

❖ Journal of Energy Therapy ❖

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The Center Of Being, Inc.

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Healing the World One-Heart-At-A-Time

IET continues to grow at an incredible rate. We now have over 950 Integrated Energy Therapy® Master-Instructors worldwide. There have been more than 3,500 IET classes taught and more than 15,000 Basic, Intermediate, Advanced and Master-Instructor students taught.

The angels' vision of spreading IET to the four corners of our globe is being fulfilled. We must continue to work together as a global IET community to heal our world one-heart-at-a-time.

When we began publishing the Journal Of Energy Therapy in 1996, we had a distribution of 200 copies. We thought at the time that it was a lot of work to mail 200 Journals. Nine years later, we are mailing over 5000 copies worldwide. Here is what the journal mailing looks like when it is packaged in US Postal Service mailing trays ready to leave the Center and begin the journey to you. We hope you enjoy your copy.



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Integrated Energy Therapy® News

Measuring The Healing Power of Angels

Two IET Master-Instructor teams have undertaken studies to measure the effectiveness of IET sessions. A study, conducted by IET Master-Instructor Beverly Voss, IET Practitioner Jill Luigs, and Stephen R. Summey D.C. evaluated a sample of 10 subjects measuring pain perception and spinal function before and after IET treatments. The study showed that patients tolerated pain better after IET and their spinal function improved after IET. A pilot program was conducted by Master-Instructors Andrea Dunham, Vicki Frederiksen, and Keith Horwitz, who have formed a non-profit organization called "BeHold" that offers free care to caregivers. Their study documented the effectiveness of IET on 16 subjects and found emotional well-being was up by 45%; physical health had improved by 53%; job effectiveness improved by 50%. You can find out more about these studies by clicking the "measuring results" tab on our www.LearnIET.com website.

IET Trainers Bring MI Classes to New Locations

We are delighted to be able to say YES to more and more of the requests that we receive asking us to hold IET Master-Instructor training classes in new locations. Since January 2004, MI Trainers Maria Peterson, Karen Puglia, and Nancy Russell have offered our first IET MI classes in Deerfield Beach FL, Sunapee NH, Tarrytown NY, Garden City NY, St. Louis MO, Dallas TX, and Ottawa Canada. I would like to thank Master-Instructors Denise Becker, Joan Breen, Helen Escoffier, Anita Falco-D'Onofrio, Andree Lortie, Maria Scharf, and Emelie Zepernick for their support in helping us organize these classes.

Kids Agree - IET is Great!

We have received many letters, phone calls, and emails letting us know that the kids who have attended our new IET for Kids program love it! Not only do the kids love it, but also many of the parents of the kids who have taken our class give us feedback that they too love our program and practice the IET techniques with their kids. We want to thank all the IET Master-Instructors who have taught this class and who have brought the Angel's energy and light to so many kids. IET Master-Instructor Jane Milak-Dempsey is working to bring IET for Kids into a NJ school system. To support her, we have created a new "non-angel" more "scientific" version of our IET for Kids guide that is available for use by all IET Master-Instructors. If interested, contact us for more details.

Announcing Our First IET MI Retreat In Ireland!

This year we will be holding our 6th annual IET Master-Instructor Retreat in the USA from October 22-24, 2004 and our first IET Master-Instructor Retreat in Ireland on November 20, 2004. Please see page 5, as well as our website, for more details.

New Insights into Absentee IET Sessions.

As Angel Ariel continues to share more and more information with us, we have expanded our understanding of IET absentee energy. Please see page 3 for more details.

Attaining and Keeping Our Freedom



Stevan Thayer

At the beginning of this year, the angels revealed that the healing theme for 2004 would be freedom. This has indeed been borne out by our world's events. Every day the news talks about freedom for Iraq, freedom for Palestine, freedom for hostages, and more. Our world is responding to the angel's invitation for global healing by spreading people's quest for freedom worldwide. Each of us can use the powerful angelic energies that are focused on freedom this year to help us master the energy of freedom in our own lives. To help heal the planet, we must each continue to heal ourselves first. As we each master the energy of freedom, our energy will radiate outwards and support the energy of worldwide freedom.

