



THINK®
THETAHEALING
INSTITUTE OF KNOWLEDGE

ThetaHealing®

GROWING YOUR RELATIONSHIPS 1

YOU AND YOUR SIGNIFICANT PARTNER

AN OFFICIAL
THETAHEALING®
MANUAL





THETAHEALING INSTITUTE OF KNOWLEDGE

B, NEW YORK
O: (408) 2063232

EMAIL: info@thetahealing.com

WEB: www.thetahealing.com W: .TH.

PRESENTS

THE THETAHEALING® GROWING OUR RELATIONSHIP YOU AND YOUR SIGNIFICANT OTHER PRACTITIONERS MANUAL

COMPILED BY POLLING PUBLICATIONS FOR
THE THETAHEALING INSTITUTE OF KNOWLEDGE®
COPYRIGHT © 2016

This manual is derived from the seminars of Vianna Stibal, founder of ThetaHealing®.

Text Copyright© owned by Vianna Stibal, respectively. All rights reserved.

No part of this publication may be stored transiently or permanently on any medium. It is prohibited to transfer, transmit, reproduce, photocopy, publish or otherwise exploit, modify, create derivative works from, or combine with other material, the contents of this book without the expressed permission of the copyright holders and the publisher. This is an official book of the ThetaHealing® Institute of Knowledge. This book is protected internationally by the “Berne Convention for the Protection of Literary and Artistic Works,” and the Universal Copyright Convention (UCC).

The trademark ThetaHealing® is owned by Vianna Stibal, founder of ThetaHealing® and ThetaHealing® Institute of Knowledge.

THE CONTENTS HEREIN ARE MEANT AS AN EDUCATIONAL GUIDE FOR PRACTITIONERS
THIS MANUAL IS NOT FOR OPEN PUBLICATION OR SALE

THE REMEDIES, APPROACHES, AND TECHNIQUES DESCRIBED ARE NOT MEANT TO SUPPLEMENT, OR BE A SUBSTITUTE FOR, PROFESSIONAL MEDICAL CARE OR TREATMENT. YOU SHOULD NOT TREAT A SERIOUS MEDICAL AILMENT WITHOUT PRIOR CONSULTATION FROM A QUALIFIED HEALTHCARE PROFESSIONAL.

VERSION 2021





Relationship Seminar Topics

1. Rules of the Relationship
2. Exercise Fear of loving another person to much (issues of trust) 3. Discussion Time together
4. Exercise The fight for dominance
5. Exercise Male and female roles
6. Exercise Money
7. Exercise Relationships with the in-laws
8. Exercise The children--- (children that the couple has together.)
9. Exercise The children from past/ other relationships.
10. Discussion Sex. Being attractive to the other person.
11. Exercise Friendship
12. Exercise They want you only when you are leaving.
13. Exercise Not becoming the mother or father to the other person
14. Being committed.
15. Discussion The energy field of the relationship.
16. Exercise Sickness in the relationship
17. Discussion Mental illness
18. Exercise Forgiveness
19. Discussion Substance abuse (addiction)
20. Discussion Men and women: Building each other up
21. Discussion Understanding one another.
22. Discussion Working on problems as a team.
23. Seven Plane protection
24. Discussion Beliefs that block intimacy and trust
25. Exercise True commitment means sharing
26. Mediation of love
27. Discussion Saving a relationship



1. Exercise - *Rules of the Relationship*

The rules of the relationship are defined when the couple discusses what they expect of one another.

Create a list of rules that you expect one--another to follow.

Ground rules

1
2
3
4
5

2. Exercise – *Fear of loving another person too much*
(Issues of trust)

Beliefs to Test For:

1. On all levels, I know how to trust someone enough to let them love me.
2. On all levels, I know how to understand my spouse.
3. On any level, no matter what I do it is never enough to please my spouse.
4. On any level, men/women are self-centered.
5. On any level, women/men are cruel.
6. On all levels, I know how to understand my spouse.
7. On any level, If I try to hard my spouse will leave me.
8. On any level, If I share too much of myself my spouse will leave me.
9. On any level, I cannot stand my spouse.
10. On any level, no one deserves me.
11. On any level, there is never enough time for me.
12. On any level, I can always replace my spouse.
13. On any level, my spouse is selfish.
14. On any level, my spouse loves me because I love them too much.
15. On any level, I am the boss of the relationship.
16. On any level, my spouse will never be what I want.
17. On any level, my spouse is boring.
18. On any level, my spouse doesn't understand my beliefs.
19. On any level, my spouse holds me back.
20. On any level, my spouse wants me fat.
21. On all levels, I am beautiful / handsome to my spouse.
22. On any level, there is no challenge left in my relationship.
23. On any level, I leave them before they leave me.



