



**THINK**<sup>®</sup>  
THETAHEALING  
INSTITUTE OF KNOWLEDGE

# *Basic* **DNA**

AN OFFICIAL  
**THETAHEALING**<sup>®</sup>  
MANUAL

 ThetaHealing<sup>®</sup>  
[www.thetahealing.com](http://www.thetahealing.com)





# Basic DNA Practitioner English

Content

Important Note/COPYRIGHT.....	5
<b>I. Introduction.....</b>	<b>6</b>
<b>II. Basics for Healings and Readings.....</b>	<b>8</b>
II-1: Power of Words and Thoughts.....	10
II-2: Brain Waves.....	11
II-3: Psychic Senses and Chakras.....	12
II-4: Free Agency, Co-Creation and the Witness.....	14
II-5: Command.....	15
II-6: Power of Observation.....	16
II-7: Creator of All That Is.....	17
II-8: Road Map to All That Is.....	18
II-9: 7th Plane Guided Meditation.....	19
<b>III. ThetaHealing® Technique.....</b>	<b>20</b>
III-1. Reading.....	21
III-2. Healing.....	23
III-3. Group Healing.....	25
<b>IV. Belief Work Part I.....</b>	<b>27</b>
IV-1. The Four Levels of Beliefs.....	28
IV-2. Muscle Test in Pair.....	29
IV-3. Changing Beliefs – Long way.....	33
IV-4. Changing Beliefs – Short-cut.....	35
<b>V. Feeling Work.....</b>	<b>36</b>
V-1. How to Create Feelings.....	37
<b>VI. Belief Work Part II.....</b>	<b>39</b>
VI-1. Digging.....	40
VI-2. Belief Work Session.....	41
<b>VII. Seven Planes of Existence.....</b>	<b>44</b>
VII-1. Seven Planes of Existence.....	45
VII-2. Guardian Angels.....	46
VII-3. Waywards.....	48
VII-4. Psychic Attack.....	50
<b>VIII. Affairs of the Soul.....</b>	<b>51</b>
VIII-1. Soul Mates.....	51
VIII-2. Soul Fragments.....	53
<b>IX. Manifestation and Future.....</b>	<b>54</b>
IX-1. Manifesting.....	55
IX-2. Future Reading.....	57
<b>X. Changing the DNA.....</b>	<b>59</b>
X-1. DNA Activation.....	60
X-2. Repairing the Physical Gene.....	62
X-3. Changing Genetic Programs for Aging.....	64



# Basis **DNA** Practitioner English

Content

<b>XI. Dealing with Death</b> .....	<b>65</b>
<b>XII. Appendix</b> .....	<b>66</b>
XII-1: Psychic Thought Control .....	<b>66</b>
XII-2: Daily ThetaHealing Meditation .....	<b>67</b>
XII-3: Rinsing .....	<b>68</b>
XII-4: Grounding .....	<b>68</b>
XII-5: Do's and Don'ts .....	<b>69</b>
XII-6: The Fallen .....	<b>72</b>
XII-7: Vianna's Sayings .....	<b>73</b>
XII-8: Eight Shortcuts of Digging .....	<b>74</b>
XII-9: General Structure of a Session .....	<b>78</b>
<b>XIII. Congratulations</b> .....	<b>78</b>
<b>XIV. Trademark Guidelines</b> .....	<b>79</b>
<b>XV. Join the Conversation</b> .....	<b>82</b>

# Important Note

---

**T**HETAHEALING INSTITUTE OF KNOWLEDGE®  
BIGFORK, MT

OFFICE: (406) 206-3232

E-MAIL: INFO@THETAHEALING.COM

WEB: WWW.THETAHEALING.COM

## PRESENTS

THE THETAHEALING® BASIC PRACTITIONERS MANUAL

COMPILED BY ROLLING THUNDER PUBLICATIONS FOR

THE THETAHEALING INSTITUTE OF KNOWLEDGE®

COPYRIGHT © 2012, REVISED 2016

This manual is derived from the seminars of Vianna Stibal, founder of ThetaHealing®. Text Copyright© owned by Vianna Stibal, respectively. All rights reserved. No part of this publication may be stored transiently or permanently on any medium. It is prohibited to transfer, transmit, reproduce, photocopy, publish or otherwise exploit, modify, create derivative works from, or combine with other material, the contents of this book without the expressed permission of the copyright holders and the publisher. This is an official book of the ThetaHealing® Institute of Knowledge. This book is protected internationally by the “Berne Convention for the Protection of Literary and Artistic Works,” and the Universal Copyright Convention (UCC).

The trademark ThetaHealing® is owned by Vianna Stibal, founder of ThetaHealing® and ThetaHealing® Institute of Knowledge.

THE CONTENTS HEREIN ARE MEANT AS AN EDUCATIONAL GUIDE FOR THETAHEALING® INSTRUCTORS.

THIS MANUAL IS NOT FOR OPEN PUBLICATION OR SALE.

THE REMEDIES, APPROACHES, AND TECHNIQUES DESCRIBED 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.

# I. Introduction

*Welcome to the exciting world of ThetaHealing®!*

**W**e welcome you to our seminar, knowing that each and every one of you is here for your own path. Your ThetaHealing Instructor and Vianna honor you. Know that if you are attending a Basic DNA seminar today, your world is about to open up to many different dimensions of vision. Know that you were brought here by the Creator, to enjoy this journey.

**W**hat is ThetaHealing®? ThetaHealing® is a meditational process that creates physical, psychological, and spiritual healing with focused prayer through the Creator. When we connect to the Creator of all that is, our brain waves automatically go into a Theta state of mind. In this mind-state, you can create anything and change reality, instantly. 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.

**W**hat are we going to do in this seminar? Students will be given a way to connect to the Creator of All That Is, how to co-create with the Creator, and how to project consciousness (remote viewing). Students will also learn the DNA Activation, the intuitive body scan, giving a future reading, contacting guardian angels, co-creating a healing, and changing belief systems through the power of the Creator.

**C**an anyone do this? Absolutely! 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.

**T**hetaHealing has no religious affiliation. The processes of ThetaHealing are not specific to any age, sex, race, color, creed or religion. In this book, you will find that it will appeal to most belief systems

**T**he 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.

With study and practice, anyone can do it; anyone who believes in God.

Now, our journey has just begun. LET'S PLAY!!!

*Love and Gratitude*  
*Vianna*

## Goal Setting

### Goal of this course

- Introduce students to the experience of working with the Creator of All That Is.
- Understand ThetaHealing® technique properly so that students can practice using the technique after the seminar.
- Enjoy conducting/receiving various kinds of techniques including healing, reading, manifesting, future reading, DNA activation, and lot more.

[Exercise] Write down what you would like to accomplish in this seminar. Break up in pairs and share

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Ground Rules

- Have a central belief in the Creator of All That Is.
- Enjoy, Participate, and Collaborate.
- Focus on feeling instead of analyzing.
- Notice any thoughts/knowing/feelings that surface up in your mind.
- Avoid using “Can’t”, use “Yes, I can” “Of course” instead.

## II. Basics for Healings and Readings

*Seven keys to awaken your intuitive abilities.*

---

I have been told by the Creator that long ago, our intuitive abilities were much more advanced than they are now. Now the long sleep is over and we are awake once again. 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.

### **In this chapter you will:**

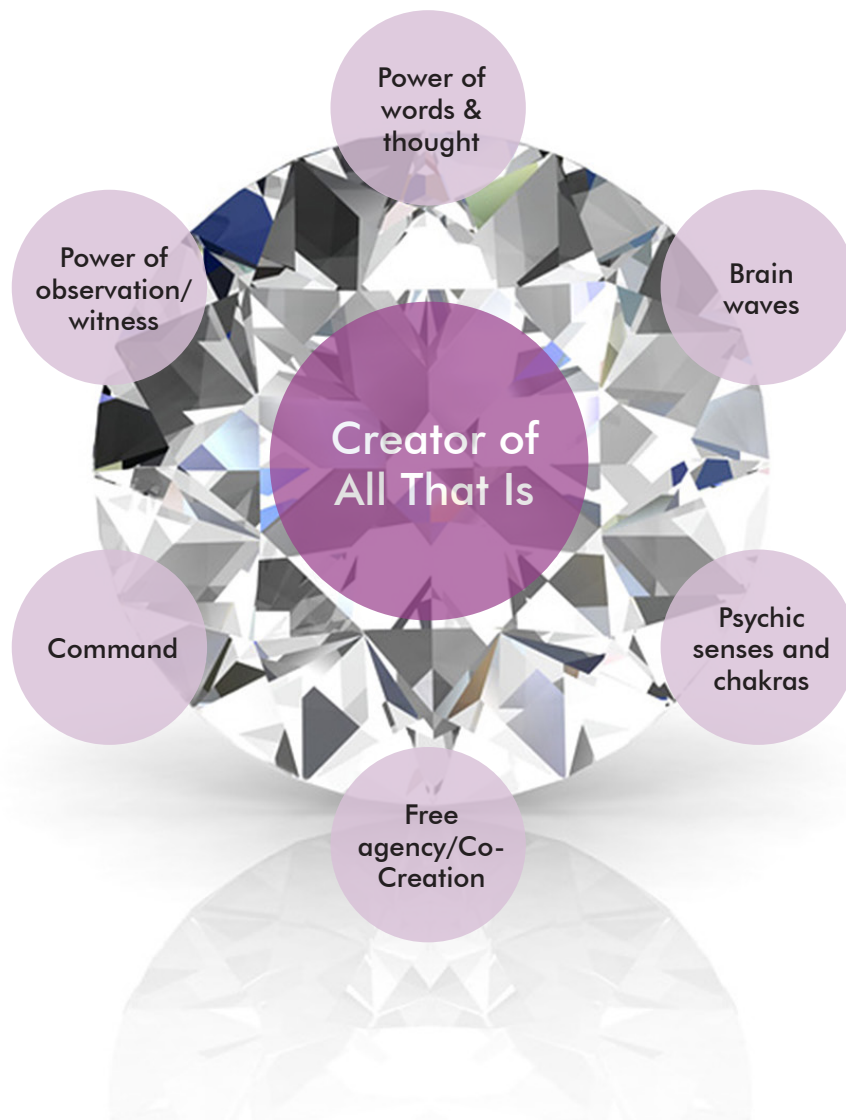
- ✓ Learn seven key topics/ideas/concepts that are basis for Healings and Readings
- ✓ Experience and practice some topics

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



## Seven Keys to awaken your intuitive abilities

**H**ealings 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.



1. Power of words and thought
2. Brain waves
3. Psychic senses and chakras
4. Free agency/Co-Creation
5. Command
6. Power of observation and witness
7. Creator of All That Is

## II-1: Power of Words and Thoughts

### Words and Thoughts become a "reality"

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.” 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. It is therefore important for you to be constantly aware of any random thoughts or utterances.

#### Examples of negative thought:

- ▶ I need to lose weight.  
(You will always be looking for losing weight.)
- ▶ 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.)

#### Examples of positive thought:

- I have plenty.
- Every little cell in my body is happy. Every little cell in my body is well.
- Every day in every way I am getting better and better.

## II-2: Brain Waves

### Brainwaves

Everything that you do and say is regulated by the frequency of 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. One frequency dominates in any given situation.

Delta 0-4HZ	Theta 4-7HZ	Alpha 7-14HZ	Beta 14-28HZ	Gamma 40HZ-5000HZ
Deep sleep.	Very deep state of relaxation.	Relaxed, meditative state.	Active and alert. Thinking, talking.	Higher mental activity.

