

Almost two decades ago, Vianna Stibal, from the USA, discovered that accessing the powerful theta brain wave enabled her to help another person receive emotional, spiritual and physical healing from God or '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. Eric Richardson reports.

# healing energy

## ThetaHealing in SA: Two Years Later

Vianna discovered a range of techniques that can help intuitive communication with the body and mind, remove blocks to healing, and replace negative belief programs instantly with empowering thoughts and feelings, without the need for tapping or hypnosis. She then witnessed miraculous healings, including her own healing from cancer, which she details in her first books. Since then, Thetahealing, the spiritual modality Vianna founded and continues to develop, has been taught to people in over 20 countries.

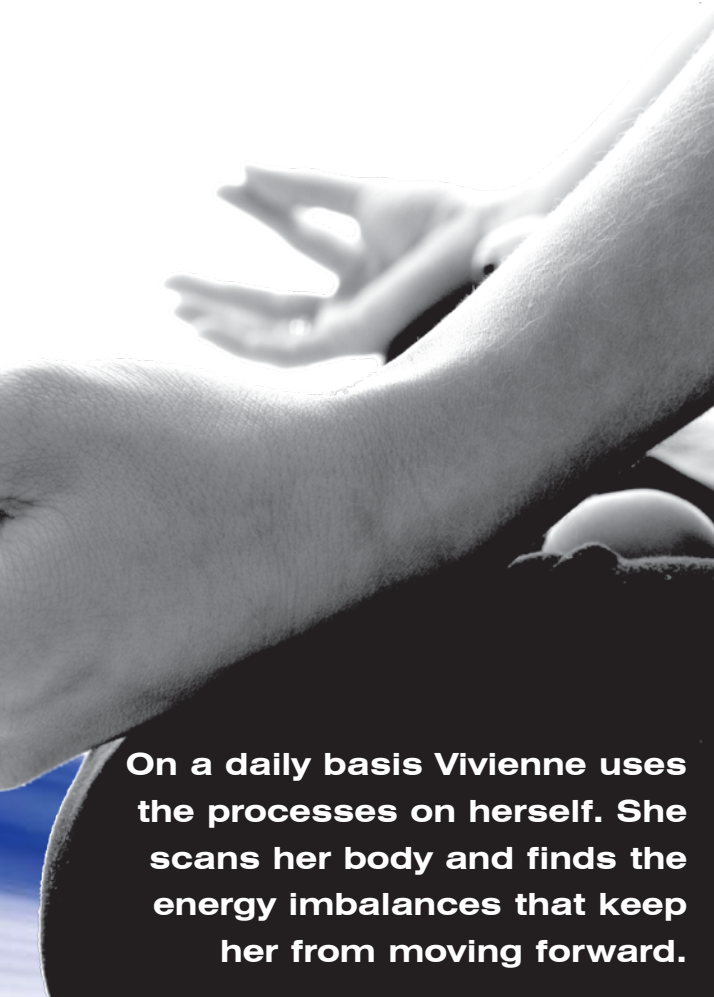
With the potential to make a major impact on people's health and the evolution of their consciousness, many South Africans are now training as internationally certified Thetahealing Practitioners and using these techniques in their own lives as well as taking the system to their communities. This article captures some of their testimonies.

Yvonne de Bont was drawn to Thetahealing because it develops a person's ability to intuitively scan the body to detect issues stored in, and affecting, the organs. 'I have a keen interest in the reasons why people get sick and read a few books on medical intuition. I love watching

hospital dramas and wanted to do the Thetahealing Intuitive Anatomy course so as to be able to "see" into and talk with a person's body,' she says.

Yvonne found that after doing the six days of Basic and Advanced training, during which she learned and practiced all the healing and self-development processes, the 15-day Intuitive Anatomy course with Thetahealing SA brought up a lot of issues hidden in the genetic and history levels of her subconscious mind. 'I did not know I had these and I was excited by all the change and progress as we worked together. I was ready to let go of fear, anger, guilt and sadness. This improved my mood, my health and motivates me,' she says.

