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Benefits of ThetaHealing for Health as an Alternative Therapy

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Abstract

Nowadays alternative therapies have become fashionable, their use is aimed at treating diseases that afflict the population rather than simple occupational practice. There are therapies that are known worldwide for their antiquity and the benefits they bring to those who resort to them have even been scientifically proven, an example of this is Reiki, Tai Chi, Qi Gong, among others; However, with the increase in the use of alternative medicine, therapies have been emerging that are little known but gaining adherents. One of these therapies is ThetaHealing. This new therapy, ThetaHealing, aims to make available to people an effective healing method combining meditation, neurolinguistic programming, spirituality and energy management. It is a simple practice to perform, it does not require physical effort and the Healer (practitioner) can apply it to other people (clients), so it is important to know what the reach and effectiveness can be, since it could be a tool to help to the treatment of diseases.

1. Introduction

The use of alternative practices as complementary medicine is increasing at present due to several factors, one of the most common in developing countries is because people seek to actively participate in the treatment of their diseases, in addition to consider that it Natural is healthier. Certainly the increase in alternative practices goes hand in hand with people's own beliefs about health, illness, well-being, healing and their lifestyle. [1] Another important factor for people to turn to complementary alternative practices is cost-benefit. For example, a study on the profitability of manual therapy, physical therapy and general medicine for the treatment of neck pain proved to be more cost-effective in manual therapy because it had significantly lower costs and slightly better effects. [2] Another study Shows that patients who come to doctors who are trained in some type of complementary medicine generate less health expenses and have lower mortality rates than others because they are less hospitalized and do not require great prescription of medicines. [3]

There are many alternative medicine resources that can be used, products, practices or professionals that develop these practices, there are some more ancient than others such

as herbal medicine, acupuncture, naturopathy, manual therapies such as osteopathy, chiropractic, qi Gong, tai chi, yoga, thermal medicine and other physical, mental, spiritual and psychophysical therapies. [1] One of the alternative practices that can be used today is ThetaHealing. This relatively new practice allows the generation of physical, psychological and spiritual healing through a meditation process that generates the brain waves Theta. [4]

The ThetaHealing therapy consists of bringing the person into a "Theta" state through a meditation, through which contact is made with the Creator (according to the belief of each person of "Creator"), is commanded and is a witness of healing. With consistent ThetaHealing practice it is important to have positive thoughts as you are said to attract all that you think. [5, 6] It is a simple practice to do, it does not require physical effort and the Healer (practitioner) can apply it to other people. The question now is, is there really a health benefit for people who turn to this therapy? The ThetaHealing integrates practices that have scientific evidence of their benefit to the health and well-being of the people who use them, such as meditation, neurolinguistic programming (NLP) and spirituality, also covering part of the energy management that can be Visualize through quantum physics and communion with what Martha Rogers tells us through her theory of unitary beings about that humans have an energy field that interacts with the environment and can be constantly changing. [7]

2. Meditation

The benefits that meditation brings to the person who uses it have been scientifically studied, obtaining several positive results. Investigating the brain to verify the regions upon which the meditation exerts its effect was observed to increase the activation of the orbitofrontal cortex and the cingulate cortex in the brain; These cortexes have the function of processing and regulating emotions, affective states, behavior control and decision making based on risk-benefit estimation in uncertain situations, in the detection and resolution of conflicts, as well as being involved With the capacity of attention. [8] As a result of meditation you have the regulation of emotions and maintenance of self-control, so you get the benefits of mental health and even physical. It has also been observed that a change in the white and gray matter of the brain is generated after 4 weeks of practice. [9-12] As evidence of what has previously been mentioned, studies reveal that the use of meditative consent may lead to a decrease in perceived pain and discomfort at the time of pain, as compared to placebo analgesia. [11] There is another study in Which demonstrates that meditation can help decrease blood pressure readings, [9] reduce drug use and manage addiction, increase attention during tasks that are done, reduce stress by improving self-control and regulation of Emotions, so it also decreases anxiety and depression, helps control suicidal tendencies, increases the ability to memorize, increases the quality of interpersonal relationships

due to self-control of emotional explosiveness and even prevents exhaustion. [10, 12] People who have a constant consensual meditation tend to react more calmly to stressful situations because they process emotions differently. [13] For ThetaHealing meditation is the main pillar, since through it is made the connection with the "Creator of all that is", which is "the source of healing" in this practice, so when meditating can make the visualization of it be superior.