### Theta State

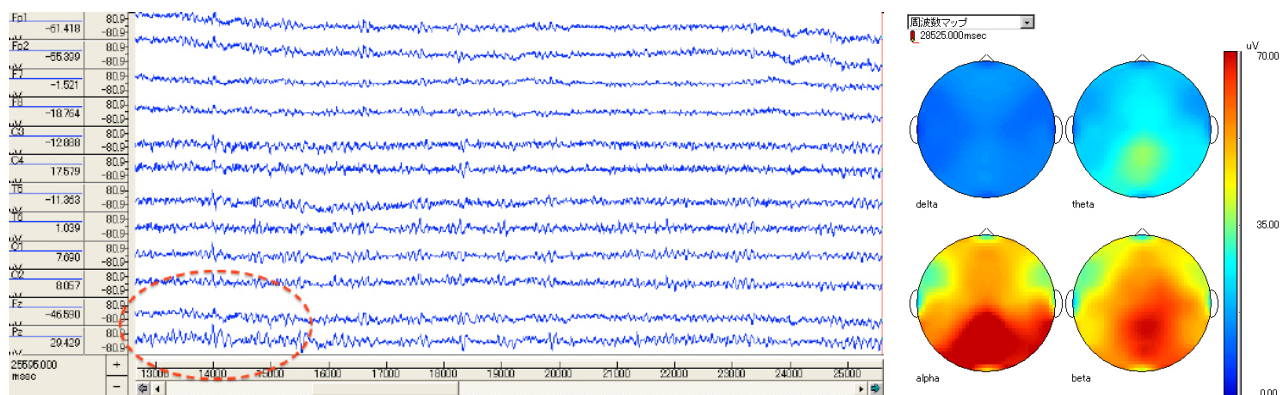
By holding a conscious Theta state you can create anything and change reality instantly.

- ✓ Theta is the first stage of dream state.
- ✓ Theta is the state used in hypnosis.
- ✓ Theta can be thought of as the subconscious.
- ✓ Theta holds memories and sensations.
- ✓ Theta governs attitudes, beliefs, and behaviors.
- ✓ Theta is creative, inspirational, and very spiritual.
- ✓ Theta allows you to act below the level of the conscious mind.

“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.” Vianna Stibal, Creator of ThetaHealing®.

### How can we become the Theta state?

When you imagine yourself going up above your head through your crown chakra with the focused thought that it will “Go Up and Seek God”, the brain automatically shifted to a pure Theta State. Below is the brainwave and its topography of a person right after a healing by a ThetaHealer®. (Theta brainwave are showing up within the red dotted circle.)



(Data provided by Dr. Tsuyoshi Kushida (a.k.a. HUB-K) and Kimiko Kawano)

## II-3: Psychic Senses and Chakras

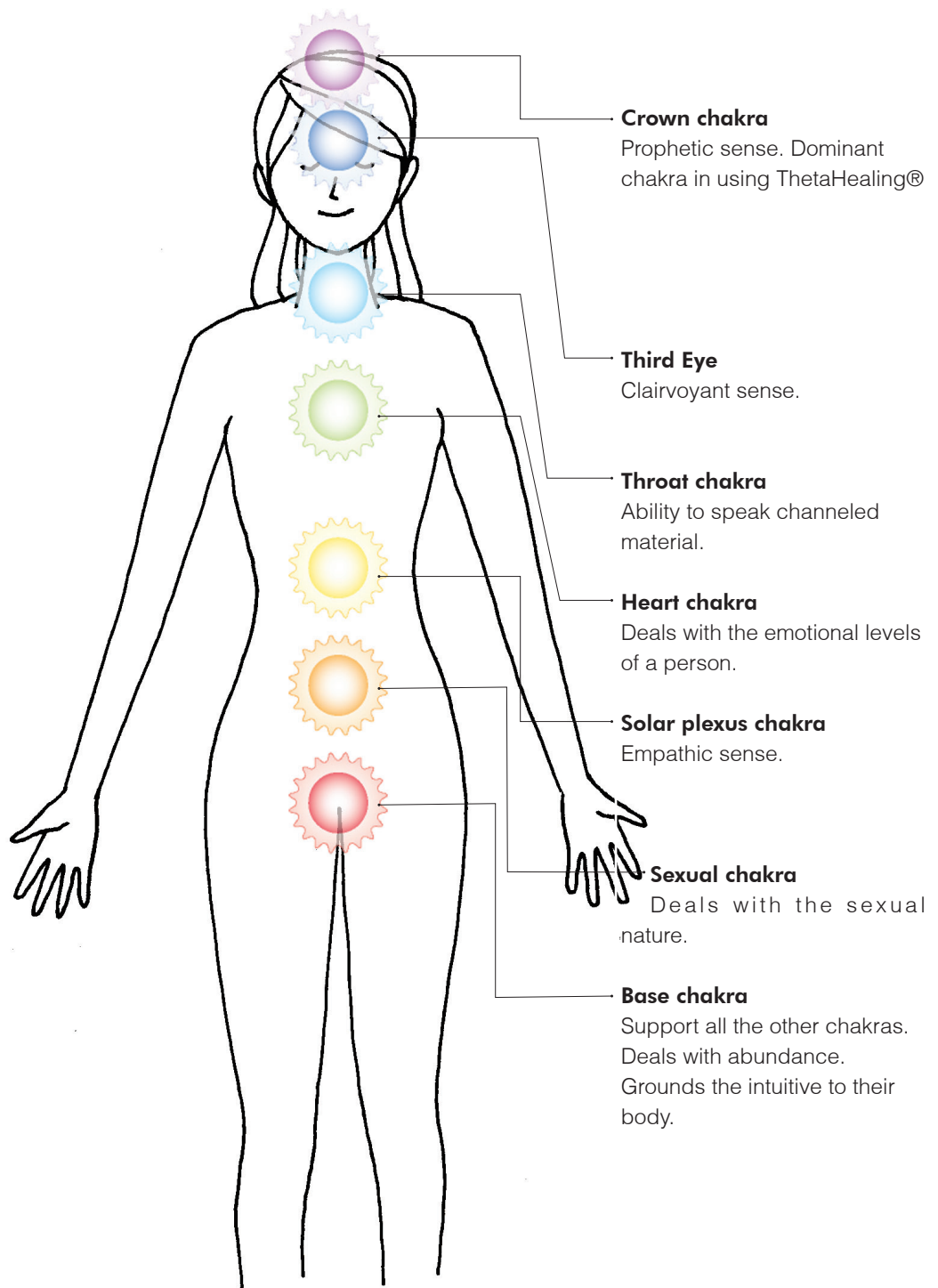
### Psychic Senses

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”.

Psychic Sense	Ability	Location
	Quality of experiencing another person’s feelings by connecting with the “feeling” of what the person experiences.	Solar plexus
	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.	Third eye
	Ability to hear sounds or speech not perceived by the everyday sense of hearing.	Above ears
	Ability to reveal or predict with certainty using Divine inspiration.	Crown chakra

## Chakras

**C**hakras are energy centers that lie along the axis of the spine as consciousness potentials. The psychic senses reside within these whirling vortexes of energy. 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.



## II-4: Free Agency, Co-Creation and the Witness

### Free Agency

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 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.

### Co-Creation and the Witness

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.
- ▶ It is necessary for us to witness the healing energy of the Creator until the full process has finished.
- ▶ Nothing happens 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.

## II-5: Command

When the practitioner goes up out of their space to connect to the Creator to make the co-creation process, the practitioner speaks to the Creator with a prayer. An example of this follows:

*“Creator of All That Is, it is commanded,*

(1) (2)

*that unconditional love is sent through every cell of this*

(3)

*person’s body*

(3)

*Thank you! It is done, it is done, it is done.”*

(4) (5)

- (1) Creator of All That Is: 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.
- (2) The word “command” is used so that there is no question in your mind that statement will be done. If “I command” sounds too selfish from what you’ve been taught to say, then say, “it is commanded.”
- (3) State action to be done.
- (4) Say thank you. Saying “Thank you” is very important because 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.
- (5) 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.

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. This is because for most people, it is difficult to hold a Theta state as you speak aloud.


## II-6: Power of Observation

### Act of observation affects the result

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.

### Visualization: Becoming the Witness

- ▶ Everyone visualizes. The place that the visualization is seen is the same place that we envision our memories. Some people call this “\_\_\_\_\_.”
- ▶ Some people think this means that they see the visualization behind their eyelids. This is \_\_\_\_\_.
- ▶ Visualization is an action that we carry out every minute of every day. Before going to a place you have not been before, you plan your way beforehand. How? You use your \_\_\_\_\_, ability to visualize.
- ▶ Expecting the vision to become reality is something more than just an act of visualization. It is an act of \_\_\_\_\_. Deciding upon something that we really want to happen, and visualizing it with concentration, faith and desire, sets great powers into action.
- ▶ The brain is like a \_\_\_\_\_. 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.



“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.”  
Vianna Stibal, creator of ThetaHealing®.



## II-7: Creator of All That Is


### How are the Healings accomplished?

In order to make a molecular change in the body, one must have energy. 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.

### Who does the Healings?

Through the Creator of All That Is, instant healings, instant accountability, and instant results are created. It is the pure wisdom, of the Creative Force, the essence of pure Love.

- ▶ The Creator does the healing, you witness it.
- ▶ There is more than one way to envision or to address the Creator of All That is. Buddha, Shiva, Goddess, Jesus, Yahweh and Allah, all flow towards the “All That Is” of the Creator of the Seventh Plane of Existence. Use the word that makes you feel the most comfortable.



“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.”

Vianna Stibal, creator of ThetaHealing®.

### How can we work with God?

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.

“Road Map to All That Is” in the following page is given to you 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.

## II-8: Road Map to All That Is

### Go Up to the Creator of All That Is.

**I**magine 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 jell-o-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, blue light because this is the Law of Magnetism.

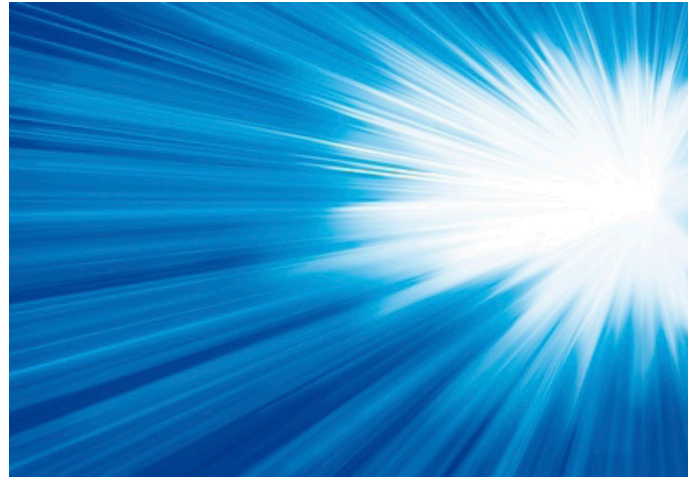
As you get closer, you may see a mist of a pink color. Keep going until you see it. This is the Law of Compassion, and it'll push you into the special place.

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 go through your body. 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 deity that you are the most comfortable with to take you to the Seventh Plane of Existence to the Creative Energy of All that Is. If it is Jesus that you are comfortable with, have the Savior take you there. It is your birthright to use this energy.



## II-9: 7th Plane Guided Meditation

I want you to imagine energy coming in from the bottoms of your feet, moving up to your head, making a beautiful ball of light.

Now I want you to imagine that you're in this beautiful ball of light.

That you move up through the universe faster than the speed of light and now you are through the entire universe.

Now you are into different layers of light and I want you to imagine that you are going through a beautiful golden light.

Now I want you to imagine going through something thick, like water or jello, and into a tingly iridescent white, white light. Realizing that you have done this very quickly because your mind moves so quickly.

I want you to imagine that you are in this tingly, sparkly white light, that sparkles like snow. This is the energy of creation. This is the energy that actually makes up the particles of protons before they are particles.

This is the energy of pure knowing love.

Now I want you to make the command/request Creator of All That is (Atanaha All That Is optional) this in my life now in the highest and best way possible, it is done, it is done, it is done.

Now I want you to image exactly what it is that you wanted in your life.

