

❖ Journal of Energy Therapy ❖

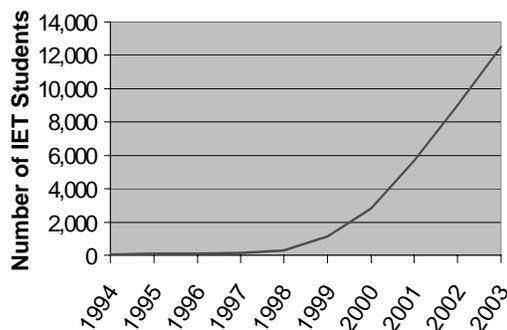
Volume 9, Issue 1

The Center Of Being, Inc.

January - August, 2004

Healing the World One-Heart-At-A-Time

IET continues to grow at an incredible rate. We now have over 840 Integrated Energy Therapy® Master-Instructors worldwide. There have been more than 2,500 IET classes held in over 21 countries, and over 12,000 Basic, Intermediate, Advanced, and Master-Instructor IET students taught.



IET prices have remained unchanged since our first class in 1994. We have held our prices at our original levels as long as we could, but rising costs necessitate that the price of some classes be increased in 2004 (prices are given in US dollars).

Basic Level	\$160
Intermediate Level	\$215
Advanced Level	\$215
Master-Instructor Level	\$635
IET for Pets	\$125
IET for Kids	\$45
Healing Angels Class	\$95

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Integrated Energy Therapy News

Happy 10th Year Anniversary IET!

It is hard to believe that the first Integrated Energy Therapy training class was taught just 10 years ago in 1994. IET has grown so fast. What started with a few students attending a Basic Level IET class in New Jersey has grown to an international community of IET students numbering in the thousands. We want to thank all of you who have made this possible and wish you a Happy Anniversary!



Announcing Our New IET Master-Instructor Trainers

We are pleased to announce that IET Master-Instructors Maria Peterson from Delano, MN, and Nancy Russell from Yardley, PA have joined the teaching staff of The Center of Being, Inc., and will join Karen and Stevan as IET Master-Instructor Trainers and associates of The Center of Being, Inc. Maria and Nancy will begin teaching Master-Instructor classes in 2004. With four IET Master-Instructor Trainers, we will be able to better serve the growing IET family by offering our most extensive Master-Instructor training program, with many new locations designed to bring classes in your area closer to you than ever before. See pages 2-3.

The 2003 Master-Instructor Retreat Was Our Biggest and Best Ever!

We would like to thank the 2003 retreat speakers, assistants, and participants. Over 100 Master-Instructors from around the US, Canada, and Ireland attended this year's event. Our 2004 Retreat will be held on Friday, Saturday, and Sunday, October 22, 23, & 24, 2004. We have increased the maximum number of attendees to 125 in 2004. See page 7 for further details. If you plan to attend, please register early, as the 2004 retreat is also likely to be a sellout! You can register on-line at www.LearnIET.com or call us at (845) 657-7220.

By Popular Request - IET for Kids!

Over the past few years we have been receiving requests for an IET program designed just for kids. Carol Armitage and Karen Puglia collaborated to create an IET program designed for children ages 7 to 12. IET Master-Instructors will be teaching this new IET for Kids program beginning in January 2004. See page 6 for details.

Creating an Empowered Heart, Discovering Your Essential Action, Visiting Future Lifetimes, and Attaining Freedom



Stevan Thayer

What a year 2003 has been. The expanding angelic energies, combined with the Harmonic Concordance in November, have truly made this a year of positive transformation and change. The angelic energy that began in 2003 has been supporting everyone in the IET community to be able to cultivate and live from an energy that the angels call the Empowered Heart. People who have an empowered heart are hard to miss. They radiate a countenance of peace around them, they are filled with compassion, they have an expanded sense of their life's purpose, they easily attract people, places, settings, and circumstances necessary for them to live their soul's mission, they see their life's work as part of a higher plan, and they make a significant positive impact on our world. The most famous examples of people throughout history who had an empowered heart include: Mother Mary, Quan Yen, Buddha, Mohammed, and Jesus. Also, in our modern world, Nelson Mandela, Mother Theresa, Gandhi, and the Dalai Lama have an empowered heart. There are also countless people throughout history who embody this empowered heart energy, but who have remained anonymous.

