

❖ Journal of Energy Therapy ❖

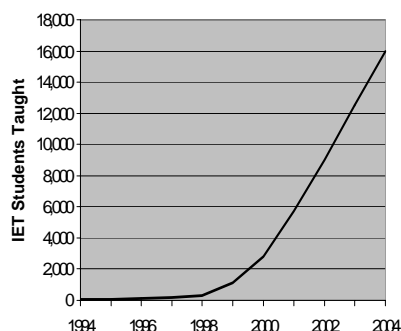
Volume 10, Issue 1

The Center Of Being, Inc.

January - July, 2005

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

IET continues to grow at an incredible rate. We now have over 1100 Integrated Energy Therapy® Master-Instructors worldwide, and there have been more than 3,600 IET classes held in over 23 countries with over 16,000 Basic, Intermediate, Advanced, and Master-Instructor IET students taught.



Our recommended IET® class pricing structure remains the same as it was in 2004. Here is a list of the current USA prices.

Please see www.LearnIET.com for additional details.

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

The Department of Education Approves!

Integrated Energy Therapy® classes are a key part of the new Mind/Body Therapies diploma program which is being offered at Pennsylvania's Center for Human Integration and has just received PA Department of Education approval.



Announcing NCBTMB Massage CEUs for IET

We are pleased to announce that IET® Master-Instructors Colleen and Jim Helbert of Georgia have not only received approval to award massage CEUs to their own IET students, but they have also established a new process that will allow any US IET MI to enroll so they too can award massage CEUs to their own students. (6.9 hours for Basic, 6.7 hours for Intermediate, and 6.7 hours for Advanced). Please see www.LearnIET.com or call us for details.

What is Better Than a Master-Instructor Retreat? Two Master-Instructor Retreats!

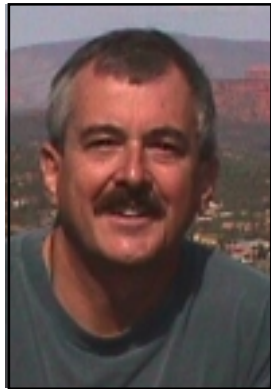
We would like to thank the 2004 retreat speakers, assistants, and participants. Over 125 Master-Instructors from around the world attended our USA IET MI Retreat and nearly 100 Master-Instructors attended our first Irish MI Retreat. Our 2005 USA Retreat will be held on October 21, 22, & 23, 2005 and our Irish Retreat will be held on September 24, 2005. If you plan to attend, please register early, as the 2005 retreats are likely to be a sellout!

Don't Miss Out on our Cyber Journals Make Sure We have Your Email Address

The need to share new IET information with you (more than twice a year via this Journal) is making us go cyber (via email and websites). If we have your email address, then you already received the email version of this Journal. If you did not receive an email version, and would like to, then please send an email to Journal-Of-Energy-Therapy@LearnIET.com and we will add you to our list.

Hable Español?

Our IET Basic and Intermediate level training guides are now available in Spanish, and we anticipate that our Spanish Advanced guide will be available shortly. We would like to thank IET Master-Instructors Beatriz Ortega-Schriber and Annemarie Schoone-Eberle for their skillful translation of our IET guides.



Stevan Thayer

Cutting the Cords of Codependency, Living Your Life's Essential Action, and Being Free!

Angel Ariel predicted that the healing theme for 2004 was going to be freedom. Well, she was definitely right! All you had to do was listen to the news and you heard about freedom. There was Operation Iraqi Freedom, freedom from terror, freedom of choice, freedom for gays to marry, freedom of the press, etc. We know from metaphysics that if we want to support the causes of freedom in the world, we must first work to achieve freedom in our own life.

Freedom is defined as the quality or state of being that is without constraint, coercion, or necessity in choice or action. True freedom is not dependent on external circumstances. Rather, it is an inner state of being. When we are truly able to live from our empowered heart energy and express our life's essential action, we are free. And conversely when we are free, we are able to live from our empowered heart energy and express our life's essential action. The primary cause of our loss of freedom is our attempt to give away our energy in order to obtain love and approval from others, as well as to control the behavior of others (something psychologists call codependency).

Angel Faith is the Healing Angel whose gift is faith and the freedom it brings. I channeled many messages from Angel Faith who was eager to share her wisdom in an effort to help us find and keep our freedom. I combined Angel Faith's wisdom with IET energy techniques to create the new IET Freedom Process that lets you easily cut the energy cords of codependency and be free.

