



Learn to Perform Miracles!

By Janet Wahl, PhD, CHT

Our stress, feelings and concerns show up somewhere in our bodies. Our mind chatter, a reflection of our stress, has an effect on our immune system; if it is negative mind chatter, our immune system is depressed, and we are more susceptible to disease and discomfort. Consequently, we go to medical doctors, acupuncturists, and massage therapists and take minerals, vitamins and herbs to recover. However, more often than not, we ignore the impact of our mind chatter, which continues to cause stress.

How can we transform negative mind chatter and worries to positive thoughts and decrease stress? Most of us are not aware of what we tell ourselves, much less the frequency of these messages. It is a fact that whatever is said to us, through us, or by us for 30 consecutive days, with or without our permission, becomes a subconscious habit. Although these negative subconscious habits attempt to keep us safe, they often have negative physical consequences.

For example, since her teens, a Midwestern woman had an irregular heartbeat especially when she exercised during allergy season. At times, she nearly passed out. She went doctors several times to determine what was wrong, but they found nothing.

They told her she had a heart of someone 20 years younger than her age. After one session, a combination of NLP, hypnotherapy and ThetaHealing™, she stated, “I’d experienced irregular heartbeats causing near black-outs since my teen years, especially while exercising during high allergy season. During one session with Jan, we identified an anchor: I pressed my thumb as I repeated the affirmation of having a perfectly working cardio-vascular system. I did this whenever I rode my bike and felt my heart begin to beat irregularly. Now I don’t even have to touch the anchor, I just think the words, ‘My cardiovascular system works perfectly,’ and my heartbeat returns to normal. My heart has kept its perfect rhythm for well over year.”

Learn to do this healing on yourself, on family members, or on your clients. If you work as a health care provider, expand your abilities to support your clients. Learn to read clients and shift beliefs powerfully and rapidly. Add these skills to your repertoire.

Attend one of the following classes and become a ThetaHealing™ practitioner. The Basic ThetaHealing™ classes are scheduled from 6 -10 p.m. on Thursdays and Fridays, and from 10 a.m.- 6 p.m. on Saturdays and Sundays:

- November 5-8, 2009
- March 4-7, 2010
- January 7-10, 2010
- April 8-11, 2010
- February 18-21, 2010

FREE INTRODUCTION to ThetaHealing™, 7-9 p.m. on Oct. 20, Dec. 29, 2009; Jan. 26, Feb. 25, March 23, 2010. Call 505-508-5808 to register. Learn about the class before you register. Nurture yourself, your family and your clients!

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Caveat: Always see your licensed medical doctor! Physical symptoms are a signal that something in your body needs attention. These techniques complement your medical treatment. They are not a replacement or an alternative for good medical treatment.

Medical Support Hypnosis & ThetaHealing™

- Release stress and fear
- Accelerate healing

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Janet Wahl is certified in hypnosis (ACHE#107-003) and ThetaHealing™. She completed 450 hours of hypnotherapy training and courses in ThetaHealing™: Basic, Advanced, Intuitive Anatomy, Manifestation and Abundance, Disease and Disorders and Basic, Advanced & Rainbow Teachers Courses: www.mindbalance.us. She holds a PhD in Language, Literacy and Learning and has more than 35 years of experience in education as a teacher, professor and administrator specializing in special needs: www.janetwahl.com.