ADVANCED THETA HEALING™
Harnessing the Power of All That Is

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I am living testimony to the purity of this work. This information came from conversations with the Creator and thousands of readings and healings, not to mention interaction with Vianna's students and instructors and ThetaHealing® classes over a period of years. The ideas and processes were spontaneous in their formulation and never devised through the abuse of information from other established or unestablished energy-healing modalities. The definitive sources and resources that are used in ThetaHealing are available to all who wish to know.

Springing from a conservative community in America, ThetaHealing has become a worldwide healing modality. In view of the considerable challenges that were experienced in its formulation, I am constantly amazed at how it has triumphed. Against all probability, it has indeed become a light in the darkness, a gift from the divine.

There have been many people, all in their own way, who have contributed to making ThetaHealing the energy-healing modality that it has become. These are the clients, students, practitioners and certified instructors who, in varying degrees, have made contributions that cannot be overlooked. Nevertheless, no matter how many people have been involved in ThetaHealing, no matter how many people have taken these teachings into themselves, the inescapable fact still remains that it all came from the resolve, bravery and pure faith of one person: Vianna.

Having witnessed the development first-hand, I can comfortably say that I have never seen such truth, faith and determination in a human being as I have in Vianna. To me, this is why she is the loving leader of ThetaHealing and the only person qualified to be so. I believe that this is why the information comes through her. Many people love God, but I have seen few stand in the light and presence of the divine with such conviction that God the Creator is real.

The contents of this book come from Vianna’s visionary and physical experiences. It is offered as a guide to the ability of the mind to heal through the Creator of All That Is. The rest is up to you and your beliefs.

Guy Stibal
Advanced ThetaHealing is the companion to the books ThetaHealing and ThetaHealing: Diseases and Disorders. In the first book, ThetaHealing, I explain the step-by-step processes of the ThetaHealing reading, healing, belief work, feeling work, digging and gene work, and offer an introduction to the planes of existence and additional knowledge for the beginner. This book provides an in-depth guide to belief, feeling and digging work and further insights into the planes of existence and the beliefs that I believe are essential for spiritual evolution. It does not include all the specific step-by-step processes that proliferate in ThetaHealing, though it is necessary to reach an understanding of these processes in order to fully utilize this book.

ThetaHealing is a process of meditation that creates physical, psychological and spiritual healing using the Theta brainwave. While in a pure and divine Theta state of mind, we are able to connect with the Creator of All That Is through focused prayer.

There is one requirement that is absolute with this technique: you must have a central belief in the Creator. The name is of lesser importance – I realize that the Creator has many different names, and God, Buddha, Shiva, Goddess, Jesus, Yahweh and Allah are all currents leading in a flow towards the Seventh Plane of Existence and the Creative Energy of All That Is. ThetaHealing has no religious affiliation. Neither are its processes specific to any age, sex, race, colour, creed or religion. Anyone with a pure belief in God or the creative force can access and use the branches of the ThetaHealing tree.

The Creator has given us the fascinating knowledge you are about to receive. It is a compilation of information from the DNA advanced classes, the DNA 2 Advanced Manual and recordings, and is the prelude to DNA 3.

Even though I am sharing this information with you, I do not accept any responsibility for the changes that can arise from its use. That responsibility is yours, a responsibility you assume when you realize that you have the power to change your life as well as the lives of others.
Acknowledgements

I would like to thank all the wonderful clients and students who gave me the opportunity to learn the information that has finally come to rest here. This manuscript focuses on the experiences of belief work encountered in some of the thousands of sessions I have done. May this knowledge be a gift to all those brave souls out there who dare to believe.
Hello, I am Vianna.

On a dark moonless night in 2003, I was driving down the long road from work towards my home in the country. Suddenly I had a most amazing epiphany. I realized that it had been nine years since the beginning of my journey in ThetaHealing and I had come a long way. During those nine years, I had given thousands of readings and healings, taught numerous classes and written books on the ThetaHealing technique. But I had learned one undeniable truth: I still had much to learn.

Driving down that lonely road along the Snake river, I heard the voice of the Creator telling me that I had finished my nine-year indentured service and would be entering a three-year period of being a teacher. I would be teaching the preparation for DNA 3, ThetaHealing for advanced students. This alarmed me a little, because every time new ThetaHealing information had begun to come to me, there had been great changes in my life. However, I calmed myself down and said, ‘OK, God, what is DNA 3 all about?’

