

VIANNA STIBAL

ADVANCED THETA HEALING™

ALL THAT IS

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THETAHEALING
INSTITUTE OF KNOWLEDGE

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ThetaHealing™ is an energy healing modality founded by Vianna Stibal through a spontaneous healing from cancer. ThetaHealing™ is designed as a therapeutic self-help guide to develop the ability to change on all levels: physically, mentally, emotionally and spiritually using the theta-mind state.

This *Advanced ThetaHealing* manuscript is the companion to the first book *ThetaHealing and ThetaHealing Diseases and Disorders*. In the first book of *ThetaHealing*, the step-by-step processes of the Reading, the Healing, the Belief Work, Feeling Work, Digging, Gene Work, and an introduction to the Planes of Existence are explained to the beginner.

Advanced ThetaHealing does not include the beginning specific step-by-step processes that proliferate in *ThetaHealing*. **It is necessary to reach an understanding of these processes as they are explained in *ThetaHealing*.** This book of *Advanced ThetaHealing* gives the reader an in-depth guide to Belief, Feeling and Digging Work. There are also additional insights into The Planes of Existence and the Beliefs for physical, emotional, mental and spiritual evolution. This manuscript focuses on the experiences from thousands of Belief Work sessions. May this knowledge be a gift for all those brave souls out there who dare to *believe*.

ThetaHealing™ is best known for the Belief and Feeling Work. With growing scientific evidence that toxic emotion can contribute to disease and the awareness that emotions, feelings and the power of thought have a direct bearing upon our physical health, there is increasing interest in changing how the mind influences the body to create optimum health. Belief and Feeling Work empower people with the ability to remove and replace negative emotions, feelings and thoughts with positive, beneficial ones from the Core, Genetic, History and Soul Levels. ThetaHealing can be most easily described as an attainable miracle for your life. The classes and books of ThetaHealing™ are designed as a self-help guide to connect to our ability to heal using the *Theta* brainwave through a connection to the Creator of All That Is. The processes of ThetaHealing are not specific to any age, sex, race, color, creed or religion. Anyone with a pure belief in God or the All That Is Essence can access and use the branches of the ThetaHealing tree.

The ThetaHealing Institute of Knowledge (THInK) is dedicated to the certification of ThetaHealing Instructors and the development of ThetaHealing World Wide. Based in Ammon Idaho, U.S.A., the Institute has certified Instructors and Practitioners around the world.

See our website
at
www.thetahealing.com

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INSTITUTE OF KNOWLEDGE

Vianna Stibal

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

Forward by Guy Stibal

I am a living testimony to the purity of the formulation of this work. This information came from conversations with the Creator, from the thousands of Readings and Healings; not to mention interaction with Vianna's students, instructors and from ThetaHealing classes over a period of years. The ideas, concepts and processes were spontaneous in their formulation and never devised by abusing the information of other established or un-established energy healing modalities. The other, definitive sources and resources that are used in ThetaHealing are forthcoming for all that wish to know.

Springing from a conservative community in America, ThetaHealing has become a world-wide healing modality. In observing the considerable challenges that were experienced in its formulation, I am constantly amazed at how ThetaHealing has triumphed. Against all probability, it has indeed become a light in the darkness; a gift from the divine. There have been many people all in their own way, who contributed to making ThetaHealing the energy-healing modality that it has become. These are the clients, students, practitioners and certified Instructors who in varying degrees have made contributions that cannot be overlooked. Nevertheless, no matter how many people that become involved in ThetaHealing; no matter how many people take these teachings into themselves; the inescapable fact still remains; it all came from the resolve, bravery and pure faith of one person: *Vianna*.

Having witnessed the development first hand, I can comfortably say that I have never experienced such truth, faith and determination in any other human being as that I have seen in Vianna. To me, this is why she is the loving leader of ThetaHealing, and the only person qualified to do so. I believe that this is why the information comes through her. Many people love God, but I have seen few stand in the light and presence of the divine with such conviction and consistency that God the Creator is *real*. The contents of this book are from the visionary and physical experiences of Vianna. It is offered as a guide for the ability of the mind to heal through the Creator of *All That Is*. The rest is up to you, and to your *Beliefs*.

Guy Stibal

Table of Contents

Chapter One		1
Chapter Two	Discover the Seventh Plane	5
Chapter Three	The Advanced Reading	11
Chapter Four	Advanced Healing	29
Chapter Five	The Creation of Feelings	30
Chapter Six	Advanced Belief, Finding and Digging Work	
	Find the Bottom Belief	75
Chapter Seven	The Digging Work Sessions	94
Chapter Eight	The Planes of Existence	151
Chapter Nine	Welcome to the Seventh Plane of Existence - All That Is	160
Chapter Ten	The Sixth Plane of Existence	169
Chapter Eleven	The Fifth Plane of Existence	182
Chapter Twelve	The Fourth Plane of Existence	200
Chapter Thirteen	The Third Plane of Existence	212
Chapter Fourteen	The Second Plane of Existence	221
Chapter Fifteen	The First Plane of Existence	232
Chapter Sixteen	Healing With the Planes	243
Chapter Seventeen	Free-Floating Memories	252
Chapter Eighteen	Send Love to Baby in the Womb	255
Chapter Nineteen	The Broken Soul	258
Chapter Twenty	The Heart Song	265
Chapter Twenty One	Clearing and Belief Work	
	on Non-Organic Material	270
Chapter Twenty Two	Bending Time	272
Chapter Twenty Three	Creating Our Future	274
Chapter Twenty Four	Divine Timing	276
Chapter Twenty Five	Beliefs, Downloads and Feelings	281
Chapter Twenty Six	DNA3 Prerequisites	316
Chapter Twenty Seven	Vianna's Sayings	321
Finale		322
ThetaHealing Classes		323
Index		325
About the Author		340

Preface From Vianna

This *Advanced ThetaHealing* manuscript is the companion to the first book *ThetaHealing and ThetaHealing Diseases and Disorders*. In the book *ThetaHealing*, I explain the step by step processes of the Reading, the Healing, the Belief Work, Feeling Work, Digging, Gene Work, an introduction to the Planes of Existence and additional knowledge for the beginner. This book of *Advanced ThetaHealing* gives the reader an in-depth guide to Belief, Feeling, Digging Work, insights into The Planes of Existence and the Beliefs that I believe are essential for spiritual evolution.

Advanced ThetaHealing does not include the beginning specific step by step processes that proliferate in *ThetaHealing*. It is necessary to reach an understanding of these processes that are explained in *ThetaHealing* in order to fully utilize this book. I must thank all the wonderful clients and students who gave me the opportunity to learn the information that has finally come to rest, compiled in *Advanced ThetaHealing* for posterity. This manuscript focuses on the experiences of Belief Work from some of the thousands of sessions I have done. May this knowledge be a gift for all those brave souls out there who dare to *believe*.

In this book, advanced information will be revealed from one of the most powerful energy-healing techniques that has ever been in a written text: ThetaHealing™. ThetaHealing is a process of meditation that we believe creates physical, psychological, and spiritual healing using the *Theta* brain wave. While in a pure and divine Theta-State of mind, we are able to connect with the Creator of All That Is through focused prayer. The Creator has given us the fascinating knowledge you are about to receive. It has changed my life and the lives of many others.

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

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

This book is a compilation of information from the “DNA Advanced Classes,” the “DNA 2 Advanced Manual” and from recordings. It is the prelude to DNA 3.

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

Introduction

Hello, I am Vianna.

On a dark moonless night in the year 2003, I was driving down the long road from work toward my home in the country. Suddenly I had a most amazing epiphany. I realized that it had been nine years since the beginning of my journey in ThetaHealing and I had come a long way. During these nine years, I had given thousands of Readings and Healings, taught numerous classes and written books on the ThetaHealing technique. After nine years, I learned one undeniable truth; I still had much to learn. Driving down that lonely road along the Snake River, the voice of the Creator told me that I had finished my nine year indentured service. It was at the end of this learning process that I began a new journey of discovery and I was told I was entering into a three year period of being a teacher.

The Creator told me that I would be teaching preparation for DNA 3, ThetaHealing for advanced students. This alarmed me a little because every time this information began to come in; I knew there would be great changes in my life. However, I calmed myself down and with curiosity, I asked, "Okay God, what is DNA 3 all about?"

I was told that DNA 3 would involve the knowledge of how to move and change non-organic and organic matter, as well as how to work with the mitochondria to have instant Healings. In the past, I experienced instantaneous manifestations and Healings as did others close to me, so this didn't surprise me.

I was told that when one hundred people understand the advanced information, the ability to implement the concepts and exercises of Advanced ThetaHealing would be much easier. Once these 100 people understood the advanced information, it would spread throughout the collective consciousness of humanity. The Creator told me that I would know when 100 people truly understood it, and when 1000 people believed in, knew, and lived the advanced knowledge it would spread and escalate these latent abilities into the consciousness of humankind.

I was told,

"First, you believe in the concepts, then you know them and then you live within them. The advanced information will open new neural pathways that have never been awake before."

This is when a thought came to me of how I wished that the mundane challenges of

my everyday life could be more like my work. The Readings, Healings, and the inside of the human body are where I am more comfortable; moving around cells and bone in the blissful state of theta. It is when I was *outside* the body dealing with everyday stress that things become strange.

In answer to this thought the Creator explained:

“Vianna, in or out of theta, in or out of the body, it is all the same. How many people think about the body’s functions as they run the internal complex systems? At any one time there are electrical impulses from the brain to the body that tells it to breath, to grow, to feel hunger, to digest food and all the other unconscious acts of the brain to the body. In much the same way, the brain and the Soul are connected to the giant nervous system of the earth. The Earth in turn is connected to the nervous system of the universe that is our infinite “outside” body. This connection to the universe is the same as the inside in that we may affect changes upon the universe outside of our space much in the same way as we are connected with the All That Is that is internal. The reason we cannot achieve change outside of our space is because of centuries of children raised with the Beliefs that they had limitations. Limitations we have accepted, in, around, and through the DNA on the spiritual, mental, emotional, and physical levels.”

It was at this moment that I began to have a deeper understanding of the Creators plan for the ThetaHealing information and how it was to be given and implemented.

You see, when we were given the Belief and Feeling Work, we were shown the capabilities to dissolve these limitations to be truly connected with the God-Self that is within all of us. As a species, it took us centuries to collect these Programs on physical, emotional, mental and spiritual levels. Without a means to release them, it would take centuries to get rid of them. In the past, this is how we have evolved, level-by-level, generation by generation and life-by-life. We only evolved a little each life so that we could understand everything that particular life had to give. Whether these memories are from our ancestors or are our own they are none the less real.

Through *spiritual evolution* we are developing the ability to look beyond the confines of our reality and open ourselves to other aspects of creation. Through *spiritual evolution* we are given a way to eliminate Belief Systems in this life that no longer serve us.

We now have the opportunity to evolve into a new transition of development, where we are given the keys to unlocking the floodgates to the dam that has held our ‘karma’ from moving forward. Genetics, disease, childhood Programs, energetic influences, and

issues from the collective consciousness all keep us from developing to our full potential as co-creators with the Creator of All That Is. It is no longer necessary to relive past karmic influences that cause dysfunction to us in the here and now. We now can avoid being affected by the choices of our ancestors, or even the influences of our present day lives. It is time that we begin to take our power as divine sparks of God by changing our Beliefs.

Having been given all the information for the DNA 2 Basic class, I present to you the preparation for DNA 3, Advanced ThetaHealing that has been taught since 2003 and compiled in this book.

The Golden Rule of Advanced ThetaHealing: Be careful with these abilities. Once our intuitive abilities become developed, it is imperative that we are conscious of our projected thought forms while in a theta state. This is why it is important to use the Belief Work to remove and replace negative Programs, in addition to Downloading Feelings from the Creator to bring us to a place of purity in our thoughts.

Your mind is incredible. It moves your body with electrical impulses and to accept these techniques you must learn the electrical impulses that move things outside the body as well as the acceptance and wisdom I have spoken of. It is this wisdom that you must develop to use your abilities without fear and to know the difference between your emotions and *truth*.

Most of the instructors and students who are practicing Theta-work are wonderful people. However, occasionally there may be an individual who is unbalanced or overly egotistical; that is simply the way life can be.

This is one of the reasons for the advanced information. The advanced information is designed to sort out the people who should be doing theta work as opposed to those that should not. The *Free Will* of a person is a wonderful gift, but it should not interfere with the *Free Agency* of another person.

In the year 2002 I had a dream that I now see pertains to this subject. In the dream, I was a guardian given the job of protecting a baby. There was a mystery surrounding the child, in that at first I thought that someone was trying to kill this child, since repeatedly everyone that would come close to it would be cut to shreds. Continually, something terrible would happen around this little baby. In the dream, I walked into the room just as something terrible was happening to someone and I realized that it was the baby that

was the cause. You see, the baby had too much uncontrolled psychic power. The baby had this incredible psychic ability, and anyone who made the baby angry or upset was cut into ribbons. The “baby” was a symbol of humankind’s psychic abilities run wild; of our misuse and ignorance, much like the person that drives down the street sending curses out to anyone in their way. This child was incredibly intuitive and had not gained the wisdom along with the power it had. It had not learned the wisdom because it had not had time to develop the wisdom.

The moral of this story is that if you have power without the wisdom, it is possible to misuse it. In this space and time many people have Belief Programs that will cause them to misuse these same abilities. As you learn and use the DNA 2 Basic teachings, you should balance ability with wisdom so that you will not misuse these abilities.

For some people, self-sabotaging Programs that exist on an unconscious level may be the cause of the person being dysfunctional. These Programs are held on the different Belief Levels of a person’s space. In other instances, the practitioner’s negative ego may be the cause in limiting the development of the Theta-Healer. Balance is the key to become an intuitive healer using energy work. If the energy healer is unbalanced, it is possible that the Readings and Healings will not be effective.

In order to be effective, the powerful thought forms of the theta state must be balanced and unconditional love must be projected in Readings, Healings and the teaching of this work. If you do not truly *Love* the people you are Healing they can sense it. If you look inward and find that you dislike certain people, perhaps you should use the Belief Work until you see the *Truth* about people and still accept and *Love* them for who they are. We might recognize traits in others that we find annoying, but it is the mastership of those traits within *ourselves* that overcome the endless circle of competition among one another. It is through releasing Bottom Beliefs and acceptance of essential Feelings from the Creator that will set you free.

This book will teach you judgment and discernment using the Planes of Existence.

Welcome to Advanced ThetaHealing!

The very nature of life could be perceived as a pure energy. The Seven Planes of Existence are the dance and the circle of this energy. This divine energy is never-ending, simply changing forms through different frequencies of vibration. There is no Plane of Existence that is more important than any other. The objective is to become balanced with the energy of every Plane through the Seventh Plane of the Creator of All That Is, the universal spirit that animates and binds all things in existence. The purpose of this manuscript is not only to explain this, but to focus on the energy that receives the best and quickest results, to understand that what is created can be “dis-created” and then recreated again.

Advanced ThetaHealing is the understanding of the spiritual nature of atoms and that we are magnificent beings creating reality.

Chapter One

In this book, you will learn how to heal from the Seventh Plane of Existence. The Seventh Plane is the essence of All That Is.

- ⊖ You will learn more details about all of the Planes, to eliminate oaths, vows and commitments made on other Planes that are no longer serving you and learn how to heal broken souls.
- ⊖ You are going to bring in Feelings that you may have never experienced before.
- ⊖ You will be able to clear space in the mind that is wasted holding onto random negative thoughts, such as anger, revenge, resentment, regret, grudges, aggression, jealousy, envy and bitterness.
- ⊖ This will allow you to utilize more energy, to achieve faster Healings, to advance as a species and to connect you to the Divine.

Before beginning this book, please understand that you are responsible for your own decisions and for your own life. The concepts of this book are wonderful and will help you grow, but cannot be used against another person's Free Will. No matter who you are, no matter what you think, the truth is that we are all here to learn by experience and that we all have Free Will. Free Will is a Law of the universe that cannot be broken. It just is. If you are reading this book with other ideas in mind perhaps this information is not for you. Anyone who uses this work and abuses it must understand that there are other Laws that are connected to Free Will such as the Law of Truth and the Law of Justice. The Laws work synergistically with one another to enhance the attributes that are inherent in each individual Law. To break the imperative of a Law such as Free Will would mean to be in direct opposition against the Law of Truth and the Law of Justice.

In 2003, I was told that there would be a DNA 3 ThetaHealing Class. In order to advance to this class, students would need certain Downloads (Feelings a person may have never known from the Creator of All That Is) to be able to move forward to understand and utilize DNA 3. These Downloads were offered to people in what came to be called the Advanced ThetaHealing Class and are in this book.

This book teaches you how to Download these Feelings into yourself by accessing the highest definition of them from the Creator of All That Is. I understand that many of you will already have some of these Feelings and Beliefs and you may not experience earth shattering changes. However, the proper understanding and knowing of these Feelings can create positive changes in your life.

This is how we believe it works: From the point of conception when you were in the womb up until the present time, your cells have been trained what to expect in the way of messages that are sent through the receptors. We have receptors in our body for every cell. Those receptors are there to receive nutrition, hormones and communication. They act as receiving, docking and distribution points so the cells of the body can function. The receptors and cells of the body are trained from the time that we are very young with the *emotional* messages that are sent to them. If you grew up in a household in which most of the family was chronically depressed, you may have receptors that are designed to cause you to be chronically depressed. As you grow older, this will eventually create a situation where the receptors and the cells of the body do not feel normal unless they cause the person to have the feelings and essence of being depressed. The body has inadvertently been trained to be depressed. In fact, you may not feel normal if you don't become depressed about something at least once a day. In this situation, the body has been trained to be chronically depressed from the influences of family members.

In order to assist the person with depression using ThetaHealing, we might use Belief Work as explained in my first book. However, pulling the Belief of "I am depressed" and replacing it with another Program may not clear the issue. This is where the Feeling Work comes in. What must be done in this instance is to teach the body in the highest and best way the understanding and knowing of *how to live without* depression. This retrains the receptors in the cells how to shut the tiny doorways that permit the messages for depression to enter in and opens new pathways into the cell for beneficial emotions and feelings. The changes in the cell are recorded in the DNA so that when the cell replicates itself; the new cell will also have the new receptors. One of the functions of the DNA that is within your cells is to make repairs and to replicate the cell. The cell now understands how to live without depression. The DNA is then able to replicate itself with the new receptors.

This retrains and redirects the receptors and the cells to function without the addiction of the Feeling of depression. Once you insert a new Feeling-Program, new receptors will

be created at the same time. In this way, Feeling Work creates new receptors in cells.

As we introduce a new concept or when we modify a certain Belief, new neuronal circuits are created in the brain as well. The brain is an electromagnetic biological transmitter and receiver of information, a characteristic that allows us to learn. For example, if you release the Program that a woman believes she is ugly and replace it with one that she's 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.

In most instances, the *Digging Technique* must precede the insertions of Feelings or the release of Programs. The first thing we have to understand is which neuronal connection we need to change. Digging brings us to a realization of exactly what this is. Once we modify the synapses, we have to make sure that we change the associated patterns that might interfere with the new concept as well. Remember that past lives and genes may also block an insertion of a Belief. In my first book I discuss Digging for the Bottom Beliefs. In this book, we will give a more in-depth explanation of the process.

Digging does not mean asking the Creator what to change and nothing more. It involves a discussion with the client, since the simple act of talking about the topic will free him or her from part of their issue. It will, in effect, bring the Programs into the light of the conscious mind to be released spontaneously. For instance, if you insert the Feeling and Knowing of how to live joyfully, the cells will open the gates for happiness and the person should act differently from that moment on.

The key point is in the client-practitioner interaction, but the client must not focus too much on the idea that his or her brain has been re-Programmed, or the subconscious may attempt to replace the new Program with the old one.

As you encounter a new Program connected to a receptor, ask the Creator whether to release it, replace it or simply delete some aspect of it. Never replace Programs without proper discernment. What might at first be perceived as negative Programs may actually be beneficial and should not be randomly released.

I have watched many lives changed by simply Downloading Feelings from the Creator. Teaching the subconscious new actions is not a novel idea of my own. Many people use different processes such as reading the same thing for 30 days to change the subconscious mind. In ThetaHealing, we believe the changes are almost instantaneous.

Beliefs are pulled, sent to the Creator and replaced with new Programs and Feelings instilled from the Creator. For instance, teaching yourself that you are abundant is wonderful. But pulling the Belief that you are poor is also wonderful. We believe that by using the Belief and Feeling work it is possible to make physical changes to the body and disease can disappear.

Chapter Two

Discover the Seventh Plane

As I teach people in ThetaHealing classes, I observe my students not only in the physical sense, but in the numinous sense as well. I use an intuitive visual awareness that permits me to see where they are going when they do the exercises. It didn't take me long to realize that everyone seemed to be going to different places with their consciousness when they were doing ThetaHealing work. During one of these classes, one of my students, frustrated with her results, asked me where I was going in the co-creation of Healings and Readings. At the time, I told her the best way that I could. I realized that the process had become so spontaneous to me that the spoken and written word could not easily do it justice. Somehow I had to bring this spiritual concept into words. This motivated me to sit down and write the process step by step to become the process called the Roadmap to the Seventh Plane.

Another of my student-teachers could never grasp the concept that the Creator was everywhere and that we were a part of it. I remember doing my best to take her up to the Seventh Plane. She burst into tears, telling me that it was too far. She told me that the Creator was too far from her, and that she couldn't reach that Creator. I can remember doing my best to tell her;

“Once you reach the Seventh Plane and open your eyes to the All That Is energy, you will see a reflection of yourself there.”

In all that time I was teaching this class she never understood the concept that I was conveying to her. She never stopped wallowing through her old Beliefs long enough to listen to what I was saying.

It is only by going up to the Seventh Plane that permits someone to tap in to the Creative Energy of All That Is. Many people believe that what they are doing when they go to the Seventh Plane is that they are ascending into the Cosmos. What they are actually doing is triggering something *within themselves*, into the energy, the core and structure of an atom. This act is a soul remembrance that we are connected to the

Creator of All That Is. When they do this they are stimulating the energy of the protons and neutrons that are the Seventh Plane, the energy of creation that resides in us all. These particles are what creation is consisted of – they are the fountainhead and beginning of all life.

Another way of reaching the Seventh Plane is through the expanding method. This method should not be introduced to the student until they have had experience with the first method so that their brain can comprehend that there is more than just the physical universe. The student will realize from the first process that there is energy all around us and they are an integral part of All That Is. Remember, in ThetaHealing we imagine going up out of our space to trigger a Theta brain wave, which is why ThetaHealing works.

One of my students asked me why I use this process to go up to the Seventh Plane. I answered by saying, “Once you have gone through this process you will find you’ll be able to go to the Seventh Plane instantly. It is a switch that is tripped in the brain and a way to drop the veil. Remember, we are going to the *Seventh Plane*, not to the seventh level. The interpretation of the seventh level is incorrect. If you were to command to go to the seventh level you be going to the Fifth Plane. There are many levels within the Planes of Existence. The Seventh Plane of Existence is the All that creates a synthesis with the first Six Planes.

In many cultures, the Creator is thought to be male, or a male God. But when you reach the Seventh Plane you reach the energy that creates All. There is no male, no female. It is on the Seventh Plane that the creation energy exists. You can dis-create illness and re-create healthiness in an instant on this Plane. It is this Plane that enables you to use all the other Planes without getting caught up in the drama of the other Planes. The Seventh Plane of Existence is where theta-healers should be going to and Healing from. In the first books “Go Up and Seek God” and “Go Up and Work with God,” we told people to go up above their space. Through the conscious act of going above their space, a person is pulled out of their paradigm just enough to ‘plug into’ to the Creators energy. It is by going up to and being within the Seventh Plane that brings you within an energy of pureness and brings the energy within you. Part of the goal of ThetaHealing is to use the Belief Work to clear any blocks that keep you from realizing you are reaching and are part of the Seventh Plane. This is the energy that you need to understand in order to use DNA 3.

As for the student-teacher I mentioned previously, she never did go up to the Seventh Plane while she was in class. She was too fearful and frightened to go to the Seventh Plane at that time. Her fear kept her from expanding and kept her in anger: angry at the technique, angry at herself but mostly angry with me. She was angry with me because I introduced her to a different place for the highest energy other than what she had been taught and this made her feel uncomfortable.

Connect to the Divine

The best way that I have found to go up and out with my consciousness is as follows:

- ⊖ Begin beneath your feet and draw energy from the center of the earth.
- ⊖ Draw this energy up into yourself.
- ⊖ This automatically opens the chakras and activates kundalini instantaneously.
- ⊖ With the energy of kundalini, the connection is made with the Creator of All That Is of the Seventh Plane Existence.

When you imagine yourself going up out of your space to the Seventh Plane, you are leaving your personal paradigm and your limited perceptions of the world. This process will trigger new pathways to all parts of the brain and almost turn your consciousness inside out to enable you to look at everything around you with clarity.

Grounding

When you bring your consciousness back into your space there is a proper way to *ground back into yourself*. It is important that you once again send your energy-consciousness down into the center of the earth, then bring it back into your space. This is the proper way to ground back to yourself.

When some people bring themselves back into their space from having sent their consciousness into another persons space, they do not filter their essence through the All That Is before they connect to their body. It is best for a person to connect to the All That Is when they come back into their space.

It is important that this procedure is followed because it safely and correctly opens and the kundalini. In my experience, if the kundalini is opened too quickly there is the possibility that it will put strain upon the physical organs.

The following process 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 recognize that you are already there.

Meditation--Go up to the Seventh Plane!

Imagine energy coming up through the bottom of your feet from the center of the Earth and going up out of the top of your head as a beautiful ball of light. You are in this ball of light. Take time to notice what color it is. Now imagine going up above the Universe. Now imagine going into the Light above the Universe; it is a big beautiful Light. Imagine going up through that Light, and you will 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 are going to see a dark energy, a jelly-like substance; it 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 will push you into the special place. You may 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. You will be in a white light that sparkles. This light is as white as snow. It may have a few sparkles of blue and pink like a pearl, but it is mostly luminescent snow white light. Feel it go through your body. It feels light, but it has essence. You can feel it going through you; it is as if you can no longer feel the separation between your own body and the energy. You become "All That Is." Do not 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.

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

This process doesn't take you out to the far flung universe; rather, it takes you to the inner part of your being that you may have not experienced before, that of your inner universe. This is why some people will see a mirror image of themselves when they first go to the Seventh Plane. Realizing that you are not separate from the Creator is a pure "truth." Where you are truly going is to the beginning of all things.

Expanding Meditation Method

Seat yourself in a comfortable chair or sofa and take a deep breath in. Imagine that you and the chair have become as one on a molecular level. Your molecules and that of the chair are transferring back and forth between one another. You are not stretching, but rather connecting to the molecules, becoming as one. Now imagine that on a molecular level you are a part of every thing in the room. Expand outward and become as one with the outside world.

Imagine that you are a part of the state, then the country that you are in.

Imagine that you are a part of the entire earth, connecting to earth land and sea, every creature, every nation on this planet until you and the earth are one and the same. Imagine that you and the universe are one and the same.

Imagine that you are a part of all the bright white lights.

Imagine that you are a part of the jelly like substance.

Finally imagine that you are a part of an iridescent white light that is the Seventh Plane of Existence. Become as one with this iridescent white light.

Take a deep breath in and open your eyes. Welcome to the Seventh plane Of Existence. For behold, you are not separate, you are a part of God, of All that Is.

This process introduces us to the far-flung expanses of the outward universe.

Chapter Three

The Advanced Reading

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

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

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

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

The effectiveness of placebo treatment is thought to depend, in part, on the patient’s expectation that they will get better. In double-blind clinical trials, such as this one, neither patients, nor their doctors, know who is receiving medication or placebo until the end of the study. Patient’s taking placebos often believe that

they are taking active medication and often believe that the treatment will work.

Increase in frontal lobe theta activity, seen in the placebo response, may reflect a physiological mechanism related to natural (medication free) healing from depression.

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

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Every time you connect to the “Creator of All That Is” in a state of Theta, you activate neurological pathways in the frontal lobe of your brain. This is the same part of the brain that is activated when you get a placebo response. The more that you maintain a theta wave in the brain, the more developed that part of you becomes, leaving you feeling a little euphoric after you’ve been in Theta.

Theta-Wave

A true Master of energy-healing is able to perform in difficult situations, even in the midst of chaotic situations. With practice, an advanced practitioner of ThetaHealing will be able to maintain a Theta-Wave with fifty people in a room, on a crowded street or in the midst of any kind of noise or chaos. Obviously, it is much easier to reach a divine meditative state in a peaceful and harmonic setting, but we do not always have this kind of luxury. What is important is to be able to use your intuitive abilities even in the midst of commotion. The mind must be trained to instantly shift to the divine state of Theta before the conscious mind of the practitioner can talk themselves out of it with any fears, doubts and disbeliefs of their abilities.

In order to train the brain how to do a Reading or Healing, use following process that is shown in the first book of ThetaHealing.

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

This is a simplified version of a more elaborate and extensive process that the beginner is taught. Once this process becomes a thing of synchronistic spontaneity, the advanced practitioner will not find it necessary to mechanistically go through a step by step process. In a timeless instant, the energy connection from the center of the earth will be sent up into the spine to the crown chakra. With this theta-consciousness the Practitioner will go through all the Planes of Existence using the Road Map to the Creator. This Road Map serves as a focus for the consciousness and is intended in part to keep the practitioner from being distracted by the enticing allure of the First Six Planes of Existence. In a timeless moment, the practitioner unites with the divine energy of Creator of All That Is of the Seventh Plane of Existence.

The Reward of the Road Map

Within the process of the Road Map to All That Is, there is a hidden pattern of activation that will stimulate your brain to enhance your abilities in the processes of Readings and Healings. Continual use of the Road Map will help you to understand and use the energy of All That Is. This is because each time you go up to the White Light, to the Black Light through the Blackness to the brightest White Light, different parts of your brain are 'switched on' to the Seven Planes and the Creator of All That Is.

As you feel yourself going up to the Creator, witness the activation of your frontal lobe, your pineal gland, your pituitary, and your hypothalamus. A wave of energy will wash over these parts of the brain. As you use the Road Map meditation, you will then be "exercising muscles" in the brain that you may not have used for a while.

You may ask, "What is the reward for this?" You'll find what you're looking for. You'll find a peace, a pureness and a joy that you cannot imagine. These feelings will stay with you and will not leave. It is then your responsibility to share these feelings with some of the people around you, (because it's nice to do that.)

Ascension

I believe that when we ascend to the Seventh Plane we are actually going on a journey inward *at the same time* that we are traveling outward into the infinities of Creation. We are journeying within our own brain to the message carriers, the neurons, following the pathways of the neuronal circuits of the body, to go within the very atomic energy that is in every molecule that connects to all the neuron-pathways to the subatomic particles of the smallest part of the cells. By doing this, the mind of the practitioner is stimulated with an awareness... an awareness that they are connected to every molecule, every atom, and the energy associated with subatomic particles. This is the first step in ascension and they will begin to live their lives according to this microcosm. It will be with this inner awareness that will bring us to a realization that we no longer have the need for the incredible competition among mankind and the battle of duality will be over. The massive power of the universe is within us, waiting to coalesce within us, all beginning from the focused brainwave of theta. Once this power has been recognized within, it will flow outwards to the macrocosm of our everyday lives expanding through the Planes of Existence to the immense macrocosm of the Creator of All That Is.

The Command

In ThetaHealing, we are taught to make the *command* to our unconscious mind that something is done through the visualization of a Healing. What the practitioner should realize is that in making the *command* for something, there will be no question to the conscious and unconscious mind that the statement will be done; since this process removes all doubts and dis-beliefs as to your own worthiness, ability, or otherwise. The command itself gives us a realization of the significance of our component in the Healing.

However, we must not lose sight of what the command is and what it is not. We have to train ourselves to know the difference between a *command* and a *demand* when we communicate with the divine.

One of the most important things that ThetaHealing gives us is the ability of *communication with the divine*, not in the *demanding of the divine*. ThetaHealing is not designed to use for a *wish list* for the smallest or most expansive of egotistical desires. One cannot *demand* the Sun to not come up and in arrogance, expect it to happen. This is because no matter how much you believe in it, you will not witness this kind of occurrence come to pass. The sun rising over the horizon is one of the obvious immutable works of the Creator.

Witnessing the Command

It is through the *Witnessing* of a Healing or manifestation that is *living the knowing* of when the *Command* will actually work. It is still a divine answer when the Creator tells you, "*Sorry, the sun will come up.*" How can you hear the answer to a question if you don't train yourself to listen? ThetaHealing is not about talking *at* the Creator. It is about talking *with* the Creator and *listening* to the Creator. This is true communication with the divine, and this is how the practitioner will be at one with *All That Is*. I find that many healers get in a big hurry and leave the body before they finish witnessing the process as a completed Healing. If you don't witness the process completed there is a Law that says — *if it is not witnessed it doesn't happen.*

The Rinsing

In the first book, the beginner is taught to rinse-off from any residual left-over energy from the client with white light. But when the advanced practitioner has reached a point

of true communication it will not be necessary to rinse off the residual psychic energy when the consciousness returns to the practitioners space. This is because the Readings and Healings will be done from the perfect energy of All That Is.

Gently, Softly

A focused theta brain wave that is filtered through the Creator is a very gentle signal, and it is not necessary to “act it out” with physical gestures. While doing Readings, I have watched many of my students have their eyes rolling back in their head or their whole body vibrating like a tuning fork. Some people even act as though they are having a difficult bowel movement! They are *all* trying too hard. The best way to enter someone else’s space is to go in as gentle as a feather floating on the breeze. The single most important thing to remember after the first Reading you do, is that to you need to go in smoothly, gently, as though you were a part of their body and not *separate* from it. The body’s systems have their own sentience; a kind of intelligence, acting of their own accord. In many instances they act and re-act immediately. The cells of the body can sense that your consciousness is in the body and if the macrophages perceive you as a threat, the immune system may start working harder than it should to counter a perceived attack from a foreign invader.

Your body is incredibly brilliant, and each time you put your consciousness in someone’s body, it knows. Go in with the ultimate reverence.....gently, softly, and with permission. This is someone’s living, holy, temple; the intuitive human body that is run by the power of thought that resides in every cell, connected to the whole.

Readings

When a person asks for a Reading, you have to stay focused on their energy. However, if you are so busy being focused on *being focused* on their energy you may miss something. Readings are all about focus and maintaining a theta state. Some of my beginning students are terrified of being wrong in a Reading. You know, I have done thousands of Readings and right before I get on the phone or go in to a session with the client, my heart still flutters a little with nervousness. Then I go up and connect to the Creator and everything turns out alright. I always know that when I go into theta that the Creator is going to take care of it. I can’t tell another person how long it’s going to be before they can have consistent and pure communication with the Creator. Everyone is going to be different, because we all have different Belief Systems.

After a long day of working with multiple clients, there will be that one person that I am grateful for giving me inspiration. I say to God, "Creator, thank you for bringing this person to me today." One of these people was a woman who was paralyzed from Multiple Sclerosis. We worked on her Belief Systems and by the time we were done, it was as if she was the one that was giving me the therapy, not the other way around. She didn't say something like "Can you heal me?"

What she asked me was, "What do I have to do to make the Creator proud of me?" After an inspiring Reading like this, everything comes back into perspective again and I'm high on these feelings for days.

If you are going to do Readings as a career, you need to know it's not always easy because you are dealing with people and everyone is different. It does take discipline to do Readings and Healings. When I began doing this work, I put it out to the universe that the Creator brought me people by word of mouth, but I always *showed up* for work. I came to work every day and waited for that phone to ring. I made sure that I did my part of the effort when I made a prayer to the Creator.

I have heard people who say, "I don't want to do Readings today, I'm not in the mood." Then they wonder why they don't have consistent clientele. I made sure that I made myself available and showed up every day, even on nights and Saturdays if that is when the person had the time.

The Image

The image that a client holds for the Theta-practitioner is an important characteristic during a Reading. The Practitioner must assume the persona of relative enlightenment. It is the responsibility of the Practitioner to help people get closer to the divine, not to help them break their bubble. The practitioner does not have the luxury to let clients see into their emotional composition. The client has certain expectations, and it is the Readers responsibility to do their best not break the expectation of the image. Here are several examples.

- ⊖ Do not become emotionally wrapped up in the person's drama/trauma. It is not good for a practitioner to have an emotional melt down in front of a client. This will block you from witnessing the Healing.
- ⊖ Ask the Creator if a client can safely be a close friend before you make them one.

- ⊖ There will be times when a client comes in for a Reading only to become emotional. They may even end up yelling at you. This can quickly put you off balance and nine times out of ten, it will have nothing to do with you.
- ⊖ The healer has the challenge of staying in good space in the most adverse of conditions. Never let them see you sweat. At the end of day the practitioner should be back in their body, grounded, cleansed of negativity and in a good mood. In order to take care of others you have to first take care of yourself.
- ⊖ Without even knowing it, you may be treating someone the way that their negative subconscious is projecting. In thought and deed, in spoken words and in action, we must treat others with intuitive kindness. In order to do this it is important to intuitively know the difference between our Feelings, Programs, Beliefs and those of another.

Listening to the Divine

It is important to develop the ability to intuitively hear and listen past your ego. Learn to hear how to heal someone, how to hear truth and to hear the Creator's explanation.

Hearing someone's thoughts can be difficult, particularly if you hear that they hate your guts. But if you can say to yourself, "I can love them anyway" it makes a big difference, at least most of the time.

Confidentiality

Keep things that are confidential as secret and sacred as possible. Do not name names, nor begin gossip. If you can see that someone is in danger there are times that there isn't a lot you can do. In these situations, you have to let the Creator direct you.

Self Sanctimonious

It can be a challenge to not permit your own ethics becoming involved in a Reading. I believe that when people share secrets such as "I'm having an affair with so and so," it is not my place to see it as wrong. I go up and ask the Creator for the truth in the situation. My outside opinion would be that you are mistaken anytime you are hurting anyone, but I do not bring this opinion into the Reading. Truth, by the way, isn't blurring out and telling the client "I can see that you are having an affair," because honoring another person's truth is also important. When I do Readings I sometimes have people ask me questions so that I do not talk about things that they don't want me to find out about.

Why?

As the Practitioner, we think we have to understand “why” something is the way it is in the energy and information of a Reading. As the Reader, it is not necessary to get caught up in the emotional drama of the persons story. Understand that something just “is”, not “why”! As the healer, understand that the sickness “is” and needs to be changed. If there is an emotional component causing the disease, then the Belief needs to be released, or a Feeling should be instilled. Do not become emotionally attached to the causes of the sickness.

For instance, if the emotional cause of the sickness is related to pain from a cheating ex-wife or (ex husband,) there is no need for the Reader to attempt to understand why the ex-wife or husband cheated, just that they did. Simply change the Programs associated with the ex-wife or husband. Not everything or everyone is going to make sense to you as a healer.

Truth

In a Reading, always ask for the Highest Truth. The Highest Truth has the calmest feeling to it. Ask the Creator to “Show me the Highest Truth”. If you go “up” to connect and the energy that you connect to has a feeling of chaos, fear or anger, it probably isn’t pure Truth. For instance, let’s say you are in a dangerous part of town and you receive a message that calmly tells you “Time to leave!” If you feel clear and calm about the message, it is undeniable Truth.

Truth is a funny thing. One Truth is that there are terrible things in the world, and if you are going to be a good intuitive you are going to have to see the bad things as well as the good. If someone comes in for a Reading and you can sense that they are unstable, you are in a difficult situation that pertains to seeing this “truth” about the person. Do you turn them away? Do you speak your Truth and tell the person that you know? Or do you gently help the person? Are they dangerous? All these questions will enter into your mind.

The Truth is that unstable people need help just like anyone, as long as you are not in personal danger from them. When you begin to see Truth, you may never want to work with humans again. Once you see a person’s Truth, you may need instruction from the Creator on how to love them in spite of what you see. Everyone is a product of what they have grown up with and the influences of their genetics.

If you could see their complete and whole divine Truth you would not make as critical a judgment of them. Once you begin to do this work and commune with the Creator you will have to beware of the human ego, your own and that of others. Ego will not slip in if you know that it is the Creator that does the work and that Creator permits us to witness the work. This takes some of the burden from you when a person comes to you and says "You are my last and only hope". In this instance it is time to state to this person "The Creator can make you well and I will pray for you." This will keep your ego out of the process. Explore yourself and see if you need the following Feelings of truth.

Programs of Truth

- ⊖ It is safe to see Truth.
- ⊖ I understand what Truth feels like.
- ⊖ I understand the Truth of other person's reality.
- ⊖ I have discernment of the Highest Truth through the Creator of All That Is.

Discernment of Truth - Where Are Your Thoughts Coming From?

People always assume that the Creator always talks to me and I know what to do all the time. However, I still have random thoughts coming into my mind. Since I am an intuitive, I have to discern if these thought-forms are coming from the Creator or from some other thought form floating.

What you should know is that the mind processes thousands of thoughts. For instance, my husband Guy says it is not fair to fight about his *thoughts* that I can hear, because they are just random thoughts that go through his mind. You cancel certain thoughts even as they go through the mind, and most of these thoughts we do not act upon. This is why you have to be focused and sort out what is from the Creator and what is not... and this takes a little bit of practice. Sometimes people start listening to different spirit-guides, and guides have their own opinions. You have to decide if you are picking up other people's thoughts when you are doing a Reading. In some instances, you may pick up what their biggest fear is. The one thing that people do not realize is that there are no secrets in a Reading, at least not with a good intuitive. I find it amusing when clients that come for a Reading that try to put up a guard. If they give you verbal consent and then they try to block you, it only makes it easier to read their thoughts. There is no such thing as a secret in the universe. If you can live your life knowing everyone in the world can see into your soul, it would definitely change the way you live. I think it changed the way I live. Only you can decide if you are honest with yourself.

The practitioner must be sure that they are able to discern what is coming from the Creator of All That Is, what is coming from other people, to not shut out other important vibrations and still not go into mental overload. It is important to train the mind for discernment.

The question to ask is always, "Is this the Creators Truth?"

Not everything that you pick up in the way of outside energy is the absolute truth unless you become quiet and hear it from the Creator. A good example of this was when my brother-in-law came to visit me. He has had problems with cancer and at the time it was getting worse. When he walked in the room, the first thought that came into my mind was, "Oh, the cancer is everywhere"! This thought was not mine; it was his thought that was emulating from *him*. I felt this thought form hit me like a wave on the ocean and momentarily went into absolute panic, at least until I went up and asked the Creator what the truth was. I was told that cancer was not "everywhere" but rather localized in one place. I had picked up his fear, and not the truth. This was later confirmed by his doctors.

The Creators Truth

Many years ago before I met my husband Guy, I was in a relationship with a person that I was not compatible with. I stayed with this person because I was afraid of change and because the situation was potentially volatile, I was hesitant to make a definitive end to the relationship.

During this time, I had conversations with God. My truth about the situation and the Creator's was always different. The Creator's truth was *"This person came into your life – you allowed them to walk on you. You could have allowed things to be different, but you didn't. You are allowing this person to take advantage of you. You could have said **no** to this person or dealt with the situation in many ways, but in reality Vianna, you allowed this to happen. It was such a good drama."*

To stand in my truth and admit to myself that I was not happy long before I did and that I wanted change was more than I could handle at the time. I just couldn't do it because I had made excuses for the situation. The Creator's truth of the situation was , *"Are you finished yet? Do you want to change? Would you like to know how? You need to release yourself from any obligations to this person. Change your Belief Systems and this person will fade away."*

In a Reading, a psychic will perceive a person's truth, (the truth that the person has created for themselves,) but the Creator's truth may be different.

- ⊖ I believe that as we develop, we come together to our soul families with divine timing.
- ⊖ I believe that part of our divine truth is coming together and working on our Belief Systems.
- ⊖ I believe that we are here to connect to the Creator's energy and *to learn*.

This is the really important thing – to learn something wonderful from this Existence. I have learned many wonderful, divine things from the different people in my life.

In all of my relationships before I met my husband, Guy, I didn't know how to let myself be loved. I was smart enough to leave these relationships that didn't work out, but I also had a definite Program that I had to leave them before I found my man from Montana. Maybe I chose people that I knew I could walk away from. When I got together with Guy, I could actually see myself sitting on a rocking chair and becoming old with him. I finally found someone that I could envision myself being with. The Belief Work formed right when I met him.

If you are going through difficult marriages or relationships situations, Energy Test yourself for these Programs.

- ⊖ It is okay to be loved.
- ⊖ I know it is safe to be loved.
- ⊖ I know what it feels like to be happy.
- ⊖ It is wrong to be happy.
- ⊖ It is selfish to be happy.
- ⊖ If I am happy something bad will happen.
- ⊖ If I become close to someone they will hurt me.

As you become aware of these negative Programs, remember that some of these negatives have helped you to survive and even to thrive. Do not become overwhelmed and say to yourself, "I have so much *stuff* to work on."

Instead you should think, "I have a lot to work on, but I know that when I am finished I'm going to be a better person. I will understand why I have the Belief Systems that I do and I know how to change them."

Projection of Beliefs

One of the most important things to avoid in Readings is imposing and projecting our Beliefs upon others. For instance, if you are having problems with your spouse, you may be so emotionally unbalanced with your own situation that it becomes easy to think that *everybody* is having problems with their relationship.

I learned about this inconsistency from a young man who gave Readings in my office. You see, he was gay and began to tell many of the people that he was giving Readings to that they also were gay. He was so much in his own world about being gay that he wanted everyone to be like him. He set out on a one man quest to tell everyone that they are inherently attracted to the same sex. I was first alerted by his behavior when one of his clients spilled the beans. The woman had been married for 28 years and told me that everything was going to fall apart in her life because she just found out that she was gay. I asked her why she thought she was gay. She told me that the young man had told her in a Reading that she was definitely gay, there was no doubt about it. I was stunned that someone could put such an untruth into a Reading. I began to smooth the situation over. I began to ask her questions such as; "Do you love your husband?" She answered, "Of course I love my husband." "Do you enjoy having sex with your husband?" "Yes, I like to have sex with my husband." I told her, "Well then, you're not gay, so stop worrying about it." I had to do a little more damage control with some of the other people that this person had given Readings to. He became such a nuisance that I had to ask him to leave.

This is why you must be extremely careful in a Reading. People can be so vulnerable when they come for intuitive advice that sometimes they will give you control of their life. This is why it is so important what you tell someone about their future. You should always tell the client that they are creating their future, because people will sometimes create what you tell them.

Let us say you are deep into a Reading with a Client. Suddenly, you have one of those psychic epiphanies and tell the person,

"Oh, you're not getting along with your sweet-heart."

Since you have seen this far into their life, it has become your job is to help them resolve their issue and perhaps help them rebuild their relationship. At this juncture in the Reading the intuitive must be very careful with the client. The client may be poised to break-up with their lover and will blame the Reader.

This may be because they may not be able to feel another's love, another's concern, or they feel they may never be able to please them as a spouse. The issue with the relationship may not have anything at all to do with the other person, but rather it may be Feelings that the client lacks. It is also very important for the Reader to avoid projecting any of their own emotions into the situation, particularly if the *Reader is having relationship problems of their own*. This is where the Belief and Feeling Work come in to the Reading. The client should be given the choice of Free Will to accept or deny the Feeling of "I know how to receive love," that they may never have felt before. At the same time, if you do Belief Work with the client, they may come to an awakening that they are tired of having been miserable for 20 years and may reconnect with their spouse. This is still their choice. Your job is to help them to get emotionally stabilized and to get them to feel healthy to make proper decisions for themselves.

Projection of Perception

In a Reading, it is important to be careful in the perception of projected thought forms from the client. Without even knowing it, you may be treating someone the way that their negative subconscious is projecting. In thought and deed, in spoken words and in action, we must treat others with kindness. In order to do this, it is important to intuitively know the difference between our Feelings, Programs and Beliefs and those of another persons.

Programs that we were taught as children such as "Oh get away from me" can become projections of who we are in the here and now. It is possible that we project these Programs outwardly with thought-forms that can manifest themselves on all levels: spiritually, physically, mentally, and emotionally. In some instances, other people treat us according to what we project outward from a subconscious level.

The way that you perceive and project yourself from a conscious level is not necessarily what you are projecting subconsciously and psychically. You may still have Programs that were accepted as a child floating inside the unconscious mind. These dysfunctional Programs can cause disruption in the way we interact with other people and the way

they interact with us. The goal, obviously is to have a Seventh Plane interaction with one another. This kind of interaction would raise us above the aspects of competition, hatred and jealousy, not to mention all of the lesser or base emotions that block us from all that we can be with others as well as to ourselves.

We must learn to *interact* instead of *reacting* psychically towards people. If we can change the way we intuitively perceive and send out messages we can change the world. Perception of information is an important factor in the understanding of sacred knowledge. Many factors come into play: the background of the intuitive, their present state of mind, (be it overwhelmingly emotional due to stress,) the physical state, as well as the spiritual development of the person. These are all factors in the ability of the intuitive to listen to and discern sacred knowledge. The person must learn to fine-tune their perceptions so that they may find the essence of acceptance without the interference of negative, or even positive, influences that can block development.

Conscious Acceptance

Let me be clear on another aspect of a Reading. While in a Belief Work session, one cannot ask the client that they are working with if they will permit the practitioner to Download them with multiple Feelings and Belief Programs without their verbal consent that the Reader decides are good for them. Each Program and Belief must be verbally cleared with the person for their acceptance in their own Free Will. In the instance that the practitioner connects to the Creator and finds a Feeling that the Creator tells them the person could benefit from, it is still the responsibility of the practitioner to verbally tell that person what the Feeling is for their conscious acceptance or denial of this energy. The practitioner may even go so far as to ask the Creator the possible ramifications (what may happen to the person) should the person accept the Feeling into themselves. The acceptance of Belief Programs and Feelings are not toys to play with and then discard as we please. These essences from the Creator are life changing forces that will cause alterations in the vibration of the person and should not be taken lightly, either by the practitioner, or by the willing participant, the client. For a practitioner to arrogantly think that they believe that they know what Beliefs and Programs another person needs and to take the further step to attempt to Download these essences into another person without verbal permission is the personification of all conceit. It is also likely that the unconscious mind of the person that the Reader is attempting to Download will not accept these energies in any case, because it is hardwired to protect itself from Programs that it is currently unfamiliar with.

Most outside influences, such as Downloads and thought-forms, that are not consciously accepted are automatically rejected by the unconscious mind in what might be termed a “autonomic survival reflex.” This reflex is designed to protect us from the negative thoughts and emotions of others so that we can tell the difference between our own thoughts and those of another person.

In some people, this reflex works so well that they are never affected by the thoughts of others. On the other hand, people who are intuitive must develop the ability to understand all the information that is coming to them from the thoughts of others as well as other “metaphysical” energies. Regardless, each one of us deserves the right to have conscious acceptance of any Programs and Feelings.

For instance, I might know with every fiber of my being that my husband needs the Belief-Program of “I know how to express myself,” on every level. According to the Sixth Plane Law of Free Will, I cannot send a “Download” into my husband while I am in the other room and expect him to accept it on every level of his being. His unconscious mind is hard-wired to reject such thought forms. Similarly, a Theta practitioner cannot place their hand on a book of Downloads and place the other hand on the persons shoulder and ask the person if they would like to accept all the Programs in the book. The unconscious mind does not work like this. This is because of the *Law of Free Will*.

Free Will and Free Agency

The concept of freedom, as it relates to meditation and prayer for the individual is important to consider. Free Will and Free Agency are beliefs that humans have the power to make their own choices. The spiritual connotations of Free Agency give the individual the self-authority to connect to what they perceive as God or the Creator. In ThetaHealing, we have the Free Agency to connect to the inner and outer aspects of the Divine within ourselves as well as to that which is outside ourselves. While we are given the tools of *morals* and *respect* for others, people have the choice in their Free Will whether or not to put these practices into use. The Creator loves us enough to allow us our own opportunities to experience the joy of life without interference. As we move through this Existence, we are given opportunities to create some of our own pathways to find our way. Our Existence here could be perceived as a beautiful learning process of physical, mental and spiritual exploration.

Free Will has been supported as important to moral judgment by many religious authorities and criticized as a form of individualist ideology. The principle of Free Will has religious, ethical, psychological and scientific implications. For example, in religion, Free-Will may imply that God does not assert its power over individual will and choices. In ethics, Free Will may imply that an individual can be held accountable for their actions. In psychology, it implies that the mind controls at least some of the actions of the body. In the scientific realm, Free-Will may imply that the actions of the body, including the brain, are not wholly determined by physical causality. (Causality is the principle of cause and effect.) Resource Wikipedia.

The concept of Free Will was first brought to the forefront of controversy in the fourth century by a Catholic British Priest called Pelagius. The writings of Pelagius did not survive the ages but one of his disciples wrote down some of the tenants of what he believed. These beliefs were diametrically opposed to those held by the church and St. Augustine. Since the time of Pelagius, the concept of Free Will continues to be a question on the minds of spiritual, religious, and even scientific thinkers.

The Existence of Free-Will and Free Agency has been an issue throughout the history of philosophy and science. One of the concepts of Free-Will and free-agency teaches that man has the capacity to seek God in himself apart from any movement of God's Word or the Holy Spirit. Man doesn't have a complete capacity in all things, but man and God can cooperate to a certain degree in this salvation effort: man can (unaided by grace) make the first move toward God, and God then completes the salvation process. This teaching is the doctrine of *synergeia* or *synergy* in that the process of salvation is coordinate between God and man from start to finish.

Synergy or *synergism* refers to the phenomenon in which two or more agents acting together create an effect greater than the sum of the effects that each is able to create by themselves. The opposite of synergy is antagonism, the phenomenon where two agents in combination have an overall effect which is less than the sum of their individual effects. *Synergism* stems from the 1657 theological doctrine that *human will* cooperates with divine grace in regeneration. Synergy can also mean:

- ⊖ A mutually advantageous conjunction where the whole is greater than the sum of the parts.
- ⊖ A dynamic state in which combined action is favored over the sum of individual component actions.

The consciousness of Free Will is an enduring perception. As it relates to our abilities, as it pertains to the divine, to individuals in the grand scheme, even as it pertains to the brain controlling our bodies, it will simply not be extinguished in spite of all the attempts to destroy it through the ages. Even in ThetaHealing, some people have attempted to Download Programs and Beliefs into people without their *conscious acceptance*. While these divine thought forms may be sent with the best of intentions, they ultimately remain an intention that never penetrates the consciousness of the great gift of Free Agency and the Law of Free Will, unless the person consciously accepts them.

The concept of Free Agency and Free Will are important branches on the tree of ThetaHealing.

Chapter Four

Advanced Healing

Witness the Creator Heal

There are generally four ways to do energy-Healings.

- ⊖ Through the Chi energy of the body.
- ⊖ Through the electrical energy of the mind.
- ⊖ Through spiritual energies brought in to do the Healing.
- ⊖ Through the Creator of All That Is.

All these ways of Healing are of the Creator but only the latter is simplified.

Sometimes we use the electrical energy of the mind to create changes in the body. If you are using your mind to heal, you are likely going to be tired when you are finished. The reason that the practitioner can heal using the mind is because the person is open for the Healing. We have all heard about people doing psychic surgeries and by witnessing angels do the Healing.

However, if you witness the Creator do the Healing, the Creator does not make any mistakes. If you go up and witness the Creator do the Healing, you feel awake and alive once you are finished. This keeps the ego of the mind out of the Healing. The practitioner should be patient and wait for the Creators energy to come in and simply witness it instead of trying to force it with their own energy.

A Forced Healing

A good example of a *forced Healing* using the mind was in a session with a woman who came in with melanoma on her face. Melanoma is very dangerous and, if left untreated, can quickly spread through the body. I was very concerned and annoyed with her for letting the disease advance as far as it had. All I could think was “Why did you let it go this far without going to the doctor!?” I was very frustrated and this was years ago before I was taught extra patience from the Creator. I went up and asked to make it gone from

her body *now* and *pushed* the Healing with my mind, using the energy of my annoyance, imagining it being gone from her skin. Instead of just watching it happen through the Creator, I imagined reaching in and taking it out.

She came in the next day with a big hole in her face – it seems the cancerous growth had inexplicably fallen out. Eventually, the hole filled up perfectly, but the Creator would have undoubtedly healed the skin as the cancer was removed without leaving a gaping hole in her face.

What I learned from this Healing was – *Don't force the Healing!*

You know, it took me seven years to finally learn to let go and say, “Creator show me what needs to be done” instead of trying to add my two bits. I strongly suggest that you ask the Creator to show you what needs to be done so that the Healing works as it should. Even though I understand much of what goes on in the body, I may not have the Creators understanding of the disease. In a Healing, I might have an overview of what needs to be done, but on a all-encompassing level, I may not understand things as the Creator does. By the time I figure out all that needs to be done on a molecular or even on a subatomic level, I could be in there for 50 years trying to figure out the who, what, where and why of the Healing. This is all ego.

The practitioner should ask, “Creator, do what needs to be done. Show me.” The practitioner does not have to completely understand the disorder; they just have to witness it healed. One reason Intuitive Anatomy is taught is to show the practitioner where to look for illnesses and the emotions that go with sickness, so they can be released on an emotional level to heal the physical body.

The more I read credible scientific journals, the more I realize how easy it is to change molecular structure. If the Creator knows how to make it the way that it is, then Creator knows how to fix it and I can ask for an explanation later.

High and Low Theta Waves

There are “high” and “low” theta states that people use in ThetaHealing. The “high” theta state is not as effective as the “low” theta state of mind in the major Healings. Be sure to take your time to be in a deep theta state as you facilitate the Healing.

Fusing the Healer and the Psychic

ThetaHealing is designed to open up your *psychic abilities to heal*. Most people do not realize that being psychic and being a healer are two different skills. Putting the two together is the key.

As a *body-psychic*, you should practice seeing and recognizing different viruses, bacteria, parasites and heavy metals so you know what they look and feel like in the body. In order to be a good intuitive, the client will expect you to identify these influences with accuracy.

As the *healer*, you are put on the spot in a different way; you do not have to know what the disease is to have the Creator heal it. You only need to know that they have something wrong. You have to put yourself in a deep enough meditative state, to witness it changed, to witness the Healing *done*.

Both have their pressures. The healer is expected to witness it Healed and the psychic is expected to see inside the body and validate that they see it. If you are going to start doing Body-Readings, you are going to have to know what things look like in the body and this comes with practice. You will also need to learn how to witness a Healing through the Creator of All That Is. In ThetaHealing this is called the Seventh Plane of Existence, All That Is or *Creation*. Both of the aspects, the healer and the psychic, need to be combined as one talent in order to become a master of ThetaHealing. This is what a ThetaHealer is: A healer that uses their psychic abilities to witness a Healing through a connection to the Creator.

The Creation of a Healing

The following is the step by step Healing process. Now we learn how to “Ground Out” to firmly put “All That We Are” back in our body without separateness, connected to the “All That Is.”

Complete Process for Healing and Grounding

- ⊖ Center yourself in your heart and visualize yourself going down into the Mother Earth, All That Is.
- ⊖ Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
- ⊖ 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.
- ⊖ Gather Unconditional Love, make the command to the Creator of All That Is: *“Creator, it is commanded a Healing on this person now. Thank you. It is done. It is done. It is done.”*
- ⊖ Witness the Healing going into the person’s space, and watch the changes and shifts until they are completed.
- ⊖ Imagine being rinsed off.
- ⊖ To properly ground back, imagine your energy coming back into your space, going into the Earth, and pull it up through all your chakras, to your crown chakra. As you become used to this practice, it will no longer be necessary to ground back into your body because of the realization that you are not really separate, but a part of All That Is.
- ⊖ Perform a physical energy break.

Making a Energy Break in this way will keep your body balanced.

Unconditional Love

Thoughts are real things; they move faster than the speed of light and can create a molecular change just as fast. In order to make a molecular change in the body, one must have energy to create or dis-create. This is a fact that goes all the way down to the smallest particle, the atom and subatomic particles. In order for a molecule to form from atoms, it must have energy to put the atoms together that makes it what it is.

There must be the knowing that it is energy that makes changes on a atomic to molecular level and there must be energy available to create this or any change. Where does this energy come from in Healings? When you go up to the Creator of All That Is for a Healing, you reach up and grab the energy of *unconditional love* and put it in the body. This enables the body to have the energy it needs to make changes. Just commanding the body to heal of its own volition forces it to use its own mechanics for the energy and these body-resources are generally not enough. In order for a cell to change and heal in the body it must have the energy to do so. The body has two ways to form this energy; through heat and enzymes. Any change in the body is created by heat and enzymes, unless the change is made through the unconditional love from the Creator of All That Is.

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

You may ask, "How much of this energy do I use?"

It only takes one atom of this unconditional love to make any change in the body.

For instance, when you make the command, "Creator of All That Is, a change is commanded in this body," you will automatically see unconditional love energy coming into the body to make the change.

In the beginning classes, we teach students a step by step process to visualize "going up" and gathering the love. As the brain gets used to what it is supposed to be visualizing, the process will happen spontaneously and automatically. In the end it is the ability of the practitioner to *witness* that will bring the Healing into the *now*. The Creator does the Healing, you witness it and it is. There is a law in physics that says nothing exists unless it is witnessed.

In ThetaHealing classes, the group healing process teaches people to accept unconditional love from the Creator and introduces the groups to the Belief and Feeling Work. However, if you force unconditional love into a person's body that has never received it, their body will fight it off, just as if it would a bacteria or virus. The person becomes uncomfortable, and feels out of sorts with the whole thing. The person that is

attempting to bring in the unconditional love can sense the rejection from the person receiving the Healing. It is at this time that the theta teacher Energy Tests the student for "I can accept unconditional love." If the student indicates that they do not know how to accept unconditional love, they give their permission and the teacher instills the Feeling from the Creator.

It has been my experience that Programs associated with the acceptance of unconditional love are generally created in childhood. For instance, a mother might show real love to her child only to mercilessly beat him or her immediately after. Or in another scenario, a father might express real love to a child and then molest them. Childhood situations such as this create Programs so the person doesn't know how to receive unconditional love.

I have observed that some people who are survivors of severe child abuse have the inclination to anticipate what a person is going to do before they do it. For obvious reasons, this survival reflex has made them very psychic.

I think that many children of abuse developed the same way. For them to get out of their space and to intuitively watch others would be natural for them because they are used to it. These kinds of people are mostly focused in being in other people's space for most of their early life.

To have *unconditional love* for people, is to love them in a "Christ" or "Buddha" consciousness. This is the ability to see someone's truth through the Creator (or with enlightenment) and still love them in spite of it.

To a large extent, our lives are filled with the search for the essence of love in all its shapes and forms. To find examples, we need only observe others and ourselves with the driving force to find a soul mate, to have friends, to bear and raise children, to have pets and so on. Men have competitive sports events to feel comradely and to bond with one another. Even some anger and hatred is the cause of the search of love, or from the loss or want of the feeling of love. Most human relations of a positive nature are a search for the essence of love. A large number of the people you work with will be searching in vain for love and cannot find it no matter how hard they look. This may be because they do not love themselves and they don't understand what it feels like. With permission, instill the Feeling of pure love into the person on all levels from the Creator.

Feeling Healthy

When a person comes to me for a Healing, one of the first things I do is have the Creator teach them to know what it feels like to be healthy, because some people don't know what being healthy feels like. From that point on in the session, they will immediately feel better, and it is much more likely that they will accept a physical Healing.

The Instantaneous Healing

Some people need to be healed more than one time due to the very nature of the difficulties they are experiencing. These difficulties may be spiritual, mental, physical, or emotional.

Other people are ready for an instantaneous Healing on their body. If the body does not receive an instantaneous Healing when given the command, there is a subconscious Program blocking it. This Program must be found and changed. Those that have no blocks to stop the Healing will heal instantly.

Other people who come to you to be healed will not "believe" they can be healed and will need Downloads to change. As long as the healer does not become discouraged, the Creator will assist them to find the Feeling, emotion or Belief by using the Creator's wisdom and the wisdom of the person. The mind, body, and spirit of a person has a memory like a computer and if you know the right questions to ask, these aspects of the person will tell you what needs to be released and replaced; or what Feeling is missing. It is possible that the healer will misinterpret these messages and become discouraged. Perhaps the Feeling of discouragement is not the healer's feelings, but is projected from the person that is being healed. Perhaps the person that they are working with does not know how to live without being discouraged and has lost hope before the Healing ever takes place. It is my Belief that there are only a few essential Feelings, emotions and Beliefs for every specific Healing. It is my understanding that sickness is developed by having certain Belief-Programs over a long period of time. Once these Beliefs are cleared, the sickness leaves.