It is easiest for me to explain the Empowered Heart from an energetic standpoint. It starts with forgiveness (which was our 2002 energy focus). As forgiveness opens your heart center (IET cellular memory area 6), and clears your anger (area 7), the energy of your power center (area 8) can unite with the energy of your heart center. This union of heart and power creates the "empowered heart". We each have the potential to have an empowered heart and to live our lives from the empowered heart energy. When we do, we automatically express our true essence into the world in service to others.

Angel Ariel describes this true essence as being like a core seed that is within each of us. We all have this seed encoded in our 4th DNA pair. When we express this true essence, we are each the perfect piece in the giant mosaic of God's divine plan. The angels call this expression of our true essence our "essential action".

Every soul has an essential action, and this essential action can be stated in a single word, and more specifically, a single verb. This single verb is called your essential action. According to Angel Ariel, your entire reason for being, your soul's essence, your piece of the divine plan that you have been created to be, the divine service you are here to give, is crystallized by a single verb. The empowered heart energy and your essential action are closely related. When you are expressing your essential action, you radiate the empowered heart energy into the world. Likewise, when you are radiating the empowered heart energy, you are inclined to express your essential action.

Over the past year Angel Ariel revealed to me pieces of an angelic energy process that uses IET energy, sacred geometry, and a special hand mudra (or hand position) to help us each develop an empowered heart and discover our essential action. We were able to put all the pieces together to form the IET Empowered Heart - Essential Action process. At the MI Retreat this year, over 100 IET Master-Instructors joined their energy together, enacted this process, empowered their hearts, and discovered their life's essential action. Then, with the angel's help, we journeyed through the angelic veils into a future lifetime in which we mastered the empowered heart energy and lived our essential action. We then brought that knowledge and energy back into this lifetime. If you were unable to attend the Retreat, you can still participate in these processes simply by listening to the audio recordings of the Empowered Heart - Essential Action process and the Future Life Progression process that we made. Please see page 7 for details.

I have learned from Angel Ariel that as we develop an empowered heart and live our essential action, energetic links to other people that create co-dependency can limit our effectiveness. Ariel has begun to share her insights with me about releasing our co-dependent energetic links to others and replacing our co-dependent actions with independent actions. Independent actions create the energy of "freedom", and freedom is our healing theme for 2004. Freedom starts with each of us and then grows from us to the world. I will share more about the topic of freedom and ways to use IET energy to attain freedom in the next issue of the Journal and through articles posted on our www.LearnIET.com website.

I wish you and your loved ones a Happy, Empowered, and Freedom Filled New Year.

Happy New Year to all of you! Once again last year, I met so many wonderful people teaching the Master-Instructor classes and at the Master-Instructor Retreat I was able to renew friendships from the past. I have to say that IET people are very special! No, I am not prejudice . . . well maybe a little! The special connection that we feel in classes and at the Retreat does not have to be only a once in a while thing. Let's work on creating more localized IET communities to support each other in living our soul's mission. It seems like there is no better time than now to do this. The number of IET practitioners continues to grow more and more each year . . . there are more of us out there everywhere! "IET Shares" are a wonderful way that we can support each other. The Shares offer a time to practice and receive an IET session, renew IET friendships, and make new friends, as well. Heartlinks to you all, Karen.



Karen Puglia



Nancy Russell

With the accelerated energies at this point in time I notice an increase of love and connection immediately balanced by the opposite emotions and experience. Frequently this awareness is even made clear in our experience with close family of origin. The observation increases my gratitude for IET and what it offers in supportive understanding and integration. Besides the personal immediate potentials of hands-on energetic tools and processing information, an important component of IET is spiritual soul family. Soul family can help us feel in context and balanced for this worldly 3-D Earth-school experience. IET classes come together and heartfelt connections are experienced in profound ways. The angels support and participate in this process.

As the new year starts, I take a moment to appreciate the truly blessed gift offered by each connection that occurred in 2003. I then am filled with delightful anticipation for the people, places and angelic gifts we have to share with each other in 2004! Yea! for soul buddies and spiritual family! Yea! for the gifts of ourselves that we share as we manifest the gifts of angels. Blessings, Nancy

Dear Friends and Family,

Well it has been an exciting year. Thank you to Stevan and Carol for allowing me to play a bigger role in the IET Family by asking me to be a Master-Instructor Trainer. I am honored and humbled by the response of so many when you heard the news. Thanks for your love and support. I feel wonderful and so thankful that all of you are in my life. Each time one of you attends an IET class or the retreat, I grow along with you. It is a great gift that you share yourself with me and others. Through your love, we are indeed creating a family.

"It is only with the heart that one can see rightly; what is essential is invisible to the human eye."

