

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES  
STEP 2: ACTIVATING YOUR 12-STRAND DNA  
(BASED ON THE “ACTIVATING YOUR 12-STRAND DNA” AUDIO PROGRAM)**

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

**Overview:** The Activating your 12-Strand DNA process begins with an overview presentation that sets the stage for the energy process. The Activating your 12-Strand DNA overview presentation includes a visualization in which the participants create a mental image of their perfect life, starting with their perfect physical body and ending in their perfect world is not included in these notes. Rather, we ask that you please listen to the Activating your 12-Strand DNA audio program and present the overview information in your own words to those participating in the Activating your 12-Strand DNA process that you are facilitating.

**Activating your 12-Strand DNA Process:**

**Step 1: Prepare for the Activation.**

- a. Stand in front of the group that you wish to activate.
- b. Establish an *angelic* heartlink with Angel Ariel or your angel of healing.
- c. Offer a prayer of gratitude to your angels and ask them to work with you and through you to activate your students *12-Strand DNA*. Ask that they guide, direct, surround, and protect you (and your students). Ask that the activation be for your (and your students) highest good and highest healing.

**Step 2: Activate the Groups 1st and 2nd DNA Pairs (with the Basic Level Vibration).**

- a. Reattune yourself to the Basic IET Level. Note: draw the IET symbols mentally or very small so people cannot see them.
- b. Mentally establish a human heartlink with each of the members of the group.
- c. Send the activation energy wave over the heartlink. Here is how you do it. As you exhale to the count of 5, intend to send the Basic level vibration out to the group as a wave of energy over the human heartlinks. Actually push the energy wave (like you would push a child on a swing). At the same time, have the members of the group who are receiving the activation inhale to the count of 5 as they pull the energy wave towards them (like you would catch a child on a swing).
- d. Receive back the activation energy wave over the heartlink. Here is how you do it. Intend to reverse the flow of the activation energy wave as you inhale to the count of 5 and pull the energy wave towards you as you receive the Basic level vibration back from the group over the human heartlinks. At the same time, have the members of the group exhale to the count of 5 and pushing the energy wave back to you. This completes the first of three cycles.
- f. Repeat for 2 more cycles of the wave to align their energy with yours. The intensity of the energy wave will grow stronger and stronger on each cycle.

**Step 3: Activate the Groups 3rd and Karmic part of the 4th DNA Pairs (with the Intermediate Level Vibration).**

- a. Reattune yourself to the Intermediate IET Level Note: draw the IET symbols mentally or very small so people cannot see them.
- b-f. Repeat steps b to f pushing and pulling the Intermediate energy wave between you and your students for three complete cycles.

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**Step 4: Activate the Groups Soul Profile part of the 4th and the 5th DNA Pairs (with the Advanced Level Vibration).**

- a. Reattune yourself to the Advanced IET Level Note: draw the IET symbols mentally or very small so people cannot see them.
- b-f. Repeat steps b to f pushing and pulling the Advanced energy wave between you and your students for three complete cycles.

**Step 5: 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.