



Sudha: Mark, I understand that Theta Healing's founder Vianna Stibal, is an intuitive naturopath and massage therapist who is based in the United States?

Mark: Yes, Vianna discovered Theta Healing through healing her own cancer. She realised that the states she invoked during her intuitive readings were Theta brain wave rhythms and that these could be utilised to facilitate healing in others. Since that initial breakthrough of awareness, she has healed and trained thousands of people worldwide and Theta Healing has spread like wildfire across the globe.

Sudha: So what actually happens? How and why do the processes involved in Theta Healing work?

Mark: Yes through her earlier contact with the study of hypnosis, Vianna was aware that our brains operate on a Theta rhythm when we are in a hypnotic state, and she thought that this was most likely what was happening when she was reading. It was found through those tests that both healer and patient were in the Theta brain wave state during the process. Her work then moved to another level entirely, through the challenge of a client who did not completely respond to the healing process. In this instance, Vianna's communion with the God consciousness led her to the understanding that our DNA chromosome makeup was not fixed, but actually

A Calling To Heal

*Sudha Hamilton speaks with Mark Anthony
Australia's leading Theta Healing Instructor.*

You may have become aware of a new type of healing: its name with a Greek linguistic origin – Theta. What does the word Theta mean?

It is the eighth letter of the Greek alphabet and more recently has been adapted by western neuroscience to name one of the deep brain wave states or rhythms. Theta brain waves are known to be associated with aspects of deep sleep, learning and spatial navigation. It is thought that when the brain is in its Theta rhythm, it is accessing deeply stored information involving the hippocampus (home of our instinctive emotional beliefs), and conveying these to the cerebral cortex (our rational operating thoughts).

Research into these brain wave states has observed that we move into Theta rhythms quite often, at various times throughout the day and in particular when meditating or in a moment of focussed reverie. I spoke with Mark Anthony, Australia's leading Theta Healing instructor; about its origins and what it has done for him personally and how it has transformed his life.

Mark: The original process, which Vianna Stibal called the Orian technique, was based on her early intuitive reading work and involved a visualised technique, which included a body scan, and sending her awareness out through the crown chakra, (top of the head) and communicating with God or the creator consciousness. Once in communion with the higher consciousness, she would seek answers for the condition to be healed, and/or request that the person be healed. Vianna healed her own bone cancer and then found herself healing many people from all over the world.

Sudha: I understand that she sought a scientific basis for the healing process, and with the help of a physicist, conducted some electroencephalographic tests, which determined that she was correct and that the brain waves detected were in the 4-8 Hz range (indicating the Theta rhythm).

responded to Theta Healing - and this was the beginning of her work now known as DNA Activation. In practice, this involves the introduction of new supportive belief system that are instantly reproduced in our cellular reality. This work has dramatically expanded the healing reach of Theta Healing, as thousands of people have been trained in this approach with incredible results – facilitating the healing, and saving the lives of people all over the world.

Sudha: The science around Theta brain wave rhythms shows them to be one of several characteristic electroencephalogram wave forms associated with various states of sleep and wakefulness. When seen in this form, they are between 4 and 8 Hz, and involve many neurons firing synchronously - in the hippocampus and through the cortex. Theta activity can be observed in adults during some

sleep states, and in states of quiet focus, for example meditation. These rhythms are also involved with spatial navigation and some forms of memory and learning, especially in the temporal lobes. Theta-frequency activity is also manifested during some short term memory tasks.

Sudha: Mark, I wonder if you would share with us a little of your own remarkable story?

Mark: I found myself at age 32 facing a life threatening disease, and despite the best intentions of Australia's world class medical system was not getting any better. It began with me feeling generally run down over a period of time and led to after a visit to my holistic chiropractor. Unfortunately I came away with several fractured ribs and a cracked vertebra, which were not discovered until, after experiencing excruciating pain, I was sent for a bone scan by my local doctor. Following this I was wrongly diagnosed as suffering from low bone density, despite my years in the construction industry and playing heavy contact sport.

Sudha: It sounds like the beginning of a nightmare journey.

Mark: Yes it was, as this error was followed by another when I was misdiagnosed as having Tuberculosis (TB) and immediately hospitalised. However, all my tests for TB came back negative, many blood tests followed before the first of several fine needle biopsies under CT guidance were conducted. This involves an 18cm needle being repeatedly inserted into the spine in search of the right sample location. I was, by this time, under the care of several neurosurgeons, orthopaedic surgeons, cardiothoracic surgeons and infectious disease doctors. These fine needle biopsies were unsuccessful and so the decision was taken to cut three holes in my side and insert a camera and take a sample of the infection.

Sudha: I imagine you would have been pretty frightened at this point.

Mark: Well, upon awakening I then had two tubes draining blood from me, as they had collapsed my lung for the procedure, and a third tube as a morphine drip - and a 25cm scar as a keepsake for my troubles. The good news was that I did not have cancer but the bad news was that they did not take a large enough sample to test for anything else. Repeating the operation was next on the agenda but "luckily" I had developed a fever, and medical protocol insisted that this be treated with antibiotics before surgery. After receiving a high dosage antibiotic for 6 weeks I was still found to have a blood infection level of 125 (normal rates are 0 - 15). Another fine needle biopsy followed, before another course of high dosage antibiotics, and finally a correct diagnosis - Vertebral Osteomyelitis. This infection in the partially collapsed T6 and T7 vertebrae was potentially fatal and incapacitated me to the extent that I could not pick up a shopping bag, let alone my two year old daughter.

Sudha: I understand that it was at this time that you were given a copy of Vianna Stibal's book "Go Up and Work With God."

Mark: My naturopath recommended it and I seized upon it, sensing that the answers and the healing I had so desperately been seeking were right here. You know when you read something and you just know this is it! I did a bit of further research on the internet and registered for the next workshop. I did the Advanced Theta Healing seminar over that weekend and found that the pain in my back was completely gone.

Sudha: That must have been amazing after such a terrifying time. What happened to heal you?

Mark: During the Theta Healing processes, new affirmative life beliefs were conveyed to me, whilst in the Theta state, which

enabled me to replace the failing negative beliefs that were literally killing me. My Father passed away from a sudden heart attack when I was 16, and I was told to be strong for my mother. I subconsciously took this on as a reason not to be able to grieve, and I felt a great deal of pressure to get everything right from then on. Subconsciously, I carried feelings of resentment toward my father for leaving me and not teaching me all I had to learn from him. This created in my mind a lack of support, which was heightened, due to the fact that all my friend's fathers were in the construction industry, and when they left school, they all went into their fathers businesses. I had to do it all on my own. These support issues manifested in my back, and the resentment I carried manifested into the infection. The first Theta Healing consultation I had, we worked on the issues about my fathers', which immediately eliminated a great deal of the pain I was feeling in my back. I was then able to see the support that I had in my life from my mother, brother, sisters and my wife. In fact I had so much support around me but was unable to see it due to my beliefs.

Sudha: Mark thank you so much for sharing your incredible life changing journey.

Mark: My pleasure.

Mark Anthony has since gone on to train directly with Vianna Stibal and to devote his life's work to the facilitating and training of others in Theta Healing. He feels that the importance of this work lies in the empowering effect that it has on people to heal themselves, and that it is this paradigm shift which can transform humanity.

Mark teaches all of Vianna's courses around Australia including the Basic and Advanced Theta Healing and Intuitive Anatomy courses.