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INSTITUTE OF KNOWLEDGE

ThetaHealing[®]
LOVE OF SELF

GROWING YOUR RELATIONSHIPS 5

AN OFFICIAL
THETAHEALING[®]
MANUAL

Love of Self Practitioners





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PRESENTS

THE THETAHEALING® LOVE OF SELF MANUAL

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Love of Self Practitioners





Love of Self

Purpose of this seminar:

Purpose of this seminar is to remember who you are, your abilities to concisely take back your abilities, to not take manipulation of labels, and to focus on what you choose to create and believe to recover from trauma.

We are all born with Intuitive Abilities.

Discussion:

1. Who are you really?
2. Discerning how to work with your own self-
3. Explanation of Susceptible Belief
 - o Discerning on how to work with self if you are a neuro divergent
4. Exercises- Remember who you are and your abilities
5. Combining your abilities
6. When and Why you shut down

7. Belief Work - What is going to happen if you get all abilities back?



Discussions:

- Discern Labeling You are Unique
- The mind is impressionable
- Psychics often have neuro divergents.
- Neurodivergents
 - Autism
 - ADHD
 - Dyslexia
 - Traumatic Brain Injury
 - PTSD
 - OCD
 - Dyspraxia
 - Asperger's Syndrome
 - Tourettes
 - Dyscalculia
 - ASD

Your Labels

What have you been labeled?	How do you label yourself?



Exercises:

1. Remember who you are and your abilities.
2. Combine your abilities.
3. How to work on Trauma beliefs
4. Exercise look how far I have come

Exercises

1. Create your own Reality:
2. Mind absorbs Knowledge :
 - o Labels
 - o Avoid Becoming a label
3. How your brain absorbs knowledge can be refocused :our mind is highly susceptible to manipulation. Don't Buy Into the labels. One should not believe everything they are told. Avoid the negative of the labels.
 - o Astrology
 - o Discussion

Special Hormones

Dopamine

There are certain things that release Dopamine:

- Pleasure
- Sex
- Shopping
- Smelling
- Baking Cookies
- Dancing
- Tet sleep
- Listening to music
- Exercise
- Meditation
- To Eat fresh food
- Self Care
- Completing Tasks

Oxytocin

These are things that release Oxytocin, besides Labor and Delivery of a child:

- Love hormone
- Cuddling
- Making love
- Hugs
- Orgasm
- Music
- Cooking for someone
- Petting a dog or a pet in general
- Helping Others
- Socialize

Smells that my release Oxytocin:

- Lavender
- Camomille
- Sandalwood

Endorphins

These are things that release Endorphins:

- Weight lifting
- Laughing out loud
- Sex
- Spicy food

Psychic Centers and Senses

The Crown - Prophetic Sense Crown cognac-

Knowing- Past, Present, Future - Absolute know in all abilities - clear, concise truth, see both with eyes and vision

Dreaming, Telepathy
psychokinesis control
Bilocation- All senses together
Retrocognition
Past Life memories of self and others
Event before birth

Prophecy - knowing - ancestor - Angel...

The Ears - Clairaudience:

To Hear things, angels, words in mind, send vibration thoughts to plant and animals, psychokinesis - moving objects -
Bilocation- All senses together

The Third Eye - Clairvoyant:

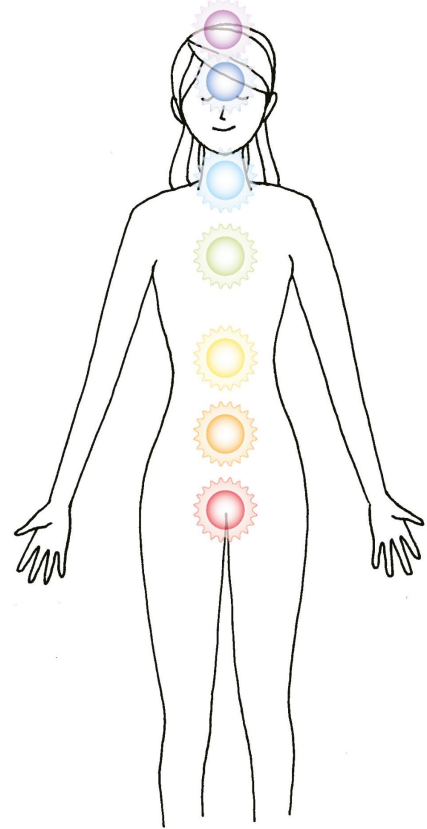
Seeing, the Sight, visions, pictures in your mind, future, past, seeing the aura, tarot reading, might see other people's thoughts, some precognitions

The ability to see things and events that are happening far away. locate missing objects, places, people using 6th sense. Read thoughts, seeing the aura, pick up on greatest fears and wishes of others

Dreaming, telepathy
Cognition ability to see future
Remote Viewing - All senses together
Bilocation- All senses together

Heart- Knowing Truth

Judging Truth-
Discussion- Alignment





Things to do to Improve your Psychic Senses

Exercise for each psychic sense

Exercise 1 - Reclaim Your abilities before you were taught not to

Exercise 2 - Go to the 7th Plane

Exercise 3 - See Aura

Exercise 4 - Feel Object - Psychometry exercise - download house

Exercise 5 - Remember the Future Exercise

Exercise 6 - Remember Dreams - Program work

Exercise 7 - Guardian Angels Work

Exercise 8 - Break the Energy - Feeling drained make a break, psychic break

Additional Exercises



How to work with Your Neurodivergents

Exercise what can you do to:

1. Know your abilities
2. Clean: clean your house, clean your body
3. Know your dreams
4. Bitterness - Exercise- and belief work
5. Stop - Smell- Observe - Refocus
 - **Take a deep breath, ask yourself “Am I safe?”**
Pause and think is there a reason I am consumed with this thought. Am I in danger? Realize in that moment that you are not.
 - **Take a breath and for a moment SMELL the air around you.** This brings you back to the Now. What does the air smell like? If you cannot smell where you are, look around. If you see a tree, imagine what it would smell like.
 - **Think about what you are grateful for.**
Gratitude can bring you back to the now and shift your energy instantly.
 - **Stand strong in your decision.**
Trust that you made the right decision in the situation. if needed download yourself what it feels like to trust your decisions or whatever download you feel you need at the moment.
6. Focus on the Plus Side of look how far I have came

Additional things you can you



Things to do to take care of your Body and Mind

- 40% self 60% others

Discussions:

Discernment on what you believe

Positive Direction

Finding knowing and understanding your dream

Standing by your decisions

Discussion: Traits of a Genius



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