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YOU AND GOD

GROWING YOUR
RELATIONSHIP 2

AN OFFICIAL
THETAHEALING[®]
MANUAL



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PRESENTS

THE THETAHEALING® YOU AND GOD -

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Table of content

YOU AND GOD - GROWING YOUR RELATIONSHIP 2 4

 Knowing Yourself and The Creator 4

 The Super Computer Brain 4

 The Conscious Mind 4

 Subconscious Mind 4

 The Undercurrent 6

 Exercise One: Undercurrent Exercise 6

 Knowing the Difference Between God and Self 7

 Understanding Messages..... 8

 Communication with the Creator 8

 Exercise Two: Self-work with Partner 8

 Sorting Things Out..... 9

 Exercise Three: Revange, Regret, Resentment, Rejection..... 9

 Exercise Four: Forgiveness on the previous exercise 9

 Exercise Five: Reset the Mind Exercise 10

 Things that can help us receive clear messages 10

 Exercise Six: Divine Timing..... 10

 Exercise Seven: Go up and ask God for the issue 11



YOU AND GOD - GROWING YOUR RELATIONSHIP 2

KNOWING YOURSELF AND THE CREATOR

The purpose of this seminar is to teach the following topics:

- To allow ourselves to realize that every decision we make matters.
- To trust we are making the right decisions and know why we made them.
- To understand our undercurrent-self.
- To communicate clearer with the Creator
- To direct our lives to become more enlightened.

THE SUPER COMPUTER BRAIN

The brain is divided into the conscious and the subconscious. It is important that these aspects of our mind work together.

THE CONSCIOUS MIND

Even though the conscious runs 10% of our brain, it takes external data from our world and makes decisions. It knows when our feelings are hurt and records everything to the subconscious. We need the valuable asset of the conscious mind to direct our judgment calls and must always remember how important it is.

SUBCONSCIOUS MIND

The subconscious mind runs 90% of our life and is where memories and feelings are accessed. The subconscious has the record of this lifetime with all the earthly experiences we are encountering. The subconscious can access four belief levels called the core, genetic, history and soul.

The Core Level

The core level has four important sections;

1. **The survival self.** It is connected to the memories and feelings of this lifetime. The job of the survival self is to keep us safe and avoid unnecessary pain
2. **The undercurrent self** is always trying to figure out and fix what it considers problems. It is sometimes referred to as shadow-self. It can be a force for good or bad and makes no classifications between the two aspects. However, it should never be classified as evil or bad. Its job is to problem-solve. It is constantly working on problems, even those that are from childhood. It helps us evolve and examine ourselves if we are aware of what it is doing.



3. **The Ego** is what we define ourselves with. It is what we want to keep of ourselves and how we express ourselves to the world. The Ego (which is neither good or bad) can quickly become *egotism*.
4. **The Higher Self**
This is the higher aspect of our-self. It is connected to every level and keeps us connected to our soul. There is only one higher self but it is connected to all four levels plus other dimensions we will talk about later.

The Genetic level is the software (programs) for running your life. It also has four sections.

1. Instinct DNA – this is the survival programs, the memory's and feelings of our ancestors.
2. Genetic Undercurrent
3. Genetic Ego
4. Higher self aspect, connected to our higher self and conscious mind.

The History level is like the computer network with four sections.

1. The group consciousness, past life memories and feelings.
2. The undercurrent is there to figure out the problems associated with this level.
3. The ego of all past life memories.
4. Higher self aspect of all these past life memories and other people's consciousness.

The Soul level is learning from the higher aspect of ourselves. It's the power source and the processor. The soul runs the big picture.

1. It is the sum of all the other levels– the beginning and the end
2. Aspects of all dimensions.
3. Ego of all dimensions
The ego of this level depends of the age of the soul, whether it is a young spirit or older soul-master. Egotism is held on the lower levels as baby spirits try to figure out their place. The soul ego rarely runs into egotism. An ascended master on the soul level never runs into egotism. A master has surmounted all the virtues and is confident and totally connected to the fulfillment of others.
4. The ascended part of yourself

The mastering of the first 3 levels; the Core, Genetic, and History allows the Soul to evolve up the levels of the fifth plane.

Your subconscious is designed to create experiences as opportunities to learn virtues. When virtues-lighter thoughts are obtained, more abilities are added and



so is the use of more universal laws. Every experience has something good that comes out of it. On a soul level we are always learning virtues. Ask yourself, what virtues have you learned?