---Antoine de Saint-Exupery - The Little Prince

Peace and Blessings,
Maria Peterson



Maria Peterson



Carol Armitage

My mother always told me I was a child at heart, and I think she was right! I had such fun helping to put together material for the "IET for Kids" manual and pendulum kit this year. Picking and modifying clip art to try and depict emotions was challenging, but allowed my creative side to play. So, continuing in the theme of "play" I decided to have some fun with the website... Do you remember the game "Where's Waldo?" There were pictures drawn with lots and lots of things in them, and somewhere in the picture was a little picture of a man named Waldo. The goal was to try and find him, hidden in amongst the other things. Well, I've borrowed the concept, and on the home page of www.LearnIET.com, I've hidden a prize. I can't tell you more, but for the first five people to discover the prize, we'll send them a little something in the mail. I hope you enjoy the game, and will read about all the new things on the website at the same time. We continue to make lots of updates as we offer new things. Follow your bliss!

**If it's time for you to transform your life... then please join us for
two powerful days of Self-Healing, Energy Expansion, and
IET Master-Instructor Certification Training**

Our Master-Instructor program is open to IET students who will have completed the Basic, Intermediate, and Advanced level IET classes by the time of the training. As a Master-Instructor, you will be empowered with the highest level of IET energy available for your self-healing or to support others in their self-healing journey. In addition to learning many special "Master-Instructor-only" IET techniques, you will be empowered to offer the Basic, Intermediate, and Advanced level attunements, and teach these three levels of IET training classes, as well as our IET for Pets, IET for Kids, and our Healing Angels classes. Here is what you will receive.



Energy Attunements: Strengthen and expand your energy field by receiving:

6 reattunements to the basic IET ray, 6 reattunements to the Intermediate IET ray

6 reattunements to the Advanced IET ray, and 1 attunement to the IET Master-Instructor ray.

Your Life's Reach: Reach for the stars in your life and help make your dreams come true.

IET Power Symbols: Learn how to use the secret IET Master-Instructor power symbols.

Special Master-Instructors Only IET Techniques: Learn special techniques like Energy Attunement Implants, 12-Strand DNA Alignments, Karma Clearing Process, Forgiveness Process, and more.

Practical Spirituality: Learn "business basics" of advertising and running your IET sessions and classes.

Teaching IET classes: You will be empowered to teach the Basic, Intermediate, and Advanced Level IET classes, as well as the IET for Pets class, IET for Kids class, and the Healing Angels class. Please note that about 25% of the students who take this class go on to teach classes. Others take it for their own use.

Registration: It pays to register early! IET Master-Instructor classes are open to the first 20* students that register with a paid deposit. All IET Master-Instructor classes are from 9:30 AM to 6:00 PM on Saturday and 9:30 AM to 5:00 PM on Sunday unless otherwise noted. Class fees are \$635 for US classes, 635 Euro for EU classes or \$790 CDN for Canada classes. A deposit of \$210 US, 210 Euro, or \$300 CDN is required to reserve your space in any class. Registrations will not be accepted without a deposit. IET Master-Instructors may, space permitting, retake any Master-Instructor class for a fee of \$60 US, 60 Euro or \$80 CDN. A minimum of four spaces are reserved for repeating Master-Instructors. In an effort to simplify the registration process, we are asking that all final payments (the remaining balance) be received at least 1 week prior to your class date. Reviewer's fee must be paid in full upon registration. This will streamline the check-in process and ensure that all classes can begin on time. (* Ireland class 35 students & 5 repeating Masters).

Mail-In Registration Form Class Location: _____ Class Date: _____

Your name: _____ Street address: _____
(as you want it to appear on your certificate)

Town: _____ County/State: _____ Country: _____

Telephone Number: _____ Email Address: _____

Check all levels completed: Basic Intermediate Advanced Master-Instructor

Name of IET Master-Instructor you have studied (or will study) with: _____

Payment Method: Check payable in US dollars made out to The Center of Being, Inc.
 Check payable in Euro made out to Brenda Kavanagh (for Ireland classes)
 Visa or Master Credit Card _____ Exp _____

You can also register on-line at www.LearnIET.com & by calling The Center of Being at (845) 657-7220.

Integrated Energy Therapy Master-Instructor Class Schedule January - August 2004

We are pleased to be able to offer you the most extensive IET Master-Instructor class training program that we have ever undertaken. We are offering classes in more locations than ever before and each class will be taught from our new Seventh Edition of the IET Master-Instructor training guide, which includes our new training classes, and new IET Master-Instructor only techniques.