### Tips:

- ▶ What is most important is that your brain knows to go through all the Planes so you don't get stuck on the 5th Plane.
- ▶ Remember the 7th Plane is the Pure Energy of Love.
- ▶ If you see someone there you need to go higher. If you feel there is an extra Plane, keep going higher. you're still in the 5th Plane.
- ▶ Keep going until all you see is PURE ENERGY.

### Exercise: Go Up to the Creator of All That Is

Go up to the Creator of All That Is with guidance by the instructor. Share your experience with instructor and/or other students.

# III. ThetaHealing® Technique

*let's play!*

---

## In this chapter you will:

- ✓ Learn how to do Healing and Reading for yourself and others.
- ✓ Practice Reading, Healing, and Group Healing.

## III-1: Reading

**N**ow 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. It works 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.

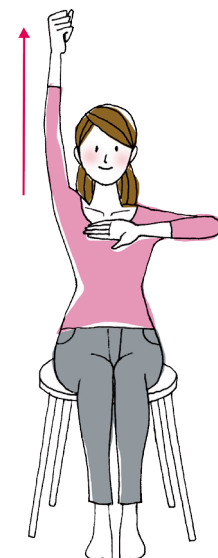
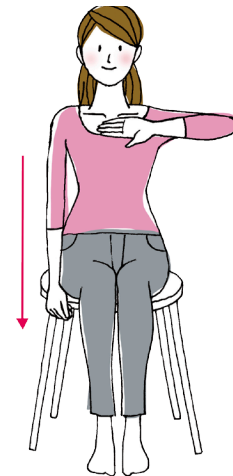
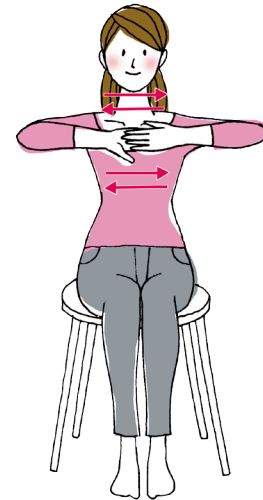
### Procedure: Reading with a client

Step	
Step 1. <b>Interact</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Meet and greet your student partner</b> Seat yourself in a chair directly across from the person who is going to be receiving the reading.</li> <li><input type="checkbox"/> <b>Hand position</b> 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.</li> <li><input type="checkbox"/> <b>Verbal consent</b> Ask permission for entering into the person's space.</li> </ul>
Step 2. <b>Meditate</b>	<p><b>Go up to the Creator of All That Is</b></p> <ol style="list-style-type: none"> <li>1. Center yourself in your heart and visualize yourself going down into the Mother Earth, which is part of All That Is.</li> <li>2. Visualize bringing up the energy through your feet, opening up all of your chakras as you go.</li> <li>3. Go up out of your crown chakra in a beautiful ball of light out to the Universe.</li> <li>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. (Remember: It is only your consciousness that is sent out through the crown, not your "spirit")</li> </ol>
Step 3. <b>Command</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Say silently, "<b>Creator of All That Is</b>" (or whatever words you use to approach Deity). As soon as you say these words, your brain is NOW in Theta.</li> <li><input type="checkbox"/> Say, "<b>It is commanded that a reading take place for (state person's name)</b>".</li> <li><input type="checkbox"/> Say, "<b>Thank you!</b>"</li> <li><input type="checkbox"/> Now firmly state, "<b>It is done. It is done. It is done.</b>"</li> </ul>
Step 4. <b>Witness</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> At this point, you imagine yourself going into the other person's body, through the top of their head (through their crown chakra) and turn on a light.</li> <li><input type="checkbox"/> The first thing that happens when you turn on the light is that the brain lights up. If any part of the body does not light up as you are going through, it indicates there is a problem in that area. You then proceed to go down through the body.</li> <li><input type="checkbox"/> Then proceed down through the chest. If that area lights up, go down to their stomach.</li> <li><input type="checkbox"/> As you imagine going down through their body, inform them of any area in their body that does not light up.</li> </ul> <p>As individual practitioners, some people will visualize the inside of the body differently than others. Some people will see the organs, while others will see colors. As the practitioner develops the ability to hold a constant theta wave, the inside of the body will become clearer.</p>
Step 5. <b>Close</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rinse Visualize rinsing off in white light or clear water as you enter back into your space with your consciousness. (See appendices for details.)</li> <li><input type="checkbox"/> Ground             <ol style="list-style-type: none"> <li>1. Visualize your energy going down into the earth.</li> <li>2. Visualize the energy coming back up through the feet, up through the body, to the crown.</li> </ol> </li> <li><input type="checkbox"/> Energy break (See next page)</li> </ul>

## Procedure: Energy break

To create the physical cleansing we use the Energy Break. 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. Place 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.
2. Rub your palms together.
3. 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.
4. 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 balances your body's polarity.



## Exercise: Reading with a client

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Follow the steps for “Reading with a client” in previous pages with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.

## III-2: Healing

**A**t 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 their body, then flow back through both people together and then it will be gone. This is the experience of an instant healing. The feeling from this occurrence is addictive. Once you have this experience you will want to experience it all the time.

### Procedure: Healing with a client

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner (same as reading) <input type="checkbox"/> Hand position (same as reading) <input type="checkbox"/> Verbal consent: Ask permission to do a healing.
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is (same as reading)
Step 3. <b>Command</b>	<input type="checkbox"/> 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.”
Step 4. <b>Witness</b>	<input type="checkbox"/> Go into the person’s space and witness as the Creator heals the person. <input type="checkbox"/> Permit the Creator to take you to the place in the body that needs to be healed. <input type="checkbox"/> Stay in the challenged area until the healing energy is finished.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse (same as reading) <input type="checkbox"/> Ground (same as reading) <input type="checkbox"/> Energy break (same as reading)

### Exercise: Healing with a client

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Follow the steps for “Healing with a client” in previous pages with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.

**Tips:**

- ▶ Creator does the healing; you witness it.
- ▶ Healings happen in an instant; it is the mind that takes a few minutes to put the healing in perspective.
- ▶ Theta technique is not specific to any age, sex, race, color, creed or religion. Anyone with a pure belief in God or the Creative force can do it.
- ▶ 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.
- ▶ The words “Show me” signal to the Creator that the healer will be the witness.
- ▶ Theta technique enables us to develop the ability to connect with a client at any place on the earth, either with a telephone call or with the knowledge of where they are located to do a reading, body scan, or healing.
- ▶ You can use the Healing technique on yourself in the same way as with a client: by bringing the Creator into your body and witnessing the Healing. This Self Healing technique is the process that Vianna used on her leg all those years ago and numerous times since for healing herself.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## III-3: 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. 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.

- ▶ Only one person may be the practitioner, directing a healing or sending unconditional love through the client.
- ▶ Group healing trains people to hold their concentration in a Theta state and helps with visualization skills.
- ▶ Group healing gives an opportunity to bestow unconditional love to someone else without restrictions.
- ▶ Group healing teaches the practitioner how to gather universal energy for healing, and how to direct 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 program that makes them unable to accept unconditional love. If they choose to accept unconditional love, you may then use the belief work to remove and replace this program.

### Procedure: Group Healing

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> 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. <input type="checkbox"/> Hand position The practitioner should appropriately place both hands on the person being healed. <input type="checkbox"/> Verbal consent: Ask permission to do a healing.
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is
Step 3. <b>Command</b>	<input type="checkbox"/> <b>People around the circle</b> Send your unconditional love to the power of Creator and hold this unconditional love to be collected by the practitioner. <input type="checkbox"/> <b>Practitioner</b> "Creator of All That Is. It is commanded that unconditional love be sent through every cell of (person's name) and that a healing be done on this day. Thank you! It is done. It is done. It is done."
Step 4. <b>Witness</b>	<input type="checkbox"/> <b>Practitioner</b> Collect this unconditional love and bring the energy down. Then direct the energy through every cell of the person's body in a co-created healing.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

## Exercise: Group Healing

1. Appoint one person to be the practitioner, another person to be a client, others to stand around the person to send their energy up to Creator.
2. Follow the steps for “Group Healing” in previous pages with guidance from the instructor.
3. Share the experience in the group.
4. Take turns and repeat the steps.

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

# IV. Belief Work Part I

*Free your mind.*

Why people do not heal? Through her numerous healing experiences, Vianna discovered that there are patterns in physical illnesses:

- ▶ 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, 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.

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


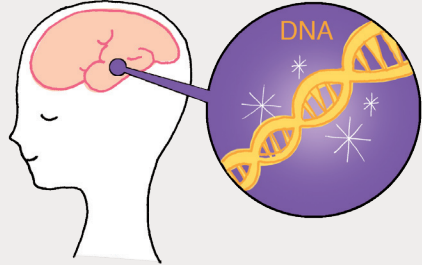
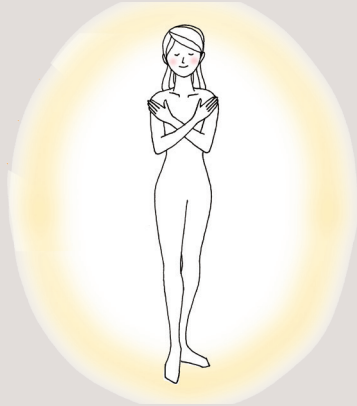
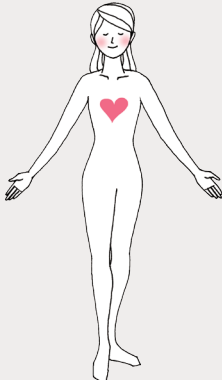
Many people live most of their life with the hidden Program that they cannot be healthy or succeed. Belief work empowers people with the ability to remove and replace these negative programs with positive beneficial ones from the Creator of All That Is.

## In this chapter you will:

- ✔ Learn how to test if subconscious holds a particular belief program.
- ✔ Learn how to find out Belief system behind issues/problems and how to find the bottom cause of them.
- ✔ Learn how to change Belief systems.

## IV-1: The Four Levels of Beliefs

There are four levels of Beliefs within a person.

Level	
_____ Level	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beliefs in this level are what we are taught in this life and accept from childhood, and have become a part of us.</li> <li><input type="checkbox"/> These "beliefs" are held as energy in the frontal lobe of the brain.</li> <li><input type="checkbox"/> To work at this level, the practitioner goes to the neurons in the forefront of the brain.</li> </ul> 
_____ Level	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beliefs in this level are carried over from ancestors or are being added to the genes in this life.</li> <li><input type="checkbox"/> These beliefs are energies stored in the morphogenetic field of knowledge around a person's DNA. This "field" is what tells the DNA what to do.</li> <li><input type="checkbox"/> To work at this level, the practitioner goes to the morphogenetic field around the master cell (in the Pineal gland).</li> </ul> 
_____ Level	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beliefs in this level concern memories from past life or deep genetic memory, or collective consciousness experiences that we carry into the present.</li> <li><input type="checkbox"/> These memories are held in the auric field of the person.</li> <li><input type="checkbox"/> To work at this level, the practitioner goes to the energy around the individual's head and shoulders.</li> <li><input type="checkbox"/> These must be resolved, not cancelled as with the other three.</li> </ul> 
_____ Level	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beliefs in this level are all that a person "is". The programs are pulled off the completeness of the individual, beginning at the heart chakra, outward.</li> <li><input type="checkbox"/> To work at this level, the practitioner goes to the soul, all that a person is.</li> </ul> 

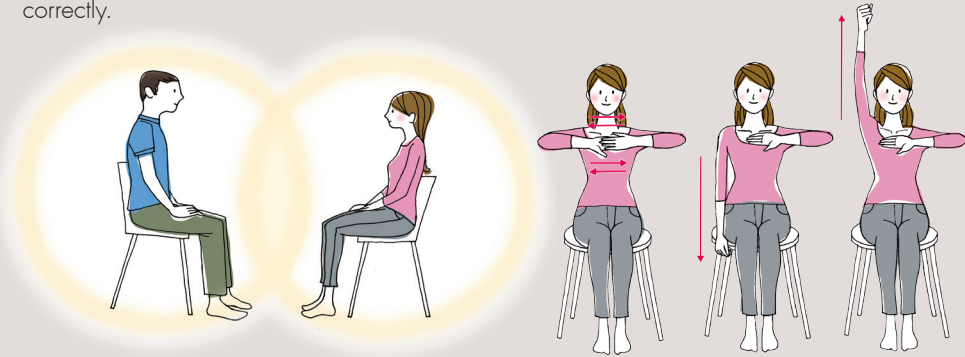

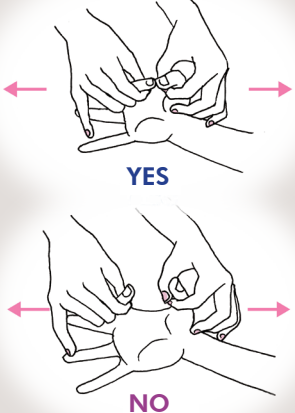
## IV-2: Muscle Test in Pairs

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 in the previous page.

