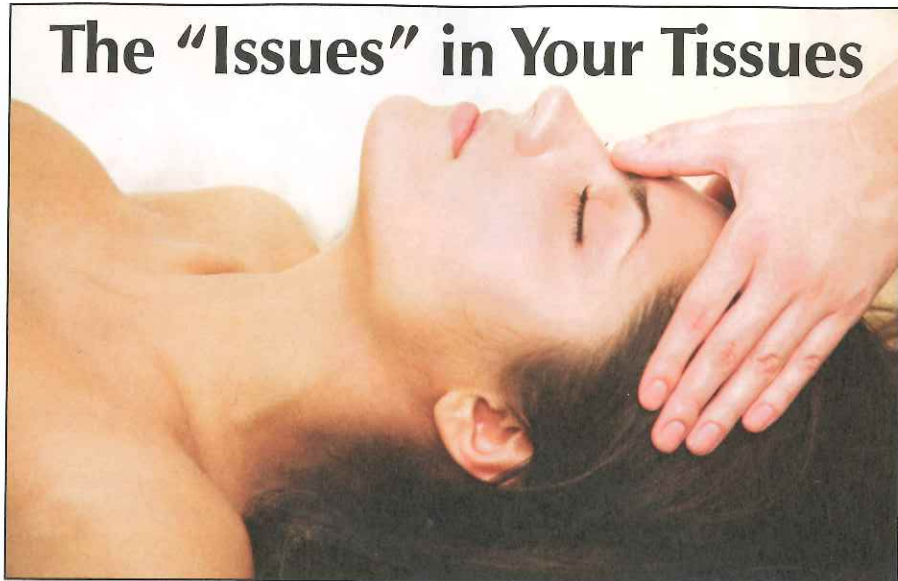


## The "Issues" in Your Tissues



**A**re you ready to get the "issues out of your tissues?"

If you answered yes, then Integrated Energy Therapy® may be the alternative energy healing modality for you. IET® is a gentle and simple way of releasing suppressed emotions, which may have accumulated from negative life experiences, from the cells of your body. These energy restrictions can remain with you for years or lifetimes and can cause physical blocks, spiritual disconnection, inability to move forward with your wellness, and increased susceptibility to disease, making it difficult for you to move through life with ease. IET practitioners work with a special channel that serves to rebalance the flow of energy to support the body's natural ability to maintain proper mental, emotional, and spiritual balance. By freeing this flow of energy, you create space for healing the body, mind, and soul. IET practitioners are facilitators who interpret energy flow, treat the energy body, and support clients in their healing process to promote healing on all levels.

### Release Stored Emotions and Experience Transformation

Suppressed stored emotions can result from illness, pain, depression, anxiety, childhood experiences, car accidents, broken bones, loss of a loved one, work-related frustration, physical and emotional stress, trauma, and other life experiences. These stored emotions can fill your energy field to overflowing, resulting in stagnation of energy flow until you release or resolve them. If you are unable to release the stored emotions related to negative experiences you may experience shame, guilt, distrust, threat, heartache, betrayal, resentment, powerlessness, and fear. Holding on to suppressed stored emotions can keep you from moving forward in your life, hindering you from fully experiencing all that life has to offer. IET can facilitate the process of letting go of these stored emotions, allowing you to work toward a healthy future by instilling positive change and experiencing true happiness. This process can open the door for your personal growth potential and transformation.

Integrated Energy Therapy was developed at The Center of Being by Dr. Stevan J. Thayer and inspired by Angel Ariel. Stevan discovered the IET cellular memory map and the IET integration points, which are used to support the clearing of energy restrictions that result from suppressed memories. Stevan identified the correlation between emotions and specific body parts and this is where the individual steps of energizing, triggering, releasing, and integrating are applied. As practitioners, we energize by holding hand positions in one of nine positions to channel energy. This is followed by the trigger step, where light pressure is used while we invite the energy blockage to begin to release. The release step allows the practitioner to pull energy imprints out of all layers of the client's energy field.

The final step is integration, during which we imprint a positive, empowering state of energy, which establishes an expectation for positive future experiences.

There are four levels of IET: Basic, Intermediate, Advanced, and Master-Instructor. Integrated Energy

Therapy is an attunement-based energy therapy system and it uses the violet angelic energy ray of nine Healing Angels. The IET practitioner receives an energy attunement to the IET energy ray at each level of training. Each attunement builds upon the others to ultimately bring all six pairs of the 12-Strand Spiritual DNA into their full power. This attunement expands the practitioner's energy body, which allows him/her to be a channel of the IET energy. The primary gift of the IET ray is emotional, mental, and spiritual clearing.

### Everyone Can Benefit from IET

IET is unique to everyone and everyone can benefit from it. It is important to note that the client is the healer; as practitioners, we simply facilitate our clients' healing processes by holding the space for them and for giving them a means to clear what they are ready to clear.

When was the last time you slowed down enough to listen to what your body was trying to tell you? What steps can you take to fully engage in your wellness? The first step in healing is to participate in your life and listen to your body. If you take the time to listen, your body can guide you to heal more rapidly. Your body is your gift so embrace it, honor it, care for it, and it will guide you to fulfillment. Make the choices that are right for you, step forward and honor yourself. With IET, you can restore your body to a healthy state of being, freeing your life-flow energy, rebalancing and renewing your energy field. Learn from your body and the clues it is giving you. Your body wants you to move through life with ease. You have within you the capacity to be self-empowered and to create your own healing on the physical, emotional, mental, and spiritual levels. Open yourself up to life's possibilities by releasing the past and embracing the now.

*Jo Homar is an Integrated Energy Therapy® Master-Instructor and owner of Bountiful Blessings, LLC located in Glastonbury, CT. She can be reached at 860.202.8269, jo@bountifulblessingsct.com, or for more information visit bountifulblessingsct.com. Jo is also a Usui Reiki practitioner, spiritual counselor, and medium. Whether it is releasing old patterns; clearing emotional stored memories; or restoring balance on the physical, spiritual, emotional, or mental level she can meet you where you are in your own process of healing. See ad on page 14.*