

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 1: CREATING ANGELIC AND HUMAN HEARTLINKS
(BASED ON THE “HEARTLINK WITH YOUR ANGELS” AUDIO PROGRAM)**

**Only IET Master-Instructors can lead this process,
however, anyone can participate in the process.**

Overview: The Heartlink process begins with an overview presentation that sets the stage for the energy process. The Heartlink overview presentation is not included in these notes. Rather, we ask that you please listen to the Heartlink with your Angels audio program and present the overview information in your own words to those participating in the Heartlink process that you are facilitating.

The Heartlink Process:

Step 1. Offer a prayer of invitation: Inviting angels to help you is the very first step in bringing an angel's energy into your life. This starts with a general prayer of protection and intent. Angels, please work with me and through me so that I may receive your gift of healing. Please guide, direct, surround, and protect me. Let me receive energy and information for my highest good and highest healing.

Step 2. Angelic Heartlinks: An angelic heartlink is an energy cord we send vertically from our heart up through our throat, third eye and crown chakras, to connect with the heart of our angel of healing. Just follow this simple 5-step procedure to establish your angelic heartlink.

- a. **AWARENESS:** Bring you awareness to your heart center.
- b. **GRATITUDE:** In the way that is perfect and right for you, offer a prayer of gratitude to your higher power and to the Healing Angel that you wish to connect with.
- c. **HEARTLINK:** Project a golden energy cord, called a heartlink, from your heart up through your throat, third eye, and crown chakra, into the highest angelic realm with the intent of connecting to the heart of this angel.
- d. **SEND ENERGY:** Start the flow of energy in the heartlink by sending the energy of love and gratitude from your heart up the heartlink to this angel.
- e. **RECEIVE ENERGY:** Open your heart, and take in the love that this angel is sending to you. The angel's love will be ten times stronger than the love you sent. Bring the love into your heart and let it continue to build for about a minute.

Automatic Activation: Now touch your thumb to the middle finger of either or both hands and intend that these five steps to the angelic heartlink process will be memorized or programmed into your subconscious mind. Once this is programmed, whenever you touch your thumb to your middle finger of either hand they will instantly be performed by your subconscious mind and you will be heartlinked to your angels.

Please note: you do not have to “disconnect” your angelic heartlink. Once you establish an angelic heartlink it will stay connected for as long as you need it.

Step 3. Experience the angel's presence: Once the heartlink is established, simply open your heart and invite the angel to work with you and through you. Simply sit quietly and experience the angel's presence. Experience what you are seeing within your inner vision, what you are hearing within your inner voice, and/or what you are feeling within your body.

Step 4. Practice discernment: As you experience the angel's presence, reflect on it. See if it feels right to you. Ask yourself if you feel safe, comfortable, and loved in the presence of the angel's energy. Also question whether the angel respects your free will at all times. If your experience does not feel right, or if you feel afraid, remember, you are in control. You can simply say STOP. This releases your heartlink and disconnects the angel's energy from your energy field.

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Step 5. Human Heartlinks: A human heartlink is an energy connection that you establish with a human soul. The soul can be in a physical body or in the realm of Spirit. The steps to establish a human heartlink are as follows:

- a. Establish an angelic heartlink.
- b. Bring to mind an image of the person to whom you are creating a human heartlink.
- c. Send forth a golden energy cord from your heart to his or her heart. You do not need a person’s permission to send them a heartlink. Think of a human heartlink as being like a prayer. If you can pray for someone, you can heartlink to them. Heartlinks are angelic energy so they obey human free will. If a person does not want to receive your heartlink they won’t. You cannot force a heartlink on someone.
- d. Start the flow of energy in the heartlink by sending the energy of love and gratitude from your heart over the heartlink to this soul.
- e. Let the energy continue to flow down your angelic heartlink, through your heart and through your human heartlink.

Please note: you do not have to “disconnect” a human angelic heartlink. Once you establish a human heartlink it will stay connected for as long as the person you are sending it to needs it.

Step 6. Create a Heartwheel: Creating a Heartwheel is achieved by making an angelic heartlink connection with the angels and then, you become like the hub of the wagon wheel, and send out human heartlinks, like spokes on a wagon wheel, to others. So repeat Step 5 over and over again bringing to mind an image of a person whom you would like to send a human heartlink to.

Step 7: Final Balancing and Grounding

- a. Have group members ground their energy by placing their right hand on their left knee and left hand on their right knee.