

# test driving THETA HEALING

## Does it do what it says on the tin?

By Sophie Love



*The lost and lonely Mythri before Theta*



*And with a new lease on life  
and connection with 'the big horse'*

Embarking on any healing journey, whether for yourself or for your horses, is always like peeling back the layers of an onion. Some modalities work gently from the outside, in (eg., Reiki). Some effect rapid change but need regular 'top-ups' to keep the system operating optimally (acupuncture, chiropractic etc) and some seem to go straight to the heart of the matter. Is it really possible to effect lasting, permanent, change in moments by 'reprogramming' the subconscious 'hard drive' which dictates all our actions, beliefs, thoughts and patterns in this lifetime?

Proponents of Theta say 'yes'. And while I haven't experienced it for myself, it has opened the doorway to some remarkable information about what drives one of my horses, and a profound mental shift in another.

Beneath our conscious brain is a vast reservoir of sub-conscious programming that REALLY runs how we see, experience, act and react in this world. You will have heard that humans only use 5% of our brains, but what they really mean is, that our true, primal, brain is untapped by most of humanity and basically, running the show! It's a bit like watching a DVD on your computer and being completely caught up in that . . . meanwhile the hard drive is not only powering your viewing pleasure, but masterminding the internet connection, the spreadsheets, the accounting software, the desktop publishing, the word processing etc . . . you get the picture! And not just for the human brain, but the animal brain too.

Theta works on the premise (and promise!) that accessing the subconscious programming and then changing it, causes instant, and permanent, change. But HOW? In the case of humans, you are asked to relax into a state of meditative calm (theta brainwave pattern) so that you and the practitioner can access your subconscious mind. You are asked a series of questions in order to ascertain what the issue(s) are and the practitioner will ensure you answer these from the deep well of infinite wisdom within you, rather than the mindless chatter of the brain. In the case of horses or other animals, the owner acts as the 'surrogate', answering the questions and interpreting the answers for their animal. The practitioner uses muscle testing to check responses and clear entrenched patterns as directed by the patient's sub, or higher, consciousness.

Sounds complicated, but in reality is incredibly simple . . . Theta practitioner, Carole Bryant, agreed to work on two of my horses, with the aid of Animal Communicator, Caroline Pope (because I am pregnant it was considered better if I didn't act as surrogate). Caroline says she has seen the energy generated in these Theta healings destroy computers and cause cracks down ceilings and walls! We therefore engineered a three way phone hook-up so I could listen and learn . . .

The first horse was the 17hh Thoroughbred formerly known as Gypsy, now called Mythri (friend and comforter) that we have seen some exceptional results with as a result of herbs, Metatronic Healing and Caroline Popes chats. But she still felt like a timebomb to me – particularly after she double barreled my Pajero, not only frightening the dog and





*Tinkerbell - the minx who masterminds my life!*



*When all four feet hurt, best to stay lying down . . .*

I, but wrecking my rear panel work! So Carole set to work asking the questions to uncover what we needed to work on, and Caroline fired back answers, concisely and confidently. Between them, they rapidly uncovered Mythri's most basic and profound of problems – she had lost her connection to the Source, the Universe, God or as she termed it – 'The Big Horse'. And without that she felt lost, abandoned, unsure of her place in the grand scheme of things, and with no connection to 'The Big Horse' unable to form a connection with anyone or anything else- whether horse, human or other. Big stuff. And rapidly fixed with Theta.

And she has changed – dramatically. All that wild, misdirected and unpredictable energy has gone. She is calm, she is thoughtful, she is careful of herself and others. She is approachable and all of a sudden, she WANTS to have a relationship with you. She feels more contained – she's still bigger than Ben Hur but she doesn't have that explosive big energy around her. She actually feels like a HORSE for the first time. And whereas I have never wanted to be around her, and have been quite frightened of her, I want to be her friend now. She is at peace, in herself and that is actually really obvious. Yes, she still has physical problems that we need to address but her soul, her psyche is healed.

Tinkerbell, my naughty little bundle of trouble was next . . . and she really needed help having gorged herself on oranges and currently experiencing a pretty crippling case of laminitis/founder. So while it was clear from her physical condition that she had digestive issues, this was confirmed in her answering of questions (via Caroline), but more interesting was the story underlying her inability to fully digest and process in this lifetime. I had always known that this little pony needed a little person to belong to, but Tinkerbell told her own story: She had been a workhorse in the last six lifetimes – lives of drudgery and more than a little despair and as she looked around the horse kingdom she saw that the 'good time gals' of the horse world were the spoilt little ponies that children loved and were only ever put out to pasture when they outlived their usefulness. So she resolved to come back as one of those this time round. Unfortunately she misjudged it somewhat – her mother was a prized show horse and no one knew she was in foal when she was sold to a showing family. When Tinkerbell arrived the human hosts rejected her as ruining the show season for the mare, so she was whisked away – abandoned and unloved until my Mother spotted her at the end of her garden and I adopted her. And apparently the baby I am carrying is the little child she needs to belong to so badly. I always knew she was a manipulative little

tyke but to get me, two horses, and a dog from the UK to Oz and then from Tamworth to Kangaroo Valley to Tom's Creek, to meet and marry my husband, just to create her little lifetime human friend is quite an achievement!

Mind you, I always said my other horse arranged to have our float pinched because she hated it so much . . . they're smarter than we often give them credit for, that's for sure!

Again, Tinkerbell is much improved anyway thanks to all the Metatronic Healing Caroline Pope has been pouring over her during this bout of bad digestion, but she told Carole Bryant that it would take 3 hours for her to integrate this healing into her mind/body/soul continuum, so we watched and we waited . . . and again the change has been most obvious in her psyche. Like Mythri, she has mellowed, that determined neediness and exasperating naughtiness seems to have dissipated somewhat.

She is nicer, more amenable, friendlier and more affectionate. She's still trailing around with sore feet, and subsequently has had another crippling bout of founder which turned her into a three legged horse, so we haven't seen a physical change and cure, just a mental shift and yet again Caroline Pope has given me invaluable insights into my horse's mindset and motivation – she is a genius!

I am intrigued by Theta, but not convinced.

I would have to experience it for myself to gauge its veracity for humans but I wonder whether the need for a surrogate dissipates its ability to effect physical cure, or whether more sessions are needed when a surrogate is involved . . . still, it gives us another tool to contemplate in our armoury of modalities for healing or horses – mind, body and soul.

For more information about Theta go to [www.ThetaMagic.com](http://www.ThetaMagic.com), to learn more about Carole Bryant's work as a human, hound and horse healer go to [www.berigorafarm.com.au](http://www.berigorafarm.com.au) and to contact Australia's premier Animal Communicator, Caroline Pope, go to [www.caroline-pope.com](http://www.caroline-pope.com)

For more information about the author, go to [www.thezenpen.com.au](http://www.thezenpen.com.au)