THE UNDERCURRENT

The Undercurrent is the problem solver for the needs of the spirit/soul. It creates situations to fill the need and solves problems. For instance, if you have feelings of getting even/revenge or wanting to punish, this is your undercurrent attempting to solve a problem from the past. One way to find the undercurrent is to ask, 'what do I get out of this?' or, 'what is the undercurrent of this problem?'

Undercurrent example

For instance, A woman I once knew developed cancer. What is the undercurrent reason she was holding onto cancer? One positive reason might be that she is learning how to bring her family back together. But the undercurrent reason is that she never wanted to be completely well so that her husband would be stuck taking care of her for as long as she lived. This is her undercurrent self at work getting revenge for her husband cheating on her.

EXERCISE ONE: UNDERCURRENT EXERCISE

Undercurrent Exercise- short cut digging work

Choose a situation in your own life and ask these questions:

1. Where does this feeling start? (This is the survival self)
2. What do I get out of this? (This is the undercurrent)
3. What am I learning? (This is the higher self)
4. What does the Creator want me to learn? (This is a true channeled message)

Instructor will explain exercise.

The Conscious mind is the part of the brain that sorts everything out, so it is important that it is made fully aware of the four levels of the subconscious mind of the survival self, the undercurrent, the ego and the higher self. The conscious mind is what we will be using to redirect these levels to create the reality we want and still fulfill our soul purpose in a lifestyle that is more comfortable.



KNOWING THE DIFFERENCE BETWEEN GOD AND SELF

Subjects for discussion

- There are always two conversations in your head.
- What does it feel like to visit with Creator?
- The pure energy of intelligence and perfect love.
- It is not uncommon to get many answers when you go up to connect to the Creator. When you go up to the Creator ask for the highest truth that your enlightened higher self would get when talking with the Creator.

Example: Question: 'why doesn't my teacher like me?'

The survival self says, 'it doesn't matter, it is the teacher's problem. Anyone I trust hurts me anyway.'

The Undercurrent self says, 'As long as I keep my distance I will be safe. I can only count on myself.'

The negative ego self says, I am better than them anyway. I will create my own stuff.

Enlightened self/ Higher self- What are they trying to teach me Creator?

The Creator would respond with love and truth such as; "Your teacher is tired. What can you do for them? What can you learn from them? Truly they have blessed your life. "

The Creator would pull you out of a space about yourself and show you the answer with love.

When you go up and talk to the Creator, use the following guides:

1. Keep asking until it's the highest answer.
2. You have to navigate through your mind. The highest answer might not be the first. It is the clearest, highest answer, the least selfish and kindest answer. It will make your heart warm.
3. Common sense is important. Let your conscious mind make the decision and ask: 'is this what the Creator would tell me?'
4. The voice is wrong if it is negative. Don't listen to it.... Anytime it says things like 'you can't do healing' or 'you're nothing,' it has the wrong energy.
An example of this would be a lady that believed that God told her she was supposed to take over my healing business. She was obviously driven by egotism, and not by the voice of the Creator.
5. When Egotism is talking, it always offers fame and money at the expense of someone else. You must learn that your ego has to be redirected by virtues. Virtues will keep your Ego your friend and not turn into egotism. When it is Ego *you are in control* and Egotism *when you are being controlled*.
6. The subconscious solves problems of the past with the undercurrent. Sometimes it over-corrects and needs the conscious mind to redirect it.



You must understand what your true motivation is as it relates to your undercurrent or it can keep you trapped.

UNDERSTANDING MESSAGES

Example of understanding messages

Example Message: 'You are part of God.'

- **Subconscious Survival Feeling:** 'It is wrong to think I am part of God. I could be killed.'
- **Undercurrent:** I am not good enough to be part of the super-conscious of God. I must be feared or I must hide so no one will really see me.
- **Egotism:** 'God is me, I am God, I am the most important, worship me. I can be better than anyone. I will prove I am better. I'll show them, I will I create something new. I'm as good as them.'
- **Higher Self Aspect:** The soul says 'I can make a difference. I can learn, I can grow and help everyone I can. We are all part of God.'
- **The Creator** would respond with a love and truth such as; 'We are all connected to the energy of all that is. We are all atoms, we are all part of the life force. We are all loved and allowed to connect to this energy.' The Creator would pull you out of a space that is about yourself and show you the answer with love.