The IET Freedom Process uses the power of the IET Forgiveness Process (in which we imprint the sacred geometry of the Mer-Ka-Ba into the secondary chakras in the palms of our hands) to create angelic energy halos that act like laser beams to cut the cords of codependency. Not only can you use the IET Freedom Process on yourself to achieve freedom, but you can also use it to help others achieve freedom too.

Being able to quickly cut the cords of codependency is especially important to anyone who has used the IET Empowered Heart energy process. The Empowered Heart energy is so powerful that it causes you become energetically like a hot air balloon lifting off the ground and ascending. Some people will be in perfect resonance with your Empowered Heart energy. They will be inspired with the journey that you are taking, and will eagerly join you in your wonderful journey of transformation. However, some people will be polarized into fear by your empowered heart energy, and out of fear they will try to hold you and your life down. As you use the IET Freedom Process to cut the cords of codependency, you will be free and your life can soar!

When we cut the cords of codependency, we release our need for approval from others, and no longer act codependently. Nor do we act independently. Rather, we live our life interdependently with others. We look inward and upward to the Divine for approval, and we express our life's essential action openly in service to those people who are wonderfully open to receive it.

Freedom-based interdependent relationships are a necessity for us to live our life's essential action effectively in the world. It should not be surprising, therefore, that according to Angel Ariel, "sacred relationships" will be the healing theme for 2005.

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



Karen Puglia

Thank You Angels For IET

*Thank you Angels for IET
For without this gift
where would we be?*

*We try to practice limitless thinking
But we often feel like we are sinking.*

*With life filled with so much stress,
It is our inner most fears
we must address.*

*We hang on tight sometimes it seems,
For we are learning that IET can
manifest our dreams.*

*The Universe is spinning very fast.
A higher vibration of energy
is here at last.*

*Although we claim we are ready
to let go,*

The changes often happen rather slow.

*The Angels guide us and take our hand
But still our fear is where will we land.
This journey is all about finding trust.*

*We owe it to ourselves,
so trust we must.*

*The first step is so very scary
and filled with doubt.*

*But we must remember the Angels
are here to help us out.*

*So with Gratitude we say,
"Thank you Angels for IET."*

*For without this gift
were would we be?*

To all IET practitioners,
may 2005 bring you much joy, good
health, and all that you desire.



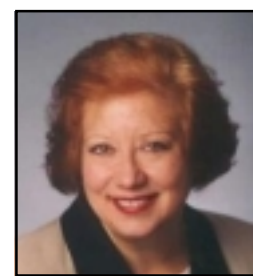
Maria Peterson

At the MI Retreat we began anchoring the energy of Freedom. We created a big force and now there is a lot of shifting and movement to make freedom happen in our lives. As this energy filters through my being and into my physical world, things are revolving and changing, some of them with ease and others with a grudging release. All those colds, sore muscles and other discomforts in our bodies, are us holding onto our own outdated thinking. We're holding onto old patterns that no longer serve us. Here are some of the things I am doing to keep myself centered and in joy.

Keep breathing. If you find yourself holding your breath, this is a sign that you are resisting the change that is occurring. Simply breathing allows you to keep moving, safely and at the pace you can handle.

Spend time outside. Even if it's just a walk down the driveway, get out of your home, which can become a box, especially for those of us who live in northern climates. The earth energies are so ready and willing to help us heal, but we have to connect with them and ask.

Heartlink. Angel Ariel and all the Healing Angels and your authentic essence that you hold in your Soul Star, help to keep you centered, balanced and in your truth. If you stay in your truth, you encourage those around you to do the same. You can meet those difficult moments in your life with ease by knowing what action to take, when to take that action, and who to call when you need help.



Nancy Russell

The energy of this point in time says, "YES"! Yes to ease and to new beginnings and attitudes of unleashed creativity.

Let us embrace our challenges as they present themselves, and as we do, we will see them dissolve. As we use our spiritual muscle, fear is thrown off and we burst with the joy of it. We smile with the awareness of energy intuition embracing our wisdom and consciousness. We are all students of this process. When we feel lost, alone, or confused, let us remember to invite our guides and angels to join with us to expand our ability and connection.

We have free-will enabling us to choose. By choosing a unity or oneness experience we can embrace each challenge, confusion, and our perception of delay.

In that space of oneness, "it" all becomes simple. We are here to heal ourselves and serve others.



