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THETAHEALING
INSTITUTE OF KNOWLEDGE

ThetaHealing[®]
**YOU AND THE
EARTH**

GROWING YOUR RELATIONSHIPS 4

AN OFFICIAL
THETAHEALING[®]
MANUAL



THINK®

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THE THETAHEALING® YOU AND THE EARTH - PRACTITIONERS

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YOU AND THE EARTH GROWING YOUR RELATIONSHIPS 4

When I was first told the next seminar was going to be called 'You and the Earth,' the Creator said, 'do you know there is a song in the water? If you listen, you will hear it.' I got totally excited and when I started channeling it I was absolutely enthralled.

SCHUMANN WAVES

Schumann waves are named after the physicist Winfried Otto Schumann that predicted them in 1952. Schumann waves (or more accurately Schumann resonances) are actual 'Electromagnetic waves' that go around the earth. The negative charge of the earth and the positive charge of the atmosphere come together to create a natural charge of electricity

Schumann resonances are natural waves excited by lightning strikes in the cavity between the Earth's surface and the ionosphere. They are created by ions when the electricity from lightning hits the earth.

WHAT IS AN ION?

An ion is an electrically charged atom or molecule. It is electrically charged because the number of electrons do not match the number of protons in the atom or molecule. An atom can attain a positive charge or a negative charge depending on whether the number of electrons in an atom is more or less than the number of protons in the atom.

When an atom is attracted to another atom because it has an unequal number of electrons and protons, the atom is called an ION. If the atom has more electrons than protons, it is a negative ion, or ANION. If it has more protons than electrons, it is a positive ion.

With 100 lightning bolts striking the earth every second, a stirring of ions goes about 30 feet above the earth. Lightning pumps energy into the earth-ionosphere cavity and causes it to vibrate or resonate at extremely low frequencies.

The electromagnetic waves created by lightning travel around the Earth at the speed of light, reflecting from the ionosphere to earth and back again in cyclical fashion. These waves circumnavigate the globe an average of 7.83 times per second. This frequency correlates with the average frequency of high-theta low-alpha brain waves in human beings.

Schumann waves are very important for life because they create the earth's frequency around the whole planet. In fact, when they began to send astronauts to space they became ill because of the lack of Schumann waves. These earth frequencies are so important that they had to add a Schumann wave stimulator to the spacecraft, so they could comfortably travel into space. Today they have Schumann wave stimulators on every spacecraft.

Schumann waves are like a tuning fork for the earth's rhythm. When you go home and shut yourself in your house you kind of shut yourself from the natural rhythm of these waves. When



people go to the country far away from the city, they begin to notice they feel an inner peace and happiness without the crowds, traffic and influences of the city. When you're out in nature you are more in tune with the world. It rejuvenates you and it heals you. One reason for this is because you are not blocked from the natural rhythms of the earth.

Obviously, the structures in large cities will block some of the natural resonance of Schumann waves that are vital for human health. But some scientists believe that we also influence Schumann waves with radios, phones and electronics that emit EMF frequencies.

Schumann frequency was roughly measured at 7.83 which is a high theta and alpha wave. This is also similar to the sound of OM. This is the frequency that can go through the entire universe with a lite thought form. It is the heart beat of the earth.

What used to be 7.83 frequency has raised in a variance to 30 and sometimes as high as 40 in the last couple of years. Some people think this is raising the consciousness of the human race, but Creator tells me that it's not. 7.83 balances the human brain, balances the earth and anything higher creates an imbalance. I believe this imbalance is causing higher ionic fields that in turn cause heavier thoughts in humans.

With 7.5 billion people, humankind has more large mammals than any other species on this planet. Many of these billions of people are stressed out of their minds just trying to survive, and survival mode creates a beta brain wave. Then, as the stress levels raise because of war, economic unrest and ethnic tensions, even more people go into a beta-gamma brain wave. I believe that when we have stress, anger, hatred, and jealousy our brain frequencies go up and are projected outward into the ionosphere of the earth.

