

theta healing

A change in your brainwaves can lead to recovery, finds Angela Donaldson

If you're plagued by a recurring emotional problem or always held back by a lack of confidence or motivation, ThetaHealing can help.

What is it?

ThetaHealing is a spiritual, physical and emotional healing technique conducted while you and the practitioner are in a theta brainwave state. This is where you are awake but fully relaxed, as you would be during meditation, says Mark Anthony, a Sydney-based ThetaHealing master instructor. He says having a healing session while you're in this state enables you to access, and get rid of, unhelpful beliefs and painful feelings stored in the subconscious.

"ThetaHealing is the ultimate tool in self-empowerment as it can reprogram the subconscious mind," he says. "It enables you to release feelings connected with events from the past so you can be free of the pain and restriction from those issues and live more in the moment." 'Pain' from issues past can be emotional, spiritual or mental, says Anthony, and in some people presents itself as physical health problems.

What takes place in a theta session?

Sessions are typically conducted with the practitioner and client sitting close to one another. The practitioner begins by going into a meditative theta state which, Anthony says,

automatically puts the client into a theta state. Once the practitioner and client are in this state (where our brainwaves are slower than when we're fully awake), the practitioner asks questions to identify the client's problem and the subconscious issues contributing to it.

"People are often unaware of the subconscious beliefs that drive them in life, that limit them and cause them pain," he says. Commonly held limiting beliefs include, 'I am a failure' or 'I'm not lovable'. "These subconscious beliefs are ultimately responsible for shaping our reality and no amount of thinking differently will change them," says Anthony. "They need to be changed on a deep level by reprogramming the subconscious." Practitioners do this by suggesting new ways of being, thinking and feeling, all while you're in a theta state.

How does it work?

While the ThetaHealing practitioner facilitates the healing, Anthony explains that the actual healing comes from the "Creator of all that is". But, he says, you don't have to believe in God for it to work, as long as you believe in some form of higher power or consciousness. "It's not a religious-based therapy and is not part of any church or religious denomination," he says.

Anthony says the therapy's healing power can also be explained by science. "Everything in our universe

– all living and man-made things – is made up of the same energy," he says. "ThetaHealing enables us to tap into this universal energy. When we do, we can make changes to our emotions, energy and consciousness about a situation and allow a new perspective and feelings to come in."

How does it feel?

Some people feel a major change in their body, mind or emotions during a session, while others feel little but notice a difference later. Clients are typically asked to rate how bad they feel before and after a session. "Some people feel instant relief from their emotional pain about an issue," says Anthony. "Others notice later that they don't feel as reactive or pained about the situation that was troubling them."

What can it help?

Anthony says ThetaHealing can help with a wide range of issues from releasing past trauma, abuse, resentment and anger to finding your life's purpose, building self-esteem and confidence, improving relationships and recovering from broken relationships. He says it has also helped people with physical health problems.

"If you're always sabotaging your efforts to achieve something, be it related to health, relationships, money or career, ThetaHealing can help you discover and eliminate what's holding you back," says Anthony.

FIND A PRACTITIONER To find a ThetaHealing practitioner, visit www.thetahealing.com. A session costs between \$80 and \$150 an hour.



Where did it originate?

ThetaHealing was developed in 1995 by Vianna Stibal, a US naturopath and massage therapist who also did intuitive readings. She discovered the technique in her quest to find therapies to help her deal with cancer. Stibal had the technique studied by a physicist who discovered it taps into theta brainwaves.

Naomie's story

NAOMIE MARTELLI, 44, SUFFERED DEPRESSION FOR 20 YEARS AND IS NOW HER HAPPIEST EVER, THANKS TO THETAHEALING.



"I became seriously ill from depression and insomnia at the end of 2008 and was on medication to cope. I felt imprisoned by my body and mind and began to contemplate suicide. One day I was drawn to a magazine article about ThetaHealing. I went for a session and the practitioner asked questions about what was happening to me. She identified beliefs I had that were contributing to my problems and changed

them simply by suggesting new beliefs and feelings.

During the session, I felt my energy changing and lifting, and when I walked outside I felt incredibly different. And I was smiling for no reason! This mightn't sound like much, but I'd truly forgotten how to smile. I had two more sessions, then learned to do ThetaHealing on myself.

My old issues don't even exist anymore. Now I know the feeling of joy for the first time and I am the most peaceful I've ever been."