

Integrating the Gift of Reiki into Your IET Sessions

by Hallie Sawyers

This simple method of enhancing an IET session was suggested to me by my Reiki guides and The Healing Angels of the Energy Field. It offers a way to combine the synergistic energies of Reiki and IET to create a dynamic, multi-dimensional healing session. I have been using it since the beginning of April 2003 with wonderful results.

The protocol involves the Reiki Level Two distance healing symbol as I was taught to use it by my Reiki Master Teacher, Esther Velthiem. This method also invites additional assistance from The Healing Angels of the Energy Field to further augment the session. The practitioner needs to be attuned to Reiki Level Two and be familiar with each of the Healing Angels who govern the 9 IET Cellular Memory Areas in order to implement the following techniques.

Prior to the Appointment:

A. Prior to the session ask your client to contemplate the following question from page 12 of the Basic IET manual. This provides a powerful way to assist the person receiving in forming and beginning to manifest their intention prior to the appointment. It also works wonderfully to set the stage any healing modality !

Question: If you could heal, shift, change, clear, modify, empower, expand or manifest ANYTHING with the energy of this session what would it be ?

B. Once they arrive for the appointment, I ask them about what came up in response to this question and we hone the intent for the session.

Before You Begin:

- 1.** Stand at your client's side, call in and heartlink to The Healing Angels of the Energy Field – Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah, and Michael.
- 2.** After allowing the angelic energy of compassion and healing to fill you to overflowing, heartlink to your client and allow the overflow to benefit them through the human heartlink. .
- 3.** Call in your Reiki guides and ask that they assist in channeling Reiki into this healing session.
- 4.** At this point I offer my opening prayer to all the guides and angels assembled. Feel free to use this or whatever works for you:

Mother/Father God, Holy Spirit, Mother Earth, Reiki Guides and Master Teachers in Spirit, all the Healing Angels of the Energy Field, I humbly ask your assistance in this healing session for client's name. Thank you for enveloping us in the angelic light of healing, safety and protection, removing the cause and core of all negativity across all dimensions of time and space, and manifesting the highest order of the intention for this session and something even better !

- 5.** Use the heartlink symbol to bring the starburst of IET energy down into your client's abdomen and channel IET energy through your heartlink to your client for about a minute.

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6. Proceed to treat the nine cellular memory areas as described in the highest level of IET you have been trained, adding in the following additions:

Integrating Reiki into your IET session:

7. Once seated at the head of the table, place your hands over cellular memory area number one and visualize sending the Reiki Level Two distance healing symbol, followed by the mental/emotional symbol and the power symbol into your client's third eye (sixth chakra) – that area just above and between the brows. This can be done by sending the symbols line by line or whole if they come to you this way.

8. Then intend (say to yourself): “This hand position now corresponds to all of the hand positions in this healing session for client's name.”

Then as you move your hands throughout the IET session, repeat the phrase above to yourself at each hand position. Be certain to keep one hand on your client at all times to maintain the connection established through the distance healing symbol. If you feel you have lost your ‘connection’ you can focus on the client's third eye, resend the symbols and repeat your intention to yourself from number 9 above. When working with techniques where both hands are off the body (Soul Star Clearing and Pink Bubble Technique), simply intend that the positions of your hands remain connected to all hand positions in the session. Your intent is the most powerful form of action.

This method uses the distance healing symbol to link all of the areas where you **will be** and **have been** placing your hands. This allows each hand position to receive a continuous flow of Reiki energy throughout the session. The use of the mental/emotional and the power symbols are intended to further harmonize and boost the flow of Reiki energy throughout the session.

The Healing Angels of the Energy Field also take advantage of this technique. The method creates a kind of interconnected web of healing circuitry which they use to continue to work on all the cellular memory areas regardless of the placement of the practitioner's hands.

Integrating the gift of the Healing Angels of the Energy Field into your IET session:

9. Once you have connected all hand positions with the technique described above, work through the IET session by calling in the healing angel of the energy field who governs each cellular memory area as you progress to that area – Ariel*, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah, and Michael.

* Archangel Ariel governs the Soul Star and she can be called in to assist with this technique from the advanced Level of IET as well as assisting in the overall session if you are not offering advanced techniques.

The intentional involvement of the angels augments the healing power of the session even further. You can invite the angels' assistance in the following way or whatever works for you:

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Healing Angel Invocation:

(Arch)Angel _____, thank you for energizing, triggering and releasing the cellular memory of guilt, distrust, shame, threat, shoulds, heartache/betrayal, resentment/anger, stress/powerlessness, or fear from this cellular memory area.

When you reach the integration phase, thank/ask the angels again for their assistance in imprinting the original energetic essence:

(Arch)Angel _____, thank you for imprinting the energy of innocence, trust, spiritual pride, support, freedom, love, forgiveness, ease, or safety manifesting client's name intention across all dimensions of time and space and something even better !

Holographic Healing

The use of the phrase 'across all dimensions of time and space' is intended to open the healer and client to the multidimensional aspect of soul energy across the hologram of existence. If all of life is holographic in nature – ONE BEING, ONE MIND, ONE ENERGY – then each person's intent within a healing session can be a reflection of a portion of the healing which all beings seek. We are individualized aspects of One Being, One Heart, One Healing.

By acknowledging this in the intentional contact with the angels and guides who attend and assist the session, the practitioner becomes a channel through which healing is offered to the hologram of being. Described another way, when one person heals in a group of beings who are intimately connected by some means – birth, friendship, etc., – the person who has healed then embodies the energetic blueprint which all beings in that group can access and begin to heal the same or similar patterns for themselves.

So by intentionally working with the multidimensional aspect of the soul's energy across the hologram of existence, the client receives healing on a quantum level and the session becomes a template through which this healing can be offered to the hologram of life itself - Holographic Healing.

And Something Even Better !

The use of the phrase 'and something even better' is intended to open the healer and client to the miracles that can occur when human agendas are discarded and the Divine is allowed in to manifest what is best in the unfoldment of the soul's journey. Spirit knows the perfect path for each soul and when we open to that our lives are transformed.

A Blessing

May the gift of integrating the twin miracles of Reiki and IET open you further to the magnificence of your healing path. And may the healing that comes through you be returned to you thousand-fold and something even better ! Namaste, Hallie

Hallie E. Sawyers is a Master Instructor of Integrated Energy Therapy, a traditional Usui Reiki Master Teacher, Nationally Certified in Holistic Aromatherapy and Therapeutic Massage, and a BodyTalk practitioner. To schedule a class, lecture or individual appointment you can reach Hallie at 585.967.0009 or visit the Soul Song website at www.soulsong.com.