afraid of it.

Why should you give it all that negative energy? Do not acknowledge it with fear or hatred. If you go into the body with fear or hatred you won't see all that you can witness. Pull and replace any programs of fear, anger or hatred. When you go through the body remember that you are not alone, you have the best tutor in the world; just accept the healing and witness it as done.

If you are trying too hard, the person's body will be resistant. If resistance is created the body is not going to show itself to you. The bodies immune system will be activated and attempt to figure out what's going on. Go in to the body as gentle as a feather floating on the breeze. We need to accept that the body is amazing. When you go into the body, create the feeling of magic! If you relax and let it flow, you'll be surprised to see how right on you are.

Download the "knowing" of these programs:

"Miracles happen every day."

"The body is a miracle."

"I will not give in to fear, anger or hatred."

The Feeling of Vitamins

Practice the *feeling* of vitamins by taking small doses of them. As you get used to the feeling of vitamins in your own body you will gain the ability to feel and see them in someone else's space. For instance, practice with vitamin B for a week and see what it

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feels and looks like by entering your own space to experience the energy of it. Then you will be able to tell what vitamins other people may or may not need.

Medicine

Before you begin the reading, ask the client if they are on medication. Avoid suggesting herbs unless you're licensed to do so. They can counteract medications. Always have your client's doctor check them to see if they need their medication changed. Remember, you're not diagnosing, you're praying.

If someone is on asthma medications or some other medications, they will need water to Energy Test correctly, as some medications dehydrate the body. Ask the Creator to show you what the drugs look like in the person's body.

Breathing

Take slow breaths in, and release them very slowly. This will lower your blood pressure and help to create a meditative state. This puts you in tune and deeper in a theta wave.

Discernment

The skill of a healer is to get into the clients life and space, and out of their own for the space of the reading. The healer must learn to separate between the feelings of the client and their own, so that there is crystal clarity in the reading.

Ego

Remember to permit the Creator the opportunity to do the work in a person's space without your own interference and doubts. The facilitator should only witness the Creator do the healing.

Focus

When someone is sitting in front of you, you may have only a few minutes to troubleshoot the full body. If the healer has limited time, as is the case in many Readings, the healer must develop the focus to pick out the major challenges in the person. Ask the Creator to show you the major challenges in the person.

The Future

When you do the Belief Work on yourself or someone else, you are changing the possible future. It is best for the person to ask questions pertaining to the future until after the Belief Work is done. However, if Belief Work has already been done in a session, you will need to wait until a later date to do a Future Reading since the future has been changed with the Belief Work.

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Seek for the Belief

When you work with someone, watch their facial expressions and you will see them holding on to Programs. Verbally, they will be argumentative, impatient and in denial. They will say things such as “I don’t know” and “just fix it.” When the person does this the healer must be patient and ask, “What if you did know?” Wait for them to talk and they will come up with the Program on their own. If the person doesn’t want to see something, they won’t listen to what you have to say. It is best to wait for them to share with you.

Dysfunctional Programs

Some of the energies are curses, free floating memories, and old connections to the different Planes of Existence.

Heavy Metals

When you are in a Reading, you will most likely find heavy metals in the bloodstream, and in the liver. They might be seen as strange metallic substances when seen intuitively. Do not mistake them for alien implants.

Interconnectedness

For every physical ailment that comes to light there is an emotional, mental or spiritual aspect that is connected to it. All aspects of the person must be healed.

Vision

If an area of the body does not show up as clearly as you would like while you are scanning the body, then perhaps there is nothing in that area that you are supposed to see.

Attachment

Get rid of your attachment to the Reading and accept what you see in a person’s space. Sometimes the Creator reveals different aspects of people in layers over time. Trust and be patient! The more you practice the more you will perceive.

Judgment

If a client is irritating to you, then it may be necessary to do Belief Work on yourself to explore why. There is a reason that you are “triggered.” Honor everyone who comes to be worked on, even if they drive you crazy. The key to this work is to be an enemy to no one. Don’t make judgment calls on the person, even if you don’t agree with their values.

Instantaneous Healing

When an instantaneous healing occurs, the healer will feel the person’s body shift and heal with the Creators force, then the energy will flash back in the healer’s space and both people will feel the energy vibrate through them.

Thought Control

Make sure you are disciplined in your thoughts. You can create manifestations instantly with the focused thought when you become experienced with Theta. Test for negative Programs pertaining to responsibility, confidence and abilities. Make sure you are responsible for your thoughts. Some of the psychic blocks that stop manifestations serve a purpose.

What would happen if a two-year-old could manifest anything they wanted? Perhaps there is a Law of checks and balances that filters wild and uncontrolled thoughts and do not allow them to come into reality until we are capable of responsible manifestations.

The Feeling of Sickness

Once you have intuitively experienced a sickness more than once, you will remember and recognize it in another person's body. Experience relieves the healer of fear and doubt. When you do a healing and you know the specifics of the challenge, you see and heal more effectively. As healers, we think that some diseases are more difficult to work on than others, but this is only a Belief. For instance, children heal faster because their Beliefs are not set in stone as yet.

Creator's Love

In the facilitation of all healings, bring the Creator's Love into the Healing. Healing energy isn't created from nothing. The Creator's *Love* is the energy to makes the process work. If, in a Reading, the Creator tells you that "all will be fine," know that things are likely to be difficult for a while. This is the Creators way to let you down easy and tells us all that the Creators *perspective* is different than our own.

Family

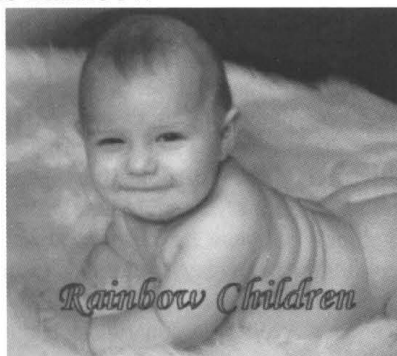
Belief Work not only benefits the person, but their family as well. As you start doing DNA Belief changes on yourself, your family will become closer to you. On some level, you are obligated to help them. They may come to you for help after you've done the work on yourself. Do not push yourself on them. They will come to you when they are ready. This is the family you picked for yourself when you chose to come to this Plane! Take care of yourself first and clean up your body, mind and soul.

The "Knowing"

Energy Testing yourself or someone else regarding a specific disease is not accurate. The subconscious mind may *believe* that it has the disease, so this is not a good indicator that the person actually has the disease. The true indicator that something is true comes from the inner and outer knowing of the Creator, and connecting to the Creator. It is wise to receive validation of a disease or malady from a physician.

Chapter Thirty

Children of the Rainbow



In the sections ahead we will be discussing children as they grow and develop into mature adults, starting from pre-natal (before birth) until 32 years old. This information will concern children in general, but specifically those children referred to as "Indigo Children," "Rainbow Children" or "Children of the New Age." This text is written to offer a guideline that will enable you to work *on* these children, work *with* these children and how you can see challenges with these children when they are very young.

Children of the New Age

Rainbow Children

Since the time of the ancients the world has waited for the Rainbow Child to arrive. Rainbow Children are sensitive and incredibly intuitive children. You feel good when you are around them. A Rainbow Child is a child born with infinite wisdom and the ability to change the world around them. Rainbow Children are extremely loving, adaptable human beings with memories of other times, places, and skills. They radiate infinite love and patience.

A Rainbow Child influences their environment as well as time to meet the needs of human kind. They have an incredible "knowing" of right and wrong and energetically know how to shift energy. Indigo, Bronze and Gold Children are becoming Rainbow, no longer stereotyped into one color. They can change their energy dramatically.

Indigo Children

You need to understand that the word "Indigo Children" is misused. Indigo children have been around for at least 45 years and sometimes longer. When we talk about Indigo Children, we are also talking about the children of Bronze and Gold; these are all children of the New Age. These children have been born frequently since the 1960's, however, they have been coming into the world for many years. The oldest Indigo Child I have ever met was 78 years old.

Indigo Children, as well as Bronze and Gold Children, have certain abilities and traits that make them very sensitive to energy around them. As the Indigo Child starts to mature, they seem to be very hypersensitive. In major decisions an Indigo can become almost flighty. This is because they are born with many traits of an artist. They are easily confused about what they want to do in life, assuming that they have to pick only one specific career. Indigos often start by holding many jobs in high school. If they attend college, they may change their major many times to experience different areas. They have a well balanced brain with both male and female energy.

An Indigo is a child born ushering in a new age, a new time. An Indigo Child is overwhelmed with the intuitive feelings in a room, but a Rainbow child converts the energy to goodness. An Indigo Child has an incredible intuition and is wonderful at manifesting. However, an Indigo Child can be influenced by negativity around them, unlike a Rainbow Child who simply changes it. Indigo Children are now transforming into the vibration of Rainbow Children.

Bronze Children

Bronze Children are the scientists of the future; they love to put things together and take things apart. They are continually asking, "Why?" These are the children who want to grow up and become botanists, microbiologists, quantum physicists and work in other areas of scientific exploration. It is rare that they change their minds. Bronze Children are focused and determined to find answers. They will be responsible for finding answers for the ozone layer issue and solving the problems with our water. Like Indigo Children, they also have traits of love and compassion. They are involved in proving that God and Science often go hand and hand. They understand how energy works and that it can be studied.

Gold Children

The Gold Children are those who come into the world with immense healing and manifesting abilities. They are born healers and they have no doubts concerning the Creator's healing power. Where Indigo and Violet Children have healing abilities, the Gold Children are adept at creating manifestations and can actually "see" the problem and repair it. Gold Children excel in the areas of healing emotions, both physically and genetically. Even though Gold Children are often artistic, they focus primarily on healing. They choose at a very young age what they desire their life to be. Many Gold Children become doctors, surgeons, or medical scientists.

Although the Indigo, Bronze and Gold all share artistic talents, scientific abilities immense healing and visionary abilities, they are each somewhat unique from one another. All of these children share the common mentalities of love, empathy for others, and they all have a intuitive nature. They are a prototype of the evolution of the human brain. The frontal lobe of these children is more extended and operates at a much faster pace. When in a CAT scan, it has been shown they have extra electrical activity in the frontal lobes. The differences in their DNA make them more immune to diseases as they grow older. Great care must be taken when these children are very small because they are hypersensitive. In some instances they are allergic to substances in their environment, for example yellow and red dyes. Although Gold Children are susceptible as well, eventually train their bodies to live anywhere in the world they wish without negative reactions.

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Indigo, Bronze and Gold children are evolving into Rainbow Children. They are all intuitive and psychic, have the ability to see guardian angels and obtain knowledge through their crown chakra. Some may be interested in the concepts of different religions, expanding their own understanding of the “One Creator” that they already knew before coming into this world to become the children of the Rainbow

Because these children are extremely intuitive, they are sensitive to the world around them and sense other peoples’ feelings as being their own. Unable to sort out and pull apart from other peoples’ feelings, they will cry when their mother or father cries and often wonder why people treat each other so harshly. This explains why little children often think that they are not liked, that they have done something wrong or that there is something wrong with them. Guiding the child with the development their empathetic skills will teach them the difference between their own feelings and someone else’s.

New Age Children have extremely loving abilities and, unlike many children, they are loving and kind and want everyone to be in harmony. They often feel out of place in various surroundings and they can definitely “feel” vibrations as to whether they are liked or disliked.

Every human being is born with empathetic (feeling) skills. Starting from the first day of life, the human subconscious picks up thoughts and feelings from others. The human psyche naturally reads and perceives the energy that penetrates its aura.

It is very difficult for these children to go to school because other children can sometimes be very cruel. It is even more difficult if the teacher has no empathy or is unkind toward the child. These children *must* like their teacher and be encouraged to learn. They are usually more intelligent than the average child. They comprehend quickly, get bored easily and as a result are often misdiagnosed with Attention Deficit Disorder, (ADD.) Many of these children are put on medication they don’t need. I observe parents constantly putting their children on medication when the only thing the child is guilty of is being a child. If that child can sit down and play a video-game for two hours, the chances of attention deficit disorder are not likely. Some parents wait until later in life to have children and are unaware of how little children behave and grow.

The children being born at this time are Indigo, Bronze, Gold or the Children of the Rainbow. These children are incredibly wonderful, spiritual, fantastic children. But if these children have some slight chemical deficiencies, they can become aggressive. You must realize that if they are aggressive by nature they may not be Children of the New Age. I frequently read articles that state Indigo Children are overly aggressive and that this aggression is normal. This aggression is not normal and is not typical behavior for a child. Since Rainbow Children are incredibly intuitive, as a normal course of events their polarity will switch.

For instance, anytime I do intuitive readings my polarity goes in reverse. Brain polarity is extremely easy to reverse; people change their polarity every day. Do not give children medication to change their polarity to normal; that’s part of being a new age child. These children have the capacity to step out of their own paradigm. They have a selflessness of being able to go into another persons’ space and understand them. Although they still have a love of self, they also have the ability to externalize and see how others around them feel.

Chemicals of the Brain

There is new kind of epidemic ravaging our children; you should be aware of it and be able to recognize it. It isn't a germ and it isn't a poor diet, it is brain damage caused by traumatic experiences. Such damage can effect the development of the brain and can cause problems ranging from aggression, language failure, depression, and other mental disorders. It can cause physical disorders as well, such as asthma, epilepsy, high blood pressure, immune deficiency disorders and diabetes. All of these problems increase as people experience environmental stresses which include poverty, violence, sexual abuse, family break-ups, drugs, lack of good stimulation and too much of the wrong stimulation. These influences are pouring into the brain through sight, smell, touch and sounds. This puts a great deal of importance on parenting, because parenting has a big impact on the way the brain becomes wired.

How do experiences affect the brain? The brain has stress hormones called cortisol and adrenaline. These hormones are designed to respond to psychological and physical danger; they prepare the body for fight or flight. Normally these transitions from one emotion to the other are fairly smooth. There are important survival skills that we must learn. When the brain is continually stressed as a child, even in the fetal or newborn stage, these hormones become overactive. If this stress persists it will cause the fetal development to be changed. Persistent stress will take a directive from the genes and change it dramatically, causing a network of brain cells to be distorted and imprinting the brain with misguided signals. These signals can cause epileptic seizures, because instead of a clear signal between the cells, they have a different one. They may have a depression episode instead of a happy thought. They have surges of rage instead of willingness to compromise.

Much of this occurs even before birth and such damage can hardly be detected in the beginning, but you'll see it as they grow. If a pregnancy is difficult or if the baby is not emotionally wanted, the baby will feel and perceive these emotions. The baby knows from the moment it is conceived if it is wanted or not wanted. If a pregnancy is stressful, the baby will learn to create more noradrenalin than it's supposed to, causing it to go into fits of rage or anger or depression. These things can be changed as the tiny baby begins to grow. They can be changed by loving parents and kind words, but it takes time. The problem that faces our society is the fact that many people are getting married without heeding responsibility before marriage. This is because part of the frontal lobe hasn't developed until the mid-twenties.

Young mothers are often not educated and are unaware of how to take care of their own children. There is a pheromone that is released from the mother to the child that bonds that child to the mother forever. If the mother doesn't have that pheromone receptor, she will not have the instinct to protect the child.

The human condition is magic when it begins. If a baby is conceived in love and talked to throughout the gestational period, its brain begins to develop normally with the proper amount of serotonin and noradrenalin running through it as it grows and emerges into a world where it is loved and wanted. But if it is unwanted at conception or under high stress throughout the gestational period, its noradrenalin output is outrageously high even before it is born making it ready to fight or run at the first indication of trouble. Later, when the child starts school and the teacher corrects the child, it will be taken by

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that child as a personal conflict and the child will fight the criticism instead of accepting the correction as a loving, learning experience.