Muscle test is useful for the Theta-practitioner to test for the clients' Belief and Programs and where they are on the Levels. Muscle test 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.

There are two methods for Muscle test.

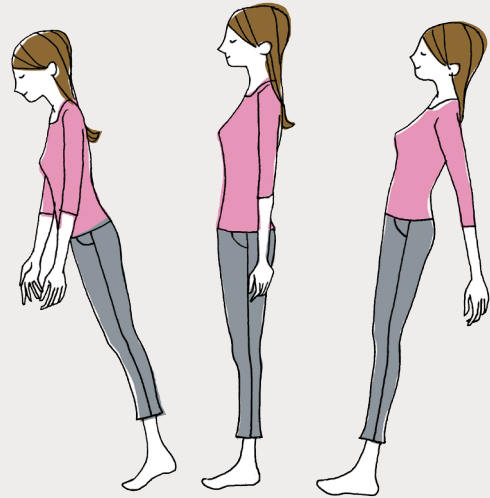
### Method one: Muscle Test in pairs

Step	
<p>Step 1. <b>Zip up</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sit down opposite the client.</li> <li><input type="checkbox"/> With an up and down motion move your hand in front of the chest making a slicing motion downward and back up again.</li> <li><input type="checkbox"/> This will “zip them up,” to pull their electro-magnetic field together so that they will Energy Test correctly.</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>
<p>Step 2. <b>Set up</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 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.</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>
<p>Step 3. <b>Preliminary test</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Instruct the client to say “Yes,” and pull the fingers apart to gauge a “strong” or “weak” hold. The fingers should hold very tightly.</li> <li><input type="checkbox"/> 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. Hydrate the client with water, and test the client again.</li> <li><input type="checkbox"/> If the fingers hold very tightly when the client says “Yes,” and the fingers come loosely apart when saying “No,” the client is ready for muscle testing.</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>
<p>Step 4. <b>Muscle Test</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Instruct the client to say a Belief Program, and pull the fingers apart.</li> <li><input type="checkbox"/> If the fingers hold very tightly, it indicates that the client holds the Belief Program. If the fingers come loosely apart, then the client does not hold the Belief Program.</li> </ul>

## Method Two: Muscle Test by self

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.

Step	
Step 1. <b>Zip up</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> With an up and down motion move your hand in front of the chest making a slicing motion downward and back up again.</li> <li><input type="checkbox"/> This will “zip them up,” to pull their electro-magnetic field together so that they will Energy Test correctly.</li> </ul>
Step 2. <b>Set up</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have the client stand to face North.</li> </ul>
Step 3. <b>Preliminary test</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Instruct the client to say “Yes.” His/ her body should lean forward for a positive answer.</li> <li><input type="checkbox"/> When the person says “No,” the body should lean backwards, indicating a negative response.</li> <li><input type="checkbox"/> If the person does not lean at all, the person is likely dehydrated. Hydrate the client with water, and test the client again.</li> <li><input type="checkbox"/> If he/she moves forward on a “no” answer, or backward on a “yes” answer, this also indicates dehydration.</li> <li><input type="checkbox"/> Once the person leans forward for “yes” and leans backward for “no” he/she is ready to test for programs.</li> </ul>
Step 4. <b>Muscle Test</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Instruct the client to say a Belief Program.</li> <li><input type="checkbox"/> If the person leans forward, it indicates that the client has the Belief Program. If the person leans backward, then the client does not have the Belief Program.</li> </ul>



## Exercise: Muscle Testing

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Muscle test the following list of Belief Programs. Follow the steps for two different methods of Muscle Test in previous pages with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.

### Belief Programs

- I love myself.
- I hate myself.
- I am beautiful.
- I will be killed for being a healer.

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

## Tips:

- ▶ Since some programs are held on only one level, pulling the programs from the soul level will not necessarily remove them from all of them.
- ▶ As with the readings and healings, changing beliefs must be witnessed by the practitioner.
- ▶ Programs will recreate themselves if they are pulled on only one level, and not pulled on all four levels. The practitioner should test for the program on all four levels.
- ▶ When the practitioner finds that a client is not muscle testing correctly to the questions asked, the client should not continue to be muscle tested until they are hydrated. Hydrate the client with water, a pinch of salt, or by gently placing pressure over their kidneys. Holding the kidneys and giving salt will both instantly hydrate the body for testing.
- ▶ Always check to see if the person’s auric field is not disrupted or broken. Have them line themselves up by waving their hand up and down in front of themselves to “zip up” any disruption caused by someone crossing over their field.
- ▶ 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.”
- ▶ If your client was raised with a language different from that being used in the belief testing process, they may not test correctly because the Belief Work was locked in place in their native tongue as children. 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 in all languages, in order to replace programs on all four levels. Ask the client how to say the spoken program in the correct language and use it as you would any other command process.

---

---

---

---

---

---

---

---

---

---



## IV-3: Changing Beliefs - Long way

**N**ow that you identified a Belief that does not serve you, let's change it to a new one that helps your life much better.

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.

For a long time I didn't believe changing a person's Belief 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.  
Vianna Stibal, creator of ThetaHealing®.

### Procedure: Changing Beliefs-Long Way

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent Ask permission for changing a belief to a new one.
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command and witness on Core Level</b>	<input type="checkbox"/> Command "Creator of All That Is, I command that the Program of (name program) be pulled, cancelled, released, and sent to God's light on the Core Level, replaced with (name new program) from (students/person's name). Thank you! It is done. It is done. It is done."  <input type="checkbox"/> Witness Imagine going to the forefront of the brain. Witness the Program and energy associated with the belief program 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, cancelled, sent to the God's light, and replaced with the new program.
Step 4. <b>Command and witness on Genetic Level</b>	<input type="checkbox"/> Command "Creator of All That Is, I command that the Program of (name program) be pulled, cancelled, released, and sent to God's light on the Genetic Level, replaced with (name new program) from (person's name). Thank you! It is done. It is done. It is done."  <input type="checkbox"/> Witness Imagine going to the brain to the morphogenetic field around the master cell within the Pineal gland. Witness the spinning energy burst of the Program being pulled, cancelled, sent to the God's light, and replaced with the new program.

<p>Step 5. <b>Command and witness on History Level</b></p>	<p><input type="checkbox"/> Command "Creator of All That Is, I command that the Program of (name program) be pulled, resolved, and sent to God's light on the History Level, replaced with (name new program) from (person's name). Thank you! It is done. It is done. It is done."</p> <p><input type="checkbox"/> Witness Imagine going to a place that is a little above the person's head and shoulders. Witness the as the belief program is pulled, resolved, sent to God's light, and all soul fragments be washed, cleaned and replaced with the new program.</p>
<p>Step 6. <b>Command and witness on Soul Level</b></p>	<p><input type="checkbox"/> Command "Creator of All That Is, I command that the Program of (name program) be pulled, cancelled, released, and sent to God's light on the Soul Level, replaced with (name new program) from (students/person's name). Thank you! It is done. It is done. It is done."</p> <p><input type="checkbox"/> Witness Imagine going to the heart chakra. Witness the Program and energy associated with the belief program being pulled, cancelled, and sent to God's light at the heart chakra outward to the aura field until it is done.</p>
<p>Step 7. <b>Close</b></p>	<p><input type="checkbox"/> Rinse <input type="checkbox"/> Ground <input type="checkbox"/> Energy break</p>

## Exercise: Changing Beliefs – Long way

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Have the client determine a Belief Program to change and a new Belief to replace, using the steps in previous pages with guidance from the instructor.
3. Muscle test to see if the client hold.
4. Ask for permission to change the Belief and replace to a new Belief.
5. Change the belief with guidance from the instructor.
6. Muscle test the Belief and the new Belief to confirm the change.
7. Switch roles and repeat the same steps.

## IV-3: Changing Beliefs-Short-cut

**I**t 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.

### Procedure: Changing Beliefs – Short-cut

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: "Creator of All That Is, I command that the Program of (name program) be pulled, cancelled, resolved on the History Level, released on the other levels, sent to God's light, replaced with (name new program) from (students/person's name). Show me the Program witnessed in all the Belief Levels. Thank you! It is done. It is done. It is done.
Step 4. <b>Witness</b>	<input type="checkbox"/> Go into the person's space and visualize all four Levels at one time. <input type="checkbox"/> Visualized the Programs of energy being cancelled from all four Levels, resolved on the History Level, and sent to God's light. <input type="checkbox"/> Visualize the new Programs of energy flowing in from God's light, and being placed on all four Levels. <input type="checkbox"/> Stay in the person's space until you are sure the work is finished.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

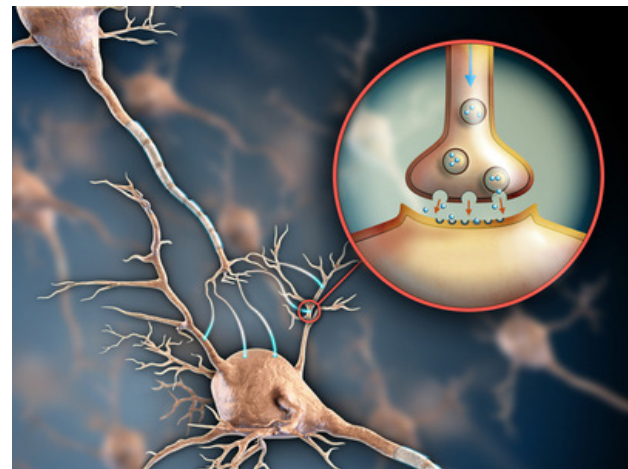
# V. Feeling Work

*Do you know what it feels like to have joy?*

**S**ome 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. These feelings must be taught to the person.

In order for a person to have feelings such as joy, to love or to be loved by someone, or what it is 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.

For example, if you release the Program that a woman believes she is ugly and replace it with one that she is beautiful, the neurons will follow a new pattern and even create new ones. However, the woman must first have the feeling and knowing of what it feels like to be beautiful. This is where the Feeling Work comes in. It retrains and redirects the receptors and the cells to open new pathways in the cell to permit beneficial emotions and feelings to experience beauty to enter in.



## In this chapter you will:

- ✓ Learn how to download feelings.

## V-1: How to create feelings

**W**hat might take people lifetimes to learn can be learned in seconds. To show a client the experience of a particular feeling, get the persons permission, connect with the Creator of All That Is of the Seventh Plane, use the command process and visualize the energy of the feeling 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. Use these testing procedures to ascertain what the person does not understand how to feel.

### Procedure: The Feeling Work (Downloading Feelings)

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent Ask for permission to give download.
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: "Creator of All That Is, it is commanded to instill the feeling of (name the feeling) into (person's name) 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."
Step 4. <b>Witness</b>	<input type="checkbox"/> 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.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

## Exercise: Downloading Feelings

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Muscle test with each of feelings in the following list to see if the client knows the feeling.
3. Ask for permission to give downloads of each of the feelings that the client does not know.
4. Download the feeling with the steps in the previous page.
5. Muscle test the Feeling to confirm that the client received the download.
6. Switch roles and repeat the same steps.