3. Spirituality

The care provided by health personnel should be comprehensive. Such attention not only refers to the physiological state of a patient, but also includes caring for their comfort, mental health and spirituality. The latter is as important to patients as their physical recovery, because of the relationship of people's beliefs about illness and the existence of a Higher Self. [14, 15]

People who come to health institutions expect to be able to communicate with the health care staff who attends to cover all their needs; This is achieved through empathy. Through this link the patient can trust that the people who are present for his or her care will be able to attend to all their needs, including spiritual ones, as these affect decision making on patient health issues, [15] since many of the people who suffer some Affection in their health, whether acute or chronic, are in close proximity to their God, because they have faith that with their help they can recover or overcome any situation. [16] Whatever their belief, it allows them to have hope and generate a different vision of the circumstances they face, since spirituality works as a buffer against negative experiences. Thus, when facing any event in life and mindful of one's own spirituality, one can appreciate from different approaches, which will generate greater well-being. [17] There are also results where it is shown that spirituality, religiosity and faith generate an effective confrontation for the perceived difficulties, generating an increase in the recovery capacity of a patient of some disease, which is why there is a greater resistance to stress caused by Diseases [18] and normally people in a state of illness resort to faith when they feel vulnerable and thus feel comforted, hopeful and grateful, which generates tranquility and the sense of inner peace. [19, 20] ThetaHealing puts the people who use it in contact with their spirituality regardless of the religion they profess, because in making contact with the "Creator of all that is" the person can visualize it according to their belief and can even call it The important thing is to create a bond with your Supreme Being through which you will make the "request for healing."

4. Neurolinguistic Programminng (NLP)

The brain is a fascinating organ of which further research is being carried out on its potential. It is even believed that

even if 90 percent of its mass were extracted, the brain would still have its function, [21] so wonderful is this vital organ. "NLP is the art and science of personal excellence" [22] so what would be the result if we train our minds to constantly focus on achieving goals and objectives, generating positive thoughts all the time and recognizing how great they are? We are in response to this question are studies where NLP has been implemented. One of these studies shows that the implementation of NLP in nursing and obstetrics students obtained results that positively impacted their mental health. [23] Another study shows that it is possible to control phobias through NLP by subjecting claustrophobic patients to an NLP session prior to magnetic resonance imaging (MRI), with the result that they avoid using anesthesia before subjecting patients with this phobia to MRI. [24] For ThetaHealing, managing the language that is expressed verbally is important because what is said generally comes from what is thought and in the end is what attracts to himself or others and the Healers generate so much connection with themselves and with the "Creator of all that is" to such a degree that they can get what they ask for through thought, hence the importance of learning to use NLP behavioral frameworks, which are to see goals rather than problems, to ask themselves more like? That the "why", "failure does not exist, there are only results" and to consider possibilities rather than needs.

5. Power Management

The therapies that use energy movement are based on the belief of a universal flow of healing energy flowing around and through all living beings. [25] For quantum physics the fundamental energy is immeasurable and invisible since it converges between time and space. [26] This healing energy is called in different forms, for example: Prana in India, Chi in China, Mana in Hawaii, Ki in Japan, among others. [27] The management of vital energy is something that many practices do, one of the most known in its management is reiki and there is scientific evidence of its effectiveness when used to treat diseases. An example of the above is a study that shows the application of Reiki therapy to achieve general well-being in patients with type 2 diabetes, where they measured glycosylated hemoglobin levels during the three months of the intervention, however, as a result it was found that Reiki did improve general well-being but there was no significant change in glycosylated hemoglobin levels and therefore recommended that further studies be extended to 6 months. [28] Another study shows the effect of Reiki on HIV-related pain and anxiety where it was found that after a 20-minute reiki session there was a decrease in pain and anxiety reported by patients. [29] In a test to evaluate the effect of treatment on pain by reiki to cancer patients, no reduction in analgesic use was observed in any of the groups; however, the Reiki group experienced better pain control and quality of life scores. [30] In Reiki energy management is through the positioning of hands over the body and the use of symbols. In ThetaHealing, energy is handled through

meditation and visualization of what is asked of the "Creator of all that is". For quantum physics we live in a three-dimensional world, which consists of matter, energy and mind (or soul). The journey between two of these dimensions is called a "quantum leap". [26] With ThetaHealing a quantum leap can be made from the mental plane to the material plane through meditation, since it can be a tool to mobilize the fundamental energy through the mental body and thus achieve the modification or "healing" of the body physical. In Unitary Theory, it tells us about the energy fields that each individual has and their constant change and interaction with the environment [7], which for ThetaHealing is the field of the person's own energy that can be modified by diseases or negative thoughts but can always be restored by meditation and thus balance mind, body and soul. We have the scientific proof that the techniques that integrate ThetaHealing have an impact on the health and well-being of the people, in this way we can realize the possible effectiveness of ThetaHealing on health, however, there is not much scientific evidence. Check it out. There is a study that measured Theta waves between Healers and clients during the application of ThetaHealing, where a slight increase of Theta wave was found only in the Healers but was not considered a significant increase, however, they did not rule out the possibility that ThetaHealing was effective as a method of cure, so one of the suggestions given in the study was to do more research. [31]

6. Conclusion

So this new therapy aims to facilitate an effective healing method for anyone who wants to implement it, so it is important to know what the scope of ThetaHealing and its effectiveness in the health of people, since it could be a tool easy to apply to assist in the treatment of diseases, especially those that affect a large number of people worldwide.

Also, it is needed to design and implement experimental studies to know the real effect of Thetahealing on the health of the people affected by chronic diseases.

Author Disclosure Statement

The authors declare that they have no competing interests.

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