

Change Your Life with Integrated Energy Therapy

by Sharon Yeskel

If pain is a messenger, then listening and taking heed is the first step in healing. I began listening to the messages of my body about 10 years ago. I had multiple food and environmental allergies, hypoglycemia, and frequent bouts of sinusitis. The problem with bulimia I'd had as a college student returned. I was stressed and depressed and feared that the constant yelling at my daughters then 6 and 9 years old was negatively affecting their lives as well as making me feel ashamed of who I had become. I sought help.

I began seeing a therapist to talk about what was going on in my life and how I could make some changes. With her guidance I revisited my childhood through the eyes of an adult. As I talked about certain memories, different parts of my body would react: my neck would stiffen, my stomach would hurt, and my heart area would physically ache. And I always cried.

My therapist told me the physical and emotional symptoms that I was experiencing could be due to energy blockages in my body and that energy work could help me to release them. She suggested I make an appointment for an energy therapy session with her Reiki teacher Stevan Thayer. I really didn't understand what energy blockages were, but when she said the treatment would help me to relax, I made the call.

Stevan explained that the body has an innate wisdom. The mind may try to shelter us from memories of unpleasant past experiences and physical or emotional traumas, but the body remembers everything. These traumas may have happened in your childhood when you were in a serious car accident or yesterday when you tripped and sprained your ankle. You may still be grieving over the loss of a parent 10 years ago or angry at a co-worker for misplacing an important file just this

morning. Unless your body lets go of the suppressed guilt, threat, heartache, resentment, anger, stress or fear that you are holding onto, you may eventually develop chronic pain, depression, eating disorders, phobias, or more serious illnesses.

Holding onto suppressed feelings can also stifle creativity and keep you from being all that you were meant to be. That struck a chord with me. For a long time I had been feeling stuck. I knew there was so much more I could do with my life, but I felt something was keeping me from moving forward.

I lay down fully clothed on the massage table in Stevan's office. He placed his hands lightly on my belly, head, neck, shoulders, and back. I felt warmth and comfort from his touch. I walked out of the first session feeling as if a heavy weight had been lifted from my shoulders.

I continued my talk therapy sessions (energy healing is not a replacement for medical or psychiatric treatment), but also returned regularly for energy treatments. I learned that Stevan used a variety of healing methods: Reiki, Mari-El, and something called Integrated Energy Therapy. Stevan developed IET in part by accident and in part by divine inspiration.

He found that when he applied the energy from his hands to specific parts of the body on different clients, they all experienced the same emotions. For example, as he applied gentle pressure from his fingertips to a point on the lower back, his clients would have memories of something they feared. Doing the same thing to a point in the upper back to the right of the spine, his clients had memories of anger. Often the client experienced slight soreness or tenderness in the area where the suppressed emotion surfaced. Stevan was then able to pull his hand out through the client's energy field and release the suppressed emotion.

Stevan's catch phrase for IET is that it "gets the issues out of your tissues." For many the results are dramatic. I found the

combination of the IET treatments and discussing the issues with my therapist helped me move through my therapy quickly. My health began to improve. I found I was no longer troubled by environmental allergies or sinusitis attacks. My kids noticed that I wasn't yelling all the time. I felt more relaxed and at peace.

I found a renewed sense of joy in my life. I started opening up to life's possibilities and was no longer scared to try new things. I learned to do Reiki and Integrated Energy Therapy and opened my own energy healing practice to share with others the work that had made such an impact on my life. I spoke of my experiences to large groups of people (something I never thought I could do). I also started sharing my stories through writing and have now been published a number of times.

Stevan often says at the beginning of a class, "Anyone who does not want his life to change should leave now. These energies have a mind of their own and accelerate the process of taking you where you're meant to go." Over the years I've seen how effective the IET techniques work for clients, students, and friends. Integrated Energy Therapy has changed my life in such a positive way and continues to do so on a daily basis.

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