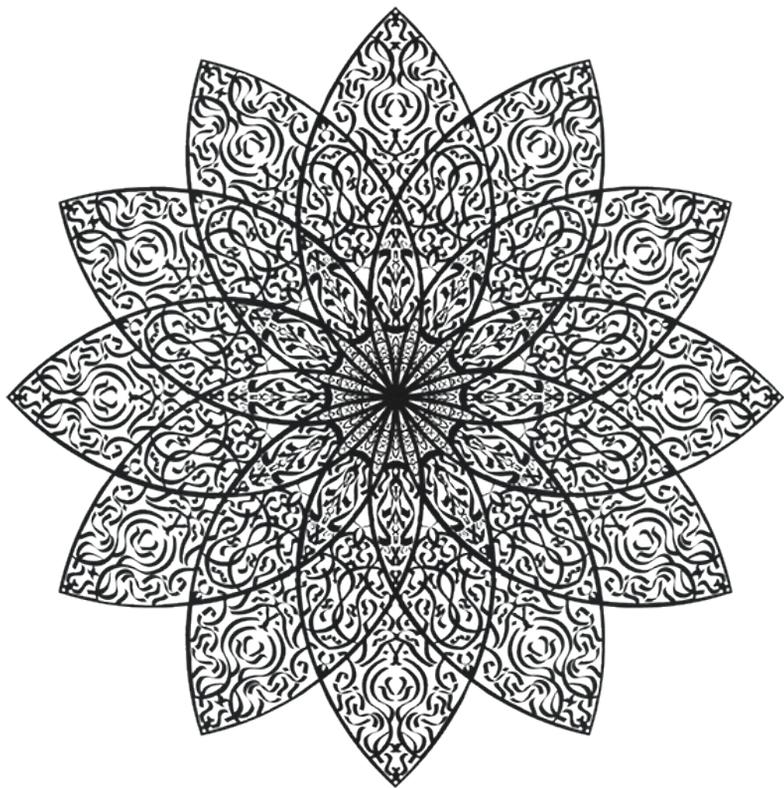


# BY DIVINE INSTRUCTION

## Lessons in Metaphysical Healing



*A guided healing handbook*

ANN M BASILI



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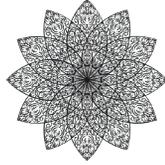
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# DEDICATIONS

*To my mother, who carried the last traces of our ancient Egyptian culture's  
wisdom and knowledge.*

*I am one of the last in our genetic line of Pharaonic "pure bloods", the  
mysteries and knowledge of which I am only now waking up to.  
The responsibility for which I must now share.*



## PREFACE

~ In the Beginning was the Word ~

*“In the beginning was the Word, and the Word was with God, and the Word was God.”<sup>1</sup>*

I heard this spoken early one morning while I was still sleeping, as if a loud voice in my room were speaking it. I woke up understanding its true meaning having never taken notice of it before. I quickly googled it and sure enough, word-for-word there it was, an actual verse in the Bible.

I’m not in the habit of reading the Bible and the last time I even looked at one was probably during Religious Studies at the Catholic school I attended, none of which I ever paid attention to. Since then, my studies have been esoteric and spiritual in nature, but not Catholic doctrine. So how did it come as perfectly as if I’d *just* read it from the book? You can ask Source as it was directly delivered to my subconscious in the dawning of my awakening, both literally and figuratively—waking up from my sleep and awakening from my sleeping life.

This verse would be the knowledge underpinning ALL healing. It is through the spoken word (or words) that we **ask** for healing to be done in the name of **Source** and it *is* done. The beauty of it all is that we carry this ability to heal simply by connecting with Source and asking in Thy name for the healing to be done, and it *is* done.

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<sup>1</sup> John, 1:1, King James Version.

