

**IET BASIC LEVEL AND  
HEALING ANGELS OF THE ENERGY FIELD  
TWO DAY UNIFIED CLASS  
TRAINING AGENDA**

**JUNE 2008**

**Class Objective:** The objective of this unified class agenda is to provide a two day training class in which students can immerse themselves in the energy of angels. With this unified approach, students not only learn how to personally connect with the Healing Angels of the Energy Field but they also learn how to direct the energy of these same Healing Angels into the nine IET cellular memory areas for healing.

**Class Methodology:** By having students attend a two day training, you can use the introduction-reinforcement teaching style in which you first introduce a topic and then you reinforce the topic through repetitive practice. This can be effectively applied to this unified training agenda when teaching the Heartlink Process, the IET Cellular Memory Map, and the IET Integration Points. Here's how:

1. The Heartlink Process is introduced when first teaching students to connect with Angel Ariel. Then it is used and reinforced to connect with Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah, and Michael. It is then reinforced further when practicing the 5 minute empowerment and the full IET session.
2. The IET Cellular Memory Map is introduced as a general overview. Then, as you teach the students about each Healing Angel, you reinforce the information about the cellular memory areas associated with that Healing Angel. Then as you practice the 5 minute empowerment and the full IET session the information is further reinforced.
3. You can first introduce the IET Integration Points when you introduce each of the Healing Angels. For example with introducing Angel Raphael, and before actually heartlinking to Angel Raphael, you can let your students know about Angel Raphael, his gifts of healing, what he helps you clear, which cellular memory area he is associated with, and then you can teach the students about the Integration Points that they can use to focus Angel Raphael's energy into their cellular memory areas. Then as you practice the 5 minute empowerment and the full IET session the information is further reinforced.

**Class Training Agenda**

9:30 - 10:00 AM	<p>Students arrive.          Serve refreshments.          Complete registration (collect any final balance due).          Have students fill out a nametag.          Pass out training manuals.          Welcome students.</p>
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Review Agenda.

Establish ground-rules for training (asking questions, or taking breaks).

Have students share (their name, intent for the day, something that they want the class to know about them).

Note: keep the sharing short and simple. Start by sharing about yourself and set the tone.

- 10:00 - 10:30 AM ***From IET Basic Guide: (Pages 1 - 3):*** Review IET background, history, and terminology. Simply highlight the message of each paragraph. Do not read the pages word for word.  
***From IET Basic Guide: (Pages 5 - 9):*** Give a brief introductory overview of the cellular memory map and the IET Integration Points. This information should be presented here and then reinforced later in the workshop.
- 10:30 - 11:00 AM Attunements.  
Start with a description of the IET attunement and the attunement process.  
Basic level attunement - expands, realigns and restructures the 1st and 2nd pair.  
Arrange students in a circle facing outwards and attune each student to the Basic level IET energy ray.  
Bring students back into a circle and invite a brief sharing of what they experienced.
- 11:00 - 11:15 AM Break
- 11:15 - 12:00 AM ***From Healing Angels Workbook: General Overview (Pages 1 - 3)*** Review the Introduction: (angels are always willing, prayer of invitation, and experiencing angels).  
Review the Quick Guide to the Healing Angels.  
Review the 4-step process for inviting angels to help you.  
Note: please do not read the pages word for word.  
Optional: Review the angelic hierarchy, angels and fallen angels and perceiving angels (this information is contained in the Healing Angels book).

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***From Healing Angels Workbook: Angel Ariel (Page 4)***

Review Angel Ariel's healing gifts and how Angel Ariel can help you in your self-healing spiritual journey.

Note: there is no specific integration point associated with Angel Ariel so you do not need to refer to the Basic guide for Angel Ariel.

Have participants identify their personal issues that Angel Ariel can help them with and have them write these issues down in their workbook.

Lead the group in the 4-step invitation process to invite in Angel Ariel and connect with her energy.

1. Offer a prayer of invitation for Angel Ariel.
2. Establish an Angelic Heartlink with Angel Ariel
3. Let the group experience Angel Ariel's presence.  
(Optional, once the group has established their heartlinks to Angel Ariel, read all or some of Angel Ariel's message from the Healing Angels book)
4. Practice Discernment

Note: allow approximately 15 minutes for steps 3 and 4.

Gently thank Angel Ariel, bring group back, and have them write down their experience of Angel Ariel.

Let the group members share about their experiences.

Optional: Describe the IET Wisdom Group's experience and perception of Angel Ariel (from the Healing Angels book) and see how it relates to the group's perception.

