

**My Experience of the  
Full IET WAG Power Healing Process  
by Stevan J. Thayer**

I once read that as you travel along the spiritual path, it is helpful to record your experiences as sort of “bread crumbs” along the way so that you don’t forget the journey that you have taken. These are some of the bread crumbs from my work with the Full IET WAG Power Healing Process that were written in February, 2008.

I have been using the Full IET WAG Power Healing Process two or three times a week and the 5-Minute IET WAG Healing Process almost every day. I find that after several weeks of continuous practice that I do not have to do the entire process to get the entire beneficial effect. All I have to do now is focus on my heart center, heartlink to the angels, bring my awareness into my heart and focus on the experience of joy. I don’t so much focus on the idea of joy, but rather on a tangible feeling of heat and pressure that forms in my heart center.

I observe this feeling with my mind’s awareness as I slowly inhale and exhale. If thoughts come into my mind, I just let them go and focus my mind back to my heart center. I spend about 15 to 30 minutes of time with this process and as I do the feeling in my heart becomes stronger and stronger. Thoughts seem to stop on their own accord. I become aware of how wonderful everything is. I am filled with joy. I am filled with peace. My Zen Master’s words “everything in this moment is perfect and complete, lacking nothing” reflect so beautifully what I am experiencing. It is not that time seems to stand still, but rather that time is not even an issue. I feel currents of energy surge through my body, down my arms and legs. I am filled with life.

As I sit looking out a window, I am aware of birds, trees, clouds, mountains, and sky. I am more feeling their presence, feeling their beauty, and feeling their perfection, than I am thinking about it. While my thinking mind is aware that it is very cold outside, with little food for the animals, short daylight hours, and harsh winter weather, my awareness is only of the perfection, beauty, peace, and rightness of it all.

I have a strong and deep desire to share this energy and experience with others. I heartlink to all of my family, then my friends, then to all IET students, to all future IET students, then to all people in the world, and then to the planet itself. I let my experience of Joy radiate out to touch all of these lives. Then I bring the energy that returns in gratitude back from them into me. I repeat this process several time, an expression of God loving God through two people (in this case it is as though I am one person and the rest of the world feels like one person).

I then am profoundly aware that it is not “me” and “them” but “us”, we are one. I hold the feeling that I am sharing the energy of joy with myself. Then the feeling shifts to there is only me. Not the “only me” as in the looking out for number one - egocentric - narcissistic view, but in the unbelievable awareness that the feeling in my heart, the “Me” that I transform into when the small “I” is not there, the eternal me, the spiritual me, my soul, is the same thing as everything. This is all truly Me but not me at all. I feel such

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love, such caring, such compassion for all that is. I want to hug everything. I want to comfort everything. I want to take away all suffering and all hurt.

I find that after about 30 minutes, it becomes difficult to contain the very high levels of energy and it becomes somewhat uncomfortable (sort of like a runner who has reached their limit - while they feel wonderful they are exhausted). I also find that many wonderful creative thoughts arise spontaneously out of this state of unity. My mind is flooded with insights and ideas and my ego mind leaps in and starts to organize and record and share them. I also find that my mind begins to think about all the things I still need to do that day and I find myself drawn back into doing.

I do notice that while the profound feeling of peace lessens when I return to doing, there is still a tangible feeling of peace and joy present. It is hard to put into words but it is sort of like rather than just doing, I am in a state of being that is doing things.