## Example of Feelings the person may not have

- I understand God’s definition of what it feels like to have joy.
- I understand God’s definition of what it feels like to be accepted.
- I understand God’s definition of what it feels like to forgive.
- I understand God’s definition of what it feels like to trust my intuition.
- I understand God’s definition of what it feels like to be completely respected.
- I understand God’s definition of what it feels like to forgive myself.
- I understand God’s definition of what it feels like to be on this earth.
- I understand God’s definition of what it feels like to be connected to this earth.
- I understand God’s definition of what it feels like to be worthy of Gods love.
- I understand when to trust my intuition.
- I understand how to trust God.

---



---



---



---



---



---



---



---

## VI. Belief Work Part II

*Find the bottom belief and create a breakthrough!*

Now that you have learned how to do the Belief Work and Feeling Work, we are going to explain some quick steps to make your facilitation with a client more effective. Visualize the belief system as a stack of blocks (always ask the Creator to show you). Bottom Beliefs are the deepest issues that are underneath all others. They are the heart of the issues that a person has. You can save hours of time by seeking and clearing Bottom Beliefs.

In order to find the Bottom Beliefs and what Feelings the person does not have, we use the process called Digging in a Belief Work session.

### In this chapter you will:

- ✓ Learn how to find Bottom Belief.
- ✓ Learn how to facilitate a Belief Work session.




## VI-1: Digging

In a Belief Work session, you are always searching, or Digging, for the deepest key belief, the Bottom Belief. The practitioner has the opportunity to play the “investigator” and dig for the bottom belief by asking the person questions relating to it. This process is easy! All you have to do is ask who, what, where, why, and how.

### Digging Example

Man I have a money problem.  
 Vianna Why do you have a money problem?  
 Man Because money is the root of all evil.  
 Vianna Why is money the root of all evil?  
 Man Because only educated people have money.  
 Vianna Why do 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?  
 Man No, my mother told me that.  
 Vianna Why do you think that it comes from your father?  
 Man I don't know.  
 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.



There are different ways of Digging depending on the purpose/subject of the issue in the session. Refer to “8 different ways of Digging” in appendix for more detail.

- ▶ From this example, “I am a mistake” and “I am wanted, no” are most likely the Bottom Beliefs.
- ▶ Next step is to release the Belief of “I am wanted, no” and “I am a mistake” and replace them with the Belief of “I am wanted.”
- ▶ As a follow-up, conduct Feeling Work to teach the man what it feels like to have the Creator’s definition of being wanted.



## VI-2: Belief Work Session

So far we have learned some important techniques – Changing Beliefs, Feeling Work, Digging. ThetaHealing® practitioners use all of these techniques to facilitate a Belief Work session. Following are the typical steps of a Belief Work session for a client.

### Procedure: Belief Work Session

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your client
Step 2. <b>Understand the issue</b>	<input type="checkbox"/> Ask the client to understand what he/she would like to work on. "If there is anything that you would change, what would it be?" "What would you like to work on in this session?" <input type="checkbox"/> Muscle Test Belief Programs that represent the issue.
Step 3. <b>Determine Bottom Belief</b>	<input type="checkbox"/> Conduct Digging and find out Bottom Belief. <input type="checkbox"/> Muscle Test key beliefs during the Digging process.
Step 4. <b>Determine New Belief</b>	<input type="checkbox"/> Go up and ask the Creator for a new belief to replace the Bottom Belief with.
Step 5. <b>Prepare for changing beliefs</b>	<input type="checkbox"/> Verbal consent <input type="checkbox"/> Hand position
Step 6. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 7. <b>Command</b>	<input type="checkbox"/> Make the command: "Creator of All That Is, I command that the Program of (name program) be pulled, resolved on the History Level, cancelled, released on the other levels, sent to God's light, replaced with (name new program) from (person's name). Show me the Program witnessed in all the Belief Levels. Thank you! It is done. It is done. It is done."
Step 8. <b>Witness</b>	<input type="checkbox"/> Go into the person's space and visualize all four Levels at one time. <input type="checkbox"/> Visualize the Programs of energy being cancelled from all four Levels, resolved on the History Level, and sent to God's light. <input type="checkbox"/> Visualize the new Programs of energy flowing in from God's light, and being placed on all four Levels. <input type="checkbox"/> Stay in the person's space until you are sure the work is finished.
Step 9. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.
Step 10. <b>Confirm</b>	<input type="checkbox"/> Muscle Test the beliefs to confirm the change.

## How to see if Bottom Beliefs have been found

- ▶ Muscle Test the client with their eyes open as well as their eyes closed.
- ▶ Always go up and ask the Creator if these Beliefs are the Bottom Beliefs.
- ▶ 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.

## Rules for Belief Work

These are the guidelines while facilitating the four levels of belief work.

- ▶ Rule 1: For Belief work, as well as the Feeling work, the person being worked on must give full verbal consent.
- ▶ Rule 2: The person being worked on must give verbal consent for every program to be changed.

## Exercise: Belief Work session

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Conduct Belief Work session.
3. Switch roles and repeat the same steps.

---

---

---

---

---

---

---

---

## Tips:

1. Once you have found the Bottom Belief, the digging process will end up with the Feeling Work to complete the session.
2. Many people have a dual belief system. To explain a dual belief system, tell them that they may believe that they are rich, but at the same time they believe they are poor. Leave the positive program in place, and pull the negative program replacing it with the correct positive one.
3. Erroneous belief systems can keep a person sick. A good example of this is, “People take care of me when I am sick, and I get nurtured.”

4. Programs can be recreated by our actions. These are the things we say, think, and do. Positive action is needed to change a person's life. Instruct your clients to change the things they say, think, and do that are causing them to recreate programs.
5. 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.
6. Programs pulled off the different belief levels may have an effect on both the parents and children of a client. In some instances the programs are energetically "genetically" connected, and, once the program is removed, they may have the same effect upon the relatives.
7. The unconscious mind does not understand, or accept, words such as "don't", "isn't", and "can't". Omit these words from your belief work process. When we are spirits, there are few restrictions on us. When we become children, it takes us a full year of our childhood to understand the word "No" being used on us as children. Some people, particularly healers, have a difficult time with worldly restrictions such as the spoken word "No".
8. As a practitioner you may find that in the ThetaHealing process, a client's disease, injuries, dysfunctional behavior, and negative programs may be serving the client in a twisted, distorted, or secretive fashion. One should muscle test the client to ascertain if the challenge/disease is serving them in some way.
9. To discover if the client has hidden programs that serve their disease, have the person speak the statement: "My cancer is serving me", or "My depression is serving me". Once you've discovered that the person's challenge is serving them, one should search for, and find the deepest program. Then, connect to God to pull and replace the program.
10. Be aware that you may not find or pull deep, painful programs when using the belief work on yourself. Finding, pulling, facing and replacing these root Beliefs can be overwhelming to some of us. This is why working with a ThetaHealing practitioner is helpful, since the practitioner can dispassionately find, assist, and guide the client in the proper replacement of programs.
11. Always ask God what to replace the program with.
12. Always test the client with the Feeling Work. Test to see if the person does not have the feelings of "I know what it feels like to have joy", and "I know how to have joy".

## VII. Seven Planes of Existence

*Do you know how and why the world works?*

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.



### In this chapter you will:

- ✓ Learn the concept of the Seven Planes of Existence.
- ✓ Learn the concept of the Seventh Plane of Existence.
- ✓ Experience the Planes through Guardian Angel technique, Process for Wayward spirits, and Process for Psychic Attacks.

## VII-1: Seven Planes of Existence

Planes	
<b>The Seventh Plane</b>	This is the level of the _____. This is the level you reach for the highest manifesting, instant healings, and readings. This is the place of safety, love, and the place of, "It just is".
<b>The Sixth Plane</b>	This is the level of the _____. The Laws of time, the Laws of magnetism, the Laws of gravity, and the Laws of light and sound that create the very fabric of the universe.
<b>The Fifth Plane</b>	This is the level of _____, angels, guides, and dark spirits. This is the Plane of the ultimate in dualism.
<b>The Fourth Plane</b>	This is the realm of the _____, where people exist after death. It is the level of the ancestor spirits, animal totems, and the powerful master- shamans that are invoked for healing.
<b>The Third Plane</b>	This is where _____ and humans exist. This is the Plane of protein-based molecules, carbon based structures and amino acid based chains.
<b>The Second Plane</b>	This is the level of the _____. It consists of organic material; vitamins, plants, trees, fairies and elementals.
<b>The First Plane</b>	This is the level of the _____ power. It consists all non-organic material on this Earth. It is the crystals, minerals, and the soil.

- ▶ 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 ThetaHealing® 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.
- ▶ 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.

## VII-2: 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.

To experience the energy of an angel is a magnificent event, which gives you an introduction to the spirit world that is all around us.

Making the connection with your angels and spirit guides is very exciting! You must always remember to use discernment while working with angels and spirits. Make sure you have gone up and connected to the Creator first before asking to make contact with them. There are a lot of prankster spirits who will play with you and give you false information.

### Procedure: Guardian Angel technique

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: "Creator of All That Is. It is commanded to see and speak with Guardian Angels of (person's name). Thank you! It is done. It is done. It is done."
Step 4. <b>Witness</b>	<input type="checkbox"/> Move your consciousness over the head of the client and into his/her crown chakra and down into their space. <input type="checkbox"/> Go directly to the person's space and then look over the individual's shoulders. You may see balls of light. <input type="checkbox"/> You then command to see faces, ask the Guardian Angel's names and their purpose. <input type="checkbox"/> Tell the person what you have seen and heard. <input type="checkbox"/> Clear any information that you received from the spirits by asking the Creator what you have seen and heard.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

## Exercise: Guardian Angels technique

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Follow the steps for Guardian Angels technique in previous pages with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.

### Tips:

- ▶ 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.

A series of horizontal dashed lines for writing.

## VII-3: Waywards

**What are Waywards?** 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 all good time these spirits find their way to the home of the Creator.

**Where are Waywards?** Waywards will attach themselves to people to be close to the spiritual “light” the person emanates. As the practitioner, do a thorough search for spirits around the person’s auric field. Since we are all connected to God’s light and have a pulsating field around us, these wayward spirits are drawn to this light and attach themselves to us causing 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.

**What happens?** 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.

**What do we do?** A person who uses drugs, or is an alcoholic, has more openings in their auric field and tends to have 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 God, the spirit will be balanced once again.

Use your connection to God’s light to send these wayward spirits to the Creative Force. There is a law that states these wayward spirits must listen once the healer calls in God.



## Procedure: Wayward spirits

Step	
Step 1. <b>Interact</b>	N/A
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> 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."
Step 4. <b>Witness</b>	<input type="checkbox"/> Move over to their crown. <input type="checkbox"/> Witness them being sent to God's light using your connection or the client's connection to Source. <input type="checkbox"/> Be sure you follow them all the way to Gods light as they will attempt to escape.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

There are spirits and entities called "Fallen" that are stronger than the typical spirits and entities. Please refer to appendix for details.

## VII-4: Psychic Attack

**P**syhic Attacks are negative thought forms. They are sent to you from others, but all you have to do to remove them is to simply ask the Creator.

**Thought forms:** Psychic attacks originate from the thought forms of other people. 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 auric field doesn't protect the person as effectively, since we are more open to these familiar thought forms.

**Spells, or Curses:** Psychic attacks may also be sent to you from spells, or curses, of a negative nature that are "cast" toward you. Again, most of the energy of these manifested thought-forms is naturally discarded by a person. If these energies have been inadvertently or fearfully accepted, pull the "spell" or "curse" off, and command that it be sent to God's light.

**Genetic:** A genetic or family curse is different, as it is held in the morphogenetic field of the DNA. In order for a curse to be accepted, the person that receives the curse must feel either guilt or fear and feel a need to be punished. In this case simple belief work is needed.

