

# THETA HEALING™



Introducing an  
Extraordinary Energy  
Healing Modality

**VIANNA STIBAL**  
CREATOR OF THETAHEALING™

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**Vianna Stibal**



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*This book is dedicated:*

*To my God, the Creator of All That Is. It was under divine direction that the information contained in this book was received.*

*To my mother, who taught me to pray and to believe that God always hears and answers our prayers.*

*To my husband, who compiled the writing for this book, and who assisted me during my travels as I taught these techniques to the world. He is appreciated so much more than I could ever express.*

*To my children, who inspire me, who are my friends and who are all gifted intuitives.*

*To my precious grandchildren, who have brought blessings and joy into my life.*

*To all the ThetaHealing instructors and practitioners and the magnificent people throughout the world who have brought it to life. These wonderful people have been a source of joy to me. They are an inspiration to me on my journeys as I present these important techniques and concepts to the world.*

*And to those I have yet to meet, may your paths lead you to the place of greatest peace and abundant goodness.*

Believe nothing,  
No matter where you read it,  
Or who has said it,  
Not even if I have said it,  
Unless it agrees with your own reason,  
And your common sense.

***Buddha***

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## PREFACE

In this book I will reveal one of the most powerful energy-healing techniques that has ever been written down: ThetaHealing.<sup>™</sup> ThetaHealing is a meditational process that brings about physical, psychological and spiritual healing with focused prayer through the Creator. The Creator has freely given us the fascinating knowledge you are about to receive. It has changed my life and the lives of many others.

There is one requirement that is absolute with this technique: you must have a central belief in the Creator of All That Is. I realize that the Creator has many different names, and God, Buddha, Shiva, Goddess, Jesus, Yahweh and Allah are all currents leading in a flow towards the Seventh Plane of Existence and the Creative Energy of All That Is. ThetaHealing has no religious affiliation. Neither are its processes specific to any age, sex, race, colour, creed or religion. Anyone with a pure belief in God or the Creative Force can access and use the branches of the ThetaHealing tree.

This book is a fusion of the past works of *Go Up and Seek God*, *Go Up and Work with God* and *The DNA 2 Advanced Manual*, with additional information developed since these works were written.

Even though I am sharing this information with you, I do not accept any responsibility for the changes that can occur from its use. The responsibility is yours, a responsibility you assume when you realize that you have the power to change your life as well as the lives of others through permission.

Please note, the remedies, approaches and techniques described herein 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.

## **ACKNOWLEDGEMENTS**

A special thanks to Sky A'Hearn for her dedication in all the typing she has done in ThetaHealing classes over the years.



# 1

## THE FORMATION OF THETAHEALING™

From the conception of the Orian Technique in 1994 to what ThetaHealing™ has become in the present day has been quite a journey. This journey has been shared with the wonderful ThetaHealing practitioners and instructors who support the work. ThetaHealing continues to grow as a beautiful tree in spring, watered by the interest of people around the world.



My name is Vianna. I am the founder of what has become ThetaHealing. I was born with an inherent intuitive ability, although it was not my original plan to use this ability for healing. I began an initial study of Taoism, nutrition and herbs because of personal health problems. These interests eventually led me along the path to Nature's Path, which is the name of my business.

This path originally began in 1990, when I divorced my husband of 10 years and had three young children to raise. I had heard that the government was required to hire a certain number of women for the Department of Energy. There was a Department of Energy facility relatively close to where I lived in Idaho Falls, Idaho. My plan was to work at what was called the 'Site' in nuclear security and still pursue my true interest in art. I knew that the bus ride to work would be long, but I thought the pay and benefits would be worth the effort.

It was in 1991 that I began the year-long training for the job of nuclear security guard. Competition was fierce and I had to learn skills that pushed me to the limit. After completing my training I took a job at a nearby manufacturing plant while I waited for my security clearance to work for the government.

During this time I never forgot my other interests. On breaks I would draw sketches of the other employees and give them short intuitive readings. This was shift work and I would often work from midnight to morning.

As a single mother, I soon realized that working as a security guard at a manufacturing plant did not offer the future that I wanted for my family. I knew that something had to change.

Health problems provided the incentive I needed to concentrate on the study of naturopathic medicine. Once I had finished the course in naturopathic medicine, in March 1994 I opened a business offering full-time massage, nutritional counselling and a naturopathic practice.

I came to the realization that I was following my life's path when doors began to open. I met a psychic who suggested that I do readings for income. As if by magic I had an office to work in, and from the very first day I always had clients to see. Within the first week I had met the person who was to become my best friend and had established repeat clients for readings. It was during these readings that I found that if I would listen, the voice of the Creator would give me instructions. I became quite good at the readings and was asked to do classes on the technique I was using. This was my beginning as a medical intuitive. From this time forward my metaphysical experiences increased exponentially to quantify who I was to become.

