

## **FULL IET WAG POWER HEALING PROCESS**

**Great for maximizing the amount of Joy in your life.**

**5-Minute WAG Healing Process:** Start with the 5-Minute WAG Healing Process described to the left, and before the final balancing and grounding add the following.

**Power Steps to Transformation:** Activate the automatic activations for the “IET Power Steps” techniques as presented in our Power Steps CD and outlined below.

<b>IET Power Step</b>	<b>→</b>	<b>Automatic Activation</b>
Step 2: DNA		Touch thumb to index finger
Step 3: Karma		Touch Karma points back of skull
Step 4: Forgiveness		Put hands in prayer pose
Step 5: Empowered Heart		Infinity hand mudra

**Freedom:** Automatic activation - put fingers in chain mudra or drop an angelic halo from the top of your head to your feet, cutting the cords of codependency.

**Pure Joy:** Use your Joy Stone to bless everyone in your life and elevate them and yourself, with the help of the cherubs, to a wonderful state of Pure Joy. The objective is to hold the energy of Pure Joy in your heart for 10 to 30 minutes. The energy of Joy will stay with you for long after the process.

**Final Balance and Grounding:** Touch right hand to left knee and left hand to right knee.

Our new Full WAG Power Healing Process was created for IET students who wanted a simple yet powerful 10 to 30 minute energy workout routine. It is designed to clear your cellular memory, activate your DNA, clear your karma, bring true forgiveness, empower your heart, cut cords of codependency, connect you to the World Angel Grid, and bring you to a state of Pure JOY!

The Key behind our new Full IET WAG Power Healing Process is the use of the automatic activations of our IET Steps to Transformation programs. Automatic activations are like running a program in a computer. When you listened to each of our Steps to Transformation audio programs, they were imprinted into your subconscious mind. While it may take have taken you an hour to listen to and imprint each program, it takes your subconscious mind only a few seconds to re-run the program. Through automatic reactivation you can re-run the program in just a few seconds and receive the transformative benefits of each energy process without having to re-listen to the entire audio programs and repeat each of the energy exercises.

If you have not listened to our Steps to Transformation programs, unfortunately the automatic activations will not work and you will not be able to do this Full IET WAG Power Healing Process. We suggest that you listen to each of the Steps to Transformation programs before you continue with this new technique.

**Begin:** Sit or lie in a quiet and comfortable location where you can be free from distractions for 10 to 30 minutes.

**Start with the 5-Minute IET WAG Healing Process:**

- 1) **Heartlink:** Touch your thumb to the middle finger of either or both hands and Heartlink to Angel Ariel, the Healing Angels, your own personal angels, and connect to the highest vibration of divinity that you can connect with at this time.
- 2) **Prayer:** Ask the angels to guide, direct, surround and protect you and ask that this be for your highest good and healing.
- 3) **Do an Expanded Basic 5-minute Empowerment:** This is done by touching the nine-sets of IET Integration points, one set at a time, and when you touch each set of points, send out a heartlink to the layer of the WAG that corresponds to the associated Healing Angel. Note: please refer to your Basic Level IET guide for the exact locations of the IET Integration Points.
  - a) **Top of Head:** Touch the Integration Points for the top of the head and as you do, heartlink to Angel Raphael's layer of the World Angel Grid and let Angel Raphael help you exchange the energy of Guilt for the energy of Innocence. Hold for 30 seconds.
  - b) **Third Eye:** Touch the Integration Points for the third eye and as you do, heartlink to Angel Gabriel's layer of the World Angel Grid and let Angel Gabriel help you exchange the energy of Distrust for the energy of Trust. Hold for 30 seconds.
  - c) **Throat:** Touch the Integration Points for the throat and as you do, heartlink to Angel Celestina's layer of the World Angel Grid and let Angel Celestina help you exchange the energy of Shame for the energy of Spiritual Pride. Hold for 30 seconds.
  - d) **Neck:** Touch the Integration Points for the back of the neck and as you do, continue to heartlink to Angel Celestina's layer of the World Angel Grid and let Angel Celestina help you exchange the energy of Threat for the energy of Support. Hold for 30 seconds.
  - f) **Shoulders:** Touch the Integration Points for the shoulders and as you do, heartlink to Angel Faith's layer of the World Angel Grid and let Angel Faith help you exchange the energy of Shoulds for the energy of Freedom. Hold for 30 seconds.
  - g) **Heart:** Touch the Integration Points for the heart and as you do, heartlink to Angel Cassiel's layer of the World Angel Grid and let Angel Cassiel help you exchange the energy of Heartache for the energy of Love. Hold for 30 seconds.
  - h) **Liver and Gall Bladder:** Touch the Integration Points for the liver and gall bladder and as you do, heartlink to Angel Daniel's layer of the World Angel Grid and let Angel Daniel help you exchange the energy of Anger and Resentment for the energy of Forgiveness. Hold for 30 seconds.
  - i) **Stomach and Adrenals:** Touch the Integration Points for the stomach and adrenals and as you do, heartlink to Angel Sarah's layer of the World Angel Grid and let Angel Sarah help you exchange the energy of Stress and Powerlessness for the energy of Ease. Hold for 30 seconds.
  - j) **Kidneys:** Touch the Integration Points for the kidneys and as you do, heartlink to Angel Michael's layer of the World Angel Grid and let Angel Michael help you exchange the energy of Fear for the energy of Safety. Hold for 30 seconds.