It is also my Belief that ThetaHealing is not just about clearing sickness; it is also a way for mankind to communicate with the Creator of All That Is. To clear a sickness is simple, since a sickness is designed to get your attention to tell you that something is out of sync, out of focus, or out of balance with the body. Then you simply rebalance it.

The goal is to clear the body, mind and soul of enough burdening Beliefs so that you can have pure and unadulterated communication with the Creator. This is the goal of ThetaHealing.

Healing With Children

The chances of a successful Healing with a child are very high. Children have a pure conviction in the reality of the divine and generally will not block or hinder a Healing. However, parents are often locked into the child's problem so deeply that they will not permit the child to heal. They have created Beliefs that the child is and always will be sick and think nothing can help them. This interferes with the Healing process. The practitioner should work with the parents Belief Systems to open the child to heal. The biggest challenge is to get parents to realize that the child can change. Work with the Belief Systems of both parents, especially the mother. The parents need encouragement to know the children can and will get better.

In certain instances, children are put back into environments that made them sick. Influences such as pollution, heavy metals, poor diet and lack of nurturance can all be factors. Love is the key element to heal the child. *Check the child to see if the child believes they have to be sick to get the parent's attention.* If they are old enough, ask for the child's permission to heal them as you would an adult. 'Old enough' means that the child is able to speak.

In a class consisting of little children, I guided the whole group up into Theta. I had the little tykes do body scans on one another. Time and again the children would correctly validate to me and with one another what they experienced while doing Readings. These children could learn in 4 hours what it takes adults three days to learn. One of the reasons for this is because they still have the "I think I can" energy.

Ask yourself, would you like to know what the "I think I can" energy *feels like* again? This is a childhood Program that many of people lose along the way.

Would you like to know that everything that you've done up to this point in your life actually *matters*?

I like this saying: Childhood is supposed to be a great part of life but we seem to spend most of our lives getting over it. Beginnings can be hard, endings are sad, but it's the middle that counts. If life is hard, give it time for hope to float. (From the movie, Hope Floats.)

Beliefs and Illness

I believe that in some instances people draw viruses and bacteria to them because of Beliefs associated with the fear of them.

We all know people in our day to day lives who hardly ever get sick and people who are more prone. You might say that some people have better immune systems. I think that the reason they have a superior immune system is that they believe that they do.

- ⊖ For instance, some people believe that if they walk out bare foot in the snow they are going to get a cold.
- ⊖ Some people get sick because of their fears that little children are breeding grounds for sickness.
- ⊖ Still others believe that they cannot be around a certain sickness or they will catch it.

If these Beliefs were true for everyone, nurses and doctors would be constantly sick. Why can nurses be around sick people and usually not become sick? It is because they do not have the pervading fear of sickness and disease. If we did not have these fearless people in the world, there would be no one who would work with people who had infectious diseases because they would be to terrified of becoming sick.

Viruses and Beliefs

We pick our diseases like we pick our mates. We are drawn to one another for the same reasons: for our matching vibrations and Belief Systems. Because we have the same Belief System as the virus, bacteria, yeast or fungus, a weakness is created in our immune system. It is drawn to these Belief Systems and is able to attach to us.

I know this is a bold statement, but I came to this conclusion by working with a woman with genital herpes. I worked with this person for a very long time but the herpes wouldn't go away. I had learned to use a vibration, a tone sent into the body specifically designed to stop viruses. I would hear the tone and send it to the virus. This tone sent the virus into remission for months, but it would always come back. So, I sat down and

started doing Belief Work with her. The Creator told me to change the Belief on the virus as well as on her. I witnessed the Program of "I am worthy of God's love," what it feels like to have Gods love and gave these Programs to the virus as well. I started pulling Belief Systems around it and as I pulled the associated Bottom Belief Systems, I watched the virus change into something completely different and leave the body. It was gone and this was confirmed by doctors. But what is really happening when this is done, at least in scientific terms?

It is a scientific theory that bacteria will become a virus and a virus will become a fungus and will actually evolve into different things, thus escaping detection. This is how the virus would escape the tone I sent to it. When doing Belief Work on the virus, it changes to a harmless energy.

Understand, we are not killing the virus; rather we are transforming the virus by witnessing the rearrangement of its subatomic particles. ThetaHealing works on certain diseases through the witnessing of changes to them on a subatomic level. This means that everything can be changed in the body if you witness the rearrangement of these subatomic particles.

Chapter Five

The Creation of Feelings

Feeling Work

The Advanced ThetaHealing Class was developed to give people a selected set of Downloads using the Feeling Work.

The speeds at which changes are made with the Feeling Work are amazing. People can be taught quickly what it *feels like* to be loved, honored, respected, cherished, even what it *feels like* to live *without* a negative Feeling created by habit. A example of this would be, "I know how to live without being miserable." As with the Belief Work, the practitioner Energy Tests the client (or themselves) to find if they do or do not have, or have not experienced specific Feelings.

Some people have never felt or experienced the energy of certain Feelings in their lives. Perhaps the person was traumatized as a child and did not develop these Feelings, or "lost" them somewhere in the drama of this Existence. In order for a person to have Feelings such as joy, to love or to be loved by someone, or what it *feels like* to feel rich; or any other Feeling the client may be unfamiliar with, the person must be shown what these Feelings "feel" like by the Creator. This is the reason that when we manifest for a soul mate in our life, or to be rich, or for many other manifestations, the manifestations do not come about. In order to manifest, we have to first *experience* what these Feelings are in order to bring these Feelings in a constant to our reality.

To show a client the experience of a particular Feeling, get their verbal permission and connect with the Creator of All That Is. Using the command process, the practitioner witnesses the energy of the Feeling "Downloads" from the Creator as it flows through every cell of their body and on all four Belief Levels. Once this Feeling has been experienced, the person is ready to create life changes.

What might take people lifetimes to learn can be learned in seconds. Ask yourself, do you know what it *feels like* to live without compulsive misery, fear, anger, frustration, and conflict? This doesn't mean that when you need to feel fear or anger that you won't have it. This only means that you won't have to create fearful situations in your life. Living with or without the energies of Feelings and Beliefs can become such a habit in our lives. The Creator of All That Is can teach you these Feelings on every level of your life instantly. It will also remove fears that may have become out of control. The Feeling-Downloads that are offered in this book were designed to develop intuitive abilities to make the individual more spiritual and enlightened. The goal is to help them get to another level that is called DNA 3.

As I explained in the book *ThetaHealing*, in order to Download a particular Feeling, verbal permission must be given. The practitioner commands to witness the Creator of All That Is instill the Feeling from the Seventh Plane of Existence. In *ThetaHealing*, you can be your own practitioner. This Feeling flows through every cell of the person's body and on all four of the Belief Levels. Once this Feeling has been experienced, the person is ready to create life changes pertaining to it. I know that we are here to learn by experience.

Some students that begin using the Belief and Feeling Work, immediately began to Download all the Beliefs and Feelings that it is possible to do so, thinking this was going to help them. In a certain sense they are right, but not to the extent they expect. What this does is to *add to* Feelings and Beliefs that are already there. What this *does not do* is to find the Bottom Beliefs (that need removed and replaced) and all the particular Feelings that the person truly needs.

I believe that by using the Feeling Work we are actually training our cells how to live without certain Feelings such as depression. The Feeling Work gives the person the ability to change their mind; to reset the receptors for depression and to open new receptors which we believe can be created while in a Theta-Wave.

You may ask, "What is the proof for this?" I offer that many people start to get well when they begin to use the Belief Work. For instance, by simply instilling someone with the Feeling and knowing of what it "*Feels Like* to live without being defeated" can have positive changes in people with diabetes and helps other diseases as well.

It was only a short time after I began using the Belief Work in sessions that I used it with a young boy who had cancer of the colon. The boy had an intense hatred for his father. I asked him if he wanted to forgive his father and he said yes. Through the Creator, I pulled the belief of “I hate my father” and replaced it with “I know how to forgive my father” and that it was possible. After that his colon cancer disappeared. This child was one of the first people to influence the development of the Belief Work.

The Digging process is one of the most important things in ThetaHealing. After working with many sick people I realize that some people healed instantly by simply going into Theta-State and commanding that their body do so. Other people seemed resistant to the Healings. When I went up and asked the Creator why this was so, I was told that it was because they didn’t know what it “felt like to be healed” or they didn’t know what it “felt like to have joy.” Since the conception of the Belief Work, many practitioners and teachers of ThetaHealing have made lists and lists of Feelings that they wish to have instilled in themselves and in others. Some of them sit down and write thousands of Beliefs, neglecting to use the Digging Work on themselves and on others. What people do not realize is that the human brain is incredibly complex and powerful. What comes out as a *negative belief* to the brain actually is followed up by a positive one. This will be explained later in the book.

The Creation of Feelings Process

- ⊖ Center yourself. Begin by sending your consciousness down into the center of Mother Earth, All That Is. Bring the energy up through your feet, into your body and up through all the chakras.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence. Connect with the “Creator of All That Is” in the Seventh Plane of Existence. Make the following command: *Creator of All That Is, it is commanded to instill the Feeling of (name the Feeling) into the person (name the person) through every cell of their body, on all four Belief Levels and in every area of their life, in the highest and best way. Thank you. It is done. It is done.*
- ⊖ Witness the energy of the Feeling flow into the person’s space and visualize the Feeling from the Creator through every cell of the person’s body, instilling the Feeling on all four Belief levels.

⊖ When you are finished move your consciousness out of the client's space through the crown chakra, and disconnect by rinsing yourself off in a stream of water or light, entering your body through your crown chakra. Send your consciousness down into Mother Earth, All That Is, grounding yourself, pulling the energy up through your body to the top of your crown and then performing an energy break.

In time, as you become more comfortable with this process, grounding will not be necessary.

The Downloads

In the following pages, we discover that there are variations of "Feelings" and knowledge that the person may have never experienced. When this knowledge is "Downloaded" into the person, they attain an awareness, understanding and comprehension of these "Feelings" which become integrated into the All That Is of the person from the Creator of All that Is of the Seventh Plane of Existence. The teaching of these Feelings will have a dramatic effect upon the abilities of the intuitive person and create physical well-being.

It is important to consider Downloading the Feelings listed in this book. Then everything that doesn't serve can be easily released. The more that you clear your mind, the more you can access the Seventh Plane easily to bring the body to balance. Sickness is not your enemy. You have to have many *Negative Beliefs* to create a sickness. Sickness is merely a sign of imbalance.

The following Programs and Feelings are in these categories:

- ⊖ I understand the definition of the Creator of All That Is from the Seventh Plane
- ⊖ I understand what it feels like to
- ⊖ I know
- ⊖ I know when
- ⊖ I know how
- ⊖ I know how to live my daily life
- ⊖ I know the perspective of the Creator of All That Is
- ⊖ I know it is possible to

Here are some examples:

Teach the *definition* of _____ through the “Creator of All That Is” from the Seventh Plane of Existence.

Example: I know the *definition* of trust through the Creator of All That Is.

Teach *what it feels like to (be)* _____.

Example: I know *what it feels like to* trust.

Teach *what it feels like to understand how to* _____ or to be _____.

Example: I know what it feels like to understand *how to* trust or to be trustworthy.

Teach *when to* _____.

Example: I know *when to* trust.

Teach that it's *possible to* _____.

Example: I know how to live my daily life I know that it's *possible to* trust.

Teach the *perspective of the* Creator of All That Is _____.

Example: I know the *perspective of the* “Creator of All That Is” of trust and how to trust.

These are the Feelings and Programs that you will need for DNA 3

To better appreciate the information in the rest of this book, the reader will find it beneficial to Download these Feelings from the Creator of All That Is.

Even though I am giving you these Downloads, it is still suggested to attend a Advanced ThetaHealing Class from a certified Instructor.

Programs of the “Creator of All That Is”

- ⊖ I understand what it feels like to be totally connected to the Creator of All That Is.
- ⊖ I know how to be totally connected to the Creator of All That Is.
- ⊖ I know the Creator of All That Is.
- ⊖ I understand what it feels like to allow the Creator to show me the inside of the body.
- ⊖ I know how to allow the Creator of All That Is to show me what’s in the body.
- ⊖ I understand what it feels like to trust that the Creator will tell me exactly what I’m looking at in the body.
- ⊖ I know how to trust that the Creator will tell me exactly what I’m looking at in the body.
- ⊖ I know the difference between listening to the Creator of All That Is and myself.
- ⊖ I understand what it feels like to show others they are important to the Creator of All That Is.
- ⊖ I know how to show others they are important to the Creator of All That Is.
- ⊖ I understand what it feels like to radiate the energy of the Creator of All That Is to the world.
- ⊖ I know how to radiate the energy of the Creator of All That Is to the world.
- ⊖ I understand what it feels like to know the difference between listening to the Creator and to myself.
- ⊖ I know the difference between listening to the Creator of All That Is and to myself.
- ⊖ I understand what it feels like to be worthy of the love of the “Creator of All That Is.”
- ⊖ I understand what it feels like to know all things are possible with the Creator.
- ⊖ I understand what it feels like to know the Creator of All That Is.
- ⊖ I know it’s possible to know that the Creator of All That Is exists.
- ⊖ I understand what it feels like to deserve the love of the Creator of All That Is.
- ⊖ I know that I deserve the love of the Creator of All That Is.
- ⊖ I understand what it feels like to connect to the Creator of All That Is.
- ⊖ I know how to connect to the Creator of All That Is.
- ⊖ I know the Creator of All That Is *is* totally connected to me.
- ⊖ I know how to live my daily life totally connected to the Creator of All That Is.

- ⊖ I understand what it feels like to witness the Creator of All That Is to do the Healing.
- ⊖ I know how to witness the Creator of All That Is to do the Healing.
- ⊖ I know when to witness the Creator of All That Is to do the Healing.
- ⊖ I know how to live without feeling separate from the Creator of All That Is.

Abundance

- ⊖ I understand the definition of abundance through the Creator of All That Is.
- ⊖ I understand what it feels like to have abundance.
- ⊖ I know how to have abundance.
- ⊖ I know how to live my daily life with abundance.
- ⊖ I know the perspective of abundance through the Creator of All That Is.
- ⊖ I know it is possible to have abundance.

Acceptance

- ⊖ I understand the definition of acceptance through the Creator of All That Is.
- ⊖ I understand what it feels like to have acceptance.
- ⊖ I know when to have acceptance.
- ⊖ I know how to have acceptance.
- ⊖ I know how to live my daily life with acceptance.
- ⊖ I know the perspective of acceptance through the Creator of All That Is.
- ⊖ I know it is possible to accept myself fully.
- ⊖ I understand what it feels like to accept and receive Healing from another.
- ⊖ I know how to accept and receive Healing from another.
- ⊖ I know the perspective of Healing through the Creator of All That Is.
- ⊖ I know it is possible to accept and receive Healing from another.

Accountability

- ⊖ I understand the definition of accountability through the Creator of All That Is.
- ⊖ I understand what it feels like to have accountability.
- ⊖ I know when to have accountability.
- ⊖ I know how to have accountability.
- ⊖ I know how to live my daily life with accountability.
- ⊖ I know the perspective of accountability through the Creator of All That Is.
- ⊖ I know it is possible to be accountable for my own actions.

Achievement

- ⊖ I understand the definition of achievement through the Creator of All That Is.
- ⊖ I understand what it feels like to achieve.
- ⊖ I know when to achieve.
- ⊖ I know how to achieve.
- ⊖ I know how to live my daily life achieving.
- ⊖ I know the perspective of achievement through the Creator of All That Is.

Accepted by God

- ⊖ I understand the definition of being completely accepted by the Creator through the Creator of All That Is.
- ⊖ I understand what it feels like to be completely accepted by the Creator.
- ⊖ I know how to be completely accepted by the Creator.
- ⊖ I know how to live my daily life completely accepted by the Creator.
- ⊖ I know the perspective of being completely accepted by the Creator through the Creator of All That Is.
- ⊖ I know it is possible to be completely accepted by the Creator.

Articulation of Feelings

- ⊖ I understand the definition of articulating my Feelings through the Creator of All That Is.
- ⊖ I understand what it feels like to articulate my Feelings.
- ⊖ I know when to articulate my Feelings.
- ⊖ I know how to articulate my Feelings.
- ⊖ I know how to live my daily life articulating my Feelings.
- ⊖ I know the perspective of articulating my Feelings through the Creator of All That Is.
- ⊖ I know it is possible to articulate my Feelings.

Balance

- ⊖ I understand the definition of balance through the Creator of All That Is.
- ⊖ I understand what it feels like to be balanced.
- ⊖ I know how to be balanced.
- ⊖ I know how to live my daily life in balance.
- ⊖ I know the perspective of balance through the Creator of All That Is.
- ⊖ I know it is possible to be balanced.

Beauty

- ⊖ I understand the definition of beauty through the Creator of All That Is.
- ⊖ I understand what it feels like to be beautiful.
- ⊖ I know how to live my daily life in beauty.
- ⊖ I know the perspective of beauty through the Creator of All That Is.
- ⊖ I know it is possible to be beautiful.

Being in the Moment

- ⊖ I understand the definition to be in the moment through the Creator of All That Is.
- ⊖ I understand what it feels like to be in the moment.
- ⊖ I know how to be in the moment.
- ⊖ I know how to live my daily life in the moment.
- ⊖ I know the perspective of being in the moment through the Creator of All That Is.
- ⊖ I know it is possible to be in the moment.

Benevolence

- ⊖ I understand the definition of benevolence through the Creator of All That Is.
- ⊖ I understand what it feels like to be benevolent.
- ⊖ I know true benevolence.
- ⊖ I know when to be benevolent.
- ⊖ I know how to be benevolent.
- ⊖ I know how to live my daily life in benevolence.
- ⊖ I know the perspective of benevolence through the Creator of All That Is.
- ⊖ I know it is possible to be benevolent.

Calm

- ⊖ I understand the definition of calm through the Creator of All That Is.
- ⊖ I understand what it feels like to be calm.
- ⊖ I know when to be calm.
- ⊖ I know how to be calm.
- ⊖ I know how to live my daily life calm.
- ⊖ I know the perspective of being calm through the Creator of All That Is.
- ⊖ I know it is possible to be calm.

Cherished

- ⊖ I understand the definition of being cherished through the Creator of All That Is.
- ⊖ I understand what it feels like to be cherished.
- ⊖ I know how to be cherished.
- ⊖ I know how to live my daily life cherished.
- ⊖ I know the perspective of being cherished through the Creator of All That Is.
- ⊖ I know it is possible to be cherished.

Cooperation

- ⊖ I understand the definition of cooperation through the Creator of All That Is.
- ⊖ I understand what it feels like to be cooperative..
- ⊖ I know what cooperation is.
- ⊖ I know when to be cooperative.
- ⊖ I know how to live my daily life in cooperation.

Compassion

- ⊖ I understand the definition of compassion through the Creator of All That Is.
- ⊖ I understand what it feels like to have compassion, for myself and others.
- ⊖ I know true compassion.
- ⊖ I know when to have compassion.
- ⊖ I know how to have compassion.
- ⊖ I know how to live my daily life with compassion.
- ⊖ I know the perspective of compassion through the Creator of All That Is.
- ⊖ I know it is possible to have compassion, for myself and others.

Complete

- ⊖ I understand the definition of being complete through the Creator of All That Is.
- ⊖ I understand what it feels like to be complete.
- ⊖ I know how to be complete.
- ⊖ I know it is possible to be complete.

Common Sense

- ⊖ I understand the definition of common sense through the Creator of All That Is.
- ⊖ I understand what it feels like to have common sense.
- ⊖ I know when to have common sense.
- ⊖ I know how to have common sense.
- ⊖ I know how to live my daily life with common sense.
- ⊖ I know the perspective of common sense through the Creator of All That Is.
- ⊖ I know it is possible to have common sense.

Confident

- ⊖ I understand the definition of confidence through the Creator of All That Is.
- ⊖ I understand what it feels like to be confident.
- ⊖ I know when to be confident.
- ⊖ I know how to be confident.
- ⊖ I know how to live my daily life in confidence.
- ⊖ I know the perspective of confidence through the Creator of All That Is.
- ⊖ I know it is possible to be confident.

Clairvoyance

- ⊖ I understand the definition of seeing clairvoyantly through the Creator of All That Is.
- ⊖ I understand what it feels like to see clairvoyantly.
- ⊖ I know when to see clairvoyantly.
- ⊖ I know how to see clairvoyantly.
- ⊖ I know how to live my daily life seeing clairvoyantly.
- ⊖ I know the perspective of clairvoyance through the Creator of All That Is.
- ⊖ I know it is possible to see clairvoyantly.

Clearly

- ⊖ I understand the definition of communicating clearly through the Creator of All That Is.
- ⊖ I understand what it feels like to be able to communicate clearly.
- ⊖ I know how to be able to communicate clearly.
- ⊖ I know how to live my daily life communicating clearly.
- ⊖ I know the perspective to be able to communicate clearly through the Creator of All That Is.
- ⊖ I know it is possible to be able to communicate clearly.

Debt

- ⊖ I understand the definition of being debt free through the Creator of All That Is.
- ⊖ I understand what it feels like to be debt free.
- ⊖ I know how to be debt free.
- ⊖ I know how to live my daily life debt free.
- ⊖ I know it is possible to be debt free.

Dedication

- ⊖ I understand the definition of dedication through the Creator of All That Is.
- ⊖ I understand what it feels like to have dedication.
- ⊖ I know how to have dedication.
- ⊖ I know how to live my daily life with dedication.
- ⊖ I know the perspective of dedication through the Creator of All That Is.
- ⊖ I know it is possible to be dedicated.
- ⊖ I understand the definition of dedication to the Creator through the Creator of All That Is from the Seventh Plane.
- ⊖ I understand what it feels like to have dedication to the Creator.
- ⊖ I know how to have dedication to the Creator.
- ⊖ I know how to live my daily life in dedication to the Creator.
- ⊖ I know the perspective of dedication to the Creator through the Creator of All That Is.
- ⊖ I know it is possible to be dedicated to the Creator.
- ⊖ I understand the definition of self dedication through the Creator of All That Is from the Seventh Plane.
- ⊖ I understand what it feels like to have self dedication.
- ⊖ I know when to be dedicated to my goals.
- ⊖ I know how to be dedicated to my goals.
- ⊖ I know how to live my daily life dedicated to myself.
- ⊖ I know the perspective of self dedication through the Creator of All That Is.
- ⊖ I know it is possible to be dedicated to my goals.

Devotion

- ⊖ I understand the definition of devotion through the Creator of All That Is.
- ⊖ I understand what it feels like to have devotion.
- ⊖ I know what devotion is.
- ⊖ I know how to live my daily life with devotion.
- ⊖ I know the perspective of devotion through the Creator of All That Is.
- ⊖ I know it is possible to be devoted.

Diligence

- ⊖ I understand the definition of diligence through the Creator of All That Is.
- ⊖ I understand what it feels like to be diligent.
- ⊖ I know how to live my daily life diligently.
- ⊖ I know the perspective of diligence through the Creator of All That Is.
- ⊖ I know it is possible to be diligent.

Emotionally Present

- ⊖ I understand the definition of being emotionally present through the Creator of All That Is.
- ⊖ I understand what it feels like to be emotionally present.
- ⊖ I know how to be emotionally present.
- ⊖ I know how to live my daily life emotionally present.
- ⊖ I know the perspective of being emotionally present through the Creator of All That Is.
- ⊖ I know it is possible to be emotionally present.

Evaluate a Situation

- ⊖ I understand the definition of evaluation through the Creator of All That Is.
- ⊖ I understand what it feels like to evaluate a situation with clarity.
- ⊖ I know when to evaluate a situation.
- ⊖ I know how to evaluate a situation.
- ⊖ I know the perspective of evaluation through the Creator of All That Is.
- ⊖ I know it is possible to evaluate a situation before acting.

Faith

- ⊖ I understand the definition of faith through the Creator of All That Is.
- ⊖ I understand what it feels like to have faith.
- ⊖ I know how to live my daily life with faith.
- ⊖ I know the perspective of faith through the Creator of All That Is.
- ⊖ I know it is possible to have faith.

Family

- ⊖ I understand the definition of family through the Creator of All That Is.
- ⊖ I understand what it feels like to have a family.
- ⊖ I know when to have a family.
- ⊖ I know how to have a family.
- ⊖ I know the perspective of family through the Creator of All That Is.
- ⊖ I know it is possible to have a family.

Focus

- ⊖ I understand the definition of focus through the Creator of All That Is.
- ⊖ I understand what it feels like to focus.
- ⊖ I know when to focus.
- ⊖ I know how to focus.
- ⊖ I know how to live my daily life focused.
- ⊖ I know the perspective of focus through the Creator of All That Is.
- ⊖ I know it is possible to focus.

Forgiveness

- ⊖ I understand the definition of forgiveness through the Creator of All That Is.
- ⊖ I understand what it feels like to forgive myself and others.
- ⊖ I know true forgiveness.
- ⊖ I know when to forgive.
- ⊖ I know how to forgive.
- ⊖ I know how to live my daily life with forgiveness.
- ⊖ I know the perspective of forgiveness through the Creator of All That Is.
- ⊖ I know it is possible to forgive myself and others.

Fun

- ⊖ I understand the definition of fun through the Creator of All That Is.
- ⊖ I understand what it feels like to have fun.
- ⊖ I know when to have fun.
- ⊖ I know how to have fun.
- ⊖ I know how to live my daily life having fun.
- ⊖ I know the perspective of fun through the Creator of All That Is.
- ⊖ I know it is possible to have fun.

Grateful

- ⊖ I understand the definition of gratefulness through the Creator of All That Is.
- ⊖ I understand what it feels like to be grateful, to others and to God.
- ⊖ I know when to be grateful.
- ⊖ I know how to grateful.
- ⊖ I know how to live my daily life in gratitude.
- ⊖ I know the perspective of being grateful through the Creator of All That Is.
- ⊖ I know it is possible to be grateful.

Happiness for Others

- ⊖ I understand the definition of happiness for others through the Creator of All That Is.
- ⊖ I understand what it feels like to be happy for others.
- ⊖ I know how to be happy for others.
- ⊖ I know how to live my daily life happy for others.
- ⊖ I know the perspective of happiness for others through the Creator of All That Is.
- ⊖ I know it is possible to be happy for others.

Healthy

- ⊖ I understand the definition of health through the Creator of All That Is.
- ⊖ I understand what it feels like to be healthy.
- ⊖ I know when I am healthy.
- ⊖ I know how to be healthy.
- ⊖ I know how to live my daily life in health.
- ⊖ I know the perspective of health through the Creator of All That Is.
- ⊖ I know it is possible to be healthy.

Heard By Others

- ⊖ I understand the definition of being heard by others through the Creator of All That Is.
- ⊖ I understand what it feels like to be heard by others.
- ⊖ I know when to be heard by others.
- ⊖ *I know how to be heard by others.*
- ⊖ I know how to live my daily life heard by others.
- ⊖ I know the perspective of being heard by others through the Creator of All That Is.
- ⊖ I know it is possible to be heard by others.

Home

- ⊖ I understand the definition of home through the Creator of All That Is.
- ⊖ I understand what it feels like to have a home.
- ⊖ I know how to have a home.
- ⊖ I know the perspective of home through the Creator of All That Is.
- ⊖ I know it is possible to have a home.

Honesty

- ⊖ I understand the definition of honesty through the Creator of All That Is.
- ⊖ I understand what it feels like to be honest.
- ⊖ I know when to be honest.
- ⊖ I know how to be honest.
- ⊖ I know how to live my daily life in honesty.
- ⊖ I know the perspective of honesty through the Creator of All That Is.
- ⊖ I know it is possible to be honest.

Honor

- ⊖ I understand the definition of honor through the Creator of All That Is.
- ⊖ I understand what it feels like to have honor.
- ⊖ I know when to have honor.
- ⊖ I know how to have honor.
- ⊖ I know how to live my daily life with honor.
- ⊖ I know the perspective of honor through the Creator of All That Is.
- ⊖ I know it is possible to have honor.

Humble

- ⊖ I understand the definition of being humble through the Creator of All That Is.
- ⊖ I understand what it feels like to be humble.
- ⊖ I know when to be humble.
- ⊖ I know how to be humble.
- ⊖ I know the perspective of being humble through the Creator of All That Is.
- ⊖ I know it is possible to be humble.

Ideas

- ⊖ I understand the definition of being open to ideas through the Creator of All That Is.
- ⊖ I understand what it feels like to be open for ideas.
- ⊖ I know when to be open for ideas.
- ⊖ I know how to be open for ideas.
- ⊖ I know how to live my daily life open for ideas.
- ⊖ I know it is possible to be open for all ideas.

Impervious

- ⊖ I understand the definition of being impervious to doubt through the Creator of All That Is.
- ⊖ I understand what it feels like to be impervious to doubt.
- ⊖ I know how to be impervious to doubt.
- ⊖ I know how to live my daily life impervious to doubt.
- ⊖ I know the perspective of being impervious to doubt through the Creator of All That Is.
- ⊖ I know it is possible to be impervious to doubt.
- ⊖ I understand the definition of being impervious to toxicity through the Creator of All That Is.
- ⊖ I understand what it feels like to be impervious to toxicity.
- ⊖ I know how to be impervious to toxicity.
- ⊖ I know how to live my daily life impervious to toxicity.
- ⊖ I know it is possible to be impervious to toxicity.
- ⊖ I understand the definition of being impervious to negativity through the Creator of All That Is.
- ⊖ I understand what it feels like to be impervious to negativity.
- ⊖ I know how to be impervious to negativity.
- ⊖ I know how to live my daily life impervious to negativity.
- ⊖ I know it is possible to be impervious to negativity.
- ⊖ I understand the definition of being impervious to worry through the Creator of All That Is.
- ⊖ I understand what it feels like to be impervious to worry.
- ⊖ I know how to be impervious to worry.
- ⊖ I know how to live my daily life impervious to worry.
- ⊖ I know it is possible to be impervious to worry.
- ⊖ I understand the definition of being impervious to disease through the Creator of All That Is.
- ⊖ I understand what it feels like to be impervious to disease.
- ⊖ I know how to be impervious to disease.
- ⊖ I know how to live my daily life impervious to disease.
- ⊖ I know it is possible to be impervious to disease.

Important

- ⊖ I understand the definition of importance through the Creator of All That Is.
- ⊖ I understand what it feels like to feel important.
- ⊖ I know how to live my daily life Feeling important.
- ⊖ I know the perspective of importance through the Creator of All That Is.
- ⊖ I know it is possible to be important to the Creator of All That Is.

Integrity

- ⊖ I understand the definition of integrity through the Creator of All That Is.
- ⊖ I understand what it feels like to have integrity.
- ⊖ I know how to have integrity.
- ⊖ I know how to live my daily life with integrity.
- ⊖ I know the perspective of integrity through the Creator of All That Is.
- ⊖ I know it is possible to be full of integrity.

Interaction

- ⊖ I understand the definition of interaction with others through the Creator of All That Is.
- ⊖ I understand what it feels like to interact with others.
- ⊖ I know when to interact with others.
- ⊖ I know how to interact with others.
- ⊖ I know how to live my daily life interacting with others.
- ⊖ I know it is possible to interact with others.

Instant Healing

- ⊖ I understand the definition of an instant Healing through the Creator of All That Is.
- ⊖ I understand what it feels like to witness an instant Healing.
- ⊖ I know how to witness an instant Healing.
- ⊖ I know the perspective of an instant Healing through the Creator of All That Is.
- ⊖ I know it is possible to witness an instant Healing.

Intuition

- ⊖ I understand the definition of true intuition through the Creator of All That Is.
- ⊖ I understand what it feels like to trust my intuition.
- ⊖ I know when to trust my intuition.
- ⊖ I know how to trust my intuition.
- ⊖ I know how to live my daily life trusting my intuition.
- ⊖ I know it is possible to trust my intuition.

Joy

- ⊖ I understand the definition of joy through the Creator of All That Is.
- ⊖ I understand what it feels like to have joy.
- ⊖ I know how to have joy.
- ⊖ I know how to live my daily life in joy.
- ⊖ I know the perspective of joy through the Creator of All That Is.
- ⊖ I know it is possible to have joy.

Let It Be

- ⊖ I understand what it feels like to let someone else be who they are.
- ⊖ I know how to let someone else be who they are.
- ⊖ I understand what the world feels to be in perfect harmony and balance.
- ⊖ I understand what it feels like without being overly critical (of self, others.)

Listen

- ⊖ I have something to Say
- ⊖ I have something worthwhile to say to others.
- ⊖ I know what I have to say is important.
- ⊖ I understand what it feels like to be listened to (by a man, by a woman, by the Creator of All That Is.)
- ⊖ I know how to be listened to (by a man, by a woman, by the Creator of All That Is.)

Love

- ⊖ I understand the definition of love through the Creator of All That Is.
- ⊖ I understand what it feels like to love my fellow man (or woman.)
- ⊖ I know how to love my fellow man.
- ⊖ I know the perspective of love through the Creator of All That Is.
- ⊖ I know it is possible to love my fellow man.

- ⊖ I understand the definition of a mother's love through the Creator of All That Is.
- ⊖ I understand what it feels like to have a mother's love.
- ⊖ I know how to live my daily life with a mother's love.
- ⊖ I know the perspective of a mothers love through the Creator of All That Is.
- ⊖ I know it is possible to receive a mother's love.
- ⊖ I understand the definition of a father's love through the Creator of All That Is.
- ⊖ I understand what it feels like to have a father's love.
- ⊖ I know how to live my daily life with a father's love.
- ⊖ I know the perspective of a fathers love through the Creator of All That Is.
- ⊖ I know it is possible to receive a father's love.

Loving People for Who They Are

- ⊖ I understand the definition of loving people for what and who they are through the Creator of All That Is.
- ⊖ I understand what it feels like to love people for what they are.
- ⊖ I know how to love people for what they are.
- ⊖ I know how to live my daily life with love.
- ⊖ I know the perspective of love through the Creator of All That Is.
- ⊖ I know it is possible to love people for what they are.

Loved By My Companion

- ⊖ I understand the definition of being loved by my companion through the Creator of All That Is.
- ⊖ I understand what it feels like to be loved by my companion.
- ⊖ I know when to be loved by my companion.
- ⊖ I know how to be loved by my companion.
- ⊖ I know how to live my daily life loved by my companion.
- ⊖ I know the perspective of being loved by my companion through the Creator of All That Is.
- ⊖ I know it is possible to be loved by my companion.

Lovable

- ⊖ I understand the definition of being lovable through the Creator of All That Is.
- ⊖ I understand what it feels like to be lovable.
- ⊖ I know how to be lovable.
- ⊖ I know the perspective of lovable through the Creator of All That Is.
- ⊖ I know it is possible to be lovable.

Loyalty

- ⊖ I understand the definition of loyalty through the Creator of All That Is.
- ⊖ I understand what it feels like to be loyal.
- ⊖ I know when to be loyal.
- ⊖ I know how to live my daily life in loyalty.
- ⊖ I know the perspective of loyalty through the Creator of All That Is.
- ⊖ I know it is possible to be loyal.

Magic

- ⊖ I understand the definition of magic through the Creator of All That Is.
- ⊖ I understand what it feels like to have magic.
- ⊖ I know how to have magic.
- ⊖ I know how to live my daily life with magic.
- ⊖ I know the perspective of magic through the Creator of All That Is.
- ⊖ I know it is possible to experience magic.

Mitochondria

- ⊖ I understand the definition of miracles through the Creator of All That Is.
- ⊖ I understand what a miracle feels like.
- ⊖ I know when there is a miracle.
- ⊖ I know how to manifest and witness miracles.
- ⊖ I know how to live my daily life with miracles.
- ⊖ I know the perspective of miracles through the Creator of All That Is.
- ⊖ I know it is possible to witness miracles.

Money

- ⊖ I understand what it feels like to have money.
- ⊖ I know how to have money.
- ⊖ I know how to live my daily life with money.
- ⊖ I know the perspective of money through the Creator of All That Is.
- ⊖ I know it is possible to have money.
- ⊖ I know that money is a form of exchange.

Motivation

- ⊖ I understand the definition of motivation through the Creator of All That Is.
- ⊖ I understand what it feels like to be motivated by the Creator of All That Is.
- ⊖ I know how to be motivated by the Creator of All That Is.
- ⊖ I know how to live my daily life with motivation.

- ⊖ I know the perspective of motivation through the Creator of All That Is.
- ⊖ I know it is possible to be motivated by the Creator of All That Is.

No

- ⊖ I understand what it feels like to say no.
- ⊖ I know when to say no.
- ⊖ I know how to say no.
- ⊖ I know it is possible to say no.

Peace

- ⊖ I understand the definition of peace through the Creator of All That Is.
- ⊖ I understand what it feels like to have peace.
- ⊖ I know how to have peace.
- ⊖ I know how to live my daily life in peace.
- ⊖ I know the perspective of peace through the Creator of All That Is.
- ⊖ I know it is possible to have peace.

Perseverance

- ⊖ I understand perseverance through the definition of the Creator of All That Is.
- ⊖ I understand what it feels like to persevere.
- ⊖ I know how to persevere.
- ⊖ I know it is possible to persevere.

Play

- ⊖ I understand the definition of how to play through the Creator of All That Is.
- ⊖ I understand what it feels like to play.
- ⊖ I know when to play.
- ⊖ I know how to play.
- ⊖ I know how to live my daily life in play.
- ⊖ I know the perspective of play through the Creator of All That Is.
- ⊖ I know it is possible to play.

Pride

- ⊖ I understand the definition of pride through the Creator of All That Is.
- ⊖ I understand what it feels like to have pride.
- ⊖ I know when to have pride.

- ⊖ I know how to have pride.
- ⊖ I know how to live my daily life with pride.
- ⊖ I know the perspective of pride through the Creator of All That Is.
- ⊖ I know it is possible to have pride.
- ⊖ I understand what it feels like to have pride in my work.

Relaxation

- ⊖ I understand the definition of relaxation through the Creator of All That Is.
- ⊖ I understand what it feels like to relax.
- ⊖ I know when to relax.
- ⊖ I know how to relax.
- ⊖ I know how to live my daily life relaxed.
- ⊖ I know the perspective of relaxation through the Creator of All That Is.
- ⊖ I know it is possible to relax.

Respect

- ⊖ I understand the definition of respect for myself and others through the Creator of All That Is.
- ⊖ I understand what it feels like to have respect for myself and others.
- ⊖ I know how to have respect—for myself, for others.
- ⊖ I know how to live my daily life with respect for all things.
- ⊖ I know the perspective of respect through the Creator of All That Is.
- ⊖ I know it is possible to have respect.
- ⊖ I understand what it feels like to be respected by my students.
- ⊖ I know how to be respected by my students.
- ⊖ I know it is possible to be respected by my students.

Resolve

- ⊖ I understand what it feels like to be able to find and resolve my own Programs.
- ⊖ I know how to be able to find and resolve my own Programs.

Rest

- ⊖ I understand the definition of rest through the Creator of All That Is.
- ⊖ I understand what it feels like to rest.
- ⊖ I know when to rest.
- ⊖ I know how to rest.
- ⊖ I know the perspective of rest through the Creator of All That Is.
- ⊖ I know it is possible to rest.

Safe

- ⊖ I understand the definition of safety through the Creator of All That Is.
- ⊖ I understand what it feels like to be safe.
- ⊖ I know when I am safe.
- ⊖ I know how to be safe.
- ⊖ I know how to live my daily life in safety.
- ⊖ I know the perspective of safety through the Creator of All That Is.
- ⊖ I know it is possible to be safe.

Security

- ⊖ I understand the definition of security through the Creator of All That Is.
- ⊖ I understand what it feels like to be secure.
- ⊖ I know how to be secure.
- ⊖ I know how to live my daily life in security.
- ⊖ I know the perspective of security through the Creator of All That Is.
- ⊖ I know it is possible to be secure.

Self Acceptance

- ⊖ I understand the definition of self acceptance through the Creator of All That Is.
- ⊖ I understand what it feels like to have self acceptance.
- ⊖ I know how to have self acceptance.
- ⊖ I know how to live my daily life with complete self acceptance.
- ⊖ I know it is possible to have complete self acceptance.

Self Honesty

- ⊖ I understand the definition of self honesty through the Creator of All That Is.
- ⊖ I understand what it feels like to have self honesty.
- ⊖ I know how to have self honesty.
- ⊖ I know how to live my daily life with self honesty.
- ⊖ I know the perspective of being honest with myself through the Creator of All That Is.
- ⊖ I know it is possible to be honest with myself.

Serenity

- ⊖ I understand the definition of serenity through the Creator of All That Is.
- ⊖ I understand what it feels like to be serene.
- ⊖ I know how to be serene.
- ⊖ I know how to live my daily life in serenity.
- ⊖ I know the perspective of serenity through the Creator of All That Is.
- ⊖ I know it is possible to be serene.

Shine

- ⊖ I understand the definition of deserving to shine through the Creator of All That Is.
- ⊖ I understand what it feels like to deserve to shine.
- ⊖ I know how to deserve to shine.
- ⊖ I know how to live my daily life shining.
- ⊖ I know the perspective of deserving to shine through the Creator of All That Is.

Son and Daughter

- ⊖ I understand the definition of a son or daughter through the Creator of All That Is.
- ⊖ I understand what it feels like to be a son or daughter.
- ⊖ I know how to live my daily life as son or daughter.
- ⊖ I know the perspective of a son or daughter through the Creator of All That Is.
- ⊖ I know it is possible to be a son or a daughter.

Special

- ⊖ I understand what it feels like to be special.
- ⊖ I know how to be special.
- ⊖ I know perspective of being special through the Creator of All That Is.
- ⊖ I know it's possible to be special.

Stillness

- ⊖ I understand the definition of stillness through the Creator of All That Is.
- ⊖ I understand what it feels like to be still.
- ⊖ I know when to be still.
- ⊖ I know how to be still.
- ⊖ I know how to live my daily life in stillness.
- ⊖ I know it is possible to be still.

Succeed

- ⊖ I understand the definition of succeeding through the Creator of All That Is.
- ⊖ I understand what it feels like to succeed.
- ⊖ I know how to succeed.
- ⊖ I know how to live my daily life succeeding.
- ⊖ I know the perspective of succeeding through the Creator of All That Is.
- ⊖ I know it is possible to succeed.

Tactful

- ⊖ I understand the definition of tact through the Creator of All That Is.
- ⊖ I understand what it feels like to have tact.
- ⊖ I know how to be tactful.
- ⊖ I know how to live my daily life being tactful.
- ⊖ I know the perspective of tact through the Creator of All That Is.
- ⊖ I know it is possible to be tactful.

Thankfulness

- ⊖ I understand the definition of thankfulness through the Creator of All That Is.
- ⊖ I understand what it feels like to be thankful.
- ⊖ I know when to be thankful.
- ⊖ I know how to be thankful.
- ⊖ I know how to live my daily life in thankfulness.
- ⊖ I know the perspective of thankfulness through the Creator of All That Is.
- ⊖ I know it is possible to be thankful.

The Breath of Life

- ⊖ I understand the definition of the “Breath of Life” through the Creator of All That Is.
- ⊖ I understand what it feels like to receive the Breath of Life.
- ⊖ I know how to receive the breath of life.
- ⊖ I know how to live my daily life breathing in the Breath of Life.
- ⊖ I know the perspective of the Breath of life through the Creator of All That Is.
- ⊖ I know it is possible to breathe.

The Creator is Real

- ⊖ I understand the definition from the Seventh Plane that the Creator is real.
- ⊖ I understand what it feels like to know that the Creator of All That Is *is* real.
- ⊖ I know how to live my daily life knowing the Creator of All That Is *is* real.
- ⊖ I know it is possible that the Creator of All That Is *is* real.

The Life Purpose

- ⊖ I know the perspective of my life's purpose through the Creator of All That Is.
- ⊖ I know it's possible to know my life's purpose.

The Now

- ⊖ I understand what it feels like to live in the Now, in this moment and this second.
- ⊖ I know how to live in the Now, in this moment and this second.
- ⊖ I understand what it feels like to live in the Now, experiencing the joy of it.

The True Self

- ⊖ I understand what it feels like to know my true self.
- ⊖ I know my true self.
- ⊖ I know the perspective of my true self through the Creator of All That Is.

Theta Work

- ⊖ I understand what it feels like to be able to do Theta work on myself.
- ⊖ I know when to do Theta work on myself.
- ⊖ I know how to do Theta work on myself.
- ⊖ I know how to live my daily life with the ability to do Theta work on myself.
- ⊖ I know it is possible to be able to do Theta work on myself.

To Listen

- ⊖ I understand the definition of listening through the Creator of All That Is.
- ⊖ I understand what it feels like to listen.
- ⊖ I know when to listen.
- ⊖ I know how to listen.
- ⊖ I know how to live my daily life listening.
- ⊖ I know the perspective of listening through the Creator of All That Is.
- ⊖ I know it is possible to be a good listener.

To See Myself

- ⊖ I understand what it feels like to see myself with God's definition.
- ⊖ I know how to see myself with the definition of the Creator of All That Is.
- ⊖ I know it's possible to see myself with the definition of the Creator of All That Is.

Truth

- ⊖ I understand the definition of the highest truth of the Creator of All That Is.
- ⊖ I know how to live my daily life with the highest truth.
- ⊖ I know the perspective of the highest truth of the Creator of All That Is.
- ⊖ I know it is possible to know the highest truth.
- ⊖ I know truth.
- ⊖ I know how to see truth.
- ⊖ I know how to live my daily life in truth.
- ⊖ I know it is possible to see truth.
- ⊖ I understand what it feels like to hear truth.
- ⊖ I know how to hear truth.
- ⊖ I know how to hear truth in my daily life.
- ⊖ I know it is possible to hear truth.
- ⊖ I understand what truth feels like.
- ⊖ I know it is possible to feel truth.
- ⊖ I understand what it feels like to smell truth.
- ⊖ I know what truth smells like.
- ⊖ I know how to smell truth.
- ⊖ I know it is possible to smell truth.

Speak the Truth

- ⊖ I understand the definition of speaking my truth through the Creator of All That Is.
- ⊖ I understand what it feels like to speak my truth.
- ⊖ I know when to speak my truth.
- ⊖ I know how to speak my truth.
- ⊖ I know how to live my daily life speaking my truth.
- ⊖ I know it is possible to speak my truth.

Tranquility

- ⊖ I understand the definition of tranquility through the Creator of All That Is.
- ⊖ I understand what it feels like to be tranquil.
- ⊖ I know how to be in tranquility.
- ⊖ I know how to live my daily life in tranquility
- ⊖ I know the perspective of tranquility through the Creator of All That Is.
- ⊖ I know it is possible to be tranquil.

Trust

- ⊖ I understand the definition of being trustworthy through the Creator of All That Is.
- ⊖ I understand what it feels like to be trustworthy.
- ⊖ I know how to trustworthy.
- ⊖ I know it is possible to be trustworthy.
- ⊖ I understand the definition of trusting myself through the Creator of All That Is.
- ⊖ I understand what it feels like to trust myself 100%.
- ⊖ I know how to trust myself 100%.
- ⊖ I know it is possible to trust myself 100%.
- ⊖ I understand the definition of trust in the Creator through the Creator of All That Is.
- ⊖ I understand what it feels like to trust the Creator 100%.
- ⊖ I know how to trust the Creator 100%.
- ⊖ I know how to live my daily life with complete trust in the Creator.
- ⊖ I know it is possible to trust the Creator 100%.

Understood By Others

- ⊖ I understand the definition of being understood by others through the Creator of All That Is.
- ⊖ I understand what it feels like to be understood by others.
- ⊖ I know when to be understood by others.
- ⊖ I know how to be understood by others.
- ⊖ I know how to live my daily life understood by others.
- ⊖ I know the perspective of being understood by others through the Creator of All That Is.
- ⊖ I know it is possible to be understood by others.

Unique

- ⊖ I understand the definition of unique through the Creator of All That Is.
- ⊖ I understand what it feels like to be unique.
- ⊖ I know how to be unique.
- ⊖ I know it is possible to be unique.

Wanted

- ⊖ I understand the definition of being wanted through the Creator of All That Is.
- ⊖ I understand what it feels like to be wanted.
- ⊖ I know when to be wanted.
- ⊖ I know how to be wanted.
- ⊖ I know it is possible to be wanted.

Whole

- ⊖ I understand what it feels like to be whole.
- ⊖ I know how to be whole.
- ⊖ I know it's possible to be whole.

Wisdom

- ⊖ I understand the definition of wisdom through the Creator of All That Is.
- ⊖ I understand what it feels like to have wisdom.
- ⊖ I know when to have wisdom.
- ⊖ I know how to have wisdom.
- ⊖ I know how to live my daily life with wisdom.
- ⊖ I know the perspective of wisdom through the Creator of All That Is.
- ⊖ I know it is possible to have wisdom.

More Feelings and Programs!

In our day to day life we can use the Feeling Work to explore feelings and knowing that we may not have. Using the following sentence structures, insert words and phrases of feelings that you may need to instill within ourselves.

Downloads

Teach *“What it feels like” to live without _____.*

Example: I know what it feels like to live without anger.

Teach *“What it feels like” and “I know how to” live my day to day life without _____.*

Example: I know what it feels like and I know how to live my day to day life without Feeling overwhelmed.

Teach *“What it feels like” and “I know how to” live my day to day life without the fear of ____:*

Example: I know what it feels like and I know how to live my day to day life without the fear of intimacy.

Teach *“What it feels like” and “I know how to” live my day to day life without having to _____*

Example : I know what it feels like and I know how to live my day to day life without having to be miserable.

Instill within yourself or help another to accept theses Feelings.

Feelings - How To Live Without

- ⊖ I know what it “feels like” and “I know how” to live my day to day life without doubt.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without anger.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without fear.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without pain.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without sickness.

- ⊖ I know what it “feels like” and “I know how” to live my day to day life without resentment.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without holding grudges.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without regret.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without creating battle.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being depressed.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without gloom and doom.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without disappointment.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without discouragement.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without drama.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without chaos.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being pathetic.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being pitiful.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without Feeling neglected.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without Feeling excluded.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without Feeling left behind.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being hyper.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being abused.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being used.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without scarcity.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without envy.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without jealousy.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without coveting others.

- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being impatient.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being miserable.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without worry.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without despair.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without Feeling lonely.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without Feeling abandoned.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being pessimistic.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without doubting my power.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without Feeling inferior.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without fear of seeing the truth.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without resentment.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without denial.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being irritated.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without shame.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without confusion.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without stress.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without anxiety.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being threatened.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without threatening others.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without allowing others to hurt me.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without allowing others to victimize me.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being a victim.

- ⊖ I know what it “feels like” and “I know how” to live my day to day life without annoying others.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without irritating others
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without road rage.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without instability.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being punished.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being overwhelmed.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being nervous about the next step forward.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being nervous about the future.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without anger at my family.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without anger at myself.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without anger at the Creator.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without my world falling apart.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without worrying about having enough time.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without taking on other people’s “stuff”.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without criticizing myself or others.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without making excuses for who I am.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without doubting my ability to see clearly in the body.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without buying into group conscious fear.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without punishing myself with food, cigarettes, drugs and alcohol.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without thinking it hurts to feel.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being betrayed.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without being ignored.

I know what it feels like, and I know how to live my day to day life without Feeling

- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling beaten up.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling broken.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling unimportant.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling crazy.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling dumb.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling inferior.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling belittled.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling disregarded.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling minimized.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling like a burden.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling burdened.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling like a bother.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling shunned.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling like I’m in the wrong family.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling like I’m on the wrong planet.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling like I’m in the wrong body.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling responsible for my parents.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling out of control.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling like I was the parent of my parents.
- ⊖ I know what it “feels like” and “I know how” to live my day to day life without feeling threatened.

I know what it feels like and I know how to live my day to day life without the fear of____:

- ⊖ I know what it feels like and I know how to live my day to day life without the fear of being disconnected from the Creator.
- ⊖ I know what it feels like and I know how to live my day to day life without the fear of falling back asleep and forgetting the truth.
- ⊖ I know what it feels like and I know how to live my day to day life without the fear of failing my mission in this life.
- ⊖ I know what it feels like and I know how to live my day to day life without the fear of intimacy.
- ⊖ I know what it feels like and I know how to live my day to day life without the fear of being vulnerable with others.
- ⊖ I know what it feels like and I know how to live my day to day life without the fear of being awesome.
- ⊖ I know what it feels like and I know how to live my day to day life without having to fear God.
- ⊖ I know what it feels like and I know how to live my day to day life without having to be miserable.
- ⊖ I know what it feels like and I know how to live my day to day life without having to forget.
- ⊖ I know what it feels like and I know how to live my day to day life without having to shut up.
- ⊖ I know what it feels like and I know how to live my day to day life without having to shut down.
- ⊖ I know what it feels like and I know how to live my day to day life without having to be the bad guy.
- ⊖ I know what it feels like and I know how to live my day to day life without having to allow the underdog to take advantage of me.
- ⊖ I know what it feels like and I know how to live my day to day life without having to be blamed for others mistakes.
- ⊖ I know what it feels like and I know how to live my day to day life without having to cut myself off from All That Is.
- ⊖ I know what it feels like and I know how to live my day to day life without having to take on other people's suffering, but if I do it changes to light and love instantly.

Chapter Six

Advanced Belief, Feeling and Digging Work-Find the Bottom Belief

Programs Becoming Belief Systems

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

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

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

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

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

Belief Work

Belief Work empowers people with the ability to remove and replace these negative Programs and Belief Systems with positive beneficial ones from the Creator of All That Is. By its nature, Belief Work is a means of changing behavior. The behavior may be physical, mental or spiritual in nature. One of the best ways to change Beliefs is through a return to the purity of a child. When we are children, the brain wave pattern is open to receiving and accepting new information. This is why the Theta State is so important, as it returns the subconscious to the frequency of growth and change. It opens the mind for positive change and returns our mentality to the purity of a child. When we are children, we are much more receptive to changing Belief Systems. The reason that therapists find it so difficult to change the Belief Systems of an adult client is because they do not easily access the subconscious mind without hours of therapy or hypnosis. The Belief Work is a means to do just that: to access the subconscious mind. However, Belief Work takes us a step further. It gives us the ability to change Beliefs that go beyond the subconscious, into the spiritual and genetic areas, places largely ignored in most alternative therapy.

In the first book of ThetaHealing, you learned that there are four different Belief Levels within the All That Is of a person that comprise their body, their emotions, their mind, even to the expansiveness of their soul energy. These Belief Systems extend into the past, present and future, even within that part of our genetic structure that is the electromagnetic energy that tells our DNA what to do. These Levels are the basis to ThetaHealing *Belief Work*. Using the Belief Work process described in the ThetaHealing book, the practitioner can remove and replace the energetic Belief Systems that reside on these *four* distinct Levels.

The Four Belief Levels

There are four levels of Beliefs within a person:

Core Belief Level

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

Genetic Level

In this Level, Programs are carried over from ancestors or are being added to the genes in this life. These Beliefs are energies stored not only in the genes but also in the morphogenetic field around and in the physical DNA. This “field” of knowledge is what tells the mechanics of the DNA what to do. This level can be accessed through the master cell in the pineal gland of the brain.

The History Level

This Level concerns memories from past life or deep genetic memory, or collective consciousness experiences that we carry into the present. These memories are held in the aura field of the person. In the process of the Belief Work you may hear the Creator tell you that one of the other Programs besides the History Level needs to be resolved, instead of cancelled as the practitioner normally would. Observe the energy being resolved on that Level, as you would while working on the History Level.

The Soul Level

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

In the first book, we taught you how to release Belief-Programs from each individual Level and then from all the Levels simultaneously. The same Belief-Program can exist on one or more of the different Levels or simultaneously on all four. The removal of a Belief Program from one Level and not on the others will not achieve the desired result of removing and replacing the Belief-Program. The Program will simply replace itself as it was before. Since some Programs are held on only one Level, pulling the Programs from the “Soul,” which is the deepest Level, will not necessarily remove them from all of them. This is why it is necessary to pull the Belief from all the Levels.

I teach in ThetaHealing that we are creating our own adventure and are allowed to change our Beliefs. All you have to do is to go to the right place to change them. When I witness a Program-Belief System pulled, I go up above my space and I ask the Creator to pull it on all four Levels. The Program is witnessed, released and the new Program comes in.

When a Program is released from the Core Belief Level, the Genetic Level, the History Level, and the Soul Level, this automatically creates a change on all the Planes of Existence.

Once the advanced practitioner becomes familiar recognizing what the Belief Programs is and on how many levels it resides upon, the process becomes much faster. The human brain works much faster than you realize. When you become familiar with Belief Work, Belief Programs will be sent to the Creator of All That Is and replaced with the speed of a thought. As quick as a light that breaks the darkness the Practitioner witnesses the Belief -Program being sent to the Creator of All That Is, with the energy of the replacement Program ascending from the purity of the divine into the person.

Belief Work Principles

The Feeling Work

To show a client the experience of a particular Feeling, get their verbal permission and connect with the Creator of All That Is. Using the command process the practitioner witnesses the energy of the Feeling “Downloads” 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.

Preserving Programs and Beliefs

When I was a little girl, I remember coming to the realization of, “These people can’t love me. I’m going to have to love them. I’m going to have to teach them how to love me.”

The comprehension of this Program shows me why I am the person that I am and also why I’ve done what I’ve done in my life. It was because of this Program that my life evolved in the way it has. Upon reflection, I thought to myself: Maybe this isn’t such a

bad Program. I think that I will keep part of this Program, the part of "I know how to love others." *Some of your Beliefs have got you where you are today. Be gentle with yourselves.*

Be very careful what Programs that you release. Some Programs are for our benefit. Releasing Beliefs at random without finding the Bottom Belief will only cause confusion.

Program Did Not Hold

I have heard that some practitioners have changed a Program – Belief System over and over again and the person didn't retain it. For instance, if I go in to a persons space and the Creator gives the person the Program of "I know I am loved," it's not going to hold to the next day because they don't know what it *feels like to be loved..*

So, if I go up and say, "Creator of All That Is, show her what love feels like," then all the Programs that I gave her will hold in place. When I do this, I envision the Feeling pouring down like a waterfall on these Levels until it's in every cell of their body. Then the body knows what it feels like to be loved.

However, Programs can be recreated by our actions, by the things we say, think, and do (or choose not to do.) Positive action is needed to change a person's life.

Clear Your Mind

I have students come to me and say, "I've been working on my Beliefs for a year and I'm not completely better yet." Do you want to know why? They're working on the wrong Beliefs. They should first work on the Beliefs that clear their mind so that they can find the Bottom Belief. The Belief that heals them might be one tiny little Belief out in the aura field of the body. Once they clear their mind, they'll be able to see it and release it. They'll be able to wake up in the morning and be better. Ask the Creator, "Which Beliefs do I need to clear?" But maybe you should ask the right question, like "*Which Beliefs do I need to work on to take care of this sickness?*" You may get two answers: "You need to release this Belief System, but you have to clear your mind as well.

The Subconscious Mind

The subconscious mind does not understand words like “don’t,” “isn’t,” “can’t” and “not.” You should tell the client to omit these words in their statements when in the Belief Work process.

For example, a client should not use a statement such as “I don’t love myself,” or I can’t love myself. To properly test for a Program, the statement should be “I love myself,” and the client will Energy-Test negatively or positively for this Program.

Dual Beliefs

Many people have a dual Belief System. To explain a dual Belief System, the person may believe that they are rich, but at the same time they may believe they are poor. To correct this, leave the positive Program in place and pull the negative Program, replacing it with the correct positive one from the Creator.

Negative Programs

You can never command all negative Programs from the body because the subconscious mind does not know which Programs are negative or positive.

Words Have Power

Listen to what you say! The spoken word is incredibly powerful in a Belief Work session. If you find that a woman hates men, do not Program her with the Belief System of “I release all men,” or she may leave her spouse and never be with another male. Pay attention to what you are suggesting that the person accept.

ThetaHealing Practitioner

Some of the Programs that people carry have emotional attachments to them. It may be rewarding to allow someone to assist you instead of removing Programs from yourself. Working with an experienced ThetaHealing Practitioner is helpful since the practitioner can find, assist, and guide the client in the proper replacement of Programs without emotional attachment. However, some people are comfortable working on themselves. It all depends on the individual.

Ask the Creator

When teaching Belief Work I am often asked, "What do you replace the negative Program with?" My answer is always the same, "Ask the Creator and witness the replacement as you are told." *The practitioner is not allowed to change Beliefs with their own decorations.* The replacement Beliefs should be Divinely inspired. For instance, when I am in a session I will Energy Test for various Programs. One of the most prevalent I test for is the Program of "I am healthy." You would be surprised at how many people truly believe they are not healthy. It might be necessary to release their current Program about health and replace it with, "I am healthy" on every Level. Since each person is an individual, the replacement Program for health will be different than another person. I ask the Creator for the proper replacement Program to replace "I am healthy, no."

I do my best to remove my ego from the Healing and simply witness the Beliefs released and replaced. If you have any questions on replacing anything, you should always ask the Creator what needs to go in its place. Remember, the Creator will help you with anything if you keep your *ego* out of the equation.

Emotions

The natural emotions of the human condition are different from Programs. Remember that emotions are natural. Most of the time, they are for our benefit. Since we need our emotions we do not attempt to pull *all that an emotion is* from a person.

For instance, fear gives us the incentive to flight or fight. Fear turns into anger and a mother fights for her children.

We feel sorrow when a loved one dies and we mourn the loss. Grief should never be pulled from a person, but can be released in the Heart Song Exercise later in this book. There is a difference between emotions that are natural and those that are 'formed' by us voluntarily or involuntary to become a compulsive obsessive energy by our own force of will or by the will of others.

Programs can be dysfunctional energy fields that through the spoken word or language we create or accept as our own and are instilled in the brain or on the /genetic/history/soul centers of the person that causes repetitive or undesirable behavior. However, when an emotion such as hatred is held onto for too long it can become a Belief System that can cause problems to the individual. A good example of this is the Programs of "I hate

my mother," or "I hate my father". It is permissible to pull and replace these since they have become Belief Systems.

A *Feeling* can be an emotional response to love, sympathy, or tenderness toward somebody. It also means "the capacity to experience strong emotions." There are five different feelings that are our true feelings of emotion; *anger, love, sorrow, happiness, and fear*. These are feelings that we experience every day of our lives. These feelings can actually save our lives. In a time of danger, fear will make us run or make us stand and fight, depending upon the situation. The death of a loved one or friend causes deep sorrow within us. You have felt these sensations throughout your life. Although anger is usually thought of as a negative emotion, this same emotion is what drives a mother to protect her young. Love is the inexplicable emotion that cradles the world. When everything is going right and you are content, you feel happiness. All of these emotions at one time or another are necessary for your well-being. The mixture of all these emotions is actually an illusion of what we believe our feelings to be at any given moment.

These emotions can also be changed or altered by the toxins and chemical reactions of the body. Toxins or chemical reactions can cause emotions such as depression. Lack of serotonin or not enough noradrenalin also causes depression. Altering the DNA of the genes of the body can change these chemical reactions. Emotions and feelings are what make us truly magnificent, and are a major part of our life experiences. Emotions, negative as well as positive can stimulate cell growth within our immune systems. It is when emotions such as anger and sorrow are allowed to go unchecked and grow out of control that they cause a negative impact on our bodies. All of us at one time or another have had a thought or feeling that we cannot immediately get out of our head, but a Program is a Belief that endlessly loops in the mind of the person, begging to be set free.

Verbal Permission

The person receiving the Belief Work must give full verbal permission to the practitioner to *remove and replace Programs*. The person receiving the Belief Work must give full verbal permission to the practitioner for *each and every individual Program*. We have the Free Agency to keep any Belief Programs we choose. Another person cannot change Programs without our verbal permission. It will not work.

Energy Testing

Applied kinesiology (AK) is the resource of Energy Testing in ThetaHealing but is used in a different way. For the beginner, Energy Testing is a crucial tool. For step by step instructions in Energy Testing refer to the ThetaHealing Book or applied kinesiology books. Remember, ThetaHealing is the going up process, the Belief Work and the Seven Planes of Existence.

