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Revolutionary Healing Method Delivers Results

By Claire Pearson

An amazingly potent, non-invasive technique delivering fast results and real change to individuals looking for a way to achieve greater health, resolve trauma or emotional issues, release fears, increase self-esteem, create wealth or unlock your creativity. Theta Healing is a powerful new technique that identifies and transforms deeply held blocks and negative beliefs, empowering individuals to re-create their life exactly as they choose.

The brain operates under five frequencies: gamma, beta, alpha, theta and delta. The theta brain wave is dominant during very deep meditation, sleep or hypnosis and was once only accessible during those times. In the theta state, brain waves are slowed to a frequency of 4 to 7 cycles per second. Sages meditate for hours to reach the theta mind-frame, where absolute, perfect calmness is achievable. This frequency is the gateway to the subconscious mind and has been demonstrated in scientific studies to reduce anxiety, alleviate stress, improve creative thinking and mental clarity, reduce or diminish pain, facilitate deep relaxation and promote euphoria.

Theta Healing guides the brain into the theta frequency, reaching the unconscious mind to change negative thought patterns, habits or physical ailments. Instinctive patterns of action, life-long beliefs and self-limiting ideas are all controlled by the unconscious mind and its experiences. Knowing this, it's safe to say the mind ultimately creates our current attitudes and thus our current reality and physical state. This idea is exemplified through scientific studies of DNA that changed shape as a result of signals outside the cell, including energy changes from positive and negative thought patterns. Utilizing Theta Healing, self-limiting beliefs and levels of well-being can be altered, consequently changing reality.

Donna Aazura, Theta Healing practitioner and founder of GlobalTheta™, explains the profound influence of Theta Healing, “Because this work changes negative thought patterns, habits and physical issues, life can be recreated any way you choose. Within this transformation of patterns and beliefs, Theta Healing teaches feelings never experienced before-instantly widening emotional choices. For example, if you hold the belief ‘I am unhappy’, Theta Healing shows how to live without feeling unhappy, and what it feels like to experience joy.”

During a Theta Healing session, Aazura will identify which key beliefs are maintaining your issue of concern or physical malady. “When this underlying belief is found and changed, the thoughts influenced by it automatically change,” she says. The duration of a Theta session is usually between 50 and 80 minutes, and the number of sessions required depends on the issue you would like to work on. Most issues can be addressed in one or

two sessions, but some may take longer. You do not need to do anything in preparation for the session, other than allowing yourself to let go of that which does not serve you. All changes are performed only with the client's informed consent. Theta Healing will not work unless the client permits it and brainwashing is an impossible myth.

*For more information about Theta Healing or Donna Aazura, or to schedule a visit
DonnaAazura.com or call 720-260-2445.*