I was told that DNA 3 would involve the knowledge of how to move and change organic and non-organic matter, as well as how to work with mitochondria to create instant healing. I had already experienced instant manifestations and healings, as had others close to me, so this didn’t surprise me.

I was told that when 100 people understood the advanced information, implementing its concepts would be much easier, as the ability to do so would spread through the collective consciousness of humanity. I would know when 100 people truly understood it, and when 1,000 people believed in, knew and lived it, the advanced knowledge itself would spread throughout our collective consciousness and escalate the awakening of our latent abilities.

I was told, ‘First you believe in the concepts, then you know them and then you live within them. The advanced information will open neural pathways that have never been awake before.’

When I heard this, I couldn’t help but wish that the mundane challenges of my everyday life could be more like my work. Doing readings and healings and being inside the human body were where I was most comfortable, moving around cells and bone in the blissful state of Theta. It was when I was outside the body dealing with everyday stress that things became strange.

In answer to this wish, the Creator explained:
‘Vianna, in or out of Theta, in or out of the body, it is all the same. How many people think about the body’s functions as they run its internal systems? At any one time there are numerous electrical impulses from the brain to the body that tell it to breathe, to grow, to feel hunger, to digest food and all the other unconscious acts that go on. In much the same way, the brain and the soul are connected to the giant nervous system of the Earth. The Earth in turn is connected to the nervous system of the universe, our infinite “outside” body. This outer connection to the universe is the same as our inner connection to the body in that we may effect changes upon the universe outside our space in much the same way as we do internally. The reason this is not happening today is because centuries of children were raised with the beliefs that they had limitations. And we have accepted these limitations in, around and through the DNA on the spiritual, mental, emotional and physical levels.’

It was at that moment that I began to have a deeper understanding of the Creator’s plan for the ThetaHealing information and how it was to be relayed and implemented.

You see, when I was given the belief and feeling work, I was shown that we all had the capability to dissolve our limitations and be truly connected to the God-Self that is within all of us. I understood that as a species it had taken us centuries to collect these limitations, or ‘programmes’, on physical, emotional, mental and spiritual levels. Without a means of releasing them, it would take centuries to get rid of them. In the past, this was how we evolved – level by level, generation by generation and life by life. We only evolved a little during each lifetime so that we could understand everything that particular life had to give. But now, through spiritual evolution, I realized we were developing the ability to look beyond the confines of our reality and open ourselves to other aspects of creation. We were being given a way to eliminate in this life the belief systems that no longer served us.

I now know we all have the opportunity to reach a new stage of development where we will be given the keys to unlock the floodgates to the dam that has prevented our ‘karma’ from moving forward. Genetics, disease, childhood programmes, energetic influences and issues from the collective consciousness have all kept us from developing to our full potential as co-creators with the Creator of All That Is. But now we can avoid being affected by the choices of our ancestors and even the influences of our present-day lives. It is time to begin to use our power as divine sparks of God.
In this book I present to you the preparation for DNA 3, advanced ThetaHealing, that has been taught since 2003. The golden rule of advanced ThetaHealing is to be careful with this work. Once your intuitive abilities have developed, it is imperative that you are conscious of the thought forms you project while in a Theta state. This is why it is important to use the belief work to remove and replace negative programmes in addition to downloading feelings from the Creator to bring yourself to a place of purity in your thoughts.

Your mind is incredible. It moves your body with electrical impulses. With these techniques you will learn to use the electrical impulses that move things outside the body too. You must also develop the wisdom to use your abilities without fear and to know the difference between your emotions and the truth.

Most of the students and instructors who are doing Theta work are wonderful people. However, occasionally there may be an individual who is unbalanced or overly egotistical; that is simply the way life can be. This is one of the reasons for presenting the advanced information. This information is designed to sort the people who should be doing Theta work from those who should not.

Always remember, free will is a wonderful gift, but it should not interfere with the free agency of another person.

In 2002 I had a dream that I now see pertained to this subject. In the dream I had been given the job of protecting a baby. There was a mystery surrounding this child. At first I thought that someone was trying to kill it, since everyone who came close to it was cut to shreds. I would walk into the room just as something terrible was happening to someone and I realized that it was the baby that was the cause. You see, it had too much uncontrolled psychic power, so anyone who made it angry or upset was cut into ribbons. That baby was a symbol of our psychic abilities run wild, of our misuse and ignorance of our abilities, much like the person who drives down the street sending curses out to anyone in their way. The child was incredibly intuitive, but had not gained wisdom along with power. It had not had time to develop wisdom.