**Waywards:** Wayward spirits and other worldly beings may be the cause of psychic attacks as well.

### Procedure: Psychic Attack Removal

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> 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."
Step 4. <b>Witness</b>	<input type="checkbox"/> Witness the psychic attack being sent to the Creator's light.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

---



---



---



---

# VIII. Affairs of the Soul

## *Soul Mates and Soul Fragments*

**In this chapter you will:**

- ✓ Learn the concept of Soul Mates and how to attract them.
- ✓ Learn the concept of Soul Fragments and how to retrieve them.



### VIII-1: Soul Mates

**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.

#### **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.
- ▶ 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.
- ▶ 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.

#### **How to call for a 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.
- ▶ In the command process, it is important to state, “I have my most compatible soul-mate,” not, “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.
- ▶ Do not ask for a perfect soul mate, as this person may be too perfect for you. Rather, ask for your most compatible soul mate.
- ▶ If you have a preference as to whether or not someone is faithful sexually, specify that they have a monogamy gene, which only some people carry.

### Important note:

- ▶ People are drawn to one another for the negative that they have in common; as well as the positive.
- ▶ A twin flame is someone exactly like you. They mirror you, and this may not be good.
- ▶ When you draw your soul mate to you, be aware that you will attract other people to you, since your sexual chakra will be open.
- ▶ 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.

### Procedure: Calling for Your Compatible Soul mates

Step	
Step 1. <b>Interact</b>	N/A
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> 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."
Step 4. <b>Witness</b>	<input type="checkbox"/> Witness the call to your most compatible soul mate being sent out.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

### Exercise: Calling for Your Compatible Soul mates

1. Make a list of the criteria for the soul mate you wish to draw.
2. Follow the steps for "Calling for Your Compatible Soul Mates" with guidance from the instructor.

## VIII-2: Soul Fragments

**S**oul fragments are the energy of the “essence” of another individual that you have “taken on,” or “given away.” These exchanges may be either negative or positive. Regardless, they can be draining to the psyche. Soul fragments may be the reason we still think of someone for years afterwards and cannot make a healthy break from them.

### Soul fragments may be lost in the following ways:

- ▶ In relationships of both positive and negative nature, and when there is the loss of a loved one with whom we have shared much, and in marriages or partnerships when we have given much of ourselves.
- ▶ When someone has been sick, we can knowingly or unknowingly give something of ourselves over to them in an instinctual effort to heal them.
- ▶ When there has been rape or abuse.

When you pull back your soul fragments from a past partnership, you also bring back all the exchanges of DNA knowledge passed between both parties.

### Procedure: Soul Fragment Retrieval Process

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: “Creator of All That Is, It is commanded that all soul fragments from all generations of time, eternity, and between time, belonging to (name Person A) be released, cleansed, and returned to (name Person B).  It is commanded that all soul fragments from all generations of time, eternity, and between time, belonging to (name Person B) be released, cleansed, and returned to (name Person A). Thank you! It is done. It is done. It is done.”
Step 4. <b>Witness</b>	<input type="checkbox"/> Witness the fragments as they are returned.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

### Exercise: Soul Fragment Retrieval Process

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Follow the steps for “Soul Fragment Retrieval Process” in this page with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.

# IX. Manifestation and Future

*We create our own reality!  
We create our own reality!  
We create our own reality!*

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? 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. It is of the utmost importance to stay on a positive mind set.



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, to about eighty to ninety percent.

The truth is that we are creating our own reality and it is possible to manifest the best that the world has to offer. Let's create what you want in your life using the best way to manifest!

## In this chapter you will:

- ✔ Learn how to manifest using the power of the Creator of All That Is.
- ✔ Learn how to do Future Reading.

## IX-1: Manifesting

### What do you want in your life?

- ▶ In order to manifest, you must first decide what it is you want in your life.
- ▶ 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.

### What/how do you manifest?

- ▶ Know exactly what you want, “word for word,” and specify “word for word” in your prayer for manifestation.
- ▶ Be very specific about what you ask for. If you ask for one million dollars, specify that it come to you in the highest and best way.
- ▶ You cannot manifest someone specific to love you. (This would interfere with their free agency).
- ▶ You are only allowed to manifest in aspects of your own life.
- ▶ You may use manifesting to bring in new spirit guides.
- ▶ 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.

### Other Important things to know:

- ▶ Be aware that there be 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 the Core, Genetic, History, or Soul Levels. Test for these blocks and replace accordingly.

### Manifesting Technique

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Decide what you want to manifest in your life.
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: “Creator of All That Is. It is commanded that I have this in my life now (state manifestation) Thank you! It is done. It is done. It is done.”
Step 4. <b>Witness</b>	<input type="checkbox"/> From the standpoint of the co-creative, envision your life as a giant bubble, and yourself as a giant whose arm reaches down from the Creator of All that Is into the bubble stirring, the life/flow/energy to create the changes.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.





## IX-2: Future Reading

**Only the journey is written, not the destination. The future is not set in stone; it changes with the choices we make.**

The truth 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.

At some point in time, a practitioner will find him/her self faced with a client that has questions pertaining to the future. This is no challenge for the practitioner 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 abide by.

### Procedure: Future Reading

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: "Creator of All That Is, It is commanded to grant me a Future Reading on (name the person.) Thank you! It is done. It is done. It is done."
Step 4. <b>Witness</b>	<input type="checkbox"/> Go through their crown chakra into the body. <input type="checkbox"/> Pull your consciousness up and hold your vision on the left side of their body (your right side.) <input type="checkbox"/> Have the client ask questions that pertain to their life. <input type="checkbox"/> You will see flashes of scenarios that are going on in their life from the past, present and future. You may hear or "sense" the answers. <input type="checkbox"/> You then ask the Creator to specify which is past, present, or future, and you will be shown. You will find an actual account of what is going on. <input type="checkbox"/> You may then tell the person what you see. Explain that the future is not set in stone and can be changed. Only the journey is written, not the destination.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

## Exercise: Future Reading

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Follow the steps for “Future Reading” in previous pages with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.

## Important Note:

- ▶ A future reading is a very important, very powerful thing. You must be extremely careful not to mislead your clients by making decisions for them.
- ▶ 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.
- ▶ The future of a client will automatically change when the person has Belief Programs remove and replaced. It is a good idea to do a future reading after any Belief Work has been done in a session.

-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----  
-----

# X. Changing the DNA

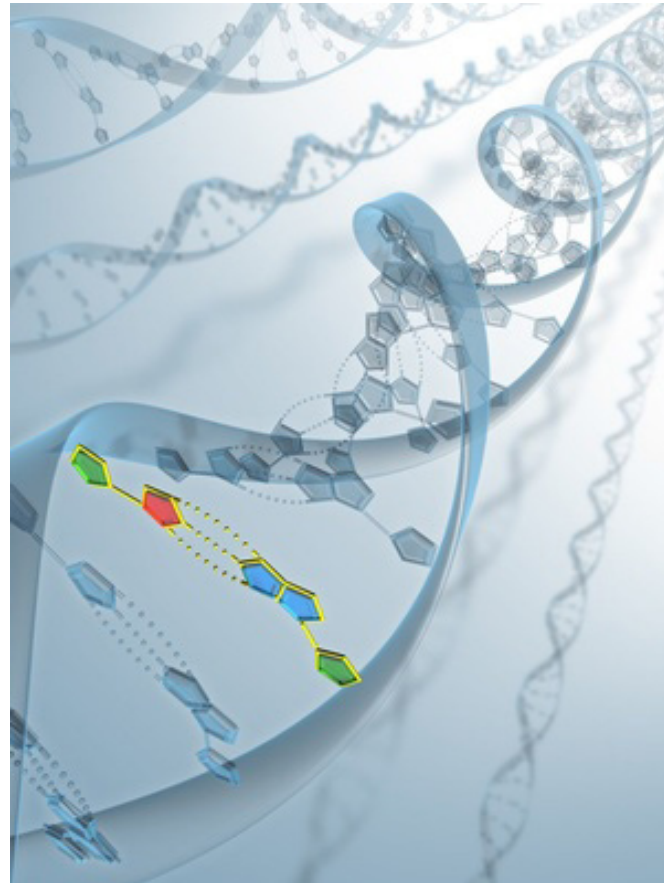
*A world so infinitely tiny that it is a universe all of its own.*

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, and may be thought of as the blueprint for life.

DNA contains the genetic codes that instruct chemical compounds in the synthesis of proteins that control specific cell functions. A gene is a segment of a DNA molecule. Genes determine a person's gender, eye color and skin color, hair color, blood type and so forth.

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.

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.



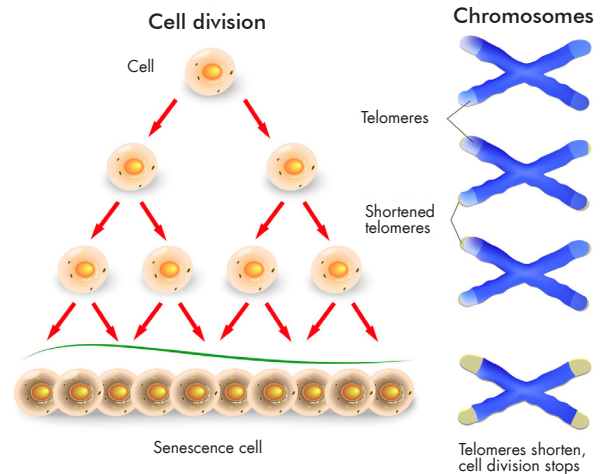
## In this chapter you will:

- ✓ Learn DNA Activation technique.
- ✓ Learn Gene Replacement technique.

## X-1: DNA Activation

### Part One: Activation of the Youth and Vitality Chromosomes

**Y**ou 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 maintain track of the seconds, minutes and hours of the day for the body.



### Part Two: Activation of the Remaining Chromosomes

The DNA Activation allows us to survive the environmental poisons created by man, as well as accelerates our psychic senses. With the Activation and other techniques in this manual, 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.

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.

#### What may happen after this procedure:

- ▶ After this procedure has been done, the person might experience toxins coming out of their system on all levels, spiritually, mentally, emotionally and physically.
- ▶ Some people may experience a healing cleanse, a period of detoxification and purification.
- ▶ Likelihood of the spoken word and strong thoughts becoming reality increases 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. Words and thoughts must be focused in the right direction.
- ▶ 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. It is possible that the activation will happen by sleeping with your spouse, 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.

## Procedure: DNA Activation

Part One: Activation of the Youth and Vitality Chromosomes	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: "Creator of All That Is, it is commanded that the activation of the youth and vitality chromosomes in (name the person) on this day. Thank you! It is done. It is done. It is done. Show me the master cell in the pineal gland."
Step 4. <b>Witness</b>	<input type="checkbox"/> 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. <input type="checkbox"/> Ask the Creative Force if the client is ready for activation of their remaining chromosomes. <ul style="list-style-type: none"> <li><input type="checkbox"/> If the answer is "No", rinse off, ground, and make an energy break.</li> <li><input type="checkbox"/> If the answer is "Yes", move on to Part Two.</li> </ul>
Part Two: Activation of the Remaining Chromosomes	
Step 5. <b>Command</b>	"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."
Step 6. <b>Witness</b>	<input type="checkbox"/> Envision the process until it is finished.
Step 7. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

## Exercise: DNA Activation

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Follow the steps for "DNA Activation" in previous pages with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.

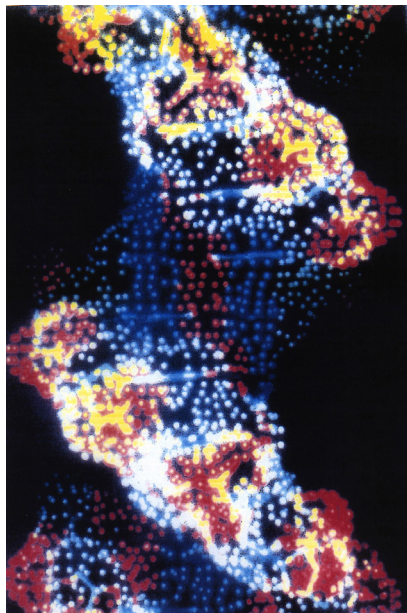
## X-2: Repairing the Physical Gene

**I**nside the DNA are recordings that make the systems of the body function. These recordings affect memories, feelings, and defects that, in turn, affect particular body parts that are making the system work.