Secondly, there are many parents in this day and age living right here in the United States that are not able to financially provide for their own families. In many instances this is partly due to poor education and lack in their homes when they were growing up. I don't mean to imply that you necessarily have to be rich, but it would certainly be nice if a child born into the world did not have to go hungry. Poverty is such a problem in America today. Children that are born into homes where they are not wanted as well as into poverty conditions face problems from the onset.

Thirdly, there is the lack of commitment from the parents. By not being committed to each other the parents start this whole scenario without a base structure. Many of the people who parent children do not know how to be a parent. Since there is no commitment by the parents, one of the parents will eventually leave and the child will feel loss and abandonment. With the combination of being unwanted, no education, and non-committal parents a child that is born into these circumstances faces tremendous difficulties just trying to cope with daily life. These are important things for you to understand.

As the fetus grows and develops in the womb it remembers everything that is going on while in the womb. The brain is constantly developing neurons as the child is growing, and if a loving, caring environment is being experienced it will develop normally. However, if it is under stress, it has a higher probability for illness. It will be more prone to a broad range of diseases and have a higher probability to structural problems in the neurons of the brain causing society the need to build more prisons.

Aggression is not necessarily a bad thing. It has enabled us to compete for food, shelter, mates, status, etc. It's actually very universal, and every vertebrate on the earth has used it for survival and reproductive advantages. On some level, aggression is an important trait to allow us to stand up for ourselves. Normal aggression has a set point like body temperature, and it is regulated by brain chemicals.

Most people are born with balanced chemicals and this helps them react to situations in a reasonable way. This "set-point" can be changed by different influences going on in the brain. It is true that not all of us have the same genes and that some of us have a tendency to carry genes that make us more aggressive or violent than others. Many people will argue with this and say that we aren't our genes and that genetic Programming does not influence our behavior, but in reality it does.

To understand some of the brain's chemicals, we'll start with the basics. Serotonin is the brain's master. It is the modulator of all our emotions. It keeps our aggression in line, and when serotonin fails, violence rises. Noradrenalin is the arousal hormone. Noradrenalin and serotonin have much to do with both hot blooded and cold blooded violence. If noradrenalin is turned on high and left there, it will pull violence, murders and "hot blooded" type killings. On the other hand, low levels of noradrenalin causes under arousal. To get their thrills, people with low noradrenalin levels will take calculated risks, sometimes the kind associated with predatory violence, premeditated and cold blooded murders and serial killings.

Serotonin and noradrenalin may work separately or together in various combinations to produce a different spectrum of violent activity. At normal levels,

serotonin keeps everything that drives the emotions in check. In the future we may be able to master the serotonin levels and maintain proper balance to the perfection of regulating sex, mood, appetite, sleep, arousal, pain, aggression and suicidal behavior. Such control is exerted though the neuron-cortex, the part of the brain that oversees the social part of our life, the memories and judgment. It rests like a controlling harbor of primitive instincts and emotions. For instance, serotonin declines in people who have parents who are alcoholic or drug abusers. Alcohol has been known to provoke aggression and we are finally realizing how much it changes the chemistry of the brain by lowering the serotonin.

Various things affect both the serotonin and noradrenalin levels. One of the things that affect these levels is a difficult family life. One out of every four children in America is being raised by a single parent. This causes great financial distress on the parent, greatly affecting the circumstances at home. Steroids also cause a change in the serotonin levels. Sometimes people experiment with steroids, which throws off all the chemicals in their brain, which may lead to too much noradrenalin, causing aggressive and violent behavior.

Some people can actually diet themselves into aggression. Low cholesterol diets may cause and provoke aggressive behavior. Serious injuries of any kind can also cause problems. One of the causes that should never be overlooked is the exposure to lead, lead fuels, and paint. Anything that contains lead can cause violent behavior in people and cause a terrible chemical disruption. On the other hand, mercury will cause such terrible depression that after exposure some people become suicidal. Proper serotonin levels enable us to live our lives in harmony.

Even though serotonin isn't the only neurotransmitter linked to aggression, it is extremely important in our life. Scientists have found that there are sixteen different serotonin receptors and know there are probably hundreds more. Many people inherit a gene that makes them more susceptible for low serotonin, but early life experiences can change that.

Living in a household that is more violent than normal will actually make a difference as to whether the serotonin level is low or normal. However, there is an enzyme called monoamin-oxidase #A which is found in families where the men are prone to violence. The men in these families become rapists and killers with very little provocation. The defective gene is carried by the x chromosome, but it only shows up in the males. Females have both x chromosomes which contain one good gene which will always override the bad one. The aggressive gene is certain to be found in every dangerous criminal in prison today.

In a case of too much noradrenalin and not enough serotonin, scientists have actually found a way to partially balance the brain by simply setting the serotonin level in the brain with different medications. Of course, with certain healing abilities you can reset the brain for more serotonin which will restore emotions and a balance to the brain.

Children are so easy to work on in this way and when the serotonin level is changed, the effects can be noticed immediately. It must be said that doctors have found different medications that will work on altering the serotonin level. This is helpful in teenage depression and other depression that affects people throughout their life. But as a healer, I offer you the following suggestion. It is vital that you remember the brain has incredible power to heal itself, and telling the brain what to do will create a magnificent

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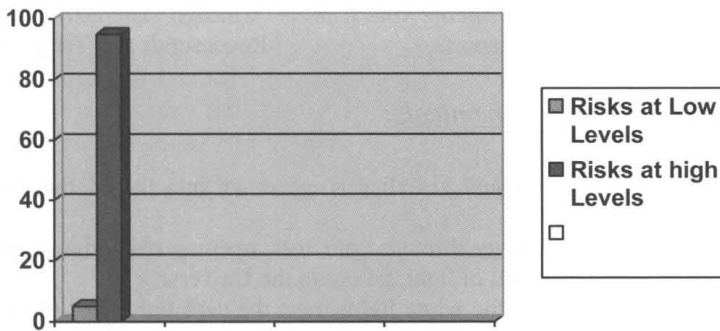
change in people immediately. Going into Theta and programming the brain to do something will change things very quickly.

For a very long time we were helpless when it came to diseases of the brain such as Huntington's, Alzheimer's and Parkinson's Diseases. But now we know we can actually change the brain and have it restore itself. When women go through menopause it causes such a disturbance in the brain that the brain is not quite sure what's going on. Small amounts of estrogen can revitalize and rejuvenate the brain. It's essential that you realize all hormones are very important for the brain. In some instances a person's hormones are out of balance and they've been given serotonin or an anti-depressant by their doctor. But what is the underlying cause? In some cases it is their thyroid that's off, or their adrenals which are having a hard time. We need to ask the Creator what is causing the person's problems or why they're having anxiety attacks, especially with our children. We also need to know how to manipulate parts of the brain.

Risks Associated with Brain Chemical Levels

When in balance, Noradrenalin and Serotonin enable people to react to events in reasonable ways. Raising and lowering these key brain chemicals can either increase aggression or lower it.

Noradrenalin



Risks at Low Levels

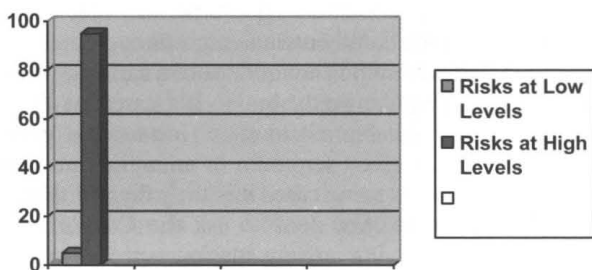
- * Under arousal
- * Increased tendency toward Pre-meditated or cold-blooded acts of violence
- * Thrill-seeking

Risks at High Levels

- * Over arousal
- * Increased tendency toward impulsive hot-blooded acts of violence
- * Rapid heartbeat

Please Note: This only applies if the Serotonin levels are low. Normal levels of Serotonin will counteract the above risks.

Serotonin



Risks at Low Levels

- * Depression
- * Suicide
- * Impulsive aggression
- * Alcoholism
- * Sexual deviance
- * Explosive rage

Risks at High Levels

- * Shyness
- * Obsessive compulsion
- * Fearfulness
- * Lack of self-confidence
- * Unduly dampened aggression

Sources: The AMA *Encyclopedia of Medicine* American
Heritage Dictionary of Science, news reports

Chicago Tribune/Stephen
Ravenscraft and Terry Volpp

Process for Normalizing Brain Chemicals:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, "*Creator of All That Is, it is commanded that this person's (name the person) noradrenalin serotonin and hormone levels be balanced in the highest and best way, as is appropriate at this time. Thank you! It is done. It is done. It is done.*"
5. Move your consciousness over to the person's space. Go into the brain and witness the noradrenalin/serotonin levels as a visualized graph. Witness the noradrenalin / serotonin levels become balanced as is proper for the person.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Drugs for the Brain

In this day and age there are some wonderful drugs for the brain. For instance, there's something called a growth hormone that is fantastic! It actually enables the brain to reproduce and replenish itself. Another growth factor is called GM1 ganglioside. It helps people with Parkinson's by triggering the brain to supply dopamine. In Parkinson's cases the dopamine terminals on the neurons are all damaged, and GM1 ganglioside can actually help replace it.

The key to having the brain continue to replenish itself and continue working, is the nerve growth factor called neurotrophic. There are different factors that are found in the brain, such as the neurotrophic-3. Neurotrophics are like super nannies of the brain cells. They keep the brain cells nourished and make certain they grow and have a long life. They guard them against any kind of damage and make sure the brain functions properly. If these neurotrophic factors decline and disappear, the brain will die and no longer function and be torn apart by free radicals.

There have been many tests to discover why little children can repair themselves so quickly. The reason they can repair their brain so quickly is because their bodies have not stopped growing yet. When the brain reaches a certain age it actually shuts down different growth factors. When it is young, it can repair damage more quickly. Children can recover from strokes faster than anyone else.

Chapter Thirty-One

How Children Develop

Fetal and Birth Stage

Fetal Memory

Evidence from fetal learning paradigms of classical conditioning, habituation and exposure learning reveal that the fetus does have a memory. Possible functions discussed are: practice, recognition of and attachment to the mother, promotion of breastfeeding, and language acquisition. It is concluded that the fetus does possess a memory but that more attention to the functions of fetal memory will guide future studies of fetal memories abilities. There are a number of possible reasons why the fetus should have a functioning memory, not perhaps of the complexity of an adult or even infant, but sufficient to ease its progress in its new world after birth. Further studies are required to examine whether these proposed functions, or indeed others, do actually exist. They may also serve to direct future research into fetal memory, the existence of which, in some form, is no longer in doubt. *Fetal Behavior Research Centre, School of Psychology, The Queen's University of Belfast, Belfast, Northern Ireland, UK*

Send Love to Baby in the Womb



From the moment of conception, you are aware of everything around you. Feelings, emotions and beliefs of the mother are often projected to the baby in the womb. Traumatic thoughts, feelings of not being wanted, of being overwhelmed and other stresses can be felt by the baby and affect its Noradrenalin and Serotonin levels. Alcohol and use of drugs also affect the mental health and physical development of the fetus. Some babies start out as twins, but Nature only allows about one third of twins that are conceived to be born. This sometimes causes an absolute loneliness in the remaining twin. Attempted abortions also affect an individual.

The "Send Love to Baby in the Womb" exercise is an amazing healing process. You can do this exercise on yourself, on your children and parents. As a man or a woman, you have the right to give love to your child when they were in the womb. You may also practice this exercise for your own parents, of course, realizing that they have free agency as to whether they accept it or not. With clients, you must have their verbal consent to do this exercise. This exercise affects many diseases, such as Alcohol Fetal Syndrome, Bi-Polar Disorder, Attention Deficit, Autism and Compulsive Disorder and may simply eliminate these diseases.

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After Sending Love to the Baby in the Womb, you will still understand negative emotions. Doing this exercise will reprogram the subconscious from coming from a place of true love. Do not get caught up in the drama of feelings in this exercise, stay focused.

Process For Sending Love to the Baby in the Womb:

1. Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
2. Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
3. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. Make the command, *“Creator of All That Is, it is commanded that love be sent to this person as a baby in the womb. Thank you! It is done. It is done. It is done.”*
5. Now go up and witness the Creator’s Unconditional Love surrounding the baby, whether it is you, your own child or your parents. Witness as love fills the womb, and watch the love envelope the fetus and all poisons, toxins, negative emotions are simply eliminated.
6. As soon as the process is finished, rinse yourself off and put yourself back into your space. Go into the Earth and pull the earth energy up through all your chakras to your crown chakra and make an Energy Break.

Let’s start at the beginning. Every human being is born with empathetic (feeling) skills. The human subconscious picks up thoughts and feelings from others from the day it is born. The human psyche naturally reads the energy that penetrates its aura. Because it is a natural instinct and ability, young children are unaware in the beginning how to discern thoughts and feelings in the room from their own. Guiding the child with the development their empathetic skills will teach them the difference between their own feelings and someone else’s.

A mother is waiting for her infant to be born. This is a tiny important being, one of God’s creations. Its brain is developing and she tells the baby every day how much she loves him, knowing that this will influence its life. This little child is in the womb and he is growing very quickly. The baby can hear her quite well by the time he reaches seven months. Of course, sound is muffled by the water surrounding it, but he can tell the difference in the sounds and he definitely knows the difference in feelings. When this child is born, the first touch is an incredible experience for him. He has gone through the birthing process and he’s gone through some stress on his tiny body.

Caressing the baby, the mother reaches over and tenderly kisses him. When she does this, her body makes antibodies for her baby that is needed immediately for the environment around him. This happens every time she touches the baby. It is incredible to know that the human body is so complicated and so wonderful. As soon as she touches this baby, their DNA(s) connects and communicates.

Seemingly magical things start to happen. The baby releases strange pheromones to the mother. The mother feels the change and suddenly becomes like a “mama bear.” If anyone comes too close and tries to harm that baby, the mother will become very

defensive and will protect the baby with her own life. If the pheromones are working correctly, the mother's need to hear the child becomes paramount. She can hear the child's every whimper and every sigh. The new mother is very anxious and very careful to check her baby to constantly make certain that it is safe and sound. For some mothers it may take a couple of days for this to happen. When it does, they become a little more panicky and more nervous, but soon Mom and baby are settled in with each other and doing just fine. This stage is important since the child realizes that it's okay to be a boy or a girl. Occasionally, a mother has no receptors to her baby's pheromones and, just as in nature, will try to abandon it or have no emotional attachment to it. Thankfully, this is rare and can be altered with Belief Work.

Given lots of love, the child stretches forth to see the world. Scientists tell us that babies cannot see well at first, but every mother will tell you that her baby sees her. Scientists will also tell you that the baby doesn't really smile, that it is just involuntary muscle response, but every new mother knows that the baby smiles at her.

Breast milk is ideal for the baby, at least for the first six months. Breast milk will actually change for each feeding to meet the needs of the individual baby. The unique substance cannot be duplicated artificially, and breast milk contains anti-bodies that provide immunity against infections. All the new age babies sleep better in the presence of others. A little bit of noise in the background actually helps the baby sleep. It isn't until the third month that the baby can fall into a deep REM sleep and by the sixth month, the baby's ability to sleep for longer periods of time is increased.

An important insight for the new mother and the new father is the fact that they should speak to the baby constantly. The more you speak, the faster the child learns. The child learns almost all of his speaking ability from the parents and those close to the interactive family; not from the television nor from the computer. If the child has been born under stressful conditions, the mother should hold the child more to show the child her love. This will teach the brain to produce more serotonin and the child will begin to mellow and be happy. The Children of the New Age will suddenly try to begin speaking, making sounds and noises as they play with their new vocal chords as their brain begins to grow and mature. At this particular time, all new babies have twice as many neurons in their brain as a normal adult. Science has acknowledged that a baby will mimic the sounds of "I love you" at three months old, and seem to know what it means. This is also when the mother will notice that the baby is upset. When the mother is upset, the baby cries when she cries. Babies will also pretend they are trying to fly or look as if they are flying. They will often look as though they know everything, as if they are old people trapped in a little body.