In order to find if a person has certain Belief-Programs, a simple method was developed for testing for Programs on the Four Levels of Belief called "Energy Testing." Energy Testing is a procedure where the practitioner is directly testing the subconscious of a person. Energy Testing is accurate for testing for subconscious beliefs.

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

When you become experienced with one-on-one Belief Work sessions, you don't need Energy Testing to know that a Belief has cleared. The Energy Test is used so the client can see what their Beliefs are and that they've changed. Energy Testing is also used so we don't become egotistical and forget to look for the answer.

You cannot always use the Energy Test for the Bottom Belief because the subconscious doesn't understand how to do this, because the Bottom Belief may be of a subject matter that is unrelated to it. For instance, the Bottom Belief about money could be directly related to money from a Program of "Money is the root of all evil," but not usually. The Bottom Belief that causes dysfunctional Programs about money could be indirect, unrelated to money and could be *"you are not good enough and you will never be good enough."* Energy Testing to find this Bottom Belief is not always going to be accurate. Listening to the client and what the Creator says is all important. Listening to the deepest Feelings from the person's heart and asking them what they've learned from their life experience will isolate the Bottom Belief for you.

Belief Systems Connected to Emotions

Resentment, Regret and Rejection

I believe that emotions and thought forms can create emotional molecules that become a physical essence in the body. The effect that these molecules have on the body can exert a toll on the body in all kinds of ways. One of those ways can become apparent in our intuitive abilities. The reason we don't have all of our psychic abilities is because we have too many resentments and grudges that have been handed down to us or that we have created. It takes time, space and energy to maintain resentments. Certain areas in the brain are being occupied by this energy. I believe that resentment, regret and rejection have a considerable influence and have a direct connection to the Beliefs that are blocking our bodies from Healing. Analyzing a person for Beliefs associated with resentment, regret and rejection can change the outcome of the session with your client. It is important to follow through. Never underestimate the power of the human mind. The unconscious mind knows that the emotion of resentment can be used by the person to prevent something worse from happening. For instance, when a person resents their father, they may be saving themselves from abandonment or abuse. The human mind uses resentment as the lesser of two evils. The problem lies in that the mind replays the Program to create anger and resentment in a constant effort to protect itself. Pulling and replacing the Program of "I resent my father" will relieve the resentment somewhat. But once the receptors of the brain are taught to have constant resentment, the person will find someone else to resent and this keeps the Belief intact. For instance, in the past I needed someone to tell me that I couldn't do something. I would always say to these people "I can do it, watch me!" It's almost like I needed someone to say something was *impossible* just to prove to them I could do it. This took place in each marriage I had. I'd use this reaction of each person that was in my life to achieve. It seems that this was a criterion for me in that I would bring people into my life to tell me I could not do something. These people served a purpose. As soon as I cleared the Beliefs associated with the need to tell me I couldn't do something in order to achieve, I realized that the need for these people in my life had changed. It changed my relationships with the people around me.

In the experience of life, these people come into our lives to show us Beliefs Programs and Feelings that need to be released and instilled.

If you are bringing someone into your life who is abusive in some way, there must be a reason for it. You may be using an abusive situation as an excuse to not go forward. I've had people tell me over and over again that it is their husbands or their wives that keep them from going forward. This is using another person as an excuse. Releasing the Program of "I need someone to challenge me" will change the relationship with that person. This is because the person will no longer be projecting their Programs upon their spouse. Since the Program is changed in the person, these qualities will not be brought out in the spouse. Relationships are based on emotions and Programs that are projected out in the other person. Some relationships bring out good emotions while others bring out harsh and cruel emotions. But whatever the reason is, it is serving the person and has some purpose in the brain.

Some people go through their lives with the Program of "Everyone I love hurts me." If a person has this Program they may push people away. People may respond in the very way you do not want them to respond. One Program that I found that I had was that I didn't know how to receive love from a man. Once I found that I had this Program, I realized that in all my past relationships that I had been in, every one of them loved me. I realized that no matter how many people try to love you, you can't *accept* it if you don't know how to permit yourself to *receive* it.

Grudges

People often use grudges to motivate them into action. If you have a grudge against a partner, you should ask yourself why it is serving you.

It is important for the person to find other ways to motivate themselves. Some people carry grudges from their ancestors that they may not know that they have. Some examples of grudges are towards places, the government, against themselves and what they haven't accomplished. When a grudge is pulled and released, the space will be filled by God's light, becoming enhanced psychic abilities.

Grudges - Beliefs

- ⊖ I like my grudges.
- ⊖ My grudges protect me.
- ⊖ Without grudges, people will take advantage of me.

Grudges – Feelings Downloads

- ⊖ I know what it feels like to live without grudges.
- ⊖ I know how to live without grudges.
- ⊖ I know how to live and be safe without grudges.

Worry

Worry is very hard on your system. It will throw your serotonin levels off-balance and can cause stomach problems. You can develop irritable bowel syndrome because you are worried all the time. Most people don't know how to live without worry. In fact, some people begin to feel if they aren't worried about something they aren't living. Teach yourself to know how to live without worry. I'm not saying you shouldn't be responsible, but if you knew how much time you spent worrying, you would understand how much energy you are wasting on it. This energy should be spent in constructive endeavors.

If you begin to get nervous when I suggest you live without worry it is likely because you think you aren't going to "worry" about things like paying your bills. These things have to do with responsibility. You can be responsible and not have excess worry all the time.

Some people need stress and drama to make life more exciting. It is easy to become addicted to stress and the creation of dramas. But when you instill the Feeling of "I know how to live without stress and drama," it will release you from the addiction to these energies.

The Digging Work the Bottom Belief

In the first book *ThetaHealing*, we told you that people Energy Test differently with their eyes open and their eyes closed. You can tell when you are nearing the Bottom Belief when the Energy Test indicates that the person has the Belief with their eyes open and their eyes closed. As you begin to reach the Bottom Belief, it is easy to interpret some of the Beliefs that are directly above it as being the most prevalent or Bottom Belief and this can be confusing. It is important to watch the clients body language and listen closely to them. As you become closer to finding the Bottom Belief, the client will become increasingly uncomfortable because you are triggering, releasing and resolving *trauma*.

When you find and release the Bottom Belief your client should act and feel renewed. They should feel refreshed and empowered. If your client gets up from the session with aches and pains or does not feel better, then you have not finished the Belief Work. Understand that your client may need more than one Belief Work session in order to find the Bottom Issues.

The same is true with sicknesses. Some people come to me and tell me they have pulled every Belief that they can possibly clear that is associated with their sickness. They say that it works for everyone else, but not for them. The truth most likely is that they have not cleared their Bottom Beliefs associated with the sickness, nor do they want to take the time to look for them. The truth is, what they have done is sit down with a written list of Beliefs compiled by someone else that may not pertain to them. Everyone is special; their sicknesses and Beliefs are special to them. *Although there might be similarities in Beliefs associated with sickness, each person is different, and we should never assume that Bottom Beliefs will be the same from person to person.* This is why I take a broad view about Belief Systems associated with sickness and why it is best to listen to the client. Belief Work is following the process to an outcome. You can use the ThetaHealing Disease and Disorder book as well as other credible belief books, but in the end the client in their Free Agency has their own individual Bottom Beliefs.

A single Belief Work session can change an illness. I've seen many people heal instantly. Some of these Healings are accomplished by simply putting my hands on the person and commanding to witness that the Creator heal them. It is amazing how quickly someone will be healed if they believe that they should be healed or that it is possible. Others were healed by pulling and replacing simple Beliefs. Still others needed to have the final outcome or Bottom Belief pulled before they can heal.

Beliefs associated with sickness can be a simple challenge to overcome. This is because once the sickness is gone, the real challenge is to help the person to develop the ability to communicate with the Creator. ThetaHealing is about changing Beliefs to make your connection with the Creator the clearest. ThetaHealing is about teaching you that all diseases, all sicknesses and all problems in life can be changed. With simple decisions and a little Belief Work your life can be changed forever.

ThetaHealing is all about teaching another person how to use the Belief Work to heal themselves.

One of the ways that the practitioner can be more effective in a one-on-one session is to use something called Digging. Digging is finding the Bottom Belief that holds many Beliefs to it. The practitioner has the opportunity to play the “investigator.” As the practitioner Energy Tests the person, the statements will give clues to the Bottom Belief. The person you are working on will give you clues as to how to help them.

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

This will teach you how to have clarity and can be validated in the Digging Work.

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

To Determine the Bottom Belief

- ⊖ Ask the person, “If there is anything that you would change, what would it be?” Begin by asking the person questions pertaining to the issue at hand. Ask the individual questions until you have reached the specific or deepest core issue. You will know that you are close to the Bottom Belief when the person begins to become verbally defensive, wiggles or cries that is a subconscious attempt to hold on to the Program. Pull, cancel, resolve and replace the issue as necessary on whatever Belief Levels you have found it. The questions to ask are *who, what, where and how*.
- ⊖ Avoid putting your own Programs or Feelings into the investigation process.
- ⊖ Be sure to be firmly connected to the perspective of the Creator of the Seventh Plane when you are in the person’s “space”. In some instances, the subject chosen by the client will loop, hide or take you, the practitioner, in circles with the question/answer scenario. Be patient and persistent with the person to find the deepest Program. It may be necessary to ask Creator what the deepest Program is while listening to what the person says.

- ⊖ I have heard many practitioners say that the work is done before they even witness it. This is because the time it takes to finish the process is sometimes faster than the time it takes a practitioner witness it.

Reaction to Beliefs

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

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

Genetic Programs and Core Beliefs

In all Belief Work sessions, you are looking for the Bottom Belief, but also the possible *positive benefit* that the person may get from having the Bottom Belief. The practitioner should also find out what happened in their life to cause the Bottom Belief and how it is serving them.

Another way of working on Beliefs is to ask them about Core Beliefs that they may have accepted from their father and mother or passed down through the genes. To do this, the practitioner should Energy Test the client for Programs that they may have inherited from their parents. For instance, their father might have been bossy and controlling. Energy Test the person for the Genetic Program of “I am bossy and controlling like my father.”

Just because you genetically inherit Genetic Beliefs from your parents does not mean that you enact them in your life. These Beliefs may be in a dormant state and will not manifest themselves unless they are triggered to the surface in the right set of

circumstances. These negative Programs can be cleared by exploring what the Beliefs of your parents and ancestors were. You will find that once they are gone you will be much more able to be successful in life.

Some of the Programs that your family might have could be “The harder I work the better things are,” or “I am poor and proud of it.” If your family comes from a background without money, check yourself for:

- ⊖ “I am poor and proud of it.”
- ⊖ “I work hard for whatever I get.”
- ⊖ “Its wrong to be rich.”

Look at the things that your father and mother used to say and enact in their life. Energy Test yourself for the related Programs to find out if they have been passed down to you.

Programs like:

- ⊖ “I inherited my father’s aggression.”
- ⊖ “I inherited my fathers over controlling behavior.”
- ⊖ “I inherited my fathers need for control.”
- ⊖ “I inherited my fathers need to make everyone miserable.”

You should be clear of these before they enact themselves in your life.

Programs from Genetic Beliefs, Past Lives, and Group Consciousness

A Genetic Belief would be “I am prejudiced and offended against religions, ethnic groups, people that are different, that are intellectual, and intellectually challenged people.” You might be also be prejudiced against what you perceive as people that are stupid.

The ThetaHealing World Relations course teaches you to Energy Test your body and your cells who you are prejudiced or offended by. These could be Programs that were inherited from your parents.

Belief Work can also be done by Digging on subjects that relate to different times and places. If in the Digging process you find that the source of the issue takes you to different times and places, ask what they learned from these experiences. If one of these issues has to do with abuse, Energy Test them to see if it comes from a past life. This Program of abuse might be “Its okay to let someone pick on me because I am strong.”

If the Program comes from group consciousness, it will be different than those from past lives. Group consciousness is a Belief that has been accepted as valid by a large segment of the population and pervades in the collective consciousness of humankind. An example of a group conscious belief could be, "Diabetes is incurable."

Positive Beliefs Creating a Negative Outcome-

The Disease is Serving You

This is the important thing that you need to know about Digging Work: find how the issue is serving them. It is the same thing with illness. If you can't find a reason why the illness is serving them, it not likely that the illness will clear. Illness is usually held by a positive Belief.

An example of positive Beliefs that hold an illness in place are women with breast cancer. Many women believe on an unconscious level that the disease will bring their family closer together. They may believe on a subconscious level that it will help their relationship with their husbands and their children, to bring them all together in love and security. This is why they have to keep the illness. If you attempt to heal the person without releasing the Positive Belief associated with breast cancer all that may happen is to shrink the tumor, but it is likely that there will not be a full clearing of the cancer.

There are instances when a client's disease, injuries, dysfunctional behavior, and negative Programs may be serving the client in an irrational fashion. The practitioner should Energy Test the client to determine why the challenge-disease is serving them in some way. To discover if the client has hidden Programs that serve their disease, have the person say; "My cancer is serving me," or, "My depression is serving me." Even positive Belief Systems can keep a person sick. For example, "People take care of me when I am sick and I get nurtured." Once you have discovered that the person's challenge is serving them, the practitioner should search for and find the deepest Program and connect to the Creator to pull and replace the Program.

Oaths and Commitments

One of the contributions that my ThetaHealing Instructors have given our modality is to explore the parameters of Belief Work. Some of my students have pushed the limits and experimented with aspects of the Belief Work in that they commanded that *all* oaths and commitments be removed from their past, present and future lives. This, in retrospect,

is not necessarily a good thing, because some commitments and oaths might be for the persons benefit, or the person might want to keep them. It is important to be specific as to what oaths or commitments are removed. This is similar to removing large portions of the personality and creating a void in it. In removing commitments, I command them to be completed and finished instead of arbitrarily removing those I choose to change.

In the past, a medical doctor that we were associated with suggested that we use a form of the Hippocratic oath for our teachers in order to instill some kind of responsibility and conscientiousness on the part of our teachers towards the modality and towards their practice to others. Because ThetaHealing empowers people to remove oaths and commitments that are not serving them, the action of asking people to declare an oath of allegiance to the modality and to themselves was met with opposition on the part of some teachers who felt that such an act would limit them in some way. Since the suggested oath to ThetaHealing was met with fear and opposition, it was removed from the criteria due to the confusion and insecurity. The point is, I never said that oaths or commitments were or are bad, *only that some of them may not be serving you*. You should not pull all oaths, vows, and agreements because some are good, for instance the vow of matrimony. You should not pull all oaths and vows from past lives, either, since some of these Programs make up who and what you are. Always ask the Creator what should be pulled.

Negative Feelings Create Negative Results

Downloading Negative Feelings

I am constantly reminded that Belief Work by its nature is incredibly powerful. Another experience came from some of my more senior teachers who were creating Belief Books compiled from their sessions and classes over years time. Since they are practical and careful theta healers, they were intuitive enough to want it edited for content. They give it to me for content editing. When I got a chance to look at the content of the Downloads and Beliefs, I saw discrepancies. The discrepancies pertained to Downloads in the form of negative feelings from the perspective of the Creator of All That Is to create a positive result. For instance, one person was suggesting to Download the feeling and knowing of what depression feels like from the Creator. The Download would be spoken as follows: "I know the perspective of depression from the Creator of All That Is." I realized that we might think that the Creator would give us the perspective of depression so that it would benefit us and teach us how not to be depressed, but we have to realize that the

Creator believes that we have the Free Will to experience life as we choose. The essence and conciseness of the All That Is gives us exactly what we ask for. If we ask to know the feeling of depression, of regret or even of prejudice, then that is exactly what we will get. *The absolute pure essence of depression.* It follows that if the subconscious mind asks for a negative feeling, that is exactly what it is going to accept and create. This is the essence of co-creation between the person and the All That Is in the Creation of a Feeling. This is why we should avoid Downloading negative feelings in an effort to create a positive result. We should use a positive feeling instead. For instance, a much better Feeling-Download might be "I know how to live without being depressed," or "I know what it feels like to live without depression."

On the other side of the coin, there are some positive Downloads that may cause stress. An example of this might be, "I know how to deal with conflict." This Download will likely bring conflict since that is exactly what you are asking for. Once again, the power of the formed feeling, thought, or spoken word that we create as manifestations also have the power to manifest change. This change is generally straightforward and direct in nature. We get just what we ask for in the most pure form. Some instructors argue that they can Download a negative Feeling or thought such as the Creators definition of depression and then later counter it with the Program of "I know how to live without depression." It may take as long as a week, a month or in a year for the Feeling of depression to melt away, but this may not happen immediately. Why would you want to know the Creators definition of depression, of poverty, or of sickness if this is exactly what you will get? Another conflicting Belief System would be to ask for to be completely independent and at the same time asking for a soul mate to share in your life. These two Programs conflict.

Think before you use the Belief and Feeling Work.

Chapter Seven

The Digging Work Sessions

In order to find the Bottom Beliefs and what Feelings the person does not have, the practitioner will use the process called Digging in a Belief Work session. In this book, we are going to review how to do the Digging Work in a more in-depth way so that you can understand how to get positive results from a Belief Work session.

In the first book, a few examples are given to familiarize the reader with Digging. In this book we will give you a much more in-depth dissemination of the process, and show you just exactly how deep you need to work to clear an issue. Some practitioners fall short of finding the Bottom Issue, and the Feeling that needs to be instilled.

Sitting across from the client, the first thing that you need to do is to ask them what they want to work on. Most people know exactly what they want to work on before they ever sit down with you in a session. Most of the topics that will come up will pertain to abundance, health or love. The person will tell you “I want to work on my health.”

One way to achieve amazing results is to start with what they want the outcome to be. The following interactions are from genuine ThetaHealing certification classes with my students.

Here is the first example.

Digging Work Session Example One-Cancer

Vianna to Class: “The first thing that you say to your client is “What would you like to work on?”

Client: “I want to get better. I’m tired of being sick. I want the cancer gone.”

This is the subject that they want to work on.

Vianna: “Why are you sick?”

Client: "I don't know why I'm sick. I'm sick and I just want to be well."

Vianna: *"But if you did know why you were sick what would it be?"*

Client: "I don't know!" (The client may become agitated.)

At this point in time the practitioner should realize that this direction may be a dead-end and begins a different course of questioning.

Vianna: *"What is the best thing that has happened to you since you became sick?"*

Client: "There is nothing good. I've suffered and suffered."

Vianna: *"But if there was something good that came from you being sick what would it be?"*

Client: "Well, my family gets along better now. My mother calls me and I'm able to talk to my father whom I haven't spoken to in 15 years. I suppose you could say that our relationships have improved. This is the best thing that's happened since I've been sick."

Vianna: "Would your relationship with your parents continue to improve if you became healthy again?"

Client: "No, no, I'm sure that everything would go back as it was before."

Vianna: "So really, it benefits you to be sick."

Client: "No.... well I guess so, at least as my relationship with my parents is concerned."

Vianna: "Would you like to know that you can still have a relationship with your family without being sick?"

Client: 'Yes I would!'

At this point in the Belief Work session the practitioner Downloads into the client the Program of what it feels like to "Have a relationship with my family without being sick."

Simply because the practitioner has found this Program does not indicate that the Belief Work session is finished. Since sickness is usually created by more than one Belief Program, the practitioner should ask the client;

Vianna: "What is the worst thing that would happen if you were better?"

Client: "I would have to go back to work and I don't have a job. My finances are a mess and I can't take care of myself. Right now I'm getting benefits. If I get better I will have to go back to work."

Vianna: "Would you like to know that there are other ways of solving this problem, and that there are possibilities that you're not looking at?"

Client: "Yes I would!"

Since the client does not know how to create new opportunities for themselves the Feeling Work is once again used. With the client's verbal permission they are Downloaded with what it feels like to have possibilities, to recognize possibilities and that they can go back to work again.

Unless the person receives these Feelings it is not likely that the person will allow change.

These are some of the Bottom Beliefs, but more Digging might be necessary.

A Positive Cause

In many instances sickness is held by a positive Belief instead of a negative Belief. In the first book we examined many possible negative Beliefs. In this book we are going to examine many of the positive Beliefs that cause challenges to people.

Digging Work Session Example Number Two with a Woman

Vianna: "What is it you would like to work on today?"

Client: "I want to work on the fact that I can never find anyone to share my life with. I'm always alone I can never find anyone to be with."

Vianna: "Why are you always alone?"

Client: "I don't know why I am always alone. I can't figure it out. I'm a good person, I'm nice and I have no idea why I'm alone."

Vianna: "*But if you did know why you were alone what would the answer be?*"

At this point in the Belief Work session the client cannot come up with an answer and shrugs her shoulders. Now is the time for the practitioner to begin to shift gears and change the course of the Belief Work session.

Vianna: "What is the best thing that happens when you are alone?"

Client: "What do you mean the *best thing* that happens when I'm alone!?"

Vianna: "What I mean is, how does being alone benefit you?"

Client: "Well, I know what I like to do with my time. I know that when you are in a relationship you always have to do what your partner wants to do. You don't ever get your own say-so. The other person seems to run your life."

Vianna: "Has this been your experience in past relationships?"

Client: "Yes. This is been my experience. You can never be who you really are. You have to change the way you are to please them. You can't be yourself."

Vianna: "So really, it's safer for you to be alone so that you can be yourself. Is this true?"

At this point in the Belief Work session the practitioner Energy Tests the client for the Program of "Its safe for me to be alone, at least I can be myself." The client Energy Tests with a positive response to this Program and begins to cry.

Client: "I'm afraid to be with anyone. I'm afraid that they'll try to change me."

Vianna: "Would you like to know that there's someone out there that could accept you for who you really are, and that you know how to be yourself with them so that you do not have to pretend to be something you're not?"

Client: "Yes I would!"

At this time the practitioner connects to the Creator and with permission witnesses as these Feelings are Downloaded into the client.

"I know how to be myself,"

"I know how to be considerate of the Feelings of another person,"

"I understand how to share my Feelings,"

"I understand how to share my life,"

"I understand what it feels like to share intimacy,"

"I know what it feels like to be intimate and kind,"

"I know how to allow someone in my life."

After these Feelings are Downloaded into the client, she begins to cry.

Knowing that this is an old childhood Program, the practitioner can continue in two ways. In the first way is to ask the client the question of;

Vianna: "When was the first time you felt this way about relationships?"

Client: "When my father left me."

Vianna: "Why did your father leave you?"

Client: "I don't know. Everyone who loves me leaves me."

This is also a Bottom Belief. The practitioner must teach the person that it is possible to love another person without being abandoned. Depending upon the situation, the practitioner may teach the person what it is like to be able to forgive, and to understand the bigger picture. These are all possible Downloads to use in the situation.

Vianna: "What was positive about your father leaving you?"

Client: "I learned to never to trust a man and to do it myself."

At this point the client is Downloaded with "I know how to share my life with someone," and "It is possible to trust a man."

The Client feels uplifted and happy and the session is finished.

Digging Work Session Number Three- Love, Abundance and Mother Issues

Before you start Digging Work you have to know what kind of outcome that the person needs from the Belief Work session.

The best way that I facilitate Belief Work is to ask them what outcome they would like. I have them sit very quietly and go up and connect to the Creator of All That Is to imagine exactly what they want in their life. I have them imagine exactly what they want in all aspects of their lives if they were truly living their dreams. I have them visualize and imagine that they're actually present in this abundance and that they have all their hearts desires. In some of these sessions the client desires to have material things such as cars, beautiful homes and lots of money. In this case, we are in a Belief Work session with a man that is about 35 years old.

Vianna to Class: "The first thing that I ask him is, if you could have everything that you ever wanted what would it be?"

Man: "I want three houses, one on the beach and lots of cars with plenty of money."

Vianna: "What would be the worst thing that would happen if you had all these things?"

This is a negative question to find the direction to the Bottom Belief.

The reaction that you will get in a large majority of the people that you ask this question of will be one of fear and panic. This man was no different. After the fear and panic the person becomes crestfallen. The first thing that came out of his mouth was the statement of "If all this was really mine I would be alone. There will be no one to share it with and I will be alone. It's ridiculous to have all this and have no one to share it with. I would be alone."

Vianna: "I ask him, "Why would you be alone?"

Man: "I don't know how to get along with women."

Vianna: "Why can't you get along with women?"

Man: "They don't understand me, and I certainly don't understand them. It's better to give up before I ever try."

Vianna: "Why do you say that?"

Man: "Because once they know me they tear me apart and put me down."

Vianna: "When did this start?"

Man: "It started when I was little. My mother did it to me all the time."

At this point in the Belief Work session the practitioner needs be careful to not become mired in Programs that pertain specifically to the man's mother that are likely not to be the Bottom Belief. One of these superficial Beliefs might be "My mother tortures me," and is not likely to be the Bottom Belief.

Vianna: "What did your mother do to you?"

Man: "I would do something that I thought was wonderful and I could run up to show her what I had done. She would act like it was nothing and shrug me off. I knew from that point that I would never please a woman. Why should I try?"

Vianna: "What did you learn from this?"

Man: "I learned that it's ridiculous to even try."

Vianna: "Is this what your mother taught you?"

Man: "My mother taught me not to trust anyone."

Vianna: "So if you don't trust anyone, what does that do for you?"

Man: "Well, it keeps me from getting hurt. As long as I don't trust someone, they don't hurt me. And that's what I learned from my mother. I guess I should thank her for that."

Now we have found the Bottom Belief of, "If I avoid trusting anybody they can't hurt me."

The first thing to do is to teach the person what it feels like to know who to trust, when to trust, and that it's possible to trust, and how to trust without being hurt. The right replacement Feeling-Program might be "I know how to let someone love me and to how to love them in return without being betrayed or betraying another.

It is very important for the practitioner to stick with the Belief Work session until they reach the final outcome. It is very easy early on in a Belief Work session to become sidetracked before the final outcome of the Bottom Belief.

In this case we found the Bottom Belief quickly. Belief Work does not have to take hours. The final outcome was actually serving this person in some way. If he doesn't let someone into his life, he doesn't have to trust. If he doesn't have to trust, he doesn't get hurt. Ultimately, the reason that he doesn't feel comfortable manifesting everything that his conscious mind wants is because he doesn't want to be alone. He believes on a deep unconscious level that if he manifests everything that he wants he will ultimately end up alone. This is what is stopping him from manifesting. Once this issue has been cleared from this person and he is taught how to share his life with a partner, his manifesting abilities will increase exponentially.

I found that in most instances people cannot manifest for things because they don't know what they want. Nine times out of ten, people cannot become better because they have never made plans of being healthy. What happens with most people is the brain

has only one goal in mind and that is to get through that day! This is particularly true when someone is very sick.

Stimulating people to think ahead to a point in their lives when they are healthy will bring up the issues that keep them from getting well.

Once the issues have been brought to light it gives the practitioner something to work on. For instance, let's use the example of a person that wants to have abundance in their life.

Digging Work Session Number Four- Abundance and Issues with Mother

In a Belief Work session the client says to you;

"My dream is to own three houses; one in California, the others in New York and Paris. Each of the houses is lavishly furnished and in a beautiful location. I want to be able to travel all over the world to exotic locations, and I want to be strong and healthy."

As the practitioner, tell them to go up and visualize all of this in their life. When the client is finished I ask them;

Vianna: "How do you feel now that you have all this abundance? How do you feel now that all this is going to come into your life?"

Suddenly, the client looks very nervous.

Client: "I don't like the Feeling of having all this."

Vianna. "Why don't you like the Feeling of having all this?"

Client: "Because everyone will be angry with me."

Vianna: "Why will everyone be angry with you?"

Client: "Because I'll have more than everyone else that is in my life."

Vianna: "What are the Feelings you have because of this? What will happen to you?"

Client: "I will be all alone in these big houses and there will be no one to love me."

Vianna: "Would you like to know what it feels like to have someone there with you?"

Client: "It's impossible. I'm not lovable. No one wants to share this with me."

These are the main issues that are keeping the person from obtaining their goals. With permission, I then Download the Feelings and Programs of "I am lovable," and "Its possible to share a dream with another person,"

Now the practitioner sees that the client is more nervous than ever before.

Vianna: "What's wrong?"

Client: "If I come together with someone they'll want me to change. They'll find out who I really am! They will not want to be with me if they find out who I really am!"

Vianna: "Well, who are you, really?"

Client: "I don't know. But they wouldn't like me if they saw me for who I really am."

Vianna: "Who told you this? Where did you first hear this?"

Client: "I'm not sure but I think that it was my mother. She told me that I would never have anyone to love me and that I would never amount to anything."

These last statements are the Bottom Belief. These are the Programs that will be pulled, canceled, resolved, sent to the Creator of All That Is and replaced it with the correct Programs. The practitioner will also ask the client if they want to receive the Downloads of "I am lovable," "I can be respected," and "There was someone out there for me."

If the client does not receive these Downloads, their incredibly brilliant brain (that is creating the life that they truly want) will not change on a subconscious level. If the subconscious level changes, the client can create their manifestations.

The mind is amazing. We create what the subconscious mind believes to be reality. If we say that we *have no money* and that we are *barely making it*, the subconscious will take this as an order or a demand. Our subconscious spends a lot of time creating what it

thinks that we want. These are some of the first things that you look for in a Belief Work session as you Dig for the Bottom Belief.

It is important for the client to know that it is not only possible to be loved and to have health, but that it is obtainable. Some of the Downloads to make sure that the client accepts will pertain to *goals*. Downloads such as

“I can obtain my goals,” “I know how to set up a goal,” and “I know how to plan.” By themselves these Downloads will make a big difference in the persons life.

One of the most prevalent questions that I am asked by my students is “How do you know when to use the Digging Work?” My answer is simpler than you might think. You see, you really don’t have to know how to do the Digging Work. It is the subconscious mind of the client that will do all the work for you. All you have to remember is use this rule of thumb: all you have to do is say who, what, when and how. The idea is to listen to what the person says. Issues that are repeated or cause great emotion are usually related to the Bottom Belief. Watch your client very closely and they will give you big clues that will show you to the clear and concise answers to their dilemmas.

In doing Digging Work, you have to understand that it has to continue until you find the most repeated Belief that keeps coming up in the cycle of interaction between the practitioner and client. For instance, just because someone says they’re afraid they’re going to die doesn’t mean that the Digging Work should stop at that point. Ask them what they are afraid of and let them continue forward.

Digging Work Session Number Five- The Egyptian Goddess

The Creator told me to pull up a specific person as a demonstration for the class in one of my Teachers certification classes in Yellowstone Montana. The Creator picked a beautiful, tall, gorgeous woman in a white dress. She was African-American and looked and moved like she could be an Egyptian Goddess. I silently said to myself, "Creator, you have made a mistake. This woman is perfect. Obviously, you need to give me someone who has had more troubles to work on." But the Creator insisted that bring her to the middle to work with her as a class example.

Vianna: "What would you like to work on?"

Woman: "I'm afraid of being a healer, I think it's from a past life."

You should know that this kind of statement is one thing that sexual abuse will do, (or abuse of any kind.) They will try to pretend it is from a past life, because they don't want to deal with it in this life. It is possible that it may be from a past life, but when they make this statement, it's probably in this life.

Vianna: "Why are you afraid to be a healer?"

Woman: "Because I might die."

Vianna: I heard the Creator say to me, "Ask her why she had to hide when she was a child."

Vianna: "Why did you have to hide as a child?"

Woman: "I had to hide to sneak food to my brothers and sisters."

After this statement, the story came pouring out of her.

You see, her mother died leaving her and three small children, one of these a two year old baby girl. The father took the children to an aunt and uncle who didn't properly feed the children. At this time the children were malnourished, particularly the baby girl. When the father remarried he came to get them, but the same thing happened again with the stepmother. The stepmother would not properly feed the children, particularly

the baby girl. They would eat food in front of the baby, and the baby would be forced to sit still and cry, watching them. She told me she had gotten in trouble and was severely beaten for sneaking out and trying to get food from the cupboard to feed the others. From that time forward, she always felt like she had to hide. One day, the little two year old girl didn't get up because she had starved to death. When the little girl didn't get up, the stepmother kicked her across the room to try to wake her up. They put the little dead girl in my clients arms and drove to the hospital. As soon as they got to the hospital, the hospital staff immediately saw that the baby girl had starved to death and the other children were malnourished. They took the children away from the parents and put them in foster homes.

I was told to tell her that the little girl had given her life so her and the other two children might live. I told her that we were going to clear her sorrow from the past.

When she first sat down in front of me, I didn't think that she had gone through all that abuse; I didn't see it because she was so confident. Before you make judgments about people, you should know that some of the worst-case scenarios of abuse are the people who act totally and completely together. It's those who smile self assuredly because they don't want you to know that they are hurting inside. They are generally people that develop intestinal issues. With issues of abuse, you have to stay persistent with them and make sure that they know they are loved. Abused people are the best fakers and are usually the best at hiding their pain. They are the ones who always smile and always laugh with a fake laugh. They seem present but they are not really there. You can see it in their eyes and what is behind them.

Teaching her what it felt like to be safe cleared her of issues of being a healer, but more Belief Work was necessary.

Digging Work Session Number Six –Father Issues

This Belief Work session is with a young woman.

Vianna: "What would the final outcome of this session be for you? What do you want to do with your life? If there is anything you would like to change what would it be?"

Young woman: "I would like to get over the Feeling that I'm never good enough."

Vianna: "Who taught you that Feeling?"

Young woman: "It was my father. I resent my father because he taught me this when I was only a seven."

Vianna: "What does that mean?"

Young woman: "What that means is that on a scale of one to ten I'm a little bit better than average, but I'll never be good enough. I am only a seven and I'll never be a 10."

Vianna: "Did you believe him when he told you this?"

Young woman: "Yes, I believed him. I don't know why I believed him. I deeply resent him."

Vianna: "Why do you resent him?"

Young woman: "Because he made me feel terrible about myself."

Vianna: "How did he do this?"

Young woman: "He just said things like that."

Vianna: "*How did this help you in your life?* How did it serve you?"

Young woman: "I could never get enough, do enough or be enough so I might as well settle for less."

Vianna: "Have you settled for less all your life?"

Young woman: "Yes I have, all my life I've settled for less."

Vianna: "This almost sounds like an excuse so that you don't have to apply yourself to get the best that life has to offer."

Young woman: "I guess so. I guess I could thank my father for that. I won't have to try as long as I don't think I can do it."

Vianna: "What would happen if you to try?"

Young woman: "I would fail."

Vianna: "What would happen if you failed?"

Young Woman: "I'd have to settle for less."

Vianna: "What would happen if you succeeded?"

Young woman: "I don't know what would happen if I succeeded. I have no idea. I guess it's better to fail and know what happens rather than to succeed and not know the outcome."

Vianna: "So really, you are afraid to succeed."

Young woman: "I guess so. I never thought of it like that. I guess as long as I resent my father I will not have to succeed."

Vianna: "So really, it's easier to resent your father than it would be to discover the unknown."

Young woman: "I guess so."

Vianna: "Would you like to know what it feels like to live without the fear of the unknown? What it feels like to know how to take the next step and that its possible?"

Young woman: "Yes! Yes, I would."

By instilling these Feeling-Downloads, the Program of "I am only a seven" is cleared. Now we use the Energy Testing. With the client holding her fingers firmly together, I have the client say, "I am only a seven." Sure enough, this Belief was cleared. Then I Energy Tested for the Program of "I resent my father." This too was cleared. The realization that it was safer to resent her father than it was to succeed has permitted her

“computer mind” to move forward. The Feeling-Downloads have helped her to move forward in a smooth transition. This is Digging Work at its best. Digging Work should always have an outcome. With the Digging Work, you find not only the most negative and sorrowful Belief, but also why it is serving them. If you don’t follow through to the Bottom Belief, it will only partially clear the issues. I’m sure that there are many people who have left a Belief Work session only partially cleared of their issues. Still, it is better to be partially cleared than not cleared at all. On some level they have improved, but nothing compares to the peace of mind of finding the Bottom Belief.

Digging Work Session Number Seven with a Hiro Miyazaki in Class

Vianna: “What is the outcome you want from this session?”

Hiro: “I want to manifest a great Healing practice, that people who come to me can heal all the time, that I have lots of money, lots of time and a happy family.”

Vianna: “Okay, but I want you to imagine that all this is yours. First I want you to imagine that people are coming to you from everywhere to be healed. How does this make you feel?”

Hiro: “Good. This makes me feel fine.”

Vianna: “Can you handle all these hundreds of people coming to you to be healed?”

Hiro: “Of course. I know how to set my boundaries.”

Vianna: “I want you to imagine that you were living this situation. What does it feel like?”

Hiro: “Well... it feels that eventually I would fail, and that I would mess up working on someone.”

This is a early indication that there is a bottom Belief that would block this person from succeeding as a healer.

Vianna: “What would happen if you messed up?”

Hiro: “Oh... they would cast me away. They would put me in a hole.”

Vianna: "A hole?"

Hiro: "Yes, a black hole and they would forget about me."

Vianna: "What happens to you in this hole?"

Hiro: "Nothing happens to me. They have forgotten about me."

Vianna: "How long did they forget about you?"

Hiro: "I don't know. Forever maybe, because I messed up. I hurt someone and they got sick because of my Healing. Because of this I got pushed away."

Vianna: "Will you ever be forgiven?"

Hiro: "No, I will never be forgiven."

Vianna: "So what happens?"

Hiro: "I can't stand the loneliness. I find a sharp object and I die. I commit suicide."

Vianna: "Are you free from this experience? Do you go to the light? What happens to you?"

Hiro: "I'm in the darkness and I'm afraid to come out. I'm afraid to fail again."

Vianna: "How long are you in the darkness?"

Hiro: "I'm not sure. 5000 years comes to my mind."

Vianna: "Then what happens to you?"

Hiro: "I go to the *light*. I am given another chance."

Vianna: "So really, what is the ultimate fear associated with you doing Healing work?"

Hiro: "I have to fail. But it will be my fault and I'll be pushed away. I will be alone, cast out and forgotten."

Vianna to Class: These are the Bottom Beliefs. The reason Hiro cannot realize his true life's ambition is because of the fear of obtaining it. Therefore, if you pull and release the Programs of, "I am afraid I will be alone" and "I will be forgotten" *they should be replaced with* "I know what it feels like to be remembered," "I know how to live and have someone there," "I know how to forgive myself," "I know that the Creator is the healer," and "It's safe to be a healer."

Vianna: Do I have permission to release these Programs and replace them as I have suggested?

Hiro: "Yes, thank you very much!"

Hiro leaves the Belief Work session shiny, light and full of joy.

Digging Session Number Eight-Intuition and Psychic Abilities

Vianna: "Do I have permission to enter your space?"

Woman: "Yes you do."

Vianna: "How old are you?"

Woman: "Fifty three years old."

Vianna: "Do you have any questions?"

Woman: "I want to know how to open up and be more intuitive."

Vianna to Class: "Okay, so that is where we are going to start. We are going to start with her request. Don't start with what *you* may think they need. Start with what *they* think they need. The clients request is number one."

Vianna: "Repeat after me; I know how to open up and be more what intuitive."

Woman: "I know how to open up and be more intuitive. I know I am intuitive. I know I can control my intuition."

Vianna to Class: "Okay, she has Energy Tested negative for these Programs. She wants to open up but she doesn't think she can control it."

Vianna to Woman: "Why can't you open up intuitively?"

Woman: "Because I am afraid."

Vianna: "Why are you afraid?"

Woman: "I am afraid what will happen to me. I am afraid that I will change so much I won't know who I am. I am afraid that this will happen gradually, over time and I will not know that it is happening."

Vianna: "If you change so much that you won't know who you are, what will happen then?"

Woman: "I will lose myself."

Vianna: "And that means *what* to you? Repeat after me, I am afraid to lose myself."

Woman: "I am afraid I will lose myself." (She Energy Tests positive.)

Vianna: "Why are you lost?"

Woman: "I am afraid I will find myself."

Vianna: "What will happen if you find yourself?"

Woman: "I am afraid that if I find myself I will find my life's mission, and I am afraid I will fail my mission in this life. What if it makes me do something I don't want to do?"

Vianna: "Repeat after me; I am afraid of my life's mission."

Woman: "I am afraid of my life's mission." (She Energy Tests positive.)

Vianna: "What's the worst thing that would happen if you started your life's work?"

Woman: "I am afraid it will tarnish my reputation. I am afraid I will fail at it."

Vianna to Class: "Now, did I put those words in her mouth? No, I went up and asked God. The Creator said she is afraid she will fail. This is likely a Bottom Issue. If I start pulling all these other Beliefs that she had along the way, the whole session is going to take a long time and its not going to get to the Bottom Issue. You will notice that I am touching her hand while I am working with her. This is to comfort her and hold her space for her."

Vianna to Woman: "If there was a fear that you have every day, what would it be?"

Woman: "I am afraid of the people that I work on and try to heal."

Vianna: "Are you are afraid you will fail them?"

Woman: "I am afraid I will fail the people I am working on. I am afraid of failing God. I am afraid I will fail myself."

Vianna to Class: "If she Energy Tests *yes* for failing the people she is working on and *no* for failing God what does that tell me? It tells me that she is afraid of failing the people she is working on. There might be some God issues in there somewhere that we may bring up, but she is actually afraid she will hurt them."

Woman: "I am afraid I will kill them. I am afraid I will hurt them. I am afraid I will fail them."

Vianna to Class: "She is definitely concerned for them."

Vianna to Woman: "What's the worse thing that would happen if you fail them?"

Woman: "It would be devastating."

Vianna: "Why?"

Woman: "I don't know that I would really hurt them. I would be letting them down."

Vianna: "If you let them down, what would happen?"

Woman: "I don't know. I would be killed."

Vianna to Class: "Okay, so does she have a fear of dying? What is her big fear? Of hurting others. Could it be that simple?"

Vianna to Woman: "So should we teach you what it feels like to do Healings without hurting others and know what you are doing?
*Let us teach you to know what to do and how to help people.
How to connect with God and know what to do in Healings.
How to live without the fear of failing those people and that its possible. How to know what it feels like to know that everyone you work with actually receives a Healing.*

Vianna to Woman: Do you accept these energies?"

Woman: "Yes."

Vianna to Woman: "Since God does the Healings, does God let those people down? Say, "I am afraid that God will let those people down."

Woman: "I am afraid that God will let me down." (She Energy Tests positive.)

Vianna: "Why?"

Woman: "I don't deserve it."

Vianna: "You say you don't deserve to ask God these things. What makes you feel that way? What if God doesn't listen to you one day?"

Woman: "Then nothing happens."

Vianna to Woman: "To put all your trust that God would do a Healing on these people is a big step for you. Would you like to know how to take that step? Would you accept these Downloads;
*"I know what to do when someone is sick."
"I know how to help people."
"I know how to be a healer."*

Would you like to know how to live without the fear that "God will let you down," and without the fear of "I am afraid I will let those people down."
Do you accept these energies?"

Woman: "Yes."

Vianna: "Good, how do you feel now?"

Woman: "Much better!"

Vianna to Class: "You see, she didn't know how to take the next step or how to heal another person. She didn't know how to take the next step to trust in the Creator completely."

Vianna to Woman: "Would you like to know how to take the next step? Do I have permission to Download you with this knowing, and that its possible, that you deserve and are worthy of this? Do you accept these energies?"

Woman: "Yes."

Vianna: "How do you feel now?"

Woman: "I feel a slight shift."

Vianna to Woman: "Would you like a bigger shift?"

"Would you like to know how to work on somebody without being in performance anxiety?"

Would you like to know how to be patient with yourself?

To allow your mind, your body and your spirit to learn effortlessly?

Let's teach you when to know that you have completed working on yourself and when your body is tired.

When to rest and when to honor what your body says and also when to honor what you are here to do.

Do you accept these energies?"

Woman: "Yes."

Vianna to Class: "So she is finished and these are the Bottom Issues. The truth is that she is really afraid of hurting others. We didn't go any deeper than that. She really has a natural concern for others. Now she is she going to be more confident."

Vianna to Woman in Conclusion:

"Do I have permission to teach you how to listen to your heart and to the Creator?"

To know when to make a decision and how to make a decision?

To know what to tell your clients without hurting them?"

Woman: "Yes."

Listening is one of the most important things in Belief Work. Too often, the practitioner will attempt to tell the person what *they* believe their Beliefs are. Unless the practitioner has a great deal of experience with Belief Work, they may have the tendency to project their own Beliefs onto the other person. *Listening to the client and to the Creator is an art; an art that takes practice and learning.* The reason that listening to the Creator is such an art is because all the messages that you get from the Creator have to be interpreted by your mind. The messages that you receive from the Creator and what comes out of your mouth to the person have to be the exact same message.

Digging Work Session Number Nine- Weaker People Take Advantage

Vianna to Class: One of the first questions that I ask a person before I start a Reading pertains to drugs and herbs that they might be taking. The reason that I ask this question before I look into the person's body is so that I do not become confused with the essences of the compounds that I will come into contact with in the Reading. Any drug or herb changes the vibration of a person, and the way it is interacting with the body can mask the person's disease or disorder. Once you have experienced what these drugs and herbs feel like in the body, it will be easy to recognize them for what they are when you are in a Reading. To save valuable time, I ask the person what they are taking before I go into the body.

Vianna to Woman: "Are you taking any drugs or herbs? Did you take magnesium this morning or any vitamins?"

Woman: "No."

Vianna: "The next thing I do as I enter into the body is to say to the Creator, "Creator, Show Me!" The Creator takes me into the body of the person. I see that she grinds her teeth because of parasites. There are parasites in the colon. I see that she is in love. *If you pass through the energy of the person's heart, you will find out whether the person is in love or not.* I see her spine is out of alignment. Do you want the Creator to straighten up your back?"

Woman: "Yes, please!"

Vianna: "You have crossed huge challenges in your life and I can see that you're ready for joy. Your knees are weak, you're scared to move on with your life and you should know that it will be okay. In the past, you were inundated by heavy metals, but little by little the magnesium you are using is flushing them from your system. The hearing in one of your ears works better than the other. Has it always been like that?"

Woman: "It was an accident that caused a slight hearing loss."

Vianna: "What comes into your mind if you hear the word parasite?"

Woman: "My father."

Vianna: "Is your mother alive?"

Woman: "No, she's not. I am adopted."

Vianna: "Tell me about your adoptive father."

Woman: "Both my adoptive parents are parasites."

Vianna: "Why do you allow them to behave that way?"

Woman: "I don't know how to change things."

Vianna: "Will you allow me to teach you how to say *No* in life and to say *No* to them?"

Woman: "Yes, I accept these Downloads."

Vianna: "Now that you are able to answer with a *No* to them, what will happen to you? What is the first thing that comes into your mind?"

Woman: "I think that they are weak."

Vianna: "I know. Do you feel you must help them because they're weaker than you? Say, I must allow weaker people to take advantage of me."

Woman: "I must allow weaker people to take advantage of me." (She Energy Tests "Yes.")

Vianna: "Say, I must let stronger people take advantage of me."

Woman: "I must let stronger people take advantage of me." (She Energy Tests "No.")

Vianna: "Only weaker people take any advantage of you. Why?"

Woman: "I have to help them."

Vianna: "Do you have to help those who are weaker than you even if they're hurting you in some way? You're not able to say no because they're weaker than you. So you let them take advantage of you without teaching them how to be stronger. What's the worst thing that would happen to you if you don't help them? Would you feel guilty?"

Woman: "I would feel bad and I would lose my self-esteem."

Vianna: "Repeat after me: I have self-esteem." (She Energy Tests "No.")

Vianna: "Why do you underestimate yourself?"

Woman: "I don't think I deserve this life. I don't deserve to exist."

Vianna: "Repeat after me: I exist." (She Energy Tests "No.")

Vianna: "Would you like to have the Creator's definition of existing?"

Woman: "Yes."

Vianna: "Did your adoptive parents destroy your feeling of existing? Who made you feel this way? Was it your adoptive parents?"

Woman: "I don't know."

Vianna: "Would you like the feeling that you have your own place in the world and you have value and can shine? Will you permit me to teach you how to love your parents without feeling drained and how to receive and accept love?"

Woman: "Yes."

Vianna: "Now you can love your adoptive parents without feeling drained by them. How do you feel now? Better? Does your body hurt anywhere?"

Woman: "My stomach aches."

Vianna: "What other kind of pain do you feel?"

Woman: "A dull pain in the solar plexus."

Vianna: "Do you feel lonely as well?"

Woman: "Yes, I do."

Vianna: "Stomach disorders are linked to shame, distress and feelings of guilt. Would you like to be able to say *No* in life when you need to feel confident and live without being abused?"

Woman: "Yes."

Vianna: "How do you feel now?"

Woman: "The pain is gone from my stomach but it has moved."

Vianna: "Where has the pain moved to now?"

Woman: "In my legs and my arms..."

Vianna to Class: "As you pick on up problems and eliminate them, they can move somewhere else in the body. As you release something, you always have to ask if another part of the body aches. You can ask the Creator where the pain is but also ask the person you're working with."

Woman: "My bones ache now."

Vianna: "This is very important. The aching in different parts of the body means that the emotions attached to that area have been stimulated. Maybe you feel violated and you wonder why nobody protected you. Have you ever felt protected by anyone?"

Woman: "Nobody but me."

Vianna: "Would you allow me to teach you how to feel protected, how to protect yourself and how to let someone else protect you?"

Woman: "Yes."

Vianna: "These aren't Programs that I release and replace, it's about teaching her

feelings and knowing from the Creator of All That Is. How do you feel now? Is the pain still there?"

Woman: "Yes, it is."

Vianna: "Why is it still hurting?"

Woman: "From the other people that have hurt me."

Vianna: Repeat after me: "I let weaker people hurt me." (She Energy Tests "Yes.") "Can I teach you that you don't have to let weaker people hurt you and the right way to deal with these situations?"

Woman: "Yes. The pain is getting worse now."

Vianna: "Where was God in your life when you were young?"

Woman: "God betrayed me."

Vianna: "Repeat after me: God betrayed me. (She Energy Tests positive.) I could go on Digging, but I know the problem is in the bones. You are convinced that God betrayed you and so God doesn't exist. There's a contradiction in your body. Am I allowed to teach you how to have expectations of God and that people will understand you?"

Woman: "Yes."

Vianna: "You have the Program of 'I allow the people I love to hurt me.' Can I release this? Am I allowed to teach you that there is love without pain, that you are able to love and you know the right definition of what God is?"

Woman: "Yes. Now the right hip aches."

Vianna to Class: "Some moments ago the pain was in the left part. This can mean that she was abused when she was young; or maybe somebody told her she was ugly, bad or something. Touch your right hip; what do you feel?"

Woman: "I feel sick to my stomach."

Vianna: "Don't vomit now. It's almost over. Do you want to know that you are safe?"

Woman: "Yes."

Vianna: "Touch your stomach. What do you feel?"

Woman: "I want to disappear."

Vianna: "Do I have permission to teach you how to live each day without feeling abandoned, it is safe to be here and how to live without wanting to disappear? Do I have permission to work on the time when you were still a foetus in your mother's womb?"

Woman: "Yes, you can."

Vianna: "How do you feel now?"

Woman: "My back aches."

Vianna: "What do you know about your true parents?"

Woman: "Nothing."

Vianna: "Do I have permission give you the feeling of what it feels to be loved by your real mother and father from the womb?"

Woman: "Yes."

Vianna: "How do you feel now?"

Woman: "My back still aches. "I feel calmer, but there's still something wrong in my knees and in my legs."

Vianna to class: "On an emotional level, she's quiet, but her body continues to ache: This is called disassociation. She has learned to switch her emotions off as they get to be too much. Healers are often able to disassociate.

Do I have permission to teach you that it's safe to feel emotions?"

Woman: "Yes."

Vianna to Woman: "What are you feeling now?"

Woman: "My legs hurt."

Vianna: "The energy has moved to the legs which are the support of the body. What is the worst thing that can happen to you if you are loved simply for what you are?"

Woman: "I don't know. It's something I've never tried."

Vianna: "Repeat after me: I know what being loved for what I am means." (She Energy Tests "No.")

Vianna to Class: "I taught her how to accept love from her parents, but her body is not able to integrate these feelings. It's easier for her to accept the pain than to be open for love, because she understands suffering better. She needs magnesium and calcium. If you're not able to accept love, you are not able to accept magnesium and calcium. Do I have permission to I teach you how to feel loved just because of what you are?"

Woman: "Yes."

Vianna: "How is the pain now?"

Woman: "It's strong at the juncture between hip and femur."

Vianna: "Repeat after me: "I know how to live without pain." (She Energy Tests No.) Do I have permission to teach you this Feeling?"

Woman: "Yes."

Vianna: "How is the pain now?"

Woman: "It is beginning to fade. It is gone now and I have no more pain."

Vianna: Her body looks refreshed and she is much lighter.

Digging Work Session Number Ten -Abundance

Vianna: "What would you like to work on?"

Woman: "On abundance. ThetaHealing has helped me to come out from a difficult situation that ended with a divorce. From that event, I started to have financial problems."

Vianna: "Abundance can be reached in many ways."

Woman: "Yes, but I haven't been helped. Nobody has given me anything."

Vianna: "Okay, but I have my own ideas on abundance. What does abundance mean to you?"

Woman: "I want to be free and independent from other people."

Vianna: "And what if God thinks that it would be right for you to have a partner as well?"

Woman: "That would be ok, but I want to be economically independent."

Vianna: "Being helped by someone else does not mean being dependent. I think that you have Programs about God and money. What is the worst thing that could happen if you had a lot of money?"

Woman: "I wouldn't know how to handle it."

Vianna: "Let's teach you how to deal with a lot of money. Okay, now imagine you are rich. What are you going to do?"

Woman: "I can do whatever I want... Books, culture, seminars, travelling, no more problems..."

Vianna: "And what would you do without problems?"

Woman: "I would have fun. I would enjoy life."

Vianna: "And then?"

Woman: "I could help other people."

Vianna: "Who?"

Woman: "Those who need help.. My family, my relatives.."

Vianna: "Okay, and what would happen next?"

Woman: "I don't know."

Vianna: "And if you knew what would happen next?"

Woman: "I wouldn't have problems worrying about paying bills."

Vianna: "But which problems would you have if those you listed before disappeared?"

Woman: "None! Except those from my children."

Vianna: "What happens if you help your children too much?"

Woman: "They would take advantage of me. Everybody would pretend they love me."

Vianna: "How would you know who really loves you?"

Woman: "Maybe nobody really loves me."

Vianna: "So you have always been the one who cared about everybody?"

Woman: "I've always given a lot and received little back. If I have abundance the more people in my life want more. They will spoil my life."

Vianna: "Then would you say that abundance would spoil your life somehow, right?"

Woman: "I'm not sure I've ever had abundance in my life."

Vianna: "Now, repeat after me: I'm afraid of abundance. (She Energy Tests yes)."

Vianna: "Repeat after me: If I have too much money and abundance, people will exploit me and will love me just because of what I can give them." (She Energy Tests Yes.)

Vianna: "So you would like to be rich?"

Woman: "Yes, but I'm afraid of being rich."

Vianna: "Okay. Do I have permission to teach you how to live without being scared of having a lot of money and without letting other people, especially those you love, take advantage of you? Do you want to learn how to feel loved and helped without losing your freedom?"

Woman: "Yes."

Vianna: "What is the worst thing about having a lot of money?"

Woman: "Nothing."

Vianna: "Do you like teaching at seminars?"

Woman: "Yes, but I've never led one. I'd like to use Theta not only for the seminars, but also for other things such as improving my mind's faculties and helping other people and myself."

Vianna: "Do you want the advantages that abundance gives you?"

Woman: "Yes, I want abundance!"

Vianna: "Repeat after me: Healers need to be poor. (She Energy Tests: Yes.) "Why do you feel that healers need to be poor?"

Woman: "I don't know. Maybe because you know what suffering means if you have been poor."

Vianna: "You are convinced that to be a healer you have to suffer, aren't you?" (She Energy Tests: Yes.) "Would you like to know that you've already suffered enough and you can go on without being poor? Do you think you gained your right to experience abundance? (She Energy Tests: No.) What do you have to do to reach abundance?"

Woman: "I think I have cleared my faults and my debts. I think I have the right to be abundant."

Vianna: "Let's see if you regain your privileges to abundance by this Friday."

Woman: "Great! Now I will have to play the Super-lotto!"

Vianna: "What if by Friday you gain your rights back once and for all? Now that you've got abundance, what happens now?"

Woman: "I don't know."

Vianna: "Let's teach you that there's a solution for every situation and how to recognize it."

"I will recognise the solution when I see it."

"I believe that God will take care of me."

"I free the people around me from the Program that they must disappoint me."

"I can trust the thought that God will take care of me."

"I am given solutions to improve my life."

"Do I have permission to give you these Downloads?"

Woman: "Yes."

Vianna: "As I observe her; she's very quiet now. The only thing that made her nervous was the idea of trusting God. That's our starting point for Digging for the Bottom Program. It could be about men and not about God...Who disappointed you?"

Woman: "Everybody."

Vianna: "Why?"

Woman: "Because they took advantage of me; they took everything from me because I'm generous. I'm always giving and I never receive anything back."

Vianna: "I can see from her reactions that this is the right direction. Your heart is very sad. What do you do when they behave this way?"

Woman: "I get angry. But if my children take advantage of me, I don't manage to say no."

Vianna: "Are you able to say no to the people you love?"

Woman: "Maybe not."

Vianna: "Do you know how to receive love from your children?"

Woman: "I'm starting to doubt it."

Vianna: "What do your children give you back?"

Woman: "They love me, but I recognise they are selfish. Anyway, I was disappointed by everybody, not only by my children."

Vianna: "Do your parents love you?"

Woman: "I've never felt loved by them and now my father is dead."

Vianna: "Why didn't you feel loved by him?"

Woman: "Because I can't remember being happy with him."

Vianna: "Tell me more."

A Woman: "My mother has always preferred my brother over me. I feel like I am never enough."

Vianna: "Repeat after me: I'm never enough. It's never enough."
(She Energy Tests Yes.) "Do you want to know how to live day after day feeling you're enough and how it feels to be loved knowing you're enough?"

Woman: "Yes."

Vianna to Class: "I went up to the Creator and asked what I should insert. I know that it's easier for her to let her children disappoint her instead of receiving love back. I taught her how to feel that she is enough. Her children love her deeply. She can have abundance without feeling lonely. I also inserted a new definition of the Creator and the concept that one can receive love and at the same time be free."

Vianna: "How do you feel now?"

Woman: "Fine.."

Vianna: "But.."

Woman: "I feel I have lost something."

Vianna: "What do you feel you have lost?"

Woman: "I don't know. Maybe it's the idea that I didn't really pay for everything bad I did during my past lives. I have the feeling that I still have some debts and bills to pay from past lives that will soon come due."

Vianna: "Would you like to know how it feels to live without debts?"

Woman: "Yes. I feel I'm too complicated."

Vianna: "What about?"

Woman: "Well, the way that I am."

Vianna: "But women are complicated. It's the characteristic that makes us women and the thing that confuses men."

Woman: "There's a rage in my heart."

Vianna: "Why? What or who makes you feel this way?"

Woman: "I don't know, it's nothing in particular. It's just the fact that I work hard, I get to a certain point and then something else comes out and spoils everything."

Vianna: "Do I have permission to teach you the Feelings of having a plan that gets realized easily and with success, what a good plan is and the intuition to understand if it will work, and going on with actions and arriving at the end?"

Woman: "Yes."

Vianna: "Repeat after me: I have to fail in order to make my mother happy. I'm afraid of being successful. (She Energy Tests: Yes to both.)

Do I have permission to teach you the feelings of how to live without being scared by success, of living each day without fearing success? Let's teach you how to accept the success you deserve and how to recognize it."

Woman: "Yes."

Vianna: "She is almost finished, but she still needs something else..."

She may need the Programs of ;

I have to accept myself.

I am enough for myself.

I feel grateful for my life.

I feel excited about life.

Life is an adventure and life has romance.

How to open the heart to the pleasure of living.

Do I have permission to teach you how to permit money come into your life, To have the pleasure of loving and being loved by the people around you,

Of letting the barriers you have made to keep them out fall down,

Of having the freedom of being emotional and having the freedom of permitting your soul mate to come in your life?"

Woman: "Yes."

Vianna to Class: "Is she ready to receive abundance now? She has accepted that her life could follow that path, so we will wait and see. I have explored to see if she has the knowing that abundance will come and if she fears abundance is too easy. Why do we give her the knowing that abundance can be easy? Because we all want to believe that everything has a purpose and that we are deserving of it. If we feel that things are too easy we may feel that we do not deserve it. Now she won't feel strange when abundance comes so easily."

"We are finished with this session and I can see that she is okay, but just a bit nervous... The knowing that your life is going to change radically always generates new emotions."

"In a Belief Work session, you have to be attentive to what the Creator tells you. You can't simply listen to what your client is telling you. You also have to go up to the Creator and ask what the person needs."

Digging Work Session Number Eleven-Diabetes

This session was with a woman in an Intuitive Anatomy Class.

Vianna: What would you like to work on?

Woman: "My diabetes. My diabetes came on when my father died. I was very sad and angry because I had not seen him in years. I went to Brazil, where I had two months to spend with him so that we could have closure about the past. I know he was afraid because he knew he had to explain certain things to me about why he treated me and my siblings as he did. I wanted to know what he had to tell me and he died before I could talk to him. When he died, he was 72 years old and had no health problems. Suddenly he had a heart attack and died without having the chance to talk to me. I felt so bad for all this. Then the doctors told me I had diabetes. Because of the neuropathies, I suffer from insensitivity in the legs. I can't feel my feet and I have problems with balance. I have to take insulin and I keep putting on weight. I take it four times a day, before meals and before going to sleep."

Vianna: "Do you feel defeated by your father? Do you think he won because he managed to avoid talking to you?"

Repeat after me:

"I feel discouraged." (Energy Tests: Yes)

"Diabetes cannot be cured." (She Energy Tests: Yes)

"I'm a warrior." (She Energy Tests: Yes)

"Diabetes weakens me." (She Energy Tests: Yes)

"Diabetes is defeating me." (She Energy Tests: Yes)

Vianna: "How do you feel when you say those things?"

Woman: "I don't know. Some of them don't pass through my brain as thoughts, but I can feel some of them."

Vianna: "Is there still something to resolve between you and your father?"

Woman: "He doesn't know everything I wanted to tell him."

Vianna: "How do you feel about it?"

Woman: "It was very important to me that I tell him how I felt."

Vianna: "What would you tell him if you could?"

Woman: "That he wasn't a good father and he wasn't able to love people in general. He was selfish and self-centred. I was angry with him because he hurt me and my brothers."

Vianna to Woman: "We will work on your rage for your father. Because your rage lies in the liver, we are going to work there. We are going to melt the rage you feel towards your father. This rage was created to protect yourself from him. You feel defeated by the illness, so much so that you feel you want to stop living. Do I have permission to teach you that you haven't been defeated and you have the power to beat diabetes? Because this is what you were about to do when your father died: to take your power back. Do I have your permission to do all this?"

Woman: "Yes."

Vianna: "Do you want to have forgiveness for your father? Repeat after me: I can forgive my father." (She Energy Tests: No)

Vianna: "What did this rage for him do for you?"

Woman: "It gave me the strength to be different from him. He spent his life to get rich, I'm spending my energy to help people."

Vianna: "So this rage helped you in becoming the opposite of him. You used it to love other people. Would you like to continue on your path without being so angry? Are you ready to let this feeling go? Lets free him from maintaining the obligation that you have to be angry with him. Would you like the Feeling of 'I know what it feels like to live without anger for my father.' Do I have permission?"

Woman: "Yes."

Vianna: "If he is free from this obligation, you will be free as well. Sometimes the people that we think play a negative role in our life turn out to be positive. I didn't insert how to have forgiveness for your father nor any other new Program. I simply freed you from the obligations that kept you in this conflict. Repeat after me: I can to forgive my father."

Woman: "I can forgive my father." (She Energy Tests: Yes)

Vianna: "So you see, the Program has changed by itself through the insertion of a Feeling. Whether you know it or not, this rage towards your father made you the beautiful person you are now. When I observe the pancreas and the liver, I believe that they now work in a different way. Since you had been treated badly by your father, you have made sure to treat everyone with respect. Now perhaps you can permit your body to heal. Repeat after me: I feel angry towards my father." (She Energy Tests: No) "I hate my father." Test: no. "I can love my father." Test: yes.

Vianna: "Do I have permission to teach your body how to gain nutrients from the food you eat?"

Woman: "Yes."

Vianna: "Now you are free and can feel how much you miss your dad, instead of how much you hate him. It doesn't make him a better person in your eyes, but you can live in beauty now and can accept other people's help. There are probably more things to work on, but your sugar levels have gone down and now you have to be careful about not going into hypoglycemia. In the next days you should monitor your sugars closely."