IET® and the 12-Strand Spiritual DNA

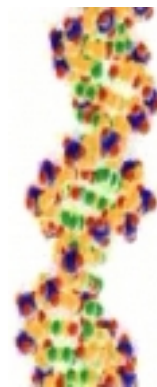
All life follows a divine blueprint that is called the 12-Strand Spiritual DNA. Science has investigated the first two physical strands (1st pair) of the DNA blueprint. There are five other double helix pairs in the DNA system (2nd to 6th pairs). In the 12-Strand system, the first pair is physical and the other five pairs are non-physical energy imprints in the human energy field. IET classes and attunements are designed to activate and restructure all 6 pairs of the 12-Strand DNA as follows.

Basic Level IET Class - works at the 1st (physical) and 2nd (emotional) pairs of the 12-Strand DNA and provides you with the ability to clear physical and emotional energy blockages from the cellular memory and leave in their place positive physical and emotional energy imprints.

Intermediate Level IET Class - works at the 3rd (mental) and 4th (karmic) pairs of the 12-Strand DNA and provides you with the ability to clear physical, emotional, mental, and karmic energy imprints from the human energy field and leave in their place positive energy imprints.

Advanced Level IET Class - works at the 4th pair (genetic soul profile) and 5th pair (soul cluster) of the 12-Strand DNA and provides you with the ability to discover your soul's mission and attract members of your soul's cluster to help you live your soul's mission and bring your dreams alive.

Master-Instructor IET Class - works at the 6th pair (alignment with the Divine) of the 12-Strand DNA and provides you with the ability to activate the DNA of others and attune them to the Basic, Intermediate, and Advanced Levels. In addition, once you are attuned to the Master-Instructor level IET Ray, your energy field will operate in an increased state of spiritual surrender known as "thy will, not my will".



Our IET® Master-Instructor Training Class Helps You Reach for the Stars!

Our IET MI Training builds on all of the knowledge and techniques learned in our Basic, Intermediate, and Advanced Level trainings and is focused on teaching you to work directly with the 12-Strand DNA. The class has two main focuses: enhanced Master-Instructor techniques for clearing cellular memory and the human energy field, and teaching you to attune students and teach the Basic, Intermediate, and Advanced Levels. The theme for this class is "Reach for the Stars", and the techniques you will learn are designed to help you do just that in your life!



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.

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, the Karma Clearing Process, the 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.

It Pays To Register Early! Our early registration fee applies when the registration deposit is received at least 30 days prior to the class date. When registration deposits are received within 30 days of the class, the late registration fee applies.

MI Class Location	Class Fee (Early Registration)	Class Fee (Late Registration)	Registration Deposit	Review Fee (Early/Late)
USA	\$635 US	\$685 US	\$210 US	\$60/\$70 US
Ireland & Belgium	635 Euro	685 Euro	210 Euro	60/70 Euro
Canada	\$790 CDN	\$850 CDN	\$300 CDN	\$80/\$90 CDN

Cancellation Policy: Your deposit will be refunded in full if you cancel for any reason more than 30 days prior to the class date; otherwise, you will forfeit \$100 US for USA classes, \$150 CDN for Canada classes, and 210 Euro for Irish and Belgian classes.

2005 Integrated Energy Therapy Master-Instructor Class Schedule

We are pleased to be able to offer you the most extensive IET Master-Instructor training program yet. We are offering classes in more locations than ever before and each class will be taught from our new eighth edition of the IET Master-Instructor training guide, which includes a description of how to teach our new training classes, and new IET Master-Instructor only techniques.