It is easy for us to see on a global scale when people dominated by a dictator, military government, or fundamental theology are denied their freedom. It is not as easy for us to see when we are denying ourselves our own freedom. I will describe how this happens energetically.

In the early stage of our self-healing spiritual journey, Integrated Energy Therapy provides a powerful means for us to quickly and deeply clear the energy blockages created by our physical, emotional, mental, and karmic wounds. The essential tools that we use in this stage are Angelic Heartlinks, the IET Basic and Intermediate Energy Techniques, the "Activating our 12-Strand DNA" process, and "IET Karma Clearing" process.

We next progress to the stage in which we use the empowerment obtained from clearing these blockages to focus on discovering and living our soul's mission. The essential tools that we use in this stage are the IET Advanced Energy Techniques, and the "Forgiveness" process. As we use these techniques and we master the Four E's (Energetic potential for our soul's mission, Envisioning our soul's mission, Embracing our soul's mission, and Enacting our soul's mission), the elements of our vision board manifest in our life.

As we live our soul's mission, we evolve into an even higher state of being and can achieve freedom. The essential tool we use at this stage is the "Empowered Heart/Essential Action" process. As we master the empowered heart energy, and live our life's essential action, we can experience true freedom. This freedom reflects our natural state of being. We become soul-focused and radiate angelic energy through our actions as we bring our unique gifts of service into the world. From this empowered soul state we naturally look inwardly and upwardly, and know we are loved and approved of. We are truly free!

Unfortunately we may unconsciously give our freedom away and lose our empowered heart energy. This occurs when we modify our actions, and give our power away, in order to elicit a response we desire from another person. It is called codependency, and codependency can rob us of our freedom and push us back into earlier healing stages. From an energetic standpoint we allow another person to attach energy cords into some or all of our nine cellular memory areas. These cords not only reactivate unhealed remnants of energy blockages from old wounds but also cause us to quickly lose our self-empowerment. We in essence become imprisoned by the opinions of others. We stop living our soul's essential action and begin acting in ways dictated by another person.

We can begin to break out of this energetic imprisonment and regain our freedom by calling on Angel Faith using her special prayer: "*Bless me with the gift of your presence and help me to be truly free. Unlock the prison of human opinion that I have placed myself in. Teach me to find and follow my inner divine acceptance. Restore my faith.*"

In some cases, we may need more. I have been channeling information from the angels on the topic of freedom and am using this information to create an IET Freedom technique that will let you more easily identify and cut the energy cords of codependency. This new IET Freedom technique will be introduced at the upcoming 2004 Master-Instructor Retreat, and will be available for you to use shortly afterwards. We will post information about the new Freedom technique on our www.LearnIET.com website as soon as it is available.

New Insights Into IET Absentee Energy

As our understanding of angelic energy continues to deepen, we have become aware that any IET energy that is sent absentee does not go directly from the person sending to the person receiving (as we originally believed). Instead, it first goes from the person sending the IET energy up into the angelic realm (via. the sender's angelic heartlink). Absentee IET energy, like all angelic energy, must obey a person's free will. Therefore, it will stay in the angelic realm until the person it is sent to is ready to receive it. If and when that person is ready to receive it, the absentee IET energy goes from the angelic realm down to them. The person receiving the IET energy might receive it at the same time that the sender sends it, they might receive it a week later, or they might never receive it. It is completely up to them. You cannot force them to receive absentee IET energy.



Analogous to the Energy of Prayer: This is analogous to the energy of prayer. The energy of your prayers goes into the angelic realm and the person you are praying for will only receive the blessings of your prayers if and when they are ready to receive them. You cannot force your prayers on them.

