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THETAHEALING  
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ThetaHealing<sup>®</sup>

# YOU AND YOUR INNER CIRCLE

GROWING YOUR RELATIONSHIPS 3

AN OFFICIAL  
**THETAHEALING**<sup>®</sup>  
MANUAL

You and Your Inner Circle – Growing Your Relationship 3





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**PRESENTS**

**THE THETAHEALING® YOU AND YOUR INNER CIRCLE -**

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You and Your Inner Circle – Growing Your Relationship 3





## YOU AND YOUR INNER CIRCLE GROWING YOUR RELATIONSHIPS 3

In the prior classes of 'Growing your Relationships' we learned that a student should develop a good relationship with the Creator, with themselves, and they should be completely in love with someone that nurtures them. In this seminar we will teach how to become more successful by surrounding yourself with the most positive influences.

### THE THREE CIRCLES

There are three circles that designate the people in your life: The inner, middle and outer circles of relationships.

#### THE OUTER CIRCLE

You could call the relationships in this circle are people are acquaintances. They are people that are not close to us. We have occasional interaction with them.

#### THE MIDDLE CIRCLE

The people in this circle of relationships are people that we interact with more often, such as co-workers and friends

#### THE INNER CIRCLE

The people in your inner circle are very important. These are people that have earned trust. Who is in our inner circle? The inner circle may be small, but it needs to have the right people in order for someone to succeed. The inner circle should be people that can be trusted. This class is deigned to reevaluate these three circles in all ways.

**Who is in Your Inner Circle? Where are the different people in your life? Who can you trust and which circle should they be in?**

1. The Creator
2. Self
3. Lovers/Spouse/Partners/Children
4. Friends/Siblings/ Parents you trust
5. Students/ Clients
6. Acquaintances
7. Community
8. The World

**Discussion:** Can pets be in your inner circle?

How do we know who should be in our inner circle? The best way is by observing people to perceive their stage of development.



### STAGES OF DEVELOPMENT: CHILD, ADULT AND SAGE

What stage of development are the people in your life? Do they have a child mentality, an adult, or are they a sage? Are you surrounding yourself with people that are adults but have a child's mind? Do they have an adult mind, or do they have a sage mentality? What stage of development are you at? What kinds of people are you drawn to and what kinds of people are drawn to you? Do you still have child attributes, or do you have an adult mentality? This is where the student needs to be honest about the people in their lives and with themselves. Have you ever wondered why you have the friends you have and why they change as you grow older? The human mind is supposed to develop in a specific way. If it doesn't develop as it should as a child, by a certain age some aspects of the personality will continue to stay at the child stage of development. If this happens it is important for the individual to recognize what they need to work on to move to an adult and then to a sage mindset.

Simply because you are middle aged or older does not mean you automatically reach a sage mentality. Many people are 60+ years old but they are still somewhat in a child mentality. Each stage of development must be mastered to move to the next.

Not everyone is going to have all the characteristics of a child, adult or sage. Some people may have some of the attributes of both a child and adult or an adult and a sage. This means that the individual is in transition from one stage to another and tells us what we need to work on.

### CHILD MIND STAGE

**In order to develop a child's brain needs:**

1. Encouragement
2. Discernment
3. Praise
4. To build self esteem
5. To Look for their identity
6. To feel safe
7. To feel love and learn love
8. To feel kindness and learn kindness
9. To feel consideration and learn consideration
10. A lucid imagination
11. To enhance their imagination

If a child does not get these kinds of nurturing, they may stay in the child stage as an adult. If an adult stay in the child stage they don't move forward mentally and can have many negative child tendencies.

**If someone has negative child tendencies as an adult they can:**

1. Act out
2. Whine
3. Complain constantly



4. Throw tantrums
5. Care only for themselves
6. Be insecure
7. Have no consideration for others
8. Have no line between right and wrong
9. Have no loyalty
10. Does not follow through
11. Tend to gossip
12. Take advantage

**Remember, gossip pushes away trustworthy people.**

We all know people in our lives that have some of these tendencies into adulthood. Naturally, our goal is not to destroy the good traits of a child. There are some things that we want to keep into adulthood such as:

1. The kindness of a child
2. The trust of a child tempered with discernment
3. Imagination
4. Belief in magic
5. Values life
6. Spontaneous
7. Has fun
8. Knows how to laugh

### **ADULT MIND STAGE**

**Once someone has reached the adult stage, they should have developed certain tendencies:**

1. Encourages their children (or someone else's children)
2. Will draw people that need encouraged
3. Positive Affirmations
4. Compliments others
5. Need little encouragement from others, is self-reliant
6. Will take on other people to take care of them
7. Nurturing
8. Has Knowledge
9. Knows right and wrong
10. Rules are important
11. Often disappointed in others
12. Has high expectations of others
13. Is responsible
14. Has common sense
15. Has empathy

