

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 7: FREEDOM PROCESS
(BASED ON THE “IET FREEDOM PROCESS” AUDIO PROGRAM)**

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

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

Angel Faith: Angel Faith is the healing angel of the energy field whose Healing gift is Faith and the Freedom it Brings Helps you clear Worshiping the Opinions of Others. Faith is so important in freedom. Angel Faith brings us freedom by helping us release our need for approval from others.

God Loving God: use two St. Germain Posters as illustration: Angel’s view of people finding love (be it romantic or non-romantic). A person takes in that service and God’s love into their heart. Then that person returns that love up the angelic heartlink back into the angelic realm. Then the process reverses. The person who receives the service returns love and gratitude from the angelic realm from their heart back to your heart and you return it back to the angelic realm. Angel Faith describe this as God meeting - and God loving - God through to people.

Be-Do-Gratitude:

Be – Simply be who you are - the empowered heart energy

Do – Offer your life’s essential action to the world for whoever will accept it.

Gratitude - Take in the energy that returns and send it up your heartlink to the angels in gratitude and faith.

Human Energy chords: Human Energy Chords are very different than Human Heartlinks. Human Energy Chords are fear based, one way energy connections, that send energy from one person to another with the objective being control to elicit good behavior or to avoid bad behavior. It is the giver of the energy that is actually establishing the energy chord. It’s sort of like rather than be-do-gratitude; we enact something that feels like “be-do-pulled down by you”.

The Freedom Process:

Step 1. Inventory process

- a) We provided participants with an index cards that says “Freedom Card” on the top that we used for this process. Alternatively you can use any piece of blank paper.
- b) Make sure everyone has his or her Freedom Card and a pen or pencil to write with.

Step 2. Angelic Heartlinks: Heartlink to Angel Faith, all of the healing angels of the Energy Field, your own personal angels, reaching to connect your heart with the very heart of God. Special prayer to Angel Faith: Angel Faith, please work with us and through us so that we may receive your gift of healing. Please guide, direct, surround, and protect us. Let us receive energy and information for our highest good and highest healing. Please accept our heartlink invitation and join your energy with ours. Bless us with the gift of your presence and help us to be truly free. Unlock the prison of human opinion that we have placed ourselves in. Teach us to find and follow our inner divine acceptance. Restore our faith.

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 7: FREEDOM PROCESS
(BASED ON THE “IET FREEDOM PROCESS” AUDIO PROGRAM)**

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

Step 3: Human Heartlinks: Send human heartlinks out to all of the people in your life. All the people you love and all the people you hate so that each one of them in their own way can benefit from this process.

Step 4: Inner Inventory: Note – If you are presenting the Freedom process to IET students then you can have them touch their IET Integration Points when instructed below. If the participants are not IET students then just have them bring awareness to the cellular memory area without any mention of the IET Integration Points.

- a. **Top Of Head:** Now bring your awareness to the top of your head and lightly touch the IET integration points for the top of the head. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that make you feel guilty over what you are doing in order to pull you down. - Pause. – Release points – Write down what came to mind.
- b. **Third Eye:** Now bring your awareness to the third eye and lightly touch the IET integration points for the third eye. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that use your distrust of them, or who crease confusion or uncertainty in your life, in order to pull you down. This can sometimes take the more subtle form of someone manipulating you into taking on the “caretaker role”. Since you don’t trust them to do the job as good as you can do it, you do it for them. - Pause. – Release points – Write down what came to mind.
- c. **Throat:** Now bring your awareness to the throat and lightly touch the IET integration points for the throat. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that make you feel ashamed, unworthy, imperfect, or even defective for what you are doing in order to pull you down. - Pause. – Release points – Write down what came to mind.
- d. **Back of Neck:** Now bring your awareness to the back of your neck and lightly touch the IET integration points for the back of the neck. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that you feel threatened by when you are living your truth and who use threat in order to pull you down. - Pause. – Release points – Write down what came to mind.
- e. **Shoulders:** Now bring your awareness to the shoulders and lightly touch the IET integration points for the shoulders. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that make you feel wrong for what you are doing in order to pull you down. This may take the form of others criticizing you or blaming you for being yourself (you know -- you shouldn’t do that or you should be doing this). - Pause. – Release points – Write down what came to mind.
- f. **Heart:** Now bring your awareness to the heart and lightly touch the IET integration points for the heart. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that make you feel un-loved, rejected, or even abandoned for what you are doing in order to pull you down. - Pause. – Release points – Write down what came to mind.
- g. **Liver/Spleen:** Now bring your awareness to the Liver/Spleen and lightly touch the IET integration points for the Liver/Spleen. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that play on “your desire to avoid another person’s anger about what you are doing” - in order to pull you down. - Pause. – Release points – Write down what came to mind.