So many brains are emitting electromagnetic activity from beta-gamma brain waves that we are interfering with the pattern of the earth's electrical pulse. If there was only a million people on the earth it wouldn't affect the Schumann frequency, but because there are so many of us in survival mode our brain waves may be interfering with the natural world.

Some people think that if we reach 5000 cycle brain waves with gamma you could manifest anything instantly. They say when we go higher in frequency it is a good thing, but it isn't, not for the brain, the body or the earth. The body just gets worn out because high beta gamma brain waves cause a stress signal in the body. Stress calls for cortisone that overworks the adrenals. This has a negative effect on the rest of the body and people are literally thinking themselves to death.

The human body heals when it relaxes and is stress-free. That's when it calls in the healing essence of a theta brain wave. But the frequency of the EMF waves are now too high. People are angry to much of the time and have more negative emotions than ever before. These high frequencies are causing restless sleep in people.

I believe that the brain waves of our species are influencing the planet. We are raising the frequency and the more we raise it the bigger the storms get and the stranger the earth



becomes. Scientists are blaming the recent climatic anomalies on global warming, but it is really because of our uncontrolled brain frequency. If we don't lower our brain frequencies down to the earth's natural 7.83 level things are not likely to calm back down. If enough of us could expand this theta-wave out into the world we could start to change the pattern of the Schumann waves.

This means that we may be affecting the weather, the ions and the whole planet with their thoughts. If every ThetaHealer in every class expanded into the world everything would shift. High ions desensitize us to the planet and to others as we become more consumed with our own worries and stress. If we start to listen to the heartbeat of the earth and go to theta we would no longer be desensitized.

Many people are afraid that the common honeybee is going extinct. Some think it is because of all the pesticides and herbicides, or because of global warming. These things may be part of it, but I believe that it is also because of the higher frequencies of EMF waves overlapping the natural of Schumann waves that are affecting all life on earth, possibly causing more earthquakes and stronger hurricanes.

Remember, these EMF waves are not all caused by radio/television/cellphones/computers and microwaves but could be also caused by our own human thoughts. Each human has enough electricity in their body to light a small light bulb and with seven and a half billion people that is a lot of light bulbs.

In the beginning, humans were the caretakers of the earth, listening to her, feeling her energy and contributing to it. But then humans became selfish and entitled. We have to save our planet by projecting positive thought-forms such as kindness and love. We can do this by meditating every day, expanding into the earth, listening to her pulse and talking with her again.

So, we are going teach you how to hear the pulse of the earth.

To hear the cycles of the earth

To hear the sound of the water

To hear the sound of the music

Teach you how to meditate and expand outward.

There are many people on the earth that have been born with a high vibration, but this should not be confused with frequency. Vibration isn't calculated in the same way that we would Schumann waves. By high vibration I mean they have amazingly lite thoughts. They have an even balance of all the brain waves and their spiritual vibration is not measured as are electrical magnetic pulses.

A person that has a high vibration would have a 4 to 7.83 frequency and be in a Theta to an Alpha state where they could create and manifest. The human mind that is at a 7.83 frequency is the same as a Schumann wave. In fact, the heart-love frequency is 5.28 hertz. I believe that at



7.83 cycles per second we connect with the OM, the heartbeat of the earth and our universe. If we are at a 4 to 5.28 cycle per second, we connect with the Atanaha energy as it creates quarks before it becomes anything.

Accessing gamma waves through theta is different than it is in beta waves. Constant beta gamma waves are difficult on the body while a theta gamma is different. 7.83 frequency and lower naturally allows the body to heal. I myself have watched healings happening at two cycles per second on an electrocephalograph by first accessing the Creator through theta.

VORTEX'S

The Earth naturally pulses with EMF frequencies. A natural vortex can magnify them, but doesn't affect the whole planet. But it can help realign the EMF frequencies. So even if you are standing in a natural vortex you can use them to magnify theta waves for longer distances. Vortexes may help us to send out our theta brain waves out to the earth. We can balance and normalize electric magnetic waves with the mind. Humans have become little vortexes. However, a vortex can bring out the best or the worst in you. This is why it is so important to go to theta at least once a day by connecting to the Creator

How can one-person effect millions? This can work like an oscillator. Why does this work? Because virtuous thoughts are lighter and when you have more virtuous thoughts your brain in theta will vibrate these thoughts and effect those around you outward to the room, to your community, making the area calm and bring the Schumann waves to harmony.