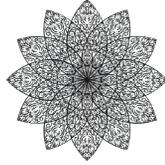
Further to this, when researching the Word of God, I found that the original name in Hebrew—Yahweh—translates into Hebrew as Yod-Heh-Vav-Heh (YHVH), the **God Code** within creation. The three letters, YHV (the H repeated), are sequenced in varying order to combine and create the DNA codes—the God Codes—written into the very building blocks of our DNA material. These letters become the original building blocks of the amino acids of our DNA. <sup>2</sup>

We have therefore been spoken into existence along with all life. It is thus the essential basis for ALL healing that begins and ends with **the Word** and is activated within us, returning us to the original *Divine Blueprint* as expressly spoken into us in the beginning.

This is the expressway to healing, through the knowledge that the Source of all healing is within us and that all healing begins with **the Word**, returning us to wellness and wellbeing. It is the Divine Creator's wish for all of us to return to this knowing and to reactivate the wellness God Codes.

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<sup>2</sup> Hurrak, J. J., *The Book of Knowledge: The Keys of Enoch*, first published 1 December 1982.



## INTRODUCTION

~ About the Book ~

The following book is based on my self-healing journey. It's the story of how I was *Divinely Instructed* by Source (God) on how to heal myself—how to awaken my own physician within. Over a seven-month period, I trialed my way to recovery from a mystery illness. I was my own guinea pig throughout this process, relying solely on my communication with Source to direct me. I documented my progress as a way to keep me hopeful and focused every day. It was this process that in the end, revealed itself as a program that I could teach others to use.

I have been waiting for the timing of this book coming out to be right, when human consciousness is expanding enough to grasp this information. It's not going to be for everyone as many will find it confronting, but more of us are **waking up** and wanting to learn all that we can to bring back our **lost knowledge** system. We all deserve to be masters of our own selves and self-healing is one of those ways.

The purpose of this book is to reconnect you with your innate knowledge of how to heal yourself. I will show you how to regain this by accessing your own inner wisdom and rebuilding your personal relationship with your spiritual self and **Source**, because these are the foundations in learning to self-heal. We are working with the spiritual extension of yourself; the greater aspect of you, which resides in the ethers, across the veil, waiting to be accessed. That part of you has a direct line to **Source** and, in self-healing,

we need not bother with anyone or anything else when we can go directly to the source, because Source is where all healing takes place.

Before I proceed with the book, I want to thank you for choosing to be here. The knowledge was a gift to me and will now be a gift to you. I won't be the first or last to write about metaphysical healing, but I have my own voice to add to the resource library of information that can be drawn on by anyone who wishes to learn. I like to see myself as a transmitter of divine knowledge and my voice may just be the one someone tunes into on the radio waves of transmission. If it resonates with you, then I'm happy. If not, then that's okay to leave it be and go back to what you were doing. Whatever happens, my hope is that you enjoy reading this and maybe even learn something and, if that is the case, I hope you will go on to share it with others.

The world needs this knowledge because we, as a collective human race, are destined for great things. We are truly on the brink of being amazing again, so I hope you will join me on the leading edge of that.



## - Self-Healing Is the New Paradigm -

### **The Time is NOW?**

How do you know when it's the right time to share this kind of metaphysical knowledge or information? How do you know how it will be received? Will it be celebrated or dissed?

The idea of writing a book about my own self-healing process and teaching others only dawned on me very late in 2020 whilst everyone was in fear of the global virus pandemic. I had originally created it to be a participatory program back in 2019, when I was recovering from my own illness (discussed in Part II). It was to be a series of meditations called *The Metaphysical Healing Meditations*, but it didn't seem as though people were ready for such knowledge yet. In fact, people were sceptical and uncertain. There was interest, but I watched them one-by-one pull out, unable or unwilling to commit to participating in it. In the end, I shelved the whole program, disappointed that something so revolutionary would not be desired. I mean, why on earth wouldn't anyone want to learn how to heal themselves?

You never know what the outcome will be when venturing out into this territory. We often dismiss the existence of anything other than the physical reality we can touch and feel, and yet many of us do believe in something greater than ourselves—a *being of greatness* referred to as **God**—that we are somehow connected to. But for most of us, **He** remains a distant figure, unrelatable to ourselves except through a third-party medium, such as a church representative.