Infancy to Twelve Months



Every child develops at its own rate, but they all go through some specific stages. From infancy to twelve months old is a very important stage in the child's development. The child will learn to walk and learn to talk, get first teeth and will learn sensory discrimination. Children will grow faster during this period of its life than at any other time. Parts of the skeleton will remain as cartilage until nearly an adult. The baby grows remarkably fast in height and weight. The number of brain cells increases and the number of connections in the brain increase. Each infant's development is always at his/her own rate, but there is a specific development order that comes into play. The baby must learn to hold his/her head up before sitting up. Girls usually try to talk sooner than boys do, and boys usually walk, climb and try to conquer physical obstacles sooner. Girls develop in a particular order as the nervous system matures. Not every child will go through every stage of development, but more often than not, they do.

The child's senses develop rather quickly and newborns can distinguish sound and objects when they are close to their face. By three months a baby can distinguish color, forms and can mimic sounds. The child will reach up to grab and hold objects between the thumb and fore finger by four months. At four to six months the baby can sit up for short periods of time without support. Crawling starts between seven to ten months. By twelve months, most infants can stand up alone and can walk with assistance. At fourteen months most infants can walk unassisted. This is true even with New Age Children, although they may sometimes walk before they crawl. If this is the case, you must make certain that they crawl or their brain will not develop in the right sequence. By the time they are a one-year-old, the little boys have learned to crawl and they have definitely learned to conquer. They are trying very hard to walk, if they are not already walking already. If they are not walking, it will be only a short time before they are. They are very curious and attempt to investigate everything because of the sensory perception in their mouth—their ability to learn quickly from taste. They seem to put everything in their mouth.

The first words are usually uttered between twelve and eighteen months, but not so with the little New Age Baby. Many of them can say several words before they are eighteen months old. The more you talk to your babies, the faster they will speak, and learn to mimic words almost from birth. These are important times when the parent must know that the subconscious does not understand the words "doesn't, not, or don't". Use the word "NO". If you tell the baby, "don't touch it" he may think that you said to

“touch it” and will try immediately to touch it. The baby will look very puzzled as you slap his little hand and tell it how bad he is. Be very careful at these stages because what you say may stay with them for the rest of their life.

One of the most interesting things about New Age Children is the fact that they can actually see beings of light standing beside you. Many of them see their guardian angels, guides and visitors that come to them. If encouraged, not to the point of overdoing it, but if just left alone they will keep this ability all of their life. It is only when they are told that they can't see these light beings, or told that they don't exist that they shut down this ability.

One to Two Years



By the time little girls reach age one, they are becoming quite the little conversationalists and some little boys may also be the same. Although conversation seems to be the key for little girls, this is not always the case. Every child has their own pattern of development. As the child reaches the ages of one to two years, this age is sometimes referred to as the “terrible two’s”. At about the age of eighteen months to two years they are into everything; playing with pots and pans and experiencing life. The more they can touch and feel the happier they will be. If the child is allowed to play in the dirt and sand, they will be healthier later in life. By the time they reach the “terrible twos” they should have an understanding of the word “No”. This is very important. I have never considered any of my children to be a “terrible two” child. I’ve always considered them wonderful!

Up to this point the child has been living by instinct. The instinct is as follows: they know that if they cry, their parents will come and take care of them, and that if they are smiling and laughing, they will get rewarded. By the time a child reaches two years of age they begin to investigate more of their world and to show some independence. This is because the brain is developing at a higher rate than before. It is all quite natural and normal for them to veer off a little.

There is no specific age to toilet train a child. Up until about fifteen months the child does not have the actual muscles to control the bladder or the bowel appropriately. For the child to be emotionally ready is an important element in toilet training. Once the child is aware of their body functions and what society expects of them, they will learn to “potty” almost by themselves. Stress and fear of performance can cause problems, so it is advisable for parents to let children take their time. In some societies it is almost a game.

Little boys seem to have a harder time holding their bowels than do little girls, and most girls will be toilet trained sooner than boys. Little girls do not like to feel wet so they learn very quickly how not be wet. Do not push a child; sometimes they are not ready until they are three years old. It is vital that children are taught the value of hygiene and it is very important that they empty their bladder and their bowels. They are also becoming very aware of their sexual organs and soon their sexuality. They should never be made to feel shameful but just be allowed to “be.”

By the time New Age Children are two, they may be telling you stories of the Creator and the things they know. Listen to these children; sometimes they have knowledge beyond what you think.

Three to Four Years



Three and four-year-olds can actually learn to read quite easily and if the parents take the time with them, you would be surprised how much they can learn. Children like to learn in small increments of 30-40 minutes because their brain thinks very quickly. They are constantly learning through taste and smells and sensations around them. Up to the age of three years, children get tired easily and when they get tired, they get grouchy. It's always interesting to watch parents become angry with their children for getting too tired. Children should have a chance to rest when they are tired. Between ages three and four they are entering into a new stage in their brain. This is different from the other phase since it gives them a false sense of independence. Suddenly they question your behavior; suddenly they question what you say.

From the three-year-old getting angry because they were made to do something; to the four-year-old who has decided they are going to tell you to do something; both are normal stages of development. No, your child is not terrible. No, your child does not have any "problems". The child is just four, and four-year-olds do that; four-year-old children "push". They can love and kiss you one minute, and the next minute they will attempt to push you and tell you what to do. This is the bossy four-year-old. Even though some children may start this behavior before they reach four years, maybe two or three months before they are four, you'll know it when they hit that stage. That lovely little baby you've been holding and rocking for so long has suddenly become a little person. They have become a little bit of a know-it-all, a little pushy and someone who won't listen. You may need to put them in time-out for a little while so they understand that they are not the boss.

At this time it is also important for parents to remember that children are wonderful. It is important to be their friend, but it's critical that you be their parent. Being a parent doesn't mean that the child has to always like you. Being a parent means that as the child is developing, you have to use good judgment pertaining to the child's safety.

It is usually around their fourth year that a child learns to negotiate. Many adults call this manipulation, but when the child is older it is called negotiation. You need to demonstrate to your child that there are some problems that can be solved and some bargains that can be made. It is important to teach your child the word, "No," but if that's all you say then, by the time the child reaches adulthood, they will not know how to negotiate the world around them.

This is a time when it would be using good judgment to go up and ask the Creator how to solve these problems. Knowing that this is a normal behavior for four-year-old children will keep you from being hurt, offended and upset when this child "talks back". This is when their serotonin and noradrenalin Levels are reaching their balance and their little circuits are beginning to work at full bore. This is perfectly normal. They still love

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you; they are just learning to be more independent. Three and four-year-old children are very interesting indeed.

Five Years

You now have a five-year-old and you're quite proud. You've made it through the three and four-year-old stage and now your five-year-old is beginning school. Truly, this will be a very interesting experience for them.

Although they are excited, sometimes it is very emotionally difficult for them. Telling them positive affirmations such as, "I know you can do it", "I have faith in you," and "you are wonderful," and what an incredible being they are, can help them. Putting them around other children before they start school is very wise. If they become acquainted with other children at an early age, they understand how to get along with them when they first start school. One of the biggest mistakes made by parents is keeping their children separated from other children. The child can visit with adults, but when he/she has to enter the school situation it is very difficult. Teaching children to learn to negotiate with other children also teaches them to keep their serotonin levels up.

Six Years



By the time a child reaches six-years-old they experience another mental stage of development. This one is very much like the four-year-old stage only this is a little deeper. The tendency is toward a more independent nature. They really begin to push you and question your decisions. This is when you need to understand that this too is a natural stage of development. Even though a four-year-old may seem difficult and at times hurt your feelings, a six-year-old may often want his own way and there will be times when they are not allowed to have it. A six-year-old can be a bit demanding and often test their limits to see how much they can get away with. This is also further development in your baby human. Understand that you are their guardian to help them grow and make these changes. Prepare yourself for your six-year-old and you will be just fine.

Seven and Eight Years

After age six through ages seven and eight, the child will normally mellow out and become a little bit easier to handle. These are normal functions of the development of the brain. The lobes of the brain have begun to have different sensory perception. From

birth to age four, the child has had twice as many neurons in its brain as when they are an adult. The child has learned to think, hear, see, taste and learned to develop with the world around it. Up until now the children are a tiny bit near-sighted. Make sure that you are aware of this, so that when you decide to take them to get their eyes checked you are not in shock to find out they are a little near-sighted. Their eyes are developing as they go. Up until now they can see blues and greens and all the different colors of the spectrum, but green appears as a deeper, bluer-green than it does as they grow up. Colors change as they grow, so understand that the colors may not be exactly the same for your child as they are for you.

By the time they enter first grade, they're learning to read and write. This is a time to watch these wonderful children, since many of them have what is called a genius gene. Genius genes are often right next to what is called the dyslexic gene, and often they may invert their letters. Be patient with your child as they learn to read so they are confident with their reading and enjoy it. Reading to them will help them explore the wonderful world of learning. I used to think that there had to be a reason why some churches baptize their children at age eight; it was to prepare them for the age of nine!

Eight and Nine Years

Nine is an interesting stage; it is when a child's brain starts to kick in and they become even more independent. This is also when their body is beginning to change and they are remarkably different from that little baby you brought home. This is what I refer to as the "hell" age. This is the age when they seem to know everything, want to take over everything and get very emotionally upset over everything. This is the onset of new hormonal changes in the brain that changes how the child functions. This is an important age when you need to inform people around you that your child will be back in just a few months. Just be patient, kind and loving, but firm through this stage of development.

The love that we receive from our children fills our cup with joy and happiness as we watch them grow and mature. As they make changes in their life, we take offense. We get hurt when they are sassy to us and some of the things they say to us hurt us deeply. Be aware, these are baby humans being molded. We need to be patient, but we also need to be firm. A parent must remember that they will probably be okay at ten, and will most likely be fine by eleven-years-old.

As they grow toward adulthood, they learn things very quickly. If encouraged to learn when they are small, it will become a habit and the child will continue to learn forever. It is important that you keep them involved athletically as much as possible to keep them from going astray, so to speak. Music is also a great involvement for these children.

Nine through Fourteen Years

It is important from ages nine, ten, eleven, twelve and forward to watch them when they are around their friends. Peer pressure is very difficult at this stage and it gets more difficult as they turn thirteen and fourteen. It is vital that you teach your children the right and wrong guidelines for their physical bodies. Children of alcoholics will often experience dips in their serotonin levels at this time and their noradrenalin levels will start to rage. These are the important ages when you need to watch your children, because the body craves what it needs. When people start craving alcohol, the body is trying to

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compensate for a lack of serotonin and dopamine. I repeat, this is the time to monitor children closely. Provide them with a good healthy diet, supplement their diet with vitamins and minerals and try to help them so they don't fall into the vicissitudes of addiction. Addictions are very difficult for New Age Children. This is when you must trust your intuition and not your emotions. This is a gamble and your psychic energy needs to be true to form.

No parent wants to think that their children are in the liquor cabinet sipping alcohol, but chances are good if they have access to it, they will experiment with it, so you need to be on guard for it. This doesn't mean that all children will experiment, but nevertheless, you need to be wise and not close your eyes to the possibility. Help your children make wise decisions.

When a child is ten, the New Age Child will get their feelings hurt very easily. If they are teased by other children, they will sometimes just allow it. Teach them they need to stand up for themselves and that it is not wrong to do so. Encourage these children that being intuitive is important for their survival as the new age develops. As more children naturally become more intuitive, it will be more accepted. You also must teach them that some people can't accept or recognize their great talents and abilities. This is unfortunate, and we should have empathy for these people; however, prepare your child for these conditions. Some people shut down these beautiful, intuitive children and they are doing them a great injustice by attempting to re program them into something different.

Many of these intuitive children have reactions to yellow and red dye. The parents mistake the symptoms caused by the reaction as attention deficit disorder, but this is not the case. Some of these children are actually very brilliant and have no such disorder. Some are allergic to processed white sugar. Processed white sugar is very hard on these children since their chakras are wide open. In addition, their brain development and psychic senses are much more developed than they were in children ten to fifteen years ago. These children are super-hyped, super-sensitive children. If you can keep them away from white flour and white sugar, yellow dye and red dye, you will find they will grow quite normally and will be less likely to become out of control.

It is my belief that in the education of our children, the children may not be the individuals who should change. It just might be their teachers who need to change. Some of our teachers have been educating for a long time. They are bored and really have no interest in the children. Remember when you were in school? However, in observing the teachers of today, I think you will find that a great many of them have improved in their teaching and are changing their attitude about many things. It is important that you find good teachers so that your student can learn and grow.

Some parents have decided to home school their children to keep them safe from so many of the dangers that fill our schools, which is understandable. At the same time they are not allowing their children to interact with children other than those in their own surroundings. They will someday have to live in the outside world. If you are home schooling your children, please make sure that they have plenty of time with other children so they can learn to adapt and adjust to a world other than that of their siblings. You cannot be there to protect your children throughout their life.

I have a dear friend who has a wonderful son and she always gave him everything he ever wanted. She loves him dearly and always took good care of him. He was an only child and when he left home he had no idea how to deal with the world. Since he had

never faced any real challenges or obstacles, to him the outside world was much more cruel than he ever imagined. Be mindful in preparing your children for the outside world. They need to be aware that the world may not live up to their expectations. It isn't always "fair," it just is.

Disciplining

Unlike most children, certain disciplines do not work with intuitive children. It will not work if you have a whining, crying sound in your voice when you discipline them. Screaming and yelling doesn't work with these children either. They will tune you out or they will be deeply crushed. The tone of your voice will be your greatest ally in disciplining your New Age Child...the calm, collected, assured tone that says, "You will do this, and you will do it now." This form of discipline will work with your these children about 92.3% of the time. When it comes to discipline, many of these children are very sensitive and don't quite understand exactly what is going on. Unacceptable behavior when a child is small should be handled then and there by a short time-out. A spanking will not work with these children, so use discretion in your disciplinary tactics. At the same time, as with all children, the New Age Child will take advantage if they feel they can get away with it.

A major key to parenting and raising a New Age Child is to remember that you are important as a parent. When you have self-esteem and you love yourself, the child will treat you with respect and esteem. One of the worst things you can do is to let the child rule the household, and in many cases this happens. Sometimes when people wait until later in life to have children, they allow the children to run everything that goes on in their home. When the entire household revolves around the child, the child becomes very unreasonable, self-centered, demanding and can very easily get completely out of control.

As the child matures and grows older it is very important that the parents remember that these children are very sensitive and can actually discern if both parents are in agreement. If the parents agree simply for the sake of the child, the child will know this and become very discontent. Also, when deciding on a disciplinary action, ask the child what punishment they feel would be appropriate. In many instances they will come up with something far worse than you ever thought of or would do. Although you choose to encourage your child to learn with goodness, words of approval and encouragement, there must be boundaries and a time when "no" means "no". If there are no boundaries, then a child will often push to your limit.

Ages twelve, thirteen, fourteen and fifteen are extreme hormonal times for the children. The brain is now shifting into a different mode; the hormones take over. It is the onset of the "mating ritual" as Nature intended. Among many tribes in the African Nation this is the age and time when people begin to mate. Because the impulses of sexual energy are so high, the child becomes very emotional. They are pulling away from the natural bonding of parents and bonding more to others that share the same sexual energies. Because of the shift of hormones in the body, you will notice dramatic behavioral changes. This is a difficult time in the raising of children.

