

The Journal of Integrated Energy Therapy®

Volume 19

The Center of Being, Inc.

December 2014

Dear Stevan,

We hope you enjoy this cyber version of the Journal of Energy Therapy. You can click on the featured article in the list below to jump directly to that article.

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Giving the Gift of Gratitude

A message from Angel Ariel
Channeled by Stevan J. Thayer

Giving the gift of gratitude is one of the most powerful things you can do.

Whenever you give the gift of your gratitude, your heart center opens and it generates a powerful energy of love which aligns your vibration with that of the Unity Shift vibration. As this alignment occurs, you automatically begin to shift out of your ego's separation consciousness and move into your soul's unity consciousness. Unity consciousness brings you into deeper and deeper levels of awareness of the underlying unity of all life and opens up a two directional flow of loving energy from your heart to the life forms around you. You will both give and receive the energy of love through this flow. The more gratitude you give, the more love you will receive. And since the energy of love you are channeling is of divine origin you can never run out. The more you give, the more that is there to give.

Angels live in an perpetual state of gratitude and we have an indescribable level of gratitude for you for being so open to receiving our energy of love. Whenever you establish an angelic heartlink with us, you help us in our mission of healing the world one heart at a time. Please know that we are truly grateful for you, and that we truly love and appreciate you.

When giving the gift of gratitude, we invite you to begin by establishing an angelic heartlink with all of your angels. Then, send the energy of your heartfelt gratitude over your angelic heartlink to your angels and guides, to the members of your soul cluster, and to the Divine.

Next, send heartlinks of gratitude to every person who is a blessing in your life by establishing a human heartlink with each person and then reciting in your mind the gratitude that you have for this person. Even if the person is not aware of your gratitude for them, they will energetically be invited to receive a strong unity connection with you and through that connection they will receive a

powerful flow of love from you. This will open a wonderful flow of love within them that will spread healing support to every cell of their being.

You can send heartlinks of gratitude to person after person in your life. The more heartlinks of gratitude you send, the more your heart center will open and the energy of love you send will become stronger and stronger.

The most powerful way to give the gift of your gratitude to a person is to be in their presence. Establish a human heartlink with them and then express your gratitude for them both energetically and verbally so that they can both hear your words and receive your energy. Once you have expressed your gratitude you can hug the person in a way that your heart centers touch. It just might be the best gift they have ever received. One that will be treasured for a lifetime.

When offering your gift of gratitude please remember to also offer the gift of gratitude to yourself. You can include your gratitude for your body, your mind, your health, your creativity, your accomplishments, the ways you have helped others, the fears you have faced, your successes and even your failures. This will open a wonderful flow of love within you that will spread healing support to every cell of your being.

We invite you to make it a daily habit to count your blessings and give the gift of gratitude, energetically and verbally, to all of the people who are a blessing in your life. You will be grateful that you did.



Our Preliminary 2015 IET Master-Instructor Class Schedule

Location	Trainer(s)	Class Dates 2015
<u>Charlestown, WV, USA</u>	Phoenix Rising Star & Leon Pelletier	March 7 &8, 2015
<u>Sherman Oaks, CA, USA</u>	Maria Peterson	March 14 &15, 2015
<u>Hollywood, FL,USA</u>	Michelle McCarthy	March 28 &29, 2015
<u>Kingston, NY, USA</u>	Stevan Thayer	April 11 & 12, 2015
<u>Cork, Co. Cork, Ireland</u>	Edmond Carroll	April 18 & 19, 2015
<u>Rockville, MD, USA</u>	Maria Kramer	May 2 & 3, 2015
<u>Waterdown, ON, Canada</u>	Angelika Niedling	May 2 & 3, 2015

Sedona, AZ, USA	Phoenix Rising Star & Leon Pelletier	May 16 & 17, 2015
Cleveland area, OH, USA	Maria Kramer	May 16 & 17, 2015
Derry, Co.Derry, N.Ireland	Edmond Carroll	May 16 & 17, 2015
Aurora, CO, USA	Phoenix Rising Star & Leon Pelletier	June 13 & 14, 2015
Amsterdam, Netherlands	Maria Kramer	June 20 & 21, 2015
Salthill, Co. Gallway, Ireland	Edmond Carroll	June 13 & 14, 2015
Ottawa, ON, Canada	Angelika Niedling	June 27 & 28, 2015
Woodbridge, NJ, USA	Maria Kramer	July 18 & 19, 2015
Calgary, BC, Canada	Angelika Niedling	July 18 & 19, 2015
Evanston, IL, USA	Maria Peterson	August 8 & 9, 2015
Providence, RI, USA	Michelle McCarthy	August 15 & 16, 2015
Budapest, Hungary	Maria Kramer	September 5 & 6, 2015
Jelling, Denmark	Maria Kramer	September 12 & 13, 2015
Omaha, NE, USA	Phoenix Rising Star & Leon Pelletier	September 12 & 13, 2015
London, ON, Canada	Angelika Niedling	September 19 & 20, 2015
Delano, MN, USA	Maria Peterson	September 19 & 20, 2015
Dallas, TX, USA	Phoenix Rising Star & Leon Pelletier	September 19 & 20, 2015
Dublin, Ireland	Edmond Carroll	October 3 & 4, 2015
Portland, ME, USA	Phoenix Rising Star & Leon Pelletier	October 10 & 11, 2015
Oldenburg, IN, USA	Maria Peterson	October 17 & 18, 2015
Montreal, QC, Canada	Angelika Niedling	October 17 & 18, 2015
Rockville Center, NY, USA	Maria Kramer	November 14 & 15, 2015
Sedona, AZ, USA	Phoenix Rising Star & Leon Pelletier	November 14 & 15, 2015
West Springfield, MA, USA	Michelle McCarthy	November 21 & 22, 2015

For further information or to register for one of these 2015 classes simply click on the class location and it will hyperlink you to the page on our LearnIET.com website that will provide you with additional details and a registration link.

All 2015 Master-Instructor classes have a standard agenda, price, deposit requirement, and cancellation policy established by the Center of Being, Inc.

We will continue to add more Master-Instructor class dates and locations

throughout the year. For an up to date class listing of our 2015 IET Master-Instructor classes, simply click [2015 MI Classes](#)

All of us here at The Center of Being
send you our Heartlinks of Gratitude and
wish you and your loved ones
a very Happy Holiday and a blessed New Year.



Carol Armitage, Stevan Thayer, Barbara Stepniak, Debbie Haubrich, Roxie Newberry, Edmond Carroll, Maria Kramer, Michelle McCarthy, Leon Pelletier and Phoenix Rising Star, Maria Peterson, and Angelika Niedling.



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