In general, though, the relationship is fraught with contradictory feelings of love/fear, reward/punishment, acceptance/condemnation, and so forth. Believers say, "He loves you. He resides within you," but they never tell you how this relationship actually works. It's like an internal push-pull match of, "He's judging me, but he must love me because he's inside me, right?" No wonder we

have a very conflicting relationship with our own spiritual selves. It's all so elusive and confusing, and yet we simply accept it as **faith** because to question it means we are being blasphemous. You simply do not question God or his representatives; that is, until you step back from it all and do the investigating for yourself.

However, to do the research takes time and years of reading, questioning, diving in and surfacing back up to find your way to a contented understanding of the existence of something greater that is not abstract but is entirely relatable. Rather than spirituality being external to us, it resides within us as we discover that, in fact, we are not just *in the likeness of God* but that we are *God Essence*, manifested here on the Earth plane in physical form. This was my greatest revelation.

In discovering this, I found that it was men who created the doctrines, regulations and rules, using God's name to keep us fearful and unquestioning. It is men who created judgment without any God being involved. After years of researching, I developed a deeper, more connected resonance and relationship with **Source**. *He* was no longer male-personified, judgmental, fearful and punishing, but rather loving, compassionate and forever our greatest fan, wanting us to enjoy life whilst learning to be the very best versions of ourselves.

The good news is we are at a collective turning point. More people are waking up to the realities of what they've been conditioned to believe: that their beliefs have been fabricated out of mistruths and misrepresentations of the truth, designed to keep them uninformed, little and disconnected, and separated from the larger part of themselves—their spiritual self. That to me has been the biggest crime of our historical times: denying us access to the knowledge that we innately carry within us.

Historically, documented in numerous books, those responsible for separating us from God through religious doctrines systematically destroyed our ancestors' wisdom. They punished, tortured and executed them for **knowing**, then forcefully imposed a new

controlled system of spirituality that was more political and economic in essence than spiritual<sup>3</sup>. We have a right to reclaim our inner knowing. We have the right to discover this for ourselves and forge out of it our own connections with God and the universal essence we carry, because it is us—we are that.

As with all things, however, in this world of **free will** (a Law of this Earth plane) you get to choose what path you take. You get to choose what works for you and live your life according to that, but your free will ends with you. Once you impose onto another then you are taking away *their* free will. That is where the problems are in this world in its current state: everything is being imposed upon you, from your spirituality to your time, and everything is controlled on a linear timeline requiring you to fit in. Obviously, there needs to be some guidelines to govern a society, but once those governing begin erasing or removing the free will of the people, we move away from the so-called democratic societies that are supposed to represent the free world (those that promote free thought, free speech, the freedom to choose) and we fall further away from accessing the very thing we need to keep us existing harmoniously: independence of mind, body and spirit.

### **The Medical System, aka The Old Paradigm**

In my opinion, our current medical system—as advanced as it may appear to be—is stagnating. Considering the technological advancements we have had in the last 20 years, we’re not really seeing this translated into medical advancements, not from lack of innovative human discoveries but because they are being controlled. The entire medical system is controlled by pharmaceutical companies, who are in control of the so-called “wellness” system; doctors are controlled by the pharmaceutical companies, and they are paid to prescribe what the “Big Pharmas” (jargon for pharmaceutical companies) order them to promote.

Everything is being treated with a pill these days while our appointment time is reduced, limiting investigation into our illness. We neither get an understanding of our illness nor how

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<sup>3</sup> Clow, Barbara Hand, *Awakening the Planetary Mind*, first published 21 September 2011.

it may have occurred. There is no time to discuss the prevention of the illness, only a treatment of it. Very rarely are we given a wellness program, or a referral/recommendation to alternative therapies for assistance. Most often we leave the doctor's office less informed than when we went in. We are often simply given a prescription and we accept it, never daring to question or ask, though praising the authority for their wisdom and knowledge, all the while making ourselves more unwell and never actually getting better. Perhaps our version of *better* is just getting lower on the benchmark as society normalises the pill-popping regime.

