

IET® INTENSIVE BASIC, INTERMEDIATE, AND ADVANCED LEVEL EXTENDED WEEKEND TRAINING AGENDA

Class Objective: The objective of this “Intensive” class training agenda is to provide an extended weekend (Friday evening to Sunday evening) training class in which students can complete the full Basic, Intermediate, and Advanced level IET classes.

Class Methodology: By having students attend all three training levels in an extended weekend, you can save time by eliminating the introductory parts of the agenda for Intermediate and Advanced in which you have students complete registration (collect any final balance due), have students fill out a nametag, pass out training manuals, establish ground-rules for training (asking questions, or taking breaks, have students share their name, intent for the day, something that they want the class to know about them). This saves approximately 3 hours of time in the overall schedule.

Attunements: In the Master-Instructor manual we say that “It is best to wait a minimum of 24 hours between IET attunements.” While this is true in general, when a group of students commits to taking an Intensive IET training, we have found that the 24 hours requirement can be relaxed a little. This is due to the fact that with the Earth’s Transformation Shift, and the thinning of the veils between the angelic and the human realms, many students are able to hold more angelic energy in their energy field and are able to receive the attunements in less than 24 hours. In the Intensive training the Intermediate attunement is offered 20 hours after the Basic and the Advanced is offered 21 hours after the Intermediate.

Price: Since you only have to register a student once for the Intensive (as opposed to registering a student three times for individual Basic, Intermediate and Advanced classes) you will save time and effort. We recommend that you pass this savings on to your students by offering the Intensive class at a 10% discount off of your normal individual Basic, Intermediate, and Advanced class prices. If, for example we use the suggested US prices of \$195 for Basic, \$215 for Intermediate, and \$215 for Advanced, the cost of taking the three individual classes would be \$625.00. If you discount \$625.00 by 10% you get \$562.50 which you could round down to make an even \$560.00 for the Intensive training.

Agenda: The suggested agenda is contained on the following pages and is based on a class program schedule of:

Friday:	5:00 PM to 10:30 PM
Saturday:	9:30 AM to 6:00 PM
Sunday	9:30 AM to 6:00 PM

We recommend that you try this agenda and adapt it to your individual teaching style. Our suggested agenda is based on our experience in teaching a class of 6 to 10 students. Since the average class is 3 students, you can either shorten the agenda by an hour on Saturday and Sunday, or you can give yourself and your students a more relaxed pace during the class.

**IET® INTENSIVE BASIC, INTERMEDIATE, AND ADVANCED LEVEL
EXTENDED WEEKEND TRAINING AGENDA**

Begin Friday's Class – Start of IET Basic Level

5:00 PM – 5:30 PM	<p>Students arrive. Serve refreshments. Complete registration (collect any final balance due). Have students fill out a nametag. Pass out training manuals.</p>
5:30 – 6:00 PM	<p>Welcome students. Review Agenda. Establish ground-rules for training (asking questions, or taking breaks). Have students share (their name, intent for the weekend, something that they want the class to know about them). Note: keep the sharing short and simple. Start by sharing about yourself and set the tone.</p>
6:00 – 6:30 PM	<p>Attunements. Start with a description of the IET attunement and the attunement process. Basic level attunement – expands, realigns and restructures the 1st and 2nd pair. Arrange students in a circle facing outwards and attune each student to the Basic level IET energy ray. Bring students back into a circle and invite a brief sharing of what they experienced.</p>
6:30 – 6:45 PM	<p>Short Break</p>
6:45 – 7:15 PM	<p>Review IET background, history, and terminology. Simply highlight the message of each paragraph. Do not read the pages word for word.</p>
7:15 – 7:45 PM	<p>Review the IET <i>heartlink</i> process. Start with an overview of the <i>heartlink</i> technique. Next, demonstrate how to do the angelic <i>heartlink</i> and the human <i>heartlink</i>. Have every student pick a partner and sit opposite partner. Have one of the partners be the sender while the other receives. Lead the senders in doing the angelic <i>heartlink</i>, build the energy within them, then do the human <i>heartlink</i> and have them send the energy to their partner. End the process and have them share. Repeat the process.</p>
7:45 – 8:15 PM	<p>Review the cellular memory map. Demonstrate the cellular memory areas on your body. Read the descriptions of the primary emotional causes for each area. Be sensitive to the group being triggered by these descriptions. Ask for questions.</p>