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Now proceed to use the automatic activations to re-experience the transformative power of the DNA, Karma, Forgiveness, Empowered Heart, Freedom, and WAG 3 IET Power Steps to Transformation processes. Here's how:

### **Activate Your 12-Strand Spiritual DNA**

**What it does:** The IET Activating your 12-Strand DNA Process brings in the Basic, Intermediate, Advanced and Master-Instructor energy rays to help you unleash your full spiritual potential, and support you in living your soul's mission so that you can bring your dreams alive.

**Activation:** You can automatically activate the IET 12-Strand Spiritual DNA process by touching your index finger to the thumb using either or both hands. (Note: there was a typo in the Journal of Energy Therapy that incorrectly stated ring finger rather than the index finger).

### **Clear Your Karma**

**What it does:** The IET Karma Clearing Process invites Angel Gabriel to work with the cellular memory of the Medulla Oblongata (or reptilian brain) to help you clear Karmic memories which form the often unpleasant "repeat patterns" that hold you back in life.

**Activation:** You can automatically activate the IET Karma Clearing Process by touching your ring finger to your thumb using either or both hands.

**Extra Power:** You can increase the intensity and effectiveness of this activation by lightly touching the Karma Integration Points located at the back of your head in the occipital region of your skull, on either side of the neck just up under the back of the skull.

### **Achieve True Forgiveness**

**What it does:** The objective of the IET Forgiveness Process is to help you heal your anger and resentment, truly forgive what has not been forgiven, and prepare your heart for the Empowered Heart process. The forgiveness process uses the power of the Basic IET energy ray, combined with the energy from Angels Faith, Cassiel, and Daniel, along with the power of the sacred geometry called the MerKaBa.

**Activation:** In the forgiveness process we ended the process by imprinting the sacred geometry of the MerKaBa into the secondary chakras in the palms of our hands. We can automatically activate the forgiveness process by placing the palms of our hands together in prayer pose and instantly reactivate the IET forgiveness process.

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### Empower Your Heart

**What it does:** In the IET Empowered Heart process we use the Basic, Intermediate, and Advanced IET energy rays; along with the sacred geometries of the square, upward pyramid, downward pyramid, and sphere to create an energy that allows you to live in the point of perfect balance with the energy of your solar plexus moving up and radiating through your heart center.

**Activation:** The automatic activation is based on a special mudra or hand position that creates a figure 8 (or infinity symbol) with the thumbs and index fingers. To do this mudra simply touch:

Left index finger to right thumb

Right index finger to left thumb

Left middle finger to right middle finger

Left ring finger to right ring finger

Left pinky finger to right pinky finger

### Cutting Cords of Co-Dependency and Achieving Freedom

**What it does:** The IET Freedom Process helps you cut the cords of co-dependency and creates the energetic environment that allows you to live your life's essential action in the world. It helps you express your empowered heart energy through wonderful 5<sup>th</sup> pair DNA relationships that are perfectly balanced (giving and the receiving). This results in a Be-Do-Gratitude way of living.

**Activation:** You can automatically activate the IET Freedom Process by touching your thumb to the index finger of your left hand and then hook the index finger of your right hand through the circle created by the thumb and index finger of your left hand and then close the right and circle by touching the index finger of your right hand to your right thumb. This results in your hands forming a mudra like two links of a chain.

**Extra Power:** You can increase the intensity and effectiveness of this activation by raising your hands over your head and holding them about 1 foot apart. Imagine that a brilliant golden halo of angelic energy forms between your hands. Now slowly lower your hands and the angelic halo all the way down to your feet and let the halo cut any and all energy cords, especially the cords of co-dependency.

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### **Experience Pure Joy with World Angel Grid Phase 3**

**What it does:** The World Angel Grid Phase 3 process helps you use the power of the World Angel Grid and the spiritual activity of “blessing” to instill a deep sense of peace within you and, with the help of the Cherubs, fill your heart with Pure JOY.

**Activation:** You can automatically activate the IET Pure Joy Process by touching your Joy Stone with your thumb and as you do send your blessings to someone (self or other) and see them elevated to an wonderful state of joy.

### **Increase the Joy**

Now that you have filled your heart with Pure Joy, continue to use your Joy Stone to bless people elevate them to a state of joy. Focus on your heart and feel its energy field expand (like a balloon). Just allow yourself to exist in this state of joy. Start with a few minutes and see if you can, with practice, increase your “joy time” until you can sit in pure joy for 30 minutes or longer. This will not only open your heart to enable it to radiate joy long after you complete this WAG Power Process but it will also bring your energy of joy into the world to help rebalance the energy of the planet. It takes only a little joy to counterbalance a great deal of fear based energy.

**Final Balancing and Grounding:** Touch your right hand to left knee and left hand to right knee.