

Perhaps The Best 5 Minutes of Your Life!

The IET 5-Minute Empowerment

by Karen J. Puglia

Well here I am again talking about the 5-Minute Empowerment! Those of you who have been around for a while know that I am always reminding people of the benefits of this technique that was learned way back in the Basic IET class. But I have to tell you it is one of the easiest, quickest, and beneficial IET techniques that you can do in a short period of time. If a client calls me between sessions with some anxiety, feelings of anger, sadness, etc., I do an absentee 5-Minute Empowerment and the report that I get back is that the negative feelings have lifted.

The 5-Minute Empowerment technique (illustrated in the Basic IET Manual on page 11) has many uses. In your busy, fast-paced life, it just takes 5 minutes to release stress, anger, fear, etc. from your energy body. Check out these ways to *Empower* yourself:

Uses for the 5-Minute Empowerment Technique

1. Mini clearing of negative emotions and feelings and imprinting of positive energy for yourself and others. Great way to start and end the day!
2. Absentee
 - a. When a friend calls and is in need of a session but there is not enough time in the moment to do a full IET session, do a 5-Minute Empowerment.
 - b. As an IET practitioner, you may receive a call from a client who is having a difficult time. You can do an absentee 5-Minute Empowerment to help relieve the symptoms in the moment.
3. Health or Alternative Healing Expos
 - a. Set up a table with information about IET, your IET class schedule, and information about your IET practice. Offer to do a 5-Minute Empowerment session by having the participant sit in a chair. (Hint – have a chair for yourself,

it saves your back!) Participants experience a mini session and feeling the change after only 5 minutes, they become interested in how good a full IET session would feel or become interested in taking IET classes.

4. Information meetings and talks
 - a. As a part of IET information talks, offer to do a 5-Minute Empowerment session on a volunteer after giving a talk about IET in general.