

## **Deborah Lomas - Self Healing Journey**

It has been an incredible journey to get to where I am today. "I have a story as most of us do " .

Life's hard challenges were thrown at me in all directions from childhood to adulthood.

It took all my mental strength to stay focused to get through the days.

In 1996 I started my journey of exploring alternative treatments.

In 1999 I became a qualified Massage Therapist, Reflexology, Polarity Therapy; Bowen Therapist also studied various other energy healing modalities.

In 2006 I became ill. I visited homeopaths, osteopaths, naturopaths for healing sessions frequently all of which helped for short periods.

The medical professionals were stumped as to what to do other than offer me antidepressants and pain relief, if it wasn't for my strong will power "who knows where I would be today."

2007 ThetaHealing came into my life, I was at a very low point. I am grateful for that as it has been a journey emotionally, physically and spiritually.

ThetaHealing has cleared many limiting beliefs for me that are held on my cellular level. I now feel calm, light and at peace within my whole being.

The greatest gift was given to me when I learned to do this for myself and being able to access my intuitive senses and trust Creator/God to help me be the person I am today.

My passion as a teacher is to share this amazing healing technique with all who want to experience change in their lives and be who they want to be without judgement.

ThetaHealing has empowered me to create love and positivity into my life.

To learn this technique you require one central belief that something created everything which is the source of all healing.

Visit [www.thetahealingnewzealand.com](http://www.thetahealingnewzealand.com) for further information.



# ThetaHealing™

Vianna Stibal, the founder of ThetaHealing™ is a grandmother, a healer, an intuitive, an artist, a writer and a teacher who has developed the ability to see clearly into the human body and create changes. She has learned and teaches how to connect with the Creator to co-create and facilitate the healing processes called Theta Healing. Having experienced a spontaneous healing of her own cancer in 1995, Vianna has successfully worked with such medical challenges as genetic defects, Hepatitis C, Epstein bar, AIDS, Herpes, tumours, a variety of cancers and numerous others conditions. She knows that what she has been shown and taught is transferable to her students, and she is committed to spreading this new healing paradigm throughout the world. Visit: [www.thetahealing.com](http://www.thetahealing.com)

## What is it?

ThetaHealing is a spiritual, physical and emotional healing technique conducted in the theta brainwave state. This is where you are awake but fully relaxed, as you would be during meditation.

This helps get rid of negative beliefs and painful feelings that are stored in the subconscious mind.

ThetaHealing is the ultimate tool in self-empowerment as it can reprogram the subconscious mind. Pain from past issues can be released so you can live in the now. These issues can be emotional, spiritual or mental, in some people it presents itself in physical health problems.

## How does it work?

While the ThetaHealing practitioner facilitates the healing, the actual healing comes from the "Creator of all that is". You don't have to believe in God for this to work, as long as you believe in some form of higher power or consciousness. It is not a religious based therapy and is not part of any church or religious denomination.

ThetaHealing can also be explained by science. "Everything in our universe all living and man made things is made up of the same energy.

ThetaHealing enables us to tap into this universal energy.

When we do, we can make changes to our feelings and belief system, this allows a new perspective to come into our lives.

## How does it feel?

Some people feel a major change in their body, mind or emotions during a session, while others feel little but notice a difference later. Often their response is that they feel lighter. People also notice that they don't react to situations that was troubling them.

## **What can it help?**

ThetaHealing can help with a wide range of issues from releasing past trauma, abuse, resentment, anger, depression, to finding your life's purpose, building self-esteem and confidence, improving relationships and recovering from broken relationships. It has also helped people with physical health problems. If you are always sabotaging your efforts to achieve something, be it related to health, relationships, money or career, ThetaHealing can help you discover and eliminate what's holding you back.

## **Experience a ThetaHealing™ Session:**

*“If there is anything that you would change in your life, what would it be?”*

The response to this question is often how we open a ThetaHealing™ session. Clients come to a practitioner for challenges to their health, relationships, work, abundance and spiritual development, to name just a few.

For an example of how a healing could progress, let's talk about a hypothetical client called Bridget who feels unhappy with life but is unsure why, she feels depressed, nothing is going right in her life. After listening carefully the trained practitioner holds Bridget's hand, and with eyes closed goes very quickly into the theta brainwave and intuitively scans her body for feelings, emotions held in her organs.

What's more muscle testing reveals that Bridget has several beliefs such as “I am depressed” and that she does not “know how to live her life without depression.” That has evidently run in her family for several generations but will easily respond to healing. The practitioner also notices that her serotonin or “feel good” neurotransmitter levels appear low.

After discussing this, and getting Bridget's permission, the practitioner goes into theta to witness the Creator changing and healing her challenges.

Bridget feels the changes immediately. She really sees this for herself when the practitioner muscle tests her, demonstrating that the old belief patterns have lifted having been replaced with positive new beliefs, and feelings.

