

Introducing Integrated Energy Therapy

by Jayne Milak-Dempsey

What is Integrated Energy Therapy (IET)? What is energy anyway? Why is this a "Therapy?" Do I have to get "hooked up" to machines to get "energized?" Who does the integrating and what does it feel like? How will I feel afterwards? Will my life REALLY change?

Ok, let's begin! First of all, let's look at energy. Energy is a life force that runs throughout our entire bodies. Each person has a life force. It is as real as any other part of our human system. It's just as real as our circulatory system that directs the blood flow to every cell of our bodies. The only difference is that we can't readily see, touch, or draw our energy system. It's rather something we experience.

Let me give you an example. Let's picture two people that we meet. Each person is in one house. The houses are identical. The furniture in each house is identical. Let's walk in the living rooms. We walk into one house. We're greeted by the homeowner. We smile. We're comfortable. We cuddle up on the couch. Ok, so let's go next door. Same structure - same furniture. but Uh-Oh, different owner. We don't know why, but we're very uncomfortable. NOBODY smiles. We sit on the edge of the couch. "Is it time to go yet?" we ask. Why the different reactions? The difference was that each homeowner put out a different "energy" - filling each molecule of the room with different sensations - one was positive, one was negative. Both were real.

The same thing happens throughout our life. Experiences that are positive fill our energy source with vitality. Experiences that are negative clog our energy systems, just like French Fries clog our arteries. A person called Carolyn Myss first discovered that emotions directly affect our physical bodies. She detailed her work in the book "Anatomy of the Spirit." Stevan Thayer, an Inter-Faith minister and a Reike (another energy work) Master, followed her work and divided our energy system into 9 cellular memory areas, where energy

gets stored in our muscles. It actually gets "integrated" into our bodies.

Where are those little funny guys (or girls), the individual cellular memory areas?

Well, they're located in 9 different spots throughout our bodies, from the tops of our heads to the bottom of our spines. From those areas, they also control our limbs. If we feel good, pain free, energetic, secure about who we are and where we're going in life - BINGO - All those cellular memory areas are happy little campers. BUT, if we feel insecure, sad, angry, have shoulder aches or pains - headaches - then there's that backache - stomach ache, sore throat, chest pain, etc Well, my friends, odds are that one or a bunch of those cellular memory areas are clogged.

Stevan Thayer put all this information together, identified each cellular memory area, and then devised a system of removing the negative energy and implanting positive energy simply by a process of lightly touching that point and adjusting the invisible energy field that surrounds each person about 4 feet around us. The system is called Integrated Energy Therapy or IET. It's an unbelievable experience. If you feel like I did when I got my first IET therapy session, you'll feel like a huge weight was just lifted off of you.

Most of us have negative energy that's been stored in our muscles for years and years, from childhood - or from yesterday. Sometimes, we don't even realize how much that negative stuff interferes with today's life. Let's identify the negative energies we're talking about!

GUILT! "HAVE I EVEN FAILED YOU, GOD?"

DISTRUST!

THREAT OF BEING HARMED!

LACK OF SELF ESTEEM!

HIDING OUR TRUE NATURE ... THE CORE OF WHO WE ARE

PRESSURE OF "SHOULD" EVERYWHERE I TURN,
OVER-ACHIEVING FOR???????????????

BETRAYAL..... HURT..... FEELING UN-LOVED

..... POWERLESSNES WHERE WILL THE ANSWER COME?

ANGER! RESENTMENT!

FEAR! FEAR! FEAR! FEAR OF TODAY!!! FEAR OF THE
UNKNOWN!!!

All that "stuff," that negative "stuff" can be removed and beautiful, positive energy, like innocence, love, trust, power, forgiveness, support, ease, freedom, and safety can take its place. How great does that sound? I'll bet you say it sounds "Divine." Yes, it does. There's actually an added reason. The work of Integrated Energy Therapy centers around a process called "Heartlinking." It's a way that your IET practitioner connects with the energy of angels to guide you through your healing process.

Can that be real? I can only answer you with a question. Is prayer real? Whoever your higher power is, the only question is, "Is your higher power real?" For most of us, there isn't anything more real. IET harnesses this energy and facilitates your own healing, as you let go of old, negative energy and experience a beautiful flow of renewed spirit.

The end result is truly a new beginning, like seeing a sunrise for the first time. It's a new way of looking at life, letting the past go and embracing a bright, new tomorrow.

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