





The Empowerment Program

For You and for the Journey Called *YOUR LIFE*

Here  Now  This moment

The following Programs are from
ThetaHealing by [Vianna Stibal](#)

Subconscious Beliefs

*Your beliefs generate your reality.
Beliefs are magnetic forces that attract or repel.
The Law of Attraction is no secret. Like energies attract like energies.*

~ Richard Alan, *Empowerment & The Book of e-Games*

*It's important to understand that it isn't
a test of the truth about the belief...
It is testing to see if you have the belief, subconsciously*

Test to see if you get a YES or NO response

*There are no limitations to the self
except those you believe in.*

~ Jane Roberts,
The Nature Of Personal Reality

Money

I am poor, no. I am poor, yes
I am wealthy, yes. I a wealthy, no
Having money is bad yes/no
I took an oath of poverty. yes/no
All oaths are finished now yes/no
I am abundant yes/no

Acceptance

I accept myself
I have pure acceptance of self
I have self doubts

I understand what it feels like to have to be accepted
The Creator accepts me

I understand how to accept an instant healing from God
I accept my human body

I understand what it feels like to have joy
I understand what it feels like to learn for joy

Love

I love myself, yes
I love myself, no
I am beautiful, yes
I am beautiful, no

Fear

I have a fear of...
letting others down...letting God down, of becoming nothing
and/or never being with God again...
I am always in the Creators presence
I am afraid of becoming nothing...
I am always loved by the Creator

I have a mission for God
Fears attached to Mission for god: God hates me...God has turned from me...
I fear God

Living in the Now

I am living here, now and in this moment.
I understand what it feels like to live now with joy going through my body

Compassion

I understand how to have compassion for myself
I understand what it feels like to have compassion for myself

This person motivates me from conflict
I free this person for the obligation of creating conflict in my life

Overweight: The foundational belief may have nothing to do with weight.
I feel safe and protected by the fat.
I am powerful when I am overweight
I must gain weight to be intuitive
I am overweight.
I am thin. I am healthy
Being overweight is powerful
Being overweight is powerful, safe, and secure

It is safe to remain in my body.

Victim

I am a victim
I am a power in my life

I know what it feels like to live life without being a victim

Struggle

I have to struggle ...
Life is an adventure
Life has challenges
The more I suffer the closer I am to God

Safety

I understand what it feels like to be safe
I understand what it feels like to be safe in my human body

Joy

I understand what it feels like to have joy
I understand what it feels like to learn for joy

Sacrifice: Service is different than sacrifice

It's my job to save the world
I am in perfect harmony and balance
I am responsible for everything the world does
I have to sacrifice myself for Jesus to love me.
I have to sacrifice myself of for anyone to love me
I am loved always
I just sacrifice to make money

I am alone

We are never alone
We are all born alone
We will all die alone
We are all islands unto ourselves.
God is always with m. I am never alone.

Regret

I regret____
I understand what it feels like to live without regret.
I am free of regret

Resentment

I resent _____
I release resentment
I understand with it feels like to live without resentment.

Rejection

I am rejected by_____
I understand what It feels like to live without being rejected
I accept myself

Duel Beliefs: do you test strong for both.

I love my mother and I hate my mother...

Both I am thin and I am overweight
I am rich and I am poor

Hatred and Forgiveness

I hate my mother
I forgive my mother

I release this person to gods light now
I understand what forgiveness feels like, with proper discernment's in my feelings toward my mom

Test your subconscious hatred for anyone that has hurt you...release that and send it to gods light...replaced with I forgive or I release...
I understand what it feels like to forgive someone
I am good enough to be forgiven
I know what Life has challenges feels like
I know what the feeling of forgiveness feels like.

Hatred and Prejudice: Hatred causes disease

Hidden programs of: I hate myself, I hate my family, I hate God... I hate this culture...
Once the hatred is released then release the anger. I am angry with_____.
I have proper discernment for_____
I love my fellow man

I understand what prejudice is.
____offends me

*Expect healing but do not be attached to the outcome.
The Creator of All That Is is the healer. Give up the outcome to the Creative Force.
If the results are not achieved, it indicates there is Belief Work to be done.*

~ Vianna Stibal, *ThetaHealing*

More beliefs:

<http://eempowerment.com/subconscious2.pdf>

Forward: Empower Others...

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