**If someone has not mastered good child-qualities as an adult they may overcorrect.**



- Over-parent their children (never letting the child grow up)
- Never have fun
- Never have joy
- Focus only on the task at hand
- Will nurture others but will avoid nurturing themselves and will avoid receiving nurturing from others
- Trust only themselves

### SAGE MIND STAGE

**This stage is what we are all working towards. If someone has a sage mentality, they**

1. Have a good relationship with the Creator
2. It is important to help nurture people
3. Aren't so strict with rules, more based on what is morally right
4. Make good decisions
5. Are kind
6. Are Loving
7. Are self-assured
8. Encourage others and is self-encouraged
9. Have wisdom
10. Are concerned for all
11. Will not spend much time with others that are not uplifting
12. Can work with all brain types
13. Bring the best out in people
14. Have a inner Circle may be small
15. Enjoy life
16. Are at peace
17. Are a philanthropist
18. Are much less in a hurry than others
19. Hear what others say
20. Trust the Creator
21. Trust themselves
22. Love children
23. Are Gentle
24. Allowing of human nature





### ***EXERCISE ONE-MOVE FORWARD BELIEF WORK***

What do you need to pass from child stage to adult or sage? Nurturing? Encouragement? Have you mastered childhood?

Instructor will explain exercise.

### ***BELIEFS TO CHECK FOR: EYES CLOSED***

1. On all levels, I am nurtured
2. On all levels, I nurture myself
3. On all levels, I allow myself to feel Creator's nurturing
4. On all levels, I feel encouraged
5. On all levels, I feel encouraged by myself
6. On all levels, I feel encouraged by the Creator
7. On all levels, I feel encouraged by others
8. On all levels, I am considerate of myself
9. On all levels, I am considerate of others around me
10. On all levels, I am safe
11. On all levels, I project safety to others
12. On all levels, I am honest with myself
13. On all levels, I am honest with others
14. On all levels, I know how to live without people taking my energy
15. On all levels, I know how to trust
16. On all levels, I am surrounded with people I love and trust
17. On all levels, I know how to take action

### ***EXERCISE TWO-DIGGING ON BETRAYAL***

Who has betrayed you in your life? Are you pushing everyone out of your life because of what some people have done to you?

Instructor will explain exercise.



### THE WORKPLACE OR SCHOOL

The workplace or school are good indicators of how some co-workers and co-students do not develop past negative childhood tendencies.

#### Child, Adult and Sage tendencies in the workplace or school

##### Child Mind Stage in the Workplace–

1. They rarely show up for work-school
2. Usually can't hold a job more than a year
3. Sometimes try to start a business of their own, but give up easily
4. Never discuss things
5. Thinks the job, the school owes them
6. Blames people
7. Easily bored
8. Has a difficult time managing money
9. Undercuts others
10. Stab others in the back
11. Steal others ideas
12. Thinks they deserve to have another person's business
13. Gossips

##### Adult Mind Stage in the Workplace-School

1. Put in an honest day's work
2. Goes beyond the call of duty
3. Teamwork will apply
4. Encourages
5. Will put foot down
6. Will make prompt decisions
7. Will try to give employees as many chances as possible trying to raise them up.
8. Doesn't trust everyone
9. Pay their bills and manages their money

##### Sage Mind Stage in the Workplace-School

1. Kind
2. Encourages
3. Will assess situations quickly
4. Make quick fast decisions
5. Will be concerned for all
6. Will let go of anyone that does not want to be a team player in business

### **EXERCISE THREE-CO-WORKERS SCHOOLMATES EMPLOYEES**

What stage are the people at your work or school? (if you are going to school)

What do they need?

Instructor will explain exercise.



### FRIENDSHIPS-CHILD, ADULT AND SAGE

What stage of development are the friends in your inner circle? The following are some indicators of what stage of development your friends are presently at.

#### FRIENDS-CHILD MIND STAGE

- Friends are very important to the child brain.
- They tend to pick their friends over everyone else.
- The child brain has expectations that they can depend on their friends.
- The child brain has a need to socialize and dislikes being alone.
- They express a need to be appreciated and playing and partying are very important.
- Child brains also have tendencies to fight with their friends.
- Jealousy.
- Lack of appreciation.
- Lack of nurturing.
- Stay friends because they know each other's secrets.
- Gossip.
- Grudge.
- Revenge.

#### FRIENDS- ADULT MIND STAGE

- Will have high maintenance friends that are needy
- They may not have very many friends
- Will put their children first
- More reliant on their mate-partner
- Will allow people to push their friendships
- Will attempt to understand people, often disappointed
- Afraid to overcorrect
- Searches for god
- Looks for the right path to follow
- Stay friends to help each other.
- Have decrement, loyalty
- Still may gossip, because they share experiences.
- Soft revenge.