<u>Location</u>	<u>Trainer</u>	<u>Class Days & Dates</u>
Norwalk, CT, USA	Karen Puglia	Sat. & Sun. Feb. 5 & 6, 2005
Saugerties, NY, USA	Stevan Thayer	Sat. & Sun. April 2 & 3, 2005
Philadelphia, PA, USA	Nancy Russell	Sat. & Sun. April 9 & 10, 2005
Plymouth, MN, USA	Maria Peterson	Sat. & Sun. April 23 & 24, 2005
Co. Kildare, Ireland	Stevan Thayer	Sat. & Sun. April 30 & May 1, 2005
Providence, RI, USA	Karen Puglia	Sat. & Sun. April 30 & May 1, 2005
Oldenberg, IN, USA	Maria Peterson	Sat. & Sun. May 14 & 15, 2005
Bedford, NH, USA	Karen Puglia	Sat. & Sun. May 21 & 22, 2005
Tinton Falls, NJ, USA	Nancy Russell	Sat. & Sun. May 21 & 22, 2005
Ottawa, ON, Canada	Maria Peterson	Sat. & Sun. June 11 & 12, 2005
W.Springfield, MA, USA	Karen Puglia	Sat. & Sun. June 11 & 12, 2005
Schoten, Belgium	Stevan Thayer	Sat. & Sun. June 18 & 19, 2005
Yardley, PA, USA	Nancy Russell	Sat. & Sun. July 16 & 17, 2005
Boulder, CO, USA*	Maria Peterson	Fri. & Sat. August 12 & 13, 2005
Montreal, QUE, Canada	Karen Puglia	Sat. & Sun. August 20 & 21, 2005
Brunswick, ME, USA	Karen Puglia	Sat. & Sun. Sept. 10 & 11, 2005
Co. Kildare, Ireland	Stevan Thayer	Sat. & Sun. Sept. 17 & 18, 2005
Dallas, TX, USA*	Maria Peterson	Sat. & Sun. Sept. 17 & 18, 2005
Toronto, ON, Canada	Karen Puglia	Sat. & Sun. Nov. 12 & 13, 2005
San Jose, CA, USA	Maria Peterson	Sat. & Sun. Nov. 12 & 13, 2005

* **Accelerated Study Location:** we have made special arrangements to have Basic, Intermediate, and Advanced level classes taught the three days prior to the Masters class for accelerated 5-day study.

For Up To Date IET Class Listings: We will be offering additional Master-Instructor classes in 2005. They will be included in the next Journal of Energy Therapy as well as listed on www.LearnIET.com.

Prerequisites: 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. If you need to complete your IET prerequisites prior to a Master-Instructor class, contact the MIs in your area for their class details.

Registration: IET Master-Instructor classes are open to the first 20* students who register with a paid deposit. All IET Master-Instructor classes run two days from 9:30 AM to 6:00 PM on Saturday and 9:30 AM to 5:00 PM on Sunday unless otherwise noted. (* Ireland class 35 students & 5 repeating Masters).

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

We are Continuing our “Get In Step with Spiritual Transformation”

Our “Step Special” has been so popular and well received that we are continuing our special offer. Over the past several years, we have been blessed with a series of angelic IET energy techniques that build upon each other and support us in our process of Spiritual Transformation. We offer audio cassette recordings of Stevan Thayer presenting these special IET techniques to support you in your transformation.

Step 1: Heartlink with Your Angel: Follow Stevan Thayer as he leads you through the process of connecting to the energy of your angel and using it for healing. Cassette Tape: \$7.00

Step 2: Activating your 12-Strand DNA: Join Stevan as he uses the power of the IET energy ray to activate your 12-Strand Spiritual DNA and bring you into alignment with the very mission of your soul. Cassette Tape: \$10.00

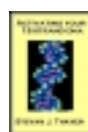
Step 3: Clearing Your Karma: Do you ever find yourself in the same (often unpleasant) situations? These repeat situations are the result of Karma. This one hour audio tape will lead you through the new IET Karma Clearing process that clears your Karma with the Energy of Angels. Cassette Tape: \$10.00

Step 4: Achieving True Forgiveness: The Forgiveness Process was recorded live at the 2002 Master-Instructor Retreat. Anyone listening to this tape can work through the forgiveness process for self and others. Welcome forgiveness into your life! Cassette Tape: \$10.00

Step 5: Empowered Heart - Essential Action: The Empowered Heart is the result of the energetic union of the heart and power centers. This audio tape leads you through the Empowered Heart process and helps you discover your life's Essential Action. Tape: \$10.00

Step 6: Future Life Progression: Let Stevan guide you forward with the help of your angels and soul council to a future lifetime in which you are successful in mastering all your lessons and living your true life's purpose. Cassette Tape: \$10.00

SPECIAL OFFER: regularly \$57.00 you can purchase the entire six step tapes for **only \$49.00** (save \$8.00)

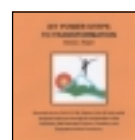


RELATED NEW PRODUCTS: We are pleased to offer two new audio CD programs that build upon our transformational steps.



Freedom Process (Step 7) and Power Steps To Transformation

See Page 7 for details



Now Available to All IET Students

AUDIO TAPES OF OUR SPECIAL IET WORKSHOPS RECORDED LIVE AT THE 2004 USA 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).