5. Exercise - *Male and Female roles*

It is important that both people in the relationship can take on male and female roles when necessary.

Downloads

- ⊖ I know how to understand my spouse as a woman / man.
- ⊖ I know how to accept my spouse as a woman / man.

What makes a marriage is you are always there for each other.

Exercise-Male-Female Brain Balance

- ⊖ Center yourself in your heart and visualize going down into the Mother Earth, which is a part of All That Is.
- ⊖ *Visualize bringing up the energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the Universe.*
- ⊖ Go beyond the Universe, past the layers of light, through the golden light, past the jelly-like substance, which are the Laws, into a pearly, iridescent white light, to the Seventh Plane of Existence.
- ⊖ Make the command and request, *“Creator of All That Is, it is commanded that this person’s (name the person) male- female aspects of their brain be balanced in the highest and best way, as is appropriate at this time. Thank you! It is done. It is done. It is done.”*
- ⊖ Move your consciousness over to the person’s space. Go into the brain and witness the male female aspects of their brain becoming balanced as is proper for the person.
- ⊖ As soon as the process is finished, rinse yourself off with the Seventh Plane of Existence energy and stay connected to it.

NOTES



8. Exercise - *The children*

(children that the couple has had together in the relationship.)

Beliefs to check for

1. On any level, we must stay together for the children.
2. On any level, the children are all that we talk about.
3. On any level, without the children I have no relationship with my spouse.
4. On any level, when the children are on their own, there is nothing left to do.
5. On any level, my spouse loves the children more than me.
6. On all levels, I know how to balance my love for my children and my spouse.
7. On all levels, I know how to love my spouse separate from the children,
8. On all levels, I know how to live with myself when my children leave home.
9. On all levels, I know how to live with my spouse when the children leave.

Downloads

- ⊖ I know how to balance my love for my children and my spouse.
- ⊖ I know how to love my spouse separate from the children,
- ⊖ I know how to live with myself and how to be myself when my children leave home (will live on their own)
- ⊖ I know how to live with my spouse when the children leave.

NOTES

9. Exercise - *Children from past relationships*

Beliefs to check for

1. On any level, my spouse’s children will never be mine.



- 2. On any level, my spouse never sees the mistakes of their children.
- 3. On any level, my spouse will never really love my children.
- 4. On any level, my children will never be good enough for my spouse.
- 5. On any level, my spouse will never be good enough for my children.
- 6. On any level, my spouse’s children will move out soon so I can wait.
- 7. On any level, I hate my spouse’s children.
- 8. On any level, no one will want my children.
- 9. On any level, my spouse will give everything to their children and mine will get nothing.
- 10. On all levels, I know how to share my children’s love.

Downloads

- ⊖ I know how to let my spouse love my children.
- ⊖ I know how to love my spouse’s children.
- ⊖ I know how to see my children.
- ⊖ I know how to balance my love between my children and my spouse.
- ⊖ I know how to see the mistakes of my children.

NOTES

10. Exercise -

Put on make up and take care of your appearance. *Sex – being attractive for the other person.*

Beliefs to check for

- 1. On all levels, I am sexy to my spouse.
- 2. On any level, I hate sex.
- 3. On any level, I have sex out of obligation.
- 4. On any level, my spouse is no longer sexy to me.
- 5. On any level, I never get enough sex from my spouse.
- 6. On any level, sex is good with my spouse but there is no time.
- 7. On any level, there is no spontaneity in sex.
- 8. On any level, I hate every woman / man that looks at my spouse.
- 9. On any level, my spouse will cheat.
- 10. On any level, I will cheat on my spouse.
- 11. On all levels, I trust my spouse.



12. On all levels, I am trustworthy.

Downloads

- I know how to have sex and still be spiritual.
- I know how to keep the excitement in my relationship.
- I know how to be sexy to my spouse.
- I know how to find time for sex with my spouse.
- I know how to be loyal to my spouse.
- I know how to separate issues in my life so that I can have sex with my spouse.
- I understand the importance of making myself attractive to my spouse.
- I know how to maintain my appearance.
- I understand the importance of human touch with my spouse (not only-sex).

NOTES

11. Exercise - *Friendship*

Beliefs to check for

1. On all levels, my spouse is my best friend.
2. On all levels, I can share my feelings with my spouse.
3. On all levels, I can listen to my spouse with an open heart.
4. On all levels, I want to spend time with my spouse.
5. On all levels, I know how to share my feelings.
6. On all levels, I know how to listen and validate the feelings of my spouse.
7. On all level, I know when to listen.
8. On all levels, I know how to share my feelings with my spouse.
9. On all levels, I know how to be intimate with my best friend.
10. On all levels, I know how to make my spouse number one over other friends.