COMMUNICATION WITH THE CREATOR

- Gather energy and push it up towards the crown. If necessary, start the process over again.
- Light therapy
Violet Light therapy on your crown helps to create a connection.
Using Infrared light therapy helps to detoxifying the body and focus the mind.
- Information from the creator coming into the crown should eventually be coming in all the time.
- If the answer has a negative response cancel it and go higher.

EXERCISE TWO: SELF-WORK WITH PARTNER

Self-work with partner-Instructor will explain exercise.



SORTING THINGS OUT

Things that can BLOCK us from receiving clear messages to be discussed:

1. Egotism
2. Survival
3. Instinct
4. Undercurrent for resentment, revenge, regret and rejection

EXERCISE THREE: REVANGE, REGRET, RESENTMENT, REJECTION

Revenge, Regret, Resentment and Rejection all take up a lot of space in our mind and in some instances work with the undercurrent. The more of these four items are cleared, the more the undercurrent can be redirected to work on someone's behalf. Remember the undercurrent is not the enemy, only a part of who we are. You can have a lot of fun just understanding yourself.

Belief Work: Clear at least 1 Resentment, 1 Regret, 1 Rejection

Example Rejection – Who rejected you? How do you feel about it?

Undercurrent – How are you getting even or fixing it?

Resentment- What did you learn from being rejected? Instructor will explain exercise.

5. I want to Rule (Wanting to rule versus naturally leading and working together)
6. Power
7. Messages from the Creator versus other thought forms and consciousness's such as;
 - Yeast – Resentment
 - Bacteria- Guilt
 - Parasite
 - Virus
 - Other Peoples Thoughts
8. DNA Fight for supremacy
9. Evolution of each family line
10. Adrenals
11. Fear
12. Exhaustion
13. Anger
14. Me. Me, Me (Give me give me give me- (Only thinking of yourself)
15. Blaming Creator
16. Giving God Ultimatums
17. Peer Pressure
18. Brain Candy
19. Forgiveness

EXERCISE FOUR: FORGIVENESS ON THE PREVIOUS EXERCISE

Instructor will explain exercise.



20. Stuck in the Past

Some people are stuck in the past and have a difficult time making decisions and taking action to create the future. Placing memories of the past and future in their proper context can help us to move forward instead of living in the past.

EXERCISE FIVE: RESET THE MIND EXERCISE

The client-student goes up to the seventh plane. Make the command: creator of all that is, it is commanded-requested that all memories of the past be placed behind me in archives as experience's that can be accessed as needed and all future memories placed in front of them leading into the future. Witness all past-memories properly placed as archives behind them and all future memories placed in front of them. Instructor will explain exercise.

THINGS THAT CAN HELP US RECEIVE CLEAR MESSAGES

1. Knowing thyself
2. Creator all intelligent – using logic with psychic intuition (spiritual common sense)
3. Pure Channeling with good judgment
4. What one may accomplish
5. Following the Creators Energy
6. Motivation- loving others versus others fears
7. Virtues
8. Enlightenment, knowing yourself. Love and focus on living a life that your soul is proud of.
9. Getting used to unseen forces and using the life force
10. Living with yourself without fear
11. True Discernment
12. Focus and Refocusing Thoughts
13. Helping Others
As long as you are helping others your self-esteem grows in the right way and isn't influenced by what others think of you.
14. Trust
Trusting your own decisions. The Undercurrent can be redirected by the conscious mind and by realizing that everything is a manifestation.
15. Divine Timing

EXERCISE SIX: DIVINE TIMING

16. Bring family with you to Enlightenment
17. Survival



- 18. Living
- 19. Physical Strength
- 20. Detoxing – Detoxing our thoughts and the physical body
- 21. Getting to Psychic before having proper discernment
- 22. Leaving pain behind

EXERCISE SEVEN: GO UP AND ASK GOD FOR THE ISSUE

The practitioner walks the client to the creator to ask for answers about the motivations of the survival self the ego and the undercurrent.

Practice going up to the Creator to find the bottom beliefs and undercurrent motivations with a partner.

Go up to the Creator and ask, 'is it the survival self, the ego, the undercurrent, the Higher-self, or the Creator?' What is the undercurrent? Where did it begin? Is it the ego? What is the higher-self learning? Instructor will explain exercise.

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