The moral of this story is that if you have power without wisdom, it is possible to misuse it. In this space and time many people have belief programmes that will cause them to misuse the abilities that come with ThetaHealing. These programmes may be held on different belief levels. For some people, self-sabotaging programmes exist on an unconscious level. In other instances, a practitioner’s negative ego may be limiting their development as a ThetaHealer®. Balance is the key to becoming an intuitive healer using energy work. If the healer is unbalanced, it is possible that the readings and healings will not be effective.
Unconditional love must also be projected in readings, healings and the teaching of this work. If you do not truly love the people you are healing, they can sense it. If you look inward and find that you dislike certain people, perhaps you should use the belief work until you see the truth about people and still accept and love them for who they are. We might recognize traits in others that we find annoying, but it is the mastership of those traits within ourselves that will overcome the endless circle of competition in the world. Releasing bottom beliefs and accepting essential feelings from the Creator will set you free.
Welcome to Advanced ThetaHealing!

The very nature of life can be perceived as pure energy. The seven planes of existence are the dance and the circle of this energy. This divine energy is never-ending, simply changing form through different frequencies of vibration. No plane of existence is more important than any other. The objective is to become balanced with the energy of every plane through the Seventh Plane of the Creator of All That Is, the universal spirit that animates and binds all things in existence.

The purpose of this book is not only to explain this but to focus on the energy that brings the best and quickest results and to show that what is created can be ‘dis-created’ and then re-created again.

Advanced ThetaHealing is the understanding of the spiritual nature of atoms and the knowledge that we are magnificent beings creating reality.
In this book you will learn how to heal from the Seventh Plane of Existence. This is the essence of All That Is.

You will also learn more details about all of the planes, how to eliminate oaths, vows and commitments that are no longer serving you and how to heal broken souls.

You will bring in feelings that you may never have experienced before.

You will clear space in the mind that is wasted holding on to random negative emotions such as anger, revenge, resentment, regret, aggression, jealousy, envy and bitterness. This will allow you to utilize more energy, to achieve faster healings, to advance the human species and to connect to the divine.

Before beginning this book, please understand that you are responsible for your own decisions and your own life. The concepts laid out here are wonderful and will help you grow, but cannot be used to override another person’s free will. No matter who you are, no matter what you think, the truth is that we are all here to learn by experience and that we all have free will. Free will is a Law of the Universe. It just is. If you are reading this book with other ideas in mind then perhaps this information is not for you. Anyone who uses this work and abuses it must understand that there are other Laws that are connected to free will, such as the Law of Truth and the Law of Justice. To break a Law such as free will would mean being in direct opposition to the Law of Truth and the Law of Justice. All the Laws work synergistically with one another to enhance the attributes that are inherent in each individual Law. This is something that is essential to bear in mind as you carry out this work.

In 2003 I was told that there would be a DNA 3 ThetaHealing class. In order to advance to this class and understand and utilize the information, students would need certain downloads (feelings they might never have known) from
the Creator of All That Is. These downloads were offered in what came to be called the Advanced ThetaHealing class and are in this book. This book teaches you how to download these feelings into yourself by accessing the highest definition of them from the Creator of All That Is. I understand that many of you will already have some of these feelings and beliefs and may not experience Earth-shattering changes as a result of downloading them. However, understanding these feelings properly can create positive changes in your life.

This is how we believe it works: from the point of conception up to the present time, our cells have been trained in what to expect in the way of messages coming in through their receptors. Every cell has receptors. They are there to receive nutrition, hormones and communication. They act as receiving, docking and distribution points so the cells can function.

The cells have also been trained, from the time that we were very young, by the emotional messages that have been sent to them. If you grew up in a household in which most of the family was chronically depressed, for example, you may have receptors that are designed to cause you to be chronically depressed. As you grow older, this will eventually create a situation where the cells of the body will not feel normal unless you are depressed. In fact, you may not feel normal unless you become depressed about something at least once a day. In this situation, the body has been trained to be chronically depressed through the influence of family members.

In order to assist a person with depression using ThetaHealing, we might use belief work, as explained in my first book. However, pulling the belief of ‘I am depressed’ and replacing it with another programme may not clear the issue. This is where the feeling work comes in. What must be done in this instance is to teach the body in the highest and best way how to live without depression. This retrains the receptors to shut the tiny doorways that permit the messages for depression to enter in and to open new pathways into the cell for beneficial emotions and feelings. When you insert a new feeling programme, these new receptor pathways will be created at the same time. So now the cell understands how to live without depression. And changes in the cells are recorded in the DNA, so when the cell replicates itself, the new cell will also have the new pathways.

