



# Carole Bryant

## Naturopath

0428 449 326

### THETA HEALING

Theta Healing is a powerful energy healing method for clearing negative subconscious beliefs that create blocks to health and wellbeing.

Our conscious mind is like the tip of the iceberg, while our subconscious mind is like the vast unseen mass of the iceberg beneath the ocean surface. No matter how much we want to consciously change our life, if we hold subconscious beliefs that won't permit change, it just won't happen. No matter how many positive affirmations we make and how we attempt to bring about change—our subconscious will undermine and derail our best conscious efforts to change. Our subconscious beliefs determine our reality.

The subconscious mind holds beliefs we have acquired from our own experiences, from our parents, our culture and from past lives. These subconscious beliefs shape our current behaviour, health and well-being even though they might not be appropriate for the life we now live, or wish to live.

Theta Healing utilises the theta state (a deep meditative state that accesses the subconscious mind) to release long held subconscious beliefs that no longer serve us and replace them with positive beliefs that will enable us to bring about positive change in our life on all levels.

When the body, mind and spirit are integrated on a conscious and subconscious level, our life is transformed and we are able to reach our full potential.

Theta Healing can be done face-to-face or via distance consultation and can be done with animals (with the animal's guardian acting as surrogate).

- Carole Bryant ©