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Postgraduate Certificate in Theta Healing Advocacy

## Basic Principles of Theta Healing

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### Basic Principles of Theta Healing

Theta Healing is a powerful energy healing modality that involves accessing the theta brainwave state to facilitate healing and transformation. The Basic Principles of Theta Healing form the foundation of this practice and guide practitioners in their work. These principles are essential to understand for anyone pursuing a Postgraduate Certificate in Theta Healing Advocacy.

#### Belief Work

Belief work is a core component of Theta Healing, focusing on identifying and changing limiting beliefs that may be blocking an individual's progress or causing issues in their life. Practitioners use the theta brainwave state to access the subconscious mind and replace negative beliefs with positive ones.

#### Creator of All That Is

In Theta Healing, the Creator of All That Is refers to the universal energy or source from which all things originate. Practitioners connect to this higher power to facilitate healing and manifestation in their work. The Creator is viewed as a loving and compassionate force that supports the highest good of all.

#### Downloads

Downloads in Theta Healing refer to new beliefs, feelings, or knowledge that practitioners receive from the Creator of All That Is during a healing session. These downloads can help individuals shift their mindset, release limitations, and create positive change in their lives.

#### Digging

Digging is a technique used in Theta Healing to uncover the root causes of issues or beliefs held in the subconscious mind. Practitioners ask specific questions to help clients identify underlying emotions, experiences, or traumas that may be contributing to their challenges.

#### Energy Healing

Energy healing is a holistic practice that involves working with the body's energy systems to promote health and well-being. In Theta Healing, practitioners use focused intention and the theta brainwave state to channel healing energy to clients, addressing physical, emotional, and spiritual issues.

#### Intuitive Healing

Intuitive healing is a key aspect of Theta Healing, as practitioners rely on their intuition and connection to the Creator of All That Is to guide their work. By tuning into their inner wisdom, practitioners can receive insights, messages, and guidance to support clients in their healing journey.

### Manifestation

Manifestation in Theta Healing refers to the process of creating desired outcomes or experiences by aligning with the energetic frequency of what one wishes to attract. Practitioners help clients clear blocks, set intentions, and work towards their goals to manifest positive changes in their lives.

### Remote Healing

Remote healing is a practice in Theta Healing where practitioners can send healing energy and work with clients from a distance. Through the power of intention and the theta brainwave state, practitioners can connect with clients anywhere in the world to facilitate healing and transformation.

### Seven Planes of Existence

The Seven Planes of Existence in Theta Healing represent different levels of consciousness and spiritual realms that practitioners can access for healing and guidance. These planes include the Divine Plane, the Creator of All That Is, the Plane of Existence, the Laws of Physics, the Plane of the Soul, the Plane of Spirit, and the Plane of the Seventh Plane.

### Subconscious Mind

The subconscious mind in Theta Healing is the part of the mind that holds beliefs, memories, and patterns that influence behavior and emotions. By working with the subconscious mind in the theta brainwave state, practitioners can identify and change limiting beliefs to promote healing and growth.

### Theta Brainwave State

The theta brainwave state is a state of deep relaxation and heightened intuition that allows practitioners to access the subconscious mind and connect with the Creator of All That Is. Practitioners use techniques such as meditation, visualization, and breathwork to enter this state and facilitate healing.

### Theta Healing Session

A Theta Healing session is a one-on-one healing session between a practitioner and a client, where the practitioner uses the theta brainwave state to facilitate healing, release blocks, and promote transformation. Sessions may involve belief work, energy healing, intuitive guidance, and manifestation techniques.

### Unconditional Love

Unconditional love is a central principle in Theta Healing, representing the pure, non-judgmental love that

comes from the Creator of All That Is. Practitioners aim to embody this love in their work, fostering a supportive and compassionate environment for healing and growth.

#### Vianna Stibal

Vianna Stibal is the founder of Theta Healing and the creator of the Basic Principles of Theta Healing. As a renowned spiritual teacher and healer, Vianna has trained thousands of practitioners worldwide in this modality, empowering them to facilitate healing and transformation in themselves and others.

#### Witnessing Healing

Witnessing healing in Theta Healing refers to observing and supporting the healing process in others without judgment or attachment. Practitioners act as witnesses to the client's journey, holding space for transformation and providing guidance and support as needed.

#### Xenoglossy

Xenoglossy is a phenomenon sometimes observed in Theta Healing sessions, where clients may speak or understand a language they have not formally learned. This can occur as a result of accessing past-life memories or connecting with higher realms of consciousness during the healing process.

#### You Are the Creator

In Theta Healing, the principle that "You Are the Creator" emphasizes the power of individual intention and co-creation in shaping one's reality. Practitioners help clients recognize their innate ability to manifest and transform their lives by aligning with their true desires and intentions.

#### Zone of Creation

The Zone of Creation in Theta Healing represents the space where practitioners can access their creative potential and manifest their desires. By entering this zone through the theta brainwave state, practitioners can tap into the unlimited possibilities available to them and bring their visions to life.