**TAPPING INTO HEALING ENERGIES by Mary Wallace**

1268 words

Vianna Stibal is one of Montana’s amazing gems. This entrepreneur is not afraid to belief in Miracles. She is one of Montana’s most interesting people. She developed ThetaHealing, a meditation and healing technique, that has gone worldwide. She owns one of Montana’s finest Wedding Centers as well as Legendary Friesens. ThetaHealing has helped Vianna through her personal journey to health.

**What is ThetaHealing?**

The ThetaHealing technique is a meditation technique and spiritual philosophy - not specific to one religion but accepting them all - with the purpose of getting closer to the Creator of All that Is. It is a training method for your mind, body and spirit that allows you to clear limiting beliefs and live life with positive thoughts, developing virtues in all that we do. The Techniques are designed to dig into your subconscious mind to find the reasons why hardship or problems occur in it. Once realized that we create our own reality we will have the possibility to change our live. Through meditation and prayer, the ThetaHealing Technique creates a positive lifestyle.

According to Vianna, ThetaHealing is open to all religions, it works very well with the philosophies of them. “We are NOT on a mission to convert anyone,” insists Vianna. “Our mission is to change the world one person at a time and show everyone their true connection to The Creator of All That Is. We aim to bring forward the best in all people.”

The ThetaHealing technique is always taught to be used in conjunction with conventional medicine. So much so, that many doctors and medical professionals have noticed and became ThetaHealing Practitioners and Instructors to help the People in many ways.

Furthermore, scientists have discovered that certain brain wave frequencies (especially the Alpha and Theta) may:

1. Relieve stress and promote a lasting and substantial reduction in people prone to anxiety states.

2. Facilitate a deep physical relaxation and mental clarity.

3. Increase verbal ability as well as the performance IQ, verbal.

4. Better synchronize the two hemispheres of the brain.

5. Recall mental images live and increase spontaneous imaginative and creative thinking.

6. Reduce pain, promote euphoria, and stimulate the release of endorphins.

Scientists have been able to measure what is happening in the brain during each state using an EEG, or electroencephalogram. The EEG measures brain wave frequencies in each brain state.

There are five brain states – Beta, Alpha, Theta, Delta, and Gamma. In the Beta state, a person is awake with normal alertness & consciousness. In the Alpha State, a person is relaxed, calm, lucid, and in a state of meditation. The Theta state is when a person is in a state of deep relaxation and meditation and may experience mental imagery. The Theta state is the first stage of the phase in which we dream. The Delta state is when a person is in a deep sleep. Gamma state waves appear to be involved in higher brain activity, in which are included the perception and consciousness. Vianna believes that a person in a Gamma-Theta state is most favorable for Healings.

**Does ThetaHealing work for everyone?**

Thousands of people have experienced change and healing through the ThetaHealing Technique. If the person has a general belief in God, the Creator, the life force, or however they may call it, there is a possibility for amazing changes, both spiritually, mentally and physically.

**The ThetaHealing Institute of Knowledge**

Vianna has experienced many miracles through her live, as well as thousands of clients.

It soon became apparent that Vianna was not going to be able to manage the sheer number of people who were reaching out for treatment with the ThetaHealing technique. She found that she could teach others to do what she was doing, and she started offering seminars for those who wished to become practitioners. It grew quickly and soon she was not only teaching practitioners but also Instructors Seminars. Today, Vianna Stibal is a world renowned spiritual teacher and healer who teaches her spiritual philosophy and meditation technique, ThetaHealing®, both in Bigfork, Montana and throughout the world.

There are currently over 500,000 ThetaHealing practitioners in over 170 countries around the world 8000-10000 ThetaHealing instructors. For the past three summers, the classes have been held in Bigfork, MT at the Atanaha Retreat Center. Vianna & her husband, Guy, travel the world the other eight months of the year, offering seminars in different parts of the World. Vianna Stibal’s seven books on this technique have been translated into 23 languages.

Traveling is never easy but necessary in this woman’s live. Vianna and her Husband, Guy travel the world to teach her technique.

Vianna says she ‘knew’ her husband, Guy, years before she actually met him. A ‘guy’ from Montana who was a farmer or rancher and who drove a blue & white pickup was a frequent visitor in her dreams, and those dreams were so vivid, that when she actually met him in 1997, “I thought the Creator was playing a trick on me!”, exclaims Vianna. Both had been married before, but they met when the time was right and formed a partnership that brought their families together and they began their many journeys – they have been together for over 21 years.

Vianna and Guy work with their children and their spouses to run six businesses. They all support each other in ways that one might not expect from a bunch of siblings, but the harmony the whole family shares was palpable when they all gathered during our interview for the magazine. For someone who has such a huge following all over the world, Vianna and her family are some of the most sincere and genuine people a person could ever meet.

Something that not a lot of people know about Vianna is that she originally trained for a career in security at a nuclear plant, and that she is an expert markswoman (a fact that Guy, an avid shooter, admits was part of what made him fall in love with her).

On Vianna’s bucket list (besides changing the world, of course), are finishing their new Bigfork office building, adding a waterfall and lodging to their retreat center, and eventually adding an amphitheater so they can hold concerts under the stars in their little slice of heaven.

What makes her heart sing? “When I witness someone experience the change they so desperately need, or when I witness one of my previous students have a similar success. That’s one of the best things in my world!”, exclaims Vianna.

“I know that there is a Creator and we are all part of it. I know that we are divine and, as we clear our limiting beliefs, all things are possible. Through this journey, I have found ways of helping myself and others to have health, love and joy.”