

# WHAT IS THETA HEALING?



MAMMA TI

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Theta is a brainwave similar to the one we use in our dream state. It allows the subconscious mind to speak up. When I shift into this thought wave, I can better hear what your body and spirit are saying. I can also hear if there are any subconscious beliefs that are manifesting the imbalance in your body.

With your permission I can remove the negative or harmful belief and replace it with one that is more beneficial to where you are now. For example, believing that you are only worthy if you receive outside praise. By removing a belief such as, “I have to please everyone else or I won't be accepted” and replacing it with something like “It is safe for me to serve my needs, I give myself permission to express myself, I love and accept myself, I am ready to experience what it means to validate myself,” you can set your entire being on a positive path towards health.

Most people experience incredible and life changing results from this modality of healing. Theta Healing is equally as effective when conducted both in-person and virtually.

# INTERESTED IN HOW THETA CAN BENEFIT YOU?

Book a Health Consultation with me and let's bust through those limiting beliefs which may be preventing you from living your best life. Theta Healing can be conducted both virtually or in person.

**Book with me**



*Mamma Ti*

Herbalist, Doula and Theta  
Practitioner



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