## Testimonials:

*As a client and student of Debbie's, I have experienced first hand her gentle caring and non-invasive empathy.*

*Debbie provides a safe, non-judging environment in which you are able to release any emotions on any level, in both her clinic and classroom.*

*I have always left a session aware of the healing that has occurred.*

*Debbie's classes are informative and fun as well as I leave feeling happy and light.*

*I thank you Debbie it has been wonderful learning from you.*

*I am really excited about extending my knowledge of ThetaHealing™.*

**Love Ginny.**

*My first introduction to ThetaHealing came at a really low time in my life, what a life saver.*

*Debbie is such an amazing practitioner and teacher she is down to earth and very approachable.*

*The healings I have had has led me to do the Basic through to Intuitive Anatomy Courses.*

*I now incorporate ThetaHealing into my daily life which I have found is not only beneficial to me but to my whole family.*

*I thank you Debbie for the awesome healing sessions I have had.*

**Love Jo-Ann Walsh**

*I became aware of ThetaHealing at a very low point in my life. It was at a time that my life was taking a different direction Theta healing helped me to deal with many issues and helped me to move on. It has literally been a life changing experience for me. My friends and family are amazed at the difference in me since starting with ThetaHealing. Taking part in the practitioner's course's has helped immensely in my practise as well as my personal life.*

*Thank you Debbie for everything that you have done for me I feel that I have gained a friend for life.*

**Love Riz**

*What an amazing experience I had on this course.*

*Debbie's own connection to the Creator, her spiritual awareness, down to earth approach and humour made her teaching and presentation a relaxed and extremely positive experience.*

*Releasing many of my old beliefs & feelings, replacing them with new positive ones have been invaluable.*

*Learning how to heal, and receive a healing was fantastic.*

*ThetaHealing has given me clarity of how to heal and it is possible to have joy and happiness in my life.*

*Debbie's passion for ThetaHealing is addictive.*

**Love Leeanne.**

*I come from a background of energy healing yet I was still unable to “get” to the issues that were really controlling my life and I had no idea what they were. Saw this add about a practice called ThetaHealing and knowing that theta is a deep state of mind I decided that this practice may take me in the right direction. I am not disappointed as from the first session I had I felt different I have since done Basic and Advanced levels of ThetaHealing and can now do lot of my own work. I have participated in both of these levels with Debbie Lomas. Her ability and enthusiasm to teach this work shows her level of connection to all areas of this universe, physical and spiritual. Her passion for this work is from the pureness of her heart.*

*It has been a pleasure to work with and learn from you Debbie, next for me is*  
*Intuitive Anatomy.*

**Love Clive.**

## **Learn ThetaHealing™**

ThetaHealing is not specific to any age, sex, race, or religion.

Anyone with a belief in the Universal energy force can access and use the branches of the ThetaHealing™ tree. With study and practice anyone can learn this technique. Here are dates for my next classes.

## **ThetaHealing™ Basic & Advance Course** **9<sup>th</sup> – 14<sup>th</sup> August 2010**

### **Your complete starter toolkit for the ThetaHealing™ techniques.**

Introduces all the techniques needed to commence working as a ThetaHealing™ practitioner i.e. connecting to the Creator using theta; scanning the body, healings, finding and changing limiting beliefs held on core, history, genetic & soul levels; instilling positive feelings, activating the DNA, facilitation gene work, clearing excess radiation; manifesting & abundance; facilitating group healings, understand all Seven Planes of Existence that surround us, easily clear resentments, that hold you back; and much more. It is 75% hands on course. This class is a delightful experience as students are filled with many new and positive feelings such as knowing how to live in the now or what self acceptance feels like.

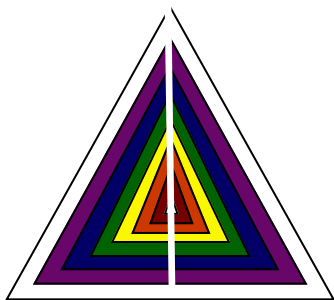
No pre-requisites are required but it is recommended you read “ThetaHealing” by Vianna Stibal before the course commences.

## **Intuitive Anatomy ThetaHealing™** **6<sup>th</sup> – 24<sup>th</sup> September 2010 Week days only.**

Journey of discovery & intuitive healing through each system of the body.

This is an in-depth journey of discovery that takes Practitioners through the body allowing the healer to “meet the kidneys, heart, bones” and other organs and systems. We then explore the beliefs held in each system and their relationships to physical “dis-ease”. Students have ample time for self-healing and work with other class members to clear limiting beliefs. This is the class for the serious Practitioners who desire to become highly skilled at scanning and healing within the physical body using ThetaHealing™.

Pre-requisites: Basic & Advance DNA ThetaHealing™.



## ThetaHealing™ Introductory Evening Thursday 29<sup>th</sup> July 2010

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Share first hand an experience of ThetaHealing™ with Debbie Lomas, a Passionate & Understanding Teacher & Practitioner of ThetaHealing™.

Debbie will share the how, when and where of ThetaHealing™ so you can discover for yourself what this fascinating modality could bring to your life.

**Places at these events are limited, so to reserve your place contact**

**Debbie (06) 870 9985**

**Mobile: 027 432 1932**

email: [debbie.lomas@xtra.co.nz](mailto:debbie.lomas@xtra.co.nz)



**Venue: Portman's Motor Lodge  
Railway Rd, Hastings.**

**Cost: \$10.00**

**Time: 7.00pm to 9.30pm (supper provided)**