Since the brain is oriented to survival in the beginning, the small child will cling to its mother with love and tenderness, but as they grow and develop and enter the hormonal state, things change. Their bodies are changing and developing, and they are

becoming sexually aware. When the hormonal changes begin, the primitive instincts in the brain take over. This is a time in nature where the primal kicks in. The ties that were there between the mother and the child change. There is a different interaction between the child and the parent. In some cases there is a repertoire of friendship and in other cases the teenager begins to pull back. Choosing to be with their friends instead of the parents is natural at this stage. As they continue to develop, their body releases pheromones. There was a time when the opposite sex was very unattractive to them and little girls definitely did not want little boys around, suddenly the boys are noticing the girls and the girls don't seem to mind having them around. Pheromones attract the opposite sex. Their bodies develop faster than the brain's logic capacity at this stage. Urges begin to affect them and surge throughout their bodies.

Because of the chemical changes in their brain, they begin to act almost on instinct. This is a time when you notice the change in your teenagers. They become very centered in themselves, and parents begin to say certain things that seem to be redundant such as "This is your job", "Don't you care what happens around here anymore?" and "Isn't your family important to you anymore?" These conversations have been going on for centuries. Along with being totally self-absorbed, they suddenly become very interested in the sexual conduct and energies of people around them.

If the serotonin and noradrenalin levels in the body are unbalanced, the children will exhibit manic depressant disorders. Deep depression (not wanting to go on with life) is one of the symptoms of imbalance in the serotonin and Noradrenalin levels. Aggravation, anger, inability to express emotion, these are all signs of an imbalance problem in the serotonin and noradrenalin. You can adjust the serotonin and noradrenalin levels intuitively. Changing their diet may help as well.

Because of the emphasis our society puts upon a high protein/ low carbohydrate diet, many important lipids are left out that are necessary to balance the different hormones in the brain. A good balanced diet for these children is very important. But as many parents will tell you, it is difficult to get a teenager to listen to your advice concerning their eating habits. At this stage of their brain's development, they have a tendency to think they know everything about everything. This is part of the actual development of the brain. Their frontal lobe is not yet fully developed, so many of these children fail to realize the repercussions from their actions; they tend to act before they think.

At this point the body is developing rapidly in so many different ways that it's hard for the child to remain balanced. Many parents come to me and tell me that their children seem lost. They don't know what they're doing, they don't know what they're supposed to do, and they are unable to make decisions for their children. Their children are simply incapable of behaving rationally. We sometimes forget that these children are a combination of a young adult and a child that is growing and developing. If we could just remember that it took us a long time to be able to figure things out, we would be more compassionate with this age.

This is the age that I caution parents to watch what their children are doing intuitively. Many children, especially New Age Children, become remarkably intuitive at a very young age. They are able to see guardian angels and spirits. As they grow and gather more perception, they have many spiritual experiences. One of the experiences they tend to have at a young age is that of making friends with entities or spirits,

including wayward spirits. These spirits sometimes take hold of our children and tell them to do things that they shouldn't do. Because these children are very intuitive, they mistakenly think it is their intuition at work and they think of it as giving them power. Thus the spirits mislead them and take their power. These spirits sometimes live off the *light* of our children.

Our young adult children who invite these spirits into their space for "more power" are allowing these spirits to take energy from them. Unable to realize this, the children give their power away. This is why they sometimes join cults. It is normal for children at this age to be interested in the old ways of religion and to have a curiosity about many different beliefs. I have met with parents who are frightened because their children are studying strange Belief Systems. It's not actually "bad" to have some knowledge of these Belief Systems, but you do need to caution your children wisely and tell them not to give their power away, especially to negative spirits. The Creator is the true power. If they do have occasion to visit with spirits, they need to always check any answer they receive with the Creator of All That Is and they will be safe.

You must guide these children to learn to use their intuition wisely, and they will have fewer tendencies to give their power away so freely while they are still young. Many children are extremely gullible to the world and to things around them—that it causes them to be susceptible to becoming victims. It is vital that you Program your children to know that it's okay to stick up for themselves and it is okay to say, "No". This coaching should have started early in life, but it's very important to emphasize this through the teenage years. One of the most important things that parents can do for their children is to let the children know that their sexual desires and urges are not wrong, that it is entirely normal to have these desire and urges. But it is also very important that the parents express to them how serious sexual relationships are and that they are giving part of themselves when they indulge in a sexual relationship. You can only do so much to coach and guide these children; they will make their own decisions. It's wise for the parents to realize that their teenagers will make some decisions on their own...that's just the way it is. It's also okay for the parents to say, "No". I have watched parents just let their children go in whatever direction until they are fourteen or fifteen-years-old. By then it's usually too late. This is just plain ridiculous! There will come a day when a child will realize it doesn't have to listen completely to the parents, and that too is another stage in development.

Some of these little spirits will decide to go out on their own to do something. When this happens, it's very important that the parent does not feel like a failure as a parent. They are still responsible for this child and must not relinquish that right of responsibility. For instance, a child of seventeen is called on the carpet for ditching school. Accompanied by the parent to the principle, the parent states, "I'm sorry they've been ditching school, they weren't supposed to...but it's their responsibility, it was their decision." In reality, the responsibility of children, at least in the United States, isn't until that child is at least 18 years old. That's right; you are totally responsible for what goes on with your child. The fact that your child will begin to make their own decisions is inevitable. The parent will have to rely on the fact that the child was trained at a young age with self worth and have the capability of making good decisions.

Each child is special and each child's circumstances will be different. I have observed children using their bad circumstances to the best advantage and I've seen

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children use their good circumstances for their best good. I am positively certain if you keep their mind occupied and active when they're young, the better your chances will be when they are older for you to influence them in the right direction. Get them involved in music or athletic training or anything where they can participate and stay occupied. This will help their brain develop and go on in life using their abilities in different areas.

Nineteen to Adulthood

When a child reaches 19 years of age they go through another development stage. This is when they sometimes assume that *now* they really are an adult. But they are not usually capable of seeing the outcome of their actions because the frontal lobe is just barely developing. Girls' frontal lobes seem to develop a little faster than boys as a whole even in intuitive and New Age Children. Allowing that each child is different, young men usually take a little longer to recognize the value of their decisions. They can hold a job much better when they are in their twenties and are more capable of raising a family.

Between the ages of 18 and 21 is the time when most children decide to move out on their own. Some may have tried this earlier and some may try it later. It is a big change in going into the outside world and having to take care of and support yourself. It can be a very frightening experience for a young person. In some instances young people will try to do this with a partner or mate, assuming it will be easier. Sometimes it is much harder to take care of a partner or mate. If they are prepared with the basics, such as the skill of maintaining a checking account, learning to cook, and knowing a few things that are necessary to make it on their own, this stage of their life will not seem quite so difficult. As they move into adulthood they quickly learn that they don't know as much about the world as they think they do.

At one time manhood was not considered attained until the young man reached 32 years of age because of the way the brain developed. This sounds pretty reasonable when you consider the 21 year-old who comes home and tells you that he knows all there is to know about life, and then starts offering you advice. This is amazing isn't it, because if they really understood the world and life, they would race to move back home.

From the ages 22 to 27 years they are becoming more and more aware of the complexities of the world. Somewhere between 27 and 32 years of age, the young adult finally realizes that they are just beginning to learn about life and become open and receptive to new avenues of thought. It is also at this age that they find their true mission in life. However, there are many New Age Children who are aware of their true mission in life much earlier than this. Part of the reason for this is that they are rushed for time.

Bear in mind that many children born today are Children of the New Age. This information is given to assist you in making certain that your children are balanced physically, mentally and spiritually; that there is a balance in the bodies hormones and in their brain so they are not manic depressive, angry or malicious.

The basic pattern of the New Age Child is the fact that they have no prejudices. There is no prejudice against religion, color, creed, race or anything that presents as prejudice to the world. This child is loving, kind and supportive. Because their brains are balanced with both male and female energy, they often have confusion about sexuality. They find themselves attracted to the person's energy rather than the sex of the person and some of these children bounce back and forth, assuming they are bi-sexual. Giving them good guidance will allow them to be who they truly are.

Childhood Problems and Childhood Diseases

Alcohol Abuse

For most people one alcoholic drink isn't necessarily bad. There are some people who use alcohol but never abuse it. What is amazing is how fast alcohol can zip right into the mid-brain. In fact, it's gives people a quick jolt of joy and satisfaction. For some people, alcohol can make them extremely miserable, especially young adults. The pleasure center in the mid-brain or "reward system" is designed to insure survival, not cravings. The pleasure center is supposed to be a reward for sex, eating, success and other behaviors that make you have joy. They are emotional boosters such as high satisfaction for a job well done and the brain is stingy about dealing out this pleasure. People wouldn't be motivated to work if their brain constantly gave them a supply of wonderful sensations. If sexual behavior was not rewarded by great sexual pleasure, humans wouldn't survive. They wouldn't want to have sex and they wouldn't have children.

It's very important that these pleasure centers of the brain reward us, for when we are hungry, we eat. They release something called dopamine which gives us a pleasure sensation. It is very much linked to serotonin. Under normal circumstances, it works all the time, but when alcohol is added to it, alcohol triggers the pleasure centers. Up until recently alcohol was thought to be like draino, dissolving the brain tissue to create toxic effects. It has this effect, but not the way we once thought it did. It dissolves both water and fat, the two components of brain cells, forcing these cells to create and produce emotions ranging from euphoria to depression or from calmness to aggression. We know that there is not one "alcohol" gene, but there are some genetic disturbances in mutated genes that make people more prone for alcoholism.

The tendency for alcoholism is definitely present when there is a low serotonin level in the body. There are some good things alcohol does. If you're an occasional drinker, alcohol can lower your cholesterol. Some amounts can prevent clogging of your arteries, prevent blood clots, and it can actually ease menopause and reduce the risk of heart disease. If you drink just a small amount each day it can stimulate your brain to function better. However, drinking to excess, it can cause great brain damage. It can cause the brain to start to shut down millions and millions of neurons. Russian men, for instance, drink an equivalent of three and one half bottles of Vodka a week, and their life expectancy is about 55 years old.

Being as inquisitive as they are, children will often experiment with alcohol and other drugs when their serotonin levels are very low. Because alcohol triggers the pleasure centers of the brain, they easily become addicted. When they become addicted, it starts to damage the brain, changing receptors and turning others on, and causing a complete change in the personality of the child. Most parents don't want to watch their children change into something they don't understand. It's really important for the parent to step in and make sure that this isn't happening to their child, at least while they have control of it. This is a hard decision to make, but young alcoholics are very dangerous, not only to themselves, but to others around them. Unable to think rationally, people will do irrational things to get the pleasure centers stimulated.

When a teenager is young, the brain is very curious, experimenting and trying many different things. Good coaching can keep your children on the right track. Lots of

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love can pull them back if they have pulled away. But it's very important that you let that child know in the very beginning that they have some self worth, because alcohol will destroy most of their self worth over a short period of time. Alcohol and other drugs will take what they have spent years to build and gradually diminish it into nothing, because it damages the receptors and there's no telling what Programs they may keep and what Programs are suddenly short circuited. Reasoning and rationalizing will not always work when it comes to these young adults. Stepping in and being there to make sure it doesn't occur is the only way to keep it from happening.

Cocaine and other addictions can create behavior that you would never believe your child is capable of. Too much drug use will cause various changes in the brain. If you go in and start changing the neurons around and command the serotonin levels to change, it will create a difference in the need for that particular addiction. Once the brain has learned that it can trigger these pleasures, it's very important that you teach the brain not to do so. One thing that is important to understand about alcoholics is that so many receptors are being turned off and turned on with the use of alcohol that when alcohol is no longer used in their life, their serotonin levels will fluctuate a great deal. People who were alcoholics for many years will go back and act how they were before they were alcoholics. So if they began drinking at eighteen and quit when they were forty, their brain will go back to certain developments of an eighteen year-old, thus making the person a little immature until their brain can catch up with itself. This is why sometimes people who have great addictions and have recovered from them find life a little more difficult than they would have found it at the normal age of forty. They are still trying to compensate with the abilities of a twenty-five-year-old.

The suicide rate is extremely high in children today. The extra influences of drugs and alcohol and the way it makes people so depressed should be something we take a good look at. As a healer, go in witness the serotonin and the dopamine levels. Release the Program of "I am addicted to alcohol," and replace it with what the Creator tells you. Ask the Creator what to do; sometimes people need someone who is prepared to deal with their withdrawal.

You need to prepare for some kind of withdrawal, because the different receptors that were quieted down from the overuse of alcohol are suddenly awakened in the brain. You may have more receptors and neuron-transmitters awake than you normally have and it takes a while for the brain to re-adjust itself.

Another serious problem in our society is our food and the diets of young people. There's very little real nourishment in a bag of French-fries. The chocolate and candy that is consumed is outrageous. Removing white flour and white sugar from your children's diet might truly help their disposition. It might also make them an outcast among their peers. Removing some things from their diet and adding wholesome food will help make them healthy and strong, but they also need a good vitamin and mineral supplement as well.

Asthma

When children have asthma, it is very important to realize that it is sometimes caused by emotional problems in the child's life. If the child has been taught to release more noradrenalin than normal, it will cause problems with the adrenals, affecting asthma. If the child is under a lot of stress, they may respond to it with asthma. But some cases of

asthma are actually caused by fungus. If you clean the fungus out of a person's body, asthma can go away. Asthma is a reaction to different allergies. Sometimes it can be caused by worms along the Florida coast.

Asthma resulting from sensitivity to specific allergens is known as Extrinsic. Causes of Extrinsic Asthma include pollen, animal dander, house dust, mold, feather pillows, food and any kind of solvent that contains something that the child or adult is sensitive to. Asthma affects more boys than girls, at least twice as many under the age of ten. Extrinsic Asthma usually begins in childhood and it can actually go dormant for a while. Then remedies and comes back in adulthood. Conditions such as fatigue and emotional stress can cause an increase in asthma attacks.

Mild asthma causes infrequent wheezing and coughing. With moderate asthma there is a respiratory dysfunction and much more coughing and wheezing. Severe asthma is referred to as respiratory distress. The chest will make contractions and it's very difficult to breathe, with a great deal of respiratory distress. A respiratory failure due to asthma is when there is almost no breath coming into the body. There can be impaired consciousness and the chest is silent with no coughing. If this happens, the person can very easily die. In mild asthma, there is usually no more than one attack per week. There is no sign of asthma between episodes and no sleep interruptions. In moderate asthma, the attacks can be more than once a week. There is coughing and often there are more attacks at night. In severe asthma there are frequent and severe attacks, daily wheezing, and very poor exercise tolerance. Inhalers have to be used the majority of the time; however, it does not reverse all the obstruction. There are several medications on the market that are beneficial and can even make it somewhat controllable.

If you want to change the asthma, there are certain things that can be done. One of the things that can be done that is very helpful is to take them off all processed flour and white sugar. This makes a huge difference almost immediately. Using myrtle, oregano and a product called Fungi Cleanse seems to help kill any fungus that is causing the asthma and clean out the body. With asthma sufferers who are children, starting them on a good vitamin and one of the high mineral group supplements also helps the asthma. With children you need to be careful with the vitamins and use them according to their age, etc. A good mineral supplement seems to make a huge difference. Drinking lots of water makes a significant difference also. Use the Belief and Feeling Work to release Programs or add Feelings as needed.

Some parents take their children to allergy specialists for allergy shots to help with their asthma. This is an effective method of treatment; however, removing processed flour and white sugar from their diet is extremely beneficial. Increasing the daily dosage of Vitamin B and the different mineral supplements helps, as does blue green algae and chlorophyll. Both blue green algae and chlorophyll help stimulate the adrenals.

DHEA is helpful in some cases of acute asthma. However, some of the best results that we've witnessed came about from changing the diet and exercise. If the person with asthma has a lot of stress and sorrow as children, changing the Beliefs that "life is sad, life is sorrowful, life is hard" can help a great deal. In our society we have so many pollutants that actually attack the membrane of the lungs, that being able to relocate to a place where the air is clean and pure would be ideal, but since that is not always possible, just removing the flour and sugar seems to have a positive effect on asthma.

