

OPERATION JOY

By Jayne Milak-Dempsey

“Why did God make me?” Some of you may recognize that famous question as one of the “infamous” questions of the Baltimore Catechism that us little Catholic kids memorized until our little memory machines fell off the rack. For those of you who are wondering what the big deal is, that question is one of hundreds of questions that children going to Catholic schools in the 50’s and 60’s memorized and regurgitated every day throughout grammar school. We were never encouraged to discuss them, analyze them, or “God forbid” engage in a process of agreeing or disagreeing with the answers. We were just instructed to memorize them. In all fairness, it was also a time when society and other churches were stuck in the process of blind faith also. The Catholic Church, however, had a pretty strong corner on the market with this Baltimore Catechism routine.

Ok, you who remember that question, do you remember the answer? The answer was (drum roll, please!!!) – “God made me to be happy, in this world and the next.” Happy! Wow! You mean all we’re supposed to do on this earth is be happy? How do we do that? How come we don’t remember “Happy” as such a dictate of Godliness? Well, at least for the process of Baltimore Catechism – part of the reason was that that little answer was the last we heard of that “happy” thing.

Well, now it’s come back. It’s come back big time! Happy is the goal of the entire process of Integrated Energy Therapy[®] (IET)- a healing, spiritual work that has no denomination or religion, but that is directed by the spirit of angels. It is a work that is centered around spirit, but respects whatever your definition of “spirit” is. It’s popular with people of no religion and people with religion – even Catholics. It’s direct spiritual communication, without judgements.

IET believes that each one of us has a precious purpose in life, our soul mission. In this lifetime, in any lifetime, we were created to live out our soul mission. This soul mission isn't a chore. It isn't that dreaded job that makes us nauseous when we get up in the morning. It's that job that makes us smile. It's that job that fills our hearts and minds and souls with joy. It's that vocation that says, "If I can do anything in the world, I would...."

That sounds so beautiful, so wonderful. How come nobody ever told us that? Well, the truth is "I don't know." Sometimes, we just get away from the simplicity of "What is" and what is most obvious. Think of it like this. God created the world. Whatever our religion, we all believe that God loves us more than we love our own children. I can't really fathom that, but it is one of those "Take it on faith" things." Ok, so let's just accept that God loves us as much or more than we love our own children – or our own parents. What do we want for our children, our parents? I'll bet we would all say one answer..."Joy" – "To be happy." To make us happy, God takes each one of us and creates each person's mind, body, and soul to absolutely LOVE the very thing that we're supposed to do in our lifetime. Then, we have Joy AND fulfill our life's purpose, all at the same time.

Now, let's look at the bigger picture for a moment. If everyone was doing what they loved and truly made them happy, what would the world look like? Basically, a pretty nice place, don't you think? It would have to be. It wouldn't have people doing evil, destructive stuff, would it? I can't imagine God saying, "Ok, you over there, I think I'll make you a terrorist, or a murderer, or a rapist." Nope – I can't buy that one. If God is all goodness, He (or She) couldn't give pain or evil.

Ok, so now we believe that HAPPY is what we're supposed to do. What does that have to do with IET?

Integrated Energy Therapy was started in 1995 by an Interfaith Minister named Stevan Thayer. If you're familiar

with Reike, acupuncture, or accupressure, IET is a similar work, in that it balances out our energy fields. IET is different in that it emphasizes that emotions are delicately entwined within our mental, physical, and mental layers of our energy field. Carolyn Myss determined that we have an "Energy Anatomy," where our bodies absorb negative emotions and store them in the muscles of our body. Stevan Thayer – with the help of Angel Ariel (a special Angel who inspired Stevan and the work of IET) - came up with the concept that there are actually 9 areas of our body where we store negative energy in places called cellular memory areas.

When that negative junk is not released, we actually feel pain in those areas. For example, let's take a favorite one of most of us – STRESS. Stress is stored in our stomachs. More than stress, it's a feeling of powerlessness. We feel trapped. We can't go forward. We can't go backwards. We don't know or believe where the answer to our problem will come, or if it will come at all. We have no POWER to overcome the situation. Through IET, we can remove that negative, powerless feeling and implant EASE – ease that the answer WILL come – ease that we will be guided to the perfect answer for us, guided by the universe, by our angels, by our God, or by our individual spiritual connection.

There are 8 other areas. They hold guilt, anger, resentment, threat, "should" pressure, fear, betrayal, distrust. When negative energy is removed from all 9 of these areas, we are able to connect with our soul mission which is also part of the cellular memory area. Without energy work, it's a little like trying to get a magnet to work when it has layers of dirt and crud all over it. It might work for a little while, but then it falls off. If we clean it off, voila! It sticks to that metal with all its heart and soul (assuming that magnets have a heart & soul). With the yucky stuff gone, we get filled with the lighter "flip side" of those negatives: innocence, forgiveness, support, freedom, safety, love, and trust. When we're filled with that wonderful stuff, it's easy to look at God's face and say, "Ok, what do You have in mind that makes me happier than eating

pizza, chocolate ice cream, ravioli, lasagna, lobster, steak, and tiramisu all at the same time - not gain a pound, and not worry about allergies or clogging up my arteries?"

With all this build-up, how do we get IET? IET is a hands-on, light touch therapy session, where clients are fully clothed and just relax on an energy table or in a couch or chair. An IET Therapist then guides you through a healing energy session. It is also a technique that can be learned in certification classes taught by an IET Master Instructor.

IET offers an exciting new beginning that just brings you back to your true self and hands you a cup full of joy, with a lifetime of endless refills.

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