

TYPES OF IET SESSIONS YOU CAN FACILITATE

Basic IET Self-Treatment Session

You can use the IET energy to facilitate a self-treatment by adapting the basic level IET session described in pages 12 through 23. In a self-treatment you are both the practitioner and the client. A full self-treatment will take about one hour. You can facilitate a self-treatment in one of two ways:

- ◆ By placing your hands in the *energize* and *integrate* hand positions on your own body or
- ◆ By facilitating an absentee IET session on yourself (in which you are the absentee client). Use the absentee session procedures described below.

Basic IET Session

You can facilitate a Basic IET session on a client by following the procedures described in pages 12 through 23. A basic IET session will take about one hour. You can also facilitate treatment of a specific cellular memory area by following the *energize* and *integrate* procedures for that area.

5-Minute Empowerment Session

You can use the IET energy to facilitate a 5-Minute empowerment session on yourself or on a client. You can use this technique on yourself as a daily empowerment to keep your cellular memory open to expect and attract positive, expansive aspects. It can be used as a quick empowerment for a client, as well as incorporated in a basic IET client session just before the final balancing and grounding.

Absentee Basic IET Session or Absentee 5-Minute Empowerment Session

You can use the IET energy to facilitate an absentee session on a client or on yourself. You do not need the client's permission to send absentee IET energy to them. It is like prayer, you don't need the client's permission to pray for them. Since IET energy is angelic energy, the energy of an absentee IET session will go from you into the angelic realm where it will stay until the client is ready to receive it. The client might receive it at the same time that you send it, they might receive it a week later, or they might never receive it. It is completely up to them. You can send an absentee IET session to many clients at the same time by imagining the surrogate represents all the clients. An absentee Basic IET session will take about one hour. The steps to follow when doing an absentee session are as follows:

- ◆ Talk to your client ahead of time and find out what they would like to focus the session on.
- ◆ Offer a silent prayer inviting your angels to work with you, and inviting your client's angels to work with them during the session. Ask that the session be used for your client's and your highest good and highest healing. Ask that you and your client be surrounded in a bubble of love and protection during the session.
- ◆ Imagine a miniature surrogate version of your client floating in front of you or alternatively use a stuffed animal or a doll as a surrogate.
- ◆ Establish an *angelic heartlink* with your angel of healing and a *human heartlink* to your client.
- ◆ Use the *heartlink* symbol to bring a starburst of *integrated* energy into your client's abdomen.
- ◆ Channel *integrated* energy from your heart, letting it flow down your arms, through your hands, and into your client's abdomen. Continue for about a minute.
- ◆ Proceed to treat the nine cellular memory areas on the image of your client that you are holding in front of you. Use the same *energize* and/or *integrate* procedures you would use if your client were really there.
- ◆ When you have treated the nine areas, do a final re-balancing and grounding.
- ◆ When the session is done, contact your client and share your impressions of the session with them.