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Never take an asthmatic off their medication, allow their doctors to make that decision and never cause them to feel ashamed about using their medication. Until their body is ready and the fungus is cleaned out of their body, their body will not improve.

Autism

There are two kinds of autism that I see in children. The first kind of autism is caused by tragic birth or trauma during birth. It is as if the spirit is pulled a little bit away from the body. These are the easiest of the autistic children to fix. Autism is a problem with the nervous system. It is a developmental disorder and it usually manifests itself before the child is three years old. Signs of autism include self absorption, lack of reaction to other people, sometimes banging their head against a wall. The evidence indicates that it is a nervous disorder. It can also be a genetic disorder; it can be caused by a brain injury before or after birth. There's speculation that it could be caused by venereal diseases or viral infections.

Four times as many boys suffer from autism than girls, and there are varying degrees of autism. Children with mild autism can also become very high achievers when they grow up. Children with more severe autism avoid physical contact and show no signs of understanding. Many of them do not attempt to communicate, but some of them will make gestures and sounds. Medical Science believes there is no cure for autism. Doctors believe that they should be assessed by an experienced psychologist and placed in programs that might help them. They have never discovered a medication that helps autism; however, we have found that going in and asking the Creator to put the spirit back into their space actually helps autism.

We find that the lack of communication and the inability to communicate can be changed by commanding the body to go back to fetal memory and to develop as a normal child. Gently placing the spirit of the baby back into their space will help autism. It *feels like* part of their spirit is trying to flee or came very close to leaving and hasn't quite been put back into their space.

The other form of autism that I've observed seems to be caused by too much mercury in the system. I believe the mercury is coming from vaccinations as well as though the mother in the milk the child has been nursing from. No matter how many times you put the energy back into the body, the body will not hold that energy because the mercury is reintroduced into the system. Giving the child extra apple juice will help pull out the mercury and commanding the Creator to change the mercury may heal the child.

Never command any of the heavy metals to be completely pulled out of the body because our body is made up of metals. If you command too much of the mercury to be pulled out all at once it will also make the body very sick, even if you change it to another energy that isn't mercury. Response from the people who have autism is extremely successful where healings are concerned. Making sure that the child feels constantly loved will break through that barrier which keeps them from communication. Pulling the heavy metals out is the key here.

Brain Damage

Sometimes the parents add to the difficulty of children who have problems with the brain. In some cases of Cerebral Palsy, where the brain has a lack of oxygen at birth

causing some brain damage, many parents accept these children as handicapped. If this is the attitude of the parents, the child will be handicapped. It is very important to constantly reassure this child that he/she is wonderful, beautiful and intelligent. Children that are encouraged by their parents to be intelligent and wise and told they are progressing all the time, will actually start to progress. Children that are told they can do nothing will accept it as a Program and do nothing. I have watched this happen many times.

To work on children who have any kind of brain damage, you simply go into the brain and command the brain cells to become whatever they need to become. If the frontal lobe is damaged or if the right side of the brain is damaged, ask God to show you the problem, and command it to change. As you command it to heal, the fetal memory in the child's brain will start to repair what needs to be done immediately. If you are unfamiliar with different parts of the brain, all you have to do is ask the Creator to show you what needs to be done and witness it. Waking up a child's brain is easy. Working with children and teaching their brain what it is supposed to do is simple. All you have to do is command it to be so and let the stem cells and the brilliance of an infant's mind go to work.

Every time I work with children, I always go up and ask their higher self if this is the choice they have made or if they would like to change it. I always get an answer. If you're working with children born with birth defects, it's very important that you do much of the work on the mother or the father, (usually the mother) on the Genetic levels. Anytime a child is born with genetic defects, you need to work on the mother's Core Beliefs. Find out what she believes and any Genetic Programs that she is carrying. If you work on the mother, it will change the child. If a child can not give verbal consent, you must get verbal consent from the parents to work on the problem. If the child is born with Down Syndrome, you simply witness God do the healing. I have watched incredible results with these children who've had Down Syndrome. One little boy had it so badly that he couldn't do anything. But after working on him only one time, he began to play with everything in the cupboards, and talk and communicate in a way that the mother wept when I talked with her later on the phone. The Creator can heal anything and it's a phony Belief System that children born with birth defects are born that way because they did something wrong in a past life. I truly believe that you can carry many genetic programs through the parents, but simply asking the Creator to repair them could change many of them. Granted, some of them want the experience, but many would like the experience of living healthy lives.

If they are too young to speak, and their higher self says, "Yes, you can change it," then you can. They must give their verbal consent if there is any kind of Gene Work to be done. If they can speak, they must tell you, "Yes, I want to change this." Remember to constantly encourage them.

When my youngest daughter was growing up, I used to look at her and say "Oh, you are so smart; you could be a doctor." And she would always say that she wanted to be a doctor. When she was seventeen years old I told her, "Honey, think about this. Do you want to be a doctor or do you not?" She still says she wants to be a doctor, but I sometimes wonder if I simply programmed her to be a doctor. She easily gets A's in school and she is truly brilliant. She could be a doctor, but that's her choice. You should constantly be telling your children when they are growing up how brilliant and wonderful

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they are. Allow them to make their own choices within reason. Children fail when they believe they are going to fail; children succeed when they believe they can succeed.

The Creator showed me that we are only computer Programs of what our DNA imprints. It is the life force that's inside of us, the life force that is carried in the mitochondria of the cells that is the very essence of our being. Our life force can change anything in our DNA if it so chooses. That's right; our life force can make major decisions. We don't have to accept all of our handicaps. I hear magnificent stories of people who have accomplished great things in spite of their handicaps. They have learned how to paint pictures using their toes. Nothing stops them. People can change physical disabilities by commanding healing in the right and proper format, which is allowing the Creator to heal it, accept the Healing and watch it done.

Burns

Burns heal tremendously fast with small children. Going in and commanding their body to heal completely will do amazing things. Remember, when the child is first burned, command that all the pain be gone. It's the pain in the nerve endings that make the burn worse. If you can dissolve the pain in the skin, you'll stop the burn from going in and burning deeper. It will stop immediately and will cause no skin damage. In a severe burn the nerve endings radiate total pain. This creates a shock wave that destroys more nerve endings, causing great destruction to the tissue. Command the relief of all pain, that the burn is completely gone, telling the body that it's completely healed.

Sometimes the shock of seeing a deep burn will frighten you into absolute panic, so be sure to put your hand over it or throw a towel over it (making sure it's clean and dry, especially if it's a deep burn,) and command a healing on it.

Cancer in Children

There is an epidemic raging with our children and it's their susceptibility to cancer. Because of the different toxins and heavy metal poisoning in our environment, children are prime candidates for cancer. However, these children, especially Children of the New Age, heal very quickly when given a healing. When working with a child and commanding a healing, it is important to also change their diet. In some cases of leukemia, pulling out the heavy metals and radiation will change the body faster than anything else. Cancerous brain tumors are very easy to work on. Don't let the idea of the child having cancer cause feelings of fear. Fear, doubt and disbelief can keep the healing from taking place. Children heal very quickly. When their brain is told what to do...they do it. Their brain can go after and destroy a tumor rapidly. In many cases, large tumors begin to dissolve almost at once, and within a week they can be completely gone.

Go up and ask their higher self if this is something they want to have done. Sometimes children choose to leave this earth, but many of them will choose to be healed.

If the parents have sought medical help, always encourage them to continue with the medical treatments. As the doctors watch the child heal, they will take notice immediately and the tests they are performing can be used for your benefit. With the use of x-rays, MRI's, and CT scans they can detect shrinkage in the size of the tumors immediately. When parents come to me and ask if they should do alternative or if they should use medical help, I explain to them that this is their decision and theirs alone.

As a healer, you must abide by their decision whatever that may be. If they feel that Chemotherapy is the right approach, then that is what they should do. Chemotherapy has worked very well on small children. They won't have to do the chemotherapy if they are completely healed, and if they are healed, the doctors will see it and stop the chemotherapy.

You are most likely not a doctor or physician, you are a healer working with the Creator, and the Creator Of All That Is can heal a body very quickly. When doctors go in and see there is no brain tumor, they will know the body is healed. Sometimes the doctor would like to do a follow up... just in case...and this is also the parents' decision. Never tell the parent that they should follow one plan or another. Alternative healing is very wonderful, but the medical profession is as well, and one day they will work together in a cooperative and common attitude. Many new discoveries have been found in the treatment of different cancers. In my experience people should make their own decisions about what to do.

I watched one mother let her child die of Hodgkin's disease, which is a treatable cancer. With treatment, it is likely that this child could have been given many years of health. The mother decided that the child didn't want chemo, so they didn't do the chemo. The mother decided the child didn't need vitamins because she didn't like to take vitamins. Then she decided that her child didn't have to eat if she wasn't hungry, and this girl died of starvation, not Hodgkin's disease. Rather than seeking adequate medical care, she allowed her daughter to die.

This woman knew that her daughter was very sick. She also knew that this child had terrible problems with her father, yet she forced this little girl constantly to be in the presence of the person who was the cause of so much stress to her little body.

On the same note, I have watched children heal instantly. A woman called me from Argentina to talk to me about her ten-year-old son. The little boy had a bone tumor. She told me that I could heal her son. She said, "You, the healer, you heal my son." So I went up and I asked the Creator to heal her son. He had a massive bone tumor on his leg, and in my mind's eye I witnessed the Creator healing the bone and the tumor. I knew when this woman called me that it was costing most of her money to call from a phone booth, but she had such faith and determination!

Afterwards, I received an e-mail from her and this is what it said, "Hell-o Vianna, remember the woman from Argentina with the ten-year-old son with a bone tumor? You healed him. We wanted to attend your seminar, only the immigration did not allow us to stay. Would you come and train a group in Argentina? You will please tell us how much the seminar is per person and how many members are possible. We are waiting to schedule with you. Love again, Maria Krista."

I am always amazed how fast little children heal. Going in and commanding the cancer gone allows the body to know it doesn't need to be there. Little children heal so much faster because of their perfect faith and because their body is still growing. Utilize this advantage when you are working on children with cancer. Always make the command, "Creator, change this and show me." Make sure that you finish in all aspects of the healing. With a tumor, go in and command the tumor to be gone, see it dissipate, and see the body return to normal.

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Deafness

If children do not learn how to hear before they are ten years old, the cells that teach the brain how to speak will be gone. If this is the case, the child will have a difficult time learning to speak. When working with children with hearing disabilities, always go up and ask the Creator to correct the hearing and also to awaken the cells that teach the brain how to speak. When working with an adult, watch God take the cells to fetal memory and create cells that learn to hear. In the fetus, the stem cells will become any cells that the brain needs.

Fetal cells are so intelligent that they will create only what the body needs. Doctors can take a fetal cell out of the heart of a child and a fetal cell out a part of another organ and change them around. These cells will actually become the cells of the new organ. The fetal cells know the correct repair to make. This is why some children are able grow back limbs that were lost; they don't know that they can't. There are many documented cases where children have actually grown back hands and arms in situations where they have lost them.

Sometimes the brain can be programmed according to what others around it expect it to do. A lady and her friend brought her nephew into me and told me that he was deaf and could not hear; that he was autistic and mentally damaged. They asked if I could help him. I went up and asked the Creator to show me how to heal this little boys ears.

The Creator said "Vianna, the boy can hear."

I had the audacity to argue with the creator and said, "No, you don't understand, he is deaf."

With infinite patience the Creator said to me, "Vianna, he can hear you."

I said, "Please Creator, they tell me that he can't hear. They brought him to me to be healed."

The Creator told me, "Vianna this child can hear just fine. Show them that he can hear!"

I then went in to take a look, to see if he could hear. I saw that everything in his ears was working correctly. So I questioned the people who had brought him to me. He was a four-year-old child; he couldn't sit still and he kept making many noises; blurting noises of "Uh, uh, ah uh". He was waving his hands furiously around, making gestures and motions with his arms.

I watched as the two women were trying to speak to the child. They were trying to speak with him in sign language; looking at him and showing him sign language as they talked. The child was unable to hear them, (or so they thought,) and simply went on doing whatever he was doing.

I looked at these people and said to them, "This child can hear you."

"No, he can't, he can't hear us," they replied. "He was born deaf. Look at him, he's doing his own thing."

I told them, "He's doing his own thing, wiggling and making noises, because that's what four-year-olds do. I'm telling you, he *can* hear you."

"No he can't," the aunt said.

Then I said, "Yes, he can. Look!" So I calmly and quietly spoke to the little boy and said, "Sweetheart, go close the door."

The little boy listened, got up immediately and closed the door.

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They gasped, “That’s impossible! He can’t hear what we say. He must have read your lips.”

I told them, “Yes, he can. Quit telling him he can’t!” I turned him around so he couldn’t watch my mouth, just in case he had read my lips. I then told the little boy to go close the door. He again got up and obeyed. They were so amazed at the wonderful miracle I had performed, thinking I had granted the child his hearing.

This is what had happened: The child was truly born without part of his hearing, but as he grew the cells in his brain had replenished his hearing ability. Able to hear but being told that he couldn’t, the boy didn’t pay attention. This enabled this child to do basically what he wanted. The funny motions he made with his hands wasn’t autism, he wasn’t autistic. He was trying to communicate with them the way they were communicating with him; by speech and sign language. His gestures of communication had been totally mistaken. Not only could the little boy hear completely, but he could also understand them.

Depression

If the child is depressed, a good mineral and vitamin supplement may be needed. You can then command the serotonin to be balanced in the child’s body. If the child has been inundated with heavy metal poisons, you need to put the child on a good mineral supplement to pull these heavy metals are pulled out of the body. Mercury is one of the most toxic of minerals and can make children very depressed. Amalgam filling could be taken out of their mouth. The pectin in apple juice will pull out mercury.

Influenza

Our bodies are created with the capabilities to fight off viruses. Do not command to destroy viruses in small children; rather command their body to fight the virus. This teaches the T-Cells to fight the virus later in life. There are some exceptions, such as in hepatitis C. Ask the Creator to heal the child.

Injuries

Children’s bones heal so much faster than an adult because of the different growth hormones and their beliefs do not block them. In repairing a child’s bone, you command the bone to heal instantly by going to the Seventh Plane.

Once the brain has accepted the fact that it is completely damaged it complicates things. This is why healings taking place inside the body are sometimes faster than healings taking place outside the body. Once a healer sees the effect and the trauma of an actual burn, the brain has accepted the burn. If they don’t see the trauma, their brain hasn’t accepted the burn, they can command the skin to fold in perfectly and their brain accepts a perfect healing. Children have so much faith that if you tell them it can be done, they believe it can be done. With that extra faith, their body heals 62.9% faster than many adults simply because they believe it can happen.

Speech Problems

Many children have speech and reading problems because their brains cannot distinguish consonant sounds. Consonant sounds are spoken much faster than vowels and as a result it is difficult for some children to distinguish the sounds such as “dah” and

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“bah”. Normal children take ten milliseconds to distinguish between two consonants. In children that are speech impaired, it takes hundreds of milliseconds to recognize the difference in the parts of speech.

Children who have problems understanding what other people are saying to them will have difficulty in being able to communicate and being able to read. It was discovered that one way to help children was to slow down the consonant sounds for them. By slowing down the language, reading very slowly, talking very slowly and playing back the words for the children, it teaches their brain how to distinguish the sounds. This helps speech problems.