I will say this: popping pills is never normal. Taking chemicals to make us well is counterintuitive, but for many, that is their belief. In my opinion, I feel as though we are chemically overloading our bodies, making it harder for them to cope. We may even be poisoning them instead of healing them. I also believe that many practitioners are willing to go along with the idea that pharmaceuticals are the answer to everything, and this has led to the stagnation of the medical system. Instead of the wellness of patients being the optimum focus and goal, the medical profession seems to prefer saving time and making more money. In my experience, fast Band-Aid treatments are all too common practice now for physical and mental health, often leading to endless cycles of trialling treatments but never quite curing anything. Sometimes, you really are the guinea pig. It's food for thought, anyway.

I'm not going to spend too much time focusing on pharmaceuticals being the suppliers, doctors being the dealers, and us being the addicts, but I am hoping, if nothing else, that your curiosity has been piqued and you may consider investigating the system a little more.

*\*NOTE: It is totally up to you if you wish to investigate the pharmaceutical companies for yourself. However, if you do not wish to acknowledge this and wish to remain connected with your medical protocols because you trust they are in your best interest, then it is entirely your choice to do so. It will not interfere with the self-healing program. Many clients and participants in my courses have chosen to remain aligned with the*

*medical system and their prescribed medications. Others have opted to use alternative treatments that they align with.*

Pause here for a moment and consider what we are unknowingly taking into our system on a daily basis just from our environment:

- ◊ the air
- ◊ the water
- ◊ the earth
- ◊ the animals we eat
- ◊ the food we buy.

Everything—unless certified organic or certified non-genetically modified (non-GMO)—*is* contaminated and polluted with chemicals and radiation. This is what we are ingesting, which over the years (even intergenerationally) has built up in our systems and is making us unwell. So, adding chemicals into our already toxic body systems in the form of pills, may not be the most helpful way we can support our bodies.

I have experienced this medical/pharmaceutical partnership myself and witnessed it first-hand when I worked as part of stakeholders' teams for patients and clients suffering from mental health. I also observed my mother's rheumatoid arthritis and cancer treatments over a 20-year period and how she suffered, not just from the illnesses but from the many side effects eventuating from her multiple medication protocols. Unfortunately, her body simply couldn't recover enough to be well, continually trying to heal the condition caused by the medications for the previous condition. This was a sentence that she endured graciously, never once questioning, only surrendering fully to a system that treated her like a guinea pig. Yet it was what she chose for herself, and she was committed to that decision. Perhaps her journey has inspired me to pursue self-healing as a gentler tool.

I still like to believe that many medical practitioners are well-intentioned and maintain some integrity. Sadly, there are very few *old school* doctors still in existence. The ones that thoroughly check you out and ask you investigative questions. The ones that still have higher intentions in relation to your wellbeing. I prefer

these doctors when looking for good information. I like to be well informed as it helps me when I'm doing my healing work and gives me a starting point to work with.

But I believe everything has its place. If we were in an accident, we'd want immediate emergency medical treatment. Emergency crews are incredible, and they do amazing work saving lives. It's the long-term treatments for illnesses requiring extensive medical intervention that I am concerned about. It's here that I want you to take control of your own health, valuing your body's wellness, and implement your own **healing** in order to achieve this goal.

What I am noticing is a growing trend away from medical interventions and a desire for more alternative, complementary methods of achieving healing and wellness. We are doing our homework and researching alternative options for treatments that support or enhance our body's natural immunity and self-healing. We want to be well informed in order to make more self-aligned decisions. We all want the freedom to choose what's right for us. We want autonomy over our healing and to have some say in our own medical or therapeutic treatments.

Even if you still would like to continue being a part of the medical system (no judgement here), then I want you to be aware of what else you can do to promote your own healing. You are not powerless. In fact, you are very powerful and have the capacity to do amazing things. You just need to know how.