Downloads

- I know how to share my feelings with my spouse



- ⊖ I know how to listen and validate the feelings of my spouse.
- ⊖ I know when to listen.
- ⊖ I know how to be intimate with my best friend.
- ⊖ I know how to make my spouse number one over other friends

NOTES

12. Exercise- *They want you only when you are leaving or gone*

Beliefs to check for

1. On any level, they only want me when it is too late.
2. On any level, I must leave my spouse before they leave me. 3.
- On any level, my spouse is going to leave me.
4. On any level, if I love my spouse too much, they will die

Downloads

- ⊖ I know how to treat my spouse.
- ⊖ I know when my spouse is upset.
- ⊖ I know how to preserve my relationship.
- ⊖ I know how to cherish my relationship before I lose it.

NOTES



13. Exercise - *Not becoming the mother or father of the other person*

Beliefs to check for

1. On any level, I am my spouses' mother / father.
2. On any level, my spouse is my mother / father.
3. On any level, I want my spouse to be my father / mother.
4. On any level, my spouse is my child.
5. On any level, I am my spouse's child.

NOTES

14. Exercise - *Being committed*

Beliefs to check for

1. On any level, I am afraid of commitment.
2. On any level, I will lose my identity if I am committed to my relationship.
3. On all levels, I know how to be committed to my relationship.
4. On all levels, I know what being committed means.

Downloads

- ⊖ I know how to be committed to my relationship.
- ⊖ I know what being committed means.

NOTES



15. Discussion- *The energy field of the relationship*

Preserving the energy field of the relationship

1. Compliment one another
2. Say thank you to one another
3. Maintain a healthy attraction to one another
4. Friendship
5. Understanding
6. Problem sharing
7. Service
8. Love
9. Trust

NOTES

16. Exercise - *Sickness in the relationship*

Beliefs to check for

1. On any level, my spouse only needs me when they are sick.
2. On any level, I have to be sick to be nurtured.
3. On any level, I have to leave my spouse before I get sick.
4. On any level, I can only keep my spouse if I am sick.
5. On any level, no one will want me if I am sick.
6. On any level, I have to stay with my spouse and take care of them even if we want to break-up.
7. On any level, I feel used when my spouse is sick.
8. On any level, it is wrong for me to be sick.
9. On any level, I am angry when I am sick.
10. On any level, I am angry with my spouse when I am sick.
11. On any level, it is wrong for my spouse to see me sick.
12. On any level, I am exhausted.

NOTES

--



that the hateful person will have to deal with their own negative thoughts, and they can no longer affect you. This means that what you have to learn from this person is done and you are protected from them.

- If they are still standing in front of you in the vision without saying anything, what you have to learn from this person is not finished. This means that you have to do belief work about the situation. As you free yourself from the obligation of what they have to teach you, they will begin to get smaller and smaller in the vision.
- Forgiveness is the strongest protection because when you say ‘I forgive you’ to someone, this means that you are no longer accepting any negative energy from them. In some instances, the person will apologize to you and it may be that you can make amends.
- You should imagine doing this with only one person at a time.

NOTES

19. Discussion - *Substance abuse (Addiction)*

NOTES



23. *Seven Plane Protection*

NOTES

24. Discussion - *Beliefs that block intimacy and trust*

Beliefs to Check for

1. On any level, I have to change him/her to be what I want.
2. On any level, I have to change to be what he/she wants.
3. On any level, no one wants me for who I really am.

NOTES



25. Exercise - *True Commitment means sharing*

Blocks about sharing

1. On any level, I am afraid of sharing my feelings with my spouse.
2. On all levels, it is safe to share my feelings with my spouse.
3. On any level, I am afraid to share my life with my spouse.
4. On any level, my spouse will hurt my feelings if I share with them.
5. On all levels, I know how to care for another person.
6. On all levels, I know how to share my life with my spouse.
7. On all levels, I know how to listen to my spouse.
8. On all levels, I know how to share my feelings with my spouse in the right way.

Downloads

- ⊖ I know how to care for another person.
- ⊖ I know how to share my life with my spouse.
- ⊖ I know how to listen to my spouse.
- ⊖ I know how to share my feelings with my spouse in the right way.

26. *Meditation of Love*

NOTES



27. Discussion - *Saving a Relationship*

NOTES

Join the conversation

Upcoming Events, Products, ThetaHealing Downloads and More!



ThetaHealingbyVianna



ThetaHealingbyVianna



@thethetahealing



thethetahealing



ThetaHealingVianna



www.thetahealing.com

We'd love to hear from you!



THINK®

THETAHEALING
INSTITUTE OF KNOWLEDGE