EXERCISE ONE

- A. Go to theta and expand to the creator-focus on the energy for 2-3 minutes then imagine being in the area around your space.
- B. Send your aura out with calmness and love. How far did you go?
- C. Send love from the Creator throughout the room
- D. Teacher send love throughout the area
- E. Morning and night Practice

EXERCISE TWO

Perceive the difference between lite thoughts and heavy thoughts. Worry and stress can make the body very sick. Beta Gamma waves are high stress waves and are often the heavy thoughts such as fear, worry, anger and stress. These emotions act as a magnet to sickness. High vibrational lite thoughts allow the viruses and bacteria to pass by and are not drawn to fear or weakness.

Both positive and negative charges are needed for balance.

There is a time for anger and fear but too much of either weakens the immune system and it becomes like an army that never rests. But thoughts of trust, faith, calmness and relaxation rest the army, so it is prepared to fight.



Balance should not be compared with laziness. The immune system army must be prepared, and virtues can make you stronger
Worry and stress can draw viruses because viruses can sense this as a weakness as well as the other emotions that they are already drawn to.

EXERCISE- DIGGING WORK ON WORRY

Beliefs to check for:

1. On any level, I worry all the time.
 2. On any level, I worry about my children I worry about money.
 3. On any level, I worry about my health I worry about getting old It is my job to worry.
 4. On any level, if I don't worry something bad will happen.
 5. On any level, if I don't worry someone else will.
 6. On any level, everyone in my family worries.
 7. On any level, someone needs to worry, and it might as well be me.
 8. On any level, I must worry.
 9. On any level, I have to be the most important one.
 10. On any level, there is no time to relax.
 11. On any level, I know how to relax.
 12. On any level, it is impossible to relax.
 13. On any level, I must work all the time.
 14. On any level, I relax when I am working.
 15. On any level, the only time I relax is when I am sleeping.
 16. On any level, I am stressed out.
 17. On any level, I have to stress.
 18. On any level, money stresses me out.
 19. On any level, I love being stressed out.
 20. On any level, I am afraid of what others think.
 21. On any level, I am afraid of being who I truly am.
 22. On any level, I fear I will lose everything.
 23. On any level, I fear I will lose my family.
 24. On any level, I fear I will lose my money.
 25. On any level, I fear I am never good enough.
 26. On any levels, I know how to do nothing all day long.
 27. On every level, I know how to take a day off.
 28. On every level, I know how to rest.
-
- A. Clearing excess worry.
 - B. Retraining your mind to relax
 - C. Teaching yourself to go to theta to calm down
 - D. Avoid sickness
 - E. Shift to relax-devoid of stress
 - F. Fear-Stay in the Creators energy till the fear is gone. Work on fear (belief work) Stay in a theta wave to see the positive outcome. Is it premonition or creation just say cancel stay in theta-wave to see the possibilities.



EXERCISE THREE

- A. Changing the ions around you
- B. Atmosphere changes -when you send energy

EXERCISE FOUR

- A. Heart beat meditation
- B. Re organize your Smart Phone

EXERCISE FIVE

Sending ion- love energy home (blessing) to problem areas

EXERCISE SIX

- A. Shift the atmosphere when travelling
- B. Natural oscillator
- C. Earth attaching-connecting to natural phenomenon
- D. Before we can connect to the earth, we must overcome our issues about it.