Strokes

Young children can correct a stroke episode and become perfectly functioning adults simply because of the stem cells. When working with any child who has suffered a stroke, go in and command the body to totally replenish itself and work with the stem cells. When working with an adult with a stroke, witness God go in and ask the body to wake up the fetal memory to go in and change the things that are needed in the brain. Go in and say Creator, show me.” This is the fastest way for the brain to reproduce itself. In cases of a stroke, the brain has too many dead brain cells. It must go back and recreate them and relearn. Sometimes relearning how to walk and how to move certain limbs takes some time, but overall, what we think of as a little bit of time is really quite fast. It may take you a month to recover how to move your arm where it took you months when you were a baby. So be patient with yourself as you work with people who’ve had a stroke.

These are just a few of the sicknesses you’ll work with. For more information, please seek classes on ThetaHealing’s Intuitive Anatomy. For more information on how to train your psychic child, seek classes and Rainbow Children Courses.

Light Therapy

Children respond well to colored light therapy. Our bodies can actually manufacture vitamins from various colored lights, and healing can be greatly encouraged. You may choose to use this therapy in your endeavors to assist in the healing of others and yourself.

The following is a protocol that can be used for the treatment of illnesses and to promote good health.

Please note that when you are using light therapy in children up to the age of 12 years old, the light therapy treatments should be no longer than 30 minutes per session and be applied from the navel upwards encompassing the head or on a single body part only, if that is the injured area. The lights should be positioned at a distance of 18 inches from the body. From the age of 12 years and beyond, the therapy can be used for up to one hour and used anywhere needed on the body.

Protocol for Light Therapy:

Cancer, Leukemia, and Tumors

Green, Magenta, Lemon and Yellow

Asthma, Hayfever and Sinuses

Turquoise, Blue, Green, Lemon, Magenta, Orange and Indigo

Colds & Influenza

Green

Anemia & Heart Trouble

Green, Lemon, Yellow, Magenta, Red and Violet

Cerebral Palsy & other Brain Disorders

Indigo, Magenta, Turquoise, Green and Yellow

Depression

Magenta, Indigo and Violet

Chapter Thirty-Two

The First Spiritual Initiation - Jesus the Christ

Since I was a very young woman I have had spiritual experiences. But my life was changed forever when I had a vision when I was seventeen years old. I was pregnant for the first time and married to my first husband, Harry. We had been married for nine months or so when Harry noticed that I had a difficult time reading. This was because of all the moving around that I did up until that time. I would go to one school only to be pulled out several months later to go to another and this was not conducive to learning. Harry stimulated my reading abilities in a crafty way.

Harry would bring books home and read them to me. He read them to me and got me interested, and then he would stop at the end of a particularly good spot in the book to tell me: "Now it is your turn to read the rest." This would stress me out to no end! But because I was so intrigued by the book, I started to read and comprehend better. The first book that he started with was "The Hobbit" by J.R.R. Tolkien. It was in this way that I started to take an interest in books. The next book that my husband brought home that stirred my interest was the "Lord of the Rings". This was even more difficult for me but it was such a good book that I got through it.

It was during this time that I was involved with organized religion. My mother had been involved with religion her whole life and was always talking about "Jesus" this and "Jesus" that. From an early age I could never figure this "Jesus thing" out. I would think, "Why would I pray to Jesus when I can talk to the Creator? Isn't that who we should be talking to?" I got myself into trouble with these statements when I was in church and when I said it in my mother's presence. But at this period in my life things had changed in my young mind. I was married, pregnant and I was going to be a mother. Now I became more involved in religion, and it was to Jesus that was much of the focus of this religious belief. I never understood this focus towards Jesus until my father in law gave me an old copy of "Jesus the Christ" by James E. Talmage.

By this time I began to read better, but this book was an even greater challenge to comprehend. The book fascinated me with its insight into aspects of Jesus that I had never known. One night I was reading this book; I was three quarters of the way through it. I was praying to the Creator about the questions that I had about the book. (It was during the day and my husband was away at work.) I nodded off to sleep with these burning questions in my mind; it was then that I had a dream that was so strong it was a vision.

In this vision, was taken out into the cosmos to a far away place on to a beautiful beach. I intuitively knew that the beach symbolized the "Sands of Time" and the waters were the "Sea of Knowledge." I saw a man sitting on a black rock that the incoming waves broke on. I knew that this was the man Himself, Jesus the Christ. He said, "Hello Vianna. We know one another." After a slight pause He said, "You have questions about me and my life?" I said "Yes, Lord, I do." Jesus waved his hand and said "Look!"

An opening into time was made and Jesus showed me all that was in his early life in the Holy Land. In a vision that was within the vision he showed me the truth of all the people that he experienced in the time before the crucifixion. I saw the Sadducees and the Pharisees, the Romans and the Apostles. He showed me that he understood all of these people and he bore none of them any ill will. He was the kindest person I'd ever met. He

pulsated with this deep understanding of where everyone around Him was coming from in that time and in the present. There was this incredible feeling of compassion that came from Him. Then I asked Him about the end of the world, and when it would come. What I saw was not what you would expect. I saw special children being born to the world. It was the birth of these special children that was to be the end of the world as we know it and that it was these children that were the new beginning.

I was so impressed and humbled by the incredible compassion that I felt from Him that I decided if it was possible I would be as kind and compassionate as He was, or at least strive to be so. I felt that I must give this incredible spirit a gift for the testament that was his life, for his compassion and mercy. I asked Him what I could give Him. He told me: "Vianna, the greatest gift you can give me is to create something beautiful." To Christ I gave greatest gift I could give: the gift of my creativity. I made a vow to God and Christ that I would paint the "End of The World" and "The New Beginning." Then I saw a vision of three murals that I would paint in the future. I also told the Christ that I would name the child that was in my womb in respect of Him. I named my son Joshua Lael. Joshua means "salvation of the Lord"; Lael means "He Is God's."

Since that time I have studied many religions and have found knowledge in all of them. But I will always remember how I met with the spiritual essence that was Jesus the Christ and the promise that I made.

I pray that you will listen to what the Creator tells you. I pray that you will know that the answers you receive are clear and real. I pray that you will be able to keep egoism out of the equation.

It is my sincere hope that you have found this book helpful to you in your everyday life and that you share this new found knowledge with others. Most of all, may you come to know that between you and the Creator, no challenge is impossible.

Vianna

Epilogue

Children of the New Age have great mastery from early on in life. As soon as they are able to speak, they speak as if they are old wise men trapped in a little person's body. A good example of this is my own granddaughter, Jenaleighia. When she was three years old, her daycare provider (her babysitter) died. Her babysitter, Connie, had been my friend for several years. For many years we had depended on each other and had done many things for each other. I can easily say she was one of my closest friends, and it gave my heart great peace and joy knowing that she was watching over one of my priceless grandchildren. I always knew she gave the best of care and that she was safe.

When she passed on, my heart was deeply grieved and saddened for I missed her very much. As I sat thinking of Connie, I remembered that she had collected crystals for years. Her crystals were the most favorite of her possessions and she had them placed in many locations in her home. Connie's daycare was also her home and her daycare children knew she loved her crystals. I was sitting on the couch and my heart was so sad and I was lonely for my friend, when Jenaleighia walked up to me, put her tiny hands in mine and with her large, brown, trusting eyes looking into mine, she said, "Don't cry, Grandma. Connie is with God now, and God loves rocks."

That little bit of inspiration reminded me of the joy my friend might be having at this moment as she enjoyed being back with her Creator. My heart was filled with happiness at the thought. Jenaleighia's great gift of insight has often inspired me and filled me with awe as her understanding of things that seem complicated to me are so simple and easy to her.

It is our trusted responsibility as parents, grandparents, teachers, caregivers and health practitioners to nurture these magnificent and tender spirits with love and understanding. With the reading of this chapter, you will discover that many of you are *Children of the New Age*. You have a responsibility to teach others the way of love and compassion.

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For Quick Reference

The Steps of a Reading is Simple:

1. Center and ground yourself.
2. Go up above yourself through your crown.
3. Go to the Seventh Plane of Existence
4. Connect to the Creator of All That Is.
5. Make the Command.
6. The affirmation –Thank you.
7. It is done. It is done. It is done.
8. Witness with the Creator.
9. Rinse, ground and perform Energy Break.

Belief Work Principles

Verbal Permission

The person receiving the Belief Work must give full verbal permission to the practitioner to *remove and replace Programs*.

The person receiving the Belief Work must give full verbal permission to the practitioner for *each and every individual Program*.

We have the free agency to keep any Belief Programs we choose. Another person does not have the right to change Programs without our verbal permission. Verbal permission is imperative to a person's free agency and personal integrity.

Witness

As with the readings and healings, changing Beliefs must be witnessed.

The Deepest Level

Since some Programs are held on only one Level, pulling the Programs from the "Soul," which is the deepest Level, will not necessarily remove them from all of them.

Dual Beliefs

Many people have a dual Belief System. To explain a dual Belief System, the person may believe that they are rich, but at the same time they may believe they are poor. To correct this, leave the positive Program in place, and pull the negative Program, replacing it with the correct positive one from the Creator.

Recreate Programs

Programs can be recreated by our actions, by the things we say, think, and do. Positive action is needed to change a person's life.

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Resolving Programs

In the process of the Belief Work you may hear the Creator tell you that one of the other Programs besides the History Level needs to be resolved, instead of cancelled as the practitioner normally would. Observe the energy being resolved on that Level, as you would while working on the History Level.

The Subconscious Mind

The subconscious mind does not understand words like “don’t,” “isn’t,” “can’t” and “not.” You should tell the client to omit these words in their statements when in the Belief Work process.

For example, a client should not use a statement such as “I don’t love myself,” or “I can’t love myself. To properly test for a Program, the statement should be “I love myself,” and the client will energy-test negatively or positively for this Program.

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Some of the Programs that people carry have emotional attachments to them. It may be rewarding to allow someone to assist you instead of removing Programs from yourself. Working with an experienced ThetaHealing Practitioner is helpful since the practitioner can find, assist, and guide the client in the proper replacement of Programs without emotional attachment. However, some people are comfortable working on themselves. It all depends on the individual.

Pregnant Woman

Belief Work should not be done with a pregnant woman in the first trimester to avoid liability. Belief work will not affect the fetus, but it is best for the practitioner to avoid these situations.

Negative Programs

You can never command all negative Programs from the body because the subconscious mind doesn’t know which Programs are negative or positive.

Programs Within the Levels

A Belief Program may be independent on any of the Belief Levels without being on any of the others. If a Program exists on more than one of the Belief Levels, the Program must be pulled and replaced from each and every Level it is on for it to be completely removed. Programs will recreate themselves if they are pulled on only one Level and not on all of them. Explore the possibility that the Program is on more than on Level. Pulling a Program from the Soul, which is the deepest Level, will not necessarily be removed from the rest.

Intuitive Sensitivity

Intuitive people are more sensitive than other people on all levels, mentally, physically and spiritually. In particular, they are very prone to be affected by low levels of toxic chemicals, toxic thought forms, spirits, and earth vibrations. As intuitive people, awareness of these sensitivities is important for every day living, as well as knowing how

to deal with these energies. This over-sensitivity can be re-Programmed with Belief Work.

Words Have Power

Listen to what you say! The spoken word is incredibly powerful in a Belief Work session. If you find that a woman hates men, do not Program her with the Belief System of “I release all men,” or she may leave her spouse and never be with another male. Pay attention to what you’re Programming a person with. Release and Replace Programs that are proper for them.

Language

Some Core Beliefs may have been created in a childhood language different from the one being used by you and client. If the client was raised with a language different from that being used by the practitioner, it is important that you both use the same language in the testing and command procedure. This is because the subconscious mind is so literal in its interpretation of information. Negative Programs may be held in place as energy in their native tongue as children. Early on in life, language becomes intimately integrated with mental concepts, thought patterns and memories.

Most people think in their native language. The amazing part is that when people think silently, their thought patterns are still in sentence form. To get an accurate response with the muscle testing procedure, direct the person being tested to speak the Program aloud in their native tongue, (or in the language in which the Program was formed.) As you speak the commands with Creator, make the command that the Program be pulled and replaced in all languages. You can ask the client how to say the spoken Program in the correct language and use it as you would any other command process.

Ask the Creator

When teaching Belief Work, I am often asked, “What do you replace the negative Program with?” My answer is always the same, “Ask the Creator and witness the replacement as you are told.” *The practitioner is not allowed to change Beliefs with their own decorations.* The replacement Beliefs should be Divinely inspired. For instance, when I am in a session I will Energy Test for various Programs. One of the most prevalent I test for is the Program of “I am healthy.” You would be surprised at how many people truly believe they are not healthy. It might be necessary to release their current Program about health and replace it with, “I am healthy” on every Level. Since each person is an individual, the replacement Program for health will be different than another person. I ask the Creator for the proper replacement Program to replace “I am healthy, no.” I remove my ego from the healing and simply witness the Beliefs released and replaced. If you have any questions on replacing anything, you should always ask the Creator what needs to go in its place. Remember, the Creator will grant you anything if you keep your ego out of the equation.

Emotions

The natural emotions of the human condition are different from Programs. Remember that emotions are natural. Most of the time, they are for our benefit. Since we need our emotions we do not attempt to pull *all that an emotion is* from a person. Some examples of emotions are:

Fear gives us the incentive to flight or fight. Fear turns into “Anger” and a mother fights for her children.

We feel sorrow when a loved one dies and we mourn the loss. Grief should never be pulled from a person, as it is a separating process and necessary. There is a difference between emotions that are natural and those that are ‘formed’ by us voluntarily or involuntary to become a compulsive obsessive energy by our own force of will or by the will of others.

Programs, on the other hand, can be dysfunctional energy fields that through the spoken word or language we create or accept as our own and are instilled in the brain or on the /genetic/history/soul centers of the person that causes repetitive or undesirable behavior. However, when an emotion such as hatred is held onto for too long it can become a Program that can cause problems to the individual. A good example of this is the Programs of “I hate my mother” or “I hate my father”. It is permissible to pull and replace these since they have become Programs.

A Feeling can be an emotional response to love, sympathy, or tenderness toward somebody. It also means “the capacity to experience strong emotions.” There are five different feelings that are our true feelings of emotion; *anger, love, sorrow, happiness, and fear*. These are feelings that we experience every day of our lives. These feelings actually save our lives. In a time of danger, fear will make us run or make us stand and fight, depending upon the situation. The death of a loved one or friend causes deep sorrow within us. You have felt these sensations throughout your life. Although anger is usually thought of as a negative emotion, this same emotion is what drives a mother to protect her young. Love is the inexplicable emotion that cradles the world. When everything is going right and you are content, you feel happiness. All of these emotions at one time or another are necessary for your well-being. The mixture of all these emotions is actually an illusion of what we believe our feelings to be at any given moment.

These emotions can also be changed or altered by the toxins and chemical reactions of the body. Toxins or chemical reactions can cause emotions such as depression. Not enough serotonin or not enough noradrenalin causes depression. Altering the DNA or the genes of the body can change these chemical reactions. Emotions and feelings are what make us truly magnificent, and are a major part of our life experiences. All emotions, negative as well as positive, stimulate cell growth within our immune systems. It is when emotions such as anger and sorrow are allowed to go unchecked and grow out of control that they cause a negative impact on our bodies. All of us at one time or another have had a thought or feeling that we cannot get out of our head. A Program is a Belief that endlessly loops in the mind of the person, begging to be set free.

Minerals

Since industrialized and big business farming was introduced widely, farmers have been using only three basic minerals for most ground crops: Nitrogen, Potassium, and Phosphorous. Each year that the earth receives this short shift of minerals, it becomes more depleted of the essential trace minerals we need to maintain health and prevent disease. In some places certain necessary minerals may no longer be found! No wonder many of the problems shown below are linked to the listed minerals and are so common.

