

Integrated Energy Therapy (IET)

The Next Level... *To Heal With The Energy Of Angels*

By: Randy Blair

Certified IET Master Instructor/Practitioner and Reiki Master

Energy Therapy is the art of healing with the pure energy of spirit. This universal life energy surrounds all matter, especially the human body, mind, and spirit. Energy should flow unrestricted within our body, in a system similar to our blood vessel system. We are given this energy to nourish and heal our organs and systems, and to maintain physical, emotional, mental and spiritual balance. When we experience physical or emotional trauma, surgery, disease, suppressed feelings, stress, or fear in current or previous life events our energy flow becomes restricted. These restrictions create "energy blocks" similar to a beaver dam blocking the flow of a river. Energy blocks can remain with us for years and lifetimes. When energy flow is restricted our body reacts by creating or making us susceptible to diseases, emotional and mental disorders, spiritual disconnection and a perceived inability to cope and move forward with our health and life wellness.

How can we release the draining emotional, mental and karmic patterns from our lives? How can we get in touch with and then activate our purpose in life? How can we enjoy more freedom in our life? The freedom of feeling good because we are aligned with our purpose in life and then sharing that goodness with our family, friends and co-workers? New in Canada, Integrated Energy Therapy (IET) is now available to assist us on our healing journey.

This wonderful new energy therapy was introduced to the world in 1993 by former Bell Labs engineer Stevan Thayer, who after having a healing crisis of his own, began to work with Reiki energy and went on to discover a new system of energy healing. Stevan began to feel a very high and divine presence accompanying him during his client's sessions. This presence turned out to be the Angel known as Ariel. With Angel Ariel's inspiration, Stevan discovered that there was a correlation between emotions his clients felt during these sessions and specific parts of the body. He also discovered how IET energy creates the perfect environment for anyone to release fear based emotions, thought patterns and karmic issues for good and then replace these with joy based patterns of wellness and acceptance. For example the "I'm not good enough mentality and accompanying depressed feeling, headaches and low energy" is replaced with "I am a wonderful creation who can accomplish my soul's mission and have fun doing it". The results are amazing as people are able to create a fresh experience of life without the mental (thought patterns), emotional (Anger or sadness etc.) or karmic (why do I have an unfounded fear of water, crowds etc.) baggage of the past coloring every opportunity. Over time the system now known as IET developed.

IET practitioners do not diagnose or treat disease, but assess the energy flow of the body and support the healing process of their client. IET treatments are done with the client comfortably laying fully clothed on their back while the practitioner gently places their hands on specific pre-determined areas of the body. During the session the practitioner is connected with Angel Ariel and the client's Angels. The client's soul then draws the high vibration of IET through the practitioner and into

themselves. This energy has the effect of pre-soaking an area where a stuck pattern resides, just as you would soak a pot with baked on food in order to get it ready for cleaning. The practitioner then touches on specific points on the body which triggers the release of the particular issues that the client is ready to let go of. These issues are then energetically drawn out through the practitioner's hands. The client's soul then draws in through the practitioner, the opposite energy of that which they released. For example, if a pattern of anger were released, the energy of forgiveness would be drawn in to replace it. If guilt were released, the energy of innocence would be drawn in to replace it. This "drawing in" helps support the client in adjusting to their new state of being. Many clients report that they feel much lighter after an IET treatment. One such client (Elizabeth Hammond M.Ed., RCST. Certified teacher of Craniosacral Biodynamics, Reiki Master) speaks of her first IET session, "Being my first IET session, I didn't know what to expect. During the session I was able to enjoy a very deep meditative state. After a full day of seeing my own clients, this session left me feeling energized with a perception of mental clarity and emotional stability. My IET session helped me to deal with a specific situation by broadening my perspective. A few hours after this session I experienced a profound detoxing without the usual unpleasant healing crisis." "During the session I was taught how to heartlink (connect) with my angel...I now use this heartlink as part of my daily resource practice and I share it with my clients and friends." (Please note that a client's experience of IET can vary.)

An IET session can also focus on helping a client discover their soul's mission in life. Once their mission is discovered IET can help them clear away the stumbling blocks (i.e. fear, unworthiness etc.) and replace them with positive affirming attitudes based in joy. The end result is increasing the speed and ease with which your life's purpose is lived.

IET can also be learned and is taught in four levels: Basic, Intermediate, Advanced and Master Instructor (each with its own attunement). IET is very adaptable and is often used in conjunction with other types of bodywork such as Massage, Chiropractic, Craniosacral, and Reflexology. No prior training in energy therapy is required. Because of IET's high, high Angelic vibration, just having the attunements brings an added benefit to any form of service work.

At the beginning of his classes Stevan would say: "If you have a health condition, an emotional difficulty, are in a relationship or a job you hate and you want to keep your life as it is, then you should leave now." Many of his students attest to that statement. IET is a very powerful way to put your life on track.

IET classes and treatments are now offered at The Rising Sun Healing Arts Centre at 10330 Yonge Street in Richmond Hill 905 884-3362. For more information on IET please call 416 427-3270 or visit their website for a list of instructors in your area.