

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES  
STEP 5: THE EMPOWERED HEART PROCESS  
(BASED ON THE “IET EMPOWERED HEART PROCESS” AUDIO PROGRAM)**

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

**Process and Room setup:**

Put ¼ of the room on the four corners and create the sacred structure with ¼ of the people being on each of the four corners. Then later we can call each of the nine angel groups to enter into the center of the creation to experience the force of the empowered heart and to be in the point of perfect balance supported by all the rest of the group.

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

1. Historical Overview
2. The Empowered Heart
3. Divine Feminine Archetype
4. The St. Germain poster illustrated the empowered heart
5. Characteristics of people who possess an Empowered Heart
6. Potential
7. Balance
  - a) The first degree of balance
  - b) The second degree of balance
  - c) The third degree of balance
8. Point of Perfect Balance
9. Miracle Magnet
10. From perfect balance comes perfect expression
11. Core Seed
12. Single Verb
13. We are Each Unique
14. Automatic Balancing
15. Characteristics of your Essential Action:
16. A Lifetime of Action.
17. Many lifetimes of action
18. Identifying your essential action
19. Example of refining your verb
20. Essential action Cards (or piece of paper)

**Empowered Heart Process:**

**Before you begin the process please demonstrate the Empowered Heart Mudra:** You need to describe and demonstrated the empowered heart mudra before you begin the process so that students can get the feel of how do to the mudra. The Empowered Heart Mudra is created by starting by resting your left thumb tip on right index finger tip, while right thumb tip rests on left index finger tip forming a figure 8 or infinity symbol. Then while holding this figure 8, steeple the remaining fingers by touching the finger tips of the right and left middle fingers, ring fingers and pinky fingers.

**Step 1: Heartlink** to Angel Ariel, all of the healing angels of the energy field, to your own personal angels, and to the very highest vibration of divinity that you can connect with at this time. Offer a prayer that the angels will work with us and through us, as they guide, direct, surround and

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protect us; and ask that this process be for our highest good and highest healing.

**Step 2: Square: Sacred Geometry:** We are going to use sacred geometry in a very special way today to build an energy structure, a sanctuary or temple of light that will help us all to create and anchor the empowered heart energy within us. For many of you this light temple will feel very familiar, for you may recall that we created the same energy structure in Atlantian times. We will start creating our temple of light by building a square base. Since the chairs have been positioned in the room to be on the four corners of a square, you can do this by sending a heartlink to the person to the right and the person on the left, and since we are seated in a square, our heartlinks create a square.

**Observations about the energy created by the sacred geometry of the square:** Feel very grounded and solid like the corner stone of a building. Very masculine. Powerful with no anger or ferocity. It is not moving, stagnant. This one leaves us wanting more. It wants us to build something onto it. This is an anchoring point for other sacred geometry like a foundation. It is essential but not sufficient. The building block of future creation.

**Step 3: Upward Pyramid:** Next we will put a roof on our light temple: I would like everyone to send a heartlink upward at a slight angle so that all our heartlinks meet at a point above us. Since we are sitting at the four corners of a square, our combined heartlinks form an upward 4-sided pyramid.

**Observations about the energy created by the sacred geometry of the upward pyramid:** The energy is very strong and steady. This creates a portal, geometry of manifestation. We are passing through time and past, present, and future are one. Anything we do in this geometry affect past, present and future. It is an important geometry for making changes and for manifesting. It is like an amplifier of our energies and amplifies our power of manifestation in the world. There are many guides and angels present in this portal who will help us. It is a sacred space that lets us heal our fears.

**Step 4: Downward Pyramid:** With energy, as above so below. Therefore, we are going to build a mirror image of our roof below us by projecting another heartlink this time down to a point below us.

**Observations about the energy created by the sacred geometry of the downward Pyramid:** Get a real sense of connectedness to the earth. It is a way to replenish the Earth and to revitalize the Earth and all of the plants and animals of the Earth. Feels like the pyramid is filled with green lushness and spaciousness. The other energies were very expansive and opening of heart. This is more grounding and still, like deep meditation, the energy of Juriki. This is a very receptive space like it wants to receive and be filled. Connected to the first chakra, which is wide open, feels grounded but not in the usual sense.

**Step 5: Sphere:** Surround the light temple with a sphere of energy. The sphere has the characteristic of reflecting energy back to each of us who are inside the temple. Thus, as we build our energy, we will each benefit from the energy of the entire group.

**Observations about the energy created by the sacred geometry of the sphere:** This brings unity to our creation. It encompasses heaven and earth. Making all one. Making it whole. This vibration is the microcosm - we have this within us. It is like coming home. Very peaceful. Very powerful. This is really the essence of who we are.

**Step 6: Breathing empowered heart power into the temple:** breathing to act like inhaling

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brings the energy up from the solar plexus to the heart and exhaling from the heart out into this sphere to fill it. It creates energy like the heartlink poster.

**Step 7: Make the Temple larger:** As you breathe more and more heart energy into the temple imagine that it gets larger and larger.

**Step 8: Balance left/right:** Bring in the Basic Ray (reattune yourself to the Basic IET Level. Note: draw the IET symbols mentally or very small so people cannot see them).

**Step 9: Balance front/back:** Bring in the Intermediate Ray (reattune yourself to the Intermediate IET Level. Note: draw the IET symbols mentally or very small so people cannot see them).

**Step 10: Balance up/down:** Bring in the Advanced Ray (reattune yourself to the Advanced IET Level. Note: draw the IET symbols mentally or very small so people cannot see them).

**Step 11: Essential Action**

1. Look at your essential action card and focus on the verb you circled earlier.
2. Hold that verb in your heart and imagine yourself radiating that action through your heart into the world.
3. See how it feels.
4. Next, look at your list and see if a different verb seems to better describe your essential action. If so, think of that verb, hold it in your heart and see if it feels better as a verb to describe your essential action.
5. Next, look at your card do this for a third verb.
6. Now release all three and breathe more energy into your heart and see if the angels want to place a fourth verb into your mind.
7. Select the verb that best describes your essential action at this time.
8. Remember this verb.

**Step 12: automatic activation.**

To lock in the empowered heart energy: the empowered heart mudra.  
Start by holding your hands out to the side to connect with the sphere of energy  
Left index finger to right thumb  
Right index finger to left thumb  
Left middle finger to right middle finger  
Left ring finger to right ring finger  
Hold Mudra, bring essential action to mind.

**Step 13: Final balancing and grounding:** You can either hold your hands on top of your feet or place your left hand on your right knee and your right hand on your left knee.