The courses, she maintains, have given her a way to resolve issues in her current and past lives and that it is a lot of fun and quicker and more effective than using affirmations. 'ThetaHealing has given me the courage to make changes and speak up for what I want. Working on myself has also made it easier to relate to other people and to have empathy for their situation without having the judgment of either "shame" or "how terrible". I am able to listen and pick up root causes of the issue underlying the



**On a daily basis Vivienne uses the processes on herself. She scans her body and finds the energy imbalances that keep her from moving forward.**

problem. Like a computer technician, Thetahealing allows me to watch as disempowering programs or beliefs which no longer serve the client are uninstalled or deleted, and these are replaced by beneficial ones which are updated and installed in the subconscious. The key is to allow it to happen in Divine timing. Like using the computer after the upgrade you need to get used to working with the change and some changes are less noticeable at first. Not everyone feels different immediately after a session,' she says.

Yvonne has also seen Thetahealing benefit animals. For example, she worked with a dog with a septicemia from a tick-bite, which the vet did not expect to survive. 'She had a 5cm gaping wound in her inner thigh which allowed you to look into the cavity between the skin and muscle. It was extremely painful and she could not walk on the leg. After two minutes of the first Thetahealing the redness of her eyelids had halved and the wound plus the 20cm area around it went from a disturbing purple to pink in colour. I was amazed at this sight and wished I had taken a photo before the healing. She started eating shortly afterwards and six days later the wound was

closed with a thin membrane at the bottom. There was no pus from the wound and now she has healed completely and has full use of her leg'.

Vivienne Marais says that she has found joy and happiness as a practitioner. 'I attended a talk on Thetahealing and was totally taken. Every part of me just understood that this was what I had been searching for my entire life: a healing modality that just made perfect sense and which resonated with me.' After going for a session, she decided to pursue training.

Intuitive Anatomy, she says, was a challenging and very intense workshop which was an entire journey all of its own. 'Eric Richardson is an amazing teacher and somehow always kept the balance and people in the group together. The experience was nothing short of phenomenal with in-depth insight, wisdom, understanding and profound shifts in every individual. The self-growth and healing that has taken place for me has been nothing less than a miracle'. She asserts that Thetahealing has allowed her to become a radiant master of her own life. 'It has taught me to find the answers within and discover my truth. It has given me confidence I never had and a sense of inner peace and knowingness. It has opened my intuitive abilities and given me a very powerful and close connection with the Creator of all that is. I have discovered a very useful and practical method of manifesting my own needs and self healing'.

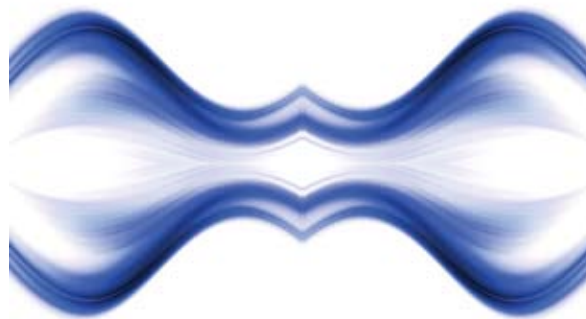
Vivienne says that many people who knew her before Thetahealing and know her today will testify and acknowledge the remarkable transformation and healing that they see in her.

On a daily basis Vivienne uses the processes on herself. She scans her body and finds the energy imbalances and underlying limitations that keep her from moving forward. 'Long before they are allowed to develop into any form of illness in my body these limitations and beliefs are dealt with and my body is left healthy and strong from the inside, which for me is very liberating,' she maintains.

As a practitioner Vivienne has found that Thetahealing works exceptionally well with addictions of any kind. 'By finding the messages the body is conveying to you, assisting the client to change the negative beliefs around the addiction, and providing the client with an opportunity to move forward beyond the pain and illness to find absolute truth and wholeness, it is possible to limit addictive behaviour.'