You don't "need" permission for Absentee IET: The important aspect of this deeper understanding is that while you will most likely be sending absentee IET energy in response to a person's request and, therefore, you will have that person's permission to send them IET energy, you do not "need" the person's permission to send them absentee IET energy. This simplifies your ability to offer absentee IET energy. For example, if you hear from a friend that their neighbor is going through an emotionally difficult time, and you decide you want to offer the neighbor your absentee IET energy, you can send the neighbor an absentee IET session without talking to them first and getting their permission. The energy of the absentee IET session you send the neighbor will go into the angelic realm, and the neighbor will receive it if and when they are ready to receive it.

Sending Absentee IET Energy to Many People: Another aspect of this deeper understanding of absentee IET energy is that you can send absentee IET energy to many people at the same time, and each person will receive the energy if and when they are ready. All you need to do is send heartlinks to each person you want to send the IET session to. There are no limits to IET energy so you can even send absentee IET energy to thousands of people at the same time.

Combining Absentee and In-Person IET Energy: You can also combine in-person and absentee energy. For example, if you are working in-person with a client who is having trouble with their spouse, you can simultaneously do an in-person session on your client and an absentee IET session on their spouse. Simply heartlink to the spouse at the beginning of the session and intend that the spouse will receive an absentee session at the same time. Thus, you will do two sessions at once!

Resulting Changes to the Basic Guide: We know from experience that any change to our IET training guides causes disruption to our Master-Instructors and to our students. We feel that this new insight into IET Energy must be included in our description of how IET Absentee energy works in our Basic Level Guide. It affects only one paragraph on the bottom of page 10. We have revised page 10 starting with our Version 10.5 of the Basic Level Guide which began shipping in June 2004. Here is the paragraph that has changed:

On Basic Guide Page 10 in Version 10.4 and earlier we stated: "You can use the IET energy to facilitate an absentee session on a client or on yourself. For karmic and safety reasons, you must have permission from your absentee client before conducting a session. Make advance arrangements with them for the time of the session. Advise them that they may feel dizzy or light-headed and that they should rest during the session."

On Basic Guide Page 10 in Version 10.5 we now say: "You can use the IET energy to facilitate an absentee session on a client or on yourself. While you will likely have your client's permission, you do not need the client's permission to send them absentee IET energy. It is like prayer, you don't need the client's permission to pray for them. Since IET energy is angelic energy, the energy of an absentee IET session will go from you into the angelic realm where it will stay until the client is ready to receive it. The client might receive it at the same time that you send it, they might receive it a week later, or they might never receive it. It is completely up to them. You can send an absentee IET session to many clients at the same time by imagining the surrogate represents all the clients."

(note: a downloadable version of the revised page 10 from the Basic Guide is available to Master-Instructors from the "For Instructors Only" section of our www.LearnIET.com website.)

Integrated Energy Therapy® Master-Instructor Classes

Taught by IET Master-Instructor Trainers

Maria Peterson, Karen Puglia, Nancy Russell, and Stevan Thayer

Our Master-Instructor program is open to students who have completed the Basic, Intermediate and Advanced level IET classes by the time of the training. As a Master-Instructor, you will be empowered with the highest level of IET energy available, for your self-healing, or to support others in their self-healing journey. In addition, you will be able to offer the Basic, Intermediate, and Advanced level attunements, and teach these three levels of IET training classes.

This training is two powerful days of energy expansion, self-actualization and healing. Many Master-Instructor students take this class to enhance their lives with the powerful Master-Instructor energy, energy attunement implants, energy attunement activations, and prosperity expansion. About 25% of IET Master-Instructors teach IET classes.

REACH FOR THE STARS WITH THIS INTENSIVE TWO-DAY SPIRITUAL EXPERIENCE:



Saturday is focused on accelerating your spiritual journey and includes:

- ♥ attunement to the IET Master-Instructor energy ray (6th DNA pair)
- ♥ instruction on attuning others to IET Basic, Inter. & Adv. energy ray
- ♥ the I-Chi exercise and the 12-Strand DNA activation and alignment

Sunday is focused on the Practical Spirituality of your holistic practice:

- ♥ expanding your openness to prosperity
- ♥ instruction on IET healing energy attunement implants
- ♥ business guidance on advertising and organizing your practice and classes
- ♥ detailed procedures for teaching IET, Pets and Healing Angels classes

Note: Most 2003 Master-Instructor classes were filled and had a waiting list.