Acne: Zinc, sulfur

Anemia: Iron, Cobalt, Copper, Selenium

Arthritis: Calcium, Copper, Magnesium, Potassium, Boron

Asthma: Manganese, Zinc, Potassium

Brittle Nails: Iron, Zinc

Birth Defects: Zinc, Copper, Cobalt, Selenium, Magnesium, Manganese

Cancer: Selenium, Germanium

Candida: Zinc, Selenium, Chromium

Cardiovascular Disease: Calcium, Copper, Magnesium, Potassium, Selenium, Manganese

Chronic Fatigue: Zinc, Selenium, Chromium, Vanadium

Constipation: Iron, Magnesium, Potassium

Cramps: Calcium, Sodium

Depression: Calcium, Copper, Iron, Sodium, Zinc, Chromium

Diabetes: Chromium, Vanadium, Zinc

Digestive Problems: Chlorine, Chromium, Zinc

Eczema: Zinc

Edema: Potassium

Goiter (low thyroid): Iodine , Copper

Graying Hair: Copper

Hair Loss: Copper, Zinc

Hyperactivity: Chromium, Zinc, Magnesium, Lithium

Hypoglycemia (low blood sugar): Chromium, Vanadium, Zinc

Hypothermia: Magnesium

Immune System Weakness: Zinc, Selenium, Chromium

Impotence: Selenium, Zinc, Manganese, Calcium, Chromium

Liver Dysfunction: Cobalt, selenium, Chromium, Zinc

Memory Loss: Manganese

Muscular Dystrophy/ Weakness (also Cystic Fibrosis): Selenium, Potassium, Manganese

Nervousness: Magnesium

Osteoporosis: Calcium, Magnesium, Boron

PMS: Zinc, Chromium, Selenium

Peridontitis, Gingivitis (receding gums): Calcium, Potassium, Magnesium, Boron

Sexual Dysfunction: Selenium, Zinc, Manganese

Wrinkles and Sagging (facial aging): Copper

PLEASE NOTE: This is not a diagnostic chart, and it should not be used in place of your health professional to determine a recovery program.

Vitamins

All natural vitamins are organic food substances found only in living things, that is, plants and animals. With few exceptions the body cannot manufacture or synthesize vitamins. They must be supplied in the diet or in dietary supplements. Vitamins are essential to the normal functioning of our bodies. They are necessary for our growth, vitality, and general well-being.

Vitamin Chart

| | | |
|--------------------|---|---|
| Vitamin A | Carrots, pumpkins, yams, tuna, cantalope, mangos, turnips, beet greens, butternut squash, spinach, fish, eggs | poor night vision, macular degeneration, increased risk of cataracts, dry skin, hearing, taste, smell, and nerve damage |
| Vitamin B1 | rice bran, pork, beef, ham, fresh peas, beans, bread, wheat germ, oranges, enriched pastas, cereals | Mild: appetite and weight loss, nausea, vomiting, fatigue, nervous system problems Severe: beri beri, muscle weakness, decreased DTR, edema, enlarged heart |
| Vitamin B2 | poultry, fish, fortified grains and cereals, broccoli, turnip greens, asparagus, spinach, yogurt, milk cheese | Mild: cracks and sores to corners of the mouth and tongue, red eyes, skin lesions, dizziness, hair loss, inability to sleep, sensitivity to light and poor digestion Severe(rare): anemia, nerve disease |
| Vitamin B3 | chicken breast,tuna, veal, beef liver, fortified breads and cereals, brewers yeast, broccoli, carrots, cheese, corn flour, dandelion greens, dates, eggs, fish, milk, peanuts, pork, potatoes, tomatoes | Mild: canker sores, diarrhea, dizziness, fatigue, halitosis, headaches, indigestion, inability to sleep, loss of appetite, dermatitis Severe: pellagre |
| Vitamin B5 | whole grains, mushrooms, salmon, brewers yeast, fresh vegetables, kidney, legumes, liver, pork,royal jelly saltwater fish, torula yeast,whole rye &whole wheat flour. | Rare: Nausea, vomiting, fatigue, headache, tingling in the hands, sleep disturbances, abdominal pain and cramps |
| Vitamin B6 | bananas, avacados, chicken, beef, brewers yeast, eggs, brown rice, soy beans, whole wheat, peanuts, walnuts, oats, carrots, sunflower seeds | anemia, seizures, headaches, nausea, dry and flaky skin, sore tongue, cracks on mouth, vomiting |
| Vitamin B12 | clams, ham, cooked oysters, king crab, herring, salmon, tuna, lean beef, liver, blue cheese, camembert and gorgonzola cheese | unsteady gait, cronic fatigue, constipation, depression, digestive disturbances, dizziness, drowsyness, liver enlargement, hallucinations, headaches, inflammation of the tongue, irritability, mood swings, nerve disorders, palpitations, pernicious anemia, tinnitus, spinal cord degeneration |
| Vitamin C | broccoli, cantalope, kiwifruit, oranges, pineapple, peppers, pink grapefruit, strawberries, asparagus, avacados, collards, dandelion greens, kale, lemons, mangos, onions, radishes, watercress | Mild: poor wound healing, bleeding gums, easily bruised, nosebleeds, joint pain, lack of energy, susceptibility to infection Severe: scurvy |
| Vitamin D | sun exposure, sardines, salmon, mushrooms, eggs, fortified milk, fortified cereals, herring, liver, tuna, cod liver oil, margarine | In Infants: irreversible bone deformities In Children: Rickets, delayed tooth development, weak muscles, softened skull In Adults: osteomalcia, osteoporosis, hypocalcemia |
| Vitamin E | vegetable and nut oils, including soybean, corn, safflower, spinach, whole grains, wheat germ, sunflower seeds | Rare symptoms may include anemia and edema |
| Vitamin K | green leafy vegetables including, spinach, kale, cauliflower, broccoli | Rare, except in newborns, where bleeding tendencies are possible. Elevated levels of vitamin K can interfere with the effects of anti-coagulants. |
| Zinc | cooked oysters, beef, lamb, eggs, whole grains, nuts, yogurt, fish, legumes, lima beans, liver, mushrooms, pecans, pumpkin and sunflower seeds, sardines, soybeans, poultry | change in taste and smell, nails can become thin and peel, acne, delayed sexual maturation, hair loss, elevated cholesterol, impaired night vision, impotence, growth retardation, increased susceptibility to infection |

Mercury Poisoning

Percentage of 1320 respondents indicating presence of symptom

| Symptom | Percentage |
|--|-------------|
| <u>Unexplained irritability</u> | <u>73.3</u> |
| <u>Constant or very frequent periods of depression</u> | <u>72.0</u> |
| <u>Numbness and tingling in extremities</u> | <u>67.3</u> |
| <u>Frequent urination during the night</u> | <u>64.5</u> |
| <u>Unexplained chronic fatigue</u> | <u>63.1</u> |
| <u>Cold hands and feet even in moderately warm weather</u> | <u>62.6</u> |
| <u>Bloated feeling most of the time</u> | <u>60.6</u> |
| <u>Difficulty remembering or use of memory</u> | <u>58.0</u> |
| <u>Sudden, unexplained or unsolicited anger</u> | <u>55.5</u> |
| <u>Constipation on a regular basis</u> | <u>54.6</u> |
| <u>Difficulty in making even simple decisions</u> | <u>54.2</u> |
| <u>Tremors or shakes of hands, feet, head, etc.</u> | <u>52.3</u> |
| <u>Twitching of face and other muscles</u> | <u>52.3</u> |
| <u>Experience frequent leg cramps</u> | <u>49.1</u> |
| <u>Constant or frequent ringing or noise in ears</u> | <u>47.8</u> |
| <u>Get out of breath easily</u> | <u>43.1</u> |
| <u>Frequent or recurring heartburn</u> | <u>42.5</u> |
| <u>Excessive itching</u> | <u>40.8</u> |
| <u>Unexplained rashes, skin irritation</u> | <u>40.4</u> |
| <u>Constant or frequent metallic taste in mouth</u> | <u>38.7</u> |
| <u>Jumpy, Jittery, Nervous</u> | <u>38.1</u> |
| <u>Constant death wish or suicidal intent</u> | <u>37.3</u> |
| <u>Frequent insomnia</u> | <u>36.4</u> |
| <u>Unexplained chest pains</u> | <u>35.6</u> |
| <u>Constant or frequent pain in joints</u> | <u>35.5</u> |
| <u>Tachycardia</u> | <u>32.4</u> |
| <u>Unexplained fluid retention</u> | <u>28.2</u> |
| <u>Burning sensation on tongue</u> | <u>20.8</u> |
| <u>Get headaches just after eating</u> | <u>20.1</u> |
| <u>Frequent diarrhea</u> | <u>14.9</u> |

For More Information Call 1-800-331-2303 Scientific Health

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****Italicized numbers denote words found in titles and subtitles.**

Testimonials

Ken Best, Los Angles

I have witnessed a lot of unusual things in my life but nothing that would have prepared for what I would experience in the world of Vianna's Thetahealing™. My very first experience was working with Vianna on a patient of mine who had seven brain tumors which were secondary to lung cancer. The woman was dying from the compression of the brain due to the tumors. I heard she was unconscious and unable to speak before going to the hospital basically in a coma after having a night filled with epileptic type seizures due to the brain tumors. Before leaving to go to the hospital I began working on her at a distance from home. Connecting to the creator I first had seen her on the astral plane as lying in the hospital with a sheet pulled over her head. Using Thetahealing I took her astral body up to the 7th plane of existence to bath her in unconditional love. When I arrived at the hospital she was unconscious. I continue to use Thetahealing to heal her body and before I left she became conscious and talked briefly. By the next day she was lucid and talking. At this point she was able to have a phone consultation with Vianna. Vianna told her not to be surprised if the doctors couldn't find the tumors the next time they did a MRI brain scan. I returned once more to continue Thetahealing on this woman. 4 days later the doctors stated that all the tumors on MRI had reduced by more than 40% and determined that the tumors were dying. At this point after not being able to walk or move her limbs she gained control of her body. It was truly amazing to witness.

My father was diagnosed with a deep invasive carcinoma of the esophagus. This type of esophageal cancer has less than a 30% survival rate even with surgery, radiation and chemo therapy. My father and I discussed that there was no point to all the invasive treatments with little hope of a cure and the reduction of his standard of living if he went through all these treatments at age 79 with removal of his esophagus. He was also diagnosed with prostate cancer. I decided I wanted to have Vianna work with my father on the prostate cancer because of the possibility of some core belief issues that may be too personal for my father to discuss with me. I was assisting Vianna who was in Los Angeles teaching an Advanced Thetahealing seminar and during the seminar I was sitting and in a very deep theta state and decided to work on my father with a distance healing. I visualized entering his body after connecting first with God. I saw the tumor inside is esophagus. I asked God to show me what needed to be done to remove the cancer. I spoke with the cancer so it would realize that it was hurting my father's body. Watching in disappear up to the God's light. The image was so strong when I arrived home I called my father and said "don't be surprised if they can't find the cancer on the 'PET' scan". He went into hospital 4 days later to have the PET scan to determine the size of the cancer and COULDN'T FIND IT! He called me very excited saying they couldn't find the cancer! Here's where the story gets really interesting. One week later the doctors call my father and say "well just because we can't find the cancer it doesn't mean you don't have cancer". Then they said "you still have cancer." As my father told me this I felt has though the cancer had come back, because his belief system of ['everything doctors say is true'] was so strong for his generation believing doctors are infallible. At the time I said well now I think you should go back in and have another endoscopic survey of the esophagus. Sure enough they went in a found cancer, HOWEVER, after biopsy they found it wasn't the same cancer. It changed the first cancer was deep and invasive and now this one was superficial like skin cancer. This new cancer was easily treatable with a new photo-resonate therapy which I suggested he do because I felt he believed he new to do some medical approach. Well a year to the day later the cancer came back in the same spot. At this point I had him fly out from Florida so we could spend time clearing his emotional belief systems which were causing the cancer to come back. He went back to the hospital and they couldn't find the cancer. 100s of biopsies later and no cancer!

Kenneth Best, D.C.

ThetaHealing

Eric Brumett, New York

I initially came to Vianna in need of physical healing. Since then my experiences with Vianna as a practitioner and then as my teacher has led me through many healings but I've gained much more than great health. I now have a whole new life full of love, joy, passion, prosperity, and so much more. My first session with Vianna opened up my desire to have a clear awareness of life and all of its possibilities. I also became clear on my true passion which was to help others do this as well. Vianna read this in me and invited me to her upcoming class. I immediately knew that I was going to attend.

With this first and subsequent trainings I became a full time Practitioner and Instructor of ThetaHealing which has led me to a most wonderful and fulfilling life. The greatest change for me was that I was able to manifest, meet, and marry my soul mate. We met through Vianna's classes and we now share our lives and a practice together.

As a full time Practitioner and Instructor I get to share the wonderful benefits of ThetaHealing with people from all over the world. My students often go on to be instructors themselves and I feel honored and touched that I am part of what will be a legacy of healing that will only grow and spread as it touches people around the globe. The beauty of ThetaHealing is that it doesn't contradict other modalities; many of my students are practitioners of other healing arts and they are able to combine ThetaHealing with their own techniques for even better results. My students and clients are in a word, amazed, by their experiences with ThetaHealing because it works so well, it works so quickly and most importantly the results last! I can't imagine a more rewarding path for myself because my clients and students report remarkable results overcoming a wide variety of physical and psychological ailments. I get constant feedback and testimonials from my students and clients on how successful ThetaHealing has been for them. Every day I feel such love for Source and gratitude for all I have been able to create in my life. I am so very thankful to Vianna for showing me how to always connect with Source and for bringing ThetaHealing to all of us.

With Infinite Thanks, Eric Brumett, Certified ThetaHealing Practitioner and Instructor

Bella Brumett, New York

Vianna's own story of self-healing from a devastating condition which doctors predicted would end her life is compelling enough to draw many people to her seminars but when you take her classes and learn her method of ThetaHealing you will yourself witness the most incredible changes in yourself and others. Although many people are drawn to this work for physical healings, their most amazing transformations are how much happier and healthier they become in all aspects of their lives. By clearing our own issues of self-doubt, fear, lack of worthiness or any number of other self-limiting beliefs, we improve our own personal connection to our true selves and to Source. We are then able to do healings on ourselves and others that are what beyond what most people imagine can happen but perhaps hope for all their lives. Being a student of hers is a remarkable experience because you learn with an ease, joy and acceptance that is unprecedented. Also, unlike other modalities which may take years of study to even begin to use effectively I was able to do ThetaHealing work right from the start.

I originally came to ThetaHealing because I was in need of healing for myself. What is now years ago, I was in constant pain due to injuries I sustained from being hit by a car while crossing a street. For two years I had sought relief and dared to hope for a "cure" through conventional medicine, prescription medication, acupuncture, and therapeutic massage. But relief from these modalities was only temporary and over time I was experiencing more severe symptoms such as a loss of motor skills and reactions to medications. As is often the case when someone survives an accident where they narrowly escaped fatality, I was also questioning other personal and professional aspects of my life. And so it was that I asked the universe for an "adventure"; something new that would take me down the path of a more spiritual existence not to mention some much needed joy and healing. When I found Vianna as a teacher I was able to heal myself within mere weeks because ThetaHealing works in such a profound way. More importantly, I was able to make the changes in my life that have led to a happiness that was previously elusive for me, including meeting and marrying my wonderful soul mate who I now share a practice with. Taking classes in ThetaHealing was true awakening in my life; it makes sense, it's honest in its values and it works! Vianna is as humorous and loving as she is instructive. Taking classes with her has been joyful, enlightening and has inspired me to live with love every day through the practice of ThetaHealing.

If you wish to learn through unconditional love, humor, (Vianna is an awesome story teller) and compassion, instead of through fear and with difficulty, then ThetaHealing is right for you. If you wish to

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heal yourself and others in a way that is deep, meaningful and lasting, you will enjoy and embrace this method. The scope of ThetaHealing is difficult to put into words but is the most incredible experience of being able to connect with "All That Is" and it will bring you understanding and healing on the deepest level.