Vianna to Class: "Never tell the client to stop taking insulin. The doctor will do so as he sees that her sugars are stabilizing."

Digging Work Session Number Twelve-Kidneys

Vianna: "Tell me about yourself."

Man: "I am a musician. I have always travelled and I was one of the best at what I did. In 2000, I was in Brussels and one night I felt sick. I had just performed and I went straight to the hospital because I couldn't urinate. They told me it was an inflammation, a kind of nephritis.

The doctors told me that 'Your kidneys are like two hard stones.' They gave me antibiotics and something homeopathic to maintain my recovery. After this I felt quite good and continued to travel. Last year, I was coming back from one of my tours and on the plane ride home I had another renal failure. I had to submit to dialysis. The symptoms were simple: I had to go frequently to the toilet, but I only urinated a little. I'm still on dialysis."

Vianna: "Ok, let's have a look at your organs. I don't know if the cause is bacterial or viral, but from its tone I think it's a virus. Did this problem make you stay at home more with your wife?"

Man: "Yes."

Vianna: "Do you still travel a lot?"

Man: "Yes, it's harder but I still do it. I had the vaccine against yellow fever last year in January. I got ill in June. I've been in Italy in July and in Cuba in August. I'm used to travelling."

Vianna: "I feel that you wanted to stop travelling. Is this true?"

Man: "Yes, it's a wish I have had for a long time because I've been around the world. I feel tired from always moving."

Vianna: "This makes me wonder if you are ready for a Healing. I feel that you are in love and you want to stop in order to stay with your wife to relax. When you are not with her you feel as if you were a fish out of water, don't you?"

Man: "I feel safer at home because of my illness than travelling around."

Vianna: "What is the worst thing that can happen to you if you were to heal?"

Man: "I can't imagine what the worst thing would be."

Vianna: "How would you feel if you went back to your music and your job?"

Man: "Music is my life and passion, but I'd like to feel free to choose my own working schedule."

Vianna: "Are you forced to work a certain schedule?"

Man: "I was forced to travel for many years because I had a lot of work contracts."

Vianna: "Can I teach you that you can be successful and at the same time spend as much time as you want with your wife?"

Man: "Yes."

Vianna: "Why are you ill?"

Man: "I've always performed. It didn't matter how tired I was and I was always travelling. Then there were the vaccines I had to take to travel to different countries... I think that there are a series of reasons."

Vianna: "This illness made you realize that you have to relax more. Can you keep maintaining this relaxed feeling if you heal?"

Man: "That's what I'd like, but I don't think I can."

Vianna to Class: "Do you see the conflict?"

Vianna to Man: "Do I have permission to teach you that you know how to relax without getting ill, that you can live your passion, but you're able to relax? Do you want to learn how to live without stress? That you can love your passion, your wife and yourself without feeling stressed?"

Man: "Yes."

Vianna: "Repeat after me: "I'm ready to let this illness go." (He Energy Tests: "Yes.") "I have learned all the illness has to teach me." (He Energy Tests: "Yes.")

Vianna to Class: "This Belief Work has helped him in many ways but needs to be followed up by more sessions."

Vianna to Man: "You are now free to accept a Healing."

Digging Work Session Number Thirteen-Abuse

Vianna: "What would you like to work on?"

Woman: "My father abused me since I was four. He always scared me and I hated him. He always scared everybody, my mother, my sister, my brother and me. He always hurt me and if I told him to stop it, he got angry and locked me in my room. He abused me with words and beat me and my mother."

Vianna: "Okay... what are your feelings towards him now?"

Woman: "I don't hate him anymore, but I had to work hard on it."

Vianna: "How do you feel about your mother?"

Woman: "She tried to protect me, but it wasn't a real protection because she didn't want to be hurt herself. I've always watched my mother crying and I prayed to God to help her, because I loved her and I didn't want my father to kill her."

Vianna: "So are you angry with God?"

Woman: "I don't feel that way."

Vianna: "Have you seen how her brain corrects things? She really worked on her feelings towards her father, but she feels she couldn't help her mother."

Woman: "I asked God to help her but nothing happened. I didn't hate him, I just felt really pissed off."

Vianna: "Red spots are appearing on your neck."

Woman: "Even to this day he is still abusing my mother. How would *you* feel?!"

Vianna: "Can't you stop him? You continue to feel powerless about the situation."

Woman: "A thing that really hurt me was seeing that my brother does exactly the same thing with his son."

Vianna: "Repeat after me:

"I can't help my mother."

"Nobody can help my mother."

"Not even God can help my mother." (She Energy Tests: Yes to all.) "Why do you feel this way towards your mother?"

Woman: "Because she lets him continue abusing her."

Vianna: "Do you accept this behaviour?"

Woman: "No, I don't."

Vianna: "What does your mother tell you when you talk to her about it?"

Woman: "She calls me two or three times a day to tell me how crazy my father is. For example, he gets mad if dinner is not ready at the right time or if potatoes are not cooked the way they should be."

Vianna: "You said that life has been this way since you were four. What is the first thing you remember?"

Woman: "He came back from work and looked angry. I was scared, so I hid in the closet. The only things I heard were my mother's screaming and my father's shouting."

Vianna: "It was the first time you felt so scared, wasn't it?"

Woman: "Yes, it was."

Vianna: "Were you ever so scared before that?"

Woman: "I don't remember."

Vianna: "What else do you feel apart from not being able to help your mother?"

Woman: "I feel trapped. Things are getting worse. His mood changes when he comes home and around other people he acts perfect and they like him. I hated him and I'm very angry for what he did and continues to do."

Vianna: "But you don't let him behave with you that way, do you?"

Woman: "No. Now I manage to hug him when I come back home for Christmas to see my mother."

Vianna: "Red spots appear when you talk about your mother."

Woman: "I feel sad for her; she can't manage to leave him."

Vianna: "Tell me about their present life."

Woman: "He's mad all the time and I can't help her."

Vianna: "The way you speak about the situation it as if you don't really feel it. Did your mother allow him to hurt you?"

Woman: "She fears him. She says she simply wants to survive and will not get out of the situation."

Vianna: "Is this behavior due to the way she was brought up?"

Woman: "I don't know. I don't believe she's strong enough."

Vianna: "Repeat after me:

"I have to be strong for my mother and myself."

"I have to allow my father to hurt me, so that he won't hurt my mother."

"I'm my mother's mother." (She Energy Tests: Yes to all.)

Vianna: "Do you know what being somebody's child means?"

Woman: "No, I don't."

Vianna: "Have you ever been a small child?"

Woman: "No, I haven't."

Vianna: "Repeat after me: I have to hide from everything and everybody." (She Energy Tests: Yes.)

Vianna: "Have you ever felt safe?"

Woman: "I feel safe now."

Vianna: "Do you know what home and safety means?"

Woman: "No, I don't."

Vianna: "I'm a mother and as I touch your hand I realize that you have never felt loved as a daughter, never felt the warmth of a real home and have protected your own mother your whole life. Do I have permission to I teach you the way it feels to be a child and live in a warm house and feel safe? This can have the same effect on your mother as well."

Woman: "Yes."

Vianna: "Repeat after me:
"I can save my mother." (She Energy Tests: Yes.)
"I must save my mother." (She Energy Tests: No.)

Vianna: "You can't tell your mother to get out of the situation because she doesn't want to, but you can consider yourself out of it. Do you think she knows how a man is supposed to treat a woman in a normal relationship?"

Woman: "No, she doesn't."

Vianna: "Why don't you tell her?"

Woman: "She should know it already."

Vianna: "Is there any hope for your parents?"

Woman: "No, there isn't."

Vianna: "You lost hope for your mother."

Woman: "I had to."

Vianna: "Why?"

Woman: "Because she didn't listen to me when I tried to help her."

Vianna: "Has she ever listened to you?"

Woman: "No, she hasn't."

Vianna: "Why?"

Woman: "She doesn't want to."

Vianna: "Does she listen to anybody?"

Woman: "No, she doesn't."

Vianna: "Do you get angry when somebody doesn't want to listen to you?"

Woman: "Yes, I do."

Vianna: "Is your mother intelligent?"

Woman: "No, she's not."

Vianna: "Repeat after me: "I hate my father." (She Energy Tests: Yes.)

Why is this belief still there? I thought you had released it.

Repeat after me: I hate what my father does to my mother. I hate my mother because she doesn't understand. I hate stupid people. (She Energy Tests: Yes to all.)

Vianna: "What did you learn from your father?"

Woman: "My father taught me that I don't have to tolerate such treatment. I am strong."

Vianna: "Your father taught you that you don't have to tolerate such treatment. Your mother didn't understand this message and you are angry for this reason. She managed to solve the question about your father with the idea that he has mental problems, but you are still frustrated about your mother's reaction. What would you tell your mother if she could hear you?"

Woman: "I'd tell her to leave him because he doesn't respect her. Does she like being treated that way?"

Vianna: "Is she a victim? Are you angry with her because she simply accepts the situation?"

Woman: "I told her to leave him, but she told me that she has to stay there. She is a victim. My father hates victims and so do I."

Vianna: "Repeat after me:

"My mother is weak."

"I hate victims."

"I hate people with no strength."

"I think they are ridiculous."

"I'll never be weak."

"I have to let weaker people take advantage of me."

"My mother is weak."

"My mother is a victim."

"My father is an abuser." (She Energy Tests individually "Yes" for all.)

Vianna: "Do I have permission to teach you that weak people can't take advantage of you and that you can forgive them?"

Woman: "Yes."

Vianna: "Repeat after me:"

"I have to save my mother."

"I can talk to my mother." (She Energy Tests: "Yes" to both)

"Do I have permission to teach you how to live without tolerating abuse and how to live freely? This will help your mother on a Genetic Level."

Woman: "Yes."

Vianna: "Because of your father you are a strong woman. Repeat after me: I'm a victim. (She Energy Tests: No.) You don't hate your mother, but you are angry with her, with victims, and with yourself. Thanks to these Downloads, all these Programs have melted."

Woman: "When I was four years old, I shut the door in front of my father. I felt so scared."

Vianna: "Are you still feeling that fear?"

Woman: "Yes, I am."

Vianna: "What is the worst thing that can happen if your father reaches you in the closet?"

Woman: "He could beat me and shout at me."

Vianna: "Nothing worse?"

Woman: "I would be forced to hate him."

Vianna: "And what happens if you hate him?"

Woman: "When I was a child I wanted to see him dead."

Vianna: "What would have happened then, once he was dead?"

Woman: "We would have known peace."

Vianna: "Repeat after me: I know what it feels like to live in peace when my father is alive." (She Energy Tests: "No.") "I will know peace when my father is dead." (She Energy Tests: "Yes.")

Vianna: "Do I have permission to change these Programs and Download this Feeling of peace?"

Woman: "Yes."

Vianna: "When you were four, your father got angry with you because you shut the door in his face. How do you feel about it?"

Woman: "It's gone. I feel peaceful now."

Vianna to Class: "She is light and happy now"

Digging Work Session Number Fourteen-Lungs

Vianna: "What would you like to work on?"

Man: "An important part of my life has been erased because I was taken away from the land I was born in and I don't remember anything from that time. It's as if my roots have been cut. I was born in Australia and lately I feel a strong desire to go come back there, but I don't know the reason for it."

Vianna: "So, what are you missing?"

Man: "A friend of mine who lives there."

Vianna: "What's his name?"

Man: "I don't know, I don't remember."

Vianna: "What did he look like?"

Man: "He was a small child, an aborigine that I grew up with."

Vianna: "Who was his family?"

Man: "I remember he had two sisters."

Vianna: "Well, you remember many things! Did you promise him to come back?"

Man: "Yes, I did it before leaving."

Vianna: "And is your heart still communicating with that boy?"

Man: "Yes, we keep in touch."

Vianna: "What does this mean to you?"

Man: "I don't know, I think they're waiting for me."

Vianna: "How old is he now?"

Man: "He would be forty five or so."

Vianna: "When does he expect you to come back?"

Man: "I didn't tell him how many years it would be."

Vianna: "But if you did go back, what age would have you talked about between you?"

Man: "I would have gone back when we are fifty. It's the first number that came to my mind."

Vianna: "Repeat after me: 'I have agreed to go back when we are fifty.' (He Energy Tests (Yes.) A soul fragment of that period stuck into your soul. Should we give it back to that time? The soul fragment cannot force you to fulfil the promise unless you want to. "Do you want to go back? Do you want to keep this fragment?"

Man: "Yes."

Vianna: "Repeat after me:
"I'm forced to fulfil my promise."

"I want to fulfil it."

"I have to go back to that country in order to regain my birth rights." (He Energy Tests Yes to all.) "I want my soul fragments back without going back to Australia." (He Energy Tests No.)

Vianna: "Do you feel peace from this memory?"

Man: "I feel a sense of lightness from it."

Vianna: "Does it do you any good, thinking of that period in time?"

Man: "Yes, it does."

Vianna: "Can I ask the Creator to help you to recollect your memory easily?"

Man: "Yes, you can."

Vianna: "What is your friend's name?"

Man: "I think Ryan, but I'm not sure."

Vianna: "And his surname?"

Man: "Something like Brama."

Vianna: "Do you think you will find your friend if you go back?"

Man: "Yes, I think so."

Vianna: "Do you know where you'll meet him?"

Man: "Yes, I do."

Vianna: "Once you go back to Australia what will happen? Will you find your friend or will you be found by him?"

Man: "I think we'll find each other."

Vianna: "I think you've already agreed on where and when to meet. Is your heart lighter now?"

Man: "Yes, it is, but the pain has reached a higher area."

Vianna: "What are you feeling there? What kind of pain is it?"

Man: "It is a dull ache and I think it's the promise I made to go back."

Vianna: "Did your father force you to leave Australia?"

Man: "Yes, he did. My sister and I tried to do everything we could to stay, but in

the end we had to leave because he had to see my grandfather who was dying. Then we stayed in Italy. I don't know why we didn't move back."

Vianna: "Repeat after me: I hate my father for bringing me here. (He Energy Tests Yes.) Do you want to release this feeling?"

Man: "Yes, I do."

Vianna: "Repeat after me: I hate my father for forcing me to leave Australia. (He Energy Tests No.)

Man: "I can keep my promise to my friend." (He Energy Tests Yes.)

Vianna: "Are you ready to work all around the world and have many houses in many countries?"

Man: "Yes, I am."

Vianna: "I think you'll travel a lot. Are you married?"

Man: "I have been married."

Vianna: "Did the pain in the upper chest disappear?"

Man: "It is lighter in the left part, but it persists in the right one."

Vianna: "It's from your father. Repeat after me: "I have to let my father hurt me." (He Energy Tests No.) "My father holds me back in life." (He Energy Tests Yes.)

Vianna: "What does this mean to you?"

Man: "It's a way to protect me."

Vianna: "Is your father stopping you from going to Australia?"

Man: "If I look back, I can think of some links between him and my incapability of moving back to Australia."

Vianna: "Repeat after me: I'm scared about going back to Australia. He Energy Tests Yes.)

Vianna: "Why are you scared?"

Man: "Maybe I'm afraid of getting stuck there."

Vianna: "So you think that once you go back, you'll have to stay there. Are you afraid about feeling disappointed by what you'll find? Do you blame the Creator for this situation?"

Man: "I often felt abandoned and accused the Creator for things that happened to me."

Vianna: "Do I have permission to give you the Programs of

"I know how to trust in God."

"I know how to trust in my father."

"The concept that you'll get home safely?"

Man: "Yes."

Vianna: "Where's the pain now?"

Man: "It's gone."

Digging Work Session Number Fifteen with a Young Woman- Love

Vianna: "Are you in love with somebody?"

Woman: "Yes, I am."

Vianna: "Is it the first time for you?"

Woman: "It's the first time I have fallen in love this way."

Vianna: "How many times have you been in love?"

Woman: "Three times."

Vianna: "What's different this time?"

Woman: "I'm different."

Vianna: "Tell me about this love you feel."

Woman: "I think he's the man I've always dreamt of."

Vianna: "So what's the matter?"

Young Woman: "He told me he loves me, but I'm scared. Maybe I'm not able to handle the relationship. I am afraid something terrible will happen."

Vianna: "What terrible thing could happen?"

Woman: "He might leave me."

Vianna: "What would happen then?"

Woman: "I'd feel angry and devastated."

Vianna: "And then?"

Woman: "I'd ask him to come back."

Vianna: "And then?"

Woman: "You think I would have learned something."

Vianna: "So what are you scared about?"

Woman: "I'm afraid of letting myself go completely."

Vianna: "Repeat after me
"I'm scared of letting myself go."
"I'm scared of loving."

"If I love too much, people leave me." (She Energy Tests: Yes.) Has it always been like this?"

Woman: "Yes, it has."

Vianna: "Would you like to live day by day without fearing anything?"

Woman: "Yes, I would."

Vianna: "Repeat after me:
"If they love me too much, I leave them." (She Energy Tests: Yes.) Let's change this Program as well." Do I have permission?

Woman: Yes.

Vianna: "You fear love and the Creator's definition of being loved. What would happen if you stay with him and spend the next 30 years with him?"

Woman: "I'd be happy."

Vianna: "What's wrong with this happiness?"

Woman: "I'd be scared of being dumped. Maybe I wouldn't be able to satisfy him."

Vianna: "Why?"

Woman: "I'm not good enough for him."

Vianna: "What do you mean? Have you ever had a long relationship with a man?"

Woman: "Yes, I have."

Vianna: "What happened?"

Woman: "It ended because we didn't love each other anymore."

Vianna: "Do you know how to maintain a long love story now?"

Woman: "Yes, I think so."

Vianna: "Do you hate the man you left?"

Woman: "I didn't hate him, but I felt irritated when I met him again. Now I'm okay."

Vianna: "Are you scared of leaving the man you love now, let's say, in ten years?"

Woman: "I'm scared of leaving him in a week as well as in ten years."

Vianna: "Why?"

Woman: "I fear I'm not enough and I can't satisfy him."

Vianna: "Do you want to learn how to live feeling that you're enough? Have you ever felt like you're enough?"

Woman: "Not really. Its been this way all my life."

Vianna: "Would you like to learn how to feel you're enough and feel that you can behave freely, expressing yourself? Lets teach you that you are compatible and you can love each other."

Woman: "Yes!"

Vianna: "How do you feel now?"

Woman: "Very well!"

Vianna: "Repeat after me:

"This relationship can contribute to my growth." (She Energy Tests: Yes.)

"I can love this man freely." "I can accept his love freely." (She Energy Tests: Yes to both.)

Vianna : "Sometimes our fear keeps love far from us. How do you feel now?"

Woman: "I feel light."

Vianna to Class: "She's still a bit scared about all the new feelings, but she'll get used to them.

Vianna to Woman: "What do you think of your body?"

Woman: "I find it hard to look at my image. I'm fat and I've got varicose veins, so I tend not to look at my legs. I love swimming and the seaside, but I can't stand the image of my body wearing a swimsuit. My sweetheart doesn't care if I'm ugly, but it matters to me."

Vianna: "How do you feel now?"

Woman: "Uncomfortable. "I don't recognize that part of myself."

Vianna: "What would happen if you accepted yourself as a whole?"

Woman: "It would be too much."

Vianna: "For whom?"

Woman: "For my parents. I was a danger for my father."

Vianna: "What does this mean to you?"

Woman: "He was tough with me and I escaped from him more than once. If I am too beautiful my mother gets jealous. If I am too much of a woman it is wrong."

Vianna: "Repeat after me:

"I'm scared of being too feminine.

"Being too much of a woman is wrong." (She Energy Test: Yes.)

"I'm safe if I'm a real woman." (She Energy Tests: No.)

Vianna: "Would you like to live and be safe as a woman? You can be beautiful and at the same time be safe from your father.

Woman: "Yes."

Vianna: You escaped from him...what does that mean?"

Woman: "Nothing. I loved him and I felt guilty for what I did."

Vianna: "What did you do?"

Woman: "Nothing."

Vianna: "Would you like to live without feeling guilty? Do you love your husband as a father?"

Woman: "Yes."

Vianna: "Repeat after me:" "I'm beautiful. If I were beautiful I would leave my husband." (She Energy Tests: Yes.) "Would you like to have the chance to choose? Can I teach you that you can be beautiful and at the same time you can stay with your husband, because you love each other's souls?"

Woman: "Yes."

Vianna: "Repeat after me: "I have to be the way I am now in order to stay with my husband." "My husband is afraid that I would leave him if I were too beautiful." (She Energy Tests: Yes to both.)

Vianna: "Do I have permission to Download you with the feelings of, "My legs are beautiful," and "My body is beautiful."

Woman: "Yes."

Vianna: "How do you feel now?"

Woman: "Better. But I'm not completely okay."

Vianna: "Do you like feeling beautiful? Your heart is afraid because I taught you new Feelings."

Woman: "I don't know if I deserve the right of being beautiful. I've always judged beautiful people."

Vianna: "Do you think that beautiful people are stupid?"

Woman: "Well, no, or maybe yes, they are! Maybe they are not stupid, but people are attracted by their appearance and nobody cares about their brain. One can't be beautiful and at the same time be a good healer."

Vianna: "Does beauty frighten you? Are women afraid of other beautiful women?"

Woman: "I've been in competition with other women my whole life. I'm afraid I can't win if I express my intellect completely."

Vianna: "Repeat after me:" "People take me seriously if I'm beautiful." (She Energy Tests: No.) "If I'm beautiful men won't come to me to be healed but for other reasons." (She Energy Tests: Yes.) "Do I have permission to give you the Programs and Feelings of I can be respected by the men who are my clients and at the same time be beautiful," and How to live without hiding?"

Woman: "Okay."

Vianna: "I can see that you are stressed now. Why?"

Woman: "Maybe it's about sex. My mother wanted me to be a nun."

Vianna: "Let's see... Repeat after me:" "I'm a nun." (She Energy Tests: Yes.) "If I'm beautiful its wrong to have sex." (She Energy Tests: Yes.)

Woman: "Sex makes me feel ill at ease, sort of strange."

Vianna: "Why does sex disturb you that way?"

Woman: "I'm afraid of being refused or considered stupid. I need to trust the other person completely to have sex."

Vianna: "Can I teach you how to feel good with sex?"

Woman: "Yes."

Vianna to Class: "She feels as if she had to choose between being a wife and a healer."

Vianna to Woman: "Do I have permission to give you the feeling that you can be beautiful, both as a wife and as a healer?"

Woman: "Yes."

Vianna: "How do you feel now?"

Woman: "I feel wonderful. Much lighter! Thank you."

Note to the reader. Because of being in a class session, some issues were not addressed in this session. Can you sense what they are?

Chapter Eight

The Planes of Existence

Introduction to the Planes

The Planes of Existence are the seen and unseen forces of the cosmos. These forces are limitless in their expansive proportions. They are composed of not only the physical and “known” universe; they also constitute the unseen invisible forces that defy scientific explanation. The Planes are so vast that the human mind must be in an abstract state to comprehend them. The Theta-State of mind puts us in a clear and definitive condition for receptivity of this vast internal and external landscape that composes creation. The way that we are able to perceive these inexplicable forces in all their majestic majesty is through the Creator of All That Is. Though the Creator of All That Is, our ability to perceive the Planes of Existence becomes amplified.

The concept of the Seven Planes was shown to me by the Law of Truth. Even now this Law comes to visit me.

Definition of the Planes

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 know how to create physical healings, to progress spiritually and to find enlightenment.

Each of the Planes of Existence has their own particular energy that is best described as a vibration. This means that on each of the Planes the *frequency of vibration* is what makes each one peculiar from one another and what makes the spiritual and physical inhabitants different as well. I describe these vibrations of frequency as *Seven Planes*, the Seventh Plane being the source of the molecular – atomic – subatomic source of All That Is, the first atomic structure of a proton.

The Seventh Plane of Existence is the nucleus of the atom of creation. It holds the electrons, protons, and neutrons that create life. These particles are what creation is consisted of – they are the fountainhead and beginning of all life.

We exist as a microcosm of Seven Planes of Existence. 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 through them. However, the objective of this book is to teach how to access abilities from the Seventh Plane of Existence by using the Unconditional Love of the Creator of All That Is.

Everything exists within a Plane of Existence that is interconnected with the whole of creation. Each Plane is divided by a thin *veil* that lies as a Program within the unconscious mind of every man, woman and child on this planet. When we go up to the Seventh Plane, we learn how to drop these veils so that we can realize that we are not *separate*, but rather connected to all of the Planes. Once the mind (on a subconscious level) has made this leap, (not by simply talking about it but by living it,) the Planes can be influenced to create manifestations and heal the physical body. This is the first time in the history of humankind that the Planes of Existence have been opened up simultaneously.

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

One of the benefits of the DNA Activation is to enable the person to connect and walk through the Planes of Existence. Each strand of DNA in our body controls over 100,000 different functions. Therefore, it would be absurd to assume that the new DNA strands that are awakened with the DNA Activation would only be associated with certain things, such as bliss, love, and other emotions. Each new pair of chromosomes adds a new realm, a new understanding of the Planes, giving new meaning to the word “connected” to All That Is. It is our Belief Systems that interfere with the natural order that is the symphony that happens when the Planes naturally work together. The Planes were set up for the evolvement of humankind. Humans in some instances become seduced by the power of the brain candy in them.

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

It is often necessary to clear ourselves from oaths, vows, or ancestral commitments from the first Six Planes of Existence. However, these commitments must be explored for their positive influences, and should not be released unless we are sure of the need to do so. As we explore these Planes in the following pages we will reveal and clear many of these Beliefs and commitments that people may not know that they have.

The Creator of All That Is exists everywhere. The energy of Creation exists everywhere. It is all around us. It is what you are. You, and everything else in creation is Seventh Plane of Existence. It is the energy that animates and binds everything in Existence.

I believe that people that are intuitive begin to connect to the energies of the Planes of Existence as they develop their abilities. They can become enamored with the beauty and majesty of each Plane, its Belief Systems, powers and healing properties. Each Plane has religious orders that were formed through the energies inherent within. Each Plane gives the seeker a vision of the divine filtered through it as it is interpreted by the person. I believe that this is how religions are formed. A connection is made with the consciousness of a Plane and the Belief Systems of the Plane are projected upon the seeker, and go into the written word. This is the beauty of brain candy, it keeps us encouraged in this world so that we will stay here and learn all that we can.

ThetaHealing teaches you to first go to the Creator of All That Is and intertwines the energies of minerals and stones, plants and herbs, the energy of the body, the essence of the spirit world, the essence that is angelic, and the very Laws of the universe that fuel Existence as we know it. ThetaHealing teaches that you should use all these Planes simplified through the purity of the Seventh.

The Seven Planes of Existence

The Seventh Plane

This is the Plane of the Creator of All That is. 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". The Seventh Plane would be all that is from an atomic level from the basic simplest protons and neutrons that make up the nucleus of an atom.

The Sixth Plane

This is the Plane of the Laws such as the Law of time, the Law of magnetism, the Law of gravity, the Law of light and many more Laws that create the very fabric of the universe.

The Fifth Plane

This is the Plane of the Ascended Masters and the Plane of the ultimate in dualism.

The Fourth Plane

The Fourth Plane of Existence is the realm of the spirit, where people exist after death, and where our ancestors go in waiting. This is what some people would consider the "spirit world." The Fourth Plane is the spirit world.

The Third Plane

This is the Plane of the reality of humans and other life forms. In part, we have created this reality to be utilized by us. It is on this Plane that we have the challenge of being governed by emotions, instinctual desires, passions, and the reality of being in the human body in the physical world. This is the Plane of protein based life forms.

The Second Plane

The Second Plane of Existence consists of organic material; vitamins, plants, trees, fairies and elementals. The molecular structure of the Second Plane contains the first structures of a carbon molecule and therefore, is organic matter. Minerals are non-organic and vitamins are organic; both are essential for life to occur.

The First Plane

The First Plane of Existence consists of all non-organic material on this Earth, all the

elements that make up this Earth in its raw form, and all the atoms on the Periodic Table before they start to bind to carbon bases. It is the minerals, the crystals, the soil, and the rocks.

We will give a in-depth guide to each of these Planes in later chapters. These explanations are to illustrate to energy healers where different healing energies come from and to get you focused on the highest energy to heal.

When going to the Seventh Plane you can utilize all the energies of all the Planes. When going to the Seventh Plane you have the realization that you are part of All That Is, that you are not separate.

Children of the Masters

To explain who we are, why we are on this planet and how we relate to the Planes of Existence, we will start with this simple explanation.

Our spirits began as essences of energy in the Fifth Plane as children of the Masters. When we are born as children on the Fifth Plane, we have great abilities for creation. But like all children, we must learn proper discernment as to the suitable use of these abilities. As children of pure energy, we are sent on an immense journey beyond space and time, leaving the Fifth Plane to the Fourth Plane of Existence, the place of the spirit world. In this place, we are tutored, nurtured and loved. From the Fourth Plane we are given different assignments, according to our abilities.

First we are sent to the First Plane to understand it completely, to learn the molecular structure of the mineral kingdom and the building blocks of inorganic matter. Once this knowledge has been assimilated, the children return to the Fourth Plane to report. Everything that they have learned is recorded. Then we are sent to the Second Plane to the realm of the plants to study them. Then we return to the Fourth Plane to report these experiences. In fact, it may be these young spirits that some perceive as fairies.

Once we have mastered these two Planes, we are sent to the Third Plane where we learn about the flesh and blood physical body. In the mortal body, we learn to make decisions and create from the challenges of the physical.

From the physical, the spiritual child learns to overcome the physical body, to control their mental thoughts and are allowed the opportunity to come to the realization that we are made up of All That Is.

We learn to create with All That Is through our mind projecting thoughts from the physical, reclaiming our status as co-creators. There is an old saying that says, "I think, therefore I am." My saying would be "I think, therefore I am part All That Is, or I am, therefore I think."

This cycle of learning continues until the Third Plane is mastered and the child is given the chance to return to the Fifth Plane.

When we have completed this process, we can take their place as Masters on the Fifth Plane to create with control and have proper discernment with our spiritual parents. The parents themselves are still evolving, learning to use and master the Seventh Plane, until they reach the highest level of progress and become part of the Sixth Plane.

The Third Plane of Existence was created so the Masters could watch their children progress. It was only until recent times that the Masters were permitted to do more than just watch. Now the Masters are permitted to participate.

As people on the Third Plane become more aware of their surroundings and themselves, the illusion of the Third Plane will disappear. This does not mean that we are creating the world to be a hologram for us to play in- and it is only us in the hologram. On a soul level, we are all cognizant of this illusion and are all living within it together, yet separated by our Belief Systems. One of the major lessons we are here to learn is to have respect for ourselves and for one another.

Many of us that have come to create change in this reality feel the yearning to return to the Fifth Plane where the Ascended Masters reside. One of the things that the Third Plane of Existence physical world teaches the budding Master is that they can expand beyond the Fifth Plane. One of the most important missions for the Master is to teach others that they can go to the All That Is essence.

Some people have been told that they are not worthy to be close to God. They are told that it is arrogant to think that we can touch the face of the Creator. We have more possibilities than we know, but are blocked by old Programs that must be overcome.

Over time, the memories come back and the Master accomplishes their goals. The Masters from the Fifth Plane that are here on Earth know that in order to help others from the Third Plane they must relearn how to use the Seventh Plane. At some point in time, they remember their mission:

They must relearn and teach their students how to use the Seventh Plane and clear their limitations.

They must teach their students how to have discipline in their own thoughts and how to tap into "All That Is."

What is happening is that the Ascended Masters are coming to this Plane on a mission to help their children to save humanity. They are born with a "knowingness" and will remember all that they need in order to bring the Earth to graduation.

Once the Masters memory begins to return, the first realization that they have is that they don't belong here. They have strange feelings like "I'm in the wrong family, and someday the right family will find me," or "I am on the wrong planet." It is their Soul Family that the Master yearns for, and the Master begins to look for incarnations of these spiritual beings in human form in the people they meet.

A Master that has come to this Plane on a mission remembers they belong to a Soul Family while being within the Existence of the Fifth Plane. When these Soul Families are within the Fifth Plane vibration they are intensely joyful unions and they become strongly attached to one another. They learn to have laughter, to love one another and to be good to each other.

In many instances we will meet a person and recognize them as being one of the members of this family that are here on a mission as well. The recognition of these Soul Family members will be strong and the memories will return to remind them that that they were once in a spiritual family of a high frequency.

In some instances these feelings and memories will bring two people together in matrimony (marriage) that were once part of the same Soul Family when they where of the Fifth Plane. Because of this there is no lasting passion between the two people, as it is like a brother and a sister marrying without knowing it. There is a difference between a Soul Family and a Soul Mate. Soul mates have been in passionate love that spans through time and many Planes of Existence.

Soul Families are our eternal support system and are drawn together to do the work of the Creator. Soul Families descend to inhabit physical families on this Plane. ThetaHealing is collecting the Soul Families together to do the work of the Creator. ThetaHealing is designed to bring the Soul Families together once again.

The same scenario of the Planes that is played out in this world is happening all across the galaxies in other civilizations as a means of teaching the branches of our Soul Families of those places.

High Masters

A High Master is a Ascended Master that reaches the highest level and frequency of the Fifth Plane of Existence.

Councils of the Most High

Soul Family Councils

For every Soul Family there is a Council of Twelve that resides over it, guiding and aiding its members. They are comprised of enlightened Masters that have evolved past the Third, Fourth and lower Fifth Plane energies. Together, these High Councils create and develop other worlds to instill them with life using their vast power and knowledge.

The Concept of God

Throughout history, humankind has been on a quest for the perception of God. God has taken on many forms of perception, shapes and styles, depending on individual and cultural conception. Even through an entire lifetime, our perceptions of the Creator are in constant growth. Our perception of God is constantly changing, depending on the many influences from the household, to external society, religion and more recently modern science.

The concepts of science are not necessarily against God, and were not designed as such. They were not a 'rebellion' against religion or God. Science is simple, it is an observation of our universe through explainable fact. Unexplainable facts are often called spiritual, based on faith and belief, that could be called religion.

The concept of God could be perceived as a science of its own; an observation of the universe that is spiritual, and is not always dependent upon physical causality, but rather upon the unseen essence of thought and belief. We know we have thoughts and beliefs, yet we do not see them. Their existence is of an inner aspect, yet we know they exist none the less.

It has been suggested that many of us carry a genetic predisposition for belief in God, a 'God Gene' if you will. This is not surprising, considering that it is likely that this predisposition would have survival benefits. The benefits would likely be subtle, but many survival traits are such. In difficult times, what is more beneficial than a belief and communication with the Creator? In this communication, we connect to the divine essence that is within all of us and bring it into the physical, thus enriching our lives.

There are those that say the belief in God is an attempt to explain death and the hope of an afterlife. One of the most prevalent fears that I see in people as it pertains to the spiritual is "Fear of the Nothing." This seems to be a pervading apprehension that once we die we will become nothing. I believe that this Belief stems from a superficial and materialistic view of the universe. I think that this view is void of any imagination or self-love. My view is that we do not become "The Nothing." You may ask, "Then where do we go when we die?" I believe that once we have left the physical, many of us transform into a higher order of evolution. In this higher order, our abilities could be perceived as somewhat godlike to those still living in the existence of the Third Plane.

Chapter Nine

Welcome to the Seventh Plane of Existence – All That Is

In the nucleus of the Seventh Plane, reality in all of its constructs is embraced in an all-pervasive, all encompassing totality in which all dichotomies; all distinctions between body, soul, spirit and matter are accommodated and harmoniously integrated with the *One*. Within this harmony, there is an interconnection with all the Planes through a synchronistic relationship of correspondence. These correspondences transcend the Laws of the Sixth Plane to encompass all of creation without divisions or separations.

Seventh Plane Principles

- ⊖ This is the Plane of Mastership that holds the ability to access all the Planes at will.
- ⊖ This is the Plane that creates the highest Manifestations, Healings, and Readings.
- ⊖ This is the place of instant Healings.
- ⊖ This Plane is the essence of pure Love.
- ⊖ This is place of pure wisdom.
- ⊖ This is the place of Creative Energy.

Once an understanding of this Plane is reached, the intuitive attains the knowing of **Creation**. *When using the Seventh Plane, you need to understand that this will increase your manifesting ability immediately. It is therefore important to avoid negative thoughts so we do not manifest them.*

The Structure of Space and Time

Be aware that there are dimensions without count within the Sixth Plane. Understand that all the Planes have their own peculiar healing energies. The trick is how to use the power inherent in the Planes without becoming consumed by power. In order to gain mastership over the Planes of Existence, the initiate's Kundalini must be slowly opened, yet opened nonetheless. The deeper one gets into a pure controlled Theta brainwave, the more it will become natural to access them through the Creator.

I believe that when we walk students up to the Seventh Plane we're taking them inward within their own brain to the message carriers, the neurons. They go within the very atomic energy that is in every atom. By doing this, the mind of the student is stimulated with an awareness... an awareness that they are connected to every molecule, every atom, and the energy associated with subatomic particles. This is the first step in ascension and they will begin to live their lives according to this microcosm. It will be with this inner awareness that will bring us to a realization that we no longer have the need for the incredible competition among us and the battle of duality will be over. The massive power of the universe is within us, waiting for us to find it through focused thought. Once this power has been recognized within, it will flow outwards to the macrocosm of our everyday lives expanding through the Planes of Existence to the immense macrocosm of the Seventh Plane of Existence to the Creator of That Is to become co-creation.

The Seventh Plane is the pure energy of Creation; it is all encompassing. This is the Plane of "It Just Is." If the healer uses this Plane to heal, the Healings are instant, because the illness is simply recreated into perfect health. Unlike the other Planes where the healer can be exhausted by the Plane's vibration, this Plane simply embraces you in a love-energy while it changes the human vibration to perfection.

In this Plane, the individual is suddenly aware that they can recreate energy easily and effortlessly, and simply create their world. Healers using this energy are raised to perfect health. The healer using this Plane can use all the Planes without being bound to any oaths and commitments of any of the other Planes. They will realize how to control their thoughts and have instant manifestations to clear their limiting beliefs that bind them in fear.

Some healers are afraid of using this Plane, thinking that they are going to God's God, but the Creator says you're just stepping into your birth right as being apart of All That Is, without separateness.

This is the place of pure wisdom, of the Creative Energy, the essence of pure *Love*. The Seventh Plane of Existence forms the other Planes. This is the place of instant healings, manifestations and the Highest Truth. When the healer connects to the Seventh Plane and witnesses the Creator-energy heal, the healings are simply done. To reach an understanding of the Seventh Plane, you must first realize that the first Six Planes of Existence are only illusions created by the inhabitants of each one. The real power and the pure truth is the Seven Plane and the Creator of All That Is, the spirit that moves, intertwines and binds everything in existence. Some of my students refer to this energy as the Holy Spirit and others refer to it as Source. I refer to it as All That Is, the pure energy of the atom itself.

Regardless of what you call it, your pure intent used with a theta wave is the deciding factor in this energy of pure love.

On the Seventh Plane, instead of fixing a problem you witness it change. The individual grasps that the world is an illusion and are able to take action on every Plane.

Healers working on this Plane achieve instant healings, but only with respect to the client's Free Agency. Beliefs may be blocking them from an instant Healing. With the Seventh Plane energy, you are consciously aware of every choice. You don't waste time on little idle things, such as drama, chaos and havoc. Issues are changed without self-criticism. Beliefs can be changed instantly.

Healers who work with the Creator of All That Is can move easily in, and if desired, out of all of the Planes of Existence. With practice, one can instantly manifest things and have an absolute energy of joy and love.

Be patient with yourself as you evolve. When evolved to the Seventh Plane, one has absolutely no time for useless anger, resentment, competition or regret. One will have the ability to read thoughts instantly without critical judgment of a person. When channeling the Seventh Plane, one realizes that everyone's thoughts are a response to what they themselves project out to the world. They are not only conscious of these thoughts, but they can control and easily create the thoughts they choose to. They project cooperation and how to bring everyone to their best. They are Awakened Masters.

The "road map" that I have suggested that you use to get to the Seventh Plane lowers the veil of the First Six Planes of Existence.

Some students are very uncomfortable going to the Seventh Plane because they are being taken out of their paradigm. In the process, the student is guided beyond all that they've known until they are living in the Seventh Plane essence. As with anything foreign or unfamiliar that might be a threat, it is possible that the cells are naturally going to throw a tantrum, at least until they understand that the new feelings and energy are not a danger.

With some people, the whole body is going to temporarily freak out over this experience because for centuries we've been told to go to God, but never actually gone there and touched the essence of the Creator in this way..

People naturally resist moving out of their comfort zone. It may take some time to train your brain to go to the Seventh Plane of Existence. You can consciously be aware of your connection to the Seventh Plane of Existence. Clearing out negative thoughts and Programs on all four Belief Levels that keep you bound to the other Planes will allow you to maintain this *conscious* connection *all* the time on all Four Levels of Belief.

Be patient and gentle with yourself. Continue to practice and you will obtain your objective. It gets easier and easier to connect to the Seventh Plane when there are less negative thoughts occupying space in your brain. The memory and consciousness of all the Planes is within you.

The more you practice going to the Seventh Plane, the faster you can get there. It may seem like you just went up, and now you're back! You are going to the nucleus of All That Is. In this place there is absolute peace, knowingness, contentment, a feeling of support, nurturing and endless possibilities.

In the beginning, when you first go through these procedures you may only initially reach a high Fifth Plane energy. This is because of Genetic Programs. You may still do healings from this Plane; however, your resentments and anger may prevent you from going up to the Seventh Plane at first. Also, you may have never have known that there is a Seventh Plane. Your ancestors may have never been allowed to reach that far before because they were confined by the group consciousness of their time.

It is not uncommon for you to think that you've already made it to the Seventh Plane because a high Fifth Plane energy is filled with lots of love. If you think you're at the Seventh Plane and you're seeing people, angels, kings or queens, then you're not on the Seventh Plane. You're home in the Fifth Plane, a great place to visit! Sometimes when you think you've reached the Seventh Plane you will receive an answer that says, "Go to a higher Plane."

It is not uncommon for you to feel discouraged when you feel like you are not reaching the Seventh Plane; however, the more Beliefs that you clear, the more you realize that the Seventh Plane has always been there for you. You are a part of it. Clear your resentments until you are where you want to be. Again, remember, as long as you go into a Theta brain wave you can witness Healings from any Plane of Existence.

Sickness can be an indicator of a sign of imbalance, of too much resentment and anger at yourself and others. Remember, this could also be genetic and now we have a way to clear it. Just clear your resentments and keep practicing the work.

The methods of meditation for the Seventh Plane are designed to collapse mental blocks that prevent you from maintaining this level of reality. In reality, you are not leaving your body, but actually going to the basics of Creation, the first atomic structures of an atom. You are breaking up the barriers that make you feel separate from the Creator and stepping in the realization that you are part of All That Is, the energy that moves in all things. This is a road map in your brain to access this energy regardless of Beliefs. Use these meditations to access this level and eventually your brain will do it without effort. These are the same meditations from earlier chapters.

Meditation--Go up to the Seventh Plane!

Imagine energy coming up through the bottom of your feet from the center of the Earth and going up out of the top of your head as a beautiful ball of light. You are in this ball of light. Take time to notice what color it is. Now imagine going up above the Universe. Now imagine going into the Light above the Universe; it is a big beautiful Light. Imagine going up through that Light, and you will 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 are going to see a dark energy, a jelly-like substance; it 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 will push you into the special place. You may see that the pearly 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. You will be in a white light that sparkles. This light is as white as snow. It may have a few sparkles of blue and pink like a pearl, but it is mostly luminescent snow white light. Feel it go through your body. It feels light, but it has essence. You can feel it going through you; it is as if you can no longer feel the separation between your own body and the energy. You become "All That Is." Do not 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.

Expanding Meditation Method

- ⊖ *Seat yourself in a comfortable chair or sofa and take a deep breath in. Imagine that you and the chair have become as one on a molecular level. Your molecules and that of the chair are transferring back and forth between one another. You are not stretching, but rather connecting to the molecules, becoming as one. Now imagine that on a molecular level you are a part of every thing in the room. Expand outward and become as one with the outside world.*
- ⊖ *Imagine that you are a part of the state, then the country that you are in.*
- ⊖ *Imagine that you are a part of the entire earth, connecting to earth land and sea, every creature, every nation on this planet until you and the earth are one and the same. Imagine that you and the universe are one and the same.*
- ⊖ *Imagine that you are a part of all the bright white lights.*
- ⊖ *Imagine that you are a part of the jelly like substance.*
- ⊖ *Finally, imagine that you are a part of an iridescent white light that is the Seventh Plane of Existence. Become as one with this iridescent white light.*
- ⊖ *Take a deep breath in and open your eyes. Welcome to the Seventh plane Of Existence. For behold, you are not separate, you are a part of God, of All that Is.*
- ⊖ *This process introduces us to the far-flung expanses of the outward universe.*

The Message

In the past, I believe that humanity has learned through experiencing one Plane of Existence at a time. I believe that the message in the Fifth Plane is unconditional love. I believe that the message in the Sixth Plane is absolute truth and perhaps, compassion. *I believe that now is the time that we create our lives as co-creators, consciously, awake and aware.*

We are influenced by all the Planes of Existence. Is it possible that you are sick because you are low on a mineral? Yes. But you may be low on a mineral because you're unable to absorb it because of an emotional Program. If you keep taking the mineral you're low on, will you work through the emotional Program? Eventually, yes. We are connected to so many things, even to our ancestors that are our connection to the DNA of the past. Just when you think you're all together, you are cleaning up Programs handed down to you genetically.

Vows or Commitments to be Cleared in Order to Utilize the Seventh Plane:

These are vows that most of us do not realize we have. They keep us from the mastership of the Planes.

- ⊖ I have to be dead to connect to God.
- ⊖ I have to suffer to be with God.
- ⊖ I have to suffer to spiritually grow.
- ⊖ I have to die and return to spiritually grow.

Programs that block you from the Seventh Plane

- ⊖ I am afraid to own my power.
- ⊖ I understand what it feels like to have my own power.
- ⊖ I feel safe with my own power.
- ⊖ I can love someone and be a healer.
- ⊖ I can be loyal to God and be with a companion.
- ⊖ I have to be alone to get close to God.
- ⊖ I have to sacrifice one of my senses to get close to God. (such as the eyes and ears,) *Replaced with* I am completely in tune with my body, mind, and soul and have all my senses.
- ⊖ I have to suffer to get close to God.
- ⊖ I have to die to prove my love of God or to please God.

The Component of the Seventh Plane is ATP.

If there is a lack of ATP- There is a lack of spiritual essence.

ATP

An example of a substance with a high enough frequency of vibration to be inherent in the Seventh Plane is Adenosine triphosphate (ATP). ATP is an important substance for the body's metabolism. When it is broken down, ATP is released in large amounts to create energy that can be utilized by cells and tissues to perform their functions. ATP is sometimes called a universal energy. All living things, plants and animals, require a continual supply of energy in order to function. This energy is used for all the processes which keep the organism alive. Some of these processes happen continually, such as the metabolism of foods, the synthesis of large, biologically important molecules, (e.g. proteins and DNA,) and the transport of molecules and ions throughout the organism. Other processes occur only at certain times, such as in muscle contraction and in other

cellular movements. Animals obtain their energy by the oxidation of foods. Plants create energy by trapping the sunlight using chlorophyll. The presence of light and the green pigment chlorophyll makes the change of carbon dioxide and water to glucose and oxygen possible. The oxygen and glucose can be then used as energy. However, before the energy can be used, it is first transformed into a form which the organism can handle easily. This special carrier of energy is the molecule adenosine triphosphate, or ATP.

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Chapter Ten

The Sixth Plane of Existence

The Law of Truth

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

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

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

Years ago, before I was healed of cancer, I started working in an office doing Readings and massage. This happened in a spontaneous and rhythmic fashion. A psychic that

I met decided to give me a free reading. I have always been intuitive, so I gave her a reading in return. I “read” the psychic impression on her ring, and then took her hand and “read” her. Apparently, she liked it. She said, “Honey, you’re pretty good at this, you should do this.”

She wanted to leave town to go be with her husband, but she was in a lease contract with a massage therapist. She was paying half the rent and the massage therapist told her, “You have to find someone to take your place.” She asked me if I wanted the office. I could do massage therapy and had completed a home study course as a naturopath. I had completed this home study course as a means to help me with my leg. However, I was a little uneasy about leaving my job as a security guard. I was confident about doing Readings because as I sketched people on breaks, I would spontaneously ‘read’ them. The thought of doing Readings for a living awakened and sparked a drive in me; I knew it was my path. I saw this as an opportunity, so I told her that I would take over the lease. I am glad that she saw my potential. It just so happens that this same psychic was the mother of who was to become my best friend Chris, who I came to call “Chrissie.”

Two months after I did the Reading on Chrissie’s mother, I was in my shop setting up for the day. I had come to depend on people coming in for massage, Readings and nutritional counseling. Of the three, it was the Readings that took off first, although I gave a good therapeutic massage. In time, I was to fuse the nutritional counseling with the Readings. I had to have a couple of appointments a day to make ends meet. Unfortunately, I was left with the whole office due to my lease partner becoming pregnant. I had to come up with not only my half of the lease but hers as well.

Since the demand for my Readings was increasing, I came to know that the only way to be a good reader is to be able to see the truth. I remember sending out the prayer,

“God, please, teach me how to see the complete truth.” Anyone can tell people what they want to hear, but I told them the truth. I knew that if I consistently told them the truth they would come back, and they would tell other people about me. I felt that this was the only way I would make this work. At the time I didn’t know what I got myself into when I asked God to know *truth*.

It was a few weeks after this that my answer came. I went home that night to my house. My children were in Utah visiting their father and my husband at the time was away for more police training. In fact, just prior to this I was experimenting to be a police

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

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

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

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

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

Puzzled, and more than a little uneasy, I said, "Ok." I felt confident that I'd prayed hard enough that they weren't going to come back. Chrissie must have noticed my reluctance because throughout the day she made a point to come back into the shop on her breaks.

She began to tell me about all things metaphysical. She told me about alien visitations, group consciousness, and other things. Chrissie persisted with this talk through the day to hammer her point home. Finally, I promised her that if they ever come back again, I would go see what they wanted. I'm a person of my word.

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

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

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

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

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

By the time I finished with my clients, it was dark and I didn't have time to drive the four hours to Utah, pick up my kids, then turn around to drive the six hours to Montana. So I went home and went to bed. Just as before, the huge faces came again. Only this time, they had more surprises. I was taken up through what I came to know as the Planes of Existence. I rose until I reached the Sixth Plane and reached the Law of Truth. From this lofty place of purity, I could see all the levels of Existence that was my life, and the lives of all the people in the world. From this place I was shown the secrets of my life. They showed me everything that I had done in my life. They did something to me that at the time I did not fully understand. When they took me up and showed me my life I had the realization of how I had made every decision that had led me to where I was now; that I was responsible for what was going on in my life.

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

to me: I had created it.

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

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

(Can you see how the Beliefs of a person limit them?)

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

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

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

That afternoon, I reflected about my Existence. The realization that I had created my problems was a bitter pill to swallow. The ability to see truth in people had shaken me. I went up to God and I said, "God, why did you do this to me? Why do I have to learn from this experience?" And I received a message from beautiful spirits dressed in white;

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

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

Understanding the Laws

It is permissible to send your consciousness to the Sixth Plane and talk to the Laws to learn knowledge. But to “call in” the Laws to this Plane, one or many is *not* a good idea. These energies are what move the universe. They are incredibly powerful and it is difficult for the human body to utilize the full force of a Law within it. I am telling you this for a reason, and that is because I have done this very thing and you should *not* do it.

In the days after I had first experienced the Laws, my curiosity was piqued. I decided to experiment with them. When I talked with a Law for the first time, I was scared because I didn’t know what it was. I thought, “I’ve gone crazy! So to prove it to myself that it was real, I decided to tell it to come back so that I could introduced it to my friends. When it appeared in front of me and my two friends, one of them fainted, the other saw bright spheres of light moving around the room.

My curiosity piqued, I decided to try an experiment with seventeen people that had volunteered to help build an extra room for my office, many of them *not* open minded enough for this kind of thing. We all settled into a discussion about psychic phenomena and the subject turned to the Laws. I decided to call the Laws in so they could experience them. When I did, the Laws showed themselves as balls of light that floated around the room. When this happened, most of the people in the room fell asleep. Everyone that was still awake saw the lights and one person wanted to talk to them. He wasn’t very happy with all those spheres jumping around, but since he was a fan of the Cause-Effect law, He asked for the Law of Cause and Effect to come in to this Plane.

This Law came into my body with massive force. I felt this incredible weight as though I was being slowly crushed. The Law began to use my body to speak with the others in the group still awake. To test the Law, one of the people in the group asked it “what is emotion?” I felt detached from my body, watching what was happening outside me. They watched as the Law started to choke me to show them it knew what emotion was. I began to turn blue, when Mark, one of my good friends came to my rescue. Mark commanded that the Law leave my body. It left me and I started to breathe again with deep gasps. Having the Law in my space nearly killed me in its desire to show emotion. Do not ever permit these energies into your space. Over the years the Law of Truth has taught me many things about the Laws.

The Laws

The Sixth Plane of Existence is the Laws. The Sixth Plane has been called the great void. There are Laws that govern our Universe, our galaxy, our solar system, the Earth, and even us. There are Laws that govern the Fifth Plane, the Fourth Plane, the Third, the Second and the First. It is because of these Laws that there is an imaginary division between the different Planes of Existence. They truly exist altogether. When I refer to the *Laws*, I mean the real Laws, the Law of Magnetism, the Law of Electricity, the Law of Truth, the Law of Nature and the Law of Compassion and so on.

Throughout history people are born that channel Laws to move the vibration of mankind to ascend. Once every generation a person is born that can channel the Laws into this Existence. People such as Plato, Aristotle, Leonardo Da Vinci, Galileo, Newton, Tesla, ego, and Einstein were all born with the ability to channel information from the Laws and where embodiments of the Laws in this Existence on the Third Plane. For instance, Tesla channeled the Law of Magnetics and the Law of Electricity.

Each Law is a huge consciousness that has smaller consciousness connected to them. The Laws have a spirit-like essence, a living, moving consciousness. You can invite a Law to speak with you, but it is up to the Law when they'd like to accept the invitation. One should always speak with these beings through the Seventh Plane of Existence.

Healers that use the Sixth Plane will do healings with tones, geometrical shapes, numbers or light. The philosophy on the Sixth Plane is, “If it's broken, fix it.” Often these healers get caught up in explanations and often exude an enormous amount of energy. Healers that use the Laws often become blunt in their Truth, and are easily irritated at themselves and others in their quest for Truth.

To hold this and other types of “Law vibration” for long periods of time is hard on the human body. It takes much persistence and practice to hold these kinds of energy. This is the Plane of Truth and accountability.

Anytime tones, colors, numbers, magnetism, sacred geometry, the Earth’s magnetic grid, astrology, and numerology are used in healings, a healer is tapping into the Laws of the Sixth Plane of Existence. Here there is the knowledge of tones that balances the body perfectly; the knowledge of the tone to change any virus in its vibration.

Healers using the Sixth Plane of Existence realize that they are living in an illusion and that they are directing their own illusion. They know they no longer need to punish themselves in order to grow and progress. On this Plane, the battle between good and evil is eliminated and replaced by pure Truth. People who work exclusively on this level are sometimes called *Mystics*.

The Principles of the Laws

The Laws are Structured and Tiered with Limitless Information

The Laws of the Universe are the Sixth Plane of Existence. They are always around you and interact with you daily, Laws like Gravity and Time, Magnetism and Electricity. Some of the Laws that you will tap into when doing Theta work is the Law of Truth, which will help you all through your life. The Law of Compassion is often at the doorway of the Seventh Plane. It appears pink and cloud-like. As the saying goes, “It is through compassion that you reach the Creator of All That Is.” Laws can be bent, such as when an airplane takes flight and velocity outweighs gravity.

- ⊖ Under the Law of Truth comes the Law of Motion, which states once in motion, always in motion. Under the Law of Motion is the Law of Free Agency and the Law of Thought (“I think, therefore I am.”). Under the Law of Motion comes the Law of Velocity and the Law of Cause and Effect. Under the Law of Cause and Effect is the Law of Wisdom, the Law of Action and the Law of Justice. Under the Law of Justice is the Law of Witness or Acceptance. The Law of Witness is the rule that something has to be witnessed before it happens. This is a very powerful rule of Law.

- ⊖ Under the Law of Magnetism is the Law of Gravity. Under the Law of Gravity is the Law of Time and the Law of Attraction. Under the Law of Time (Sacred Geometry is under the Law of Time) is the Law of Dimensions. (Avoid getting caught up in the Law of Dimensions as there are trillions of dimensions.) Under the Law of Dimensions is the

- ⊖ Law of Illusion that keeps you thinking that you're here. Under the Law of Illusion is the Law of DNA. Under the Law of Time are the Akashic Records, or the Hall of Records.
- ⊖ Under the Law of Vibration is the Law of Energy and under the Law of Energy is the Law of Focus. Under the Law of Focus is the Law of Light, the Law of Tone and the Law of Electricity.
- ⊖ There is actually a Law of Compassion that has the ability to bend many Laws. Under the Law of Compassion is the Law of Pure Intent, the Law of Patience and Law of Emotion.
- ⊖ There is no law of Love. Love is a pure Seventh Plane energy. *It Just Is.*
- ⊖ For every Law there is a counter Law. You can bend some of the Laws that have rules that say you can. An example is that we can harness the Law of Electricity.
- ⊖ There is the Law of Nature, Her name is Oma; all to has do with the earth and this galaxy. There are laws under her, such as the Law of Balance. Nature is always changing and improving upon the Law of Life. There is no Law of the Creation of Life, because the true creation is All That Is. All Laws have their own name that designates their vibration.

You can see that Laws could be discussed for a very long time. There is so much to learn because each Plane has an enormous amount of information. We are advised to avoid getting caught up in the *brain candy* nor to get bound to any of the other Planes, but to go to the *Seventh*. Since each Plane has so much information and many levels of truth, many healers get distracted and never venture further. Brain candy is interesting, but it will distract you from your prime objective. The objective is to achieve an instant connection to the Creator for instant healings, with full accountability to create a productive life.

You must first go to the Seventh Plane to activate a Law. If you have the intention to connect to the pure essence of a Law it must be filtered through the Seventh Plane of Existence. If you want to anchor the energy of the Law to use and apply that energy, you must first ask for the name of the Law. The name of the Law is a tone or Vibration that will activate the Law. Then you wait for the energy, vibration, and information to come in to you.

Vortexes of the Sixth Plane

Many years ago when I was first dating Guy, I would drive out to Roberts, Idaho to visit him. The Roberts area has its own peculiar weather patterns especially in the winter. The Snake River causes a mist to form, sometimes so thick it is difficult to drive safely. This is because the sun will warm the air and moisture will rise up from the Snake River. When the temperature drops suddenly, a mist will flow through the areas close to the River. For a psychic, this mist is a portal that makes it easy to see all kinds of Psychic phenomena. The Roberts area is an eerie place, particularly in the area where Guy lived. The road to his house is named Stibal Lane after his great grandfather who first settled there. Legend has it that at the entrance to Stibal Lane from the larger road of Bassett there is an Indian burial ground. People in the area have seen specters of Indians dressed in ancient clothing along Stibal Lane in this area. Other strange sightings have also been seen, particularly when the mist forms from the winding Snake River.

This story is told by my husband Guy.

In the winter of 1997 Vianna and I had just met and were dating one another. We lived in separate homes and would come to visit one another as we could. I was working on the ranch, and Vianna was doing Readings, so we were both very busy. We would take turns coming to visit each other and it was on one of those misty winter nights that was peculiar to the Roberts area when it was Vianna's turn to come out to Roberts.

Late that night, she had to leave to get home to her daughter Bobbie who was pregnant at the time. We were in the throes of new love and were acting a little like Romeo and Juliet, feeling the very essence of the statement of "Parting is such sweet sorrow." Wanting to spend as much time together as we could, I walked her out to her car. Full night had come and with it a blanket of thick mist had formed. As we walked out to where she had parked her car, we saw a curious sight. There were two spinning pillars of faint, incandescent light that the mist made it easy to see. They were two columns of slow swirling energy about thirty feet high and looked like white pearlescent, slow moving dust devils. One of them was close to her car and Vianna laughingly walked into the middle of it and imitated its slowly swirling movement with her arms. Stepping out of the vortex she explained to me that these were vortexes...portal openings between dimensions. I was curious about them but Vianna had no time to explain them to me. She jumped into her car and took the slow drive through the mists towards Idaho

Falls. Vianna called me when she got home and began to explain what she knew about vortexes.

A vortex is a positive and negative ionized energy field that creates an opening between dimensions, space, and time. A vortex's energy can benefit you only if you are in good space! There are many different types of vortexes. Some are natural in nature and others are created in thought form or sometimes even in ritual.

Before you experience a vortex, make sure you are centered in yourself. You can use an amulet that is a chakra balancer and protector, such as Charoite or Labradorite and wear it. Since a vortex gives you the opportunity to create great change, the amulet helps to keep you centered in your life's plan and mission. If you are not centered with yourself, the vortex will pull your energy in separate directions. Vortexes are around us more than we realize and all of us to a greater or lesser extent are vortexes *in and of ourselves*.

The body's nervous system can sense and even create vortex energy. This may bring out the good or the bad in others. A healer should be a controlled vortex to bring out whatever needs to be cleared in a person, but this can be challenging to the healer when their very presence brings up someone's issues. When a person has overwhelming negative Belief Systems, it is important that the person's space is entered through the Creator of All That Is of the Seventh Plane of Existence. If the intuitive enters into the person's space using the third eye, then they will trigger the individuals Programs. The intuitive will begin to react to these Programs, assuming that the client and the practitioner have these Programs in common. The intuitive may begin acting out these Programs in the way that they treat the person. For example, the client may have a Program that no one cares and they are not important. Unless the practitioner is in tune with the process they may become busy and the client feels ignored. It is important not to react to this vortex energy that a person creates from so many negative Programs. To see vortex energy created by Programs, command to "see" a person's space directly from your third eye to watch the energy as it swirls and pulses around a person. This is done similar to the way that we would see someone's aura.

Uncontrolled vortex energy in a human being can influence the person's behavior, as well as the people around them. In an intuitive person, electrical pulses of the body, (which are vortex energy,) cause an iridescent, ultraviolet light to release from the body's nervous system affecting the mind-body-soul in various ways.

This is manifested outward in different ways. Bees will be drawn to you, electrical appliances are affected, and spirits may appear to you. For dealing with these challenges, make the command that your energy be balanced, and to command to be instilled with the Belief System that all way-wards that come around you are sent to God's light.

Initiations of The Sixth Plane

- ⊖ The Sixth Plane teaches us the realization that life is an illusion, not just a concept.
- ⊖ There is no longer a need to punish oneself for growth in this Plane.
- ⊖ On this Plane dualism is dropped by the wayside, and good and bad are replaced by the acceptance of pure Truth.
- ⊖ It is on the Sixth Plane that we learn to access the Hall of Records by holding a proper Theta demand state to create a vision of ourselves accessing the Hall of Records where the information of people's life experiences are held.

The Component of the Sixth Plane is Nucleic Acid

If there is a lack of nucleic acid- There is a lack of spiritual structure.

If nucleic acid is deficient, the structure of the body is deficient. If the body lacks nucleic acid, the body will lack spiritual structure.

The nucleic acids are the building blocks of living organisms. A nucleic acid is a complex macromolecule composed of nucleotide chains that convey genetic information. The most common nucleic acids are deoxyribonucleic acid (DNA) and ribonucleic acid (RNA). DNA is just one type of **nucleic acid**. Some other types are RNA, mRNA, and tRNA.

They are made up chains of base pairs stretching from only a small number to millions. When those pairs combine in super long chains (DNA), they make a shape called a double helix. DNA is a linear polymer that is made up of nucleotide units. The nucleotide unit consists of a base, a deoxyribose sugar, and a phosphate. There are four types of bases: adenine (A), thymine (T), guanine (G), and cytosine (C). All nucleic acids are made up of the same building blocks called **monomers**. Chemists call the monomers nucleotides. Just as there are twenty amino acids needed by humans to survive, there are five **nucleotides**.