Beliefs about humanity and the earth

1. On any level, I hate the earth.
2. On any level, the earth is horrible.
3. On any level, I don't belong here.
4. On any level, I have to escape.
5. On any level, I hate humanity.
6. On any level, I hate being human.
7. On any level, I wish all humans were destroyed.
8. On any level, there are too many people on the earth.
9. On any level, People do not care for one another.
10. On any level, I hate being on the earth.
11. On any level, I am homesick for heaven.
12. On any level, the earth hates humanity.
13. On any level, the earth I strange to me.
14. On any level, I am alone on this planet.
15. On any level, there is too much evil on this planet.
16. On any level, the earth is too polluted.
17. On any level, I am helpless to help the planet.
18. On any level, it is overwhelming to be here.
19. On any level, I reject this planet.
20. On any level, I am in the wrong place.
21. On any level, I am never coming back to earth.
22. On any level, I am only from the stars.
23. On any level, there is no one is like me on this planet.
24. On any level, the end of the earth is coming.



25. On any level, please God, take me away from this planet.
26. On any level, People are unkind here on earth.
27. On any level, I am in the wrong country.
28. On any level, I am in the wrong family.
29. On any level, it is impossible to change the planet.
30. On any level, I hate being in a human body.
31. On any level, I hate my body.
32. On any level, my body betrays me.
33. On any level, the Creator has deserted me.

EXERCISE SEVEN

- A. Water carries memories-feelings-Discussion with water
- B. Charge the negative magnetic field with new feeling
- C. Magnify the water with feelings
- D. Songs of water
- E. The magic of water (to stay well)
- F. Blood and water-negative charge
- G. Water-washes all memories-charge water
- H. To change your health listen to water
- I. Bless the water seventh plane

EXERCISE EIGHT

- A. Skin breathing-feel the world
- B. Expanding in to the earth

EXERCISE NINE

- A. Meditation-Feel your own body-be aware of space.
- B. All brain waves are needed on the planet

EXERCISE TEN

- A. Reading around the world
- B. Plastic
- C. Focus on problem

EXERCISE ELEVEN

Let earth heal you

EXERCISE TWELVE

- A. Food blessed
- B. Receive healing from the earth-send love back to the earth.
- C. Food vibration determined by the stress that is in it
- D. Gold



EXERCISE THIRTEEN

- A. Naturally aware of trees
- B. The relationship with trees
- C. Call on trees

EXERCISE FOURTEEN

- A. Storms balance the earth Rain is important

DISCUSSION

- A. Metaphysical shift
- B. Stuck in limbo

EXERCISE FIFTEEN

Measuring the Aura with dousing rods.

1. Measure normal Aura
2. Go up to the Creator and measure the Aura again.



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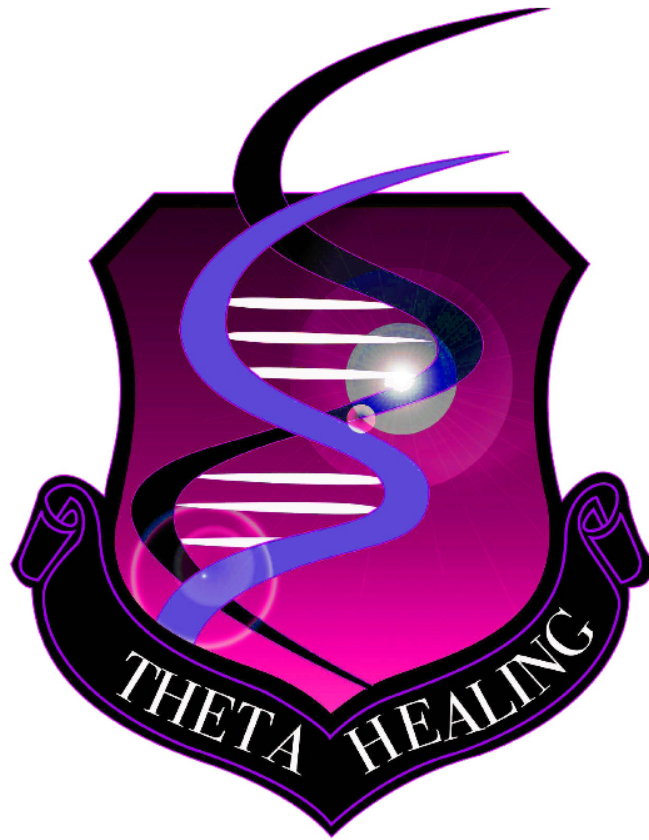


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