

Questions about Classes and Techniques

Question: My question is about vision boards. What do you recommend folks do with the vision boards that they no longer wish to keep? I don't recall what was recommended? Thank you!

Answer: We recommend re-using our Vision Boards, saying as the things manifest in our lives, we can either take them off the board or we can paste over them. I have kept my previous boards. When I teach the Advanced Level class, I share them with my students as my 'success-ories with Vision Boarding'. But if you wish to release the board completely, perhaps you might have a fire ceremony on a full moon, releasing the board with gratitude to the Angels via the ceremony. Thank you for your question. I hope the answer is helpful.

Question: I took the Basic (2007) and Intermediate IET course (2009). I want to do more self-healing with IET and am not sure if I should get the WAG Box Set or the Power Steps. A newsletter years ago mentioned the "5-minute WAG Healing Process" for self-healing, hence my dilemma. Any suggestions or help would be appreciated.

Answer: Thank you for your question. Let's see if I can help with your dilemma. The 5-Minute WAG healing Process is available as a free downloadable file [Click Here for Process](#) in the World Angel Grid. You can download it, use it and see how that enhances your self-healing. As long as you have already experienced the first 5 Steps in our 7 Steps to Transformation program, then purchasing the Power Steps is fine, because the Power Steps CD utilizes the automatic activation processes for the first 5 steps. And while you didn't mention this, let me ask if there is another IET practitioner in your area. Getting on the table and allowing someone else to facilitate can be invaluable to our self-healing.

Question: Do you have any more information on the 5-minute empowerment technique and how to use it?

Answer: Please [click here](#) to read more about the 5-minute empowerment. I love it, and know you will too!

Question: In Integrated Energy Therapy why is the first chakra not included in the techniques? And why are some organs such as the heart, lungs, kidneys included and not others, like the brain, the bowel, intestines or reproductive and sexual organs? As well as teaching and practising IET I also work with other energy therapies and I notice IET is the only one that I have discovered so far that does this. I have often wondered why this is and recently realised if a student asked me on a class I have no idea why.

Answer: It may not be mentioned so obviously but the cellular memory areas do align with the chakras.

Just think of the top of the head hand position, this is where the crownchakra (7th chakra) is.

The forehead links to the browchakra (6th chakra)

The throat/neck to the throatchakra (5th chakra)

Heart area to the heartchakra (4th chakra)

The stomach and adrenals with the stomach chakra (3rd chakra)

The kidneys with the second chakra (2nd chakra)

And the legs and feet (in the advanced techniques) with the root chakra (1st chakra)

The spiritual anatomy works towards the chakras even though the hands may seem to be on different places on the physical anatomy. Also each chakra connects to the organs and all are treated during a session.

I hope this helps you understand better that all chakras and organs are actually energetically involved during each session.

Question: I recently received the Basic IET attunement; I'm very intrigued by this therapy and hope to learn more and progress down this path. However, I also feel very wary of "buying" in to something that's not real. How do I know I'm not just kidding myself? Have you any advice please on how to get past this? Or is it simply not for me..

Answer: thanks you for your email. It is rather normal to have mixed feelings about a new therapy form that you just learned. The best advice I can give you is to experiment with what you learned in the Basis level IET class. So go out and give people 5 minute empowerments every chance you get, and offer basis level IET session to people complaining about physical en emotional issues in their lives. This will give you a chance to work with it and to hear from the people you give these lovely sessions to how they experience it.

Also I suggest you give yourself a daily 5 minute empowerment and a weekly basic IET session to experience it for yourself. No day is the same and if you give yourself a 5 minute empowerment every day at the same time than you will have different experiences too.

This will make it clear to you what Integrated Energy Therapy does for you and others and by working with it you will either find out that it isn't for you of you will love it like so many other people :-)

Question: Does IET work on pain or physical ailment

From Annelies: IET has several levels and the Beginners Level is when you learn to work on the physical body and with physical ailments. The energy being used helps the person release old energies that cause dis-ease and replaces it with integrated energy that promotes healing.

I have seen a lot of positive results from cases with clients with physical ailments. Also I have had a lot of feedback from IET practitioners that they are successful treating IET for just about everything. There has been one case only that the practitioner couldn't make a difference with IET. She called in for advice several times and applied it. When I asked her whom she was treating it turned out to be her mother.