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 7: FREEDOM PROCESS
(BASED ON THE “IET FREEDOM PROCESS” AUDIO PROGRAM)**

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

- h. Stomach/Adrenals:** Now bring your awareness to the Stomach/Adrenals and lightly touch the IET integration points for the Stomach/Adrenals. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that make you feel powerless, unseen, unheard, out of control, or stressed out about what you are doing in order to pull you down. - Pause. – Release points – Write down what came to mind.
- i. Kidneys:** Now bring your awareness to the Kidneys and lightly touch the IET integration points for the Kidneys. As you are touching these points, allow your cellular memory to bring to your mind any people, places or settings that make you feel afraid of what you are doing in order to pull you down. You might be afraid of their reaction, or they may cause you to feel afraid in general. - Pause. – Release points – Write down what came to mind.

Step 5: Energize Vortex: Create a Counter clockwise vortex to vacuum up all the suppressed energy that was released by this process and that might not have been cleared already. Let the angels pull it up through your angelic heartlink.

Step 6: Bring in the Advanced Level IET Energy Ray: Reattune yourself to the Advanced IET Level to help us in cutting energy chords that attach to uncleared physical, emotional, mental, or even Karmic cellular memories. Please Note: draw the IET symbols mentally or very small so people cannot see them.

Step 7: Preparation for Cutting the Cords of Codependency: We can invoke the power of angelic energy by channeling the energy from our angels, down our angelic heartlink, bringing it into our heart, then letting the energy flow out of our heart, down our arms, and into the secondary chakras in the palms of our hands. We can create a **beam of angelic forgiveness** energy (like a laser beam) between the palms of our hands. It takes two conditions to be met in order for us to be able to cut a human energy chord.

- a. We must direct our free will to the action of cutting the chord
- b. We must use the power of angelic energy to break or cut the energy connection or chord.

Step 8: Create a Golden Halo of Angelic Energy:

- a. Hold our hands with palms together in front of your heart.
- b. Raise your hands palms together up to your 8th chakra or soul star
- c. Slowly move your hands away from each other. As you do, you're the beam of angelic forgiveness will mix with pure angelic energy, it will turn into a golden circle like a halo. When we pass our hands down from our 8th chakra down our body all the way to the floor the halo of angelic forgiveness energy acts like an strong laser ring and will quickly and easily cut any human energy chords that we have established.

Step 9. Actual Chord Cutting Process:

- a. As we pass down past the 1st cellular memory area we cut and release any energy chords that we projected out of guilt from our crown chakra.
- b. As we pass down past the 2nd cellular memory area we cut and release any energy chords that we projected out of distrust from our 3rd eye area.
- c. As we pass down past the 3rd and 4th cellular memory areas we cut and release any and all energy chords that we have projected out of shame or thread from our throat and/or

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 7: FREEDOM PROCESS
(BASED ON THE “IET FREEDOM PROCESS” AUDIO PROGRAM)**

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

- back of neck.
- d. As we pass down past the 5th cellular memory area we cut and release any and all energy chords that we have projected out of sense our shoulds and should-nots from our shoulders.
 - e. As we pass down past the 6th cellular memory area we cut and release any and all energy chords that we have projected out of heartache, betrayal or emptiness from our heart.
 - f. As we pass down past the 7th cellular memory area we cut and release any and all energy chords that we have projected out of anger and resentment from our liver, gallbladder or spleen.
 - g. As we pass down past the 8th cellular memory area we cut and release any and all energy chords that we have projected out of powerlessness or stress from our stomach and adrenals.
 - h. As we pass down past the 9th cellular memory area we cut and release any and all energy chords that we have projected out of fear from our kidneys.

Step 10. Breaking the mental pattern: We can use the power of the triangle or pyramid to point palms to the 3rd eye to stop the broken record and prevent us from recreating the chords out of habit. Place your hands in your lap with the palms facing up and pointing towards the center of your forehead. Imagine that there is a triangle that connects the third eye to the palm of either hand with the bottom of a triangle formed by connecting palms together. This focuses the energy on the third eye and clears the repeat pattern of accepting human energy cords.

Step 11. 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.

Automatic Activation Process: Demonstrate the mudra of inter-dependence: Touch left thumb to left index finger to form a circle. Place the right index finger through the circle and touch the right index fingertip to the right thumb tip. It looks like two links in a chain. In the future whenever we chain link the fingers we cut all energy chords we have created. We may out of habit recreate them but we can cut them again.