With Immeasurable Gratitude,
Bella Brumett Certified ThetaHealing Practitioner and Instructor

Terry O'Connell, Idaho Falls, Idaho

I first learned about ThetaHealing in late 2001. I found Vianna because I was sick for 7 years and no one knew what was wrong. Not the doctors, not the homeopathist, not the aryuvedic practitioner, not the herbalists, etc. When Vianna was able to pinpoint the source of this illness as long-term exposure to toxic mold, and to teach me how to do a healing on myself to change my cortisol level so I could breathe, she had my attention.

I hosted a workshop for Vianna in Los Angeles in 2002, where I became a certified ThetaHealing Practitioner. Since then I have taken all of Vianna's workshops repeatedly and teach the work myself.

As a full-time professional ThetaHealing Teacher and Practitioner I have had the honor and privilege to witness many miracles. Early in my practice I witnessed partial blindness heal completely. I have seen cancer disappear, watched broken bones heal instantly, witnessed a second degree radiation burn heal completely, seen hearing be completely restored to someone who was deaf without hearing aids, watched an ear drum perforated in a hit and run car accident heal, witnessed macular degeneration, cataracts and glaucoma disappear, watched SARS and West Nile virus disappear, watched migraines clear, witnessed Crohns attacks stop within minutes, and witnessed thousands of physical and emotional healings. People unable to sleep for years have slept through the night after a single session. I've seen people become free of emotional scars that they carried for over 50 years - including scars from internment in Nazi prison camps, abuse, and loss of a child. Many of these healings of diagnosed conditions were proclaimed miracles by the doctors who diagnosed them. ThetaHealing has changed my own life in miraculous ways as well. I have recovered from my exposure to toxic mold, which nearly killed me. My life is healthier, happier, richer and more abundant from applying ThetaHealing to my own issues. I teach ThetaHealing and have been privileged to watch scores of students heal their bodies and their lives. ThetaHealing works and it works miracles.

Terry A. O'Connell
ThetaHealing Practitioner

Certified teacher of Basic and Advanced DNA, Intuitive Anatomy and Vianna's Rainbow Children's Program Editor, Theta Times - the official newsletter of ThetaHealing Director, Vianna's Nature's Path Mentor Teacher Program Sent via BlackBerry from T-Mobile

Katie Lamb, Idaho Falls, Idaho

My name is Katie Lamb. I have been fortunate enough to witness the wonderful work of Theta. Throughout the years I have witnessed personal changes in my life, as well as the lives as the people that I have worked with ranging from people who have been healed from physical diseases that have been non-curable, to people meeting and enjoying soul mates.

My personal story of how instant "Theta" can be concerns myself and my youngest daughter, Rachel. There was an instance about 8 years ago when a closet door at our apartment complex had come off its hinges. It began to fall in the direction of my daughter, so I went to push my daughter out of the way. As I did, the door landed across my forearm as well as my daughter's forearm. Both of our arms were broken instantly... and healed instantly through the use of ThetaHealing.

I have also witnessed that Theta has healed Autism. My granddaughter was the most beautiful child I had ever seen. We began to notice when she was about sixteen months of age that Aryn began to withdraw from those of us who loved her, and she focused on one item for long periods of time. She refused to be held, and would scream for hours while running in circles. Her behaviors began to increase with her age. I had seen and worked with people for a number of years doing Theta work so we decided to work with my granddaughter. The changes in Aryn began to accept the touch of love again for those of us

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who loved her. Instead of crying for hours on end, she began to carry on conversations. She knows that Theta works and that Theta heals.

This past summer (2006) Aryn was playing on her swing set like every normal 4 year-old. She was hanging from the top bar of her swing set by knees when her mother came out to check on her, and she dropped to the ground. A lump appeared on the back of her neck almost instantly, so we knew her neck was out of place. It drew the attention of her mother, my daughter Anna, and brought up a fear that there might be something wrong with her daughter other than her neck being out of place, as the lump seemed to get bigger. Anna had a cousin, my nephew, who had died from cancer when he was four years old and it started out as a lump on the back of his neck. Anna decided to take Aryn to the Doctor. As Anna and the doctor conversed, little Aryn said to the doctor, "Do you want to see how we take care of it?" The doctor said, "Sure." Little Aryn placed her hands on the back of her neck, leaned back on the exam table, said her prayer, sat up and the lump was gone. Anna came to Nature's Path to tell us that she had witnessed an instant healing by her daughter using Theta.

Katie Lamb Thetahealing Instructor

Heidi LeMieux, California

I have been blessed with the most wonderful gift...having Vianna in my life! She has led me to develop my intuition and deepen my connection with God. After being healed by Vianna I proceeded to take ALL of her classes. Being able to facilitate through God to heal others has changed my life. There is such a huge feeling of fulfillment in a way that is indescribable. I have never been happier or more satisfied. Seeing people heal with theta is amazing! My mother-in-law had Hypertension C which she had gotten from a blood transfusion during open heart surgery. She suffered many years before being diagnosed. Then she took the medicines available for Hypertension C. These only made her worse and she was forced to discontinue them. When Vianna came into my world she taught me how to work on Hypertension C. Miraculously, within a week her symptoms were almost gone. She had pain and burning in her kidneys and liver. These disappeared. Her liver enzymes were sky high and are now more stable and under control. Her fatigue level that kept her in bed for days is also gone. She now goes for vibrant daily walks with her granddaughter and is enjoying her life. Thank you God, thank you Vianna.

I have had the privilege of facilitating in many healings in the past five years. I have been guided in facilitating many healings of people who have been sexually molested as children and are for the first time being able to move on with their lives. I have, with theta, watched many with addictions be cured and those move successfully forward.

There is so much in detail I could tell but I would need my own book. Let's leave the books to Vianna and let God Bless her and guide her in our healings and our teachings.

Vianna, thank you for bringing miracles, fun and love into my life.

With gratitude and love,

Heidi LeMieux

Certified ThetaHealer, practitioner and instructor

Orange, California

Nini Gerard, Texas

I have practiced acupuncture for over 20 years and have been on the staff of Kaiser Hospital in California as well as on the Staff of the Institute of Integrative Medicine. I have studied and worked with the most wonderful people.

My entire life I always believed there must be a way that all of us could learn to heal. I intuitively knew that reality was not as it appeared to be and that all of us were much more than we knew. All of us are born with gifts to heal. I know it exists within all of us, just waiting to be discovered. I know the gifts that I have are no greater than anyone else's. This I know to be true. Let me briefly share some of the things that I have witnessed since learning this technique from Vianna.

In 1999, a car hit my dog. Her back had been broken in 3 places and her leg shattered. She had a pneumothorax and her heart was pushed to one side, she had internal bleeding and a head concussion. The vet said she had no chance to survive the night. A year ago x-rays were taken of her. Dr Kaplan of Santa Rosa read the x-rays and to her astonishment, the x-rays showed no sign of any injury. The only evidence of my dog's accident are the visible scars on her back.

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In 2001, my mother was dying of renal failure and pneumonia, doctors had abandoned all hope and she had been on oxygen and barely conscious. They let me take her home to die, in the morning to the astonishment of all, she was sitting up eating breakfast outside in the sun and there was no evidence of any renal failure or pneumonia.

One of my clients a young girl of 13 was terrified of dentists and also terrified of being put under or any kind of anesthesia. She had to have 2 teeth pulled and insisted that she do it without Novocain and asked that I be present so her mother and I went to the dentist. A few minutes later much to my astonishment, she emerged smiling! She had her teeth pulled with no pain at all!

One day a client brought a man into my office who had given up. His body was riddled with cancer and there was nothing that the hospital could do. He had gone through radiation, surgery etc. and they simply said that all had been done. He and his wife were great believers, and had heard about the technique. I placed my hands on him and asked that all the cancer be gone. I had a vision of him standing in the clouds saying, he was fine and all was well. I took this to mean that he would be passing on very soon, and after he and his wife left, I told my friend I was sure he would not last a week. I held out no hope I simply did the technique. A few weeks later to my astonishment, my assistant ran in to tell me there was a message for me that there was no evidence of cancer anywhere! I believe that his faith and the Creator's love healed him instantly even when my own being had misinterpreted the message.

Once in the SF airport I was stranded without a phone and a dead battery. I had an old cell phone that had not worked in months in the glove compartment. All I needed was it to work once. It did and I was able to call for help. Afterwards it no longer worked but I was given what I needed!

I have had objects materialize and others transported places with witnesses. Again I must tell you the only truth I know is that we all are given these gifts and Vianna's technique will enrich your life in ways you can only dream of!

Nini Gerard

Acupuncturist, Former Staff of Kaiser Permanente

Sky Ahearn, North California

A healing crisis led me to Thetahealing and immediately I recognized it as the reason that I came to this earth and knew that I had found my life's work. It answered questions that I had had all of my life. It helped me see how truly intuitive I was and I saw that it would allow me to do and be who I am without having to hide or to be in a box anymore...that I could be the joyful person that I truly was, love people and help them reach their highest potential that I could so easily see! I was thrilled and excited; my whole life suddenly made sense and seemed magnificently divinely orchestrated.

Sky A'Hearn, Animal Communicator, Artist, Chi Gong Instructor & Practitioner, Dog & Horse Behavior Modification Trainer & Healer, Instructor of Vianna Stibal's DNA 1 & 2, DNA Advanced, Intuitive Anatomy, & Rainbow Children's Courses, Minister, Pranic Healer, Reiki Master, K-12 Teacher, Thetahealer Practitioner & Waiora Distributor

Ellen Cohen, New York

ThetaHealing is an amazing energy healing technique and process that is available and can be utilized by anyone, regardless of age, education, profession, or other background.

ThetaHealing transcends beyond the "typical" energy healing techniques. It encompasses much more than a one-dimensional "healing" technique. Instead, there are three main subject areas that come under the wide umbrella of ThetaHealing, and they are: (1) the Healing techniques and exercises concerning physical, emotional, and spiritual healing, (2) the Belief Work that changes negative beliefs to positive beliefs on four different levels, and (3) the fun and interesting Metaphysical exercises.

ThetaHealing is also a healing method of choice, for the practitioner, instructor and client, because with ThetaHealing, the Creator of All That Is is the healer, and the practitioner is the facilitator. It is the ThetaHealing Practitioner who witnesses the Creator perform the healing miracle. In addition, permission must have been obtained from the client or student prior to facilitating any ThetaHealing exercise that the Creator will perform. There must be actual knowledge and consent for every exercise conducted in ThetaHealing.

From my work as an Advanced ThetaHealing Practitioner and Instructor, I have witnessed many "instant healings" and miracles conducted by the Creator of All That Is. Concerning physical healings,

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clients and students have reported the following:

- Release of Pain (from necks, backs, arms, shoulders, hands, face, head, stomach, etc.), and this release of pain continues after the session.
 - - - - One woman reported that she had debilitating pain across her upper back, neck and shoulders. She had gone to several physicians and surgeons over the past year, took many medical tests, took medication, and she reported that nothing had relieved her pain. Then, she attended a ThetaHealing experiential class that I had taught, and she said during the class, after the Creator conducted a couple of ThetaHealing exercises, that she felt "a tingling or electricity" going back and forth across the top portion of her back, and then, the pain was instantly gone. One half year later, when I taught another ThetaHealing class at the same venue, she attended the class to report that the pain never returned, and she has been living pain-free.
 - - - - Use of extremities and full range of motion (i.e. instant healing on hand/arm).
 - - - - Digestive disorders disappear after ThetaHealing.
 - One woman who attended a ThetaHealing experiential class that I had taught at a physician's office had called me the next day to inform me that the "spot on her lung" which she said was evident on a test that the doctor had ordered for her, was gone the next day after she had attended the ThetaHealing class and experienced the various healing exercises done by the Creator.
 - After the Creator performed a ThetaHealing and did four-level belief work, with a focus on Resentments, on one woman, the bleeding and itching on her toes and feet stopped that day, and soon after she was rid of the fungus on her toes and feet.
 - Two students in a Basic ThetaHealing Seminar that I taught reported that their vision improved 30% after just the first day of the seminar.
 - Everyone uniformly reports that they feel tremendous peace after the ThetaHealings.
- Concerning the four-level Belief Work - after clients and students experience the Belief Work, they and their lives are transformed. They are new people, with new, positive beliefs and behaviors. I could write a book on the many transformations that I have seen, especially in the area of Money, Abundance, Wealth and Success.
- People with no jobs or careers, suddenly "out of the blue" are starting new, successful careers with websites, businesses and clients.
 - People growing their existing business - many new clients, new business contacts and connections.

Ellen Cohen, Attorney, ThetaHealing Instructor

References

For more information please consider reading the fine book by Cleve Backster called Primary Perception on Bio-communication with Plants, Living Foods, and Human Cells.

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PDR for Herbal Medicines PDR, PO Box 10689, Des Moines, IA 50336

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ThetaHealing

ThetaHealing Classes

ThetaHealing™ is an energy-healing modality founded by Vianna Stibal, based in Idaho Falls Idaho with Certified Instructors around the world. The classes and books of ThetaHealing™ are designed as a therapeutic self-help guide to develop the ability of the mind to heal. ThetaHealing™ includes the following books, manuals and classes:

Classes taught by Vianna and Certified ThetaHealing™ Instructors:

Vianna's DNA2 Course

Vianna's DNA2 Advanced Course, The Planes of Existence

Vianna's Intuitive Anatomy Course

Vianna's Children of the Rainbow Course

Classes taught exclusively by Vianna:

Vianna's Children of the Rainbow Teachers Course

Vianna's DNA2 Teachers Course

Vianna's DNA2 Advanced Teachers Course

Vianna's Intuitive Anatomy Teachers Course

Prior Books:

Go Up and Seek God,

Go Up and Work With God

Class Manuals:

ThetaHealing™ Practitioner Manual

Vianna's Teacher's Manual

Vianna's DNA2 Advanced Manual

Vianna's DNA2 Advanced Teachers Manual

Vianna's Intuitive Anatomy Manual

Vianna's Intuitive Anatomy Teachers Manual

Vianna's Rainbow Children's Young Children's Manual

Vianna's Rainbow Children's Young Adult Manual

Vianna's Rainbow Children's Teachers Manual

For further information about schedules for ThetaHealing™ classes, call
(208) 524-0808 at Vianna's Nature's Path 2990 S, 25th E, Idaho Falls, Idaho 83404
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All the information found in this book is for educational purposes only! None of the information is intended for diagnoses, prescriptions or to replace medical advice or treatment.

A Note

Unless you have a license to practice medicine you cannot advise someone to use any drug or herbal product, whatsoever. It is not advised to tell a person to change or discontinue their medication. Remember that Theta-Healers pray for people. It is the *Creator* that is the healer!

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About the Author



Vianna Stibal is a grandmother, an artist and a writer. Her natural charisma and compassion for those in need of help have also given her the ability to be titled *healer*, *intuitive* and *teacher*.

After being taught how to connect with the Creator to co-create and facilitate this unique process called ThetaHealing, Vianna knew that she must share this gift with as many people as she could. It was this love and appreciation for the Creator and humankind that allowed her to develop the ability to see clearly into the human body and witness many instantaneous healings.

Her encyclopedic knowledge of the body's systems and deep understanding of the human psyche, based on her own experience as well as the insight given to her by the Creator, makes Vianna the perfect practitioner of this amazing technique. She has successfully worked with such medical challenges as Hepatitis C, Epstein-Barr, AIDS, herpes, tumors, various types of cancers, and many other conditions, diseases and genetic defects.

Vianna knows that the ThetaHealing technique is teachable, but beyond that she knows that it *needs* to be taught. Vianna conducts seminars all over the world to teach people of all races, beliefs and religions. She has trained teachers and practitioners who are working in fourteen countries, but her work will not stop there! Vianna is committed to spreading this healing paradigm throughout the world.