She says that many clients have told her that they experience more shifts in one Theta session than what they did in years of therapy. Instant healings of minor aches and pains, and general wellbeing with a sense of calm and inner strength and serenity after just one

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session have occurred. She has also worked effectively with young people. 'I have witnessed a little girl with many fears move away from those fears and find inner strength and independence after years of debilitating dependence and anxiety. I've also seen ADD children on Ritalin and Concerta medication improve in school and become happier and more content thanks to Thetahealing'.

Dr Debbie Graaff heard about the modality through her sister, Nicolette Hansmeyer. 'She attended a holistic fair on the East Rand where Eric Richardson was giving a talk on the modality, and experienced Eric as being a 'genuine' pure soul; that was enough to confirm that my intuition about this amazing healing modality was indeed being directed by a higher source. Needless to say Nicolette was so in awe of Thetahealing that she also attended the Basic and Advanced courses offered by Eric and became a practitioner', she says.

Thetahealing, Debbie claims, has helped her personally to discover and heal many unconscious beliefs and prejudices that showed up in how she reacted to life. She has also witnessed wonderful healings included the healing of a cousin's baby 'The doctors didn't expect the baby to survive and kept her in a comatose state for the first 6 weeks of her life. She is a toddler now, her walking is assisted, she is able to catch a balloon with both hands, and can speak many words and sentences. My cousin has reported that his daughter's recovery has improved in leaps and bounds. A miracle baby indeed!'

At the age of 4, David Harrison was hit on his head. The injury caused internal bleeding which in turn caused temporary paralysis of the right side of his body. This left him with a shorter right leg, a hip that is shallow and weaker muscles. The trauma from this experience, the teasing he experienced growing up, and having to come to terms with his sexuality, left him with many unresolved issues. In his 30s, in the depths of despair, David embarked on a journey of self-discovery and healing. 'During this journey, I found that religion, per se, was no longer working for me and I was moving more and more into the spiritual realm, deciding for myself what was important. After some initial workshops where I had to stare myself in the face, and accept

more of me, I embarked on Reiki training. I felt that this could be useful to use on myself, instead of spending a fortune on doctors, physiotherapists, etc. My friend Eric then introduced me to Thetahealing after he had gone for training, and I had a few sessions with him. During the sessions I felt something happen, something change inside, and then more subtle changes over time'.

David then decided to become a Thetahealing practitioner so he could use the modality for his own self-development. He remembers watching a film during the Intuitive Anatomy course which mirrored the accident that he had as a child. 'I was quite taken aback as my body started reliving the trauma from the accident as the cellular "memory" of the accident came to the surface'. He was then able to use the processes to release the cellular memory and associated beliefs.

'What I find great these days is to be able to look at a health or emotional issue, in my own life or a client's, and be able to take a step back and look at it from different perspectives and see what the probable causes are, and then work on clearing the limiting beliefs around these. I have the tools to clear these beliefs and build affirming beliefs, which is great', he says. 'I would encourage anyone who is serious about dealing with the "stuff" in their lives, willing to uncover what is limiting them and wanting to move forward in life, to contact a Thetahealing practitioner for sessions, or to embark on some of the training offered. I've learned how important it is to have control over our thoughts as what we think about and give attention to happens in our lives'.

According to Debbie Graaff, practitioners can experience many beautiful spiritual revelations and insights using this amazing healing modality, and many clients have become Thetahealing Practitioners themselves. She says, 'I can only thank The Creator for revealing this awesome modality to Vianna Stibal. I am in gratitude to Eric Richardson for bringing this awesome modality to SA in 2009 – I feel truly blessed beyond what I can express with words'. **□**

See advert opposite for more info.

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# Theta Healing Workshops

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**Eric Richardson** is CEO of ThetaHealing SA. As South Africa's first ThetaHealing Master he is passionate about teaching ThetaHealing courses in cities throughout South Africa.

**Vivienne Marais** is a ThetaHealing and Affiliated Intuitive Anatomy practitioner, and is available for healing sessions in Alberton, Bedfordview and Fourways Areas (Mornings only). Contact her on: 0826790036 or email [silver.moon@topmail.co.za](mailto:silver.moon@topmail.co.za).



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