I have found over the years that treating people who are too close to us renders us ineffective. Not because we can't offer the session, but because the other can't be completely open to receiving healing and oftentimes divine guidance that the angels give through us during a session. We as a person are too close for the other to take that advice seriously and act on it.

So if your question was in general than yes, when this question was for someone you love, please send this person to a practitioner near you.

Question: I am thinking of doing the basic and then intermediary I.E.T levels in two consecutive days (Friday basic, Saturday Intermediary). It's only in the last few months I've started to meditate and have also attended a few connecting with my angels workshops and I feel so happy I come across this new spiritual path which I really needed. Would doing the two levels in two days be too much for me (do you need to be type A personality) or should I leave more time (it would be month) in between them. Many Thanks

Answer: Thank you for your question. I feel it would be fine for you to take Basic and Intermediate IET in the same weekend. These classes go very well together. I find that students are really glad that they took both these classes in one weekend. I wish you the best and look forward to having you in our IET community.

Question: I have a simple question that I cannot answer on my own. Is the violet ray used in IET the exact same thing as the violet flame? I am so used to working with the latter, and as I will soon be introducing some people to IET I was wondering what I would answer if people asked me that question.... Many angel blessings to you and everyone at the Center for Being,

Answer: Thank you for your question and for beginning to teach IET and introduce students to this very healing modality. While both are focused on healing, the violet flame is different from the violet ray that is used in IET. The violet ray is the angelic energy ray that is used in IET sessions and IET attunements. When IET sessions are being given or received or while attunements are being given, people often see the color violet. Angel Ariel is the angel associated with the violet ray. The Violet Flame® is unique to the Saint Germain society, who teaches that it is created by calling to the "Mighty I AM Presence" to produce the Violet Flame® and then visualize and feel the Flame passing through the body and around it. This is the way the individual becomes free from the limitations and inharmony of Earth and thus becomes the Ascended Master.

Question: Can you please tell me how St. Germain is connected to IET? The Violet Flame Invocation is beautiful and I have begun using it and sharing it with my students. I'd like more information about his significance to IET other than the Violet Flame.

Answer: The connection between St. Germain and IET came about when Stevan first saw the St. Germain "Mighty I AM Presence" poster. The Mighty I AM Presence poster illustrated perfectly the IET Heartlink as described to him by Angel Ariel. Since a picture is worth 1000 words, Stevan began using the Mighty I AM Presence St. Germain poster in all of our IET classes to demonstrate visually what a Heartlink looks like. As our use of the Mighty I AM Presence poster continued as a visual aid in IET, we observed that the angelic IET energy is from what Angel Ariel calls the violet ray and many students see it a violet or deep purple color in the Human Energy Field of a person who is Heartlinking. The column of energy around the person in the Mighty I AM Presence poster is also the color violet and is called by the St. Germain society, the Violet Flame® which is

produced by something they call the "Mighty I AM Presence". While St. Germain is not part of our IET system, and Angel Ariel and IET are not part of the St. Germain system, we believe that there is one common spiritual truth that is expressed in different terms by both systems. And while the The Violet Flame Invocation is not part of our IET system, it is wonderful for you to share with your students (but please respect the St. Germain Press copyrights and let your students know where the invocation comes from).

Question: I completed the Basic Level IET training two days ago which I enjoyed. However I've been feeling a bit panicky since and a bit down, like I want to curl up on the sofa and stay there for a week! My instinct is that it's part of the process but I don't know which is not helping the panic! Has this happened to anyone else that you have met?

Answer: What you are experiencing is not unusual. The class, attunement, having an IET session, and giving an IET session often brings up issues for healing. I am sorry that you are feeling that way. I would suggest that if you know anyone else who took the class that you do an exchange..... she/he works on you and then you work on her/him. If you do not know anyone, I would suggest that you do a session on yourself or a 5 Minute Empowerment. Doing a 5 Minute Empowerment on yourself is a very helpful thing. I hope that learning that what you are going through is often quite normal helps you. Please let me know if you have anymore questions. Take good care.

