

Explanation of my one day IET Refresher Course
By Carmel O'Callaghan

Commenced Class at 10am

Advanced Level = 2 people

Masters level = 4 people.

Prior to class I knew which level all the participants had been attuned to. On the morning as each participant introduced themselves, I asked them what they hoped to learn and gain from the day.

I started at the beginning and did the Heartlink.

I followed with the cellular memory map .

I then did the 5 minute empowerment..

Short coffee break

I explained the energy field layer by layer.

New techniques e.g vortex, written instructions given as per IET website.

The Heartbeam was also done and explained, for some the Heartbeam had not been covered or they had forgotten it.

For those who enquired we explained about using Reiki and IET together and reassurance give around the whole Reiki issue.

Soul Retrieval was also covered and we did this also through a meditation.

The meditation was channelled as follows.

Heartlink to all the healing angels of the energy field.

The healing angels formed like a circle over our heads with their arms outstretched towards us.

From their hands beamed a beautiful tunnel of light.

With this beam of light the angels cleansed and cleared each chakra .

Starting at the crown. Colour was important to the angels and the visualisation of colour going from murky to clear and vibrant with the chakras spinning equally and of equal size by the end. We travelled chakra by chakra and affirming as we left each one.

The beam of angelic light was grounded to the earthstar.

We asked the angels to retrieve our soul parts, cleansed and cleared and for a smooth completion of soul.

Grounding.

Practise session 1 --- 2 people worked on another 1. All the advanced techniques were used. This was also new for all as they were only used to 1 on 1.

Lunch 1 hour.

Came back and explained, 4 E's, earth grounding, and Stargate.

Practise session 2

Short break.

Practise session 3

Demonstrated and got all student to do the advanced techniques and Soul Star on themselves.

Any other questions.

Advanced level students left at this point.

The blessing bowl technique was explained. Attunements were practised on each other.

Advice given throughout the day on students and clients.

General feedback was that it was excellent. They all enjoyed it. All felt that the new accelerated teaching (Basic thru Advanced with one group) was great, as they found doing the new hand positions confusing when you are doing the intermediate the following day. See the [Accelerated Agenda](#) for more details. They felt it was easier to learn the hand positions at one level.

I encouraged all to go to the IET website to buy Stevan's CDs on classes.