



BLOCK BUSTER



Therapist Gilly Workman gives a personal account of her experience with an energy therapy that really lightened her load. At its core is the aim of bringing a sense of joy back into life

I had been practising various types of energy healing for many years and had no doubt done much personal clearing. But much baggage remained and I wondered if I would ever 'shift' the rest. Then last year, I visited a psychic and wellbeing day organised by a friend, in our home town. There were many various healers offering mini treatments and, many, many readers plying their trade. But I was especially drawn to a young Irish woman offering Angel Card readings and as I have been drawn to the Angels for some time, joined the queue. Her reading was amazing; she also had leaflets offering Integrated Energy Therapy (IET). I had not heard of it before, but I took the leaflet, and as you do, left it lying around at home, occasionally picking it up and reading it. Something within the text resonated with me and after about three weeks I picked up the phone and booked a treatment.

The treatment was very relaxing – as I had my eyes closed I couldn't see what she was doing but I was aware that she sometimes placed her hands on my body, which were generating a lot of heat, and at other times she reached underneath my body and applied pressure with her finger tips. It was very pleasant. She did warn me that I might have a physical reaction – such as diarrhoea, or I might be quite emotional, but just to be gentle with myself and see what happened. For the next five days the smallest room and I were very good acquaintances! This therapy certainly seemed to 'clear out the crap!' I couldn't believe it – nor could I believe how 'light' I felt. I returned for a further two treatments to which I also had reactions – more small room stuff plus weepiness but at the end of it all I felt so good. Lighter, freer somehow.

Calling card

This was especially good news as during the previous two and a half years I had had a series of traumas which had all happened in quick succession. They had taken their toll on me physically and mentally – they included the death of one of my oldest friends, one close relative having a nasty accident resulting in emergency surgery and three weeks in hospital; another close relative making a suicide attempt rapidly followed by my job being axed; then finding out that my 20 year-old daughter was pregnant. It was no wonder that I was diagnosed with depression and anxiety during the autumn of 2006. Following the treatments, things that previously would have stressed me out just floated over my head – they no longer bothered me. I felt more benefits than I had ever experienced with other treatments. I also noticed that lower back problems that had plagued me for years improved – I had been holding negative emotions in my back (as many people do) and my chiropractor noticed the improvement as well. Previously, I had experienced a lot of pain and had taken time off work because of it – I get the odd twinge but it's nothing like it was. I was hooked!! I had to do the training and attunements! It was time for me to move on.

I did my training and attunements with a lovely Master who came over from Ireland; only two of us were trained on that occasion. I will never forget it – the Master was so thrilled when I told her of the reactions that I had experienced and informed us that our lives would change immeasurably with IET. Hers certainly had – she has now been working full-time as a holistic therapist for four years and has not looked back. During the training we practised on each other every day and also received a treatment from the Master – I can report that I released much negativity on that occasion – my arms and legs twitched and jerked quite uncontrollably. When I got up from the couch, we found a white feather on the floor – a sign that Angels had been present. The doors and windows in the room had remained closed all day!

Integrated Energy Therapy is one of the newer types of energy healing available (it is healing with an Angelic vibration) – it's been popular in the US (where it was developed), mainland Europe and Ireland for several years and is just beginning to become recognised here in the UK. It was developed by a White Light Reiki Master and Interfaith Minister, Stephen Thayer, in 1995. In his practice, he realised that he was seeing clients with blockages that Reiki alone was not clearing. As an energy practitioner, he wanted to play a more active role in helping clients clear the blockages. In part by accident and in part by divine inspiration, he discovered the IET cellular memory map and the IET integration points. These points, while not identified in any traditional acupressure systems, have the power to support the clearing of energy blockages that result from deeply suppressed cellular memories. He began teaching the technique in 1994. There are now over 1,600 Integrated Energy Therapy Master Instructors who have collectively taught more than 6,000 students in over 25 countries.

How does it work?

When we experience physical or emotional trauma, surgery, disease, suppressed feelings, stress or fear in current or previous life events our energy flow becomes restricted. These restrictions create 'energy blocks' similar to a dam blocking the flow of a river. Energy blocks can remain with us for years and lifetimes. When energy flow is restricted our body reacts by creating or making us susceptible to diseases, emotional and mental disorders, spiritual disconnection and a perceived inability to cope and move forward with our health and life wellness. It really 'gets the issues out of your tissues' and allows you to move on in your life. It works by releasing the negative emotions such as distrust, guilt, fear, heartache, anger, resentment, stress and powerlessness and then integrates positive emotions such as trust, innocence, safety, love, forgiveness and ease. My life is certainly changing for the better: I have made some major decisions – life-changing decisions – and I know that the Universe will support me, as I am living my life's purpose and soul's mission.

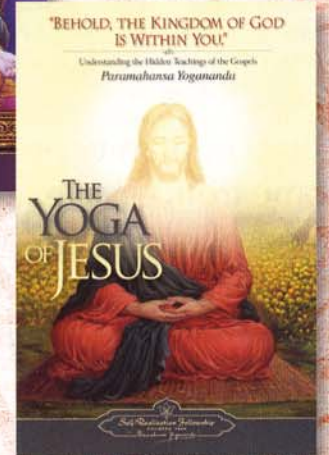
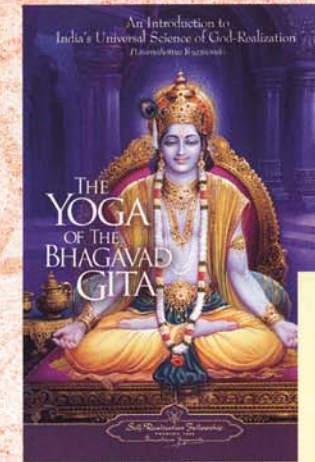
I still have regular treatments myself, and am clearing past life stuff and generally feel so much better all the time. Four of my clients have been so impressed with the therapy that they have also trained – the word is spreading! I love to give treatments – the practitioner also receives healing as they give treatments as the energy is channelled through the therapist – but I pick up such amazing stuff for the clients! I have seen angels joining us. I have received messages for people and have correctly identified the core issues that are holding them back, often stretching back into several past lives. This is possible as I read the energy as it releases. Once the blocked energy has been removed from all the nine cellular memory areas, the energy is free to flow again; we are free to connect with our soul's mission and life's purpose and experience innocence, forgiveness, support, freedom, safety, love, trust and pride – thereby establishing the basic goal of IET – which is JOY. The blockages are gently released, but the client does not necessarily 'relive' or even recall the incident that caused the block; it is a very powerful but very gentle treatment. A dear friend of mine needed two minor operations early in 2007, both of which were performed as day surgery. As energy workers know, surgery and injuries create energy blocks in the body. For the first surgery, I took her into hospital and waited with her until she was discharged, took her straight home and gave her a treatment. She has a huge fear around hospitals which sits in her body like a hard lump which she was acutely aware of. During the treatment, she felt it lifting away and she healed well. I treated her again shortly after the second day surgery and she released tears and fears which had been trapped in her since an unpleasant hospital experience at the tender age of nine years. She felt much better afterwards. I continued to support her healing with distance treatments on a regular basis. IET is powerful, gentle and supportive and I am so glad that I found it.

more information

Gilly Workman, Integrated Energy Therapy, Quantum Touch, Advanced Stress Consultant, Reiki call 07884 353628 or visit www.life-changing-therapies.co.uk

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