Meanwhile I had developed a severe problem with my right leg. It would intermittently swell up to twice its normal size. Due to the inflammation and severe pain, I decided it was wise to seek conventional medical help. In the August of 1995, I was diagnosed with bone cancer. I was told that I had a tumour in my right femur. Every test that was performed at this time confirmed it. The bone specialist told me that he had seen only two other cases like mine. He also informed me that he felt amputation might be my best option. This, he said, would give me a little more time to live.

I felt as though darkness was gathering about me, and my ordeal was not over yet. My doctor sent me to the University of Utah for a biopsy. I was told that the procedure required my leg to be opened to allow the doctor to go in and take a bone sample by scraping the inside of my femur. I had no choice but to travel for four hours, in excruciating pain, for this biopsy. Blake, my husband at the time, drove me to Utah and I was admitted to hospital. It was necessary for me to be awake for the procedure, forced to listen to the sounds of the hammer and drill. I was advised to stay in hospital overnight, but Blake told the hospital staff that we were leaving because we had no insurance. I was too weak to argue with him. So, in incredible pain, I was hustled to the car and taken to spend the night at Blake's brother's house before the long drive home.

As I was leaving hospital, I was told by the doctors that if I walked on my leg it would break. If this happened there would be no alternative but to amputate it to prevent the spread of the cancer. I was also informed that I might only have a couple of months to live anyway.

This ordeal put me on crutches for six weeks. I was still in unbearable pain from the tumour. My life seemed to be falling apart. I hobbled around on the crutches, living with constant pain and doubt as to how much longer I could actually survive. Still I went forward, continuing to see clients, not because of great courage or endurance, but because I had financial obligations and my young children needed me. Even though I was newly married to Blake, the relationship was anything but a true partnership and was an added burden on my declining health. I couldn't just give up and die, leaving my children alone. The very thought of them being sent to relatives, even to their father (who was paraplegic and ill), was unbearable. These thoughts gave me the will to live.

Even though I was very ill, my intuitive abilities became even more accurate, as did my connection to the Creator. All my life I had believed that I had a higher purpose from a promise that I made when I was 17. Now I was uncertain if I would complete it.

In confusion and sadness I sent forth a cry to the Creator: 'Why me? Why am I losing my leg? God, am I going to die? I have so much left to do!'

In the middle of this plea I heard a voice, as loud and clear as if the speaker was standing right next to me in the room: 'Vianna, you are here with or without a leg, so deal with it.'

I was astonished by this answer, but, although I didn't know it at the time, it was just what I needed. In that instant I became even more determined to find a way to heal my body.

Healers from the area where I lived heard of my plight and people came from seemingly everywhere to help me. Some were wonderful healers, which I am sure kept me going through the dark times. The prayers that were made on my behalf kept me alive. I still thank God for Alice and Barbara helping to take away the pain.

I was a pitiful sight, hobbling into my office, leaning on my massage table to do massages and painfully struggling through readings. Adding to my problems, I had developed a staph infection in my leg. I decided that *enough was enough!* I was going to treat myself.

First, let me say that I have never been against conventional medicine. I believe that we should respect the opinions of trained healthcare professionals and in most cases they are likely to be correct. Even so, I felt that in my isolated case the doctors were wrong in their diagnosis of bone cancer.

I trusted my intuition and the information I was receiving from the Creator and I began putting my knowledge of naturopathy to good use. I realized that it was vital for me to focus on aggressively cleaning out my body. I began a series of lemon cleanses as well as sauna cleanses. I spent a great deal of

time in the sauna – four hours a day for over two and a half weeks. I took vitamins and minerals and I prayed constantly. Through it all, I still believed the medical diagnosis that the doctors had given me was wrong, but in spite of everything I was doing to help myself, I remained very sick.

My biopsy result finally came back and the result was negative for bone cancer, which confused the doctors, since every test performed earlier had shown a tumour. The biopsy had, however, revealed dead cells along with normal bone cells. The test result was sent to the Mayo Clinic, where they determined that I had lymphatic cancer that had killed the cells in my femur. I knew this to be the truth and I believed mercury poisoning had caused it. How? I knew this because I had gone up and asked God (or the Creator) and had received the message that I had been poisoned by mercury.

I began to search for answers as to how to get the mercury out of my system. I continued with cleanses, always trusting in the information that I received from the Creator. By this time my leg had physically shrunk and I was told by the doctors that in the event that I did survive, I would need physical therapy to enable me to walk correctly again.

