

CHANGE YOUR BELIEF CHANGE YOUR LIFE

Eric Richardson always knew that he wanted to be a teacher. The desire to shift consciousness resulted in him lecturing Philosophy of Education to student teachers at the University of the Witwatersrand. But after nearly 10 years Eric took up the challenge of running a national charity that uses theatre to educate people. During this time he was selected by the *Mail & Guardian* as one of the 200 most influential young leaders in SA. Now, six years later, Eric Richardson is teaching again. This time he is teaching ThetaHealing courses throughout the country. In this article we catch up with him.

Where does it come from & how does it work?

Almost two decades ago, American Vianna Stibal discovered that accessing the powerful theta brain wave state enabled her to help another person experience emotional, spiritual and physical healing from 'the divine energy that moves in all things'. The only blocks to the healing was the person's limiting subconscious beliefs and the negative energies in the person's electromagnetic field. Vianna discovered a range of energy-based techniques that could help intuitive communication with the body and mind, remove blocks to healing, release 'radiation and psychic hooks' from the body, balance the brain chemicals and chakras, and replace negative belief programs with empowering thoughts and feelings enabling the creation of health, happiness and abundance. Since then Vianna has written a number of books and has established the ThetaHealing Institute of Knowledge in the USA.

How did you hear about it and get into it?

During a trip to London in 2008, I bought a magazine that featured a number of healing modalities which looked very interesting, but when I read the article on ThetaHealing something resonated within me and I felt it was something that could be of great help to me. The article highlighted that our health is directly affected by the subconscious programs which have become installed in our lifetime, or through ancestral memory, genetics and the collective consciousness. It suggested that by learning Thetahealing, one could tap into the quantum field and release these old outdated programs which had been causing illness and life challenges. As a former lecturer, I was also intrigued by the claim that it could fully activate our DNA and shift consciousness enabling people to align with soul and the divine, becoming co-creators of health and abundance. Since the modality was not yet in SA I decided to learn its techniques on a visit to London in 2009, and I soon witnessed emotional, physical and spiritual change in my own life. By changing my beliefs and releasing blocks from my electromagnetic field, I was able to start living without continued anxiety but in a state of complete calmness and trust in the universe. I could

easily release resentments, sorrow and pain from my body. I then started using the techniques on others, and decided that I needed to learn how to teach people how to be practitioners so that I would not be the only one in SA using and promoting this amazing modality. I have subsequently done additional training in New Zealand and the USA, and have even learned how to use it to release prejudices from a person's subconscious mind. I qualified last year as the country's first Master Teacher.

field, connects with divine energy, and then witnesses the creator energy changing these beliefs, and new empowering beliefs coming in. No hypnosis or tapping is used. This is a powerful way to clear long-standing issues and prepares us for the third aspect of ThetaHealing which is when we align with our soul's purpose and manifest abundance. Since the practitioner accesses higher levels of wisdom throughout the session, each session is different.

What is a typical session like?

A typical session has three intertwining parts: firstly, it's about the words we speak to others and the self-talk that runs inside our heads. Identifying these words is a key to unlocking our unnoticed beliefs that form the way we see the world and which have created the patterns underneath illness and life challenges. An individual session starts with an intuitive body scan, where the practitioner picks up information stored in the body. The practitioner asks questions of the client and uses simple muscle testing to find the key negative subconscious beliefs that may be from early life, past times, DNA or our soul's journey. If we choose to change these beliefs, the practitioner begins the second part of the session by going into a meditation space and using the theta brain waves. He or she tunes into the quantum

Who should see a ThetaHealing practitioner?

I think anyone with a life or health challenge would benefit from seeing a practitioner. He or she can help you with a wide variety of issues relating to self-confidence, well-being, abundance, fears, phobias, ancestral issues, health challenges and illness, emotional eating, spiritual growth, sexuality issues, rejection, and regret, among many others. As agents of personal transformation, the practitioner will get to the root cause and, with your permission, change the programs. Some changes to well-being may seem to only take moments, others may unfold over time, or clients may choose to return for several sessions to resolve their issues. □

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WORKSHOPS WITH ERIC RICHARDSON



All workshops are facilitated by Eric Richardson. As South Africa's first ThetaHealing Master he is passionate about teaching ThetaHealing courses in cities throughout South Africa. He brings a wealth of wisdom and experience to his classes. See website for testimonials.

Attend the ThetaHealing Basic Certification Workshop:

Learn this amazing quantum healing system and get tools which enable you to: Discover the root cause of all your health and life problems. Treat the cause and not just the symptoms. Instantly change sub-conscious beliefs and feelings that have kept you from manifesting health, abundance, peace and joy. Instantly heal karmic baggage, and release contracts, oaths and vows that no longer serve you. Meet guardian angels, release wayward spirits and psychic hooks, activate your DNA, and raise your vibration. Qualify as a ThetaHealing Practitioner.

Also available: 'Remember Your Soul's Mission Workshop', 'Introduction to Medical Intuition Workshop', 'Single and Don't Know Why? Workshop' and 'Understanding the Law of Attraction Workshop'. Open to everyone. These workshops have the potential to change your life!

www.thetahealing.co.za

For course details, schedule, fees, prerequisites, online registrations and list of practitioners visit www.thetahealing.co.za. Sign up at the website for our free newsletter and get free MP3s and e-books.