### **The New Paradigm—Self-Healing**

I want to introduce to you the very thing I wish to discuss in this book: your innate ability to **heal** yourself, emotionally, mentally and physically. You, my dear friends, have the power to do this and so much more. You don't need to be a genius to learn this technique. I have done the hard part of learning it *By Divine Instruction* directly from Source, then pulling it all together to deliver it in an easy-to-understand format.

The goal is for you to develop confidence in working on yourself so

you will be able to work on your own body. Like anything, it takes time, so you need to learn the theory first, the application of it second and then practice, practice, practice 'til you perfect it. Then perhaps one day, you will be so confident in your abilities that you'll choose to be your own intuitive physician and treat yourself like I did and still do.

Before I learned how to self-heal or understand how illnesses were linked to, or brought on by, my emotional distress and inner disharmony, I (like everyone else) relied on antibiotics and antidepressants. Yet I've never become dependent on any interventions, often doing whatever I could to recover myself. I've found even taking painkillers or anti-inflammatories haven't agreed with me, usually making me nauseous, so I've limited my use of these over-the-counter drugs. But like others, when I was sick, I took a pill or went to a doctor to get a prescription 'til I questioned what I was doing and learned better.

Once I became more aware, whenever I was sick, I would work on improving not just my health, but my environment, relationships, life in general. I intuitively believed that my health was the sum of my whole world—emotional, mental and physical—and that each played an integral part in my wellbeing. Self-awareness was therefore the most important aspect of learning to be my own healer. You have to know yourself in order to understand when your body is out of alignment, why it's out, and how to bring it back into alignment. Thus, becoming attuned to your mental and emotional systems assists immensely in learning to self-heal.

Many of us are not even aware that our body is a living organism that listens and responds to what's going on in our lives. We don't even take the time to look at what triggers the unwellness in our system. Often, we just look at the symptoms and focus on that, then act from there. If only we understood *why* our body was behaving a certain way and then **acted** from there, we'd not only be able to address the symptoms but also the cause. However, in all honesty, we are often reluctant to change what we're doing in order to help ourselves because we fear change itself.

These days, I'm more hesitant to accept chemical treatments than I may have been in the past prior to learning how to work *with* my body and my mind, especially when faced with long-term medical or chemical interventions. I try to find an alternative way that I can use alongside medical intervention if I must, but on its own, preferably. I like having the power to choose and say, "Thank you for your information. I feel informed enough to say *no* to that treatment," and then go on my way to activate my self-healing protocol.

I had the perfect opportunity to test this out with the mystery illness, which I'll be discussing in Part II. It was the catalyst for my greatest learning: that of self-healing and how powerful our minds are as a tool for this. It would also be the driving force behind letting go of the old paradigm of **helping** people and shifting to **healing** people in a more spiritual and metaphysical way—a total shift in paradigm.

Now, I feel like "illness" is no longer something to be afraid of. I never feel afraid of catching colds, flus, or other contagious/infectious diseases because I know that my body is in alignment. I feel so in charge of my body that I never seem to attract these undesirable things into my life anymore. If I have felt under the weather, I know immediately something needs addressing and I get to work on it while resting. Within twenty-four hours, whatever began showing up has left my body, never getting a chance to settle in and take over. This is the power of self-healing.

That is why I believe self-healing **is** a new paradigm. We are not just reducing our reliance on the medical system and medications but shifting our mindset away from the old **fear** model of relating to illness, moving towards a positive, self-empowered model of healing. It's also freeing us up from our dependence on external services because we can do some of the work ourselves. There are so many benefits to self-healing, such as:

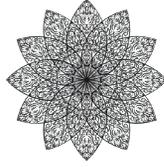
- ◊ saving time and money on doctors' visits or hospital stays
- ◊ less medications
- ◊ less time missing work

- ◊ more time with family
- ◊ more time enjoying life
- ◊ feeling empowered and in charge.

And that's just to name a few. It's also about you feeling confident to make decisions pertaining to *your* wellness treatments.

I believe this is the next collective leap in our evolution where we will be able to treat ourselves. We'll no longer be relying on toxic substances to make us feel better but rather, accessing our innate wisdom and knowledge to heal ourselves and remain well. This book is therefore not just about making you feel good, but is designed to inform, teach, and guide you through the transition from **old paradigm** medical systems to **new paradigm** self-healing systems.