<u>Tape</u>	<u>Workshop</u>	<u>Speaker</u>
04-1	Crystals and IET	Carol White
04-2	Angel Dusting, IET, and the Endocrine Gland System	Maria Peterson
04-3	IET, Forgiveness, Miracles and the Path of Light	Dr. Philip Friedman
04-4	Healing through song	Sandy-Joy Goldstein
04-5	Touching wings with our Angel Animals	Sheryl Hirsch-Kramer
04-6	Envision your Dreams into Life with IET	Kathryn Elaine Rowedder
04-7	BeHold <i>Care for Caregivers</i> TM Program	Dunham, Frederiksen, and Horwitz
04-8	Healing the IET Healer	Nancy Walker and Sharon Sullivan
04-9	Integrating Multiple Personality Aspects	Mike Wanner
04-10	Harnessing the Violet Ray Through Vibration	Edna Doane



Treat Yourself to the Transformational, Fun-filled, 2005 MI ReTreats!

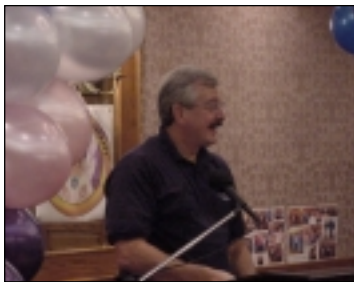
♥ **September 24, 2005 at The Ambassador Hotel In Kill, Co. Kildare, Ireland** ♥

Irish MI Retreat: early registration fee 95 euro, late registration fee 135 euro, deposit* is full registration fee.

♥ **October 21, 22, and 23, 2005 at The Sheraton Hotel In Parsippany, NJ, USA** ♥

	Entire Retreat	Fri & Sat	Sat & Sun	Fri Only	Sat Only
USA MI Retreat	<u>7 Meals</u>	<u>6 Meals</u>	<u>4 Meals</u>	<u>3 Meals</u>	<u>3 Meals</u>
Early Registration	\$375.00	\$325.00	\$250.00	\$170.00	\$170.00
Late Registration	\$410.00	\$355.00	\$275.00	\$190.00	\$190.00
Deposit*	\$150.00	\$125.00	\$100.00	\$75.00	\$75.00

Our early registration fee applies when the registration deposit is received at least 30 days prior to the retreat date. When registration deposits are received within 30 days of the retreat, the late registration fee applies. You can register on-line at www.LearnIET.com or by calling The Center Of Being, Inc. at (845) 657-7220. * Your deposit will be returned in full if you cancel for any reason more than 30 days prior to the retreat date; otherwise, the entire deposit is forfeited.



Now Available - Special Audio Programs from our 2004 IET Master-Instructor Retreat

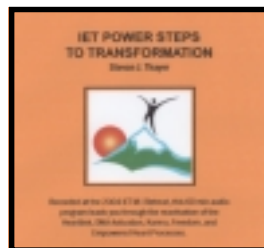
**The IET Freedom Process
Cutting the Cords of
Codependency**



Recorded at the 2004 IET MI Retreat, this 1-hour audio CD program leads you through the new IET Freedom Process and helps you cut the cords of codependency.

(Available only on CD) Price: **\$12.00**

**IET Power Steps to
Transformation**



This 30-minute transformational energy process gets the issues out of your tissues FAST! It uses the automatic activation techniques of the first 5 Steps (Heartlink to Empowered Heart).

(Available only on CD) Price: **\$12.00**

**Evening With An Angel
Recorded Live at the
2004 MI Retreat**



One of the favorite events of the MI Retreats is our Evening with an Angel. Stevan channeled Angel Ariel's message on the world's energy as well as her answers to participant's questions.

(Available only on Tape) Price: **\$7.00**

SPECIAL OFFER - Order before May 1, 2005 and receive all three audio programs (2 CDs and 1 Tape) for **\$25.00**

New!

You Deserve to be Blessed by an Angel! Introducing A Bag-Of-Blessings

New!



Based on the book *The Healing Angels of the Energy Field* by Stevan J. Thayer, our new Bag-Of-Blessings features five special blessings from each of the nine Healing Angels for a total of 45 blessings. A treasury just brimming with blessings.

Each 2 x 3.5 inch blessing card contains a full color image of one of the nine Healing Angels along with a blessing relating to the Healing Angel's special healing gift. These cards come in a beautiful royal blue 3 x 5 inch velveteen pouch.

Our Bag-Of-Blessings is ideal for you to use to pick a card and get your daily angelic blessing. You can also use them by letting your clients pick their angelic blessing for the session. They make great gifts and you can send a special angelic blessing card (or even a whole bag-of-blessings) to a friend.

Price \$15.00 per bag

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