

## Shifting Consciousness with ThetaHealing

The ThetaHealing technique is used to address a wide variety of physical, emotional, mental and spiritual issues. It provides amazing results and is not limited to what your mind, body and soul wants to feel.

### Heal Your Inner Blocks

- Overcome the feeling of being stuck in life
- Heal anxiety, depression and trauma
- Alleviate stress, deep relaxation, mental clarity
- Release addictions, fears and resentments
- Accelerate recovery of illnesses and injuries
- Resolve relationship patterns and past karma

### Expand Your Well-Being

- Improve your relationships
- Allow abundance and financial freedom
- Create family harmony and connection
- Achieve life balance with a sense of play
- Understand what it feels like to have joy, abundance, trust, respect, security, forgiveness, vitality
- Understanding what it feels like to be accepted, intuitive, loved, connected
- Awaken confidence, beauty and your ideal body



I'm like a soul detective to help you connect the dots and live your full potential. It's a pleasure to accompany you as you create your life adventure. You are the author of your reality.

When you understand why you think what you think, you can redefine the narrative of your life, experience a sense of harmony with a crisp vision of what's coming next. My goal is for you to step into your highest potential, where you can measure the results in success and the quality of your life. Results are often effortless and instantaneous.

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Challenge  
what you think is possible  
and  
gain clarity to make your life  
limitless.



## What if you were able to transform any area of your life, naturally?

What if there was a way to turn your negatives into positives, your limitations into empowerment?

If there is such a thing, are you willing to try it?  
Sounds compelling, right?

What's true for us on the inside reflects perfectly on the outside - in our lives! So as long as you want to create real change in your life, then you are ready to heal with ThetaHealing.

You'll be amazed at how fast you can remove your limiting beliefs and blocks and how easily you'll be able to change your life!

ThetaHealing is a dynamic therapy using a dream-state meditation, quantum physics & epigenetics\* to clear blocks and create effortlessly.



\* Epigenetics is the study of how your behaviours and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence.

# What is theta?

The ThetaHealing Technique® is an extraordinary holistic healing method for mind, body and spirit, using meditation styled techniques help to clear limiting beliefs, emotions and feelings. In Japan, hospitals use the ThetaHealing-Technique in combination with traditional medicine. Children at schools in India are also learning the ThetaHealing Technique. The number of ThetaHealing practitioners is rapidly growing around the world.

Real change happens from within. With the ThetaHealing-Technique, you tackle the issue in the core (as opposed to a 'band-aid' approach). It unlocks your true potential and makes you expand your possibilities in every way.

**ThetaHealing works on the cellular level to remove a physical and emotional block, re-engineering cellular memory. It is not hypnosis, as you are conscious and completely aware at all times. ThetaHealing is entirely independent of all kinds of religions and does not replace conventional medicine.**

All certified ThetaHealers follow a code of ethics. ThetaHealing also works around informed consent, so expect that all changes and processes can only be embarked on and completed when you permit them.

## How is ThetaHealing different?

Two vital points set ThetaHealing apart from other techniques: It focuses on finding and resolving the root problem. We work until we find the actual source of that particular difficulty, which we then transform and achieve real, lasting change and quality of life improvement.

It mainly helps you to identify your desires. It enables you to eliminate inhibitory belief systems such as the "I'm not good enough" feeling of life.

Not everyone wants to go deep and look at their garbage. They might be too afraid to "open that can of worms". It may be easier to live with-or bury-the pain or anger rather than talk about past traumatic events. Some people lie to themselves by pretending everything is fine. Some don't think they have that many issues to work on. Some may want to resolve their issues the hard way by going through similar situations over and over until they finally get it. They don't believe there's an easier way. Many do not believe this works.

So while ThetaHealing sounds easy, the real challenge is to have the desire to find out what is wrong. Once we can clear the garbage within ourselves, we are free to fulfill our purpose and help others.