So, are you ready to begin healing yourself today? Because self-healing really *is* the **new paradigm**!



# PART I

~ About Me ~



**~ Who Am I? ~**

Very briefly, because my life could fill volumes, I'd like to introduce myself to you.

I am Ann Basili and I was born in Perth, Western Australia in 1970 to Egyptian parents who migrated to Australia in 1969. Born in between worlds—Egyptian and Australian—was not easy. Like most first generation Aussies, I wanted to fit in with Australian culture whilst my parents wanted to pass on their traditional culture to keep their cultural heritage alive. So, there was always a lot of tension for me as an Egyptian/Australian daughter.

Their expectations for me were huge from the time I was born, and being a female in a liberated country with very strict, often oppressive, parents was even harder. As I got older, we clashed over pretty much everything. We fought constantly due to the very restrictive and confined rules. My rebellion against their tradition or culture wasn't all about being a female in a liberated country though; it was mostly to do with the fact I was the victim of family violence.

My father was an extremely controlling and physically abusive man, often wielding his power with great physical force. This began when I was a very small child and continued 'til I left home at around 16 years of age. My mother was also emotionally unavailable and unable to show me love. She was always so controlling and highly critical, criticising me at every opportunity. She put me down constantly and never offered praise or kindness. She was often cruel with her words and found ways to isolate or alienate me. My childhood, therefore, was a lonely one, where I sat very obviously on the outside. Whilst my father was physically abusive, my mother was psychologically abusive. As a result, I learned to wear heavy armour right up into my early forties.

My father left my mother when I was about 17 and moved to the

Eastern states of Australia. To be honest, this was a very happy time for me, and I only ever connected with him a handful of times after that. My mother and I sadly never really found our place or peace together (not from my lack of trying) until the week before she passed away. She died following many years of suffering, as I mentioned in the last chapter. I felt both great grief and relief: grief because I would never **feel loved** by her, and relief because I could exhale for the very first time. I finally felt safe to take off my armour and to tend to the deep wounds and trauma that lay beneath.

This would take a lot of dedicated inner work and self-healing. Forgiveness would come eventually for my parents, but it would take me many years, and I'd become very sick before I'd finally deal with the deep wounding and let go of all the suffering that had robbed me of my life. My inherited culture equated with lots of anger, physical abuse and trauma, and very little to do with love and affection. As a result, disconnecting from my birth family was paramount if I wanted to survive.

I spent most of my life alone navigating the world around me as best as I could, without any support or a solid loving platform to launch out from. Life was very difficult for me, suffering ongoing bouts of crippling depression and anxiety, but I wasn't officially diagnosed until I was 25, following the birth of my daughter. From there, I would embark on a very challenging solo mothering venture. I would spend 18 years hanging onto the edge of the cliff of survival and, at times, find myself at the very bottom of the abyss, isolated and alone. Regardless, I never gave up on my determination to be the very best mother I could be—the mother I wished I'd had. I was so hard on myself and afraid of failing constantly. It was tough going because my world was always informed by my trauma.

Unfortunately, I would never really experience a truly loving relationship with anyone else in my life. All relationships equated to suffering and pain. Not knowing what it's like to be truly loved by my parents made it incredibly difficult to know what love is and how to recognise it. Instead, I was constantly reaching for things

that were familiar to me, repeating patterns with each relationship until I woke up one day and said, “I’ve had enough! It’s time to let go of all this shit!” and learned to love myself.

The giving of love I thought would be the most challenging but in fact, it was the easiest. Through my challenging “indigo child” daughter, I learned about love, not any love but **unconditional love**. Learning to love myself in the absence of the experience of love was so much harder. It was missing from my soul-learning on Earth. Receiving love was also a whole other issue because I was so unable to let it in, never feeling deserving or worthy of it. It wasn’t until I learned about loving myself that I understood that in order to be loved you had to be love. I had to love myself first.