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Chapter Eleven

The Fifth Plane of Existence

Ascended Masters

When my business began to take off in 1996, I worked long hours cooped up in the office. I would become a little melancholy at being closed up in my office doing Readings all day. During a rare break, I wistfully looked out the window and thought of all the things that I would like to do and of the far away places that I would like to see. I had an hour lunch between Readings so I decided to go to those places another way—to escape even for a little while through meditation. I asked my friend Chrissie to do a crystal layout for me. A crystal layout is a guided imagery technique that is designed to help a person envision going to other places and times with the eye of the mind. I lay down on the massage table that we used for the journeys and Chrissie set up the crystals in a grid around my body. She placed her hands on my head and her calm and rhythmic voice guided me into the cosmos past space and time.

All of a sudden I was in the middle of a full blown vision. As clear as if I was standing there in the flesh, I found myself in what I can only describe as a courtroom furnished in dark polished wood. Arranged around the courtroom where all these magnificent men and women that seemed to emanate light. One of them stepped forward and said to me “You are late. Come in and take your place at the front!”

“Oh! I said. I’m sorry, I was in my body on earth. I had no idea it was time for court.”

I was astonished with myself for saying this, as all this was suddenly eerily familiar to me. I knew that I had been here before and I had seen all these beings in another time. What made it more bizarre, I knew in a flash why I was in this place. One of the beings escorted me to the center of the court to the place of the defending attorney. To the right of me stood a tall man in a grey cloak with long white hair. His eyes twinkled with glee as he met my gaze.

I knew that this was the God Odin, my old contender. He smiled, and when he spoke to me, his voice was beautiful to hear. It reached into me as music does when one hears a heartfelt song for the first time.

“So once again, I see you have come to be the advocate for humanity! For a while there, I thought you would not show up. Will you always attempt to save them?”

I did not fall into the trap of his magic voice and shrugged off the lilting tones that he sent at me.

“Your magic tricks won’t work on me, Odin. You know I will fight for them as I always have!”

The banter between us was good-natured, because you see, Odin and I where not enemies... at least not in the general sense. Let us say that we had a difference of opinion pertaining to the human race.... throughout history. You see, these beings were caretakers of the human race. At this time and place, it was up to them to decide if the human race should be permitted to continue, or if it should be destroyed as a civilization and its souls reassigned to other places. Some here in the courtroom were in favor of destruction and renewal, while others were like me, advocates for the continuance, nurturing and teaching of humans.

The judge banged his gavel down and said, “Court is in session! We will hear arguments from the esteemed God Odin (Odin inclined his head at the compliment) who is the advocate for the destruction of the human race as it now is, to be rebuilt from the very beginning, the last remaining seeds of humanity spread through the stars to begin anew to be cleansed of all wickedness, vice and evil.

The advocate for humanity is, as always, the venerated representative of the Goddess, who will argue against the destruction of all humanity.” I inclined my head and said, “It is once again a pleasure, your honor.”

“We first will hear the argument for the destruction of all humanity from the God Odin. Proceed.”

Odin smiled and began to speak, the magic of his voice seductive and filled with persuasiveness. He spread his hands indicating the audience.

“Your honor, esteemed Ascended Masters and Angels of the most high! We are

gathered here once again to judge the merits of the human race. I find my cause to destroy all of humanity to be the only recourse that we can follow. I need only to direct your attention to history up until the present time.”

A vortex opened in the center of the courtroom and the history of mankind began to unfold in a three dimensional hologram.

“Look at them! From the dawn of agriculture, we have seen the beginnings of war. The lust for wealth, power and resources has been insatiable. We have seen how they have in a short 10,000-year period repeatedly stripped to the bone the very land that does its best to feed them. Look how they have created the entity of war upon one another for the sake of greed and self-glory. They have wantonly destroyed whole ecosystems and thousands of species with them! They have enslaved other species for food and for beasts of burden. Why, they have even enslaved one another! Look, my fellow Celestials how they have permitted a few among them to be kings and queens because they were too lazy to rule themselves. Look at how these early peoples fall from the innocence that once was and create the age of metals to master fire. This is when things really went off kilter. As their power grew and technology took hold, its clawed hand began to poison the minds of men and women in a lust to dominate their surroundings to subjugate every living thing on the earth to the will of human kind.

Hearken! This is not the worst that has been done, for there are sins that are more subtle. Each one of you knows that part of our mission as Celestials is to bring sacred knowledge to mankind from time to time... bringing men and women divine inspiration in the way of philosophy and religion, with rituals and symbolism that enriched and stimulated the hearts of these pitiful creatures. Each of you knows how you have been rewarded for your troubles. Name me one philosophy, one religion, one magical tradition, that was left in the purity as it was given and intended! Name me one!”

Odin’s blazing eyes and magical voice went out into the audience like a shock wave.

“In all the time that I have been an emissary of this court I have never seen one instance in all the annuals of human history where sacred knowledge has not been twisted, added to, changed, altered and misused to the point that any resemblance of the original divinity was utterly destroyed. I challenge even one of you to tell me one instance where purity and innocence have not been lost! Oh, and least we forget the last 4000 years of mounting warfare and the wholesale slaughter of innocent people on

both sides of warring factions. I must admit, to me war once served a purpose... that of whittling down the numbers of this dangerous and violent species. But as we can see, even war cannot keep up with the billions that are on the planet now. Need I mention the crimes of murder, incest, rape, child abuse, substance abuse, and corruption? Need I mention starving people and genocide? Does the court really want me to go on? I believe that I have made my case and clearly stated my point for the destruction and re-seeding of humanity, to begin anew, fresh and unsullied by the evil that so persists in the hearts of all humans."

With that, Odin turned to me, beamed a warm smile at me and said, "Your turn." The hologram blinked out of existence.

The judge said; "We will now hear arguments from the representative for the mother Goddess."

From inside me I could feel the power building. I raised my arms above my head as though I was holding something. A pulsing light began to shine from my hands. The light began to build until all those in the room were blinded by the brilliance of what I held in my hands. With a flash, I was suddenly holding a beautiful, tiny baby in my hands. There was a pearly luminescence coming from the baby and I could hear myself speaking with a strong voice that reverberated throughout the courtroom. "What about *this!*" I said as I indicated the shining baby for all to see, turning in a circular motion and meeting the eyes of each in the assembly. "I hold in my hands the essence of innocence!"

The little baby began to laugh with a sound like the tinkling of tiny silver bells. The babies laughter permeated the room with its essence of purity, touching the heart of each being in the courtroom.

"Look!" I said to the assembly; "So perfect and pure! I believe that each of us should defend humanity with every prayer!"

For long moments, there was utter silence in the courtroom until the judge brought his gavel smashing down. "Case dismissed!" he said. "Humanity will continue as it has been. You still have your timeline. Proceed as planned."

At that moment I came to the realization that for a brief instant in time, I was but one of the many defending attorneys for humankind and I was the representative of all

the millions of positive wishes to save the world. I believe that it is the inner wish of all healers to uphold this responsibility.

Then I was taken from the courtroom into the past... into the knowledge of the time when it all began. Back to a time when we of the Fifth Plane of Existence agreed to the responsibility of watching over our children, the human race, but that is another story.

Ascended Masters of the Fifth Plane

Our perceptions of the Planes is limited and dependant upon our spiritual evolvment or level of vibration. The way that the energies of the first Six Planes is perceived is going to be different from person to person. For instance, two people are connecting to a particular angel that is from the Fifth Plane of Existence. These two people see the angel differently in their minds eye. The reason that the essence of the same angel is seen differently from person to person is because we are all vibrating at different frequencies in our spiritual evolvment. The essence of the angel is the same, but it is us that is different. There is no wrong or right between these two people in their perceptions of what they see, only that they are different people pulsating at a different frequency. Just as we are pulsating at different frequencies, so to are the different angels and Ascended Masters of the Fifth Plane of Existence.

The Planes of Existence are based upon the frequency of these vibrations and the movement and arraignment of subatomic particles. It is the difference in our ability to manipulate these frequencies that designates us from the Fifth Plane. A *Master* of the Fifth Plane is an enlightened being and has learned to manipulate time, matter and these subatomic particles. They are much more evolved than we are in our present state, but they still have similarities with us. In order to understand the missions of the Masters, we must first grasp an understanding of the Fifth Plane of Existence and their place in it.

The Third Plane of Existence is the place to overcome dysfunctional Programs. This is one reason why the children of the Masters come to the Third Plane. They come to overcome and release Programs that they may have had for several lifetimes. One of the best reasons to release these Programs is because they can be manifested into Existence.

Once the essence of a spirit reaches a certain level of development, the propensity of prevalent Beliefs becoming reality becomes probable.

For instance, if I truly believe something, then I'll draw it right to me. This is because the subconscious is run by the most prevalent thought within it. From within the subconscious mind, the signal of the prevalent thought is projected outward. We project our self-image out to the world and the world treats us according to our Beliefs. For instance, the person might bring into this incarnation the Belief of ; "I'm strong, I'll take your punishment." This may explain why they take punishment for others all their life. What is sad is that the Master may be so comfortable with the Belief that they may not know that they have it or that it is dysfunctional. Some of the most self -destructive Beliefs are carried with us like a wolf in sheep's clothing, hiding in plain sight.

People treat us the way that we believe. You may bring torture to your life so you can be the martyr, which was once a means of initiation. As an example, Mahatma Gandhi and Martin Luther King both died as martyrs to their cause. They knew that many people wanted them dead, yet they still continued with their mission and were still willing to give up their lives for a higher purpose.

This happens when the spirit has accumulated enlightenment through the experience of many lifetimes. If you become a Master on the Third Plane, then you get to choose where you would like to go afterwards. Once the spirit of the person has reached a certain level of vibration they become an Ascended Master. In this case the spirit is joined with the energies of the Fifth Plane, and resides there. Everyone that has ascended to the Fifth Plane can do amazing things because they have learned that their spiritual essence is not separate from the Creator. They have learned how to rejuvenate the physical, mental, emotional and spiritual bodies.

Sometimes, Ascended Masters come back to the Third Plane to inhabit the flesh and are here with a mission. The Master Mahatma Gandhi is a good example of a Master brought here for the benefit of mankind. Gandhi's mission not only helped to free millions of Indians from foreign oppression, but it also brought the spirit of Gandhi to a special kind of divinity that few achieve.

I have been told that many Masters are experiencing human incarnations on the earth *now*. This means that the energies of the Fifth Plane are becoming closely entwined with the Third Plane. What is happening is that the Masters are coming to this Plane on a mission to save humanity. Some Fifth Plane beings have such magnificent energy that they require more than one human body to encompass them and are inhabiting more than one person at a time.

In this instance, the Ascended Master comes to the earth and is born as a child and grows into an adult. The majority of the Masters that have come on a mission to this Plane do not immediately remember who they are.

The only way that it is possible for a human body to house the spiritual essences of a Master for a lifetime is through birth as a child. A child in the womb by its nature holds immeasurable innocence and purity because they are so close to the Creator and All That Is. It is only through the purity of this innocence that it is possible for a Master to inhabit the flesh for long periods of time. In an act of self-surrender, the Master condenses their vast energies when they inhabit the embryo, lowering their vibration and as the child grows into an adult, slowly rises to the high frequency of their true nature. This is one of the ways that a marriage is made between the Third and Fifth Planes.

The Master is then born of the flesh, able to accomplish their mission over a lifetime. There can be drawbacks to this situation, in that once the Master becomes a new born child, the memories of who they were in the prior incarnation are sometimes suppressed. As the Master grows up in a human body they can sense that there is so much more to themselves, if they could just remember what it was. In time, they remember who and what they are. I refer to them as Rainbow Children.

Children of the Masters

There are still designations of male and female on the Fifth Plane, but both sexes are of a much higher evolution. The beings of the Fifth Plane still have unions between male and female essences (marriages) and these unions create children formed of pure spirit. These "children" are born with powers of perception and enlightenment that would humble human sages. These children are sent to the Planes to learn how to acknowledge their Fifth Plane Existence incarnation to become High Masters themselves. The Third Plane is the place of spiritual development for the children of the Masters of the Fifth Plane. It is here that they learn important disciplines because of the intense challenges of the human condition and emotional interaction. These children of Masters come to the Third Plane because these physical human experiences bring them one step closer to their goal of ultimate enlightenment.

We have come into Existence from the Fifth Plane born as children from the spiritual Masters that reside there.

The Fifth Plane of Existence is divided into degrees; hundreds if you were to count. This is the Plane of the ultimate in dualism. The lower degrees of the Fifth Plane are where the negative entities abide. Understand that the negative degrees are not mixed with the positive degrees, such as the Angels, the Council of Twelve, our soul families, the Masters, our Heavenly Father or our Heavenly Mother. The Masters, such as Buddha and Christ, are beings that have transcended both a physical and spiritual body. People who channel Angels, Prophets, and bring spirits to perform Psychic Surgery are tapping into this Plane of Existence. Healers using this energy are bound by the “rules” and will often heal with a sacrifice of energy.

Even though the Fifth Plane of Existence has such enlightened beings, in the lower levels of this Plane, *ego* still resides. These are some of the negative Programs associated with the Fifth Plane that should be cleared to use this Plane.

For instance:

- ⊖ “I must be punished.”
- ⊖ “It’s selfish to heal myself.”
- ⊖ “I will trade my eyes in order to get the gift of sight.”
- ⊖ “I will sacrifice my life for your life.”
- ⊖ “I have to die to get close to God.”
- ⊖ “I must prove my love to God.”
- ⊖ “I must battle evil all the time”

If you have the Program of “I have to battle evil ” then it is possible that you will draw evil energies in order to battle with them. This Program should be replaced with “I am impervious to evil.” This is not to say that there is no evil in world, just that you will not draw it to you.

- ⊖ “I have to battle evil.” replaced with “I am impervious to evil.”
- ⊖ “I am always safe.”
- ⊖ “I know what feels it like to be safe.”
- ⊖ “I know how to live without anger.”
- ⊖ “I know how to live with faith.”
- ⊖ “I know the Creators definition of what faith feels like.”
- ⊖ “I know how to live without fear.”

Many healers are consumed by the Fifth Plane drama that is going on, and fail to realize that the Creator of All That Is has created everything of the “All That Is.”

When healers attempt to tap into the Fifth Plane, they first tap into the boundaries of the Third Plane. They don't realize that these boundaries were only put there in order for them to move above them and to come back to the Fifth Plane.

Examples of these boundaries are:

- ⊖ I am mortal.
- ⊖ I have limits.
- ⊖ I must prove myself.
- ⊖ I have to suffer.
- ⊖ I am separate.

This is the Plane of the ascended masters such as Christ and Buddha, guardian angels, angels, and guides. Each time you connect with these beings, this Plane is simultaneously opened to the individual.

When connected with, the spirits of this Plane can act as mediators between humans of a lower vibration and the Creator of All That Is. These beings inadvertently interject their own opinions into the information and this can be confusing to the person receiving the messages. One should learn from this Plane, but not get swept up in the drama of the battle of good against evil, of ultimate dualism, nor get bogged down by the opinions of the beings of this Plane. People who get swept up in the drama of this Plane tend to bring in the belief of "the end of the world" or other drama based information, which is still based on fear, doubt, and guilt. Healers that work with the Fifth Plane of Existence often read emotions, fears, and aggression versus the Highest Truth of the Seventh Plane. Remember, while Unconditional Love is of the highest vibration in the Universe, fear is of lowest vibration. In some instances, healers who work only with the Fifth Plane energies find themselves caught up in competition, being jealous and envious of others because they are tapping into a lower Fifth Plane energy.

There are Angels on this Plane that have never touched the Earth and have always been with or in this Plane. These Angels of light go forth to touch and assist all creatures of the Universe. On this Plane there are groups of special spirits that come in to assist in healing operations being done to a client (Psychic Surgery) when an intuitive person calls them in. We have a spiritual Father and Mother that are on the Fifth Plane. This is also where the Astral Plane is.

The History level of Belief Work may be connected to the Fifth Plane of Existence. Make sure that you have no past commitments of:

- ⊖ “I have to be alone to be a healer” or that you trade one of your senses to gain power.
- ⊖ The Fifth Plane has the Programs of “Healer, heal thyself” and that you need to take on the illness to heal the person.
- ⊖ There may be the associated Program that you are not allowed to defend yourself or protect yourself, or that you permit people to control you.

If you’re working with a Fifth Plane consciousness, your ego may interfere with your judgment. You’ll refuse to look at the possibility of not being right. You will refuse to rethink your decisions; you will refuse to work on yourself, assuming it is someone else’s fault. Each Plane has its own version of truth, but the Seventh Plane is the Highest Truth. What before appeared to be mountains, becomes a small matter when you use the Seventh Plane. The Fifth Plane can give you an exaggerated sense of self and make you feel like you have to prove you’re right. In this consciousness it is easy to pick up the fears of group-consciousness and you may attempt to force your importance onto everybody else. You may get false information that you are the only one who has a special power, the only one who has the key to some specific bit of knowledge or are the only one allowed to bring it back to Earth.

When you receive information from any spirit, go up and verify the information with the Creator of All That Is, because beings on this Plane have their own opinions. On the Seventh Plane, all information is available to those who ask. The Creator will always help you.

Perhaps now you can begin to understand how we are connected to the Planes. We are part mineral, part of the plant kingdom because we consume it, we are a part of the animal kingdom because we have a body, we are a part of the spirit realm, and because we have a spirit, we are a part the Fourth and Fifth Plane. Because we live under the universal laws, we are connected to the Sixth Plane.

Psychic Attack, Negative Influences

Have you ever felt that you had been hit by a psychic attack in the last month? What if you were impervious to these influences? Spirits, negative thought forms, evil energy, what if these things were gone from your life? People who do a lot of healing and psychic work are prone to and can be affected by these influences. The healer and client get tied up in a particular Plane of Existence and use only that "Plane's" energy in the Healing. One of the Planes that healers use extensively is the Fifth Plane. This Plane is the place of guardian angels, the Councils of Twelve and the Astral Plane. This is the Plane of battle, a battle of good against evil in a constant conflict. This conflict is connected to our Plane and played out in this, the Third Plane. What if there is no need for this conflict and you could tap into a Plane that just "Is"? What if you could tap into total unconditional love and be protected? Being protected, strong, healthy, and at the center of all things? What if another's anger did not effect you because you could intuitively see where they were coming from, and could diffuse their anger with this understanding? Is this where you want to be? These energies are on the Seventh Plane of Existence.

Make sure that there are no commitments that you have to be alone to be a healer, or that you trade one of your senses to gain power. Some people can have the hidden Belief that if you go spiritually above the Fifth Plane you will change forms and lose self-consciousness, because you are going beyond God. Some have the Beliefs that you are not allowed to defend yourself or protect yourself, or that you permit people to control you in their passivity.

If you connect to the Fifth Plane and ask for help from the spiritual energies there, you become obligated by the rules of the Plane. However, if you go to Seventh Plane and ask the same question, God may send an angel from the Fifth Plane to do the job, but in this instance the Fifth Plane does not obligate the energies. Go to the Creator first to visit the other Planes. You are entitled by birthright to use all the Planes of Existence through the Creator.

One of the Programs that a person might hold from the Fifth Plane is the fear that they might become as nothing if they advance out of the Fifth Plane, or that there is nothing once they die.

Fifth Plane Programs Vows or Commitments

These are some of the possible Programs of Vows or Commitments from another place and time that some people have. In the following examples, test yourself or your client for these Vows or Commitments and instill the replacement shown.

For the first Energy Test, investigate for the Program of:

- ⊖ "I have vows or commitments that keep me bound to a Plane."
- ⊖ If the person tests positive, continue to investigate for what the Vows or Commitments are.

Power

Energy Test For:

- ⊖ "I have to give of my body to gain power."
- ⊖ "I am afraid to own my power."

Replace With:

- ⊖ "I understand the definition of love from the Creator of All That Is of the Seventh Plane."
- ⊖ "I understand what it *feels like* to know and have my power because my power is the Creator."
- ⊖ "I am empowered."

Love Another

Energy Test For:

- ⊖ "I can love someone and be a healer."
- ⊖ "I can be loyal to God and be with a mate at the same time."
- ⊖ "I understand the definition from the Creator of All That Is from the Seventh Plane of being a healer."
- ⊖ "I understand what it *feels like* to know love."
- ⊖ "I know what love is."
- ⊖ "I know when to be in love."
- ⊖ "I know how to live my daily life with love."
- ⊖ "I know the perspective of the Creator of All That Is of love."
- ⊖ "I know it is possible to be in love."
- ⊖ "I understand what it *feels like* to have love and still love the Creator of All That Is."

Sacrifice

Energy Test For:

⊖ "I have to sacrifice one of my senses to get close to the Creator of All That Is."

Replace With:

⊖ "I am always connected to the Creator of All That Is."

Suffering

Energy Test For:

⊖ "I have to suffer to get close to the Creator of All That Is."

Replace With:

⊖ "I know how to live without creating suffering."

Prove My Love

Energy Test For:

⊖ "I have to die to prove my love to the Creator of All That Is or to please the Creator."

Replace With:

⊖ "The Creator of All That Is loves me unconditionally."

The Battle with Evil

Energy Test For:

⊖ "I have to battle evil all the time."

Replace With:

⊖ "I'm impervious to evil."

⊖ "I understand what it *feels like* to be impervious to evil."

⊖ "I know how to be impervious to evil."

Take on the Disease

Energy Test For:

⊖ "I must have the disease to heal it."

Replace With:

⊖ "The Creator of All That Is is the healer, and I am the witness."

God is the Healer

Energy Test For:

⊖ "Only men/women can heal."

Replace With:

⊖ "The Creator of All That Is *is* the healer, and I am the witness."

Celibate for God

Energy Test For:

⊖ "I have to be celibate to be close to Creator of All That Is."

Replace With:

⊖ "I can be loved by God and still have a partner."

Alone

Energy Test For:

⊖ "I have to be alone in order to be close to Creator of All That Is."

Replace With:

⊖ "I am always close to the Creator of All That Is."

Destruction

Energy Test For:

⊖ "The world is headed for complete destruction."

Replace With:

⊖ "I am always safe with the Creator of All That Is."

⊖ "I understand what it feels like without fear of destruction."

Healing and Money

Energy Test For:

⊖ "It is impossible to do healing work if I have money."

Replace With:

⊖ "The abundance of the Creator of All That Is is limitless."

⊖ "I understand what it *feels like* to be compensated for my time."

Trade

Energy Test For:

⊖ "I traded my gifts of healing away, of sight, knowing, hearing, etc. in order to help someone or to learn."

⊖ "I have to give of my body to gain spiritual power."

Replace With:

⊖ "The gift of healing is mine through the Creator of All That Is."

⊖ "All trades are finished and over. I claim my gifts."

⊖ "I understand what it *feels like* to witness and heal with the Creator of All That Is."

⊖ "The Creator of All That Is is my spiritual power."

Vows Preventing People from Accessing Other Intuitive Abilities:

Energy Test For:

⊖ "I have to be dead to connect to the Creator of All That Is."

Replace With:

⊖ "My connection to the Creator has no limits."

Energy Test For:

⊖ "I have to suffer to be with the Creator of All That Is."

Replace With:

⊖ "I can be with the Creator of All That Is without suffering."

Energy Test For:

⊖ "I have to suffer to spiritually grow."

Replace With:

⊖ "I can grow without having to suffer."

⊖ "I know how to grow without suffering."

Energy Test For:

⊖ "I have to die and return to spiritually grow."

Replace With:

⊖ "I can always grow spiritually without dying."

Protection and Guidance from the Angels

As an exercise of how to use the Fifth Plane of Existence energy, you can send an angel for protection and guidance to another person. If you feel that some one needs protection and guidance, it is possible to direct guardian angels to bring their wisdom and assistance to someone. If directed from the Seventh Plane, the Angels will simply protect the person and not become involved in the drama of good and evil.

Process to Direct a Guardian Angel

- ⊖ Center yourself in your heart and visualize yourself going down into the Mother Earth, All That Is.
- ⊖ Visualize bringing up the energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra, in a beautiful ball of light, out to the Universe.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Gather Unconditional Love, make the command to the Creator of All That Is: *"Creator, it is commanded that a guardian angel protect this person. Thank you. It is done. It is done. It is done."*
- ⊖ Witness the Guardian Angel going into the person's space to protect them.
- ⊖ Imagine being rinsed off. Imagine your energy coming back into your space, going into the Earth. Bring the earth energy up through all your chakras, to your crown chakra.
- ⊖ Make an Energy Break.

The Dark Night of the Soul

The “dark night of the soul” is a concept from the writings of Saint John of the Cross. They were written in 1547 when he was imprisoned for months on end in a dungeon by his own Christian order because of his beliefs. In the darkness of his cell all that was left to him was God. This concept has become main-stream in the collective consciousness. The concept of the dark night is that through great suffering and deprivation a higher consciousness can be attained that brings the individual closer to God.

The “dark night of the soul” experience sounds ominous. Yet many people that have an initiative or spiritual nature seem to experience this phenomenon while on the road to higher consciousness. The goal or rewards past the dark night seems to be to find the profound joy of their true nature. To one going through the dark night, suffering seems unending. It is a lengthy and profound absence of light. In the dark night, you feel profoundly alone. The person experiences great difficulty in their lives and will face their greatest fear. At times, the person creates these great difficulties because this is the only way he or she knows how to spiritually grow. In most instances, the dark night of the soul only occurs once in a lifetime. It is used as a karmic growth tool for the soul. Energy Test the person for “I am in a dark night of the soul.” Replace this Program as is appropriate.

The Component of the Fifth Plane is Lipids

If lipids are deficient, the structure of body is deficient. If the body lacks lipids, the body will lack spiritual balance.

Lipids is another word for “fat.” Cholesterol is a fatty substance, also called a lipid, that is produced by the liver. It is also found in foods high in saturated fat like fatty meats, egg yolks, shellfish, and whole-milk dairy products. Cholesterol is a vital part of the structure and functioning of our cells. However, too much cholesterol in the blood may lead to atherosclerosis.

Lipids are more formally defined as substances such as a fats, oils or waxes that dissolve in alcohol but not in water. Lipids contain carbon, hydrogen and oxygen but have far less oxygen proportionally than carbohydrates.

Lipids are an important part of living cells. Together with carbohydrates and proteins, lipids are the main constituents of plant and animal cells. They serve as a source of fuel and are an important constituent of the structure of cells. Lipids comprise fatty acids, neutral fats, waxes and steroids (such as cortisone). Compound lipids comprise lipoproteins, glycolipids and phospholipids. Biological molecules that are insoluble in watery solutions and soluble in organic solvents are classified as *lipids*. The lipids of physiological significance for humans have the following functions:

- ⊖ They serve as structural workings for biological membranes.
- ⊖ They provide energy reserves, chiefly in the form of triacylglycerols.
- ⊖ Both lipids and lipid offshoots serve as vitamins and hormones.
- ⊖ Lipophilic bile acids help in making lipids soluble.

Resource Encyclopedia Britannica

Chapter Twelve

The Fourth Plane

This is the Plane that we learn to master the Spirit, or the mastership of what we perceive as the spiritual aspect of Creation.

The Shape Shifter

When I first began to do Readings professionally for the first time I began to have visionary dreams (both asleep and awake) with increased intensity. In retrospect, I believe now that these were dreams of initiations to the Planes of Existence. Each vision was leading me to explore the Planes; each vision a new guide for perceiving the nuances associated with that Plane. These visions come in dreams while I was asleep, or in my waking hours. Some of these visions happened when I was close to water. I believe the reason for this is that water is a good conductor of electrical energy. There seems to be a visionary portal that is made when I am sitting in a warm tub of water, relaxing after a long day of Readings. One of the most intense and harrowing of these was a particular visionary experience that taught me one of my most important lessons. The first part of the following vision came in a dream when I was sleeping.

I found myself in what looked like the Desert Mountains of Arizona. It was nighttime, and I was sitting close to a camp fire that was burning brightly in the darkness. The vision was so real that I could feel the heat of the fire on my skin as the wind fanned the flames.

Across from me sat a Native American man. The power that emulated from him set my teeth on edge. He looked very strange. His hair was twisted and matted with feathers sticking out in all directions and what seemed to be made up in a partial bun of some sort. His face was painted black on one side and white on the other. He sat staring at me, motionless for some time until all of a sudden he got up and began to sing and

dance around the fire. As he danced, he began to make strange animal-like noises. I sat transfixed, frozen in place, unable to move as I watched the primal dance.

Then he began to speak in some kind of old Native American tongue. I do not know how, but somehow I could understand him.

He said: "Today, if you want the power of the *shape shifter*, I can give it to you. But you must abide by certain rules." Without waiting for my reply he picked up a wicked-looking obsidian ax from his side and came at me with it. As fast as thought, he swung the axe with a glittering arc over his head. I was not quick enough to evade his lightning movement and the axe struck me as I was rising to stand up. It sliced me open from the top to the bottom of my chest, opening my sternum. It all happened so fast I didn't have time to react. I felt the ax bite deep into me as though it were real. Out from this open wound in my body I transformed into a beautiful golden eagle, as though I was bursting forth from an egg.

Now in the form of an eagle I spread my wings in an effort to escape. But before I could rise into the air, the shape shifter screamed at me again and said, "Look!" He slashed with the axe at the breast of the Eagle, again opening me up. Out from this open wound in my body came a mountain lion. In the form of a mountain lion I slashed about myself with my claws and snarled at the shape shifter.

The shape shifter screamed at me again and said "Look!" With an uncanny speed he slashed at me again. Unable to escape I could only watch helplessly as he slashed open the breast of the mountain lion I had become. Out of this wound came another animal, that of a screaming falcon that flew into the air in front the shape shifter. Once again the shape shifter screamed at me and said "Look!" and sliced open the falcon I had become. Out of the open wound I became a great black, brown and gray female timber wolf.

Finally, this felt right. Out of all the forms that I had been in the last few minutes, I knew that this wolf was me that I was the wolf. I felt a strange sense of familiarity, as though I had become the wolf many times before. I felt the freedom and passion that only comes from being a wild animal. In a rush, I remembered all the times I ran with the wolves in my dreams: in all the incarnations and lives that I had experienced before. I had almost forgotten the experiences that I had in this life with the wolf. I suddenly remembered my excruciating experiences when I had cancer.

When I think of that time in my life it is the intense pain that returns to me like the ancient genetic memory of the teeth of a carnivore tearing into my flesh. The pain became so intense that I would astral travel to leave my body to run with a wolf pack in the Montana mountains. At first, I ran with them in a human form, but after awhile I would jump inside the wolves and become part of the wolf pack. As I ran with this wolf pack I would use the incarnation of the alpha-female wolf to search for my man from Montana.

This all came back to me in a flash as I stood on four legs in front of the shape-shifter in the form of a mighty female timber-wolf, staring at him intently through green eyes that were still human. He said to me, "these are the rules of the shape-shifter; you must not cut your hair for six years. Three years from now I will come to you again to give you guidance. In six years you will learn to master the power of the shape shifter. You must follow my instructions or you will be lost."

When I woke from the dream, I can remember that my sternum was sore to the touch after the experience. I told my friend Chrissie the next day what had happened. I used this opportunity to visit with her since we hadn't spoken in some time. Two or three days after this experience, my husband Guy and I were in a terrible car wreck. I was thrown forward with such violence that the seat belt broke my sternum. After I was healed from the car wreck, the dream began to haunt me. There seem to be something of a correlation between the dream and the wreck but I didn't know why. Upon reflection, the first thing I did was to cut my hair because this was one of the things that the Shape-shifter told me that I shouldn't do. I knew that I was going through a "little death," a initiation process to become a shape-shifter that might end up getting me killed in order to wield the power. I think when I cut my hair it was in a act of pure defiance.

I had begun to notice that so many intuitive people focus on only one particular Plane of Existence at a time and the rules that are attached to it. It was through these experiences that I began to realize that there had to be a single all encompassing energy of *All That Is*. One energy that you can tap into to change and make things happen without having to follow specific rules from different dimension's and different incarnations. I'd had the enlightenment of the *All That Is* of the Seventh Plane of Existence explained to me before now by the Laws of the Sixth Plane, so I began to question these rules attached to the different energies of the Planes and how I could transcend them.

It was six years to the day from the time that the first dream with the shape shifter had happened. I was relaxing in the bathtub after a long day of work. I closed my eyes for a moment and suddenly I was once again within a vision, transported to that mountain place in Arizona. The flames from the same fire rose into the sky and licked the darkness. There he was, the magnificent shape-shifter, on the other side of the fire staring at me through the flames with his painted face and strange hair. He spoke to me in that same strange Native American dialect that I could somehow understand.

"You have earned the right to become a shape shifter. I will teach you the secrets of shape shifting and you will remember them from before."

It was at this moment I remember staring at the shape-shifter long and hard and said;

"No thank you. I do not choose to follow you or to learn from you. I only choose to follow the Creator of All That Is.

The shape shifter seemed annoyed and said;

"But look! I can give you this power to use as you so choose. This is a great and wonderful power! Take it, it is yours!"

"Truly, this thing that you offer this great," I told him. "But the true and wonderful power *is* the Creator of All That Is. I do not need to learn from you this gift that you offer. It is the *Creator* that is the master of this gift you offer. Through the Creator of All That Is I can become the master of this gift and create it myself. Thank you, but please leave."

The Shape shifter bowed his head in what seemed to be resignation. It was at that moment a hush seemed to fall over the vision; even the cracklings of the fire became quiet. A vast stillness seemed to grow all about me. Out of this stillness I heard a voice speak that came from every direction at once.

It said: *"You have passed the test. Your initiation is complete. You have done well my child."*

The Native American shape shifter looked at me with those fierce, soulful eyes of his and said: "That was the right answer. Congratulations."

I came back to myself in the bath-water with the realization that something important had happened to me, but what came next was truly profound.

As I lay in the warm bath water, a divine presence came to me and I was directed sent my consciousness up to the place that I had always gone before. I did as I was directed and sent my consciousness to Go Up and Seek God. (I didn't know it at the time, but this was to my Heavenly Father on the Fifth Plane of Existence.) As I bathed in this divine presence, the incredible essence of my Heavenly Father spoke to me and said: *"It is time. Come with me to the Seventh Plane."*

I was confused. I thought that this *was* the Seventh Plane, and that this *was* the Creator. After all, it was so divine, so serene and beautiful here. I had done so many healings from this place. How could there possibly be a place that was beyond this one?

Sensing my confusion, my Heavenly Father explained; *"Up until this time you have only plugged into the Seventh Plane of Existence before now to do your Healings. Come, and we will take you to the Seventh Plane of Existence so that you can be present there and truly experience it without being separate."*

I was confused with all this, because I knew that I had gone to the Laws for many answers. I was terrified, afraid to go to a place that was beyond the Laws. I spoke of my fear to my Heavenly Father to be within the power of the Creator of All That Is. I was afraid that I would turn into pure light or energy, to be released from my body to lose the *separation* I had. I became resistant and fearful. I was terrified that my husband Guy would walk in and find nothing left of me, the only memory my clothes and an empty bathtub full of water.

My Heavenly Father spoke to me and began to comfort me, telling me that all would be fine. Yes, he told me, I would change, but I would not become *pure light* because I was already a part of God, a part of creation. Trusting to my Heavenly Father, I decided to take the next step forward. I imagined myself going up past the Laws. I passed through a membrane of jellylike substance to enter into the energy of All That Is. I imagined myself going up until I was within the very place of creation, the creation energy of All That Is.

In that moment I realized that I had never been separate from God. I realized that what my human mind-body perceived as an illusion was part of the energy of All That Is. I realized we are a part of All That Is. There is no *separation*.

From that time forward the Healings became more effective. Something strange happened inside of me. I found that I no longer felt that I had to *fix* everyone. I can watch them live their life with a detached attitude as they go through their learning processes. Before that time I tried to correct the person's problems using whatever Plane that they were learning from. Before this I would attempt to get them focused to go to the place that I thought was right. I now realize that all around us is the Creator Energy of All That Is and I found a way to drop the veil of separation. I found a way to look at humans with a different perspective, through simple observance.

I don't own any books that tell me about the energy of All That Is. Philosophy is a nice thing. People philosophize over idealistic ideas of metaphysics. The message that I received moved an idealistic idea into a reality; one that you can use in the physical world *at will*. This is the information and the beginnings of DNA3. DNA3 is the ability to *create at will*.

When I passed the Fourth Plane initiation with the shape-shifter, this was the last barrier for me. This initiation opened up a new plateau of consciousness. The Planes of Existence are numbered one through seven. But the initiations of these Planes can happen at any time on any Plane depending upon your own spiritual development and vibration. The only reason that the Planes are numbered is to give the mind enough brain candy to understand them. I went through the Planes of Existence initiations in a roundabout fashion. I was initiated into the First Plane of Existence first. Then I was initiated through the Fifth Plane, the Sixth, then the Second and lastly the Fourth Plane to be led to where I am today.

Simply because you go through an initiation of the Planes does not mean that it has to be a death door initiation, or energy that puts the stipulation that you have to die to progress. The trick is to go through the Seventh Plane *first* to find out what the initiations are and experience them through the Creator of All That Is. The lesson of the Fourth Plane of Existence for me was to not get caught up in the brain candy and to stay focused upon the essence of the Seventh Plane of the Creator of All That Is.

From that day forward I began teaching the Planes of Existence with more intensity than ever before. From that day I was given a roadmap of how to focus the mind to get to the right place to ask questions and to create Healings; to focus the mind to go to the place where there is no opinion, only truth. It was through this initiation that I was able to find the road map to the Creator of All that Is.

It was after this that my perceptions of how I perceived the fundamental nature of God began to radically change. For instance, take the word "God." Think about the Belief Systems around the word "God." In many, the word God seems to generate feelings of mankind's worthiness issues to connect to God. I found that some people had a difficult time reaching the Seventh Plane of Existence to the Creator of All That Is using the singular term "God," mainly because of their perceptions of the word. To answer this challenge, the command process was permanently changed to "Father, Mother, God, Creator of All That Is, it is commanded." As the teachings progressed and ThetaHealing touched more people, I could see that some people consistently connected to the Creator of All That Is and others would get lost along the way. I knew that I had to find a way for them to connect to the highest Plane without interference from their ego and the beliefs that bound them. In response to this need I began to explain the Planes of Existence in more depth. The "road map" for a conceptual path to the "Creator of All That Is" for everyone was forming.

The Fourth Plane of Existence is the realm of the *spirit* that is the next Existence after death and where our ancestors go in waiting for their next level of evolvement. This is what some people would consider the 'spirit world.' This is the place between life, death and the doorway to realms beyond death. When we die and pass on, our energy goes somewhere. Our carbon-based body is laid to rest but our ATP goes forward to the Fourth Plane of Existence. In this place, some spirits want to stay as spirits, some will choose to be reincarnated again and some will move to other Planes.

As a spirit, they still have essence, and can still feel, hear, taste, and touch. Surely these feelings are not completely experienced in the same sense, but it is similar. They can feel the air run right through them as spirits, and can still feel the essence of fresh baked bread. The senses are actually better than when you were in their existence of the Third Plane. There are colors that become apparent which could not be seen before. There are things that can be heard that otherwise could not be heard before.

These spirits can still eat, and still have to give ourselves nutrition. This world is simply of a higher vibration, where the molecules are moving faster than in the Third Plane. Since no Plane is really "solid" they are all simply different combinations of energy, vibration and light. This is the Plane that we learn to master the spirit, or the mastership of what we perceive as the spiritual aspect of creation. The Fourth Plane is where the children of the Fifth first learn about creation.

The spirits that exist with the Fourth Plane achieve much learning and new heights in this new place of evolvement. Many highly evolved guides come from this Plane. Healers that understand the specific healing energy from this Plane are restricted by the obligations of consciousness that exist there.

This Plane is the access to the *spiritual ancestors*. Ancestor spirits that reside on this Plane are called in by intuitive people who create the opening to heal the person. Healers such as shamans and medicine men often use spirits and their ancestors to aid them in Healing. Shamans use their ancestors wisdom in their Healings and give the client healing or herbs suggested by the wisdom of the ancestors. In this way they make an equation between the Second, Third, and Fourth Planes of Existence. Together with spirits and herbs, they are able to achieve many great Healings. Once the Fourth Plane is understood by the child of the Master, the level of the *Shaman* is attained.

Some of these healers that are connected to the Fourth Plane may be restricted to obligations of suffering, and to the oaths and vows that they cannot heal themselves. If this is the circumstance, they may go through the "Little Death." In some situations they have near death experiences. There is also the consciousness that the disease must be "taken on" in order to heal it. This is fine for the Shaman who knows how to "take on" and transform the illness to get rid of it later, but many people who have genetically or energetically inherited this ability have forgotten how to get rid of the illness after they take it in.

Oaths, Challenges & Obligations of the Fourth Plane

- ⊖ People using this Plane for their Healings believe that the healer cannot heal themselves. This is the Plane of exchanging one thing for another, to take a person's sickness upon oneself and then to get rid of it.
- ⊖ Healers connected to Fourth Plane energies have a Program that it is wrong to accept money for healing sessions, only gifts are accepted.
- ⊖ This Plane like other Planes teach with initiations. There are Beliefs on this Plane that say a person has to come close to death or they believe that they must die to learn more. This is the Belief that to Master the Plane that they are on, they must dance with death or die the "Little Death" of initiation.
- ⊖ The initiation of this Plane is self-sacrifice; sacrifice and that one must suffer to learn, to overcome the Beliefs of our ancestors that are of a nature energetic or genetic and to overcome the material world and the Beliefs surrounding it.

- ⊖ Spirits on the Fourth and Fifth Plane of Existence can be misleading, and often have a tendency to make the healer believe they are more special than anyone else. The healer that works from this Plane may walk around expecting others to recognize them with an *ego* and they expect to be honored, worshipped or feared. One can get a false sense of power from this Plane.
- ⊖ The Fourth Plane is not governed by time. What may seem like a hundred years to us is only a few seconds on the Fourth Plane consciousness. It is possible to move back and forth through time easily when connected to this place.
- ⊖ Healers that are still connected to Fourth Plane commitments believe they cannot work on themselves. This is also a criterion of the Fifth Plane.
- ⊖ The healers' empathic abilities develop when connected to the Fourth Plane.
- ⊖ Many Earth religions are based on this teachings from this Plane. This is the Plane where we find the spiritual energy of the Animal Spirits and the shape shifters that native cultures speak of.
- ⊖ This is the Plane of learning to be humble to work with the spirits and through the spirits, with the Creator.

The Fourth Plane has many beneficial Belief Programs, but there are a few limiting Beliefs.

Fourth Plane Limiting Belief Programs:

Energy Test For:

- ⊖ "I have to suffer to learn."
- ⊖ "I learn the hard way."
- ⊖ "I am expected to suffer."
- ⊖ "The more I suffer the closer I become to God."
- ⊖ "I have to go through a Death Door or die to grow spiritually."

Replaced With:

- ⊖ "I learn without suffering,"
- ⊖ "I learn from the Creator."
- ⊖ "I learn with ease and freedom."
- ⊖ "I know the definition of dedication from the Creator of All that Is."
- ⊖ "I am always connected to Creator of All that Is."
- ⊖ "I grow spiritually through the Creator of All That Is."

Wayward Spirits

On this Plane we learn the ability of sending uncontrolled energies or spirits to Gods light. Each time you see or banish a spirit you travel to and access this Plane. Wayward spirits reside between the Third And Fourth Planes. Sometimes when a spirit passes from this Earth they become temporarily transfixed between the Third and Fourth Plane, afraid to go to light.

- ⊖ These can be spirits who simply do not believe in the light.
- ⊖ These can be spirits who have committed suicide and had traumatic deaths.
- ⊖ They can be Native Americans who have died and are afraid to go to the light because they are afraid they will become the light.
- ⊖ These are wayward spirits and even though they are trapped between the Third and Fourth Plane for a moment in time, it may seem like hundreds of years to us. They can simply be sent to the Creator's light by using a simple Wayward Spirit exercise discussed in the first book ThetaHealing.

Meet the Fourth Plane of Existence through the Seventh Plane

Connect to Your Ancestor

One of thing that is useful when using the Fourth Plane is connecting to your ancestor. When you talking to some one that has passed away, it is likely that the person asking to talk to the deceased spirit has unfinished thought forms that have been left unsaid. This process will assist the client to complete any unfinished Programs connected to the deceased.

In this process the practitioner will command that some one that the client has previously known will come and visit them. Ask the client the name of the deceased person and call to that spirit. You will be the spokesperson for the spirit without permitting the spirit to enter your body.

It is recommended that the client call on someone that they are fond of to speak with. Some of the most egotistical people you will ever meet are spirits. The spirits that are held on these Planes are not necessarily enlightened beings, and will come to you in much the same persona that they had when alive. They even retain some physical attributes such as sexual attraction and many other passions. You can speak to animals that have gone as well. Trust to the first thoughts and voices that come into your mind. Another reason for this exercise is to show you that you can speak to ancestor spirits or friends and to

get a “feel” of what these different dimensions are like. This shows you the difference between these levels and “Creation”, as well as what a divine thought form is and feels like as opposed to one of your own, or those of another humans. A client may come to you and ask to talk to someone who is deceased. This exercise is designed to help you do this with great ease while still keeping a Seventh Plane perspective. This exercise permits the client to complete any unfinished Programs connected to the deceased.

Determine who the client would like to speak with and get the name of the deceased person. Connect with the “Creator of All That Is” and ask that person to come speak with you. You will be the spokesperson for the spirit. Remember; never permit a spirit to enter your body.

Exercise: Connect to Your Ancestor

Prior to beginning this exercise, ask permission to see and speak with the person’s ancestor spirit. Ask for the spirit’s name.

- ⊖ Ground and center yourself.
- ⊖ Begin by sending your consciousness down into the center of Mother Earth, into All That Is. Bring the energy up through your feet, into your body and bring the energy up through all the chakras. Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe. Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Gather Unconditional Love, make the command to the Creator of All That Is, it is commanded to see and speak with (name of spirit) at this time. Thank you. It is done. It is done. It is done.
- ⊖ Go directly to the person’s space and then look over the individual’s shoulders. Call the ancestor spirit or animal spirit in and wait for them to show themselves.
- ⊖ You may see balls of light. Ask the spirit the client’s questions and share with them the responses received. Tell the person what you have seen and heard. Trust to the first thoughts that come into your mind.
- ⊖ When you feel finished with the process rinse yourself off, put yourself back in your space and make a break.

The Component for the Fourth Plane is Carbohydrates

If carbohydrates are deficient, the structure of the body is deficient. If the body lacks carbohydrates, the body will lack energy.

The basic building block of every carbohydrate is a sugar molecule, a simple union of carbon, hydrogen, and oxygen. Starches and fibers are basically chains of sugar molecules. Some contain hundreds of sugars, some straight, while others branch riotously. Carbohydrates are a major source of metabolic energy both for plants and for animals that depend on plants for food. Aside from the sugars and starches that meet this vital nutritional role, carbohydrates also serve as a structural material (cellulose), a component of the energy transport compound ATP recognition sites on cell surfaces, and one of three essential components of DNA and RNA.

Carbohydrates come in two basic forms: complex and simple. Simple carbohydrates included sugars such as fruit sugar (fructose) and table sugar (sucrose). Complex carbohydrates included everything made of three or more linked sugars. Simple carbohydrates are one, two, or at most three units of sugar linked together in single molecules. Complex carbohydrates are hundreds or thousands of sugar units linked together in single molecules. Simple sugars are easily identified by their taste: sweet. Complex carbohydrates, such as potatoes, are pleasant to the taste buds, but not sweet. Carbohydrates are the most abundant class of organic compounds found in living organisms and originate as products of photosynthesis.

Resource Encyclopedia Britannica

Chapter Thirteen

The Third Plane of Existence

The humans of the Third Plane are the children of the Fifth. Some Fifth Plane energies come to the Third to help us to graduate to the Fifth.

This is the Plane that we learn to master the Body, or the mastership of what we perceive as the physical aspect of Creation.

This is the Plane of the reality of humans and other life forms. In part, we have created this reality to be utilized by us. It is on this Plane that we have the challenge of being governed by emotions, instinctual desires, passions, and the reality of being in the human body in the physical world. How we balance our emotions will dictate how well we are able to access and move freely through all the other Planes to create health.

In the creation of our own reality, we have made Programs, thought-forms, and collective consciousness in and throughout the Third Plane, which keep us in this Plane. This means that some of our physical, mental, and spiritual capabilities are blocked. In order to break free of the chains that bind us, we must concentrate upon the joy of life instead of fear, anger, and hatred. Since the ego lives on and in the Third Plane, we must control the negative ego in ourselves. It is the Third Plane of Existence that we must break free from in order to connect with the powers of the other Planes so we can manifest changes in this reality.

It is by sending out our consciousness to the Creator, then to the other Planes, and bringing back the power from them that effects changes on the Third Plane. Belief Systems hinder us from understanding our true capabilities. Our consciousness mostly stays on the Third Plane, even though we are deeply connected to and live on all the Planes. Since physical exercise keeps our body grounded and enjoying the Third Plane, it is important to have a regular exercise routine to follow in order to celebrate the human body.

Your lungs celebrate each time you take a breath of air. Do we stop to feel this celebration? We should remind ourselves that this is a wonderful Plane to exist in. The cells in the body are working so very hard to give you this life experience. The liver and other organs are working overtime for you to be here. We forget we are here for **joy**, to breath, to live in this wonderful way. We are here to learn as a spiritual being. Some of us still learn from pain and suffering. This is one of our spiritual challenges on this Plane, to learn without suffering and through joy. It is our responsibility to accept that the human body is a wonderful place to live and be in.

Anytime that you are accessing the powers of the Third Plane, which is a level of mental, physical, and spiritual growth experience, you access certain Planes to work with in equations to create miracles.

The Third Plane of Existence is where animals and humans exist. Life that has mobility, that exists from eating plants or other animals co-exist here. This is the Plane of protein based molecules, carbon based structures and amino acid based chains. These organic compounds are the basis of life on this Plane.

The Third Plane is the learning ground to control the body, the thoughts, and feelings. Complex beings, such as humans, have an imagination, great problem-solving abilities and the power to ask the question, "Why?" We often think that we are more evolved than the First and the Second Planes. Perhaps this is because we have an ego, an instinct that was gifted to us in order to survive and achieve.

Humans are walking miracles! We learn to manipulate our bodies, how to use our brain, walk, control limbs, communicate and have the ability to act upon thoughts, ideas, dreams and make decisions. A man imagines a building and he can build it. This is the Plane of imagination, problem solving, of fight or flight.

You may think that you're physically on the Third Plane of Existence, but you actually exist on all of the Seven Planes of Existence. In reality, humans from the Third Plane are children from the Fifth Plane. We are children of the Fifth Plane and actually seem to have some conscious recollection of this. In fact, many religions are based upon this thought. This explains why many believe they are "*children of God*," because we have a spirit Father and Mother on the Fifth Plane, yet still connected to the All That Is

Our Spiritual Parents give us encouragement, compassion and advice. Each one of us has these incredible beings teaching us the path to enlightenment. These beings are High Masters from the Fifth Plane. To meet your Spiritual Parents it is best to go through the Creator of All That Is of the Seventh Plane. This is because once you have been purified in the essence of the Creator you will be better able to communicate clearly with them. Our Spiritual Parents guide and teach us to become Masters ourselves.

Because the Third Plane of Existence is the school of Fifth Plane energies, we are divine in nature and can easily be taught and reminded to use a Seventh Plane essence. In order to graduate from the Third Plane, the human "student" must learn how to use the Seventh Plane of Existence. Many of the people here on Earth are actually Masters from the Fifth Plane who have come here to help their human Third Plane students/children come home to the Fifth Plane.

If you often feel as though you do not belong here on Earth, that the Earth is too harsh, that the people are cruel, you feel incredibly homesick, and you miss your spiritual family, then you may be a Fifth Plane Master. If you know you have incredible abilities, and a strong connection to Creator, you may be a Master waking up to help the Earth. The Masters of the Fifth Plane that have come here can easily remember how to direct their mind. All of the high Fifth Plane Masters use the Seventh Plane to create.

Healing from the Third Plane

Healers working from the Third Plane often get caught up in the drama of this Plane and believe that some things are incurable because of group consciousness. Healers working from this Plane often get caught up in a Fifth Plane energy of good and evil (dualism) instead of Seventh Plane energy of love and "All That Is."

It is through the removal and replacement of Belief Systems as well as the addition of *Feelings* that give us the opening to the vibrations of the other Planes of Existence. It is then that we are released from karmic influences. The more Beliefs that are changed, the faster you're able to access the other Planes.

- ⊖ It is on the Third, Fourth and Fifth Planes of Existence where galactic visitations occur.
- ⊖ Wayward spirits reside between the Third and Fourth Planes of Existence.
- ⊖ Healers on the Third Plane of Existence are governed by time.

If a surgeon carries out a surgery and uses a scalpel, then he or she would be accessing the First and Third Plane of Existence. The surgeon is the representation of the Third Plane and the scalpel is of the First Plane. Other Planes are accessed in the surgical process, such as the Laws of the Universe on the Sixth Plane. An example of this would be in the very thought-process of the surgery:

“If I cut this tumor from this organ in the correct way, it follows that the tissues will separate in such a way as to remove the tumor without causing further damage and be of benefit to this person.”

In this process the surgeon is instinctually accessing the Law of Cause and Effect. Talented surgeons access not only the Third Plane of Existence when they are doing changes with the physical body, which is incredible in itself, but at the same time the surgeon is accessing an equation with the Law of Cause and Effect. While all this is going on, the brain sends neurons through the system to move the surgeon’s hands, and at the same time regulates all of the many systems in their body. This is an amazing feat of Gods engineering. While the surgeon is saving the person’s life, the other members of the staff are unwittingly accessing the Second Plane by administering the penicillin and the IV drip to the person. This then is an example of instinctual usage of the Planes and the equation that are made between them.

The foremost thing to remember about the Third Plane reality is that this Plane is an *illusion* and is not real. The only thing real about *any* of it is what you create in it.

It is in the removal and replacement of *Bottom Belief Systems* that release us from karmic influences and give us the opening to the doorways to the powers of the Planes of Existence. The more Core Beliefs that are released, the faster it is to move freely through the Planes.

The Third Plane consciousness is comprised of animals and humans. Unlike the plants that only use the sun and earth, active humans and animals are much more demanding of this world.

I Am Separate

One thing that allows sickness to come into the body is the Program of “I Am Separate.” When your consciousness leaves your body to do a Healing on someone, you realize that all things are a part of the “All That Is.” But when we move back into our space and realize that we have a body of skin and bones, it makes us think that we are “Separate.” Most of the problems that occur in this Existence are caused by illusions. For instance, I have found that many people have the illusion of “Separation from the Creator” and the illusion that we physically exist in the flesh.

When you move your essence “up” to do Healings in the body, you realize that the Creator moves through all things and you’re a part of “All That Is.” This is a wonderful feeling for that moment, but we’re programmed to have an *identity*. The trick is to realize that we are not separate even though our consciousness is back in this illusion of individuality.

The concept that life is an illusion is a wonderful thing to believe in, but you must have the *knowing*. The illusion *is* that we are separate. Our thoughts and our Programs are designed to keep us in separateness, but they are also designed to give the opportunity to connect with creation.

You are not separate from God, you are sparks of God. With the *knowing* that you can be connected to this energy and still live in a human body you may come to a *realization of truth* that you can create within the sphere of your soul.

Programs Without Limits, Planes Without Boundaries

When you remove, replace, or instill Belief and Feeling Programs, you work with all the Planes that you currently are connected to and exist in. As these “Programs” are removed it permits you to use all the Planes at once instead of being trapped on one or two, as all the Planes can be accessed in concert with one another and all the manifestations of power can be used simultaneously or apart as they are needed. As your negative Programs are removed and replaced we may begin to manifest for important changes. It is from the dichotomy of the Third Plane that we accomplish this. This is our personal mission: to become enlightened in this Third Plane.

When you were raised in your particular family, you were told what to believe. You were expected to believe as your family did, and because your brain works as a computer, you either took what they told you as a Program, or you rejected it. From the time you were a small baby, you were told that if you touch a hot plate it will burn you. This is a *stop sign*. As a child you agreed that this was a truth and so you believe it and take it as a Program. Anything held as a Belief will be created in this illusion of the *Third Plane* in the subconscious mind. Therefore, in the act of creating Programs, the mind like a computer accepting data perceives the illusionary Third Plane to be real. The more stacked limiting Belief Programs that are released will free your mind to accept the flow of the Law of Truth. Pulling out negative Programs from yourself and allowing more of the Creator energy to affect change, which is *creation*, will bring about instant Healings.

What we chase after, is the elusive feeling of being joined with the Creator of All That Is. We can recognize this feeling as long as we don't have Programs that block us. Once these Programs are changed, you can live in the present moment of absolute love to see clearly what is really going on with the people around you. Even though you are in a Third Plane of Existence physical body you can still connect to absolute Truth. It was once thought that the only way to tap into Truth or the other Planes was to die to move up and advance into them. But now we know that the trick to advancing is in *this* space and time, in *this* physical body to become the Master in *this* incarnation. This information is to show you not to get bogged down with our Third Plane of Existence emotional Belief Systems; or the Belief Systems of other spirits and energies in and on the first Five Planes. Then it is easy to understand the powers of the Planes and how they pertain to Healing.

When a person first begins to use the Theta-technique they connect to different Planes' power and are unfamiliar as to which one that they are using. Since all the Planes are of divinity and are connected with the Divine the person can sometimes be confused with them easily. The best way to learn the Planes is to connect to and experience them. Always go to the Seventh Plane first so you are not bound to the commitments of the other Planes.

Manifestations of Belief

We are manifestations of what we believe, and how we are programmed. Everything that we are, makes us in our body, in the *now*. What we believe we are, we are. If you have too many negative Beliefs or positive beliefs creating a negative, it causes an energy fracture in whom and what you are. These are the Beliefs that do not serve you. In order to repair these energy fractures, the Creator has given us illness to make us aware that there are energy fractures.

If you're dealing with too much guilt, you will attract bad bacteria. (Most bacteria are good for your body.) If you have too much resentment, you will draw funguses into the body. By the same token, if you feel that you are unworthy, you will draw viruses. Belief Work can clear these emotions and vibrations. Just as some herbs and minerals have the correct vibrations, Belief Work has the correct vibrations to strengthen the immune system.

When a person is truly sick, they will always tell you that they are ready to change and will do *anything* to get better. In some instances they go back to their old habits because they don't know how to live without the negative Beliefs that hold the disease to them. Some of these are Programs of rejection, or Programs of resentment. If the person does not change or instill Beliefs, the cycle of disease starts all over again. For instance, an antibiotic has the correct vibration to heal bacteria. But if you do the necessary Belief Work, you would not draw the bad bacteria to you in the first place. Ask the question, "What is lacking in this person that they draw these diseases? Is it love?" It may be that there are *Feelings* that are lacking that the person has never known.

By observing people, we are beginning to map individual sicknesses and the Beliefs attached to with them. This reference map is available in the ThetaHealing Diseases and Disorders book.

Reading, Communicating and Healing With Animals

Most animals communicate by sending pictures. They do not intuitively send words, but feelings, emotions and images. Someone once said that animals act through instinct and it is only humans that have imagination. This person must not have studied animals. Animals have great imaginations and problem solving abilities.

Animals dream. Some animals, such as dogs and some cats, do understand words--not just a few occasional words, but whole sentences. In the wild, animals pick up fear, so it is important to send them that they are safe and that you are safe. It is easy for them to accept intuitive love and you can send them love very easily.

Animals respond quickly to Healings. You may want to work on their owner as well, because often the animal absorbs sickness from them. Though animals are able to absorb sickness, they are often unable to get rid of it. This is why it is very important to clear your animal of negative energy often. To clear the negative energy, simply go up to the Seventh Plane and command that the energy be gone. Animals usually respond to Healings quickly, but if they don't, they may need Belief Work. Go up and ask their higher self permission to do Healings and Belief Work. In some instances animals need to have the Feeling Work done, such as "I know what it feels like to be loved," "I know what it feels like to be important," "I know how to live without feeling abandoned," etc. It is easy to work on animals, even from long distances.

Reading An Animal:

Ask the animal's higher self permission to do a Reading on it. The higher self of the animal is a part of the animal's spirit and intellect and can often be found it floating above the animal. Scan the animal and go talk to its higher self.

Imagine energy coming up from your feet and going up to the top of your head. Go up out of your space in a beautiful ball of light. "Go to the Seventh Plane and make the command that they can see inside of this animal now. Thank you. It is done. It is done. It is done."

Take a quick look and to bring yourself up and out of the animal's space. Rinse off, ground out and do an energy break.

The Composition of the Third Plane is consisted of Proteins

The Third Plane of Existence is the protein-based molecules and carbon-based structures. Amino acid based chains are on this Plane of Existence. Therefore, there is an amino acid for every sickness.

A protein is a complex, high molecular weight organic compound that consists of amino acids joined by peptide bonds. Proteins are macromolecules. They are constructed from one or more unbranched chains of amino acids. A typical protein contains 200–300

amino acids but some are much smaller with the smallest called peptides. Proteins are essential to the structure and function of all living cells and viruses. Many proteins are enzymes and other proteins play structural or mechanical roles, such as those that form the struts and joints of the skeleton. More functions filled by proteins include immune responses and the storage and transport of various ligands. In nutrition, proteins serve as the source of amino acids for organisms that do not synthesize those amino acids natively.

Every function in the living cell depends on proteins.

- ⊖ Motion and locomotion of cells and organisms depends on contractile proteins. [Examples: Muscles]
- ⊖ The catalysis of all biochemical reactions is done by enzymes, which contain protein.
- ⊖ The structure of cells, and the extracellular matrix in which they are embedded, is largely made of protein.
- ⊖ The transport of materials in body fluids depends of proteins.
- ⊖ The receptors for hormones and other signaling molecules are proteins.
- ⊖ Proteins are an essential nutrient for heterotrophs.
- ⊖ The transcription factors that turn genes on and off to guide the differentiation of the cell and its later responsiveness to signals reaching it are proteins. and many more.

Amino Acids

Problems can also arise when your body is lacking certain amino acids. Certain amino acids actually help to stimulate what is called the “growth hormone” in the body.

The following is a list of the vital amino acids that the body uses:

Alanine, Arginine, Asparagine, Aspartic acid, Cysteine, Glutamine, Glutamic acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan, Tyrosine and Valine.

Supplementation for amino acid complexes should have the proper balance of these amino acids.

Resource Encyclopedia Britannica

Chapter Fourteen

The Second Plane of Existence

The Fairies

My first experience from the Second Plane of Existence was in Northern Idaho in the early years of ThetaHealing.

In these early years, most of my seminars were arranged by people that had experienced Readings from me. One of my clients named Gretchen had coordinated the class in the town of Sandpoint, Idaho. I found Northern Idaho to be an intensely beautiful place, with deep forests, towering mountains, rushing rivers and crystal clear lakes. Located in the northern Idaho panhandle with Montana on one side and Washington on the other, it is wild, primal, with nature-energy permeating it. Sandpoint is right in the middle of this area, and was the stage for one of the first of my DNA1 classes.

Gretchen had arranged for us to stay with one of the students named Peggy. She lived above the town in the mountains in a beautiful log cabin that was all crafted of rough hewn lumber. Needless to say, it had a rustic beauty that appealed to my husband, Guy. The place had a deck with a large bird feeder on it that the bears raided when we were there. To me, it was like a gingerbread house from a fairy tale. The DNA1 classes that I taught were two day courses, so we were only going to stay with Peggy for two nights.

As it turned out, Peggy was a believer in the little people, the Fairies. She unabashedly told us that one of her ambitions in life was to see a fairy in the flesh. Periodically, she would set out offerings of milk and honey for the fairies, but up until that time had been unsuccessful in seeing any. Peggy was a spunky person with a lot of personality. Peggy told us she could sense the nature spirits around her place, and was a little put out that they did not appear for her.

At this time in my life, I never put much credence to fairies. I thought that Peggy was a little wishful and venomous in her behavior towards these “fairies” that would not “appear” for her. Don’t get me wrong, I had seen things with the naked eye. I had seen ghosts and apparitions, but I had never seen “fairies,” and I raised a skeptical and proverbial Dr Spock eyebrow at Peggy.

I had to admit, the place had a magical essence to it, a sort of timelessness that you only encounter in certain places. I can remember it was early summer and there where flowers in bloom in the yard. As night fell on the mountains, the evening began to sing its song. Guy and I went to sleep with the first day of the seminar the next day.