I believed to the core of my being that God could heal in an instant and in spite of everything that was happening, I continued to trust my intuition. Somehow I felt that I already knew how to heal myself. There was just something I was missing. I had used conventional medicine, cleanses, nutrition, oils, vitamins, affirmations and visualizations, and still I was sick. Every time I asked the Creator, I was told that I already knew the answer and that I just had to remember how to call upon God.

The answer to my prayers came while I was in the mountains. I held a gathering with some friends where we camped out and shared a pot luck dinner. Each person that came brought a dish for the gathering. My aunt from Oregon showed up unexpectedly, but had a bad stomachache. She lay down in a tent and I went inside to help her. She knew that I was a naturopath, but I had no herbs with me. The intense pain that she was in led me to believe that it might be her appendix. I began to do a body scan, as I had done with others hundreds of times before. I went out of the top of my head, through my crown chakra, as I would do when giving a reading, and when I was in my aunt's space I asked the Creator what was the matter with her and I was shown that it was giardia. I told it to go away and witnessed the Creator releasing the pain in her stomach. Within seconds, it had gone. She was able to get up and felt much better. This incident gave me food for thought and encouraged me to use it again.

The next day a man came into my practice with severe backache. Reflecting on what had happened with my aunt, I did the same procedure on him. Instantly, his back pain was gone.

That night, I pondered over the events of the past days. I decided it was time to do the same thing to myself.

The following day I hobbled into my office, excited at the prospect of carrying out the same procedure on my leg. I thought to myself, 'It can't be this easy!'

I stopped just before the door to my office and went out of my space from my crown chakra and prayed to the Creator. I then commanded a healing on myself, and it worked! My right leg, which had shrunk to three inches shorter than my left leg, returned instantly to its normal size. The pain was removed and my leg was healed.

I was so incredibly excited about my healing that throughout the day I compulsively tested the strength in my newly healed leg, curious to see if the pain would return.

Today my femur continues to be healthy, all test reports are normal and I am free of lymphatic cancer. In my gratitude I made a vow to the Creator to give this technique to all those who wanted to learn it. This was the foundation of the ThetaHealing that we know and love today.

Interestingly, I still have the X-rays of my leg. A few years ago, they were taken to a bone specialist for a second opinion and he pronounced that the owner of the leg must surely be dead!

The next person that I used the technique on was a little girl. A woman named Audrey Miller had a great-granddaughter with health difficulties and brought the child to me to be healed. She knew nothing about the instantaneous healing to my leg.

I asked her, 'Why did you bring her to me?'

Audrey looked at me with her soulful eyes and said, 'God told me to bring her to you.'

I remember how she walked up to me and placed the child in my arms. The child's own arms were tiny; she had gained no weight at all in the past two years. She had been born with her legs out of their sockets and she had a heart murmur. She also had what I can only term 'a bad attitude'.

I knew that I had been healed, so I told Audrey that it would take six days to heal the child, thinking that this would be plenty of time. I was excited about this new technique, but also very anxious. I remember crying to the Creator, 'Oh, dear Lord, please help me heal this child. Please, God, please, heal this child.' Then I went up to use the procedure I had been shown.

Each day for six days, Audrey's daughter drove for two hours to bring the child to me to be worked on for half an hour. I put her under coloured lights and used the new healing technique.

The little girl was using crutches to walk, the kind that attached to her arms. On the third day, she stood up and told me that she could walk and



that she was going to walk to her grandmother without crutches. I said to her, 'Oh no, honey, you can't do that yet. You aren't strong enough.' But, stubbornly, she told me that she was going to do it. She stood up and walked about three or four feet to her grandmother. That was the first time she had ever walked on her own. I was totally amazed!

After that I watched her back straighten out and she expelled several tapeworms. Her heart murmur had now gone and she started, with physical therapy, to learn how to walk properly. Now that she had the strength, she could teach her body to walk without assistance. The most amazing part of this healing was that she gained two pounds in just three days, and in six days, she had gained four pounds.

Something was working! Excited, I began to use the technique on everyone. I treated all kinds of different diseases and infirmities and started working with people who were terminally ill. People from all walks of life found me by word of mouth. I found that the healings were extremely successful with clients that I already had and soon new clients were coming from all over the world. Many of them were healed instantly, while others took a few sessions, and others simply did not heal.

After using the procedure with varying degrees of success I came to a conclusion about why this technique was working so well. I came to believe that we were doing these healings from a 'Theta state' of mind. I had some knowledge of Theta because my by then former husband Blake was a hypnotist. He had many books about the subconscious mind and I had occasionally read these books. My theory was that we were going into the Theta state to bring about these healings. If my theory was correct, then I had a breakthrough in healing and an explanation of faith healing that could be scientifically measured.