As well as changing the receptors on the cells with feeling work, when we introduce a new concept or modify a certain belief, new neuronal circuits are created in the brain. The brain is a biological electromagnetic transmitter and receiver of information – a characteristic that allows us to learn. For example, if you release the programme of believing you are ugly and replace it with believing you are beautiful, the neurons will follow a new pattern. However, you must first know what it feels like to be beautiful.
In most instances, the *digging technique* must precede the insertions of feelings or the release of programmes. This technique enables us to understand which neuronal connections we need to change. Then we have to make sure that we change any associated patterns that might interfere with the new concept. In my first book I discuss digging for the bottom beliefs. In this book, I will give a more in-depth explanation of the process.

Digging does not mean asking the Creator what to change and nothing more. It involves a discussion with the client, since the simple act of talking about the topic will free them from part of their issue. It will, in effect, bring the programmes into the light of the conscious mind to be released spontaneously. The key point is in the client–practitioner interaction, but the client must not focus too much on the idea that their brain is being reprogrammed or the subconscious may attempt to replace the new programme with the old one.

When you encounter a new programme connected to a receptor, ask the Creator whether to release it, replace it or simply delete some aspect of it. Never replace programmes without proper discernment. What may at first be perceived as a negative programme may actually be beneficial. Programmes should not be randomly released.

Teaching the subconscious to behave differently is not a novel idea of my own. Many people use different processes, such as reading the same thing for 30 days, to change the subconscious mind. In ThetaHealing, however, we believe the changes are almost instantaneous. Beliefs are pulled, sent to the Creator, replaced with new programmes and feelings instilled from the Creator, and there you are. We believe that by using the belief and feeling work it is possible to make physical changes to the body and heal disease. I have watched many lives change simply through downloading feelings from the Creator.
As I teach people in ThetaHealing classes, I observe them not only in the physical sense, but in the numinous sense as well. I use an intuitive visual awareness that permits me to see where they are going with their consciousness when they do the exercises. Remember, in ThetaHealing we imagine going up out of our space to trigger a Theta brainwave, which is why ThetaHealing works. But it didn’t take me long to realize that everyone seemed to be going to different places.

During one of these classes, one of my students, frustrated with her results, asked me where I was going to co-create readings and healings. I told her the best way that I could, but I realized that the process had become so natural to me that words couldn’t easily do it justice. Yet somehow I had to put it into words. This motivated me to sit down and write down the process step by step in what became known as the road map to the Seventh Plane.

I have outlined this process already in ThetaHealing, but I will go through it again here as it is only by going up to the Seventh Plane that you can tap into the creative energy of All That Is. It is here that the energy of creation exists, so you can ‘dis-create’ illness and re-create health in an instant. It is where ThetaHealers should be going to and healing from.

When you imagine yourself going up out of your space to the Seventh Plane, you are leaving behind your personal paradigm and limited perceptions of the world. This process will trigger new pathways to all parts of the brain and almost turn your consciousness inside out, enabling you to look at everything around you with clarity.

GOING UP TO THE SEVENTH PLANE

The following process is given to you by the Creator to train All That You Are to connect to and understand All That Is. Once this is learned, you will consistently go to the Seventh Plane and will not need to go through the whole process, as you will simply recognize that you are already there.
Imagine energy coming up through the bottom of your feet from the centre of the Earth and going up out of the top of your head as a beautiful ball of light. You are in this ball of light. Take time to notice what colour it is.

Now imagine going up above the universe.

Now imagine going into the light above the universe. It is a big beautiful light.

Imagine going up through that light, and you will see another bright light, and another, and another. In fact there are many bright lights. Keep going. Between the lights there is a little bit of dark light, but this is just a layer before the next light, so keep going.

Finally there is a great big bright gold light. Go through it. Then you will see a jelly-like substance that has all the colours of the rainbow in it. When you go into it, you will see that it changes colour. This is the Laws. You will see all kinds of shapes and colours here.

In the distance, there is a white iridescent light. It is a white-blue colour, like a pearl. Head for that light. Avoid the deep blue light you will see, because this is the Law of Magnetism.

As you get closer to the iridescent light, you will see a pink mist. Keep going until you see it. This is the Law of Compassion, and it will push you towards the light.