The next morning Peggy woke us up and I reluctantly rolled out of bed to shower. I was about to have an experience that would shake my belief system like a tree in a gale.

I was in the shower stall shaving my legs as I regularly do, minding my own business. There was a little window in the stall so that you could see outside. All of a sudden, from the little open window into the shower flew three little creatures. At first I thought that they were hummingbirds. But to my horror, I could see that they looked like tiny little people with wings. They spun about my body in a swirl of curious energy. I stood frozen in mid motion with a shaver in one hand, so full of surprise that I could not move.

They did not wear any clothes, and they appeared to be female. They looked like nine year old girls with wings. Their skin color was tan with long brown hair in different hues. Their eyes sparkled at me as they flew. Their wings moved like hummingbirds, almost to fast to see. One of them hovered at eye level with me and I could hear a voice in my head that I somehow knew came from all of the creatures at once.

They asked me, “What are you doing?”

The answer came to me automatically: “I’m shaving the hair on my legs.”

There was a brief pause, and the musical voices chimed in my head again;

“Why are you shaving the hair from your legs?”

I told them, “I’m a human woman. I have to shave the hair on my legs.”

Then they burst out with laughter that sounded like tinkling bells in my head. They rolled around in mid air, pointing at me. With a Poof!, one of the fairies grew all this long hair on her legs. The other Fairies laughed at her, turning in circles with hilarity. Suddenly they all flew out the shower window into the forest and in a wink were gone.

I felt uninged! I thought I was losing my mind. I ran into the bedroom in tears. I was very upset and in a rush I told Guy about my experience. Once I had told Guy about what had happened, I asked him if I was going crazy.

Guy calmly looked at me and said: "Vianna you have just seen fairies." I looked at him blankly. "You know; *nature spirits*. Many people have seen them, but it is uncommon. They are attached to places where the flowers grow, the trees are thick, and sometimes within old sacred sites. They have been seen on every continent in some form or another. The Native Americans have many legends of them somewhat similar to Ireland. Since you are intuitive it is easier for you to see them. You are like a bridge between humans and the fairy world. Calm down! You are not going crazy; it just means that you are able to see them.

As I listened to him, I began to compose myself. Bit by bit, I put myself together. In a little while, I began to get dressed for the day, all the while looking out the corners of my eyes, still fearful of seeing some unwanted apparition. We went down for breakfast to the kitchen. I told Peggy what I had seen, thinking she would be happy to hear about the fairies. I was wrong. She was very upset about my experience because she had been trying to see them for over twenty years. She had been putting out bowls of milk and honey as offering to them for a long time. I had come to her home and in a few hours they had appeared to me. She was a little grumpy about the whole thing, and continued to be so the two days we stayed with her. Peggy's morning was further complicated with another incident. The bears had come visiting her bird feeder in the night. It seems that one bear had made a near impossible climb onto her back deck to make a raid. The bird feeder was destroyed and seed was everywhere. Peggy was intensely frustrated and the swarms of birds were not very happy either. The hungry bear had left Peggy a smelly defecation calling card on the deck as a lasting reminder.

This event with the fairies changed my concept of reality forever. Two days later we had finished the seminar. As we drove away from Peggy's home, I said goodbye to the little fairy house and to the little people that in a brief instant had shocked me, stolen my innocence, and given it back again.

It was this incident that opened me to the possibilities of the Second Plane of Existence.

My experience with the people from the Second Plane was not over. It was not long after my experience with the little fairies in the shower when I was visited again. I was on my way home from a seminar in St George, Utah. For those of you that have not seen this area, it is an intensely beautiful place. The Utah desert is a wild area with sweeping, blood red vistas. There are endless juniper forests, majestic crimson mountains that change with the light and there is the river bottom of the Virgin River with its willows and cottonwood trees that are inviting in the desert heat. On this day I felt compelled to wash the new crystals that I had just acquired. When ever I get new crystals it is a kind of ritual for me to wash off any ghost imprints from them in a rushing stream. I saw a likely spot in the river and stopped off to cleanse them at a spot close to the entrance of Zion National Park.

I walked down to the river and I was bent down washing my crystals when all of a sudden two fairies materialized from the brush, flying around my head. In the place of clothing, they were wearing skirts made of autumn leaves, and their little wings were beating so fast they were hard to see, much like a hummingbird. One was a boy and the other a girl. My first thought was "Oh! They come in boys."

The little boy fairy flew up close to my face and said; "Give it to me!" indicating the crystal in my hand.

I was instantly irritated. I told him "No! You can't have it"

The little boy fairy was insistent and became even more aggressive, flying around my head, pulling at my hair. He screamed at me "Give it to me!"

"No!" I screamed at him as I ducked my head from his attack. For his small size he was incredibly strong. He began to fly at me, pushing me in an attempt to dump me in the river that was behind me. He was tiny, but so powerful! I began to thrash about as I swatted at the little fairy. I began to become frightened that I would fall into the water behind me, since at this time of the year it was running deep and cold.

Then out of the corner of my eye, I saw a movement behind me in the water. All of a sudden a tall, beautiful woman came rising out of the river, a vision of flowing liquid beauty.

She pointed at the boy-fairy and her eyes flashed with an electric blue, projecting annoyance at him.

She said to him; "Leave her alone!" Both of the little fairies where terrified. With little squeals they went flying off and had soon disappeared. Grateful to the beautiful water elemental that saved me I picked up my crystals and beat a hasty retreat to my car where I collapsed on the seat where I began to cry. My husband comforted me, and told me it would be alright. When I felt better, we drove home.

Since that time, I have had many other meetings with the blessed people, and on more than one continent. But those are other stories.

I realized that the energies from this Plane were powerful, perhaps even intense at times. This is why our connection to the Creator of All That Is of Seventh Plane of Existence must be clear. Had I known it at the time, all I would have had to do when the little fairy attacked me would be to connect to the Creator, and through the Creator, command it go away. This does not mean that all fairies are bad, simply powerful. They can become good friends if we have proper respect for them. They are my friends.

Nature Spirits - Elementals

The Second Plane of Existence is the first Plane that demonstrates the ability to express laughter and where we begin to experience a diversity in emotions and feelings. This is the Plane where coexistence and survival between Planes begins. There are living organisms connected to the trees and plants. Plants release fragrances to repel bad insects and fragrances to attract beneficial ones for pollination. Plants and trees have spirits that guard and nurture them. These are the fairy spirits and elementals that reside on the Second Plane. Use proper discernment in working with the energies of the fairies because they are incredibly powerful beings and they do not process thought in the same way as humans. Even if fairies are not a part of your Belief System, the more that you are in a Theta State the possibility will rise that these kinds of energies can be seen by the naked eye.

Fairies are sometimes mischievous and extremely curious. They love to annoy us as much as they love to help us. The energies of the Second Plane are unique and joyful spirits and some are just merely curious. They are like, yet unlike humans, with their own inconsistencies and passions. If we invoke and use the energy of elementals directly from the Second Plane in a manifestation, they will demand something in return for that manifestation. Elementals are sometimes afraid of us and will not reveal themselves because they see us as predators. There are water spirits that are the life force of the streams and bodies of water that will talk to you.

The Elementals are closely related to the fairies in that they are the life force, guardians and protectors of the plant realm. These spirits can be extremely sensitive and delicate and if they experience too much sadness, they simply die. As you experience the Plant Kingdom, it is possible that you will open up to experience the Elementals.

Here is a list of guidelines by which to follow:

- ⊖ Never go anywhere with an Elemental until you've gone up to the Seventh Plane first. Always go to the Seventh Plane before talking to Elementals.
- ⊖ Never ask a favor of an Elemental because they expect an exchange of energy and will take shiny objects without permission feeling completely justified.
- ⊖ Elementals are not Gods.
- ⊖ Elementals respect you more if you respect yourself.
- ⊖ Elementals only show themselves to those who are pure in heart.
- ⊖ You don't have to believe in an Elemental in order to see one.
- ⊖ They will only show themselves if they know they are in no danger.
- ⊖ Elementals adore laughter. They are enchanted by humans' singing and laughter. (The songs must be on key.)
- ⊖ They love art. They love watching people paint pictures.

Because of the spiritual evolution and ascension of humankind, the veils are becoming thin between the Planes. It is much easier for people to see between the veils than ever before. The veil between the Second and Third Plane is becoming particularly thin. Because of this opening in the time – space continuum there are greater numbers of people that are witnessing what in ancient times where (and still are) called *fairies*.

I like to call them Elementals, and make no mistake; they are not human in *any way*. Elementals can control the rate of their molecular vibration to merge with plants, become a being of liquid, air or take a solid form. It is when they choose to take solid form that we see them in their myriad of different shapes and sizes as fairies.

Anyone that has a special love for trees or plants will have an intrinsic connection to Elementals. Some Elementals have learned to communicate with humans. For some humans this is good, and for others, it may not be. Fairies do not like to be ordered around, but can be utilized if done in the correct fashion. In one of my classes in Australia, someone came up with an interesting point. They found that anytime they connected to and asked the Elementals for help the fairies expected a gift in return. If you find your keys missing from your purse, or some other article that is missing, this can be the fairies exacting their just due.

Elementals can take on different the forms of the elements - earth, air, water and fire. They can become a wisp of wind, the babble of the rushing stream, the earth beneath our feet or even the fire of lightning. They do not always look incredibly beautiful, nor do they always act with benevolence towards humans. If you should decide to open your home up to fairies, then you should do so from the Seventh Plane of Existence. In this way, both human and elemental will enhance one another and not be at odds. Through the Seventh Plane, the energies of the Second and Third Plane will work together.

There are Elementals that are attracted to beautiful crystal formations such as quartzite and amethyst. The Elementals have a tendency to love shiny things, because of the refractive index of light that they create, much in the same way that humans appreciate a sparkling diamond. An energy is created when light hits a crystal formation. This fusion of light and crystal, this *luminescence* that is created is Soma to the Elementals. This is why Elementals are drawn to crystals.

Because the veils are beginning to drop between the Planes of Existence, I believe that some Elementals have come to inhabit human form. We have all seen people that seem to act as though they are elves or fairies. It almost seems like they are evolving or de-evolving into fairies. I believe that many Elementals do this just to have the experience of the Third Plane. Many of these people are here to protect the Elementals and their habitat. These people are environmentalists and naturalists.

The Second Plane of Existence consists of organic material; vitamins, plants, trees, fairies and elementals. The molecular structure of the Second Plane contains a carbon molecule and, therefore, is organic matter. Minerals are non-organic and vitamins are organic; both are essential for life to occur. Vitamins symbolically give us the feeling of being loved. If vitamins are missing or the body is not absorbing them, our body can become out of balance with the Second Plane of Existence. This results in the feeling of a lack of love in the body. Yeast, fungus and bacteria also reside on this Plane. Yeast and bacteria occur naturally in the body, being neither good nor bad. However, it is important that they are balanced in the body. The human body craves what it needs. If a person is low on carbohydrates (sugars), then they are low on energy and will crave them. To experience harmony with the Second Plane of Existence, the body must be in balance.

We live in harmony with the Second Plane of Existence. Plants and humans have developed a symbiotic relationship. Plants use humans to propagate and spread themselves and are in turn, indispensable to human survival. Plants perform the miracle of photosynthesis, the sacred creation of blessed sunlight into pure energy for us to consume. We thrive on this energy and plant the seeds in the earth to begin the cycle anew. Plants are highly evolved; they live from light and minerals and, on the whole, they use no other living organic material. All these plant beings have their own consciousness.

Plants, along with the earth and air spirits, act out the sacred dance of interconnection between the First and Third Planes of Existence. They transmigrate the life force for the animals to utilize. Plants and trees are some of the most evolved and sacred of God's creatures. In the cycle of birth and death, they gather nutrients through their roots from Mother Earth and continue to return the same nutrients, long after they die. They follow the Nature's sacred cycle and only compete to live, not destroy. While only consuming sunlight, air, and soil to sustain themselves, trees and plants provide nourishment and shelter for other living beings.

Love, joy, happiness and respect are the keys to truly understanding plants and trees. When using plants and trees to heal, whether the herbs are home grown or wild crafted, we should remember to harvest them with respect.

The Elemental kingdom is intertwined with the plants, and are also intertwined with the pure essence of light. Therefore, the Second Plane of Existence transmutes the light of the sun to direct this energy throughout all the Planes to create life.

All creatures of the earth need sunlight to live. Sunlight is the essence of life. Everything on this planet is based upon the fire of light. Depending upon the level of vibration that each spiritual species has is thus dependent upon what Plane of Existence it resides upon.

The life force of photosynthesis is assimilated into the body by consuming plants. The actual life force, the *light* that is within in the plant is important to the human body. It is through this utilization of light that is a way for us to stay connected to all the Planes of Existence.

Harvesting Plants

Speak to the plants by going up out of your space, and connect to the Creator. Through the Creator of All That Is, speak to the plants in their language, express your need and ask their permission to harvest them. They should speak back to you and will direct you to the plants that will suit the intended use. As you harvest the plant, be connected to the Creator, go back to the time the plant was a seed and pour love and blessing into the seed as you watch it grow into its present form. This will give the plant more potency.

Blessing Food

If we buy herbs, vitamins, or food from the store, ask Creator of All That Is if they are for your highest and best. We can determine this by connecting to Creator while holding the product, simply asking if the potency is correct. Once the substance has passed the test, it should be blessed before use to insure maximum potency, effectiveness and quality. Since everything has a consciousness and we absorb this essence when we consume it, we need to bless all the food we eat! If these substances have not been treated with the respect they deserve, the benefits will be reduced. Genetically altered food, especially corn, has a consciousness that is perhaps not for our best. If there is a question about the essence of the food, go back and bless it from its origin.

Healers using this Plane of Existence understand how to use herbs and vitamins in order to achieve health. They understand how to balance the alkaline in the body with food to achieve health. Every Plane has its rules and regulations on its use. Healing from this Plane takes persistent use and requires time to take affect. Healers working with this Plane require extensive knowledge of plants and reactions to medicines. Without this knowledge it is a risk to the client. As with the minerals of the First Plane, there is an organic combination of plants for every illness. On the Second Plane herbs are used to heal. One needs to study herbs before deciding to use them. The proper procedure to use them is to bless the plant from the seed into the present.

Meet the Second Plane of Existence through the Seventh Plane

The best way to experience the Second Plane of Existence is to go to the Seventh Plane of Existence first and then to go to the Second Plane.

Plants are very sensitive and if you push your thoughts too much towards a plant, a plant can literally die. This exercise is designed to demonstrate how sensitive plants are, to introduce you to the Second Plane of Existence, to teach you how to move gently in and out of living space undetected, and to practice your scanning abilities. This will sharpen your skills, as well as your discernment.

Exercise: Meet a Plant Exercise

- ⊖ Ground and center yourself.
- ⊖ Begin by sending your consciousness down into the center of Mother Earth, into All That Is. Bring the energy up through your feet, into your body and bring the energy up through all the chakras. Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Gather Unconditional Love, make the command to the Creator of All That Is: Creator of All That Is, it is commanded a scan of this plant. Show me what I need to see. Thank you. It is done. It is done. It is done.”
- ⊖ Go to the plant as gently as a feather on a summer breeze. Now, imagine going gently into the plant, taking a quick look and taking yourself out of its space. Remember, if you go in with too much force, you can actually cause harm to the plant.
- ⊖ Rinse yourself off, ground out, go back into your space and make a break.

The Second Plane is Composed of Organic Material Consisting of Vitamins

Vitamins are substances that are found in the foods we eat. Your body needs them to work properly, to grow and develop like you should. When it comes to vitamins, each one has a special role to play. They are necessary for growth, vitality, health, general well being, and for the prevention and cure of many health problems and diseases. Some people think vitamins can replace food, but they cant. Vitamins cannot be assimilated without ingesting food. That is why they should be taken with a meal. Vitamins regulate metabolism, help convert fat and carbohydrates into energy, and assist in forming bone and tissue.

If there is a lack of vitamins- There is a lack of love.

Organic material consists of a molecular structure that contains a carbon molecule. Minerals are non-organic and vitamins are organic; both are essential for life to occur. If vitamins are missing or the body is not absorbing them, our body can become out of balance with the Second Plane of Existence.

Chapter Fifteen

The First Plane of Existence

The power of this Plane is the “gathering” of non-organic material that is the basis to organic life..

The Black Ruby

When I was 29 years old I had heard of a rock and crystal peddler had come into town. He was selling his wares in a booth at the local mall. I have always loved the essence and vibration of rocks, minerals and crystals. In southeastern Idaho the metaphysical community is always on the lookout for good deals on crystals with high energy. So when I heard about this peddler I was curious to see what he had. I went into the mall on an adventure to find the perfect crystal. The rock peddler was a man I came to know as Chuck. Chuck was about 55 years old. He was part Native American and had long hair. As I was viewing what he had on his little cart, I spied a little crystal that was the shape of a pyramid. It hung on a silver chain and I immediately fell in love with it.

At that time in my life I was having a very difficult time making ends meet. I was going back to school and had very little to live on. In spite of this, I pulled fifteen dollars out of my pocket to buy the necklace.

He looked at me and said “You don’t want that necklace.” This perplexed and annoyed me a little. I said, “Yes I do.”

He replied, “No, you don’t. You want this one or perhaps this one.”

The necklaces that he indicated were much more intricate and better designed than the little crystal in the shape of the pyramid. Again I said “No that isn’t the one I want, I want this one” indicating the little crystal the shape of the pyramid.

I handed over my money and as I did he said "Well, if you buy this necklace, you have to have this as well." From under the edge of the cart he pulled out a black rock with shiny little facets on it. To me it was absolutely stunning. I fell in love with it immediately. I looked at him and asked him "How much is it?"

He said, "How much do you have?"

"I have eight dollars."

He looked at me and smiled and said, "Then for today, it's eight dollars" and handed me the stone.

From that moment my life began to change. From the moment I brought the stone home, I began to become much more psychically attuned to things that were around me. I must admit I was profoundly taken with the stone. It was almost as though it would talk to me. Each time that I held it, I found that I could focus my intuitive abilities more easily.

This piqued my curiosity to find out what the stone was. I asked many people what it was but no one could tell me. Finally, about a year and a half later I went to a rock and mineral show. I took the crystal with me and showed it to one of the vendors there. I asked them what it was and he instantly offered to buy it for \$80, but he would not tell me what it was. I declined his offer and took it to another vendor and asked that person what it was. He told me that it was a "Melanite Crystal," one of the families of andradite garnet minerals. I was unfamiliar with the term and I said, "Excuse me?"

The man said, "Darling, that is what some in the trade call a black ruby. I have never seen one that size in my life. They usually only occur in much smaller single square facets and are rarely clumped together like this. I don't know how much this particular specimen is worth, but if I were you I would hold on to it."

From that day forward, my little black ruby (garnet) is one of my special crystals. Upon experimentation I found that it was one of the very few stones I found that could hold energy under a pyramid. You see, most stones will become cold as ice under a pyramid. The only stones that I found that would hold their energy under a pyramid were rudilated quartz and my black ruby. I found that it had many mystical and magical secrets about it. The most important aspect of it was that it woke up my intuitive senses. It is one of my sweetest most precious friends out of all my crystals.

This was how I first became intimately acquainted with the First Plane of Existence and the power of crystals. In the years since that time I have searched for minerals and crystals that have special properties to them.

The First Plane of Existence consists of all non-organic material on this Earth, all the elements that make up this Earth in its raw form, and all the atoms on the Periodic Table before they start to bind to carbon bases. It is the minerals, the crystals, the soil, and the rocks. It consists of every piece of Earth, from the smallest crystal to the largest mountain, in non-organic form. Every minute of every day, we work with the First Plane of Existence.

From this Plane, we learn that non-organic life has life and a consciousness of its own. The mother herself is a giant energy field or a giant spirit. Every piece of earth, from the smallest crystal to the largest mountain, has its own peculiar spirit. Even though as humans we do not see these spirits move, they still have their own life force.

To have life, as science understands it, you need to have a carbon atom to make a carbon molecular structure. On the First Plane, there is an Existence of life that is beyond anything that we understand as carbon based. The First Plane is non organic material. This non-organic life is all around us. Mother earth cradles the rocks, and within the rocks are minerals. The minerals are composed of calcium, magnesium, and selenium which we need traces of to survive. In fact, you are composed of these very minerals along with water. This is the base of molecular structure. The First Plane is the realm of the minerals of the body. *If there is a lack of minerals on the First Plane of the person, then there is a lack of support and structure in the persons being.*

Each Plane represents physical and emotional aspects of what we are. If there is perfect balance, there is perfect health. The less the person is able to absorb minerals, the greater the imbalance with the First Plane of Existence and the higher the risk for developing mineral-deficient related diseases, such as arthritis and osteoporosis. If the body lacks minerals, there will be a lack of emotional support and structure in the person's life.

If we were not in constant concert with the First Plane we would turn into water because it is the minerals that, to a large part, compose our bones and tissues.

If you think that you are not already using the First Plane of Existence, remember that you are composed of the minerals of the First Plane. We need these non-organic mineral substances in our diet to charge and feed the physical body. These non-organic substances

are charged with electrical pulses that are called electrons in atomic-molecular structure. These electrons are part of a Sixth Plane Law.

Because you don't see the minerals broken down with the naked eye into their composite elements and only see them as solids, understand that they are still moving, only extremely slow.

All of the Planes of Existence have Laws connected to them from the Sixth Plane. Some of these Laws can be bent, but others cannot be. However, something is not made from nothing. In order to create, there must be energy in the form of heat, or enzymes.

The practitioner learns to psychically see the deficiencies of minerals in the body and can psychically produce different minerals in the body if Mastership is accomplished on this Plane.

With every act of every second of every day we partake of the First Plane.

The First Plane has its own peculiar consciousness. I am telling you that there is a consciousness in every thing that is. Just as you and I have one, so then do non-organic life forms.

Ancient peoples around the world have connected with the energies of crystals and minerals and give these powers names such as the *stone people*.

Ancient peoples were aware of the different attributes of crystals and minerals and how the characteristics of these substances could be used to enhance a person's abilities as well as permitting the person doorways to the powers of the other Planes of Existence.

An intuitive person learns to speak the hidden language of the minerals and crystals for the knowledge held in the timeless memories of the records stored in them. This is why an intuitive person is drawn to a particular stone or crystal. The stone is calling to them because the stone is appropriate for them in their life (or the stone needs the person) for a mystical or physical reason. Many doorways can be accessed to the other Planes using the energies of crystals and minerals as drivers to connect with spiritual places. One may use crystals for connecting to ancestral DNA memory in a equation with the Third Plane of Existence.

The First Plane is the Plane of the mastership of the *Alchemist* and the knowledge of transmutation of minerals from one form to another. Because telekinesis is moving non-organic matter, the power of telekinesis is learned with a equation of the Seventh and Sixth Plane. The ability to move objects or to bend spoons with the electromagnetic power of the mind is held on this Plane.

When a healer uses minerals they are using this Plane of Existence. There is a mineral for every sickness, for every Plane of Existence can be used for Healing. Healings using crystals are from this Plane of Existence. The use of crystals requires time and energy.

Crystals and Healing Stones

The First Plane of Existence teaches us how to connect with the rocks, gemstones, minerals, the actual air that we breathe and the Earth beneath us. Ultimately, the purpose is to foster a relationship of respect and honor for our planet Earth, which is a part of All That Is.

Did you know that modern science has identified that the hormones in the body are actually crystalline in structure? The way that they are released and sent through the body is almost identical to the growth of crystals.

It is interesting to note that it is thought that the existence of most gemstones where created before one specific time frame: that of 200 million years ago. Created by hydrothermal and magmatic cycles deep in the earth, many of the metaphysical stones that we know and treasure have undergone a long and magnificent journey before they become our friends in healing, jewelry and for centerpieces. Some people use stones for feng-shui and to transmute negative energy. Their incredible age, accompanied by their beauty gives us a connection to the quiescence, essence and mystery of the world we live in.

Most stones, semi precious or otherwise come with their own traditions. A true master of gemstones only uses them to enhance things and never gives the power of decision making over to the stones. Remember, you really need no help or tools in commanding a Healing; you simply need to go to the Creator of All That Is. You are learning about crystals so that you can communicate with those people who still think they need these tools. Its fun to know many things and how to work with each Plane of Existence, but don't get too caught up in this Brain Candy. The Creator is all you need.

The lesson of crystal healing is to teach you discernment. Crystals only enhance the energy of the bearer that wears and uses them, just as electrical equipment is enhanced by electricity. You must understand that stones actually work with the electricity of your own mind and body. As your energy-vibration changes you are drawn to different stones with different attributes. If you wear or carry rocks and crystals, you will find that they do have special qualities, endowed to them by the Creator. Learn the qualities of the rocks around you; they will aid you in connecting with the knowing that you are not separate from All That Is. The minerals, rocks and crystals are a significant part of All That Is. Every Plane of Existence should be respected for its ability to heal.

How to Take Care of Crystals

To care for crystals, wash them by sitting them in sunlight, moonlight, sea salt, or washing them in ocean water, stream water and even by toning them with tuning forks or bells. Remember that some crystals are delicate and should not be washed. The best and most accurate way is by going up to the Creator of All That Is and commanding them to be cleaned.

Healing Crystals

Stones have many purposes. Here is a list of stones and some of their purposes. Remember that not all books pertaining to crystals and their metaphysical attributes will agree with one another.

Agate: Grounding stones that bringing emotional, physical and mental balance. They help one overcome negativity, bitterness and inner anger. *Blue Lace Agate:* has a calming, peace affect and healing. *Moss Agate:* is said to refresh your soul and wake you up to the beauty around you. It lessens pain and boosts the lymph system and your immune system. *Fire Agate:* protection.

Amber: This not a crystal, but a petrified tree sap so it would be a fossil. It has the power to draw out disease, gets rid of stress and is an overall great healing stones for all of the internal organs. Amber also triggers past life memories, whether they are your own or genetic.

Amethyst: Increases clairvoyance, divine connection and brings common sense.

Aquamarine: Stimulates release and change, gives courage and helps intuition and clairvoyance.

Aventurine: Brings adventure into your life, helps create your dreams

Azurite: Increases your intuition amazingly, clears chakras. It was extremely valued by the ancients, even more than Lapis.

Bloodstone: The legend is that Christ bled on certain stones and those few stones are called Bloodstones. Gives courage, triggers them and wakes them up to their Christ Energy.

Carnelian: Gives courage, promotes positive life choices, dispels apathy, and motivates success in business and other activities.

Charoite: Connects us to our true divine purpose. Aids in coping with change as you move to a higher spiritual level. Transmutes negative energy into healing, converts disease into wellness, and brings powerful dreams.

Citrine: Brings prosperity and abundance.

Dioptase: Heals and comforts the heart and brings in forgiveness. Helps you live in the present moment.

Emerald: Converts negative energy into the positive and brings patience. A major heart center stone, Emerald brings protection and healing.

Fluorite: It is excellent for learning, has an emotionally stabilizing affect. It is good for infections.

Garnet: Brings prosperity, passion and inspires love. Garnet regenerates the body.

Hematite: Protection of the warrior, grounding. It is for the treatment of arthritis and high blood pressure.

Jade: Protection, healing, will absorb all negative energies and will shatter when it is full. It never has to be washed. It doesn't hold any ghost imprints.

Jaspar: *Madagascar Jaspar* is rare and beautiful. It is only found in one place in the world. All Jaspar has healing properties.

Kyanite: An amazing healing stone that never has to be washed. It takes pain away. It does not keep any negative energy, transmutes it instantly. Instills compassion, Lowers blood pressure.

Labradorite: Stone of mystics, converts negative energy into positive energy. Its always connects you to true magic.

Lapis Lazuli: Ancient stone used to send telepathic messages and to increase and wake up psychic abilities.

Larimar: Nurturing, brings clarity and constructive thought.

Malachite: Used for protection. It will shatter when you are in danger, for courage and the will.

Moldavite: Speeds up what you're already creating in your life. It is used for transformation. Avoid it if your world is already fast paced.

Moonstone: Brings your soul mate to you, encourages lucid dreaming, enhances psychic abilities, calms emotions.

Obsidian: Protection against negative thought forms and spells.

Onyx: *Black Onyx:* Protection against negative energies. Helps the wearer to dissolve an unwanted relationship.

Opal: It was once said that if you only wear an Opal you can wear and no other stone. This is a myth, made up by the diamond sellers, because Opals were becoming more popular than diamonds. Opal brings you to your true abilities. It is a water stone; it loves water. So wear your Opals with anything you like.

Petrified Wood: New beginnings and protection.

Pyrite: Male stone, wakes up your male attributes.

Quartz: Clarity, healing. *Smoky Quartz:* Protection from negative energy, grounding. *Rose Quartz:* For love and heart healing.

Rhodochrosite: It brings love, it teaches you to love your self and to nurture yourself.

Seraphinite: Sister of Charite, brings spiritual connection.

Sodalite: Starts you on your journey.

Tiger's Eye: Helps your ability to see the future. Integrates both sides of the brain, use to accomplish goals.

Topaz: Magnifies your intention, converts negative energy into positive energy. Yellow Topaz brings money.

Tourmaline: *Black Tourmaline:* Purifies the body. All Tourmaline enhances the energies of a quartz crystal. It's ten times stronger than quartz. It is a better conductor than quartz, and is used in telescopes, televisions and other electrical appliances. Ancients believed that it helped them receive clearer messages, helped to send thoughts and increased their psychic abilities. It brings inner peace.

Turquoise: Healing—only blue turquoise, takes pain out of arthritis. Green Turquoise is lacking copper.

Minerals-The Component of the First Plane

If there is a lack of minerals- There is a lack of support.

Minerals have two general functions -- building and regulating. Their building functions affect your bones, teeth, and all soft tissues. Their regulating functions include a wide variety of systems, such as the beating of your heart, the clotting of your blood, maintaining nerve responses, and transporting oxygen from your lungs to the tissues. Along with protein, carbohydrates, fats, water, and vitamins, you must have minerals to build a strong body and to carry on all its delicate life processes. As health conscious people we all know it is necessary to provide our bodies with proper vitamins and minerals but very few of us understand why. While vitamins and minerals are very different, the body must have both. One obvious difference is that vitamins contain carbon and are considered to be organic substances. Minerals are deficient in carbon and therefore are classified as inorganic substances.

Utilized by the body, vitamins and minerals participate in important roles. The body can continue to function without getting the recommended daily allowance of some vitamins; a mineral deficiency can have disastrous affects. For instance, in order to make the hemoglobin found in red blood cells, the body needs iron. In order to build strong teeth and bones, the body needs calcium. Calcium is also vital for the proper functioning of the kidneys, muscles and nerves. Without sufficient levels of Iodine, the thyroid gland cannot produce energy. Manganese, selenium and zinc are antioxidants and some of

their tasks include helping to heal wounds, helping the skeletal system develop properly, and shielding cell membranes.

There are two classes of minerals the body needs. These two classes are Major minerals and Trace Minerals. The difference between these two has to do with the amounts the body needs. It is necessary for the body to have a minimum of 100 milligrams per day to carry out the bodily functions connected with the Major minerals. In the class of trace minerals, less than 100 milligrams are required per day.

The Seven Major Minerals

- ⊖ Calcium
- ⊖ Phosphorus
- ⊖ Magnesium
- ⊖ Sodium
- ⊖ Potassium
- ⊖ Sulfur
- ⊖ Chloride

The Trace Minerals

- ⊖ Chromium
- ⊖ Copper
- ⊖ Fluoride
- ⊖ Iodine
- ⊖ Iron
- ⊖ Manganese
- ⊖ Molybdenum
- ⊖ Selenium
- ⊖ Zinc

Mineral Sources

We get our minerals from the foods we eat. How does this happen? Minerals make their way into our bodies by means of the foods that grow from the ground and the animals that live off the land. Fruits, vegetables, lean meats, poultry, dairy products, grains and legumes are some of the primary sources of the minerals our bodies need to thrive. Processed foods are low in minerals and people that do not have a proper diet often suffer from diseases that have been directly attributed to vitamin- and mineral-related deficiencies.

Because excessive amounts of some minerals inside the body can have a toxic effect, there is controversy that surrounds the subject of mineral supplementation. People should do their best to meet daily mineral requirements from food.

Of all the deficiencies I have encountered in clients, few are as prevalent as those having deficiencies in calcium and magnesium. Very few people that I have looked at actually have enough calcium in their bodies. I believe that mineral deficiency is a underlying cause of many modern illnesses. Due to the depletion of our soils, minerals are no longer as available to us as they once were. A suggestion for proper absorption of supplemental minerals is to take a *chelated* mineral. It is easier for chelated minerals to get into the blood stream and be absorbed through the walls of the cells. Absorption of non-chelated minerals is more difficult. Finding a chelated mineral is extremely important.

Chapter Sixteen

Healing With the Planes

Each of the Planes has a cure for every emotion or disease in the body.

On the First Plane, there is one chemical combination or one mineral combination to repair every disease. This combination of minerals has the same vibration to replace the Program that may contributing to the disease.

Correspondingly, there is one herb or vitamin, or possibly several herbs or vitamins that may heal every single disease on and from the Second Plane of Existence. We live in the Third Plane of proteins, which means there is one amino acid combination that will contribute to healing any sickness. This means that on the Fourth Plane of Existence there are the right carbohydrates to create healing energy for the body. and so on through the Planes. Shamans use the plants and spiritual ancestors to heal. The essences of these two Planes will usually make you promise to do certain things, *which will change your vibration.*

On the Fifth Plane of Existence your Heavenly Father and the angels can all heal your body. You may have to trade for the Healings, you may have to make changes for it, but in the process, they all clean up Belief Systems. Once connected to the Sixth Plane of Existence you will hear music and tones. This means that to heal from the Sixth Plane of Existence, we use vibrations to heal.

When it comes down to it, all of the Planes are about *light*; all about *vibration*. With the right mineral, there is the right vibration. The right plant, the right vibration. All of these physical things that you consume are the same vibration as the Belief Work that you do, and will heal the body. With every cure from every Plane of Existence it is possible that Belief Work will do the same thing. An herb that acts as a antibiotic has the right vibration to heal you from a bacterium. This means it also has the right vibration to heal you from the guilt Program that draws the bacteria. This is because every Plane

of Existence has the right answer. There is the right mineral, the right vitamin, the right protein, the right Program and the right Feeling.

In the following section of "The Structure of Life with the Planes," it is shown what there may be a lack of in the body. I told you that minerals are connected to support, and if you are missing support, you wouldn't be able to absorb your minerals. Your Beliefs can create the exact same energy as a vitamin. So what do you do if you have a client that really doesn't believe in Belief Work? Well, you won't because your clients are coming to you for the Belief Work.

I recommend that they are Downloaded with all the Programs from the Feeling Work in this book. Then it will be possible for them to let go of everything that doesn't serve them, easily and quickly. Now do we understand the Planes of Existence?

True Healing comes to everyone that finally learns what it feels like and what it is to have love. The Seventh Plane just "Is." The friction between fear and love exists on the Fifth plane and here on the Third. I believe that once there is no fear, once again it will be "It Just Is." But you can figure that out for yourself now that you understand how the Planes of Existence work.

All That Is

As a means of explaining the relation between the physical and metaphysical structure of life and how it pertains to the Planes of Existence, the following graph demonstrates what the cost would be if there is lack of certain key components in our physical body.

The Structure of Life of the Planes

Lack of:	Will Create:
⊖ 1 st Plane-Minerals	Lack of support
⊖ 2 nd Plane-Vitamins	Lack of love
⊖ 3 rd Plane-Proteins	Lack of nurturing
⊖ 4 th Plane-Carbohydrates	Lack of energy
⊖ 5 th Plane-Lipids	Lack of spiritual balance
⊖ 6 th Plane-Nucleic Acid	Lack of spiritual structure
⊖ 7 th Plane-ATP	Lack of spirit

The human body is made up of five different compounds. It is comprised of lipids, carbohydrates, proteins, ATP or energy, and nucleic acid, which is DNA. These five components are what make up a living organism. These components make you what you are, and are the staff of life that interconnect you to make you a Seventh Plane being.

Mitochondrion is the essence that we get from our mothers DNA. Mitochondrion holds ATP – the energy supplies for the cell. *The spirit is the ATP energy.* Low spiritual energies may mean that we have too many soul fragments in too many places and we need to replenish these spent energies.

The First Plane: If you have a lack of minerals in the body you will have lack of support on an emotional level and will be prone to diseases which have to do with a lack of support, such as some kinds of arthritis.

The Second Plane: If you have a lack of vitamins, you have a lack of love on some level. This is the emotion that will be created if you are lacking in vitamins. If you have a lack of love, you will not absorb your vitamins correctly.

Everything that you consume in the way of food gives you the knowledge of that food. All things that are consumed have their own intelligence. So if you consume food of a low intelligence, or a slave food such as wheat, you can take on the consciousness of that plant that for thousands of years has been a slave food. A balance can be met by using oats that has a different consciousness. Always remove the group consciousness that stigmatizes foods such as wheat. Always bless your food.

The Third Plane: If you have a lack of proteins you have a lack of nurturing.

The Fourth Plane: If you have a lack of carbohydrates, then there is a lack of energy.

The Fifth Plane: If you have a lack of lipids, you will be without balance in your system and your hormones will be off. Hormones keep your body balanced.

The Sixth Plane: If you have a lack of nucleonic acid, you will have a lack of structure.

The Seventh Plane

Adenosine triphosphate (ATP) is an important substance for the body's metabolism. When it is broken down, ATP releases large amounts of energy that can be utilized by cells and tissues to perform their functions. ATP is sometimes called a universal energy. If you have a lack of ATP, you will have a lack of spirit, because ATP is the energy that makes the cell function. This is the *pure energy* that is held on the mitochondria. The electrical pulses of the energy of ATP are the home of the spirit. The spirit is in the mitochondria, not in the DNA. The DNA is the computer program, the mitochondria the conscious electricity. When people die and energy is seen leaving the body, this is the mitochondrion beginning to leave the physical.

Thoughts are real things, they have essence; they can create anything in the Planes of Existence. We know this for a fact, because when we staged an Intuitive Anatomy Class in Hawaii, we had cleared enough issues from the students so that by the end of the three weeks, everyone was acid-alkaline balanced at 7.2 alkaline. Technically, you have to eat alkaline based food to keep your alkalinity at 7.2, and then nothing can make you sick. I know by experience when I have given straight alkaline foods to clients and they still stay acidic for months. They go through huge healing crisis's and other drama while their body alkalizes. Belief Work made my entire class alkaline in a short period of time and they were still eating chocolate cake. Your Beliefs can create the exact same energy as a vitamin, mineral or nutrient.

Do you know that you are supposed to be able to handle all of life's issues? Like a fine tuned machine, that's how you're designed. Do you know that if people take the amino acid or vitamin that they are missing for a period of a month they clear up many of their emotional and unconscious issues? Also, they may stabilize and they won't have to take the vitamins or amino acids anymore. Do you know that you're designed to survive raising teenagers? It's true!

Do you know that when a nursing mother kisses her baby that she intuitively makes the right nutrients for the baby's next feeding? As a baby, I was bottle fed. When my mother got pregnant with me, she was so sick that I missed nutrients in the womb. Her gallbladder was so bad, that when she had surgery, she had so much infection they were surprised she was alive. When they cut her open they found she was pregnant with me. The Doctors told her that she would never carry me, and that I would be aborted.

Do you know what my mother said to me recently? She said, “Look into my eyes Vianna, and bond with me; we never bonded when you were born because I never thought I would carry you.” It is sad that she carried these thoughts all those years. It was great to have an opportunity to clear those Beliefs.

The Equations of the Planes of Existence

Healers should always use more than one Plane of Existence at a time. This is called an equation. The healer plays an important role in this equation as the witness: Creator + Person to be Worked On + Witness = Result.

Any time that you use any Plane of Existence, you are using two or more Planes at once. Every Plane of Existence is working in our body every second of every day, in complete harmony to create life.

Every time you are using First Plane energy you are automatically using the Sixth Plane with it. The minerals from the First Plane can be interacted with the Law of electricity to make them even more potent for the person or for oneself.

Healing Modalities

All Healing modalities have their own special significance within the parameters of their place in the Planes of Existence. The modality of ThetaHealing is not in competition with any other healing modality, *especially modern medicine*. For instance, acupuncture uses the 6th, 3rd, 2nd, 1st Planes of Existence and it works wonders.

Everything that you have learned from every healing modality that you have ever learned about, from every religion that you have ever studied has brought you to this point in your life to say to yourself “I want to clear my issues fast,” and “I have the ability to do what I am here to do.” You earn experience with whatever modality you have ever studied.

Initiations of the Planes

Every time there was advancement or mastership of a Plane, one would make a giant mental shift - an ‘initiation.’ Because of the drama held on all of these Planes, the initiation could be traumatic. The true purposes of initiations are merely to reward someone for all of their efforts and their conscious actions, as well as to inspire them to progress further and to evolve. These advancements would often come as near death experiences.

In ThetaHealing, we have learned not to be bound to those Planes, to free our minds, and advance less traumatically.

When you go up to the Creator and you ask for a Healing *now*, or you go up and ask for a blessing for the earth, you open and train your mind-spirit to new possibilities and levels. With these new-found levels, the person will go through initiations for that Plane. Have you ever felt or heard a psychic voice tell you that you have been or gone through an initiation? How many of us have had near death experiences? A near death experience or death-door can be the healer's initiations into the growth process of evolverment. The "little death" as it is called, is the psychic doorway into another Plane of Existence.

The Attachment to Individual Planes

While I do my best to connect to the Seventh Plane while doing Healings, the person that I am in a Healing session with may be only receptive to the energy of a certain Plane. One way to tell if the person is held a hidden Belief System of the Fifth Plane is when you see the visualization of a high angel coming to assist in the Healing. By this visualization, it is indicated that the person has vows, commitments, or connections to the Fifth Plane of Existence. If the angel is assisting in the Healing and only the energy of the Fifth Plane is used, then the angel will only work on the person in layers, because that is all they are allowed to do.

Because we are so intertwined with all these other Planes, we sometimes keep commitments and obligations from them, and are not going up to the Creator first, which gives them the ability to flow with all the Planes at one time. We become so used to only using certain Planes that we become bound by the rules of some of those Planes. If you go up and ask the Creator All That Is to do something the energy will combine the Planes together and it works in a different equation. With the Belief Work, we are able to pass initiations smoothly without having to sacrifice or die for attainment. *In fact, the Belief Work is the initiation.*

As the old soul experiences instinctual elements of power from collective consciousness, a past life or ancestral memories, the old soul has an intimate knowledge of the usage of a particular Plane of Existence and has brought with them the power to this space and time.

Let us say that the person's spirit knows the secrets of the Fourth Plane, and the power of shamanistic energy from it. Along with that shamanic energy, the person learned certain limitations put in place either by their own Beliefs; by the Beliefs of the spiritual energies employed by the adept who taught them, or even by the consciousness of the human condition at that time. This is not to say that shamanism is or was un-evolved, or that the consciousness of certain individuals was so, only to state that perhaps the person's abilities in that place and time were regulated by the dictates of that particular Plane of Existence and the limitations of the collective consciousness the person tapped into at that time. The person learned these past limitations well, perhaps *too* well, and has brought these rules and regulations into the present space and time, as well as the Belief Systems that *there are limitations*. The person is thereby affected by these talents and blocks in this place and time. In another instance, the healer may be in a room with a person whose neck is hurting, when all of a sudden the healer's neck hurts and the other person's pain is gone. This is shamanic and happens because of the obligations, vows and commitments that the healer still carries into this life from the last.

In another explanation as to how the Planes of Existence affect us in this reality, we observe an individual who has had an experience in a past life as a person or as a spiritual being who had knowledge of the powers of the Fifth Plane of Existence. In that time and place the person or spirit knew a great many ways to heal, had great powers of the physical, mental, emotional, and spiritual aspects, had great respect, and had the understanding as well as the *experience* of that Plane of Existence. But in this place and time the person has transmigrated to a new body with new challenges. They have forgotten some of their former talents, been stripped of some of their old power, and the respect that they once had from others is no more.

This person is constantly attempting to recapture the remembered elements of power in this place and time, only to find disappointment in the fact that some of these elements of power must be re-created through initiations in the present. They are constantly reminded of the limitations of the human body and faced with the collective Belief Systems of other inhabitants of this Existence. For an old soul, this is one of the initiations facing them: the initiation of the reconstruction of the elements of power in this life, and to not constantly pine for the past one.

For the old soul to integrate with the Third Plane of Existence, they must first not sabotage themselves in attempts to “check out” of their present situation. They must learn to accept and enjoy the Third Plane, even as they train themselves to pull back the elements of power from the other Planes, as well as develop new abilities for this place and time.

The First Guide

For an understanding of the way that the Planes of Existence pertain to Healing, we give you the following explanation: A person comes to you for a Healing. The Healing is done, and the person might heal for a space of time to only recreate the challenge because of Belief Systems held on or from the different Planes. The healer must then explore the inter-connective Belief Systems of the client, to track down the Beliefs causing the blocks. Test the person for Programs or Belief Systems that may be from or held on the different Planes.

If after a psychic experience you are left unsettled by the answer or result, one should connect with the Creator to be sure that you have connected with pure truth. We should always first go up and connect to the Creator, then go to the specific Plane of Existence that we have chosen to use whatever power is on that Plane. Each Plane has its own set of Belief Systems set in place and created by the Free Will of the physical and meta-physical inhabitants of that Plane. The Planes *One* through *Six* are governed by the Law of Cause and Effect. The way to circumvent this Law is through the knowledge and energy of the Seventh Plane that will give you the highest and best answer for the situation and will elevate you beyond the limitations of this Law. In this way, the practitioner is on a quest towards walking in harmony with all the Planes of Existence to attain Mastership.

Sending out

If you want to use the energy of All That Is you must have the correct consciousness to get there. I suggest making the statement of “The Creator of All That Is”. This statement, created as a living thought form, with the unequivocal knowing that it is sent out of our space to the Seventh Plane, will get you to the correct energy. The key is to use the Creator of All That Is *first* in order to clearly perceive the interpretation of the consciousness and the super-consciousness of all the other Planes of Existence. With this act, we are connecting to our birth right in order to once again return to our mother and father on the Fifth Plane.

Bringing In

When some people use energy healing, they go up above their space and command the energy to come through their body and out through their hands to do a Healing. Even though this energy comes from the Seventh Plane, it goes all the way through their body, then into the person being healed. It is possible that, since the healer is only semi divine, the All That Is Energy that is coming in is changed with the human beliefs of interpretation of that energy. It still comes out as healing energy, but it has been filtered through the Third Plane Beliefs of the healer. When you practice any energy work and direct the energy through yourself, then into the client, your Belief Systems can change the pure energy coming in. Because of this the Healing may not work as well.

To Recreate

Prior to teaching a seminar in Seattle, I tripped over my dog's food bowl and took a nasty fall. When Guy brought me into the house, I realized that my knee was dislocated. My first thought was, "I have to do a seminar! This is NOT going to happen." So I went up and said, "No, this isn't here. This did not happen. Go back to the way you were!" My knee went back instantly. That's when I noticed that I had broken my finger. It was pretty obvious; it was bent in half. I put my hand over it because I didn't want to see it. I commanded it to heal. I was out of pain, and I was healed. That is a Seventh Plane energy. Deny that the situation is happening and recreate a new one in your life.

When I suggest you to go to the Seventh Plane, I advise you to witness the dis-creation the illness. This means that you must recreate the reality that there is no illness. Tell the body that it is denied and there is a new scenario. In order for you to do this, you have to clear up limiting Beliefs that tell you that you can't create in this way.

Chapter Seventeen

Free-Floating Memories

The exercises in the following chapters are a few of the processes that are taught in the Advanced ThetaHealing Class.

Free-Floating Memories

The exercise for free floating memories was inspired by a woman that called to me with her concerns about seizures she was having. She wanted to have a baby and could not get pregnant because the seizure medication she was using would cause birth defects. When I was giving her a Reading, I asked the Creator what could be done to stop her seizures. I was given one direct answer;

“Vianna, pull all of her free floating memories.”

I understood a little about free floating memories from some things my ex-husband had taught me years ago. Free floating memories are recordings in our brain that can be imprinted from events, traumatic or otherwise, while we are unconscious. If the mind is *conscious*, it knows how to properly process events. When the mind is *unconscious* it may not process these imprinting's and can become a free floating memory. These memories can replay themselves in the brain causing dysfunctional behavior.

I did as the Creator instructed me. I witnessed all the free floating memories that were not for her highest and best released from her brain.

Her husband called me the next day, telling me that she had experienced another seizure. I worked with her again and I witnessed the same process. This time her seizures stopped for good. Apparently, a situation in the past while she was unconscious had caused her to begin having seizures. Every time she smelled, heard or experienced something that was similar to the original situation while she was unconscious, a seizure was triggered. After her sessions with me, the doctors were able to take her off from her

seizure medication and she had a child the next year. She came into one of my seminars while I was in California and showed me her little baby.

It is possible that many of us have free-floating memories from events while unconscious that could be hindering us from developing to our full potential.

This is how a free-floating memory works: your brain is always conscious. Even though you are asleep it is still consciously keeping time of the hours, minutes and seconds. You are still aware of everything that is happening in your life. Do you know that when you are unconscious, the conscious is no longer counting the hours and minutes? Some memories that come into the brain in this unconscious state float around the brain. I believe that many people have free floating memories. Anytime that you are unconscious you still hear what is going on around you. Think of all the people that have had surgery, or those that have been knocked unconscious. All the words that are said in surgery are recorded in their brain. This can become dramatic if you are having surgery on a cancerous tumor or even on non-cancerous tumor when the doctor says something like, "I think it's cancerous." I use the Free Floating Memory Exercise, the Baby in the Womb exercise and Heal the Broken Soul Exercise whenever I am working with someone that is terminally ill. I have found that these exercises should be used more than once. The brain will release as many free floating memories as it possibly can at one-time. If the person has had many surgeries this exercise may need to be done more than once to release all the Programs that are floating in the brain. This process is beneficial to those that have been sick for a period of time, those that have had operations, or those that have heard the doctor say that they are terminally ill; particularly if they have heard negative things or experienced negative trauma in these situations while unconscious. The release of these free floating memories permits the mind to create a new scenario of belief in health.

Free-Floating Memories

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

To release a free-floating memory using ThetaHealing, follow this following process.

Exercise: Pull All Free-Floating Memories

- ⊖ Center yourself.
- ⊖ Begin by sending your consciousness down into the center of Mother Earth, into All That Is.
- ⊖ Bring the energy up through your feet, into your body and bring the energy up through all the chakras.
- ⊖ Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Gather Unconditional Love, make the command: *Creator of All That Is, it is commanded that any free-floating memory that is no longer needed, which no longer serves this person, be pulled, canceled, and sent to Creator's light, in the highest and best way, and to be replaced with Creator's love. Thank you. It is done. It is done. It is done."*
- ⊖ Move your consciousness over to the head of the client and witness the Healing taking place. Watch as the old memories are sent to God's light, and the new energy from the Creator replaces the old.
- ⊖ When you are finished, connect back to the energy of energy of All That Is, take a deep breath in and make a break if you so choose.

Chapter Eighteen

Send Love to Baby in the Womb

Fetal Memory

Evidence compiled from fetal learning paradigms of classical conditioning, habituation and exposure learning reveal that the fetus does have a memory. Possible functions discussed are: practice, recognition of and attachment to the mother, promotion of breastfeeding, and language acquisition. It is concluded that the fetus does possess a memory but that more attention to the functions of fetal memory will guide future studies of fetal memories abilities. There are a number of possible reasons why the fetus should have a functioning memory, not perhaps of the complexity of the adult or even infant, but sufficient to ease its progress in its new world after birth. Further studies are required to examine whether these proposed functions, or indeed others, do actually exist. They may also serve to direct future research into fetal memory, the existence of which, in some form, is no longer in doubt. *Fetal Behavior Research Centre, School of Psychology, The Queen's University of Belfast, Belfast, Northern Ireland, UK*

Conception

How were you conceived? Were you wanted or not wanted? Some of you may have been born when people weren't using contraceptives as they are now. Was your mother happy when you were born or was she overwhelmed? What was the reception?

It was the custom of the ancient Hawaiians to never say a bad word around a woman who was pregnant. It was considered wrong to fight and if you got in an argument with your spouse when the woman was pregnant, there would be punishment later after the birth. Before the Christians settled in the islands they believed that the baby needed to have the best chance of survival possible and it had to be born and raised with good energy and good vibrations.

What were your parents talking about when *you* were born? Was there excitement and welcome energy or did they fight? Did they love that you were coming? When you arrived was it warm, were you taken away from your mother, did you breast-feed? All these memories are kept inside your body. Every word that is said is absorbed. What words made you feel inadequate, not worthy, guilty, wonderful, and proud of yourself?

From the moment of conception, you are aware of everything around you. The feelings, emotions and beliefs of the mother are often brought to the baby in the womb. Traumatic thoughts, feelings of not being wanted, of being overwhelmed and other stresses can be felt by the baby and affect its Noradrenalin and Serotonin levels. Alcohol and use of drugs also affect the fetus' mental health and physical development. Some babies start out as twins. Nature may only allow about one third of twins that are conceived to be born. This sometimes causes an absolute loneliness in the remaining twin. Attempted abortions can also affect an individual.

Baby in the Womb Exercise

This is the exercise I use on children and adults with fetal alcohol syndrome, people with depression and other energies that can possibly effect the baby in the womb. I also use this exercise to heal the loneliness of a lost twin. Many children start out as twins, at least 30% of them. One of the twins is absorbed or dies and the child that is remaining feels lonely. This loneliness can follow a person throughout their life. If you do the 'baby in the womb exercise' with the person it takes care of this kind of loneliness. It sends the energy of this other child to the light and release the sadness. This exercise seems to help with the psychological effects of people that have epilepsy, asthma and other things that are related to the formation of the fetus in the womb. It may help people with fetal alcohol syndrome, different forms of depression, and helps people's relationships with one another. When you use this process it will help not only *you* but those that you are genetically related to. This is one of the few exercises that you can do without the verbal acceptance of a family member. This is because those that you are genetically connected to, will either unconsciously accept or deny the Healing that is being sent to them. Most of the parents, brothers and sisters accept the Healing that comes from this exercise. This exercise did amazing things to the relationship I have with my mother. It has helped father's, mothers and their children come together after many years of arguments and dissension. I suggest you use this exercise on your clients and upon yourself.

The “Send Love to Baby in the Womb” exercise is an amazing healing process. You can do this exercise on yourself, or on your children and parents. As a man or a woman, you have the right to give love to your child when they were in the womb. You may also practice this exercise for your own parents, of course, realizing that they have Free Agency as to whether they accept it or not. *With clients, you must have their verbal consent to do this exercise.* I believe this exercise may affect many diseases, such as Fetal Alcohol Syndrome, Bi-Polar Disorder, Attention Deficit Disorder, Autism and Compulsive Disorder and may simply eliminate these diseases.

After “Sending Love to the Baby in the Womb,” you will still understand negative emotions. Doing this exercise will re-Program the subconscious from coming from a place of true love. Do not get caught up in the drama of feelings in this exercise, *stay focused.*

Exercise: Send Love to Baby in the Womb

- ⊖ Center yourself.
- ⊖ Begin by sending your consciousness down into the center of Mother Earth, into the energy of All That Is.
- ⊖ Bring the energy up through your feet, into your body and bring the energy up through all the chakras.
- ⊖ Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Gather Unconditional Love, make the command to the Creator of All That Is: Creator of All That Is, it is commanded that love be sent to this person as a baby in the womb. Thank you. It is done. It is done. It is done.”
- ⊖ Now go up and witness the Creator’s Unconditional Love surrounding the baby, whether it is you, your own child or your parents. Witness as love fills the womb, and watch the love envelope the fetus and all poisons, toxins, negative emotions are simply eliminated. Surrounding the person with love from the beginning, through their whole life and beyond.
- ⊖ When you are finished, connect back to the energy of energy of All That Is, take a deep breath in and make a break if you so choose.

Chapter Nineteen

The Broken Soul

Much of the information that I am given comes in when I am doing classes. The Broken Soul came in when I was teaching the first Intuitive Anatomy Class in Australia. One of my students in the class was completely devastated from the loss of her daughter. She was so overwhelmed that she could not recover from it. She was so sad and despondent in class and no matter how much Belief Work I did with this woman, she kept repeatedly saying these pitiful words, "I am broken."

That night I asked the Creator how I could help her and I heard,

"Vianna, heal her broken soul." She has a "broken soul" from all the sadness from her life.

I asked the Creator if I had a broken soul and I heard *"Absolutely."*

I said, "But I've been pulling back my soul fragments all this time! I can't possibly have a broken soul."

Then I was shown in my minds eye what I could only describe as a crack in the bubble of energy that comprised my soul. I asked The Creator to heal my broken soul and I witnessed as the cracks healed and my soul begin to be reborn. I saw old hurts that I had never released, all the old sorrows and pain that I was just too busy to grieve about being healed. I was surprised at what cleared. I was sure that it would be abuse that cleared, but apparently, I had already dealt with that. What came up was completely unexpected, as I will explain in this story.

When the children's father and I first began to break up, I began to search for a place that my children and I could live. This was because the children's father had become depressed and had just given up. During this time, I got into an auto accident. I had a collision with another car that knocked me into someone's front yard. I used their telephone to call my husband to come and get me. I told him that I had wrecked the car.

He told me that he would come to get me once the football game was over. There I was, hurt, scared and vulnerable and he told me that he would finish watching his football game first! At that moment, I realized that I was not going to be able to raise my children in a normal situation with this person, and it was *over*. It was the pain from this incident that cleared when the Creator healed my broken soul.

The next morning I felt very different. That day I did the same work with the woman. I witnessed the Creator heal her broken soul and she felt much better. This is where the process comes from.

Soon after this process was shown to me, I went to do one of the early Advanced Classes in Seattle, Washington. There were some of my Intuitive Anatomy students attending and I did the broken soul work with them. They all did very well except for one person that had a hard time with it. It was during the process that she became resistant and would not permit the procedure to be finished, leaving herself *uncompleted* so to speak. It seems that because it took a little time for her soul to come back together she decided to go up out of her space and cancel the process. This left her unfinished on almost every level and she began to act very unstable. She became unbalanced that night and caused quite a drama with her fellow Intuitive Anatomy graduates. As time went on, she became more composed, thanks to the support of her fellow classmates. Any time that you are going to heal the broken soul with another person it is best to be sure that the person is mentally stable.

When she was in my classes before this time, she had been a bit of a challenge prior to that incident. I suspect that she had some competition issues with me, and there have been few times that I have felt such anger and jealousy from any single student. I kept hoping she would get over her feelings towards me. However, to this day I do not think she has and sad to say, I do not think she has gotten over her aversion to the broken soul exercise. This is why it is important for the practitioner to witness the process finished, and the client must permit them to do so. After this fiasco, I was a little leery about teaching the technique. Nevertheless, when the next Advanced DNA Class in Idaho Falls came up God said "You are going to teach them how to heal their broken souls today."

God told me what to do, and more details on how to “Heal the Broken Soul.”

- ⊖ Vianna, you are not putting together multiple personality disorders.
- ⊖ You are not Healing their broken brain, but rather you are Healing parts of their soul.
- ⊖ You never leave until the process is finished. You stay there and witness it until it is done.
- ⊖ You must witness the process until the spinning ball that represents their soul spins clockwise. If you leave them with the energy going counter-clockwise it will bring up all their old issues from the past and they will have to deal with them before they will allow their soul to heal. This will leave them in a dilemma for a couple of days. If you finish it completely, they will be fine.
- ⊖ With any intuitive process, fear should never enter into the quotient. Some of the people that were a little afraid of the process decorated to much, instead of witnessing the Creator do the work and this made them go through trauma. Because of their interference in the work, what could have been done in 30 seconds, took them three days to finish.

The Law of Truth told me that when someone dies, the soul goes to the Creator, and through the Creator the soul is repaired. The Law of Truth gave me this alternative. (Truth always gives us alternatives.)

“Vianna, heal the soul and the rest will follow.”

I asked; “If this is true then why did you teach me to heal the body before the soul?”

I heard; “Vianna, you where taught according to your needs. First you where taught how to heal the body, then to heal the mind before you learned to heal the soul. This is because you were not ready. This is what your mind could accept at the time and you had to be clear about one thing at a time.”

This was how I was taught-- according to my needs. I learned to first to heal the physical body while in deep theta brain wave. I realized that the mind could interfere with the Healing so I was given the Belief Work. Then I was taught that the soul might need to be Healed as well.

I began to notice a pattern in many of my clients with cancer. You could fill them to the brim with all kinds of energy, but they just couldn't hold it. The Healings would just *disappear* into them. Now I know that this was because their soul was broken. The soul can be broken by strange and harsh events in this life, but it can always be recreated. In actuality our soul is impervious and will eventually repair itself. When someone's feelings are irreparably hurt or if they do not have proper time to grieve, a fracture can form in the energy of the soul.

I suggest that you work with the person on their Belief Systems first so they will allow you to heal their soul. Then they'll trust you. Trust is very important in any Healing.

Heal the Broken Soul

As sparks of the Creator, we have our own incredible energy. We are like a mini self contained nuclear fusion reactor that emits an energy field.

The soul is magnificent! As part of the Creator, we are perfect in our own way. Just as we have a human body that can be broken, we sometimes accumulate emotional issues to the extent that cracks begin to form in the energy field of the soul. Some people would rather die to heal their soul because it has become so broken. This process can help with people that make the choice to leave this life.

Sometimes life can become so intense in this illusion of reality that we become overwhelmed with the harshness of this Existence and all the terrible things that have happened to us. Because of this despondency, a person will feel empty inside to the very core of their being. Since our souls are divine sparks of the "Creator of All That Is", the harshness of this world can be just too much. This is the *grief that is beyond grief*. Energy Testing will not accurately tell you if a person has a broken soul. You must view all that the person is to perceive if they have a broken soul. All of this is shown through the person's eyes, the Windows to the Soul.

Extreme physical and emotional illnesses can break the spirit causing damage to the soul. A spirit is different than a soul. The *spirit* is inside your body. The *soul* is everything you are. When someone says, "I'm so broken" this is an indication that you need to heal the broken soul.

People don't realize that our soul is more divine and expansive than our bodies. Our souls are giant, vast and part of the divine. For every lifetime there is a cord attached to our soul. This "cord" is connected to all the Planes of Existence. I believe that we are part of all the Planes of Existence at once. This means that we could actually be in more than one place at one time. Our souls are so expansive that we could be in more than one place dimensionally and in more than one place in time.

Our spiritual essence is like a huge ball of beautiful magnificence that is in one way frail and in another way stronger than people realize. The human soul is glorious. It is part of the Creator of All That Is and is a thing of perfection. But in the same way that a human body can be broken, emotional pain can cause cracks in the energy field of the soul.

If our energy becomes too fractured, we will die in order to make the repairs to our soul. In the greater awareness, this is a small matter and an accepted mode of repair to the soul. To the soul, death is not a big deal. The old way to heal the soul is to leave this place. We have this truly unusual concept of death. We always act like it's the end. But really, it's not the end, it's just another step.

When you are working with someone, you should first ask the "Creator of All That Is" if their "soul has been broken." I have people come to me that are so sick, hurt and devastated by life. I do my best to give them energy to live or hold a healing, but sometimes it just spills right out of them. However, if you heal their soul, then they can have the strength to make their illness disappear.

Once the broken soul is healed you are going to have energy that you haven't had for a while. You are going to put energy back into the mitochondria and infuse ATP back into the cells. When the soul is repaired it will be possible to find and heal Programs and physical ailments that were difficult to see before.

Do not use Energy Testing to find out if they have had this happen to them, as it will not be accurate on this particular challenge. To see a broken soul, go into the person's space, and you will visualize a ball of energy that has cracks and or tears in it. This ball represents the soul. You should also ask the "Creator of All That Is" what to do for the person spiritually, as the healing criteria will not be the same from one person to the next. One truth is apparent, a broken soul cannot be repaired but must be *recreated*.

When the “Creator of All That Is” recreates the broken soul the individual will become stronger from the experience. As the phoenix rises from the ashes of death, so there is rebirth; through rebirth, there is creation.

Here’s how you do it. First I want you to look into each other’s eyes because the eyes are the windows to the soul. You have taken these eyes with you in every lifetime. This means that even in the spirit world your eyes were the same.