Location	Trainer	Class Date
Ft. Lauderdale, FL, USA	Nancy Russell	Sat. & Sun. Feb. 21 & 22, 2004
Sarasota, FL, USA	Nancy Russell with Stevan Thayer	Sat. & Sun. Feb. 28 & 29, 2004
So. Kingston, RI, USA	Karen Puglia	Sat. & Sun. Feb. 28 & 29, 2004
Parsippany, NJ, USA	Nancy Russell	Sat. & Sun. March 13 & 14, 2004
Tarrytown, NY, USA	Karen Puglia	Sat. & Sun. March 20 & 21, 2004
Dallas, TX, USA*	Maria Peterson with Stevan Thayer	Sat. & Sun. March 27 & 28, 2004
St. Louis, MO, USA	Maria Peterson	Sat. & Sun. April 17 & 18, 2004
Affligem, Belgium	Stevan Thayer	Sat. & Sun. April 24 & 25, 2004
Sunapee, NH, USA	Karen Puglia	Sat. & Sun. April 24 & 25, 2004
Co. Kildare, Ireland	Stevan Thayer	Sat. & Sun. May 1 & 2, 2004
Athens, GA, USA	Nancy Russell	Sat. & Sun. May 1 & 2, 2004
Jamaica, LI, NY, USA	Karen Puglia	Sat. & Sun. May 15 & 16, 2004
Ottawa, ON, Canada	Maria Peterson	Sat. & Sun. June 12 & 13, 2004
Yardley, PA, USA	Nancy Russell	Sat. & Sun. June 12 & 13, 2004
Norwood, MA, USA	Karen Puglia	Sat. & Sun. June 19 & 20, 2004
Boulder, CO, USA*	Maria Peterson	Fri. & Sat. August 13 & 14, 2004
Montreal, QUE, Canada	Karen Puglia	Sat. & Sun. August 21 & 22, 2004

Note: We will be offering many additional Master-Instructor classes in the August-December 2004 timeframe. They will be included in the next Journal of Energy Therapy as well as listed on www.LearnIET.com.

Please visit our www.LearnIET.com website to see the most up to date listing of IET Master-Instructor classes. Our website provides more detailed information about each Master-Instructor class location, complete with a photo of the training facility, detailed driving instructions, and information about area lodging choices.

Please note: If you need to complete your IET prerequisites prior to a Master-Instructor class, many Master-Instructors have scheduled special Basic, Intermediate, and Advanced classes in the area of our Master-Instructor class locations before each Master-Instructor class date.

* Accelerated study location: we have made special arrangements to have Basic, Intermediate, and Advanced level classes taught on the three days prior to our Masters class for students wanting accelerated study.

A New Year's Message From
Angel Ariel

Channeled by Stevan Thayer

The Angels invite.

*The human heart
responds.*

A teacher is found.

Wounds are healed.

*Those once lost find
direction.*

*Those who were blind see
with their hearts.*

Gifts are discovered

*Soulbuddies meet and
soul relationships are
formed.*

*Pain is replaced with
joy.*

*Trust that you are
guided.*

*Trust that you have
purpose.*

Know that you are loved.

Please love each other.

*Know that we are proud
of you.*

*Please be proud of
yourself.*

*You have entered
heaven.*

Heaven has entered you.



Announcing Our IET for Kids Class

WHY SHOULD ADULTS HAVE ALL THE FUN?

Designed especially for children ages 7 to 12, our new IET for Kids program is a delight. The new IET for Kids program was introduced at the 2003 IET Master-Instructor Retreat in October and was very well received. Like all IET classes, the IET for Kids class can only be taught by a certified IET Master-Instructor. This class is designed to be approximately 3 hours in length and the suggested class fee is \$45.00 US. The IET for Kids class is based on a new training guide entitled "Integrated Energy Therapy - IET for Kids" by Carol Armitage and Karen Puglia. In this class, children will receive a Basic Level IET attunement, learn the angelic heartlink process, build and use an energy-measuring pendulum, draw a picture of their angel, and learn how to clear their energy field. Please note: this is a special IET class and is not a complete Basic Level training, thus, attendance at this class does not certify the student as a Basic level IET practitioner.

Classes will begin in January 2004.

For further information about our IET for Kids classes and class schedules please visit us on the web at www.LearnIET.com.

Now Available to All IET Students

AUDIO TAPES OF OUR SPECIAL IET WORKSHOPS RECORDED LIVE AT THE 2003 MASTER-INSTRUCTOR RETREAT

Audio recordings of these special IET workshops designed to enhance your personal self-healing journey as well as support you in your IET client practice are **now available**. These special audio tapes are each approximately 1-hour in length.

