

# From Engineer to Angels

by Jane Glesne

How does an Electrical Engineer end up talking to Angels? That is the story behind Integrated Energy Therapy® now being taught in North Bennington by Master Teacher, Jane Glesne. Jane was a student of IET®'s creator Stevan Thayer.

Stevan holds a master's degree in electrical engineering and worked for Bell Labs for many years.

"I got to the point where I hated to go to work." Stevan said. "I started to have free floating anger and panic attacks and eventually sought therapy."

"Even getting help from a therapist, was a stretch for me. But when she declared that she knew what was wrong, cupped her hands and asked me to give her my sadness ... I was ready to get out of there! The funny thing was, I couldn't. I was suddenly overcome with a wave of crying that lasted 15 minutes. I felt so much better afterwards. Being an engineer, I had to find out how she did it!" laughed Thayer.

That experience propelled Stevan into the holistic healing field where he eventually quit his job, became a White Light Reiki Master and opened a practice in New Jersey.

"One day, while working on a client, I felt a large presence behind me ... but no one was there. It suddenly felt hot in the room and I started perspiring. I then was embraced in an incredible feeling of love and grace. I was crying with joy and my hands were vibrating." His client, Dr. Linda Nathanson a research psychologist, asked him a question and Stevan heard an answer in his mind. "Linda

knew something was up and asked who she was speaking to." The answer was an angel named Ariel.

"Now you have to realize, I did not believe in angels and with an engineering mind I needed "existence proof". That is an engineering term. If something can be proved in just one instance, that something is real. Within a few weeks I had my proof," remembered Thayer.

"A psychic friend came into my office and told me there was an eight foot angel, called Ariel in my waiting room!"

Stevan and Dr. Linda Nathanson began meeting weekly to ask Ariel questions and two years later, the popular book Interview With An Angel was published.

"From discoveries I made in my healing practice and with information Ariel communicated, Integrated Energy Therapy was created." shared Stevan. "Much like Caroline Myss's "Energy Anatomy", I learned that every time we suppress our emotions, our energy flow is restricted. That blocked energy is held in our cellular structure. This holding and blocked energy flow is the basis for our unhappiness and illnesses."

Stevan, with Angel Ariel's help discovered a map – a cellular memory map – where specific emotions are held in the body. Most of us are aware of some of these cellular memory areas. When we feel threatened by a person or situation, often our neck gets stiff. When we have a list of "shoulds" to do, our shoulders ache. Stevan also learned that there were nine "power point" areas where these blocked emotions could easily be released - that is with the help of angelic energies. First, Stevan learned to connect or "Heartlink" with the angelic realm. At first he just worked with Ariel but now in IET we work with eight different angels.

Stevan and Ariel developed another powerful technique of clearing the physical, emotional, mental and spiritual layers in the human energy field surrounding the body. This technique really "gets the issues out of the tissues".

Once blocked energy is removed, from all nine cellular memory areas and the energy field, we are able to connect with our soul's mission and experience innocence, forgiveness, support, freedom, safety, love, trust and pride - thereby establishing the basic goal of IET - which is JOY.

At the start of each class, Steven states, "'If you have a health concern, an emotional difficulty, are in a job or relationship that is not working and you want to keep your life just as it is, then you should leave now.'

Many IET students confirm the fact of that statement. Last week while teaching an advanced class, one of Jane's students's decided to manifest a connection with "Joe". Three minutes later, during the break, he called!

To learn more about IET or to sign up for an IET Basic, Intermediate or Advanced level training class and attunement, call Jane Glesne at 802-447-2253.