Exercise: Repair the Broken Soul

- ⊖ Center yourself.
- ⊖ Begin by sending your consciousness down into the center of Mother Earth, into All That Is.
- ⊖ Bring the energy up through your feet, into your body and bring the energy up through all the chakras.
- ⊖ Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Gather Unconditional Love, make the command: Creator of All That Is, it is commanded that this person’s (name the person) broken soul be healed and made whole once again, at this time. Thank you! It is done. It is done. It is done.”
- ⊖ Move your conscious into his/her crown chakra into the person’s space and go up and witness. You may visualize a ball of light, or an orb, with cracks or tears in it. Watch as the Creator causes the ball to begin to spin counter clockwise, then slow down to a full stop. Then watch as the sphere begins to spin clockwise, and the cracks and tears become whole. Occasionally, you may just be out in the Universe, but wait until the ball appears. Never question what you witness, that’s not your job. Your job is just to witness. Some people may take longer than others. If the person you’re working on appears despondent, go back and ask the Creator if this person is finished. Avoid canceling the technique in the middle. As with all healing, always wait until the Healing is finished and ask, “Creator, is it finished?” Then, wait for the answer.
- ⊖ When you are finished, connect back to the energy of energy of All That Is, take a deep breath in and make a break if you so choose.

The first thing that you may witness is the soul will start to turn clockwise, then counter clockwise. It may open up like a lotus flower and it may add soul fragments that have been lost. You may see spiritual energies of drug addictions flying off from it and there may be archetypal symbols. If you see energies flying back into the sphere from the outside, these are likely to be soul fragments. When we pull back our soul fragments additional energy is added to the soul.

As the soul is Healing the energy will turn to the physical body of the person. The energy will come down into the heart chakra, it will spin around, and then you will see the energy turn into a giant sphere of light. Until you see it turn clockwise again, you are not done. If you leave the process without witnessing the sphere turn clockwise they will be processing emotions for weeks, months, days, or even hours. Sometimes the process takes a considerable time. The longest one that I have witnessed took 15 minutes.

Where is the Soul in connection to the Creator of All That Is? It is like the Axis Mundi, the World Tree. The Creator is the whole tree, the earth and everything else. The big branch is the soul, the little branch the higher self, and the leaf is the body.

Chapter Twenty

The Heart Song

In July of 2006, I began to feel extremely fatigued. Thinking that it was my lungs that was the problem, I began to do Healings on them. While in the process of one of these Healings the voice of the Creator came into my head and asked “What are you doing?”

I replied; “I am working on my lungs.”

The Creator said to me, “It’s not your lungs...You have congestive heart failure.”

In utter despair I cried to the Creator; “That’s impossible! I am too young.”

To confirm that this is what I had, I made an appointment with the doctor. When I went into the doctor and went thorough some tests, the doctor said “You have congestive heart failure...I am so sorry.” This confirmed what I had already been told.

I asked the doctor “What am I supposed to do about it? How is it healed?”

The doctor told me “You are going to try this medicine and see if it works. Since you are young and I am going to put your name on a donor list for heart transplant.”

It was in this moment of desolation that I cried to myself “Not again! Once again, the doctor is telling me that I am going to die. I went into the “poor me,” abyss. What really upset me about the whole situation was because I thought I had done all this Belief Work and now I have to do more. So I started taking the medicine, thinking “Well, I’ve promised to go and do to next the seminar. I must keep my promise.”

About two weeks before I left for Rome, I had some guests over to my house that where professional musicians from New York that where taking my Intuitive Anatomy Class, one of which who played a magnificent viola. They had come to visit, have dinner and play some music. The sound that came from this violin was full of melancholy and

pulled at your heartstrings. Then the other musician asked me to help him to compose some music with him. They told me to sing the music I had in my heart. I went up and connected to the Seventh Plane and began to sing in a mournful tone, feeling a strange emotion coming from my heart. As I felt these energies being lifted from me through the tone I was singing, I suddenly saw all the reasons for my unhappiness and the reasons for my sickness. I realized that I was holding old sorrows in the molecule of my heart. I had always worked on my Beliefs without thinking of setting my heart free from these ancient pains it was holding onto. This is why I continued to feel a sort of unmovable sufferance in my heart. I closed my eyes and let all this sadness come out in a tone that came from my heart. I continued to hold this tone until I was out of breath and then I would start over again.

When I was finished and the music stopped, I opened my eyes and I saw the people in the room were crying at the sound of my voice. At this moment, I realised that I had found a way for others to melt the pain and the suffering in their hearts.

If you release your anguish, you will not feel as though you cannot make a difference in this world. When we were born onto this planet, we absorbed some of its vibrations of sorrow, particular those of us that are intuitive. Many healers know that there is always something lying in their hearts, a sad, melancholy feeling. When we go to the Seventh Plane and listen to the melody in our hearts, we immediately feel lifted up because we manage to melt the pain of the generations that preceded us. I found that the best way to let the sadness go away is using a low tone, almost a murmuring. Shouting would not have the same effect.

What I didn't know at the time was that this process had healed my heart. I now use this process in my advanced classes to clear people of their sorrow for disease and emotion.

The Tone from the Heart-The Heart Song

This process is to release sorrow and anger from all levels through a tone from the heart.

One of the most divine attributes that we possess as humans is the spoken word, that is expressed in the aspect of song. This exercise is designed to release sorrow and anger from the past and the present with a tone that comes from the heart, released in a continuous song in a tone re-created by the voice. Each organ has its own song that it sings and we can release negative influences from each by singing the sad song using our

voice. To do this you must go up out of your space and make the command that sorrow is released from your heart. Only the voice of the client is able to release the sorrow and pain in the heart. The practitioner cannot release it for them and can only assist the client by encouraging them to create the tone.

This process is directly connected to the collective consciousness of mankind. When this process is done we release the suffering of all of mankind on a universal level. Many of the people that do this exercise will connect to the universal tone that releases anger, hatred and sorrow on a universal world level.

There are three molecules that are held in the body that go with the soul everywhere it goes. One in the pineal that releases emotions and physical Programs, one that is in the heart that releases old sorrow and anger, and one that is in the base of the spine. This process activates the molecule in the heart.

- ⊖ The practitioner should guide the client through the process in the following way.
- ⊖ Center yourself in your heart and visualize going down into the Mother Earth, All That Is.
- ⊖ Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.
- ⊖ 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.
- ⊖ Make the command; "Creator of All That Is, I command sorrow is released from the song of the heart through a tone from my voice. Thank you. It is done. It is done. It is done."
- ⊖ Imagine going to the Law of music and asking for the tone that will release the sorrow and anger from the heart. Imagine that you are going down deep into your heart. Listen to the sad song your heart sings. Let the tone come out in your voice. As you listen to the sound that the heart sings, listen to all the resentments the frustrations with war, famine, hatred and anger that are locked in the heart. Let the sound that is locked in the heart come out of your mouth in the tone that is released.
- ⊖ When you are finished, connect back to the energy of energy of All That Is, take a deep breath in and make a break if you so choose.
- ⊖ The practitioner should encourage the client to let the tone come out of their mouth and to continue until all the negative aspects are released from the heart.
- ⊖ The way to tell that the process has finished is that the client feels finished. They will feel as though they have released all the built up sorrow and anger from the heart.

- ⊖ This process may be done more than once if the Client needs to release in layers from the heart. The client may not completely trust releasing all the stored sorrow with another person. They can use the process when they are alone.
- ⊖ The song that the person sings from the heart is not loud, but is a steady neutral tone.

Heart Song Session in Class With a Man

Vianna to Man: "Go up and connect to the Creator and then come down to your heart. I want you to listen to its music, which is only lightly audible under the heartbeat. I want you to sing the melody you hear."

The man begins to sing in a melancholy tone.

Vianna: "You are setting this old energy free. How do you feel?"

Man: "It feels like something's opening up."

Vianna: "I'll teach you what it feels like to know that you are safe and you can make a difference. These concepts are connected to your heart. Do you accept these Feelings?"

Man: "Yes."

Man: (Continues to sing in a tone for fifteen minutes until he is finished.)

Vianna: "Okay, I think you are done. How do you feel now?"

Man: "I feel revived!"

Vianna: "Are you exaggerating?"

Man: "No, I am speaking from my heart!"

Vianna: "How do you feel from an energetic point of view?"

Man: "I feel I'm alive."

Vianna to Class: "As you are doing this, touch the person's heart with your hand. How long have you felt this way in your heart?"

Man: "I've always felt this sorrow, but now I feel free. It has been hard all this time, holding this sorrow. I've worked fifteen minutes on it with you and I never knew such weird sounds could come out of my mouth. Somehow, I recognized them and I saw my past lives from beyond the universe."

Vianna to Class: "We are all different and the exercise can last either two or ten minutes, depending on the person. The first thing you should do with a client using this technique is to be patient and help the person maintain the tone until they are completely finished. Then you can teach the feeling that they are safe and have a place in this world."

"If the tone that you hear the person singing is a happy tune, tell him to dig more deeply into their heart. My mother tried to do it, but the music that came out made her feel too sad and she decided not to do the exercise anymore."

"My younger daughter tried it and the only thing that she could sing was happy music. I think it reflected what was actually in her heart."

Downloads for the Heart Song

Everything I have experienced matters.

This time I know how to wake people up to their potential.

Chapter Twenty One

Clearing and Belief Work on Non-Organic Material

The Home

Take a good look at your home to see if you need to do Belief Work on it. If the house is old and has a lot of history in it, it can have residual energy from the people that have lived in it. Pull any curses that you find on the house, or send any way-wards to the light. Your home needs to resonate with soul and energy. Teach your house what it feels like to have joy and compassion and the home will heal the people who live and come into it. If you are not comfortable in your home make it so. Send any memories that have sorrow or sadness to Gods light.

Use fountains and decorate with mirrors since your home is a reflection of you. Get rid of all possessions that you don't like, including clothes. Decorate your world the way you want it to be. Since inorganic material collects thoughts and feelings, Download it with those that you want it to have.

Clearing and Belief Work on Non-Organic Material

Objects can hold memories, emotions and feelings, ghost imprints of everything that has gone on around them, as well as, inside of them. For this reason you can actually teach your house what it feels like to be a home. With Belief Work, you can pull curses off of a piece of land. You can return soul fragments to a piece of land, just like you would with a person.

This exercise is to Download objects with Beliefs and Feelings that will reflect back to you the environment you wish to create.

Exercise: Clearing and Belief Work on Non-Organic Material

Variations of this exercise can be used with any objects.

- ⊖ Center yourself.
- ⊖ Begin by sending your consciousness down into the center of Mother Earth, into All That Is.
- ⊖ Bring the energy up through your feet, into your body and bring the energy up through all the chakras.
- ⊖ Go up through your crown chakra, raise and project your consciousness out past the stars, to the Universe.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearl, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Gather Unconditional Love, make the command to the "Creator of All That Is": ""Creator of All That Is", it is commanded to teach this home the feeling of (whatever you want to teach the object.), in the highest and best way. Thank you. It is done. It is done. It is done."
- ⊖ Witness the Healing.
- ⊖ When you are finished, connect back to the energy of energy of All That Is, take a deep breath in and make a break if you so choose.

Chapter Twenty Two

Bending Time

Ancient Greek Riddle:

- ⊖ What is it that swallows what is before it and what is behind it as well anyone who is watching?
- ⊖ Answer: Time. It devours the past and the future, as well as all observers.

Working with Time

When in the co-creative process of ThetaHealing, time does not exist. Time slows to a crawl or stops completely during the period the Healing is being done through the Creator of All That Is. This occurs because the incredible amount of work that is happening has time to finish without causing the client any difficulties on the physical, mental, or spiritual levels. You must realize that once the command is made and your mind witnesses and accepts the Healing, it has already been accomplished outside of the present time and reality. Being the witness brings the Healing into *this* created aspect of time and reality. You must witness the work being done and accomplished for it to truly materialize and take form in the physical created world. Witnessing an instant Healing is an example of bending time.

Intuitive people who expand into the Planes of Existence have a strange ability to have one foot in this world and one foot in another, sometimes without knowing that they are so deep in theta dimensional travel. The person doing the instinctual time manipulation forgets that one must hold the energy long enough for the process to go its full course. Because the genetic lineage is a chain connecting the past with the present, and the present with the future time, the changing of Programs within us will affect ancestors of the past, as well as relatives in the present time, thus setting up change for the future.

Time is an illusion, a Law of gravity, and one of the more friendly Laws to bend. Go above your space to command to make time last longer or shorter. One day I was driving to work and it was late. I went above my space to envision a clock. Watching the clock I commanded to see myself going faster than the clock. So when I got to work I had to envision for the time to change back! One can get nine hours of sleep in minutes. ***This must be accepted*** or you may still feel tired! Ask the Creator to show you what needs to be done, so that time is moved in the right direction.

The ability to bend the Law of Time to change events in a conscious sense is learned by the practitioner through the following process:

Process for Time

- ⊖ Center yourself in your heart and visualize yourself going down into the Mother Earth, which is part of All That Is.
- ⊖ Visualize bringing up the Earth energy through your feet, opening up all of your chakras as you go. Continue going up out of your crown chakra in a beautiful ball of light out to the Universe.
- ⊖ Go beyond the Universe, past the white lights, past the dark light, past the white light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, into the Seventh Plane of Existence.
- ⊖ Make the command, "Creator of All That Is, it is commanded that time be changed through the Law of Time from the Sixth Plane of Existence (state changes) on this month, day, year, time. Thank you. It is done. It is done. It is done."
- ⊖ Go to the Sixth Plane of Existence and connect with the Law of Time, witnessing the Law make the desired changes.
- ⊖ When you are finished, connect back to the energy of energy of All That Is, take a deep breath in and make a break if you so choose.

When you are able to do this exercise, this is a good sign that you are ready for DNA 3.

Chapter Twenty Three

Creating Our Future

Remembering your Future

There is an old wives' tale that an intuitive can not see their own future. This is an untruth. Not only can they see their future, but they can create it as well. In the mechanistic view of reality, you can't see your future, because it simply hasn't happened yet. I believe that the past, present, and the future are the same thing, and that one does not exist independently without the other. I believe that we live in all three at once, and just as we can remember our past, we can also remember the future. I think that there is a part of our consciousness that is beyond the past the present and the future, and this is the God-Self, the spark of creation that is within all of us to change reality.

If you connect to the Creator of the Seventh Plane and ask to *remember* it, you can see it crystal clear. This takes practice. In many instances, the intuitive tries to make the future what they want, without the consideration of others around them and their divine timing. Some people think that they can psychically attack others or be psychically attacked. This is the ability of throwing thoughts at another person in order to hurt them or to control their life This is a lower Fifth Plane action and goes against the Law of Free Agency. A good intuitive is always impervious to negative thoughts of others and can easily realize that they are creating everything in their life and in doing so, become aware of the lives and rights of others.

There are several ways to remember your future. One way is to go up to the Creator and ask to be taken to the Law of Time where the Akashic Records are to see your perceived future. I prefer to go up to the Creator of All That Is and stand at the edge of the Universe where you can see your past, present and your future at the same time, with one added advantage. Once you connect to the Seventh Plane, you can see the perceived future and simply change it...or better yet, just create it within the enormity of your divine timing.

Remembering your Future Exercise:

Imagine going up to the Seventh Plane. Make the command: "Creator of All That Is, it is commanded that I see and remember my future now. Thank you. It is done. It is done. It is done."

Chapter Twenty Four

Divine Timing

- ⊖ I believe that we exist on this Plane with divinity and are divinely directed.
- ⊖ I believe that some things are preplanned and I think that we do things in this world because we want to do them.
- ⊖ I believe that we belonged to a soul family.
- ⊖ I believe that as we develop, we come together to our soul families with divine timing.
- ⊖ I believe that part of our divine truth is coming together and working on our Belief Systems.
- ⊖ I believe that we are here to connect to the Creator's energy of All That Is and *to learn*. This is the really important thing – to learn something wonderful from this Existence.

Each person has their own divine timing that is peculiar to them as an individual. "Divine Timing" is the timing that is attached to each person when they come into this Existence by the Creator of All That Is of the Seventh Plane. This "timing" is given by the Creator for each person in relation to the timing of all the other people on the Third Plane of Existence. This personal timing must be respected by each person for their own sake. In many of life's challenges we do not know that we are going against the flow of the river that is the timing of divinity. This is the essence of Free Will; as tiny sparks of God we have the choice of Free Agency. In egotism and stubbornness there are times when we go against the sacred flow of life and in doing so, wonder why things do not "go our way."

On a macrocosmic scale, the Earth itself has its own divine timing. This is why it is best to command that you know what the divine timing of the Earth is on a grand scale. Once you have an awareness of this grand dimension of divinity, it will open up a new understanding for Readings, Healings and manifesting in your life. When you understand the grand scheme of things, you will know when to manifest, what to manifest and with this knowledge, how to manifest.

Divine timing will give you a better understanding of what is going on when you're doing a Reading or Healing on a person. In some instances when you are in a Reading or Healing with a person, ask what the person's divine timing is. Divine timing is what has been planned. It is always for our highest and best even if we do not understand it. Belief Work helps us to have and know our divine timing.

You may ask, "Is it possible to change my divine timing?"

Divine timing is why we are here and what we have come here to do. To change our divine timing is to go against what we are and what we came here to do. For instance, the drive that I have to teach has to do with my own divine timing. Don't get me wrong, the future can always be improved upon if you can see it coming. A few of the things that cannot be changed are babies and soul-mates. Divine timing has to do with major events in your life.

As an exercise in divine timing, connect to the Creator of All That Is and ask to see and know your *divine timing*.

As an exercise to see your future, go up to see your future and ask to remember it. *This is the accurate way of perceiving the future and is not the same as divine timing.* If you can accurately see your future and see your divine timing, this is a sign you are ready for DNA 3. Keep in mind this takes practice.

Instill within yourself these Downloads.

- ⊖ I know what divine timing is on all levels.
- ⊖ I know how to plan for the future.
- ⊖ I know what an opportunity is.
- ⊖ I know how to take advantage of an opportunity.
- ⊖ I know what it feels like to follow through.
- ⊖ I know what it feels like to plan for the future.
- ⊖ I know how to see the future.

Initiations and Death Doors

You will find that as you progress intuitively, the Creator of All That Is may tell you that you are going through a “little initiation.” This means that you are progressing nicely and are now given the opportunity for the next step in your evolution. It is up to your Free Will to accept or decline this ascension. Too often, many of us are resistant to change and make things complicated. If the initiation is accepted with grace it will be an easy process. *An initiation is directly connected to our Divine Timing.*

“Death Doors” are a form of initiation. They are simply there to tell you that you’ve accomplished all that you came to do and have a choice to go to another Plane. If you choose to stay, you will be given another objective to follow. Just because you have a Death Door doesn’t mean that you have to take it. We have hundreds in our lifetimes, most of which we are not conscious of. Pull the Program that “Initiations are difficult,” for truly they are just markers on our progress as Divine sparks of the Creator of All That Is. Due to your Free Agency you have the choice of opening and closing your own Death Door. Death doors are openings given to us by the Creator as opportunities to return home. When a person is given the opportunity of a death door, they have a choice as to whether they will accept or decline it. These choices are given to the higher self. From there, the choice is given to the Soul to choose whether or not they wish to go to God’s light. Sometimes the person has a choice in the matter and at other times does not. The Creator is calling them home. When a person declines a death door, their life changes, and they grow spiritually. With this new transition, new guardian angels are appointed to the individual, and the person becomes more intuitive. This is an initiation of evolvment. To change the Programs of “Death Doors” use the Belief Work. Energy Test the person, and with permission, pull and replace any Programs that are not for the person’s highest and best. Energy Test for; “I must have a death door to spiritually grow.” One replacement might be. “It is easy for me to spiritually learn and grow without drama.” According to the Law of Free Will, you cannot go around and close people’s death doors. Only they can choose to shut their death doors. On a much deeper level this choice is theirs to make.

What you can do is to teach them to use the Belief and Feeling Work. If you teach them what it feels like for “life to be happy and joyful,” then they’ll want to live. For instance, when you work with breast cancer, start by giving them these Beliefs and Feelings and their body will start to heal.

- ⊖ It’s okay to be happy.
- ⊖ It’s okay to live.
- ⊖ I’m important.
- ⊖ I’m cherished.
- ⊖ I’m heard.
- ⊖ I’m listened to.
- ⊖ I can communicate.

Remember, death is only another beginning. Only you have the choice to shut a death door.

Near Death Experience

A near death experience is usually an initiation of growth. The trick is to go beyond the need to have a near death experience in order to move up spiritually and to transfer the initiation to a positive aspect instead of a traumatic one.

Most people have to go through some kind of initiation to grow. Each initiation is a deepening relationship with the Creator of All That Is. Each progress of initiation is a transformation in the person’s soul energy. It is important that the person permits these transformations to happen. The initiations do not need to be painful. Open your heart to the transformation and say, “Creator of All That Is, I’m ready for the next step.” Visualize the new energy coming in from the Creator, instilled throughout the body into the four Belief Levels, sending the energy out into the All That Is of the person’s soul-field. This process permits the person to accomplish an initiation in a few minutes instead of a few months.

Watch for the negative ego slipping in to your life! When the ego is no longer your amigo – initiations can be *hard*. Divine timing is the sweet flow of the river of Creation. You will ascend when you are ready. Do not attempt to force the issue. The divine timing for the initiation is up to the Creator. We each have our own individual timing and you will move up when you are ready. When you go up to the Creator of All That Is and accept what you see, discern what you see correctly, you are part way there.

Death Wish

Some important Programs to watch for in Belief Work sessions are death wishes. The Creator told me that many people have death wishes, but not all death wishes should be randomly pulled and replaced. For instance, an old Viking belief is that you should have a good death. If you pull this kind of Genetic Program they may begin to feel that they don't want to live any more, because to them, death is a part of living. On a Genetic Level, some nationalities believe in a honorable death such as the Japanese and the Native Americans. This is a good example of a negative Belief System that serves the person.

Chapter Twenty Five

Beliefs, Downloads and Feelings

The following Downloads and Feelings are some of those that I have found to be of benefit from Belief Work sessions of the past nine years. It is suggested to Download these Feelings if they apply.

Abandoned

- ⊖ I know how to live my life without being abandoned.
- ⊖ I understand what it feels like to live without being abandoned.
- ⊖ I know how to live my daily life without feeling abandoned.

Abilities

- ⊖ I understand the definition of the Creator of All That Is of developing my abilities.
- ⊖ I understand what it feels like to use my abilities in the highest and best way.
- ⊖ I know how to live my daily life utilizing my abilities to the fullest.
- ⊖ I know the perspective of the Creator of All That Is of my abilities
- ⊖ I know it is possible to realize the full potential of my abilities.

Abrasive

- ⊖ I understand what it feels like to live my life without being abrasive.

Absorb

- ⊖ I understand the definition of the Creator of All That Is of absorbing the life force.
- ⊖ I understand the definition of the Creator of All That Is of absorbing information.

- ⊖ I understand what it feels like to absorb information.
- ⊖ I know what information to absorb.
- ⊖ I know how to absorb information in the highest and best way.
- ⊖ I know how to live my daily life absorbing information.
- ⊖ I know how to absorb information in the highest and best way.

Accomplish

- ⊖ I understand the definition of the Creator of All That Is of accomplishment.
- ⊖ I understand what it feels like to accomplish my goals in the highest and best way.

Action

- ⊖ I understand the definition of the Creator of All That Is of action.
- ⊖ I understand what it feels like to take action.
- ⊖ I know when to take action.
- ⊖ I know how to take action in the highest and best way.
- ⊖ I know how to live my daily life with action.
- ⊖ I know the perspective of the Creator of All That Is of the best action to take.
- ⊖ I know how to take action in the highest and best way.

Accurate

- ⊖ I understand the definition of the Creator of All That Is of being accurate.
- ⊖ I understand what it feels like to be accurate
- ⊖ I know how to be accurate in the highest and best way.
- ⊖ I know how to live my daily life with accuracy.
- ⊖ I know the perspective of the Creator of All That Is of accuracy.

Addiction

- ⊖ I understand what it feels like to live without addiction.
- ⊖ I know how to live without addiction.
- ⊖ I know how to live my daily life without addiction.
- ⊖ I know the perspective of the Creator of All That Is of living without addiction.
- ⊖ I know it is possible to live without addiction.

Adequate

- ⊖ I understand the definition of the Creator of All That Is of adequacy.
- ⊖ I understand what it feels like to be adequate.
- ⊖ I know how to be adequate in the highest and best way.
- ⊖ I know it is possible to be adequate.

Admiration

- ⊖ I understand the definition of the Creator of All That Is of admiration.
- ⊖ I understand what it feels like to admire myself without conceit.
- ⊖ I know how to admire others in the highest and best way.
- ⊖ I know how to live my daily life in admiration of the world around me.
- ⊖ I know the perspective of the Creator of All That Is of admiration.

Adorable

- ⊖ I am adorable to others.
- ⊖ I understand the definition of the Creator of All That Is of being adorable.
- ⊖ I understand what it feels like to be adorable.
- ⊖ I know how to be adorable in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of being adorable.
- ⊖ I know it is possible to be adorable.
- ⊖ I know how to be adorable in the highest and best way.

Agony

- ⊖ I understand what it feels like to live without agony.
- ⊖ I know how to live without agony.
- ⊖ I know how to live my daily life without agony.
- ⊖ I know the perspective of the Creator of All That Is of life without agony.
- ⊖ I know it is possible to live without agony.

Alcoholic (If This Applies)

- ⊖ I understand what it feels like to live without being an alcoholic.
- ⊖ I know how to live without being an alcoholic.
- ⊖ I know how to live my daily life without being an alcoholic.
- ⊖ I know the perspective of the Creator of All That Is of life without alcohol.
- ⊖ I know it is possible to live without alcohol.
- ⊖ I can live without alcohol in the highest and best way

Angel

- ⊖ I understand the definition of the Creator of All That Is of an angel of light.
- ⊖ I understand what it feels like to be angelic.
- ⊖ I know how to be angelic in the highest and best way.
- ⊖ I know how to live my daily life being angelic.
- ⊖ I know the perspective of the Creator of All That Is of being angelic.
- ⊖ I know it is possible to be angelic.
- ⊖ I know how to be angelic in the highest and best way.

Answer

- ⊖ Answers come to me easily.
- ⊖ I understand the definition of the Creator of All That Is of having the answer to questions.
- ⊖ I understand what it feels like to have the answers through the Creator.
- ⊖ I know the answers.
- ⊖ I know when to have answers.
- ⊖ I know how to have the answers in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of answers.
- ⊖ I know it is possible to have the answers through the Creator.

Anxiety

- ⊖ I am free from anxiety.
- ⊖ It does no good to worry.
- ⊖ I have a healthy outlook on life.
- ⊖ I am happy and others around me can't bring me down.
- ⊖ I never break down or give up.
- ⊖ Life is rewarding challenge I enjoy.
- ⊖ Worries vanish from my mind.
- ⊖ Good will always win in my life.
- ⊖ My life is full of goodness and hope.
- ⊖ I am a responsible person and I believe in myself.
- ⊖ Others respect my strength.
- ⊖ My senses seek positive feelings.
- ⊖ I can bring my future into a bright opportunity.
- ⊖ Positive thinking controls my mind.
- ⊖ I am never afraid or alone.
- ⊖ I am always one with life past, present and future.
- ⊖ I control my destiny.
- ⊖ I understand what it feels like to live without anxiety.
- ⊖ I know how to live without anxiety.

- ⊖ I know how to live my daily life without anxiety.
- ⊖ I know it is possible to live without anxiety.
- ⊖ I understand the definition of enjoying life.
- ⊖ I understand what it feels like to enjoy life.
- ⊖ I know how to enjoy life.
- ⊖ I know it is possible to enjoy life.
- ⊖ I understand what it feels like to have control of my thoughts.
- ⊖ I know how to control my thoughts.
- ⊖ I know how to live my daily life in control of my thoughts.
- ⊖ I know it is possible to control my thoughts.
- ⊖ I understand the definition of goodness and hope.
- ⊖ I understand what it feels like to have goodness and hope.
- ⊖ I know the perspective of the Creator of All That Is of goodness and hope.
- ⊖ I know it is possible to have goodness and hope.
- ⊖ I understand what it feels like to believe in myself.
- ⊖ I know how to believe in myself.
- ⊖ I know how to live my daily life believing in myself.
- ⊖ I know the perspective of the Creator of All That Is of believing.
- ⊖ I know it is possible to believe in myself.
- ⊖ I know how to separate the feelings of another person from my own.

Apathy

- ⊖ I understand the definition of the Creator of All That Is of living without apathy.
- ⊖ I understand what it feels like to live without apathy.
- ⊖ I know how to live without apathy in the highest and best way.
- ⊖ I know how to live my daily life to live without apathy.
- ⊖ I know the perspective of the Creator of All That Is of life without apathy.
- ⊖ I know it is possible to live without apathy.

Appreciate

- ⊖ I am appreciated by others.
- ⊖ I understand the definition of the Creator of All That Is of appreciation.
- ⊖ I understand what it feels like to have appreciation.
- ⊖ I know how to have appreciation in the highest and best way.
- ⊖ I know how to live my daily life to have appreciation.
- ⊖ I know the perspective of the Creator of All That Is of appreciation.
- ⊖ I know it is possible to have appreciation.

Attract Wealth

- ⊖ I know how to attract positive people and situations.
- ⊖ I understand the definition of the Creator of All That Is of attracting wealth.
- ⊖ I understand what it feels like to attract wealth.
- ⊖ I know how to attract wealth in the highest and best way.
- ⊖ I know how to live my daily life attracting wealth.
- ⊖ I know the perspective of the Creator of All That Is of attracting wealth.
- ⊖ I know it is possible to attract wealth.

Attractive

- ⊖ Others see me as attractive.
- ⊖ I see myself as attractive.
- ⊖ I understand the definition of the Creator of All That Is of feeling attractive.
- ⊖ I understand what it feels like to be attractive.
- ⊖ I know how to be attractive in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of being attractive.

Believing in Myself

- ⊖ I believe in myself.
- ⊖ I am a positive person.
- ⊖ I am good natured and others admire my confidence.
- ⊖ I have great strength of conviction.
- ⊖ Hopes and dreams make me feel good.
- ⊖ I create my own confidence because I am successful.
- ⊖ With each day, in every way, I grow more successful.
- ⊖ I assert myself clearly.
- ⊖ I make the right decisions because I trust myself.
- ⊖ Being confident makes me feel good.

Best

- ⊖ I understand the definition of the Creator of All That Is of being the best I can be.
- ⊖ I understand what it feels like to be the best I can be.
- ⊖ I know how to be the best I can be in the highest and best way.
- ⊖ I know how to live my daily life being the best I can be.
- ⊖ I know the perspective of the Creator of All That Is to be the best.
- ⊖ I know it is possible to be the best I can be.

Brilliant-Brilliance

- ⊖ I understand the definition of the Creator of All That Is of the brilliance of my soul.
- ⊖ I understand what it feels like to be brilliant.
- ⊖ I know how to be brilliant.
- ⊖ I know the perspective of the Creator of All That Is of brilliance.

Business

- ⊖ I know what it feels like to have a business.
- ⊖ I know how to have a business.
- ⊖ I know it is possible to have a business.
- ⊖ I know how to run my business in the highest and best way.

Capable

- ⊖ I am a capable person.
- ⊖ I understand the definition of the Creator of All That Is of being capable.
- ⊖ I understand what it feels like to be capable.
- ⊖ I know how to be capable in the highest and best way.
- ⊖ I know how to live my daily life being capable.
- ⊖ I know the perspective of the Creator of All That Is of being capable.
- ⊖ I know it is possible to be capable.

Change Without Resistance.

- ⊖ I understand what it feels like to have change in the highest and best way without resistance.
- ⊖ I know when to have change without resistance.
- ⊖ I know how to have change without resistance.
- ⊖ I know it is possible to have change without resistance.

Clumsy

- ⊖ I understand what it feels like to live without being clumsy.
- ⊖ I know how to live without being clumsy.
- ⊖ I know how to live my daily life without being clumsy.
- ⊖ I know it is possible to live my daily life without being clumsy.

Collaboration

- ⊖ I understand the definition through the Creator of All That Is of collaboration
- ⊖ I understand what it feels like to collaborate with others.
- ⊖ I know when to collaborate with others
- ⊖ I know how to collaborate with others.
- ⊖ I know how to live my daily life with collaboration.
- ⊖ I know the perspective of the Creator of All That Is of collaboration.
- ⊖ I know it is possible to have collaboration.

Communication

- ⊖ I communicate well with others.
- ⊖ I understand the definition of the Creator of All That Is of communication.
- ⊖ I understand what it feels like to communicate.
- ⊖ I know how to communicate in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of communication.
- ⊖ I know it is possible to communicate.

Composed

- ⊖ I am composed, always.
- ⊖ I understand the definition of the Creator of All That Is of being composed.
- ⊖ I understand what it feels like to be composed.
- ⊖ I know when to be composed.
- ⊖ I know how to be composed in the highest and best way.
- ⊖ I know it is possible to be composed.

Comprehend

- ⊖ I comprehend concepts easily.
- ⊖ I understand what it feels like to comprehend.
- ⊖ I know how to comprehend in the highest and best way.
- ⊖ I know how to live my daily life of comprehension.
- ⊖ I know the perspective of the Creator of All That Is of comprehending another.
- ⊖ I know it is possible to comprehend.

Concern

- ⊖ I can be concerned for others in the highest and best way.
- ⊖ I understand the definition of the Creator of All That Is of concern for others.
- ⊖ I understand what it feels like to have concern for others.
- ⊖ I know when to have concern.
- ⊖ I know how to have concern in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of concern for others.
- ⊖ I know it is possible to have concern for others.

Confusion

- ⊖ I understand what it feels like to live without confusion.
- ⊖ I know how to live without confusion in the highest and best way.
- ⊖ I know how to live my daily life without confusion.
- ⊖ I know it is possible to live without confusion.

Consideration

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of consideration for others.
- ⊖ I understand what it feels like to have consideration.
- ⊖ I know when to have consideration.
- ⊖ I know how to have consideration.
- ⊖ I know how to live my daily life with consideration.
- ⊖ I know the perspective of the Creator of All That Is of consideration.
- ⊖ I know it is possible to have consideration.

Coordinate

- ⊖ I am a coordinated person.
- ⊖ I understand the definition of the Creator of All That Is of coordination.
- ⊖ I understand what it feels like to be coordinated.
- ⊖ I know how to be coordinated in the highest and best way.
- ⊖ I know how to live my daily life coordinated with the Creator.
- ⊖ I know the perspective of the Creator of All That Is of being coordinated.
- ⊖ I know it is possible to be coordinated.

Creativity

- ⊖ I create beautiful things.
- ⊖ I think wonderful thoughts.
- ⊖ I dream wonderful dreams.
- ⊖ I am a creative person.
- ⊖ I have fascinating ideas.
- ⊖ With each day in every way I become more creative.
- ⊖ I am creative in all ways.
- ⊖ I enjoy being creative.
- ⊖ I find creative solutions.
- ⊖ I see new visions of creativity.
- ⊖ I find new ways to do things.
- ⊖ I dream of fantastic things.
- ⊖ I sleep and wake up creative.
- ⊖ I understand the definition of creativity.
- ⊖ I understand what it feels like to be creative.
- ⊖ I know how to be creative.
- ⊖ I know the perspective of the Creator of All That Is of creativity.
- ⊖ I know it is possible to be creative.
- ⊖ I understand the definition of creativity from the Creator of All That Is.
- ⊖ I understand what it feels like and how to be creative.
- ⊖ I understand what it feels like to think wonderful thoughts.
- ⊖ I understand what it feels like to dream wonderful dreams.
- ⊖ I understand how to be a creative person.
- ⊖ I understand what it feels like and how to Download fascinating ideas from the Creator of All That Is.
- ⊖ I understand what it feels like to solve difficult problems with creative solutions.
- ⊖ I understand what it feels like to offer creative advice.
- ⊖ I understand what it feels like to have a created vision.
- ⊖ I understand what it feels like to be intelligent and bright.
- ⊖ I understand what it feels like to be creative on all levels of my being; physically, emotionally, mentally and spiritually.

Curious

- ⊖ I understand the definition of the Creator of All That Is of curiosity.
- ⊖ I understand what it feels like to be curious.
- ⊖ I know when to be curious.
- ⊖ I know how to be curious in the highest and best way.
- ⊖ I know how to live my daily life curious of my surroundings.
- ⊖ I know the perspective of the Creator of All That Is of curiosity.

Deceive

- ⊖ I understand what it feels like to live without being deceived.
- ⊖ I know how to live without being deceived.
- ⊖ I know how to live my daily life without being deceived.
- ⊖ I know it is possible to live without being deceived.

Dependable

- ⊖ I understand the definition of the Creator of All That Is of dependability.
- ⊖ I understand what it feels like to be dependable.
- ⊖ I know how to be dependable in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of dependability.
- ⊖ I know it is possible to be dependable.

Dignity

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of dignity.
- ⊖ I understand what it feels like to have dignity.
- ⊖ I know when to have dignity.
- ⊖ I know how to live my daily life with dignity.
- ⊖ I know the perspective of the Creator of All That Is of dignity.
- ⊖ I know it is possible to have dignity.

Discipline

- ⊖ I understand the definition of the Creator of All That Is of self discipline and to achieve my goals.
- ⊖ I understand what it feels like to have discipline and to achieve my goals.
- ⊖ I know when to have discipline and to achieve my goals.
- ⊖ I know how to have discipline and to achieve my goals in the highest and best way.
- ⊖ I know how to live my daily life with discipline achieving my goals.
- ⊖ I know the perspective of the Creator of All That Is of self discipline.
- ⊖ I know it is possible to have self discipline and achieve my goals.

Divine

- ⊖ I understand the definition of the Creator of All That Is of divinity.
- ⊖ I understand what it feels like to be divine.
- ⊖ I know how to be divine in the highest and best way.
- ⊖ I know how to live my daily life in divinity.
- ⊖ I know the perspective of the Creator of All That Is of being divine.
- ⊖ I know it is possible to be divine.

Dreams

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of making my dreams come true.
- ⊖ I understand what it feels like to have my dreams come true.
- ⊖ I know my dreams will come true.
- ⊖ I know when to have my dreams come true.
- ⊖ I know how to have my dreams come true.
- ⊖ I know how to live my daily life watching my dreams come true.
- ⊖ I know the perspective of the Creator of All That Is of dreams coming true.
- ⊖ I know it is possible to have my dreams come true.
- ⊖ I am worthy of having my dreams come true.
- ⊖ I know its safe to dream.
- ⊖ I know when I am living my dream.

Elegance

- ⊖ I understand the definition through the Creator of All That Is of elegance.
- ⊖ I understand what it feels like to have elegance.
- ⊖ I know when to have elegance.
- ⊖ I know how to have elegance.
- ⊖ I know how to live my daily life with elegance.
- ⊖ I know the perspective of the Creator of All That Is of elegance.
- ⊖ I know it is possible to have elegance.

Eloquence

- ⊖ I understand the definition through the Creator of All That Is of eloquence.
- ⊖ I understand what it feels like to have eloquence.
- ⊖ I know when to have eloquence.
- ⊖ I know how to have eloquence.
- ⊖ I know how to live my daily life with eloquence.
- ⊖ I know the perspective of the Creator of All That Is of eloquence.
- ⊖ I know it is possible to have eloquence.

Empowerment

- ⊖ I understand what it feels like to trust and believe in myself.
- ⊖ I understand what it feels like for people to trust me and believe in me.
- ⊖ I understand what it feels like to be accountable for my actions.
- ⊖ I understand what it feels like to make good choices.
- ⊖ I understand what it feels like to make correct decisions for myself and those around me.
- ⊖ I understand what it feels like to learn from the challenges of life.
- ⊖ I understand what it feels like to be independent.
- ⊖ I understand what it feels like to look forward to tomorrow.
- ⊖ I understand what it feels like for my mind to be keen and aware.
- ⊖ I understand what it feels like to be patient with myself.
- ⊖ I understand what it feels like to be trustworthy.
- ⊖ I understand what it feels like to have high principles.
- ⊖ I understand what it feels like to be responsible for my destiny.
- ⊖ I understand what it feels like to be successful.

Enchantment

- ⊖ I understand the definition of the Creator of All That Is of being enchanted.
- ⊖ I understand what it feels like to be enchanted.
- ⊖ I know how to be enchanted in the highest and best way.
- ⊖ I know how to live my daily life enchanted with the world.
- ⊖ I know the perspective of the Creator of All That Is of enchantment.
- ⊖ I know it is possible to be enchanted.

Energetic

- ⊖ I understand the definition of the Creator of All That Is of being energetic.
- ⊖ I understand what it feels like to be energetic.
- ⊖ I know when to be energetic and when to rest.
- ⊖ I know how to be energetic in the highest and best way.
- ⊖ I know how to live my daily life with energy.
- ⊖ I know the perspective of the Creator of All That Is of being energetic.

Ethical

- ⊖ I understand the definition of the Creator of All That Is of being ethical.
- ⊖ I understand what it feels like to be ethical.
- ⊖ I know how to be ethical in the highest and best way.
- ⊖ I know how to live my daily life with ethics.
- ⊖ I know the perspective of the Creator of All That Is of being ethical.
- ⊖ I know it is possible to be ethical.

Everlasting

⊖ I understand the definition of the Creator of All That Is that I am everlasting.

Excitement

- ⊖ I understand what it feels like to have excitement in the highest and best way.
- ⊖ I know when to have excitement.
- ⊖ I know how to live my daily life excited with life.
- ⊖ I know the perspective of the Creator of All That Is.
- ⊖ I know it is possible to be excited.

Exist

⊖ I understand the definition of the Creator of All That Is that I exist.

Expand

- ⊖ I understand the definition of the Creator of All That Is of expanding.
- ⊖ I understand what it feels like to expand on all levels.
- ⊖ I know when to expand.
- ⊖ I know how to expand in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of spiritual and mental expansion.
- ⊖ I know it is possible to expand.

Fairy

⊖ I understand what fairy magic feels like in the highest and best way.

Faithful

- ⊖ I understand the definition of the Creator of All That Is of faithfulness.
- ⊖ I understand what it feels like to be faithful to others and myself.
- ⊖ I know how to be faithful in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of being faithful.
- ⊖ I know it is possible to be faithful.

Fascinated

- ⊖ I understand the definition of the Creator of All That Is of being fascinated with life.
- ⊖ I understand what it feels like to be fascinated.
- ⊖ I know how to be fascinated in the highest and best way.
- ⊖ I know how to live my daily life in fascination.
- ⊖ I know the perspective of the Creator of All That Is of fascination.
- ⊖ I know it is possible to be fascinated.

Free

- ⊖ I understand the definition of the Creator of All That Is of freedom.
- ⊖ I understand what it feels like to be free.
- ⊖ I know how to be free in the highest and best way.
- ⊖ I know how to live my daily life with freedom.
- ⊖ I know the perspective of the Creator of All That Is of freedom.
- ⊖ I know it is possible to be free.

Frequency

- ⊖ I understand the definition of the Creator of All That Is of my frequency of vibration.

Future

- ⊖ I understand the definition of the Creator of All That Is of the future.
- ⊖ I understand what it feels like to remember the future.
- ⊖ I know how to remember the future in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of the future.
- ⊖ I know it is possible to remember the future.

Genetics

- ⊖ I understand the definition of the Creator of All That Is of genetics.
- ⊖ I know the perspective of the Creator of All That Is of genetics.

Generous

- ⊖ I understand the definition of the Creator of All That Is of generosity.
- ⊖ I understand what it feels like to be generous.
- ⊖ I know when to be generous.
- ⊖ I know how to be generous in the highest and best way.
- ⊖ I know how to live my daily life with generosity.
- ⊖ I know the perspective of the Creator of All That Is of generosity.
- ⊖ I know it is possible to be generous.

Genius

- ⊖ I understand the definition of the Creator of All That Is of being a genius.
- ⊖ I understand what it feels like to be a genius.
- ⊖ I know how to be a genius in the highest and best way.
- ⊖ I know it is possible to be a genius.

Gentle

- ⊖ I understand the definition of the Creator of All That Is from the Seventh Plane of being gentle.
- ⊖ I understand what it feels like to be gentle in the highest and best way.
- ⊖ I know when to be gentle but firm.
- ⊖ I know the perspective of the Creator of All That Is of being gentle.
- ⊖ I know it is possible to be gentle.

Genuine

- ⊖ I understand the definition of the Creator of All That Is of being genuine.
- ⊖ I understand what it feels like to be genuine in the highest and best way.
- ⊖ I know when to be genuine.
- ⊖ I know how to be genuine.
- ⊖ I know it is possible to be genuine.

Goals

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of how to have goals.
- ⊖ I understand what it feels like to have goals.
- ⊖ I know when to have goals.
- ⊖ I know how to have goals.
- ⊖ I know the perspective of the Creator of All That Is of goals.
- ⊖ I know it is possible to have goals.

Gratitude

- ⊖ I understand the definition of the Creator of All That Is of gratitude.
- ⊖ I understand what it feels like to have gratitude.
- ⊖ I know when to have gratitude.
- ⊖ I know how to have gratitude.
- ⊖ I know how to live my daily life in gratitude.
- ⊖ I know the perspective of the Creator of All That Is of gratitude
- ⊖ I know it is possible to have gratitude.

Grounded

- ⊖ I understand the definition of the Creator of All That Is of being grounded.
- ⊖ I understand what it feels like to be grounded.
- ⊖ I know when to be grounded.
- ⊖ I know how to be grounded in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of being grounded.
- ⊖ I know it is possible to be grounded.

Growth

- ⊖ I understand the definition of the Creator of All That Is of growth.
- ⊖ I understand what it feels like to grow.
- ⊖ I know how to grow in the highest and best way.
- ⊖ I know how to live my daily life in growth.
- ⊖ I know the perspective of the Creator of All That Is of growth.
- ⊖ I know it is possible to grow.

Guilt

- ⊖ I am here now.
- ⊖ I am alive.
- ⊖ I see clearly now.
- ⊖ I feel good now.
- ⊖ I feel good being in my body.
- ⊖ I am free.
- ⊖ I deserve a good life.
- ⊖ I hear clearly now.
- ⊖ I forgive myself.
- ⊖ I breathe now.
- ⊖ I understand the definition of living without compulsive guilt.
- ⊖ I understand what it feels like to live without compulsive guilt.
- ⊖ I know how to live my daily life without compulsive guilt.

Healer Issues Downloads

- ⊖ I know the Creators definition of how to be responsible for my power.
- ⊖ I have good judgment with my abilities.
- ⊖ I know what it feels like to love.
- ⊖ I know how to be completely loved and accepted.
- ⊖ I know what it feels like to have my peers accept me.
- ⊖ I know how to bring the right peers to me.
- ⊖ I know what it feels like to know who I can trust.
- ⊖ I know how to attract people to me that are trustworthy.
- ⊖ I know the Creator's definition of what a friend is.
- ⊖ I know how to draw friends to me that match my vibration.
- ⊖ I know what it feels like to have the Creators abundance.
- ⊖ I know what to do with the abundance of the Creator.
- ⊖ I know what it feels like to have money.

Healing

- ⊖ I am happy.
- ⊖ I am healthy.
- ⊖ I eat good food.
- ⊖ I like to exercise.
- ⊖ I relax.
- ⊖ The pain is gone.
- ⊖ I can do it.
- ⊖ I am strong.

- ⊖ I like myself.
- ⊖ All is well.
- ⊖ I am good.
- ⊖ My body is powerful.
- ⊖ I understand the definition of healing from the Creator of All that Is.
- ⊖ I understand what it feels like to heal others.
- ⊖ I understand what it feels like to heal myself.
- ⊖ I understand the definition of an instantaneous healing.
- ⊖ I know when to heal others.
- ⊖ I know how to heal others and myself.
- ⊖ I know how to live my daily life regenerating.
- ⊖ I know the perspective of healing through the "Creator of All That Is."
- ⊖ I know it is possible to heal others and myself
- ⊖ I know how to heal through the Creator of All That Is.

Highest Potential

- ⊖ I understand the definition through the Creator of All That Is of my highest potential.
- ⊖ I understand what it feels like to have my highest potential.
- ⊖ I know how to achieve highest potential.
- ⊖ I know how to live my daily life attaining my highest potential
- ⊖ I know the perspective of the Creator of All That Is of my highest potential.
- ⊖ I know it is possible to achieve my highest potential.

Home

- ⊖ I understand the definition of the Creator of All That Is from the Seventh Plane of seeing life holistically.
- ⊖ I know how to live my daily life holistically.

Hope

- ⊖ I understand the definition of the Creator of All That Is of hope.
- ⊖ I understand what it feels like to have hope in the highest and best way.
- ⊖ I know how to have hope in the highest and best way.
- ⊖ I know how to live my daily life with hope.
- ⊖ I know the perspective of the Creator of All That Is of hope.
- ⊖ I know it is possible to have hope.

Illusion

- ⊖ I understand the definition of the Creator of All That Is of illusion.
- ⊖ I understand what it feels like to see the illusion of life.
- ⊖ I know how to see the illusion.
- ⊖ I know the perspective of the Creator of All That Is of illusion.

Immune System

- ⊖ With each day, in every way, my immune system is strong and resilient.
- ⊖ I understand the definition of the Creator of All That Is of what an immune system should be.
- ⊖ I understand what it feels like to have a strong and healthy immune system.
- ⊖ I know how to have a strong immune system in the highest and best way.
- ⊖ I know how to live my daily life with a strong immune system.
- ⊖ I know the perspective of the Creator of All That Is of a strong and healthy immune system.
- ⊖ I know it is possible to have a healthy immune system.

Improve

- ⊖ With each day, in every way, I feel and see improvements.
- ⊖ I understand the definition of the Creator of All That Is of improvement.
- ⊖ I understand what it feels like to improve.
- ⊖ I know how to improve in the highest and best way.
- ⊖ I know how to live my daily life improving.
- ⊖ I know the perspective of the Creator of All That Is of improvement.
- ⊖ I know it is possible to improve.

Insightful

- ⊖ With each day, in every way, I become more insightful.
- ⊖ I understand the definition of the Creator of All That Is of being insightful.
- ⊖ I understand what it feels like to be insightful in the highest and best way.
- ⊖ I know how to be insightful.
- ⊖ I know the perspective of the Creator of All That Is of insight.
- ⊖ I know it is possible to be insightful.

Intelligent

- ⊖ With each day, in every way, I become more intelligent.
- ⊖ I understand the definition of the Creator of All That Is of intelligence.
- ⊖ I understand what it feels like to be intelligent.
- ⊖ I know how to be intelligent in the highest and best way.
- ⊖ I know how to live my daily life intelligently.
- ⊖ I know the perspective of the Creator of All That Is of intelligence.
- ⊖ I know it is possible to be intelligent.

Interaction

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of interacting to all situations.
- ⊖ I understand what it feels like to interact.
- ⊖ I know when to interact in all situations.
- ⊖ I know how to interact in all situations.
- ⊖ I know how to live my daily life interacting to all situations.
- ⊖ I know it is possible to interact in all situations.

Initiative

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of having initiative.
- ⊖ I understand what it feels like to have initiative.
- ⊖ I know how to have initiative.
- ⊖ I know how to live my daily life with true initiative.
- ⊖ I know the perspective of the Creator of All That Is of initiative.
- ⊖ I know it is possible to have initiative.
- ⊖ I know how to take the next spiritual steps.
- ⊖ I have the awareness of another's space.
- ⊖ I am conscious of another's space.
- ⊖ I know how to live my day to day life without the fear of the unknown.
- ⊖ I know how to live my day to day life without the fear of the nothing.
- ⊖ I understand the definition through the Creator of All That Is of being respected by my friends.
- ⊖ I understand what it feels like to be respected by my friends.
- ⊖ I know how to be respected by my friends.
- ⊖ I know it is possible to be respected by my friends.
- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of being respected by my teachers.
- ⊖ I understand what it feels like to be respected by my teachers.

- ⊖ I know how know how to be respected by my teachers.
- ⊖ I know it is possible know how to be respected by my teachers.
- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of being respected by my class.
- ⊖ I understand what it feels like to be respected by my class.
- ⊖ I know how know how to be respected by my class.
- ⊖ I know it is possible know how to be respected by my class.

Magnificent

- ⊖ I understand the definition of the Creator of All That Is of magnificence
- ⊖ I understand what it feels like to be magnificent.
- ⊖ I know how to be magnificent in the highest and best way.
- ⊖ I know how to live my daily life magnificently.
- ⊖ I know the perspective of the Creator of All That Is of magnificence.
- ⊖ I know it is possible to be magnificent.

Memory

- ⊖ I like myself.
- ⊖ My mind absorbs like a sponge.
- ⊖ I can link thoughts together.
- ⊖ I have infinite capacity to remember.
- ⊖ I remember vividly.
- ⊖ I remember pictures.
- ⊖ I remember memories as they really happened.
- ⊖ I succeed in remembering faces, names and events.
- ⊖ I practice improving my memory daily.
- ⊖ I am relaxed and remember easily.
- ⊖ I recall information for tests easily.
- ⊖ I understand the definition of remembering through the Creator of All That Is.
- ⊖ I understand what it feels like to have a good memory.
- ⊖ I know how to have a good memory.
- ⊖ I know it is possible to have a good memory.
- ⊖ I understand what it feels like to remember easily.
- ⊖ I understand the definition of remembering through the Creator of All That Is.
- ⊖ I know it is possible to have an infinite capacity to remember.
- ⊖ I understand what it feels like and how to remember in pictures.
- ⊖ I understand what it feels like to associate the new with the old memories.
- ⊖ I understand what it feels like to remember in stressful situations.

Manifesting

- ⊖ I understand the definition of the Creator of All That Is of manifesting.
- ⊖ I understand what it feels like to manifest in the highest and best way.
- ⊖ I know when to manifest.
- ⊖ I know how to manifest.
- ⊖ I know how to live my daily life manifesting good things.
- ⊖ I know the perspective of the Creator of All That Is of manifesting.
- ⊖ I know it is possible to manifest.

Master

- ⊖ I understand the definition of the Creator of All That Is of mastership.

Mental Clarity

- ⊖ I understand the definition of the Creator of All That Is of mental clarity.
- ⊖ I understand what it feels like to be mentally clear.
- ⊖ I know how to have mental clarity in the highest and best way.
- ⊖ I know how to live my daily life with mental clarity.
- ⊖ I know the perspective of the Creator of All That Is of mental clarity.
- ⊖ I know it is possible to have mental clarity.

Merciful

- ⊖ I understand the definition of the Creator of All That Is of mercy for others.
- ⊖ I understand what it feels like to be merciful.
- ⊖ I know when to be merciful.
- ⊖ I know how to be merciful in the highest and best way.
- ⊖ I know how to live my daily life with mercy to others.
- ⊖ I know the perspective of the Creator of All That Is of being merciful.
- ⊖ I know it is possible to be merciful.

Metaphysical

- ⊖ I understand the definition of the Creator of All That Is of metaphysics.
- ⊖ I know the perspective of the Creator of All That Is of metaphysics.
- ⊖ I know it is possible to be metaphysical without ego.
- ⊖ I know how to be metaphysical in the highest and best way.

Mystical

- ⊖ I understand the definition of the Creator of All That Is of mysticism.
- ⊖ I understand what it feels like to be mystical in the highest and best way.
- ⊖ I know when to be mystical.
- ⊖ I know how to be mystical.
- ⊖ I know the perspective of the Creator of All That Is of being mystical.
- ⊖ I know it is possible to be mystical.

Noble

- ⊖ I understand the definition of the Creator of All That Is of nobility.
- ⊖ I understand what it feels like to be noble.
- ⊖ I know when to be noble.
- ⊖ I know how to be noble in the highest and best way.
- ⊖ I know how to live my daily life with nobility.
- ⊖ I know the perspective of the Creator of All That Is of being noble.
- ⊖ I know it is possible to be noble.

Omnipresence

- ⊖ I understand the definition of the Creator of All That Is of omnipresence.
- ⊖ I understand what it feels like to be omnipresent with creation in the highest and best way.
- ⊖ I know how to be omnipresent with creation.
- ⊖ I know how to live my daily life omnipresent.
- ⊖ I know the perspective of the Creator of All That Is of omnipresence.
- ⊖ I know it is possible to be omnipresent.

Passion

- ⊖ I understand the definition of the Creator of All That Is of passion.
- ⊖ I understand what it feels like to have passion in the highest and best way.
- ⊖ I know when to have passion.
- ⊖ I know how to have passion.
- ⊖ I know how to live my daily life with passion.
- ⊖ I know the perspective of the Creator of All That Is of passion.
- ⊖ I know it is possible to have passion.

Patience

- ⊖ I am a patient person.
- ⊖ Patience is tolerance.
- ⊖ Patience is understanding.
- ⊖ Patience is nature's way.
- ⊖ Patience is good.
- ⊖ I am patient with myself.
- ⊖ I am patient with others.
- ⊖ I enjoy being patient.
- ⊖ I understand the definition of patience.
- ⊖ I understand what it feels like to be patient.

Possibilities

- ⊖ I understand the definition of the Creator of All That Is of possibilities.
- ⊖ I understand what it feels like to have possibilities.
- ⊖ I know there are possibilities.
- ⊖ I know when to have possibilities.
- ⊖ I know how to have possibilities in the highest and best way.
- ⊖ I know how to live my daily life with possibilities.
- ⊖ I know the perspective of the Creator of All That Is of possibilities.

Potential

- ⊖ I can grow in any direction.
- ⊖ I have limitless personal possibilities.
- ⊖ I am a positive person.
- ⊖ Each day marks a new peak in my personal awareness.
- ⊖ My spirit has no limit.
- ⊖ Independence is strength.
- ⊖ In my heart I have only goodness.
- ⊖ Others respect me and believe in my potential.
- ⊖ People know I am a strong person.

Precious

- ⊖ I understand the definition of the Creator of All That Is that life is precious.
- ⊖ I know the perspective of the Creator of All That Is of what is precious.

Present

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of being present.
- ⊖ I understand what it feels like to be present.
- ⊖ I know when be present.
- ⊖ I know how be present.
- ⊖ I know how to live my daily life present.
- ⊖ I know the perspective of the Creator of All That Is of being present.
- ⊖ I know it is possible to be present.

Quiet

- ⊖ I understand the definition of the Creator of All That Is of quiet.
- ⊖ I understand what it feels like to be quiet and listen to the Creator.
- ⊖ I know when to be quiet.
- ⊖ I know how to be quiet in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of quiet.
- ⊖ I know it is possible to be quiet.

Radiant

- ⊖ I understand the definition of the Creator of All That Is of radiating joy to others.
- ⊖ I understand what it feels like to be radiant.
- ⊖ I know how to be radiant in the highest and best way.
- ⊖ I know how to live my daily life radiating positive rays.
- ⊖ I know the perspective of the Creator of All That Is of radiance.
- ⊖ I know it is possible to radiate the energy of the Creator of All That Is.

Respect Another Person

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of respect towards each other.
- ⊖ I understand what it feels like to respect another person.
- ⊖ I know when to respect another person.
- ⊖ I know how to have respect towards another person.
- ⊖ I know how to live my daily life with respect towards another person.
- ⊖ I know the perspective of the Creator of All That Is of respect towards another person.
- ⊖ I know it is possible to respect another person.

Reward

- ⊖ I understand the definition of the Creator of All That Is of reward.
- ⊖ I understand what it feels like to be rewarded in the highest and best way.
- ⊖ I know when to reward others.
- ⊖ I know how to be rewarded.
- ⊖ I know the perspective of the Creator of All That Is of reward.
- ⊖ I know it is possible to be rewarded.

Rhythm

- ⊖ I understand the definition of the Creator of All That Is of rhythm.
- ⊖ I know how to feel the rhythm of creation in the highest and best way.
- ⊖ I know how to live my daily life in rhythm.
- ⊖ I know the perspective of the Creator of All That Is of rhythm.
- ⊖ I know it is possible to have rhythm.

Romantic

- ⊖ I understand the definition of the Creator of All That Is of romance.
- ⊖ I understand what it feels like to have romance in the highest and best way.
- ⊖ I know when romance is for my highest and best.
- ⊖ I know how to permit romance in my life.
- ⊖ I know the perspective of the Creator of All That Is of romance.
- ⊖ I know it is possible to be romantic with my partner.

Satisfaction

- ⊖ I understand the definition of the Creator of All That Is of satisfaction.
- ⊖ I understand what it feels like to be satisfied in the highest and best way.
- ⊖ I know when to be satisfied
- ⊖ I know how to be satisfied.
- ⊖ I know how to live my daily life satisfied.
- ⊖ I know the perspective of the Creator of All That Is of satisfaction.
- ⊖ I know it is possible to be satisfied.

Scholar

- ⊖ I understand the definition of the Creator of All That Is of being a scholar.
- ⊖ I understand what it feels like to become a scholar.
- ⊖ I know how to become a scholar.
- ⊖ I know it is possible to become a scholar.

Present

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of being present.
- ⊖ I understand what it feels like to be present.
- ⊖ I know when be present.
- ⊖ I know how be present.
- ⊖ I know how to live my daily life present.
- ⊖ I know the perspective of the Creator of All That Is of being present.
- ⊖ I know it is possible to be present.

Quiet

- ⊖ I understand the definition of the Creator of All That Is of quiet.
- ⊖ I understand what it feels like to be quiet and listen to the Creator.
- ⊖ I know when to be quiet.
- ⊖ I know how to be quiet in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of quiet.
- ⊖ I know it is possible to be quiet.

Radiant

- ⊖ I understand the definition of the Creator of All That Is of radiating joy to others.
- ⊖ I understand what it feels like to be radiant.
- ⊖ I know how to be radiant in the highest and best way.
- ⊖ I know how to live my daily life radiating positive rays.
- ⊖ I know the perspective of the Creator of All That Is of radiance.
- ⊖ I know it is possible to radiate the energy of the Creator of All That Is.

Respect Another Person

- ⊖ I understand the definition from the Seventh Plane through the Creator of All That Is of respect towards each other.
- ⊖ I understand what it feels like to respect another person.
- ⊖ I know when to respect another person.
- ⊖ I know how to have respect towards another person.
- ⊖ I know how to live my daily life with respect towards another person.
- ⊖ I know the perspective of the Creator of All That Is of respect towards another person.
- ⊖ I know it is possible to respect another person.

Reward

- ⊖ I understand the definition of the Creator of All That Is of reward.
- ⊖ I understand what it feels like to be rewarded in the highest and best way.
- ⊖ I know when to reward others.
- ⊖ I know how to be rewarded.
- ⊖ I know the perspective of the Creator of All That Is of reward.
- ⊖ I know it is possible to be rewarded.

Rhythm

- ⊖ I understand the definition of the Creator of All That Is of rhythm.
- ⊖ I know how to feel the rhythm of creation in the highest and best way.
- ⊖ I know how to live my daily life in rhythm.
- ⊖ I know the perspective of the Creator of All That Is of rhythm.
- ⊖ I know it is possible to have rhythm.

Romantic

- ⊖ I understand the definition of the Creator of All That Is of romance.
- ⊖ I understand what it feels like to have romance in the highest and best way.
- ⊖ I know when romance is for my highest and best.
- ⊖ I know how to permit romance in my life.
- ⊖ I know the perspective of the Creator of All That Is of romance.
- ⊖ I know it is possible to be romantic with my partner.

Satisfaction

- ⊖ I understand the definition of the Creator of All That Is of satisfaction.
- ⊖ I understand what it feels like to be satisfied in the highest and best way.
- ⊖ I know when to be satisfied
- ⊖ I know how to be satisfied.
- ⊖ I know how to live my daily life satisfied.
- ⊖ I know the perspective of the Creator of All That Is of satisfaction.
- ⊖ I know it is possible to be satisfied.

Scholar

- ⊖ I understand the definition of the Creator of All That Is of being a scholar.
- ⊖ I understand what it feels like to become a scholar.
- ⊖ I know how to become a scholar.
- ⊖ I know it is possible to become a scholar.

Self-confidence

- ⊖ I am self confident.
- ⊖ People see me as self confident.
- ⊖ I understand the definition of the Creator of All That Is of self confidence.
- ⊖ I understand what it feels like to be self confident.
- ⊖ I know how to be self confident in the highest and best way.
- ⊖ I know how to live my daily life self confident.
- ⊖ I know the perspective of the Creator of All That Is of self confidence.
- ⊖ I know it is possible to be self confident.