Question: Is it OK to teach anyone the Heartlink (as illustrated on page 3 of the basic level manual) even if they are not taking a class? Thank you

Answer: Yes, it is fine to teach anyone the heartlink. They can even come to the website to learn how to do one. See the [heartlink page](#).

Question: I Have a question about teaching the basic level to just one person. I had never the intention to teach myself but someone is really interested and wants to learn it but that's just one student. Is that also possible, do you need a person to practice on, what can you do if you don't have a person to practice on. Can she practice on me while I should teach her at the same time ? This worries me , how to handle it. Please give me your advise on this matter?

Answer: This is how it happens sometimes. We have no intention of teaching and then the students appear and we have an opportunity. Congratulations. There are a couple of options that you can do. One is as you suggested, you can do a session on your student and then have her/him work on you as you guide them to be in the correct energizing and integration positions or (and usually easier) you can ask someone that you know to come in at the time when your student would be ready to do a session on someone. This other person does not have to be an IET student . . . just someone who would like to have an IET session. I am sure finding someone who wants an IET session will not be too difficult! I hope that this is helpful to you and I wish you the best.

Question: My mother and I have recently taken the Level 1 IET course. We are not diligent about doing it, I think, because we are uncomfortable with the hand positions. Is there a right way or more comfortable way to position the hands, say

on top of the head? and other parts?? We have found IET easy to perform on another but would like to treat ourselves more.

Answer: Thank you for your question. Congratulations on completing the Basic IET course. I find when I work on myself that I use the absentee method and work on a teddy bear or a pillow and intend that I am working on myself. Also, a 5 Minute Empowerment is very effective on yourself if you do not have the time to do a complete IET session and can be done on a teddy bear with intention that you are working on yourself.

Question: I have been showing my clients how to do an Angelic Heart Link, and I am suddenly wondering if its OK to do this or can they only do it if they have the 'attunement' ?? Some of them are finding it very helpful to send a Heart Link to someone they are trying to let go resentment of. Is this Ok.? It is just wonderful to see people who would normally shy away from talk of Angels, now are excited to find they can call on them anytime for help, using IET is a wonderful tool to help people do this.

Answer: Yes, it is perfectly fine to teach your clients the Heartlink technique. You are so right it is a wonderfully helpful tool for people.

Question: If someone is looking for her soulmate, does IET help? Or is IET just for healing?

Answer: IET helps clear out resistance to our finding the perfect person to be in relationship with, sometimes called a soulmate. As we know, without the resistance we would be able to manifest anything or anyone that we desired. Some times resistance is very good at hiding. I suggest an IET session to help get rid of resistance. To find an IET practitioner in your area, you can go to www.LearnIET.com and look under Directory of Instructors.

Question: I read about the tape regarding 12 strand DNA activation. By ordering and using (listening to) the tape, will I still get the benefit even in the absence of taking the courses?

Answer: Thank you for your question. Yes, you will get the benefit of the 12 strand DNA activation by listening to the tape. Of course, taking the IET classes would give you the attunements and the benefits of IET sessions as well.

Question: I am an advanced practitioner of IET. My question is related to the pullout technique. This has always been something I felt a bit strange doing, and haven't really "felt" or "intuited" much when doing, perhaps because I'm focused on the action and maybe also because I'm trying too hard to GET something! I also find the motions not comfortable on my arms (if that makes sense). My question is, is it possible to still do a pull-out but instead in the mind? Intuitively, see/feel/hear but leave out the actual arm movements?? Thanks!

Answer: In reference to your question, 'feeling or knowing' what is happening during the pullout technique is something that many practitioners connect with or feel more the more that they work with IET. Trying too hard as you mentioned is one of the things that sometimes get in the way of feeling and

knowing. If the motion of the pullout is uncomfortable because you mean it hurts to raise your arms, you can do this with a very little motion if you want. Energy follows intention. You can also intend that you are pulling out as well.

Question: I completed my advanced IET in February and I am constantly amazed by the angels. They really are quite amazing. I have been trying to ask the angels questions, how do I know the answer and if there is a yes or no answer how can I determine what the answer is? I am a bit of a psychic turnip but would love to be able to receive messages. I would be delighted to receive any advice you may have for me. Thanks a million.