Location	Trainer	Class Date
Boulder, CO	Maria Peterson	Fri. & Sat. August 13 & 14, 2004
Montreal, Canada	Karen Puglia	Sat. & Sun. August 21 & 22, 2004
Brunswick, ME	Karen Puglia	Sat. & Sun. Sept. 11 & 12, 2004
Chicago, IL	Maria Peterson	Sat. & Sun. Sept. 18 & 19, 2004
Parsippany, NJ	Stevan Thayer & Nancy Russell	Sat. & Sun. Sept. 18 & 19, 2004
Toronto, Canada	Karen Puglia	Sat. & Sun. Nov. 13 & 14, 2004
Seattle, WA	Maria Peterson	Sat. & Sun. Nov. 13 & 14, 2004
Co. Kildare, Ireland	Stevan Thayer	Sat. & Sun. Nov. 13 & 14, 2004
Yardley, PA	Nancy Russell	Sat. & Sun. Dec. 4 & 5, 2004
Co. Kildare, Ireland	Stevan Thayer	Sat. & Sun. April 30 & May 1, 2005

It pays to register early! IET Master-Instructor classes are open to the first 20* students that register with a paid deposit. All IET Master-Instructor classes are from 9:30 AM to 6:00 PM on day 1 and 9:30 AM to 5:00 PM on day 2. Class fees are \$635 US, € 635, \$790 CDN for classes in the US, Ireland, and Canada respectively. A deposit of \$210 US, € 210, \$300 CDN for classes in the US, Ireland, and Canada is required to reserve your space. IET Master-Instructors may, space permitting, repeat any Master-Instructor class for a fee of \$60 in the US, € 60 in Ireland and \$100 CDN in Canada. We will have 4 spaces reserved for repeating Master-Instructors with additional space if fewer than 20 students register. (* Ireland class will be 35 students & 5 repeating Masters). **You can register by calling (845) 657-7220, or on line at www.LearnIET.com.**

Master-Instructors - Treat Yourself To One Of Our Two Transformational, Fun-filled, ReTreats!

USA Retreat: Held In Parsippany, NJ At The Sheraton Hotel October 22, 23 and 24, 2004

♥ **Learn How to Cut Energy Cords, Clear Codependency, and Achieve Freedom:** Our theme is “Attaining Freedom” and our program incorporates a series of energy attunements, clearings, and processes that build upon each other to help you attain and keep freedom as you bring your true gifts into the world.

♥ **Ask Angel Ariel Your Question:** Participate in a special evening of channeling at which Stevan will channel Angel Ariel’s answers to questions taken from the audience.

♥ **Expand your IET knowledge with special lectures:** Our USA Retreat features a special great line-up of lecturers and topics for our Friday workshop program (see preliminary details below).