You will see that the iridescent light is in the shape of a rectangle, like a window. This window is really the opening to the Seventh Plane. Go through it and deep within it. See a deep, whitish glow go through your body. Feel it. It feels light, but it has essence. You can feel it going through you and it’s as if you can no longer feel any separation between your own body and the energy. You become All That Is. Don’t worry. Your body will not disappear. It may become perfect and healthy. Remember there is just energy here, not people or things. So if you see people, go higher.

It is from this place that the Creator of All That Is can perform instant healing and that you can create in all aspects of your life.
Practise using this way of going to the Seventh Plane of Existence. It will unlock doors in your mind and stimulate neurons in your brain to connect you to the energy of creation. It doesn’t take you out to the far-flung universe; rather, it takes you to an inner part of your being that you may have not experienced before, your inner universe. This is why some people see a mirror image of themselves when they first go to the Seventh Plane.

Where you are truly going is to the beginning of all things. And there you will realize that you are connected to everything.

**THE EXPANDING METHOD**

Another way of reaching the Seventh Plane is through the expanding method. This should not be tried until you have had experience with the first method and have therefore realized that there is energy all around you and you are an integral part of All That Is.

Seat yourself in a comfortable chair or sofa and take a deep breath in. Imagine that you and the chair have become one on a molecular level. Your molecules and those of the chair are transferring back and forth. You are connecting to the molecules, becoming as one with them.

Now imagine that on a molecular level you are a part of everything in the room. Expand outward and become as one with the outside world.

Imagine that you are a part of the area, then the country that you are in.

Imagine that you are a part of the entire Earth, connecting to Earth, land and sea, every creature, every nation on this planet, until you and the Earth are one and the same.

Imagine that you and the universe are one and the same.

Imagine that you are a part of all the bright white lights.

Imagine that you are a part of the jelly-like substance.

Finally imagine that you are a part of an iridescent white light that is the Seventh Plane of Existence. Become as one with this iridescent white light, it tingles.

Take a deep breath in and open your eyes. Welcome to the Seventh Plane of Existence. For behold, you are not separate, you are a part of God – All That Is.
Discover the Seventh Plane

**TAKing a shortcut**

Once you have gone through this process you will find you will be able to go to the Seventh Plane instantly by commanding that you are there. It is a switch that is tripped in the brain.

Remember, you are going to the Seventh Plane, not to the seventh level. There are many levels within the planes of existence and if you were to command to go to the seventh level you would be going to the Fifth Plane.

**grounding**

When you come back from the Seventh Plane and bring your consciousness back into your space, there is a proper way to ground back into yourself. It is important that you once again send your energy-consciousness down into the centre of the Earth, then bring it back into your space.

When some people bring themselves back into their space after sending their consciousness into another person’s space in a healing or reading, they do not filter their essence through the All That Is before they reconnect to their body. It is best to connect to the All That Is when you come back into your space.

**the Creator**

Many people believe that what they are doing when they go to the Seventh Plane is ascending into the cosmos. What they are actually doing, as already explained, is triggering something within themselves, in the energy, the core and structure of an atom. This act is a soul remembrance that we are connected to the Creator of All That Is.

In many cultures, the Creator is thought to be male, or a male god. But when you reach the Seventh Plane you reach the energy that creates All. Here there is no male, no female, just the energy of creation that resides in us all.

One of my student teachers could never grasp the concept that the Creator was everywhere and that we were all a part of that Creator. I remember doing my best to take her up to the Seventh Plane so that she would understand. She burst into tears, telling me that it was too far, that the Creator was too far from her. I told her, ‘Once you reach the Seventh Plane and open your eyes to the All That Is energy, you will see a reflection of yourself there.’ But in all the time I was teaching that class, she never understood the concept. She never stopped wallowing in her old beliefs long enough to listen to what I was saying.

Part of the goal of ThetaHealing is to use the belief work to clear any blocks that keep you from realizing that you are reaching and are part of
the Seventh Plane and the All That Is. This is the energy that you need to understand in order to use DNA 3.

CONNECTING TO THE DIVINE

It is also possible to go up and out with your consciousness to connect directly with the Creator. The best way I have found of doing it is as follows:

1. Begin beneath your feet and draw energy from the centre of the Earth.
2. Draw this energy up into yourself.

This automatically opens the chakras and activates the energy of kundalini. With this energy, the connection is made with the Creator of All That Is of the Seventh Plane of Existence.

It is important that this procedure is followed, because it opens the chakras and raises the kundalini safely and correctly. In my experience, if the kundalini is activated too quickly there is the possibility that it will strain the physical organs.