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.

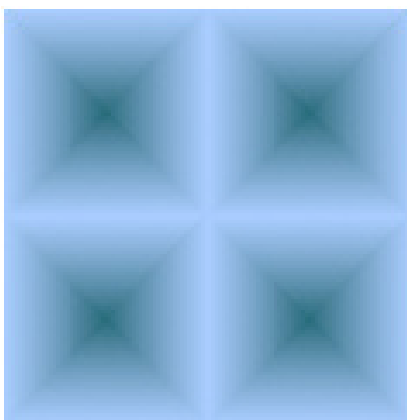
With respect to medical conditions, all that you need to do is watch the Creator to rearrange the DNA genes/nucleic structure.

When you do this exercise, you may see the following visualization, each represent a cause of a physical defect.



### **DNA Helix**

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.



### **Cube**

If you see a cube, the defect is caused by a “feeling” memory from ancestors. 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. You must witness the action until the changes on all chromosomes on all levels are done.

## Procedure: Repairing the Physical Gene

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> Make the command: "Creator of All That Is, It is commanded that the genetic flaw in (name the person) is healed. Show me. Thank you! It is done. It is done. It is done."
Step 4. <b>Witness</b>	<input type="checkbox"/> Go into the person's space. <input type="checkbox"/> You may see a DNA helix or a Cube. (See the previous section) <input type="checkbox"/> In witnessing the change made by God, the "change" happens so fast; the practitioner may only see a flash of light.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

### Repairing the Physical Gene:

Read Basic ThetaHealing Chapter 27, Gene Replacement, pages 232-237.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## X-3: Changing Genetic Programs for Aging

An elderly gentleman called for a reading, and told me that 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 God’s light. This is the process that I witnessed.

### Procedure: Changing Genetic Programs for Aging

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> 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.” <input type="checkbox"/> Go into the person’s space into the pineal gland, to the central cell. <input type="checkbox"/> Make the command, “Creator of All That Is, it is commanded that <u>all genetic programs in (name person) for aging and getting older</u> be pulled and cancelled, sent to God’s light, replaced with the program of: <u>I am young and ageless, forever regenerating,</u> 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.”
Step 4. <b>Witness</b>	<input type="checkbox"/> Witness the process. Stay in the person’s space until the process is finished.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

### Exercise: Changing Genetic Programs for Aging

1. Break up in pairs and determine who will take the role of practitioner and client.
2. Follow the steps for “Changing Genetic Programs for Aging” in previous pages with guidance from the instructor.
3. Share the experience with the student partner.
4. Switch roles and repeat the same steps.



# XI. Dealing with Death

---

## How to Deal With Death

**P**lease understand that it is the Creator that is the healer, not you. You may watch some people pass on to the Creator. This is not about you, it just is.

## Practitioner Responsibilities

Your instructor has more information for you that is not in this manual. This manual is designed as a quick reference guide. Understanding the information in this manual is vital to continuing education. Make sure you read the ThetaHealing book. As a Practitioner of ThetaHealing you have the responsibility of continuously gaining new knowledge. When using the Theta Technique, it helps to have access to this knowledge:

- ▶ Anatomy and physiology; Grays anatomy.
- ▶ Pharmaceutical drugs.
- ▶ Herbs, minerals, homeopathy.
- ▶ Physicians Desk Reference (PDR) 888-859-8053

## XII. Appendix

---

### XII-1: Psychic Thought Control

#### **P** rinciples:

- ▶ Every Thought that you think is a "psychic energy."
- ▶ Every Thought that you think affects your health and happiness.
- ▶ Every Thought that you think is carried on a psychic level.
- ▶ Every Thought that you think attracts its like on a psychic level.
- ▶ Every Thought that you think attracts both animate people and inanimate objects.
- ▶ Every Thought that you think enters your subconscious or subjective mind and, through the subconscious mind, the psychic realm.
- ▶ Every Thought that you think that is positive in nature attracts positive results in you psychically.
- ▶ Every Thought that you think has a magnetic property to it on the psychic realm of mind - your mind being the magnet.
- ▶ Every Thought that you think that is in love attracts love.
- ▶ Every Thought that you think that is prosperous attracts prosperity.
- ▶ Every Thought that you think fills the "Psychic atmosphere" of where you work and live. Therefore think positive, good thoughts.
- ▶ Every Thought that you think starts out psychically, but then returns to you in physical manifestation...whether it is as a person, thing, conditions, or circumstance. Therefore, as you choose your thoughts, you choose your life.
- ▶ Every Thought that you think has "creative power" for good or for ill.
- ▶ Every Thought that you think will make you a master or slave of life.
- ▶ Every Thought that you think is important, for every thought is attracting its nature back to you, via the subjective mind, as it travels into and through the psychic creative realm.

## XII-2: Daily ThetaHealing® Manifestation

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 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 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.*

## XII-3: 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 that you may have picked up as a memory from the other person.

## XII-4: 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 your own space, it is important that you follow these steps to "ground" yourself correctly.

If you feel you must ground, ground like this:

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

Although when you go to the energy of the All That Is, the Creator, stay connected to this energy and there is really no reason to ground. It is the energy of all that is, it connects you to everything. Stay in that energy.

## XII-5: Do's and Don'ts

### ▶ Don't be Confused

Each time a ThetaHealer goes into a person's space in a reading, a person experiences having their heart chakra touched. This feeling can be unfamiliar to them. The person having the reading can become confused and can mistake these feeling for romantic love toward the reader.

The reader must be very careful to clarify to the client that the feelings they are experiencing are caused by the reading, and are only temporary. Also, what is said in the reading is kept in the strictest confidence.

### ▶ Keep your Opinions/Feelings Out

It is imperative that while you are doing a reading that you keep your own opinions and your feelings out of the reading. Make certain God speaks to you. You are an oracle for God.

### ▶ Exchange Energy

There should be an exchange of energy between the reader and the clients, 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 reader and the client to recognize something said and physical has taken place, thereby permitting the healing to take place. This is the client's "witnessing" of the process.

### ▶ When in Doubt

If you are doing a healing or reading and begin to have doubts about God's abilities, or your own abilities, or if you feel disconnected from the co-creative process, get out of the person's space, wash off, and rest for a while. Then begin the process all over again. Fear, doubt, and disbelief are the most powerful blocks on any intuitive healing.

### ▶ Tingling Energy

When you truly connect to the Creator, you will feel a presence with a tingling of energy, on the top of the head coming from the crown with a sense of connecting to a "Source" higher than the crown.

### ▶ Keep your Personal Affairs Separate

Joy and happiness create the healing energy in co-creating a Healing/Reading. You must keep your personal affairs separate from the work so that you create happiness and joy. It is also important to have a degree of unconditional love for people. If you don't genuinely care for people, you may find this line of work to be difficult.

▶ Speak the Command Process to yourself

It is very difficult 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 waves each time you answer questions or continue any process.

▶ Bacteria

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

▶ Candida

Avoid commanding all candida to be gone from the body since many of the body's processes rely on some candida to function.

▶ Heavy Metals

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

▶ Vital Minerals and Vitamins

Avoid the attempt to command that vital minerals and vitamins be created from the Universal Force. Without practice, the body does not know understand how to assimilate mineral and vitamins in this way.

▶ Highest and Best Way

To be sure that fears, doubts, or disbeliefs do not interfere with the healing process, add the command that it be done in the "highest and best way".

▶ Do more Physical Exercise

When you are in theta and use the thetawave extensively for healings and 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 our the body processes.

▶ Be Careful with your Thoughts

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

▶ Always Ask God

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 "change this" and to "show me".

▶ Pregnant Women

Avoid the facilitation of Belief Work on a women in the first trimester because of the liability issue.

A series of horizontal dashed lines for writing notes.

## XII-6: 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 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: The Fallen

Step	
Step 1. <b>Interact</b>	<input type="checkbox"/> Meet and greet your student partner <input type="checkbox"/> Hand position <input type="checkbox"/> Verbal consent
Step 2. <b>Meditate</b>	<input type="checkbox"/> Go up to the Creator of All That Is.
Step 3. <b>Command</b>	<input type="checkbox"/> "Creator of All That Is, is is commanded that I hear and be given the name of the entity. Thank you. It is done, it is done, it is done. <input type="checkbox"/> "Creator of All That Is, it is commanded that (entities name) be sent to God's light to be transformed. Thank you. It is done, it is done, it is done.
Step 4. <b>Witness</b>	<input type="checkbox"/> Move over to their crown <input type="checkbox"/> Witness them being sent to the God's light using your connection or the client's connection to the Source. <input type="checkbox"/> Be sure you follow them all the way to God's light as they will attempt to escape.
Step 5. <b>Close</b>	<input type="checkbox"/> Rinse. <input type="checkbox"/> Ground. <input type="checkbox"/> Energy break.

---

---

---

---

---

---

---

---

---

---



## XII-7: Vianna's Sayings

- ▶ Talk to the Creator every day.
- ▶ Thank the Creator every day.
- ▶ Honor life in all its forms.
- ▶ All is not what it seems.
- ▶ Thoughts move faster than light; they move and have essence, so be careful what you think.
- ▶ Do something to be proud of every day.
- ▶ Slow down and notice the air and the light. Appreciate life.
- ▶ Action is all-important.
- ▶ It's a piece of cake.
- ▶ It just is.
- ▶ Whenever possible, hurt no one and nothing.
- ▶ See truth in people, and still love them.
- ▶ Healers go through a process, first we believe, then we know, then we do.
- ▶ So much of our time is wasted upon useless thought forms. We must learn to focus and direct our thought -energy to the divine consciousness.
- ▶ Live your life as if there are no secrets. Live as you are an open book, and then you could tell anyone what you did today.
- ▶ Sometimes the best secrets are kept by sharing them with the world.
- ▶ You can love all people - including the mean ones - as long as you are connected to the Creator.
- ▶ Prophetic power is using the power of the universe.
- ▶ Reality is always there waiting for us to acknowledge it. It is only when you believe in the reality that it becomes real on a personal level.
- ▶ Most of the problems that occur in the Third Plane of Existence are caused by the illusion that we are separated from the Creator.



## XII-8: Eight Shortcuts of Digging

### 1) Fear

Ask the following questions until you identify the deepest fear that underlies all of the other fears.

- ▶ What are you afraid of?
- ▶ What is the worst thing that could happen if you were in a given situation?
- ▶ What would happen next?
- ▶ Then what happens?

### 2) Resentment

This approach may be used for resentment and all of the other negative emotions, other than fear.

#### Step 1: understand the situation

- ▶ Who
- ▶ What
- ▶ When
- ▶ Where
- ▶ Why
- ▶ How

*Example:*

*Client:: I resent my boss.*

*Healer: Why?*

*Client: Because no matter how well I perform, my boss does not accept me.*

### Step 2: Find out when it was created.

The person may have experienced a similar situation many times in their life. If so, identify the incident that first evoked the negative situation, in which they experienced emotions such as anger, sadness, resentment, guilt, and rejection.

- ▶ Did this happen to you in the past?
- ▶ When was the first time this happened to you?

*Example:*

*Client: I resent my father.*

*Healer: Why?*

*Client: Yes, it was my father. He beat me and told me that I would never amount to anything.*

### Step 3: Find out the reason behind the resentment

Every belief that we have serves us in some way. Unless you find out why it serves you, the client's brain will create it again, even after you change it. Find the reason behind the resentment and change it, so that the client may move forward, and remove the resentment.

- ▶ How did it serve you?
- ▶ What did you learn from it?