Self Control

- ⊖ I understand the definition of the Creator of All That Is of self control.
- ⊖ I understand what it feels like to have self control in the highest and best way.
- ⊖ I know what self control is.
- ⊖ I know when to have self control.
- ⊖ I know how to have self control.
- ⊖ I know how to live my daily life in self control.
- ⊖ I know the perspective of the Creator of All That Is of self control.
- ⊖ I know it is possible to have self control.

Sensible

- ⊖ I understand the definition of the Creator of All That Is of being sensible.
- ⊖ I understand what it feels like to be sensible.
- ⊖ I know when to be sensible in the highest and best way.
- ⊖ I know how to be sensible.
- ⊖ I know the perspective of the Creator of All That Is of being sensible.
- ⊖ I know it is possible to be sensible.

Significant

- ⊖ I understand the definition of the Creator of All That Is of being significant.
- ⊖ I understand what it feels like to be significant.
- ⊖ I know when to be significant.
- ⊖ I know how to be significant in the highest and best way.
- ⊖ I know how to live my daily life to being significant.
- ⊖ I know the perspective of the Creator of All That Is of being significant.
- ⊖ I know it is possible to be significant.

Sincerity

- ⊖ I understand the definition of the Creator of All That Is of sincerity.
- ⊖ I understand what it feels like to be sincere.
- ⊖ I know what sincerity is.
- ⊖ I know when to be sincere.
- ⊖ I know how to be sincere in the highest and best way.
- ⊖ I know how to live my daily life in sincerity.
- ⊖ I know the perspective of the Creator of All That Is of sincerity.
- ⊖ I know it is possible to be sincere.

Smoking (If This Applies)

- ⊖ I can stop smoking.
- ⊖ I smoke less until I quit smoking.
- ⊖ Smoking does not interest me.
- ⊖ I can break the habit.
- ⊖ I know what it feels like to stop smoking.
- ⊖ I know how to stop smoking.
- ⊖ I know how to live without smoking cigarettes.

Sophisticated

- ⊖ I understand the definition of the Creator of All That Is of sophistication.
- ⊖ I understand what it feels like to be sophisticated.
- ⊖ I know how to be sophisticated in the highest and best way.
- ⊖ I know how to live my daily life with sophistication.
- ⊖ I know the perspective of the Creator of All That Is of sophistication.
- ⊖ I know it is possible to be sophisticated.

Spark

- ⊖ I understand the definition of the spark of life through the Creator of All That Is.
- ⊖ I understand what it feels like to be a spark of the Creator of All That Is.

Speaking and Writing

- ⊖ I speak and communicate well.
- ⊖ Conversation comes easily to me.
- ⊖ I write interesting thoughts.

- ⊖ People are interested in my thoughts.
- ⊖ Words come naturally to me.
- ⊖ I am a spontaneous speaker.
- ⊖ I take complex thoughts and make them simple.
- ⊖ I speak and write my thoughts clearly.
- ⊖ I speak with ease and I am easily understood.

Splendor

- ⊖ I understand the definition of the Creator of All That Is of splendor.
- ⊖ I understand what splendor feels like.
- ⊖ I know the perspective of the Creator of All That Is of splendor.

Spontaneous

- ⊖ I understand the definition of the Creator of All That Is of spontaneity.
- ⊖ I understand what it feels like to be spontaneous.
- ⊖ I know when to be spontaneous.
- ⊖ I know how to be spontaneous in the highest and best way.
- ⊖ I know how to live my daily life in spontaneity.
- ⊖ I know the perspective of the Creator of All That Is of spontaneity.
- ⊖ I know it is possible to be spontaneous.

Spiritual

- ⊖ I understand the definition of the Creator of All That Is of being spiritual.
- ⊖ I understand what it feels like to be spiritual in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of being spiritual.
- ⊖ I know it is possible to be spiritual.

Stress

- ⊖ I know how to relax.
- ⊖ I like to exercise to relieve stress.
- ⊖ I can change situations that cause stress.
- ⊖ I am important.
- ⊖ I release stress.
- ⊖ I eat regular meals.
- ⊖ I identify stress and release it.
- ⊖ I like people.
- ⊖ People like me.
- ⊖ Success is mine.

Strong

- ⊖ I understand the definition of the Creator of All That Is of strength.
- ⊖ I understand what it feels like to be strong.
- ⊖ I know what strength is.
- ⊖ I know how to be strong in the highest and best way.
- ⊖ I know how to live my daily life with strength.
- ⊖ I know the perspective of the Creator of All That Is of strength.
- ⊖ I know it is possible to be strong.

Study

- ⊖ I want success.
- ⊖ I know how to schedule time to study.
- ⊖ I like to study.
- ⊖ I know how to relax for tests.
- ⊖ My mind absorbs information with ease.
- ⊖ I remember what I study.
- ⊖ I remember the right answers for tests.

Successful

- ⊖ I understand the definition of the Creator of All That Is of success.
- ⊖ I understand what it feels like to have success.
- ⊖ I know what success is.
- ⊖ I know how to be successful in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of success.
- ⊖ I know it is possible to be successful.

Support

- ⊖ I understand the definition of the Creator of All That Is of being supported.
- ⊖ I understand what it feels like to have support.
- ⊖ I know what support is.
- ⊖ I know how to be supported in the highest and best way.
- ⊖ I know how to live my daily life supported.
- ⊖ I know the perspective of the Creator of All That Is of support.
- ⊖ I know it is possible to be supported.

The Creator's Voice

- ⊖ I understand the definition of the voice of the Creator of All That Is.
- ⊖ I understand what it feels like to hear the Creators voice.
- ⊖ I know what the Creators voice is.
- ⊖ I know how to hear the voice of the Creator.

Teach

- ⊖ I understand the definition of the Creator of All That Is of how to teach others.
- ⊖ I understand what it feels like to be able to teach others.
- ⊖ I know how to teach others in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of teaching.
- ⊖ I know it is possible to teach others.

Temper

- ⊖ I understand what it feels like to control my temper.
- ⊖ I know when to control my temper.
- ⊖ I know how to control my temper.
- ⊖ I know how to live my daily life controlling my temper.
- ⊖ I know it is possible to control my temper.

Time Management

- ⊖ I know how to plan my time wisely.
- ⊖ I know how to create quiet time from interruptions.
- ⊖ I have plenty of time.
- ⊖ I am the master of my schedule.
- ⊖ I know how to start with today and plan for tomorrow.
- ⊖ Planning gives me more fun time.
- ⊖ I am flexible and persistent.
- ⊖ I recognize and deal with conflicting time demands.
- ⊖ It is always possible.
- ⊖ I know how to set my own priorities.
- ⊖ Planning gives me maximum benefits from minimum time.
- ⊖ I take action steps now.
- ⊖ I am confident in my judgment and priorities.

Understanding

- ⊖ I understand the definition of the Creator of All That Is of understanding.
- ⊖ I understand what it feels like to understand others.
- ⊖ I know what understanding is.
- ⊖ I know how to understand others in the highest and best way.
- ⊖ I know how to live my daily life in understanding.
- ⊖ I know the perspective of the Creator of All That Is of understanding.
- ⊖ I know it is possible to have understanding.

Unity

- ⊖ I understand the definition of the Creator of All That Is of unity.
- ⊖ I understand what unity feels like.
- ⊖ I know what unity is.
- ⊖ I know the perspective of the Creator of All That Is of unity.

Uplift

- ⊖ I understand the definition of the Creator of All That Is of being uplifted.
- ⊖ I understand what it feels like to uplift others and myself.
- ⊖ I know how to uplift others and myself.
- ⊖ I know how to live my daily life uplifting others and myself in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of uplifting others and myself.
- ⊖ I know it is possible to uplift others and myself.

Value

- ⊖ I understand the definition of the Creator of All That Is of the value of all things.
- ⊖ I understand what it feels like to have value.
- ⊖ I know what value is.
- ⊖ I know how to live my daily life valuing life.
- ⊖ I know the perspective of the Creator of All That Is of value.
- ⊖ I know it is possible to have value.

Versatile

- ⊖ I understand the definition of the Creator of All That Is of versatility.
- ⊖ I understand what it feels like to be versatile.
- ⊖ I know what versatility is.
- ⊖ I know how to be versatile in the highest and best way.
- ⊖ I know the perspective of the Creator of All That Is of versatility.
- ⊖ I know it is possible to be versatile.

Visionary

- ⊖ I understand the definition of the Creator of All That Is of being a visionary.
- ⊖ I understand what it feels like to have vision.
- ⊖ I know how to be a visionary in the highest and best way.
- ⊖ I know how to live my daily life full of foresight.
- ⊖ I know the perspective of the Creator of All That Is of being a visionary.
- ⊖ I know it is possible to be a visionary.

Weight Loss

- ⊖ I take responsibility for what I eat.
- ⊖ I see myself as attractive and thin.
- ⊖ I enjoy fruits and vegetables.
- ⊖ I enjoy exercise.
I know how to exercise.
- ⊖ I enjoy eating less.
- ⊖ I understand what it feels like to eat less.
- ⊖ I know how to eat less.
- ⊖ I know how to live my daily life eating less food.
- ⊖ I know it is possible to eat less.
- ⊖ I understand the definition of eating right.
- ⊖ I understand what it feels like to eat right.
- ⊖ I know how to eat right.
- ⊖ I know how to live my daily life eating right.
- ⊖ I know the perspective of the Creator of All That Is of eating right.
- ⊖ I know it is possible to eat right.
- ⊖ I understand the definition of being attractive and thin.
- ⊖ I understand what it feels like to be attractive
- ⊖ I know it is possible to be attractive and thin.
- ⊖ I understand the definition of weight loss.
- ⊖ I understand what it feels like to drop in weight.
- ⊖ I know how to drop in weight.
- ⊖ I understand what it feels like to exercise.

- ⊖ I know how to live my daily life exercising.
- ⊖ I know it is possible to exercise.
- ⊖ I understand what it feels like to lose weight daily.
- ⊖ I understand what it feels like to exercise.
- ⊖ I know how to exercise responsibly.
- ⊖ I understand what it feels like to replace eating with exercise.
- ⊖ I understand how to feel good about myself.
- ⊖ I understand what it feels like to eat foods good for my body.
- ⊖ I know how to live my daily life without over-eating.
- ⊖ I know how to live my daily life without being discouraged about my weight.

Worry and Anxiety

- ⊖ I understand what it feels like to be free from anxiety.
- ⊖ I understand what it feels like to be free from worry.
- ⊖ I know how to live my daily life without worry and anxiety.
- ⊖ I know it's possible to live without worry and anxiety.
- ⊖ I understand what it feels like to have a healthy outlook on life.
- ⊖ I understand what it feels like to not permit others to bring me down.
- ⊖ I understand what it feels like to never give up.
- ⊖ I understand how to live my life full of goodness and hope.
- ⊖ I understand what it feels like to be a responsible person.
- ⊖ I understand what it feels like to believe in myself.
- ⊖ I understand what it feels like to have respect from others.
- ⊖ I understand what it feels like to have fortitude and wisdom.
- ⊖ I understand what it feels like to bring productive and positive thoughts from the Creator of All That Is daily.
- ⊖ I know it is possible for my known and unknown senses to seek positive Feelings.
- ⊖ I understand how to have balance in all aspects of my life.
- ⊖ I understand the difference between concern and worry.
- ⊖ I understand what it feels like to view the future in a positive light.
- ⊖ I understand what it feels like to be infused with positive thinking.
- ⊖ I understand what it feels like to be at one with life past, present and future.
- ⊖ I understand what it feels like to control my destiny through the Creator of All That Is.

Chapter Twenty Six

DNA 3 Pre-requisites

These are the pre-requisites to be able to utilize the DNA3 information. These guidelines and exercises should be practiced every day.

The Healer is the Creator of All That Is

Always remember that the true healer is the Creator of All That Is. Our job as healers is to listen and love the people we are working with, to pray for them and witness as the Creator of All That Is does the Healing. If you are motivated by anything other than a reverence for all of Creation and a profound love of the Creator of All That Is, you will limit yourself.

Acceptance

The acceptance of a Healing from both the practitioner and the client is necessary for the Healing to take place.

Honor and Respect ThetaHealing with the Highest Integrity

Love the People

Your prime directive as the healer is to love all the people that come to you, while maintaining the proper discernment of truth and of yourself.

Witness a Healing

The practitioner's job is to be a witness to the Healing from the Creator of All That Is and to know how to recognize when this Healing has occurred. Witnessing a physical healing, reprogramming a Belief or teaching a Feeling are all Healings. Reprogramming a person's Belief to know that they are "worthy of the love from the "Creator of All That Is" is a Healing in itself. Teaching a person how to have "love of self," is also a Healing. The validity of reprogramming is evident from the differences witnessed in peoples' daily lives.

Make a Commitment

Make a commitment to following through with this work. Make a commitment to master the Planes of Existence. Be committed to practicing ThetaHealing. Be committed to do your best. Allow yourself to know that you've earned the right to do this work.

Live in Joy

Radiate the energy of joy outward to the world! Feel the giggles of joy throughout your body! Know the Creator of All That Is protects you and you are now impervious to evil; it cannot attach itself to you. You are free to radiate the power of God's joy and love.

Practice Remote Viewing

Be comfortable going in and scanning the body. Practice going inside the body and exploring the different systems until you are comfortable and accurate at doing it. Practice remote viewing long distance.

Practice Readings Everyday

Do Readings without Anger

Compulsive anger will block you from getting the desired result in a Reading. If you are angry, then something inside of you is not getting what you want or need. As the healer you are required to find out why you are angry with yourself or someone else. Step out of the room and quickly do Belief or Feeling Work on yourself. Keep your personal opinions out of the Reading. Your anger with another person may be a reflection of your anger towards yourself. You have the challenge of staying in a good space in spite of these situations. It is important to be grounded, back in your body, cleaned up and in a good mood by the end of the day.

Everyone is in Their Own Paradigm

Practice Readings and Healings on others so you get used to going out of your own paradigm and going into another person's paradigm. Remember, what you *think* is reality, isn't really going on at all. When you're going into another

person's space, you are interacting with their paradigm, *their* world throughout the Reading, not yours. Always ask the Creator to be able to see them from the perspective of the highest and best. You may see that they may want to keep their sickness. As the healer, your job is to not judge them, but to ask the person, "What is this doing to serve you?"

Take Action

Without action, nothing happens. There is a distinct difference between thinking about doing something, (procrastinating) and actually doing it, both physically and metaphysically.

Manipulate Time

Time is under the Law of Gravity, one of the more friendly Laws to bend. It is an illusion. Practice going above your space to command time to last longer, or to go faster. By learning how to manipulate time, you are able to break from the inherited illusion that life is controlling you and you are merely a participant in whatever it has to offer. Our lives are a reflection of our own paradigm, our own creation. You can actually go out of your paradigm, command what you want to create in your life, and allow it to happen. In this way, witnessing an instant Healing is an example of bending time.

Experience the Planes

Go up to the Seventh Plane and ask to experience the different Planes of Existence through the Seventh Plane, with the Creator as your guide. This will keep you from being distracted and providing you with a clear perspective of each Plane. Stay focused.

Manifest to Change Your Life

What do you want to change in your life? What do you want to happen for you in the next year? You can manifest optimal health, for a soul mate to come into your life, or ask for a financial situation to become the way you choose it to be. Remember you create your own reality.

Perseverance !!!

Send a Dream

Go above your space and send someone a dream. This is best done at 3:00 a.m. in the morning, when the person is the most open to it. First, send a dream to a specific person. They will dream that they are talking to you. Holding, sending, or returning from a dream will teach you how to control time in the Astral Plane.

Be Open to Learning New Abilities

Send a Positive Thought to a Specific Person

Go above your space and send someone a positive thought. You will need to get validation that the person receives the thought form you send to them.

Program Yourself so that Everyone You Work with will Feel Good and Happy

If you have this Program, your clients will want to come back. Some healers don't like sick people, some don't like people in general. The healer should test themselves for Programs of "I hate people" or "I hate sick people."

With Much Power Comes Much Responsibility

Be careful with your thoughts! Be aware of what you are doing with your manifestations! *The more you are in Theta, the more your thoughts show up in your life.* Always ask for the highest and best. Be clear about what you want. Don't sell yourself short. If you want money, ask to receive it in the highest and best way. If you want success, be clear about what kind of success you want. If you ask for patience, the Creator of All That Is will give you people that demand patience. If you ask to see truth, perhaps the truth may not be what you want to see. If you ask for an instant Healing, then the Creator of All That Is will keep you in the situation until it happens, so ask for it the highest and best way.

Attachment

Expect a Healing, but do not be attached to the outcome. It is the Creator of All That Is that is the healer. Give up the outcome to the Creator. Say to your client, "I witnessed the "Creator of All That Is" working with you, let's see what happens." If you don't achieve the results you want, it indicates that there is more Belief Work to be done.

Live in the Now

Many people live their lives in the past, in the future, or in a delusion. A person may not be conscious in the moment that they're having a wonderful time with you until they remember it the next day. We spend so much time living our story that we forget to be in the Now. As spiritual beings, we find this world and its reality difficult. We often attempt to escape it, and in doing so, miss being in the here and now. The beginning point of any Healing is in the Now, even if we go into other realms during the course of the Healing.

Thankfulness to Be Alive

Reaffirm that you are thankful every day. Breathe the air, watch the clouds and appreciate the life that is all around you.

First *believe* that the healing can happen, then *know* it can happen, and then *live* in the essence of the healing.

Work on Yourself!

The more Belief Work and teachings you do on yourself, the more clear as a healer you will be, the faster your abilities will improve and the less blocks you'll have of becoming a more effective healer. Learn and grow from interaction with others. Remember; be gentle and encouraging with yourself because you're going where you've never gone before.

Allow yourself to Live in a Seventh Plane Knowingness

Learn how to live without fear and anger and allow yourself to live in a Seventh Plane knowingness. Learn how to live with a knowing that everything is going to be okay and that the "Creator of All That Is" is available for you. Our goal is to achieve a Seventh Plane consciousness.

Chapter Twenty Seven

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 the 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 that 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 this Existence are caused by the illusion that we are separated from the Creator.

Finale

In the present day, there are literally millions of people searching for spiritual answers through means of information that for perhaps the first time in the history is assessable to humanity to such an extent as to be overwhelming. Alternative literature that the everyday person now has access to would have been unthinkable a hundred or even fifty years ago. Written Belief Systems that are ancient, those that are resurfacing from the collective consciousness and those that are divine are at our fingertips. As searchers for spiritual knowledge, we do not realize the incredible freedom that we now have. It is therefore our responsibility to treasure this freedom, and make good use of information that for centuries only a few had knowledge of, jealously guarded by individuals through word of mouth and only rarely scribed in old tomes to be shrouded by secret societies- hidden from those that might misuse it. Because of this present day influx of knowledge from many different traditions and modalities, a great smorgasbord is laid out and we must be careful not to get spiritual indigestion. It might be best to learn and digest a belief system thoroughly before moving on to the next exploration. With any spiritual knowledge, a good dose of common sense is as sweet as any honey. We should never forget that the freedoms that we now enjoy in so many varieties of belief, from a bewildering plethora of sources could perhaps lead to over-stimulation, and perhaps egotism. Remember that altruism and good judgment should light our way forward in all matters, and this includes energy-healing. If we want to be respected for our practices, then our practices in energy healing must be respectable. *In order for any belief system to stand the test of time, it must be permitted to form in purity and it must remain pure and unchanged long enough to make a shift in the consciousness of humankind.* If these spiritual teachings are to remain divine, it is necessary that these same mystical teachings transcend the recognition of the mind that *rational intellect* is the supreme authority of reality. The purity of these kinds of rare mystical knowledge can then become a gnosis within – an ignition of enlightenment that emphasizes and accentuates the numinous experience - with a clarity and directness that resonates with the individual to the very core of their being. The individual can then feel a deep resonance with these kinds of knowledge that at some point easily transcends the dictates of reason and is accepted by the conscious mind as truth without conflict.

Guy Stibal

ThetaHealing Classes

ThetaHealing™ is an energy-healing modality founded by Vianna Stibal, based in Ammon, Idaho with Certified Instructors around the world. The classes and books of ThetaHealing™ are designed as a therapeutic self-help guide to develop the ability of the mind to heal. ThetaHealing™ includes the following books, manuals and classes:

Classes taught by Vianna and Certified ThetaHealing™ Instructors:

Vianna's DNA2 Course

Vianna's DNA2 Advanced Course, The Planes of Existence

Vianna's Intuitive Anatomy Course

Vianna's Children of the Rainbow Course

ThetaHealing Manifesting and Abundance Course

ThetaHealing Diseases and Disorder Class

ThetaHealing World Relations Class

Certification Classes taught exclusively by Vianna at the ThetaHealing Institute of Knowledge:

Vianna's Children of the Rainbow Teachers Course

Vianna's DNA2 Teachers Course

Vianna's DNA2 Advanced Teachers Course

Vianna's Intuitive Anatomy Teachers Course

ThetaHealing Diseases and Disorder Certification Class

ThetaHealing World Relations Certification Class

DNA 3

Prior Books:

Go Up and Seek God,

Go Up and Work With God

Present Books:

ThetaHealing

Advanced ThetaHealing

ThetaHealing Diseases and Disorders

Class Manuals:

ThetaHealing™ Practitioner Manual

Vianna's Teacher's Manual

Vianna's DNA2 Advanced Manual

Vianna's DNA2 Advanced Teachers Manual

Vianna's Intuitive Anatomy Manual

Vianna's Intuitive Anatomy Teachers Manual

Vianna's Rainbow Children's Young Children's Manual

Vianna's Rainbow Children's Young Adult Manual

Vianna's Rainbow Children's Teachers Manual

ThetaHealing Manifesting and Abundance Manual

Index

- Abandoned 71, 99, 121, 144, 219, 281
- Abandonment 84
- Abilities iii, v, vi, 12, 14, 28, 31, 40, 42, 84, 85, 101, 152, 153, 155, 159, 169, 208, 213, 214, 218, 230, 233, 235, 239, 240, 249, 250, 255, 281, 298, 320
- Abrasive 281
- Absorb 166, 219, 229, 234, 238, 244, 245, 282
- Abundance 45, 99, 102, 123, 323, 324
- Abuse 34, 84, 90, 105, 106, 139, 185, 253, 258
- Acceptance v, vi, 25, 26, 28, 34, 45, 62, 181, 256, 316
- Accepted iv, 24, 26, 46, 75, 89, 91, 129, 147, 207, 253, 262, 273, 278, 298, 322
- Accomplish 188, 216, 240, 279, 282
- Accountability 45
- Accurate 83, 237, 262, 277, 282, 317
- Achievement 46
- Action 18, 24, 27, 79, 85, 92, 162, 274, 282, 312, 318
- Addiction 2, 86, 282
- Adenine 181
- Adequate 283
- Admiration 283
- Adorable 283
- Advanced ThetaHealing i, iii, v, vii, 1, 39, 44, 252, 324
- Affair 18
- Agony 283
- Akashic 178, 274
- Alcoholic 283
- Allah i
- All That Is 1, 3, i, ii, iv, v, vii, 1, 2, 5, 6, 7, 8, 9, 12, 13, 14, 15, 16, 20, 21, 29, 31, 32, 33, 35, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 74, 76, 78, 79, 92, 93, 99, 103, 120, 151, 152, 153, 155, 156, 157, 160, 162, 163, 164, 165, 177, 178, 180, 188, 189, 190, 191, 193, 194, 195, 196, 197, 202, 203, 204, 205, 206, 208, 210, 213, 214, 216, 217, 225, 229, 230, 236, 237, 244, 248, 250, 251, 254, 257, 261, 262, 263, 264, 267, 271, 272, 273, 274, 275, 276, 277, 278, 279, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 319, 320
- Alone 97, 100, 101, 102, 110, 111, 167, 171, 172, 191, 192, 195, 198, 225, 268, 284
- Alpha 11
- Amino acid 213, 219, 220, 243, 246
- ancestors iv, v, 77, 85, 90, 154, 163, 166, 206, 207, 243, 272
- angel 186, 192, 197, 248, 284
- animal 191, 199, 201, 210, 219
- answer iv, 15, 81, 83, 88, 97, 104, 117, 164, 170, 203, 206, 222, 244, 250, 252, 263, 284
- anxiety 11, 71, 115, 284, 285, 315
- apathy 238, 285
- appreciate 44, 227, 320

- Aristotle 176
- Arizona 200, 203
- arthritis 234, 238, 240, 245
- Articulation 46
- Ascended Masters 154, 156, 157, 182, 183, 186, 187
- Ascension 14
- Astral Plane 190, 192, 319
- astrology 177
- atoms vii, 32, 155, 234
- ATP 167, 168, 206, 211, 244, 245, 246, 262
- attract 218, 225, 286, 298
- Attractive 286
- autonomic survival reflex 26
- Awakened Masters 162
- awakening 24
- Axis Mundi 264
- baby v, vi, 105, 106, 185, 217, 246, 252, 253, 255, 256, 257
- Baby in the Womb 4, 253, 255, 256, 257
- bacteria 31, 33, 37, 38, 218, 228, 243
- balance vi, 18, 35, 42, 46, 57, 86, 129, 198, 212, 220, 228, 230, 231, 234, 237, 244, 245, 315
- Bassett 179
- battle 14, 70, 161, 177, 189, 190, 192, 194
- Beauty 47
- Being iii, v, vi, 2, 3, 6, 10, 13, 16, 22, 23, 26, 30, 31, 32, 34, 35, 39, 40, 42, 46, 47, 48, 50, 51, 53, 54, 55, 57, 58, 62, 63, 64, 67, 68, 70, 71, 72, 74, 77, 78, 82, 84, 86, 93, 94, 95, 96, 97, 99, 101, 105, 106, 115, 119, 122, 123, 125, 127, 128, 131, 135, 136, 138, 146, 148, 149, 150, 151, 152, 154, 157, 161, 162, 163, 176, 180, 182, 185, 186, 190, 191, 193, 197, 201, 204, 212, 213, 216, 217, 227, 228, 231, 234, 245, 249, 251, 256, 258, 261, 266, 272, 281, 282, 283, 284, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 300, 301, 302, 303, 304, 305, 306, 307, 308, 310, 311, 313, 314, 315, 318, 320, 322, 326
- Belief i, iv, v, vi, 2, 3, 4, 6, 16, 17, 19, 21, 22, 24, 25, 26, 33, 35, 36, 37, 38, 39, 40, 41, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 86, 87, 88, 89, 90, 91, 92, 93, 94, 96, 97, 99, 100, 101, 102, 103, 104, 106, 107, 108, 109, 111, 116, 129, 133, 152, 153, 156, 159, 163, 180, 181, 187, 191, 192, 206, 207, 208, 212, 214, 215, 216, 217, 218, 219, 225, 243, 244, 246, 248, 249, 250, 251, 258, 260, 261, 265, 270, 271, 276, 277, 278, 279, 280, 281, 316, 317, 320, 322
- belief books 87
- Belief Levels vi, 39, 40, 41, 76, 77, 78, 88, 163, 279
- Belief Systems i, iv, 16, 17, 21, 22, 36, 37, 38, 75, 76, 82, 84, 87, 89, 91, 152, 153, 156, 180, 206, 212, 214, 215, 217, 243, 249, 250, 251, 261, 276, 322
- Belief Work 4, i, v, vi, 2, 6, 22, 24, 25, 38, 39, 40, 41, 76, 77, 78, 80, 81, 82, 83, 87, 88, 89, 90, 91, 92, 94, 96, 97, 99, 100, 101, 102, 104, 106, 107, 109, 111, 116, 129, 133, 191, 218, 219, 243, 244, 246, 248, 258, 260, 265, 270, 271, 277, 278, 280, 281, 320

Believe i, iii, 2, 3, 4, 5, 11, 14, 15, 18, 22, 25, 35, 37, 40, 75, 76, 80, 81, 82, 84, 87, 91, 107, 116, 126, 129, 131, 136, 153, 159, 161, 166, 171, 185, 186, 187, 200, 207, 208, 209, 213, 214, 216, 217, 218, 226, 227, 242, 244, 253, 257, 262, 274, 276, 280, 284, 285, 286, 293, 305, 315, 320, 321

Benevolence 47

best vii, 2, 5, 7, 8, 16, 17, 28, 41, 76, 81, 87, 95, 97, 99, 106, 108, 109, 132, 151, 162, 170, 184, 186, 214, 217, 229, 230, 237, 242, 248, 250, 252, 254, 255, 259, 262, 266, 271, 276, 277, 278, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 317, 318, 319, 321, 322

Black Light 14

body iv, v, 2, 4, 8, 9, 13, 14, 15, 16, 18, 27, 29, 30, 31, 32, 33, 35, 36, 37, 38, 39, 40, 41, 42, 44, 72, 73, 75, 76, 78, 79, 80, 82, 84, 86, 90, 115, 116, 118, 119, 120, 121, 122, 131, 147, 149, 152, 153, 154, 155, 160, 163, 164, 165, 167, 171, 174, 175, 176, 177, 180, 181, 182, 187, 188, 189, 191, 193, 196, 198, 201, 202, 204, 206, 209, 210, 211, 212, 213, 215, 216, 217, 218, 220, 222, 228, 229, 230, 231, 234, 235, 236, 237, 238, 240, 241, 242, 243, 244, 245, 246, 247, 249, 251, 254, 256, 257, 260, 261, 262, 263, 264, 267, 271, 279, 298, 299, 315, 317, 326

body-psychic 31

Body-Readings 31

Bottom Belief 4, 38, 75, 79, 83, 86, 87, 88, 89, 99, 100, 101, 103, 104, 109, 215

Bottom Belief Systems 38, 215

Bottom Issues 87, 115

brain candy 152, 153, 178, 205

brainwave 14, 161

brilliance 185, 287

broken soul 258, 259, 261, 262, 263

Buddha i, 34, 189, 190

business 182, 222, 238, 287

calcium 33, 122, 234, 240, 242

calm 19, 47, 182

cancer 21, 30, 41, 75, 91, 94, 169, 201, 261, 279

capable 287

carbohydrates 198, 199, 211, 228, 231, 240, 243, 245

carbon 154, 155, 168, 198, 206, 211, 213, 219, 228, 231, 234, 240

causality 27, 158

Celestials 184

Celibate 195

cell 2, 16, 33, 39, 40, 41, 77, 78, 79, 82, 198, 211, 220, 241, 245, 246

chakra 13, 32, 42, 77, 180, 197, 210, 230, 254, 257, 263, 264, 267, 271, 273

charge 234

cherished 39, 48, 279

child v, vi, 24, 34, 36, 39, 41, 76, 105, 136, 137, 139, 140, 152, 155, 156, 185, 188, 203, 207, 217, 253, 256, 257

Cholesterol 198

Chrissie 170, 171, 172, 173, 182, 202

Christian 173, 198

chromosomes 152

circuits 3, 14

Clairvoyance 49

clarity 7, 11, 51, 88, 239, 303, 322

- clearing 35, 91
- Clearly 49
- client 3, 15, 16, 17, 18, 23, 24, 25, 31, 39, 42, 76, 78, 80, 83, 84, 86, 87, 88, 89, 91, 94, 95, 96, 97, 98, 99, 102, 103, 104, 108, 116, 129, 131, 162, 172, 173, 180, 190, 192, 193, 207, 209, 210, 230, 244, 250, 251, 253, 254, 259, 267, 268, 269, 272, 316, 320
- Clumsy 287
- Collaboration 288
- collective consciousness iii, v, 77, 91, 198, 212, 248, 249, 267, 322
- colon 41, 116
- command 6, 9, 13, 15, 32, 33, 35, 39, 41, 78, 80, 92, 174, 180, 181, 197, 206, 209, 210, 219, 225, 230, 251, 254, 257, 263, 267, 271, 272, 273, 275, 276, 318
- commitments 1, 91, 92, 152, 153, 161, 191, 192, 193, 208, 217, 248, 249
- Common Sense 49
- communication 2, 2, 15, 15, 16, 16, 36, 36, 159, 159, 288, 288
- Compassion 9, 48, 165, 176, 177, 178
- complete 20, 27, 48, 62, 67, 89, 170, 195, 203, 209, 210, 247
- composed 151, 181, 234, 259, 288
- comprehend 6, 151, 288
- conceit 25, 283
- conception 2, 41, 158, 256
- concern 24, 115, 289, 315
- Confident 49
- confusion 71, 79, 92, 204, 289
- connect i, 1, 8, 9, 12, 16, 19, 22, 26, 39, 44, 78, 91, 99, 114, 152, 153, 159, 163, 167, 178, 190, 192, 196, 206, 212, 216, 217, 225, 229, 235, 236, 248, 250, 254, 257, 263, 267, 268, 271, 273, 274, 276, 277, 326
- conscious v, 3, 6, 12, 15, 24, 25, 26, 28, 72, 91, 101, 162, 163, 213, 240, 246, 247, 252, 253, 263, 273, 278, 301, 320, 322
- consideration 274, 289
- cooperation 27, 48, 162
- coordinate 27
- Copyright 2
- correspondence 160
- Council 158, 189
- creation iv, 6, 9, 86, 93, 151, 152, 153, 155, 160, 161, 178, 204, 206, 212, 216, 217, 228, 251, 263, 274, 304, 307, 318
- Creative Energy 5, 160, 162
- Creativity 290
- Creator i, iii, iv, v, vi, vii, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 25, 26, 29, 30, 31, 32, 33, 34, 35, 36, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 72, 74, 76, 77, 78, 79, 80, 81, 83, 87, 88, 91, 92, 93, 98, 99, 103, 105, 111, 113, 115, 116, 118, 119, 120, 127, 129, 142, 144, 146, 151, 152, 153, 154, 156, 157, 158, 159, 161, 162, 163, 164, 165, 169, 177, 178, 180, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 203, 204, 205, 206, 208, 209, 210, 212, 214, 216, 217, 218, 225, 229, 230, 236, 237, 247, 248, 250, 252, 254, 257, 258, 259, 260, 261, 262, 263, 264, 265, 267, 268, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 326

crystal 182, 221, 224, 227, 232, 233, 234, 235, 237, 240, 274
 curious 179, 222, 226, 232, 290
 cytosine 181
 Dark Night 198
 Leonardo Da Vinci 176
 death door 205, 278, 279
 Death Wish 280
 Debt 50
 Deceive 291
 decorations 81
 Dedication 50
 Delta 181
 demand 15, 103, 170, 181, 226, 319
 Dependable 291
 depressed 2, 12, 70, 92, 93, 258
 destruction 183, 185, 195
 Devotion 50
 diabetes 40, 129, 130
 Digging i, 2, 3, 4, 41, 75, 86, 88, 90, 91, 94, 96, 97, 99, 102, 104, 105, 107, 109, 111, 116, 120, 123, 126, 129, 132, 134, 140, 144
 Dignity 291
 Diligence 51
 dimensions 152, 161, 177, 179, 180, 210
 discernment vi, 3, 20, 21, 155, 156, 225, 230, 237, 316
 discipline 17, 157, 291
 dis-create 6, 32
 Disease and Disorder 87
 Diseases i, 218, 323, 324
 divine i, v, vii, 3, 12, 13, 15, 17, 20, 22, 27, 28, 36, 78, 88, 153, 159, 184, 204, 210, 214, 237, 238, 251, 261, 262, 266, 274, 276, 277, 279, 292, 321, 322
 DNA ii, iii, iv, v, vi, 1, 2, 6, 40, 44, 76, 77, 82, 152, 166, 167, 178, 181, 211, 235, 245, 246, 259, 273, 277, 316, 323
 doctors 11, 21, 37, 38, 129, 132, 252
 dreams 99, 200, 201, 213, 238, 286, 290, 292
 Dual Beliefs 80
 dualism 154, 181, 189, 190, 214
 duality 14, 161
 dysfunctional vi, 24, 81, 83, 91, 186, 187, 252
 Edison 176
 ego vi, 18, 20, 29, 30, 81, 176, 189, 191, 206, 208, 212, 213, 279, 303
 Egyptian Goddess 105
 Einstein 176
 electrical iv, v, 29, 180, 181, 200, 235, 237, 240, 246
 Elegance 292
 elementals 154, 225, 226, 228
 Eloquence 292
 emotion 35, 81, 82, 84, 104, 176, 243, 245, 266
 Empowerment 293
 Enchantment 293
 energetic iv, 76, 207, 268, 293

energy i, vi, vii, 1, 3, 5, 6, 7, 8, 9, 12, 13, 14, 15, 16, 19, 21, 22, 25, 29, 30, 32, 33, 36, 38, 39, 41, 42, 44, 76, 77, 78, 81, 84, 86, 116, 122, 130, 151, 153, 155, 161, 162, 163, 164, 165, 167, 168, 171, 174, 175, 176, 177, 178, 179, 180, 181, 187, 189, 190, 192, 197, 199, 200, 202, 204, 205, 206, 207, 208, 210, 211, 214, 216, 217, 218, 219, 221, 222, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 243, 244, 245, 246, 247, 248, 249, 250, 251, 254, 255, 256, 257, 258, 260, 261, 262, 263, 264, 267, 268, 270, 271, 272, 273, 276, 279, 293, 306, 317, 321, 322, 323

enzymes 33, 220, 235

equation 81, 207, 215, 235, 236, 247, 248

ethical 27, 293

Evaluate 51

Everlasting 294

evil 83, 172, 177, 183, 185, 189, 190, 192, 194, 197, 214, 317

evolution i, iv, 159, 226, 278

evolve iv, 38, 75, 162, 247

excitement 256, 294

Exist 294

expand 156, 272, 294

fairies 154, 155, 221, 222, 223, 224, 225, 226, 227, 228

fairy 221, 223, 224, 225, 294

faith 3, 51, 158, 189

family 2, 52, 72, 73, 90, 91, 95, 96, 109, 124, 140, 157, 214, 217, 256, 276

Fascinated 295

Father Issues 107

fear v, 7, 19, 20, 21, 37, 40, 69, 71, 72, 74, 81, 82, 92, 100, 108, 110, 111, 113, 114, 139, 146, 147, 161, 169, 189, 190, 192, 195, 198, 204, 212, 219, 244, 260, 301, 320

Feeling i, iv, 2, 3, 4, 19, 24, 25, 33, 34, 35, 39, 40, 41, 56, 69, 70, 71, 73, 75, 78, 79, 82, 86, 89, 93, 94, 96, 101, 102, 107, 108, 109, 122, 131, 140, 216, 219, 244, 279, 316, 317

fetal alcohol 256

Fetal Memory 255

Fifth Plane 4, 6, 154, 155, 156, 157, 158, 163, 164, 166, 176, 182, 186, 187, 188, 189, 190, 191, 192, 193, 197, 198, 204, 205, 208, 212, 213, 214, 243, 245, 248, 249, 250, 274

First Plane 4, 154, 155, 205, 215, 230, 232, 234, 235, 236, 240, 243, 245, 247

focus vii, 3, 13, 16, 35, 52, 202, 205, 233, 321

food iv, 72, 105, 106, 131, 184, 211, 229, 230, 231, 242, 245, 246, 251, 298, 314

Forced Healing 29

Forgiveness 52

Fourth Plane 4, 154, 155, 176, 200, 205, 206, 207, 208, 209, 211, 243, 245, 249

Free 4, v, 1, 24, 25, 26, 27, 28, 82, 87, 93, 162, 177, 250, 252, 253, 254, 257, 274, 276, 278, 295

frequency 76, 151, 157, 158, 167, 186, 188, 295

fun 52, 123, 236, 312

Fusing 31

future 23, 72, 76, 91, 240, 255, 272, 274, 275, 277, 284, 295, 315, 320

Galileo 176

Gamma 11

Gandhi 187

generation iv, 176
 generous 126, 296
 Genetic 77, 78, 89, 90, 139, 163, 280
 genital herpes 37
 Genius 296
 gentle 16, 79, 163, 296, 320
 Gently 16
 genuine 94, 296
 Giovanni Vota 2
 goals 50, 103, 104, 156, 240, 282, 291, 297
 God i, ii, iii, iv, v, 2, 3, 6, 10, 17, 21, 26, 27, 38, 46, 53, 66, 74, 85, 113, 114, 120, 123, 126, 134, 135, 144, 156, 158, 159, 162, 163, 166, 167, 169, 170, 171, 173, 174, 175, 181, 183, 189, 192, 193, 195, 198, 204, 206, 208, 213, 216, 228, 254, 259, 260, 274, 276, 278, 317, 324
 grateful 17, 53, 128
 gratitude 53, 297
 Grief 81
 grounded 18, 212, 297, 317
 Grounding 8, 32, 237
 growth 30, 76, 82, 147, 158, 181, 198, 213, 220, 231, 236, 248, 279, 297
 grudges 1, 70, 84, 85, 86
 guanine 181
 guardian angels 190, 192, 197, 278
 Guidance 197
 guilt 119, 190, 218, 243, 298
 Guy Stibal 2, 3, 322
 happiness 3, 53, 82, 146, 228
 harmony 57, 160, 228, 247, 250
 Hawaii 246
 Healer vi, 31, 191, 195, 298, 316
 Healing i, vi, 4, 6, 13, 15, 17, 29, 30, 31, 32, 33, 34, 35, 36, 45, 56, 76, 81, 84, 109, 110, 114, 132, 133, 162, 192, 196, 207, 214, 216, 217, 218, 230, 236, 237, 240, 243, 244, 247, 248, 250, 251, 254, 256, 260, 261, 263, 264, 271, 272, 277, 298, 316, 318, 319, 320
 healthy 9, 24, 35, 53, 81, 95, 101, 102, 165, 192, 284, 298, 300, 315
 heard 17, 29, 53, 79, 89, 105, 135, 203, 206, 210, 232, 248, 252, 253, 258, 260, 279
 Heart Song 4, 81, 265, 266, 268, 269
 heat 33, 200, 224, 235
 Heavenly Father 189, 204, 243
 Heavenly Mother 189
 herbs 116, 153, 207, 218, 228, 229, 230, 243
 high 17, 30, 36, 157, 163, 164, 167, 179, 183, 188, 198, 214, 219, 232, 238, 248, 293
 Hippocratic 92
 Hiro Myiazaki 109
 History Level 77, 78
 Holistic 299
 home iii, 54, 132, 135, 136, 137, 144, 164, 170, 171, 172, 173, 174, 179, 180, 214, 223, 224, 225, 227, 228, 233, 246, 270, 271, 278, 299
 Honesty 54, 62
 honor 54, 115, 183, 236
 hope 20, 35, 37, 137, 159, 284, 285, 299, 315
 Humble 54

hypothalamus 14
 Idaho Falls 174, 259
 ideas 3, 1, 55, 123, 205, 213, 290
 illnesses 30, 242, 261
 illusion 82, 156, 162, 177, 181, 204, 215, 216, 217, 261, 273, 300, 318, 321
 imagine 6, 7, 9, 10, 14, 32, 99, 109, 123, 132, 165, 166, 230
 immune 16, 37, 82, 218, 220, 237, 300
 Impervious 55
 important v, vii, 8, 12, 15, 16, 17, 18, 21, 22, 23, 24, 25, 26, 27, 28, 41, 42, 44, 56, 57, 76, 83, 84, 85, 86, 91, 92, 101, 104, 116, 119, 130, 140, 156, 160, 167, 180, 188, 199, 200, 204, 212, 216, 219, 228, 229, 233, 240, 242, 246, 247, 259, 261, 276, 279, 280, 310, 317, 321
 improve 95, 126, 300, 320
 Indian 179
 initiative 198, 301
 Insightful 300
 instantaneous iii, 3, 35, 299, 326
 instant Healing 56, 162, 272, 318, 319
 Integrity 56, 316
 intelligent 138, 290, 301
 interaction 3, 25, 56, 104, 188, 320
 Intuition 57, 111
 intuitive v, vi, 5, 12, 16, 18, 19, 20, 23, 24, 25, 26, 31, 40, 42, 84, 88, 92, 111, 153, 160, 169, 170, 171, 172, 180, 190, 202, 207, 219, 223, 233, 235, 260, 266, 274, 278, 326
 It just is 1, 154, 321
 jelly 9, 10, 32, 41, 165, 166, 197, 210, 230, 254, 257, 263, 267, 271, 273
 Jesus i
 joy 14, 26, 39, 41, 57, 65, 111, 117, 162, 198, 212, 213, 228, 270, 306, 317
 judgment vi, 20, 27, 162, 191, 298, 312, 322
 karma iv
 kinesiology 83
 Martin Luther King 187
 kundalini 7, 8, 13
 Law 1, 9, 15, 26, 28, 151, 152, 154, 165, 169, 173, 174, 175, 176, 177, 178, 215, 217, 235, 247, 250, 260, 267, 273, 274, 278, 318
 Let It Be 57
 Lipids 198, 199, 244
 listen 5, 15, 18, 25, 65, 86, 87, 104, 114, 115, 129, 137, 138, 266, 267, 268, 306, 316
 little death 202, 248
 love vi, 3, 18, 19, 23, 24, 33, 34, 38, 39, 44, 57, 58, 74, 78, 79, 80, 82, 85, 91, 94, 99, 101, 102, 103, 116, 118, 120, 122, 124, 125, 126, 127, 130, 131, 132, 133, 144, 145, 146, 147, 148, 152, 154, 157, 159, 161, 162, 164, 166, 167, 169, 173, 175, 179, 189, 192, 193, 194, 214, 217, 218, 219, 226, 227, 228, 229, 231, 232, 233, 238, 239, 244, 245, 254, 256, 257, 298, 316, 317, 321, 326
 Loving People 58
 Loyalty 59
 Lungs 140
 macrocosm 14, 161
 macrophages 16
 Magic 59
 magnesium 116, 117, 122, 234, 242
 magnificent vii, 82, 182, 187, 203, 236, 261, 265, 302
 Management 312

manifestation 15, 174, 226
 manifesting 101, 154, 160, 174, 276, 303
 masters 190
 mechanics 33, 77
 Melanite 233
 melanoma 29
 memories iv, 77, 156, 157, 188, 235, 237, 248, 252, 253, 254, 255, 256, 270, 302
 memory 35, 77, 142, 157, 163, 202, 204, 235, 252, 253, 254, 255, 302
 mental iv, 9, 11, 21, 26, 35, 76, 138, 155, 164, 187, 212, 213, 237, 247, 249, 256, 272, 294, 303
 Merciful 303
 messages 2, 25, 35, 116, 190, 239, 240
 metaphysical 26, 169, 171, 172, 174, 232, 236, 237, 244, 303
 microcosm 14, 152, 161
 mineral 155, 166, 191, 233, 234, 236, 240, 242, 243, 244, 246
 minerals 153, 155, 171, 218, 228, 230, 232, 233, 234, 235, 236, 237, 240, 241, 242, 243, 244, 245, 247
 Miracles 59
 mitochondria iii, 59, 246, 262
 Modalities 247
 modality 3, 91, 92, 247, 323
 molecular 10, 30, 32, 33, 151, 154, 155, 166, 219, 227, 228, 231, 234, 235
 molecule 14, 32, 154, 161, 168, 211, 228, 231, 266, 267
 Money 59, 83, 196
 Montana 22, 105, 172, 173, 174, 202, 221
 morals 26
 Mother Issues 99
 Motivation 59
 Multiple Sclerosis 17
 muscles 14, 240
 Native American 200, 201, 203, 232
 negative v, vi, 1, 3, 18, 22, 24, 25, 26, 39, 41, 75, 76, 80, 81, 82, 90, 91, 92, 93, 96, 100, 109, 111, 131, 160, 163, 180, 189, 192, 212, 216, 217, 218, 219, 236, 238, 239, 240, 253, 257, 266, 267, 274, 279, 280
 negativity 18, 55, 237
 neuron 14
 Newton 176
 Nirvana i
 Noble 304
 non-organic iii, 154, 228, 231, 232, 234, 235, 236
 noradrenalin 82
 Nucleic Acid 181, 244
 nucleus 152, 154, 160, 163
 numerology 177
 numinous 5, 322
 nutrition 2, 206, 220
 oath 92
 Odin 183, 184, 185
 Omnipresence 304
 organic iii, 154, 199, 211, 213, 219, 228, 230, 231, 232, 234, 235, 236, 240
 paradigm 6, 7, 163, 317, 318, 326
 passion 133, 157, 201, 238, 304
 patience 29, 238, 305, 319

- peace 14, 60, 109, 140, 142, 163, 237, 240
- Pelagius 27
- perception 24, 28, 158, 188
- Periodic Table 155, 234
- Perseverance 60, 318
- perspective 17, 43, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 88, 92, 193, 205, 210, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 318
- philosophy 27, 176, 184
- photosynthesis 211, 228, 229
- physical i, iv, 3, 4, 5, 6, 8, 11, 16, 25, 26, 27, 30, 32, 35, 42, 76, 77, 83, 84, 89, 151, 152, 154, 155, 156, 157, 158, 159, 187, 188, 189, 205, 209, 212, 213, 215, 217, 234, 235, 237, 243, 244, 246, 249, 250, 256, 260, 261, 262, 264, 267, 272, 316
- physics 33
- pituitary 14
- Plane i, vii, 1, 4, 5, 6, 7, 8, 9, 10, 13, 14, 25, 26, 31, 32, 40, 41, 42, 43, 50, 65, 88, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 169, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 186, 187, 188, 189, 190, 191, 192, 193, 197, 198, 200, 202, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 219, 221, 224, 225, 226, 227, 228, 229, 230, 231, 232, 234, 235, 236, 237, 240, 243, 244, 245, 246, 247, 248, 249, 250, 251, 254, 257, 263, 266, 267, 271, 273, 274, 275, 276, 278, 289, 291, 292, 296, 297, 299, 301, 302, 306, 318, 319, 320
- Planes of Existence i, vi, vii, 4, 6, 13, 14, 78, 83, 151, 152, 153, 154, 155, 157, 161, 162, 163, 166, 173, 175, 176, 186, 192, 200, 205, 206, 207, 213, 214, 215, 227, 228, 229, 235, 244, 246, 247, 249, 250, 262, 272, 317, 318, 323
- plants 153, 154, 155, 167, 211, 213, 215, 225, 227, 228, 229, 230, 243
- Plato 176
- play 25, 60, 75, 88, 125, 131, 156, 220, 231, 265
- positive benefit 89
- Positive Cause 96
- possibilities 96, 156, 163, 224, 248, 305
- possible vi, 4, 18, 24, 25, 35, 40, 41, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 76, 87, 89, 96, 99, 101, 103, 104, 105, 108, 114, 115, 163, 166, 168, 172, 188, 189, 193, 197, 208, 226, 243, 244, 251, 253, 255, 262, 277, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 299, 300, 301, 302, 303, 304, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 321
- potential v, 170, 253, 269, 281, 299, 305
- power ii, v, vi, 14, 16, 26, 27, 71, 84, 93, 130, 152, 158, 161, 162, 167, 184, 185, 191, 192, 193, 196, 200, 201, 202, 203, 204, 208, 212, 213, 216, 217, 232, 234, 236, 237, 248, 249, 250, 298, 317, 321
- practitioners 3, 16, 41, 79, 89, 94, 326
- precious 233, 236, 305
- present v, 2, 25, 51, 76, 77, 91, 99, 106, 136, 184, 186, 204, 217, 229, 230, 238, 249, 250, 253, 266, 272, 274, 284, 306, 315, 322
- Pride 60
- Principles 78, 160, 177

Program 2, 3, 22, 25, 26, 35, 36, 38, 75, 77,
 78, 79, 80, 81, 82, 83, 84, 85, 88, 89, 90, 91, 93,
 96, 97, 98, 101, 108, 120, 126, 131, 145, 152,
 166, 180, 189, 191, 193, 198, 207, 216, 217,
 243, 244, 257, 278, 280, 319

Projection 23, 24

Prophets 189

protein 154, 213, 219, 220, 240, 244

protons 6, 152, 154

psychic vi, 16, 22, 23, 29, 31, 34, 84, 85,
 169, 170, 171, 175, 179, 192, 239, 240, 248,
 250

psychological i, 27, 256

psychology 27

pure i, ii, vii, 3, 10, 16, 19, 34, 36, 93, 155,
 160, 161, 162, 177, 178, 181, 185, 188, 202,
 204, 226, 228, 229, 246, 250, 251, 322

quiet 21, 121, 126, 203, 306, 312

Radiant 306

Rainbow Children 188, 324

Reaction to Beliefs 89

Reading i, 4, 11, 13, 16, 17, 18, 19, 20, 22,
 23, 24, 25, 116, 169, 170, 218, 219, 252, 277,
 317, 318

reality iv, vii, 20, 21, 36, 39, 75, 103, 154,
 156, 160, 164, 171, 186, 205, 212, 213, 215,
 223, 249, 251, 261, 272, 274, 317, 318, 320,
 321, 322

receptor 3

reflex 26, 34

regret 1, 70, 84, 93, 162

rejection 34, 84, 218

relationship 21, 23, 24, 85, 91, 95, 96, 97,
 137, 145, 146, 147, 160, 228, 236, 239, 256,
 279

relaxation 11, 61

religion ii, 27, 158, 184, 247

resentment 1, 70, 71, 84, 162, 164, 218

resolve 3, 24, 61, 88, 130

respect 26, 61, 131, 138, 152, 156, 162,
 225, 226, 228, 229, 236, 249, 284, 305, 306,
 315

rest i, 3, 44, 61, 88, 115, 171, 206, 260,
 293

Reward 14, 307

rhythm 307

Rinsing 15

Roadmap 5

Roberts 179

Romantic 307

Rome 265

Ruby 232

sacred 18, 25, 177, 184, 223, 228, 276

sacrifice 167, 189, 194, 207, 248

Saint John 198

Sandpoint 221

Satisfaction 307

Scholar 307

scientific 27, 30, 38, 151

Seattle 251, 259

Second Plane 4, 154, 155, 215, 221, 224,
 225, 226, 228, 229, 230, 231, 243, 245

Security 62

selenium 234, 240

Self Acceptance 62

self confidence 308

- Self Control 308
- Self Honesty 62
- Self Sanctimonious 18
- Sensible 308
- separate 10, 16, 32, 45, 152, 155, 164, 166, 179, 180, 187, 190, 204, 215, 216, 237, 285
- Serenity 63
- serotonin 82, 86
- Seven Planes of Existence vii, 83, 152, 154, 175, 213
- Seventh Plane i, vii, 1, 4, 5, 6, 7, 8, 9, 10, 13, 14, 25, 31, 32, 40, 41, 42, 43, 50, 65, 88, 151, 152, 153, 154, 155, 156, 157, 160, 161, 162, 163, 164, 165, 166, 167, 176, 177, 178, 180, 190, 191, 192, 193, 197, 202, 204, 205, 206, 209, 210, 214, 217, 219, 225, 226, 227, 230, 244, 245, 246, 248, 250, 251, 254, 257, 263, 266, 267, 271, 273, 274, 275, 276, 289, 291, 292, 296, 297, 299, 301, 302, 306, 318, 320
- Shape Shifter 200
- Shine 63
- sick 36, 37, 41, 75, 91, 94, 95, 96, 102, 110, 114, 120, 132, 166, 218, 246, 253, 262, 319
- significant 11, 75, 237, 308
- Sincerity 309
- Sixth Plane 4, 26, 152, 154, 156, 160, 161, 166, 169, 173, 175, 176, 177, 179, 181, 191, 202, 215, 235, 236, 243, 245, 247, 273
- Smoking 309
- Snake River iii, 179
- Soma 227
- Son and Daughter 63
- Sophisticated 309
- soul 5, 20, 22, 34, 36, 39, 75, 76, 81, 93, 128, 141, 156, 160, 167, 180, 189, 198, 216, 237, 239, 245, 248, 249, 250, 258, 259, 260, 261, 262, 263, 264, 267, 270, 276, 277, 279, 287, 318
- spark 174, 274, 309
- speaking 66, 185, 268
- Speak the Truth 66
- Special 2, 63
- sphere 216, 263, 264
- spirit-guides 20
- spiritual i, iv, vii, 5, 25, 26, 27, 29, 35, 40, 76, 151, 155, 156, 157, 158, 159, 167, 169, 181, 186, 187, 188, 189, 190, 192, 196, 198, 200, 205, 206, 207, 208, 212, 213, 214, 226, 229, 235, 238, 239, 243, 244, 245, 249, 262, 264, 272, 294, 301, 310, 320, 322
- Splendor 310
- spontaneous 3, 5, 11, 169, 310
- St George 224
- Stibal Lane 179
- Stillness 63
- stress iv, 11, 25, 71, 86, 93, 133, 237, 310
- strong 82, 90, 102, 122, 136, 138, 139, 140, 157, 185, 187, 192, 214, 224, 240, 298, 300, 305, 311
- structure 5, 30, 76, 151, 154, 155, 181, 198, 199, 211, 220, 228, 231, 234, 235, 236, 244, 245
- study i, 11, 155, 170, 230, 311
- subatomic 14, 30, 32, 38, 151, 161, 186
- subconscious 3, 18, 24, 35, 75, 76, 80, 83, 88, 89, 91, 93, 103, 104, 152, 187, 217, 257
- Succeed 64

- successful 36, 75, 90, 128, 133, 286, 293, 311
- support 122, 157, 163, 234, 240, 244, 245, 259, 311
- surgeon 215
- synergy 27
- System 37, 78, 79, 80, 81, 88, 93, 181, 225, 248, 280, 300
- Tactful 64
- teach vi, 2, 5, 33, 35, 40, 78, 88, 92, 99, 101, 114, 115, 117, 118, 119, 120, 121, 122, 123, 125, 126, 128, 130, 131, 133, 137, 139, 147, 148, 150, 152, 156, 157, 169, 170, 203, 207, 214, 230, 237, 259, 260, 268, 269, 270, 271, 277, 279, 312, 319, 326
- Temper 312
- Tesla 176
- Thankfulness 64, 320
- The Breath of Life 64
- the Creator is real 3, 65
- The Life Purpose 65
- the now 33, 218
- Theta i, v, vi, 6, 11, 12, 17, 26, 30, 36, 40, 41, 65, 76, 125, 151, 161, 164, 169, 177, 181, 217, 225, 319
- ThetaHealing i, ii, iii, iv, v, vii, 1, 2, 3, 4, 5, 6, 12, 13, 15, 26, 28, 30, 31, 33, 35, 36, 38, 39, 40, 41, 44, 76, 78, 80, 83, 86, 87, 90, 91, 92, 94, 123, 153, 157, 206, 209, 218, 221, 247, 248, 252, 254, 272, 316, 317, 323, 324, 326
- ThetaHealing Diseases and Disorders i, 218, 324
- theta wave 11, 12, 162
- theta work v
- The True Self 65
- Third Plane 4, 154, 155, 156, 159, 176, 186, 187, 188, 190, 192, 206, 212, 213, 214, 215, 216, 217, 219, 226, 227, 235, 243, 245, 250, 251, 276
- thought-forms 20, 24, 26, 212
- thoughts v, 1, 18, 20, 26, 130, 155, 156, 157, 158, 160, 161, 162, 163, 209, 210, 213, 216, 230, 240, 247, 256, 270, 274, 285, 290, 302, 309, 310, 315, 319
- thymine 181
- time iii, iv, v, vi, 2, 3, 5, 7, 9, 12, 14, 16, 17, 18, 20, 21, 24, 27, 30, 34, 35, 37, 41, 42, 72, 80, 81, 82, 84, 86, 87, 88, 89, 92, 93, 95, 97, 98, 100, 103, 105, 106, 109, 112, 113, 116, 121, 127, 132, 133, 135, 136, 140, 141, 142, 144, 148, 149, 152, 154, 155, 156, 157, 162, 163, 165, 166, 169, 170, 171, 172, 173, 175, 177, 178, 179, 180, 182, 183, 184, 185, 186, 187, 188, 189, 190, 193, 194, 196, 200, 201, 202, 203, 204, 205, 206, 208, 209, 210, 213, 214, 215, 217, 221, 222, 223, 224, 225, 226, 229, 230, 232, 233, 234, 236, 246, 247, 248, 249, 250, 252, 253, 258, 259, 260, 261, 262, 263, 264, 266, 269, 272, 273, 274, 311, 312, 318, 319, 320, 321, 322
- to listen 5, 15, 25, 65, 87, 104, 115, 138, 268, 316
- tone 37, 38, 132, 177, 178, 266, 267, 268, 269
- To See Myself 66
- Trace Minerals 241
- trade 189, 191, 192, 233, 243
- trauma 17, 86, 89, 253, 260
- trees 154, 223, 224, 225, 227, 228
- trust 43, 44, 57, 67, 99, 101, 114, 115, 126, 144, 150, 261, 268, 286, 293, 298

truth iii, v, 1, 3, 10, 18, 19, 20, 21, 22, 34, 66, 71, 74, 87, 115, 162, 166, 170, 173, 174, 175, 178, 191, 205, 216, 217, 250, 262, 276, 316, 319, 321, 322
 tumor 91, 215, 253
 UFO 171
 unconditional love vi, 33, 34, 166, 175, 192
 understanding i, i, iv, iv, vii, vii, 2, 2, 25, 25, 30, 30, 35, 35, 42, 42, 151, 151, 152, 152, 160, 160, 162, 162, 186, 186, 192, 192, 212, 212, 228, 228, 249, 249, 250, 250, 276, 276, 277, 277, 305, 305, 313, 313, 326, 326
 Understood By Others 67
 unique 68, 226, 326
 universal spirit vii
 universe iv, 1, 6, 10, 14, 17, 20, 151, 153, 154, 158, 159, 161, 166, 175, 269, 321
 uplift 313
 Utah 170, 173, 224
 value 118, 313
 verbal 11, 20, 25, 39, 40, 78, 82, 96, 256, 257
 Versatile 314
 Vienna i, iii, iv, 1, 2, 3, 4, 21, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 105, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 171, 172, 174, 175, 179, 180, 223, 247, 252, 258, 260, 268, 269, 321, 323, 324, 325, 326
 vibration vii, 25, 37, 116, 151, 157, 161, 167, 176, 177, 178, 186, 187, 188, 190, 205, 206, 218, 227, 229, 232, 237, 243, 295, 298
 virus 33, 37, 38, 132, 177
 vision 153, 172, 173, 181, 182, 200, 203, 224, 290, 314
 visualize 32, 33, 41, 88, 99, 102, 197, 262, 263, 267, 273
 voice iii, 182, 183, 184, 185, 203, 222, 248, 265, 266, 267, 312
 vows 1, 92, 153, 167, 193, 207, 248, 249
 wanted 21, 23, 41, 68, 99, 129, 130, 132, 139, 149, 169, 170, 172, 174, 175, 187, 252, 255, 256
 Washington 221, 259
 Wayward 209, 214
 Weaker 116
 Weight Loss 314
 white light 9, 10, 15, 32, 41, 165, 166, 197, 210, 230, 254, 257, 263, 267, 271, 273
 whole 8, 16, 20, 27, 33, 36, 68, 113, 137, 147, 149, 152, 163, 170, 172, 184, 198, 219, 223, 228, 257, 263, 264, 265
 wisdom v, vi, 35, 68, 160, 162, 197, 207, 315
 witness 13, 14, 15, 20, 29, 30, 31, 33, 38, 40, 45, 56, 59, 76, 78, 81, 87, 89, 162, 164, 195, 196, 247, 251, 254, 257, 259, 260, 263, 264, 272, 316, 326
 words 5, 18, 24, 69, 80, 113, 134, 173, 218, 219, 253, 256, 258
 worry 9, 55, 71, 86, 165, 284, 315
 Yahweh i
 yeast 37
 Zion 224

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Picture 2008

Vianna Stibal is a young grandmother, an artist and a writer. Her natural charisma and compassion for those in need of help have also given her the ability to be titled *healer, intuitive* and *teacher*.

After being taught how to connect with the Creator to co-create and facilitate this unique process called ThetaHealing, Vianna knew that she must share this gift with as many people as she could. It was this love and appreciation for the Creator and humankind that allowed her to develop the ability to see clearly into the human body and witness many instantaneous healings.

Her encyclopedic knowledge of the body's systems and deep understanding of the human psyche, based on her own experience as well as the insight given to her by the Creator, makes Vianna the perfect practitioner of this amazing technique. She has successfully worked with such medical challenges such as Hepatitis C, Epstein-Barr, AIDS, herpes, tumors, various types of cancers, and many other disorders, diseases and genetic defects. Vianna knows that the ThetaHealing technique is teachable, but beyond that she knows that it *needs* to be taught. Vianna conducts seminars all over the world to teach people of all races, beliefs and religions. She has trained teachers and practitioners who are working in fourteen countries, but her work will not stop there! Vianna is committed to spreading this healing paradigm throughout the world.