**IET® INTENSIVE BASIC, INTERMEDIATE, AND ADVANCED LEVEL
EXTENDED WEEKEND TRAINING AGENDA**

- 8:15 – 8:45 PM Review IET *integration* points.
 Give a brief overview of the theory behind *integration* points.
 Starting at the top of head, describe how to locate the *integration* points and demonstrate the location on your body.
 Have students find the set of *integration* points for the Top of Head on themselves.
 Go around the room and check that the students have found the right points (avoid over correcting students).
 Move to the Third Eye and repeat through the remaining seven integration points.
 Invite questions.
 Guide students to use the points for a 5-minute empowerment treatment.
 Have class do 5-minute empowerment together.
- 8:45 – 9:15 PM Review the sequence of the Basic IET session and describe how the training guide covers the IET approach for each cellular memory area.
 Demonstrate an abbreviated full Basic IET session on an assistant or class volunteer.
 Include the initial *heartlink* procedures, treat the nine cellular memory areas, and finish with a final balancing and grounding.
 Do not abbreviate the steps; simply hold each hand position for 15 seconds rather than 1 minute.
 Invite questions as you proceed through the demonstration.
- 9:15 – 9:30 PM Break.
 Time for students to stretch, use the bathroom, or get some fresh air.
 It is good to serve more refreshments at this time.
 It is best to start to call students back about 5 minutes before the end of the break.
 Arrange the room for the IET practice sessions.
- 9:30 – 10:30 PM Facilitate IET Basic level practice session (A -> B).
 Have students select a practice partner to exchange the IET sessions with.
 Let one student be the client and the other be the practitioner.
 Begin with a short discussion in which the client identifies how they would like to direct the session.
 Lead the practitioner step by step through the entire Basic IET sequence.

End Friday's Class – IET Basic Level will Continue Saturday

**IET® INTENSIVE BASIC, INTERMEDIATE, AND ADVANCED LEVEL
EXTENDED WEEKEND TRAINING AGENDA**

Begin Saturday's Class – Continuation of IET Basic Level

- 9:30 - 10:30 AM Facilitate IET Basic level practice session (B -> A).
Repeat with the students exchanging roles.
- 10:30 - 10:45 AM Review panic breathing, and absentee sessions.

End IET Basic Level

- 10:45 – 11:00 AM Short Break

Start IET Intermediate Level

- 11:00 - 11:30 AM Review IET Intermediate level.
Review the Five Step Intermediate level sequence.
Show how the new *trigger* and *release* steps have been added to the sequence.
Simply highlight the message of each paragraph.
Do not read the pages word for word.
- 11:30 - 12:00 AM Review the IET human energy field.
Describe each energy layer starting with the physical and ending with the spiritual.
Demonstrate the shape and distance away from the body of each layer on yourself or on an assistant.
Overview of the example of energy field imprinting resulting from a traumatic event.
- 12:00 - 1:00 PM Lunch.
Direct students to local sandwich shops and health food stores.
Ask them to be back and ready to begin the afternoon session by 1:00 PM.
Begin to call the group together about 12:50 PM.
Arrange the room for the Intermediate Attunement.
- 1:00 – 1:30 PM Attunements.
Start with a description of the IET attunement and the attunement process.
Arrange students in a circle facing outwards and attune each student to the Intermediate level IET energy ray.
Bring students back into a circle and invite a brief sharing of experiences.
- 1:30 - 2:00 PM Overview of IET pullout/release technique.
Demonstrate the pullout/release process on your assistant.

**IET® INTENSIVE BASIC, INTERMEDIATE, AND ADVANCED LEVEL
EXTENDED WEEKEND TRAINING AGENDA**

- Have students practice with a partner pulling energy imprints out of the throat center.
Demonstrate an abbreviated full Intermediate IET session on your assistant, detailing the use of the *trigger* and the *release* steps for each cellular memory area.
- 2:00 - 2:30 PM Break.
Time for students to stretch, use the bathroom, or get some fresh air.
It is good to serve more refreshments at this time.
Set up Massage tables (or chairs) for practice session.
It is best to start to call students back about 5 minutes before the end of the break.
- 2:30 - 3:45 PM Facilitate IET Intermediate level practice session (A -> B).
Have students select a practice partner (preferably someone they do not know well) to exchange the IET session with.
Let one student be the client and the other be the practitioner.
Begin with a short discussion in which the client identifies how they would like to direct the session.
Lead the practitioner step by step through the Intermediate IET sequence.
Answer questions that students have as they arise.
- 3:45 - 4:15 PM Break.
Time for students to stretch, use the bathroom, or get some fresh air.
It is good to serve more refreshments at this time.
It is best to start to call students back about 5 minutes before the end of the break.
- 4:15 - 5:30 PM Facilitate IET Intermediate practice session (B -> A).
Repeat with the students exchanging roles.
- 5:30 - 6:00 PM Ask for final questions.