#### FRIENDS-SAGE MIND STAGE

- Puts their family, children and partners first.
- Surrounds themselves with like-minded people.
- Has compassion for people.
- Has a small inner circle.
- Knows how to lead.
- Laughs a lot.
- Enjoys being alive.



- Will give freely.
- Is respected.
- Avoid Problems.
- Loves people-you can feel their love.
- People matter.
- Loves the world.
- Best friends are based on loyalty and morality.
- Brings out the best in people.

### DIFFERENT KINDS OF FRIENDS

What kind of friends are in your Inner, middle and outer circles?

#### INNER CIRCLE

Trustworthy friends

#### MIDDLE CIRCLE

Those friends that are in your middle circle can be trusted but often are moving from a child stage into an adult brain,

#### OUTER CIRCLE

These are people that are in your community and the rest of the world.

### DIFFERENT KINDS OF FRIENDS

1. Those friends you trust.
2. Old friends: Old Friends and can also be family members. These can be people that you've known so long that you just accept them as they are. These kinds of friends can be in one of the three stages of life: child, adult or sage.
3. People at work and those you do business with.
4. Low maintenance friends: These are friends that do not need attention and nurturing all the time. You do not have to call them all the time, and it can be months that you do not talk to them. You connect with them where you left off. There are no major obligations between you.
5. High maintenance friends: These are friends that are often in the child stage of mindset. They are insecure, demanding and needy, constantly needing reinforcement that they are special to you.
6. Students: Many students have a child mindset.
7. Clients: Many clients/students have a child mindset. If you have an adult mindset and your students-clients have a child mindset you will be constantly encouraging them to help them grow. But like all children that have issues with their parents some of your students may have problems with you.
8. Acquaintances: These are often people that are on the outer circle of your life. They come and go without much attachment.



Ask yourself: Who are your true friends? What can you trust in a friend? Would they save you if you were drowning? Would they be trustworthy with your mate? Will they gossip, stab you in the back, and try to destroy you? Do they always take instead of giving and belittle you? What are you like as a friend? What are you like as a teacher?

### **MATTERS OF LOVE**

**A child mind set** is often like a child in a candy store always wanting something new. A child mind can quickly get bored with their relationships and search for another partner. When someone stays in the child stage of development into adulthood, they will sometimes try to make someone love them. They no longer act like themselves but become what they think the person wants them to be. Some parents that have a child mindset will fight with their children, beat them, scream at them and expect their children to be there for them.

**An adult mind** will look for someone that accepts them for who they are because they have more self-esteem and confidence. They look for someone that has things in common with them and they complement one another. An Adult Mind stage of the brain looks for someone to love and someone that loves them completely. They look for a soulmate energy in someone else but are independent enough to be on their own. This makes for a better mating process.

A person that has an adult mind will often pair up with a someone that has an adult-child mind because of a natural inclination to nurture children.

**A person with a sage mindset has** gone through the child and adult stages of mindset. Sage developed minds are perfectly fine being who they are.

They are successful mates because they pair up only with people that have adult mind-sets or with sages. They have philanthropist energy and want to make a difference and change the world. Their mate has to have the same ideas in mind, and they will not tolerate a child mind as a partner.

In the home, the sage mind set recognizes that children are little people that need encouragement and love. A person with the sage mindset is usually the greatest of all grandparents. They are patient and adoring of their children

As I travel around the world, I have noticed that many healers find themselves the parent of their parents because they were born with an adult mind set.

They can see where other people are coming from for as the sage develops, they have more compassion for the human race and the world as a whole. This compassion is an amazing thing.

### ***EXERCISE FOUR: INNER CIRCLE***

People in your Live and what stage they are.

Instructor will explain exercise.

### ***EXERCISE FIVE CARRYING SAGE ENERGY***

Moving from Adult to Sage-Do belief work on the Sage Stage.

Instructor will explain exercise.



### ***EXERCISE SIX***

Clear your blocks. Check Beliefs and do belief work:

1. On any level, people are dangerous.
2. On any level, people are out to sabotage me.
3. On any level, everyone betrays me.
4. On any level, friendship is too time consuming.
5. On any level, everyone I trust betrays me.
6. On any level, it is safer to be alone.
7. On every level, I am trustworthy.
8. On any level, I know how to understand trust.
9. On any level, I need only myself.
10. On any level, I need no one new for my inner circle.
11. On any level, my body betrayed me.
12. On any level, I betrayed God.
13. On any level, my student betrayed me.
14. On any level, my soulmate betrayed me.
15. On any level, I am afraid to love.

### ***EXERCISE SEVEN-MANIFESTING***

Manifest for people in your inner circle.

Instructor will explain exercise.



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