12:00 - 1:00 PM

**Lunch.**

Direct students to local sandwich shops and health food stores.  
Ask them to be ready to begin the afternoon session by 1:00 PM.  
Begin to call the group together about 12:55 PM

1:00 – 1:45 PM

***From Healing Angels Workbook: Angel Raphael (Page 5).***

Review Angel Raphael's healing gifts and how Angel Raphael can help you in your self-healing spiritual journey.

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*From IET Basic Guide: (page 7 and 9)* Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Top of the Head.

*From Healing Angels Workbook: Angel Raphael (Page 5)* Have participants identify their personal issues that Angel Raphael can help them with and have them write these issues down in their workbook.

Lead the group in the 5-step invitation process to invite in Angel Raphael and connect with his energy.

1. Offer a prayer of invitation for Angel Raphael.
2. Establish an Angelic Heartlink with Angel Raphael
3. Let the group experience Angel Raphael's presence.  
(Optional, once the group has established their heartlinks to Angel Raphael, read all or some of Angel Raphael's message from the Healing Angels book).
4. Practice Discernment
5. Touch the Integration Points for the Top of the Head and allow Angel Raphael to release Guilt as he imprints Innocence.

Note: allow approximately 15 minutes for steps 3 and 4.

Gently thank Angel Raphael, bring group back, and have them write down their experience of Angel Raphael.

Let the group members share about their experiences.

Optional: Describe the IET Wisdom Group's experience and perception of Angel Raphael (from the Healing Angels book) and see how it relates to the group's perception.

1:45 – 2:30 PM

*From Healing Angels Workbook: Angel Gabriel (Page 6)* Review Angel Gabriel's healing gifts and how Angel Gabriel can help you in your self-healing spiritual journey.

*From IET Basic Guide: (page 7 and 9)* Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Third Eye.

*From Healing Angels Workbook: Angel Gabriel (Page 6)* Have participants identify their personal issues that Angel Gabriel can help them with and have them write these issues down in their workbook.

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Lead the group in the 5-step invitation process to invite in Angel Gabriel and connect with his energy.

1. Offer a prayer of invitation for Angel Gabriel.
2. Establish an Angelic Heartlink with Angel Gabriel
3. Let the group experience Angel Gabriel's presence.  
(Optional, once the group has established their heartlinks to Angel Gabriel, read all or some of Angel Gabriel's message from the Healing Angels book).
4. Practice Discernment
5. Touch the Integration Points for the Third Eye and allow Angel Gabriel to release Distrust as he imprints Trust.

Note: allow approximately 15 minutes for steps 3 and 4. Gently thank Angel Gabriel, bring group back, and have them write down their experience of Angel Gabriel.

Let the group members share about their experiences.

Optional: Describe the IET Wisdom Group's experience and perception of Angel Gabriel (from the Healing Angels book) and see how it relates to the group's perception.

2:30 – 3:00 PM

**Break**

3:00 – 3:45 PM

***From Healing Angels Workbook: Angel Celestina (Page 7)***

Review Angel Celestina's healing gifts and how Angel Celestina can help you in your self-healing spiritual journey.

***From IET Basic Guide: (page 7 and 9)*** Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Throat and Lungs, and the Back of Neck. Have participants identify their personal issues that Angel Celestina can help them with and have them write these issues down in their workbook.

Lead the group in the 5-step invitation process to invite in Angel Celestina and connect with her energy.

1. Offer a prayer of invitation for Angel Celestina.
2. Establish an Angelic Heartlink with Angel Celestina
3. Let the group experience Angel Celestina's presence.  
(Optional, once the group has established their

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heartlinks to Angel Celestina, read all or some of Angel Celestina's message from the Healing Angels book).

4. Practice Discernment
5. Touch the Integration Points for the Throat and Lungs and allow Celestina to release Shame as she imprints Spiritual Pride, then touch the Integration Points for the Back of the Neck and allow Angel Gabriel to release Threat as she imprints Support.

Note: allow approximately 15 minutes for steps 3 and 4. Gently thank Angel Celestina, bring group back, and have them write down their experience of Angel Celestina.

Let the group members share about their experiences.

Optional: Describe the IET Wisdom Group's experience and perception of Angel Celestina (from the Healing Angels book) and see how it relates to the group's perception.

3:45 – 4:30 PM

***From Healing Angels Workbook: Angel Faith (Page 8)***

Review Angel Faith's healing gifts and how Angel Faith can help you in your self-healing spiritual journey.

***From IET Basic Guide: (page 7 and 9)*** Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Shoulders.

***From Healing Angels Workbook: Angel Faith (Page 8)*** Have participants identify their personal issues that Angel Faith can help them with and have them write these issues down in their workbook.