*Example:*

*Healer: How did it serve you? What did you learn from it?*

*Client: I learned that I would never beat my own children. I learned how to please myself and be independent. I learned that it is safer to be alone.*

*Healer: Do I have permission to download that you can treat your children good without being beaten? Do I have permission to download you that you can be independent without falling? That you can receive love and that you are safe without having to be alone?*

## 3) Illness I: Find out why the illness was created

Ask the client, or go up and ask the Creator, when the sickness started. Ask what was going on in their life at the time the sickness began. Then dig deeper to resolve the issue.

- ▶ When did you first get sick?
- ▶ What was going on in your life when you became sick?

#### 4) Illness II: Find out how the illness is serving the client

Sometimes people are more afraid of becoming well than of being sick. For example, they may be afraid that they have to work again. Find out the true motivation behind the illness, and change it, so that the client may be motivated to become well again.

- ▶ What will happen when you are completely well?
- ▶ What is going to happen when you get better?
- ▶ How is this sickness helping you?
- ▶ In what way did it change in your life?
- ▶ How did it serve you?

#### 5) Manifesting

Ask the client to visualize what they would do if they had all the money in the world, much more than they could spend. Ask the client to elaborate on the situation by asking where they are, how they feel, who is with them, and how their family/ friends/soul mate would react. Discover the issues that made the client uncomfortable in their visualization, and start digging deeper to resolve the issues.

- ▶ What would you do if you had all the money you ever wanted?
- ▶ Where would you live?
- ▶ Who is with you? What do they look like?
- ▶ How does it feel?
- ▶ How would your soul mate/family/friends react? What would they say to you?
- ▶ What could go wrong if you have all that you want?

#### 6) Genetic

When you muscle test the client, you may find some negative beliefs for which they have no conscious awareness. That is because the beliefs are their ancestor's beliefs. Through the DNA, the client may have received the ancestor's beliefs. For example, they may have prejudice, anger, or resentment against certain people. The ancestor's beliefs may be very outdated, and it may not serve the client in this current lifetime.

Ask the following questions and continue digging.

- ▶ Is this your mother's belief?
- ▶ Is this your father's belief?
- ▶ Is this your ancestor's belief?
- ▶ If you could work on your father or mother, what belief would you want to work on?

## 7) History Level

We have beliefs on the history level, including past life beliefs and group conscious beliefs. Having past life beliefs does not necessarily mean that you lived in the past life. It may be somebody's else's beliefs that lived in the past, and that you have acquired. Anything you or anyone else touches retains an imprint. You may pick up these imprints that carry beliefs from past lives, such as a vow of poverty.

When many people have the same belief, such as "diabetes is incurable", they accept it as a fact, and it becomes a conscious belief.

Examples of group conscious beliefs:

- ▶ Diabetes is incurable.
- ▶ The end of the world is coming in 2012.
- ▶ It was my fault that Atlantis was destroyed.
- ▶ I am afraid of using my power.
- ▶ I took a vow of poverty

Find these beliefs and change them, so that the beliefs do not affect the client's life. Make the command "This is completed now. This is finished. I am ready to move forward. Thank you. It is done, it is done, it is done."

## 8) Impossible

In DNA 3, we learn to do healing work on the planet. We learn to work on the massive group consciousness. We learn to work on what your brain thinks is impossible. Unlike the other digging methods that are used to find blocks, this digging method is used to reprogram your brain to accept the impossible.

Start the digging by asking the following questions:

- ▶ What would happen if you could do this?
  - ▶ Why is it impossible?
  - ▶ Who told you that it was impossible?

**These are the eight shortcuts of digging, but there are not shortcuts to the digging process itself. In most instances, digging work must be done in order to create change with the client.**

## XII-9: General Structure of a Session

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 out 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.

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 previous sections are a guide to the different music played in the Body-Reading.

---

## XIII. Congratulations

---

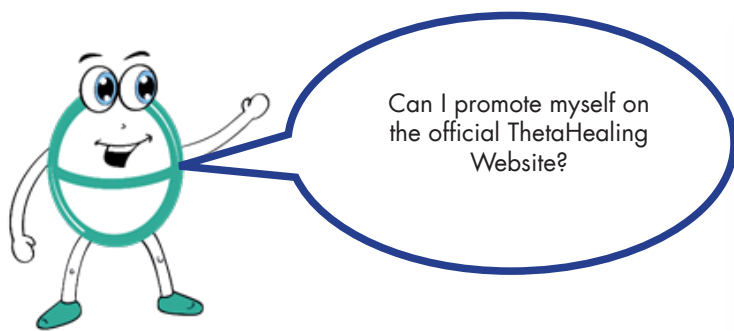
Congratulations you have now completed the Basic ThetaHealing Practitioners seminar. Keep in mind we are retraining our mind to go into theta. The more you practice the technique the better you will become and the faster you will go through the meditation. Remember you are always connected and we are here if you need any help.

We would love your feedback about this seminar and your ThetaHealing Instructor. You can complete our feedback form online <http://www.thetahealing.com/seminar-feedback-form.html>

# XIV. Trademark Guidelines



## Promotion on the official ThetaHealing Page



### Yes Mr. Theta, you can do this.

In fact, we strongly recommend if you are going to be offering sessions or teaching that you make sure your profile is complete and current. Thousands of people search on thetahealing.com and the language sites everyday. This is where they check to make sure you are in fact an Official ThetaHealing Instructor. In your ThetaHealing Profile there are a few different options you can choose to promote yourself with.

### Active/ Free Profile

Every ThetaHealer is given an account on the official ThetaHealing Website. This account is HIDDEN and not shown until you log in and choose to have it ACTIVE. With the Active/Free profile you receive your contact details on the site, certifications and a picture in your profile.

### Basic Profile \$8.00/Mo.

With this profile you receive the custom ThetaHealing URL. Example [www.thetahealing.com/brandyopfar](http://www.thetahealing.com/brandyopfar). You also receive the option to load a biography, testimonials, and extra credentials.

### Sapphire Profile \$20.00/Mo. (recommended for Practitioners)

With this profile you receive the custom ThetaHealing URL. Example [www.thetahealing.com/brandyopfar](http://www.thetahealing.com/brandyopfar). You also receive the option to load a biography, testimonials, and extra credentials and social media links. Coming soon, rotating banners.

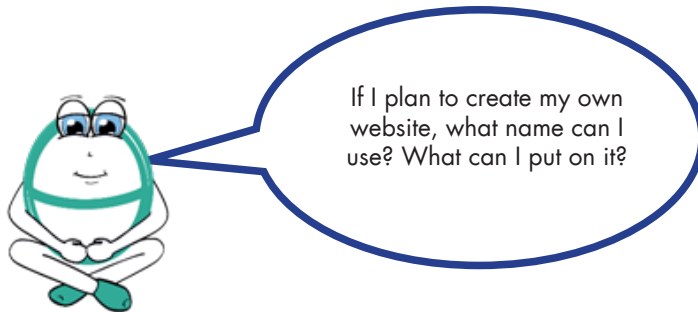
**Diamond Profile \$30.00/Mo. (recommended for Instructors)**

With this profile you receive the custom ThetaHealing URL. Example [www.thetahealing.com/brandyopfar](http://www.thetahealing.com/brandyopfar). You also receive the option to load a biography, testimonials, extra credentials, social media links, rotating banners, and Unlimited Seminar Advertising (seminars show as long as you have the diamond profile).

**THINGS TO KNOW FOR STUDENTS**

Your students profile is created for them once you enter them in the system. They are defaulted to HIDDEN and will not show on the site until they log in themselves and agree to terms and conditions and choose to be ACTIVE.

**Promotion on your Website and Social Media**



Your own website is a great idea. When you make your own website, it is important, that it reflects you and that it follows the Trademark Guidelines. ThetaHealing® is the Technique you are using and Teaching, but not your Company name. Choose a name, which is unique to you. Example: [www.brandyopfar.com](http://www.brandyopfar.com) or [www.healingwithjoy.com](http://www.healingwithjoy.com)

**Use of the Brand name in Domains, Associations or Social Media**

**Am I allowed to put the ThetaHealing Technique on my Website?**

Yes, you can make a section on your website, explaining the ThetaHealing Technique. You can also promote the seminars on your website. On the official ThetaHealing Site, when you log in with your personal details, you can find pictures and information about the promotion on your website.

You need to have ThetaHealing on its own page, especially if you offer other techniques. Each technique should have its own page and description. This way it is not misleading to consumers and honors all training you have.

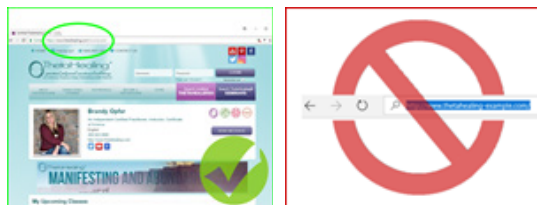


Make sure you use the ® symbol next to ThetaHealing® on its Menu page and the first time it is mentioned on each page of your website.



**Am I allowed to use ThetaHealing in my domain name?**

A domain name with ThetaHealing or a modification/translation of ThetaHealing is a direct violation according to the trademark agreements.



The only approved domain with ThetaHealing in the domain is your profile domain on thetahealing.com. Example [www.thetahealing.com/brandyopfar](http://www.thetahealing.com/brandyopfar)

**Am I allowed to use ThetaHealing in Title of a Facebook Group or Site?**

A Facebook Group or other social media groups using the ThetaHealing Trademark is not allowed. You can create a page unique to you and in the description put that you are a certified ThetaHealing Practitioner, Instructor, Master, and Certificate of Science.



**Am I allowed to use School, Association, Group, with ThetaHealing in Title?**

A School, Association or Group using the ThetaHealing Trademark is not allowed. Anyone can have a School or association as long as you follow your state/country guidelines and choose a name unique to you, not including ThetaHealing in the name.

**Webinars and YouTube Videos**

**Am I allowed to record Videos/ Webinar using the ThetaHealing Meditation?**

It is not allowed to record any video or meditation, using the ThetaHealing Trademark or the ThetaHealing Meditation. If you would like to request a meditation by Vianna to use on your site you may contact us.



**Marketing**

**How do I create the promotion for multiple Techniques in one flyer with the ThetaHealing Trademark?**

If you are offering multiple techniques you will need to have separate flyers or have it divided in away it is not misleading to consumers. You cannot mix it with other techniques.

**ThetaHealing Merchandise and Trademarked Products**

**How can I get Products with the ThetaHealing Trademark on it?**

On the official ThetaHealing webpage you can find a list of products we offer for a wholesaler price to our Instructors. Through [www.thetahealingworldwide.com](http://www.thetahealingworldwide.com) you can order products for distribution other than the US.

**Am I allowed to produce and sell products with the ThetaHealing Trademark?**

It is against Trademark Use and Guidelines to produce products with the ThetaHealing or any other of the THInK Trademark on it.



On the official ThetaHealing webpage you find a list of products we offer at a wholesaler price to our Instructors, which you can sell to your students.

You can order it either in the US on [www.thetahealing.com](http://www.thetahealing.com) or through our European Supplier [www.w-cooperations.ch](http://www.w-cooperations.ch).

You can request a product from our two locations if we do not already have it in stock. A minimum order may be required.

# XV. Join the conversation

Join the conversation about the Upcoming Events, Products, ThetaHealing Downloads and More!



ThetaHealingbyVianna



ThetaHealingbyVianna



@thethetahealing



[www.thetahealing.com](http://www.thetahealing.com)  
[www.thetahealingworldwide.com](http://www.thetahealingworldwide.com)



thethetahealing



ThetaHealingVianna



ThetaHealingbyVianna



[www.thetahealing.com](http://www.thetahealing.com)  
[www.w-cooperations.ch](http://www.w-cooperations.ch)

*We'd love to hear from you!*





THINK®

---

THETAHEALING  
INSTITUTE OF KNOWLEDGE