Note: that we are offering individual tapes at a cost of \$7 and the entire set of all 10 tapes in a special audio tape album box at the special price of \$55 (plus shipping).

Tape	Workshop	Speaker
03-1	Essential Oils and IET	Antonia Brasted
03-2	Energy Bodies and Consciousness	Maria Peterson
03-3	How to teach "IET for Kids"*	Karen Puglia
03-4	Animal Communication and IET	Judy Garbow
03-5	Is Self-Publishing in YOUR Future?	Helen Adam
03-6	Astrological Insights and IET	Nancy Russell
03-7	Healing with Vibration	Wendi Rose & Jay Ketch
03-8	Integrating IET and Reiki	Hallie Sawyers
03-9	Body Mind and Spirit: Understanding the Connection to Healing	Dr. Tony DeCanto, DC
03-10	Rainbow Healing Tools & IET	Pat Harmon

To order, simply call
The Center of Being at
(845) 657-7220
or order on-line at
www.LearnIET.com.





Master-Instructors at our 2003 Retreat Beaming You a Blessing of IET Energy

Master-Instructors - Treat Yourself to the Transformational, Fun-filled, Meals Inclusive 2004 ReTreat! Register Now. October 22, 23, and 24, 2004 At The Sheraton Hotel In Parsippany, NJ

Based on the wonderful time we had in 2003, we have fashioned the 2004 Retreat on the same model, including the same bigger lecture rooms for the optional Friday talks, and the vendor rooms around the corner. This year, just as in 2003, the Retreat is for Master-Instructors only, for all three days. We offer several retreat options to choose from.

Friday Only \$165.00 (\$50 deposit* to register)

Saturday Only \$165.00 (\$50 deposit* to register)

Saturday and Sunday \$250.00 (\$100 deposit* to register)

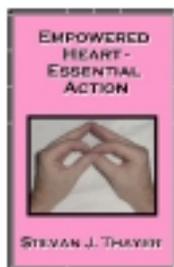
Entire Retreat \$365 (\$150 deposit* to register)

For a complete summary of our 2004 Retreat schedule, menus, and on-line registration procedures please visit www.LearnIET.com

For telephone registrations, please call The Center Of Being, Inc. at (845) 657-7220

* due to commitments with the Sheraton Hotel, deposits for the retreat are nonrefundable.

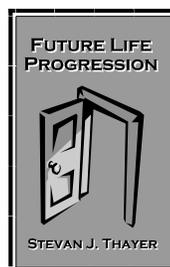
The IET Empowered Heart Essential Action Process



Recorded at the 2003 IET M-I Retreat, this 1 hour audio program leads you through the new Empowered Heart process and helps you discover your life's Essential Action.

Price: \$10.00

Future Life Progression - Journey into your Perfect Future Lifetime Now



The perfect complement to our Empowered Heart program. This 45 minute audio program guides you on a journey to your future lifetime where you live your Essential Action fully.

Price: \$7.00

Evening With An Angel Recorded Live at the 2004 MI Retreat



One of the favorite events of the M-I Retreat is our Evening with an Angel. Stevan channeled Angel Ariel's message on the Harmonic Concordance as well as her answers to participant's questions.

Price: \$7.00

Special offer - Order before April 2004 and receive all three tapes for \$20.00

International Directory of IET Master-Instructors

IET Master-Instructors are certified by The Center of Being, Inc. They teach the Basic, Intermediate, and Advanced IET classes as well as the Healing Angels of the Energy Field, IET for Kids and IET - Working with Pets classes. Many IET Master-Instructors also offer individual IET sessions.

We currently have IET Master-Instructors living in Africa, Asia, Australia, Bahamas, Belgium, Canada, England, France, Germany, Greece, Holland, Ireland, Northern Ireland, Netherlands, New Zealand, Saudi Arabia, St Martin, Switzerland, Uzbekistan, and Zimbabwe.

For more information about the Master-Instructors in your area and to view the up-to-date International IET class schedule, please visit our website at www.LearnIET.com (also called www.IntegratedEnergyTherapy.com).

Please note, many Master-Instructors have a personal webpage on www.LearnIET.com which provides you with their photograph, a biography, a description of their services, and a list of their class dates with locations.



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The Center Of Being, Inc.

PO Box 883, Woodstock, NY USA 12498-0883

phone (845) 657-7220 fax (845) 657-6050

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