Lead the group in the 5-step invitation process to invite in Angel Faith and connect with her energy.

1. Offer a prayer of invitation for Angel Faith.
2. Establish an Angelic Heartlink with Angel Faith
3. Let the group experience Angel Faith's presence. (Optional, once the group has established their heartlinks to Angel Faith, read all or some of Angel Faith's message from the Healing Angels book).
4. Practice Discernment
5. Touch the Integration Points for the Shoulders and allow Angel Faith to release Shoulds and Should Not's as she imprints Faith.

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Note: allow approximately 15 minutes for steps 3 and 4.  
Gently thank Angel Faith, bring group back, and have them write down their experience of Angel Faith.  
Let the group members share about their experiences.  
Optional: Describe the IET Wisdom Group's experience and perception of Angel Faith (from the Healing Angels book) and see how it relates to the group's perception.

4:30 – 5:30 PM

***From IET Basic Guide: (page 11) Introduce and Practice the 5-Minute Empowerment Process***

Have students select a partner to work with.

Have one student sit in a chair to receive the session (leaning away from the back of the chair) while the other student stands behind the chair to give the session.

Have the student giving the session heartlink to Angel Ariel, all the healing angels of the energy field, their own personal angels and their practice partners angels.

Have then ask that this practice be for the highest good and highest healing.

Have the student giving the session systematically channel the healing energy of the angels into the integration points that they have learned so far:

Raphael – Top of Head

Gabriel – Third Eye

Celestina – Throat and Lungs

Celestina – Back of Neck

Faith – Shoulders

Next give the students a preview of the points they will learn tomorrow by instructing them where the points are and letting them know which angel works with these points:

Cassiel – Heart

Daniel – Liver, Gallbladder, and Spleen

Sarah – Stomach and Adrenals

Michael – Fear

Have student giving the session finish by grounding the student who has been receiving the session.

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Have students switch roles and repeat the process.

5:30 – 6:00 PM      **End of Day 1 - Closing**  
Ask final questions

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- 9:30 - 10:00 AM     **Day 2 – Greeting**  
Students arrive.  
Serve refreshments.  
Ask for any questions.
- 10:00 – 10:45 AM     ***From Healing Angels Workbook: Angel Cassiel (Page 9)***  
Review Angel Cassiel’s healing gifts and how Angel Cassiel can help you in your self-healing spiritual journey.  
***From IET Basic Guide: (page 7 and 9)*** Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Heart.  
***From Healing Angels Workbook: Angel Cassiel (Page 9)*** Have participants identify their personal issues that Angel Cassiel can help them with and have them write these issues down in their workbook.  
Lead the group in the 5-step invitation process to invite in Angel Cassiel and connect with her energy.
1. Offer a prayer of invitation for Angel Cassiel.
  2. Establish an Angelic Heartlink with Angel Cassiel
  3. Let the group experience Angel Cassiel’s presence.  
(Optional, once the group has established their heartlinks to Angel Cassiel, read all or some of Angel Cassiel’s message from the Healing Angels book).
  4. Practice Discernment
  5. Touch the Integration Points for the Heart and allow Angel Cassiel to release Heartache and Betrayal and as she imprints Love.
- Note: allow approximately 15 minutes for steps 3 and 4.  
Gently thank Angel Cassiel, bring group back, and have them write down their experience of Angel Cassiel.  
Let the group members share about their experiences.  
Optional: Describe the IET Wisdom Group’s experience and perception of Angel Cassiel (from the Healing Angels book) and see how it relates to the group’s perception.
- 10:45 – 11:30 AM     ***From Healing Angels Workbook: Angel Daniel (Page 10)***  
Review Angel Daniel’s healing gifts and how Angel Daniel can help you in your self-healing spiritual journey.

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*From IET Basic Guide: (page 7 and 9)* Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Liver, Gallbladder, and Spleen.

*From Healing Angels Workbook: Angel Daniel (Page 10)* Have participants identify their personal issues that Angel Daniel can help them with and have them write these issues down in their workbook.

Lead the group in the 5-step invitation process to invite in Angel Daniel and connect with his energy.

1. Offer a prayer of invitation for Angel Daniel.
2. Establish an Angelic Heartlink with Angel Daniel
3. Let the group experience Angel Daniel's presence.  
(Optional, once the group has established their heartlinks to Angel Daniel, read all or some of Angel Daniel's message from the Healing Angels book).
4. Practice Discernment
5. Touch the Integration Points for the Liver, Gallbladder, and Spleen and allow Angel Daniel to release Anger and Resentment as he imprints Forgiveness.