End Saturday's Class and End of IET Intermediate Level

IET® INTENSIVE BASIC, INTERMEDIATE, AND ADVANCED LEVEL EXTENDED WEEKEND TRAINING AGENDA

Begin Sunday's Class and Start of IET Advanced Level

- 9:30 - 10:00 AM Introduce the focus of the Advanced class - the Advanced energy.
 Overview Soul's mission.
 Overview the Four "E's" of bringing your soul's mission to life.
 Overview what can happen when your human energy field is not clear.
 Overview how the Advanced IET techniques can help.
 Overview Visionboards.
- 10:00 - 10:30 AM Attunements
 Start with a description of the IET attunement and the attunement process.
 Instruct students to use the power of the IET Advanced energy ray to be open to the possibility that they will learn more about their true soul's purpose during the attunement. Have students create their own mental visionboard focusing on the question "why is my soul here?" or "what is my soul's purpose?" during the attunements.
 Arrange students in a circle facing outwards and attune each student to the Advanced level IET energy ray.
 Bring students back into a circle and invite them to write about their experience.
- 10:30 - 11:00 AM Selecting soulbuddies: Students can either select someone they wish to work with or they can do the following process to let their soul select their soulbuddy.
 Selecting a Soulbuddy Process (you can use this process or just have students select a buddy):
 Have the students stand and clear away the chairs.
 Put some background music on and have the students begin to wander around the room.
 Instruct students to stop and stand still and close their eyes.
 Have students slowly rotate in position.
 Have students stop rotating, open their eyes, and the first person they see who is looking back at them will be their partner.
 Have them sit with their partner and share their attunement experience and their visionboard.
- 11:00 - 11:30 AM The Heartwave.
 Describe and demonstrate the heartwave energy.
 Lead the group in the heartwave process.
 Describe and demonstrate sharing the heartwave with others.
 Have each soulbuddy team share the heartwave energy.
- 11:30 - 12:00 PM The Soulstar Clearing.
 Describe and demonstrate the soulstar self-clearing technique but do not practice it.
 Describe and demonstrate helping others with the soulstar technique.
 Guide the soulbuddy teams to practice the soulstar clearing technique.
 Have a group sharing about the experience. Invite questions.
- 12:00 - 1:00 PM Lunch.
 Direct students to local sandwich shops and health food stores.

**IET® INTENSIVE BASIC, INTERMEDIATE, AND ADVANCED LEVEL
EXTENDED WEEKEND TRAINING AGENDA**

- Begin to call the group together about 12:50 PM.
- 1:30 - 2:00 PM The Energy of Manifesting.
Give overview of soul relationships.
Describe and demonstrate the heartnet technique.
Guide students to use the heartnet to bring their dream alive.
Share and invite questions.
- 2:00 - 2:15 PM Increasing the Power of the Heartnet.
Describe and demonstrate the Respectfully Demanding process.
- 2:15 - 2:45 PM Break.
- 2:45 - 3:15 PM Muscle tension and relaxation overview.
Describe the use of the arms and legs in the process of manifesting.
Describe and demonstrate the arms and legs self clearing technique.
Describe and demonstrate helping others with the muscle tension and relaxation.
- 3:15 - 5:00 PM The Advanced level Treatment.
Describe the Advanced level session.
Supervise a simplified Advanced level treatment.
A -> B
B -> A
- 5:00 - 5:30 PM Heartbeams.
Describe and demonstrate anchoring heartbeams into the Earth.
Have two soulbuddy teams (4 people) work together to make a heartbeam.
Optional: Use dowsing L-rods to measure the heartbeam.
- 5:30 - 6:00 PM Ask for final questions.
Describe the Master-Instructor level training and energy shares.
Pass out feedback forms and ask students to fill them out.
Pass out Basic, Intermediate and Advanced certificates.

End Sunday's Class and End of IET Advanced Level