

# Understanding oneself through Theta Healing?



**H**uman's desire for knowledge and understanding of the world, particularly in the current times of uncertainty, is a reflection of our inner need to understand ourselves and our purpose. However many of us are in denial of what lies within us and tend to focus outward on our worldly pursuits. Yet many of us realise our dysfunctional habits and the way we respond, particularly in relationships, be that on a personal, business or global level and thus motivate us to explore these limitations within ourselves.

There are many modalities out there that can help us explore these limitations and discover our true essence beyond our conscious mind. Initially we may be attracted to the secrets of astrology, for example. The attraction could be the desire to understand our personality type and how we relate to other people. We may also want to know whether we are going in the right direction and what our future holds.

Our desire to understand ourselves and how we relate in the world is to be happy, and that happiness is about self love. Because if we truly loved ourselves deep within, we would feel absolutely comfortable in any situation because of a reassurance that we are completely loved, and therefore all our needs are met.

You may say that you already love yourself, and we do as well. However there are levels of self love. If we truly loved ourselves to our deepest core, we wouldn't be affected by all the negative situations surrounding us. We wouldn't feel like we are struggling with life.

## **So why do we struggle?**

On certain levels of awareness we

are in touch with the understanding of ourselves in relation to the cosmos. However 'life' pulls us away to focus on meeting our daily needs, i.e. food, warmth, shelter. We expand those needs in the modern world for more complex desires. There are higher expectations to have material possessions, such as a luxury car, an elaborate home theatre, and beautiful clothes. Our Ego's desire to feel satisfied is strongly correlated with wealth for many people. Wealth-Creation has been the buzz word for many people, as we try to secure financial freedom.

And why not, you say! The New Age evangelists preach that we can manifest anything we want in our lives, because we deserve it! Why not have the beautiful house and 4WD? Why not earn a certain salary? Do we have to deny ourselves such pleasures to become more spiritual? One could say 'Yes I can have that if I choose to', but we really need to ask the question; 'Is this for my highest good?' 'Is this my Heart's desire or is this coming from my Ego's need for security and happiness?' When desiring something it is important that we come from a space of pure intention. Wealth and possessions may not be the true source for our inner happiness.

Learning about how we surround ourselves and how we respond to surviving in this world is dependant on our level of understanding and self assurance. At times the desire to acquire things to satisfy our needs can create feelings of struggle or challenges in our lives which can pull us out of alignment with our true source. For 80% of the world who live in poverty, life could be seen as a struggle to survive. However when we look at many of the smiling faces of the

poor people in this world, we realise their personal happiness is not based on what they have. It's based on who they are and their understanding and connection with their higher spiritual source.

For many of us we have strong spiritual or religious beliefs that give us a better understanding of our purpose. Our quest for knowledge is a reflection of our deepest desire to be happy and loved. It is only through surrendering the possibility that there is more to learn and understand about ourselves that will allow us to find greater happiness and freedom within. Self realisation works on many levels and it is only our awareness that allows us to take it deeper.

Through Theta Healing you will gain this awareness and learn techniques which help us understand and access our childhood, parental, ancestral and religious belief patterns that keep us from achieving happiness and love within.

**David and Hetty run seminars on a regular basis. To learn more about these life-changing techniques please visit our website or contact us.**

[www.thetagateway.com.au](http://www.thetagateway.com.au)

**Theta Healing**  
What's holding you back?

Imagine your Life with:

- Success & Abundance,
- Better Health & Vitality, Love, Joy & Happiness.
- Being Empowered, Increased Awareness.

Live without:

- Fear & Depression, Regret & Resentment, Transform Neg Beliefs

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