Note: allow approximately 15 minutes for steps 3 and 4.

Gently thank Angel Daniel, bring group back, and have them write down their experience of Angel Daniel.

Let the group members share about their experiences.

Optional: Describe the IET Wisdom Group's experience and perception of Angel Daniel (from the Healing Angels book) and see how it relates to the group's perception.

**11:30 AM - 12:30 PM Lunch.**

Direct students to local sandwich shops and health food stores.

Ask them to be ready to begin the afternoon session by 12:30 PM.

Begin to call the group together about 12:25 PM

**12:30 – 1:45 PM**

*From Healing Angels Workbook: Angel Sarah (Page 11)*

Review Angel Sarah's healing gifts and how Angel Sarah can help you in your self-healing spiritual journey.

*From IET Basic Guide: (page 7 and 9)* Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Stomach and Adrenals.

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***From Healing Angels Workbook: Angel Sarah (Page 11)*** Have participants identify their personal issues that Angel Sarah can help them with and have them write these issues down in their workbook.

Lead the group in the 5-step invitation process to invite in Angel Sarah and connect with her energy.

1. Offer a prayer of invitation for Angel Sarah.
2. Establish an Angelic Heartlink with Angel Sarah
3. Let the group experience Angel Sarah's presence.  
(Optional, once the group has established their heartlinks to Angel Sarah, read all or some of Angel Sarah's message from the Healing Angels book).
4. Practice Discernment
5. Touch the Integration Points for the Stomach and Adrenals and allow Angel Sarah to release Stress and Powerlessness as she imprints Ease.

Note: allow approximately 15 minutes for steps 3 and 4.

Gently thank Angel Sarah, bring group back, and have them write down their experience of Angel Sarah.

Let the group members share about their experiences.

Optional: Describe the IET Wisdom Group's experience and perception of Angel Sarah (from the Healing Angels book) and see how it relates to the group's perception.

1:45 – 2:30 PM

***From Healing Angels Workbook: Angel Michael (Page 12)***

Review Angel Michael's healing gifts and how Angel Michael can help you in your self-healing spiritual journey.

***From IET Basic Guide: (page 7 and 9)*** Review the Primary Emotional Cause of Energy Blockage and the IET Integration Point Locations for the Kidneys.

***From Healing Angels Workbook: Angel Michael (Page 12)*** Have participants identify their personal issues that Angel Michael can help them with and have them write these issues down in their workbook.

Lead the group in the 5-step invitation process to invite in Angel Michael and connect with his energy.

1. Offer a prayer of invitation for Angel Michael.
2. Establish an Angelic Heartlink with Angel Michael

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3. Let the group experience Angel Michael's presence.  
(Optional, once the group has established their heartlinks to Angel Michael, read all or some of Angel Michael's message from the Healing Angels book).
4. Practice Discernment
5. Touch the Integration Points for the Kidneys and allow Angel Michael to release Fear as he imprints Safety.

Note: allow approximately 15 minutes for steps 3 and 4.

Gently thank Angel Michael, bring group back, and have them write down their experience of Angel Michael.

Let the group members share about their experiences.

Optional: Describe the IET Wisdom Group's experience and perception of Angel Michael (from the Healing Angels book) and see how it relates to the group's perception.

2:30- 3:00 PM

**Break**

3:00 - 3:30 PM

*From IET Basic Guide: (page 12 to 23)* Review the sequence of the Basic IET session and describe how the training guide covers the IET approach for each cellular memory area.  
Demonstrate an abbreviated full Basic IET session on an assistant or class volunteer.  
Include the initial *heartlink* procedures, treat the nine cellular memory areas, and finish with a final balancing and grounding.  
Do not abbreviate the steps; simply hold each hand position for 15 seconds rather than 1 minute.  
Invite questions as you proceed through the demonstration.

3:30 - 4:30 PM

Facilitate IET Basic level practice session (A -> B).  
Have students select a practice partner to exchange the IET sessions with.  
Let one student be the client and the other be the practitioner.  
Begin with a short discussion in which the client identifies how they would like to direct the session.  
Lead the practitioner step by step through the entire Basic IET sequence.

4:30 - 5: 30 PM

Facilitate IET Basic level practice session (B -> A).  
Repeat with the students exchanging roles.

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5:30 - 6:00 PM

*From IET Basic Guide: (page 24)* Review pranic breathing, and absentee sessions.

Describe the Intermediate level training.

Describe any energy shares or practice classes you are offering.

Pass out feedback form and ask students to fill them out

Ask final questions.

Pass out certificates.