What’s the relevance of sharing this with you, you may ask? Well, **love** and **forgiveness** are two of the most important elements in self-healing. You’ll learn more about this as you work through the book.

### **Social Conscience**

I believe I was born **awake**—awake to the world’s corruptions and injustices. As far back as I can remember, I always had a strong social conscience, taking notice of things that did not quite appear fair or just, even as a small child. I believe my childhood experience awakened my ability to recognise situations that were unjust, such as discrimination and violence against women, the abuse of children, racism against indigenous people (of all nations) and those of African descent, socio-economic inequality, and more.

My parents, although coming from a Christian background, could often be intolerant of others’ differences and yet, they could be quite generous in other ways—mainly giving to ‘the poor’. So, I do not feel I inherited my social conscience from them or from Christianity, although I do feel my generosity and giving of spirit was a Christian value.

Later on in life, I would try to make sense out of my social awareness by doing a Sociology degree. Sociology took all my

intuitive understandings and gave me a framework to intellectually analyse our social systems and critique them. I loved it. However, it also depressed me seeing how much of our modern systems had underlying issues that perpetuated injustices rather than alleviate them. Once the lid was lifted, I saw injustices, discrimination and corruption everywhere. I therefore became a passionate advocate, protesting on a variety of causes, fighting for equality, justice and freedom. I was quite the social warrior.

I toned down my protesting activities once my daughter was born. By the time she was ready for school, I was prepared to channel my social conscience back into the employment world. But I wanted to align with the direction I was moving in, away from a theoretical, academic way of assisting people, and towards a more practical, hands-on approach. I would morph again, ten years later, from a practical Social Work career to a spiritually aligned healing practice.

### **Qualifications**

Despite my personal history, I still managed to create a successful life for myself. I qualified professionally with two University degrees: a combined Bachelor of Sociology and Anthropology (1991-1994) and a Bachelor of Social Work (2000-2002), the first two years of which were accredited due to my previous degree.

Sociology and Anthropology enabled me to gain a deep, expansive understanding of how cultures evolved: from tribal beginnings connected to each other, the Earth and the heavens, to current modern societies with more emphasis on separation from each other, and a disconnect from the Earth and the heavens. It was an intricate critical assessment and scrutinisation of how our societies are created and how we are conditioned to live in them. It enhanced my social consciousness and social awareness and gave me the ability to be very insightful and socially critical. I therefore have a very good eye for the hidden details, and a great ear for the hidden narratives.

Social work, on the other hand, took me deeper into understanding

the psyche and traumas of humans. I initially set out to do a Psychology degree but, within a year, I found it was so detached and diminishing of the human experience that it repelled me. Social work, on the other hand, seemed to humanise individuals more, empathising with the human experience and seeing them as a result of the systems they grew up in. I found it more appealing with greater diversity in professional opportunities.

Social Work would take me on a comprehensive career journey working in many areas: mental health, welfare, homelessness, domestic violence, crisis, youth suicide, youth work, therapeutic and clinical counselling, and research. I worked in not-for-profit and non-government agencies, as well as government-funded organisations and hospitals, giving me an insightful perspective on how our systems operate.

In my opinion and experience, these assistance and welfare organisations were often toxic cultures/systems which were designed to help but not heal. The mental health system was referred to as a **revolving door** because it was like an endless cycle of people entering in crisis, treated with medications, exiting with little in the way of support networks in place, and eventually returning to the health system to begin the process over again. Some organisations were better at offering help and keeping people out of this system but often, once reliant on these systems, it was very hard to truly break free and become autonomous. Sadly, after ten years of witnessing these flawed health and welfare systems, I was disappointed and burnt out.

After completing these degrees, I invested many years continuing my professional development, often spending weekends attending courses in order to gain extra accreditation or certification in compatible therapeutic models. Over the years, I would expand that training to include alternative health and spiritual healing models of therapy when I felt my clients would be better served with more targeted knowledge. Thus, I became certified in Female Sexuality Education and Healing, ThetaHealing®, and Quantum Healing Hypnosis Technique® (QHHT®). After leaving my Social Work

career, I set up my first private counselling practice specialising in depression and anxiety, relationships, sex/intimacy counselling and working with women suffering from sexual trauma.

