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Integrated Energy Therapy ®

by Gloria Coppola

If you've been looking for a way to be well, you know that a lot of emphasis is being placed on healing oneself and allowing for our own intuitive senses to come alive. Many individuals are seeking mentors, books and practitioners to help them find their way.

Stevan Thayer, a Reiki Master has developed a training program, which allows for us to get "our issues out of the tissues". Integrated Energy Therapy is a powerful self-healing and energy therapy training.

We all have intuition; however, many of us have blocked our own innate wisdom for a variety of reasons. There are many alternatives to help us clear these blocks and empower ourselves to make amazing shifts in our lives and healing process - to link us to our soul's purpose.

Integrated Energy Therapy (IET) introduces the student to Energy anatomy. Perhaps, you are familiar with Caroline Myss' book, Anatomy of the Spirit, where she describes the correlation of the energy centers (chakras) and our "biography". Caroline is noted for her medical intuitive work with Dr. Norman Shealy. She has written many books and travels around the world teaching people about the process of healing oneself. IET can assist you with your ability to be an energy intuitive and facilitate healing. You will learn how each primary human emotion is correlated to a specific physical region of the body and human energy field, as Stevan describes.

Recently, I spoke with an IET instructor from Yardley, Penn. She explained "IET works on the emotional level of the cellular memory. IET is very effective at supporting healing by releasing the aftermath of past emotional experiences. This gentle hands on therapy is clear, concise and very effective. She continued to share with me a story about a client with lower back pain who had been incapacitated and unable to work. He had surgery to relieve disc pressure, but would still have bouts of sciatica. He immediately felt an intense release of pain and spasm during the session. Dialogue was engaged about "stuck" fears residing in this part of his body. Utilizing positive affirmations and breathing along with this hands on therapy, he recognized the fear and the simple lesson it was intended to show him. He has not had a recurrence of his sciatica for two years.

As you become familiar with the Cellular Memory Map you will note the various primary emotions linked to the physical body. For example: The Top of the Head correlates with guilt, the Kidney area - fear, the liver would be anger and so on. Louise Hay, a noted author

describes in her books similar correlations so that we may understand our disease process and how to work with the emotional ties for self-healing.

"Heartlinking" is the core of healing as described by one IET practitioner. Upon her first inhale of breath, she connects with her heart and her client's. She finds this meditative practice to be a beautiful way to center in the process of joy as she hooks up with her angel guides and supports

her client in times of stress.

IET has three levels of training. The basic training is a one-day class, which provides you with an attunement to the IET energy ray. You will learn the energy anatomy and be able to locate the IET power points. The Intermediate level provides you with another attunement and methods to clear energy imprints from past life karma. The advanced level provides for a final attunement, which unlocks the energy of your soul's purpose. Powerful techniques will be taught for the clearing and treatment process.

As in all methods of body therapy healings, the individual must understand and take responsibility that all healing begins with the self. A practitioner may facilitate the treatments we receive, but the individual must be willing to confront and release the energy blocks creating the problems that exist. When we consciously address these issues that have been stored in our tissues, the process of releasing the trauma is enhanced. Active participation in our own healing is a necessary part to recovery and healing. Engaging in our own health care and making a commitment to our own healing empowers us and creates a sense of aliveness, health, joy and gratitude. I personally, can attest that whatever process you choose, you must take responsibility to work with your practitioner and care enough about yourself if you want to feel wonderful every day of your life!

The Garden State Center for Holistic Health Care will be offering IET training this fall. Call (732) 364-0882 for more details

Gloria Coppola is the founder and director of The Garden State Center for Holistic Health Care. She trains massage therapists and studies the energy dynamics of life and relationships. She will offer a seminar this fall called Remembering your Spirit. To contact her, call 732-364-0882.