<p>Friday Option Includes a continental breakfast starting at 8:00 AM on Friday October 22, 2004, attendance at our special Friday seminars, lunch and dinner, and attendance at our Friday evening program, ending at 9:00 PM. Fee: \$165.00 (\$50 deposit to register) \$180 after Oct. 1, 2004.</p>	<p>Saturday Option Includes a continental breakfast starting at 8:00 AM on Saturday, October 23, 2004, attendance at our Saturday program (featuring the new “Freedom - Cutting The Cords of Codependency” process), lunch and dinner, and attendance at our Evening of Channeling ending at 9:00 PM. Fee: \$165.00 (\$50 deposit to register) \$180.00 for registrations received after Oct. 1, 2004.</p>	<p>The Entire Retreat Option Includes all of our programs on Friday, Saturday, and Sunday October 22, 23, and 24, 2004 described here, with 7 meals, attendance at all workshops and events. \$365 (\$150 deposit to register) \$380 for registrations received after Oct. 1, 2004.</p>
<p>Speakers & Topics (preliminary) Edna Doane: Harnessing the violet ray through vibration. Dr. Phil Friedman: Insights into consciousness. Andrea Dunham, Vicki Frederiksen, and Keith Horwitz: Research into the healing power of IET. Maria Peterson: Using visualization and keeping endocrine glands functioning with IET. Carole White: Using crystals in IET sessions. And many more.</p>	<p>Saturday and Sunday Option Includes a continental breakfast starting at 8:00 AM on Saturday, October 23, 2004, attendance at our Saturday program (featuring the new “Freedom - Cutting the Cords of Codependency” process), lunch and dinner, attendance at our Evening of Channeling ending at 9:00 PM, then continuing in Sunday, October 24, 2004 with more energy activities and a special Sunday brunch. Fee: \$250.00 (\$100 deposit to register) \$265.00 for registrations received after Oct. 1, 2004.</p>	<p>Vendor tables If you have products you would like to sell at the Retreat, we offer 6 ft. vendor tables at \$50 for 3-days.</p> <p>Sheraton Hotel Rooms We have reserved a block of hotel rooms at only \$92 a night. You must register with the Sheraton at (973) 515-2000 before October 1st for this special rate. If you have a room and want a room-mate to share costs, we can help you find one.</p>
<p>Register For One Or More Of Our Retreat Options You can register for these Retreat options: On-Line: www.LearnIET.com/ML_Retreat2004.htm By Phone: by calling the Center at: (845) 657-7220.</p> <p>Be Sure To Register Before the October 1, 2004 US Price Increase</p>		



Ireland Retreat: Held In Kill, Co. Kildare At The Ambassador Hotel Saturday, November 20, 2004 9:30 AM to 6:00 PM

This special 1-day Master-Instructor Retreat will include all of the new IET Freedom energy processes and techniques, as well as Stevan’s channeling of Angel Ariel’s answers to your questions. This is the essence of the Saturday Agenda presented at our US Retreat. This Retreat will not include our special day of 10 workshops or meals that are included in our US Retreat. Fee: €95. Credit Card Registrations On-Line at www.LearnIET.com or by calling (845) 657-7220. Check registrations via. Brenda Kavanagh, Master-Instructor Retreat, BodyWise Fitness & Health, Plantation, Monaghan, Ireland (047 72890)

Get In Step with Spiritual Transformation

Over the past several years, we have been blessed with a series of angelic IET energy techniques that build upon each other and support us in our process of Spiritual Transformation. We offer audio recordings of Stevan Thayer presenting these special IET techniques to support you in your transformation.

Step 1: Heartlink with Your Angel: Follow Stevan Thayer as he leads you through the process of connecting to the energy of your angel and using it for healing. \$7.00

Step 2: Activating your 12-Strand DNA: Join Stevan as he uses the power of the IET energy ray to activate your 12-Strand Spiritual DNA and bring you into alignment with the very mission of your soul. \$10.00

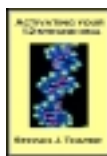
Step 3: Clearing Your Karma: Do you ever find yourself in the same (often unpleasant) situations? These repeat situations are the result of Karma. This one hour audio tape will lead you through the new IET Karma Clearing process that clears your Karma with the Energy of Angels. \$10.00

Step 4: Achieving True Forgiveness: The Forgiveness Process was recorded live at the Master-Instructor Retreat 2002. Anyone listening to this tape can work through the forgiveness process for self and others. Welcome forgiveness into your life! \$10.00

Step 5: Empowered Heart - Essential Action: The Empowered Heart is the result of the energetic union of the heart and power centers. This audio tape leads you through the Empowered Heart process and helps you discover your life's Essential Action. \$10.00

Step 6: Future Life Progression: Let Stevan guide you forward with the help of your angels and soul council to a future lifetime in which you are successful in mastering all your lessons and living your true life's purpose. \$10.00

Special Offer: regularly \$57.00 you can purchase the entire six tape collection for only \$49.00 (a savings of \$8.00) Offer good through Sept 1, 2004.



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