ThetaHealing®<sup>4</sup> was the first formal training I'd had in an alternative healing modality. It's where my psychic skills were fine-tuned. This modality is all about healing by using your third eye to visualise and connect with Source. This would be the beginning of my true understanding of Divine connection and how Source is the portal to all healing. It was the foundation for my spiritual evolution and learning to use my healing and psychic abilities. I would learn and grow exponentially from this training, and I know that without it, I wouldn't have been able to advance my own abilities and morph them into how I work today.

By 2017, I was offering this as a healing modality for clients. Over time, I became less reliant on ThetaHealing® and more trusting in my own abilities, allowing them to evolve organically using my direct connection to Source. This would eventually lead me to being divinely taught the *Metaphysical Healing Meditations (MHMs)*, but I owe my initial foray into healing to the ThetaHealing® training.

I began transitioning away from mainstream counselling and offering more healing and spiritually focused services. Though I'd begun offering ThetaHealing®, I felt there was something else I needed, so in 2019, after recovering from my mystery illness and having just created the *MHMs*, I decided to train as a Quantum Healing Hypnosis Technique® practitioner (QHHT®), developed by the late Dolores Cannon<sup>5</sup>. Within a year, I'd completed my internship and my level 1 and level 2 certifications. I found this technique built on my professional, therapeutic and spiritual attributes and it was an awesome healing tool for clients still wanting guidance from a practitioner. It was the missing piece to my professional work.

QHHT® is a comprehensive way for people to heal on all levels—mentally, emotionally and physically, from the past right up to the

<sup>4</sup> Stibal, Vianna, <https://www.thetahealing.com>, accessed September 2023

<sup>5</sup> <https://www.dolorescannon.com>

present and into the future. This type of healing made complete sense to me. I found it to be the perfect bridge for people who hadn't yet decided they wanted to learn to **self-heal** but wanted to venture into the alternative world of "healing". They would still heal themselves but with the guidance of a practitioner. After this experience, it was possible that they would feel more confident to step across the threshold into the self-healing paradigm and be open to trying something like the *MHMs*.



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## ABOUT THE AUTHOR



**Ann Basili** lives in the idyllic town of Margaret River, Western Australia. After relocating from the beachside suburbs of Perth to the country, her work as a healer has flourished, as has her writing and creativity. She has found being in the country affords her the lifestyle she has always desired surrounded by nature, peace and harmony. She feels this has inspired her deepening spiritual practices, allowing her healing work to evolve into more of a vocation rather than a profession.

Through her own metamorphosis, she has learned that life is truly for living in wellness and that everyone deserves this experience. She has committed herself to helping heal others through her work as a Quantum Healer, utilising her training as a hypnosis and regression practitioner (QHHT®), Theta Healer, counsellor and spiritual educator. She believes this is the mission she was born for.

Ann's writing has mainly been focused on sharing healing inspiration and stories that ignite a deeper awareness of the world around us. From writing on her social media platforms to publishing a beautiful heartfelt children's book influenced by her love of the Earth, she sees writing as a powerful tool for conveying deep spiritual messages in a way people can understand easily. Her aim is always to take whatever the complex message is and translate it in a way that is simple. She knows this is her gift.

As far as healing goes, she believes the message needs to be simple and accessible in order for people to feel like they can try it, otherwise they're unable to relate to it and sadly, many miss out because the language does not resonate or the concepts are too abstract. So with that in mind, Ann has embarked on translating her healing journey into a writing journey so others can share in and learn from it too.



*Ann has Bachelor degrees in Sociology, Anthropology and Social Work. She is a certified Quantum Healing Hypnosis practitioner (QHHT®), Advanced ThetaHealer® and Counsellor with over 25 years' experience working with people. She currently runs her own private healing practice - Orion Metaphysical.*

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