Answer: Thank you for your question. You are not alone in asking this question! I have found that messages come to me the more that I do IET sessions and meditate each day. However, sometimes the answers show up in ways such as the next person that you meet, the next song that you hear on the radio, the article that you read in the paper or magazine. I feel one of the best ways to hear the messages is to Pay Attention to all that is around you. Ask your angels to help you hear their messages. Best wishes.

Question: I did basic level iet last September, lots of changes have occurred since. I am feeling great now but certainly felt i was on a rollercoaster for the last 5/6 months, is this normal?

Answer: IET is a very powerful healing modality, but it has been my experience that the healing that occurs is something that is needed and what people can handle. Yes, sometimes it does feel like a rollercoaster but also I have noticed that people are healing at faster rates and healing lots of issues at one time. Glad that you are feeling better . . . think of all the work that you have accomplished. Congratulations.

Question: I understand that Stevan's attention to detail reflects his engineering background. I do not have that precision and so experience some difficulty. I want to teach IET but would be more comfortable with an approach that reflects my style of learning and teaching. Is this acceptable? I do however, understand that the attunement process cannot be changed and must remain as taught.

Answer: You may bring your own teaching style to your IET classes, and in fact we do encourage you to do so. We do, however, ask that you cover the material that is in each of the IET manuals. We feel that it is very important to keep the content of any IET class the same whether a student takes the class in Ireland or in Massachusetts! We often find that students will take different levels from different teachers, so the same material needs to be covered during each class, so that the student doesn't miss any of the material. Every teacher has his or her own way of teaching and that is fine. Some teachers add additional material, based on their personal experience. What may help you is if you make up index cards or notes that convey the material, but in your own words. After you teach a few classes, I'm sure you will become comfortable with integrating your style with the material to be covered.

Question: Just taught my first 2 Basic classes and a few questions have come up. Can you do group IET, like we do in Reiki? or would it be too much releasing going on for client? Also, if someone broke an elbow, for instance, where

would we work? My last question is...does the IET attunement permanently change our vibration or is the only vibrational change when we bring down the starburst?

Answer: Yes, you can do a group IET session. Several Master-Instructors have mentioned that they have done this at their regular IET Sharing Sessions. You can have one person sitting at the top of the head and working on the areas of guilt through heartache and then have one person working on the left side working on resentment, stress and powerlessness, and fear and one person on the right side working on anger, stress and powerlessness, and fear, for example.

If someone has a broken elbow, I would do an implant in that area. I would implant a Basic IET symbol (a here and now issue) in that area and if that area or that elbow has had chronic issues, I would also implant the Intermediate IET symbol.

At each level whether Basic, Intermediate, Advanced, or the Master-Instructor level the IET attunement is a permanent expansion of the human energy field. The Master-Instructor attunement expands the human energy field with the full expansion of the IET energy ray and brings an even stronger level of IET energy through to the practitioner during self-treatment, absentee, and client sessions.

Question: I was teaching an Intermediate class yesterday and one of the students said she had received an IET session where the practitioner did not do both sides in the area of 7,8,and9.Instead she went down one side and then down the other side. She said she was taught this way and why bother to get up and go around each time. I told her it was important to do both sides at the same time. To me this makes sense and how I was taught. What are your thoughts.

Answer: I agree with you. It is important to do resentment on the left side and then go over to the right side and do anger, then do stress/powerlessness on the right and go over to the left side and do stress/powerlessness on the left and then do fear on the left side and go back over to the right side and finish up with fear. It creates a much more balanced feeling for the person who is having the IET session. It is also important to follow the way that it is taught in the Intermediate manual. As we stress in our Master-Instructor classes to students, we expect that IET will be taught using the same procedures world wide so that if you take an IET class in Massachusetts or in California the technique of the IET session will be the same. This is important to maintain the integrity of IET as well.

Question: When pulling out from a layer eg physical, does the imprint have to work it's way out through the other layers, emotional, mental and spiritual also? Sometime I feel sensations through a ll of the layers while pulling out at a position and other times I feel something in one layer like emotional and then nothing in the other layers.

Answer: I have experienced the same thing when I have done the pull outs too. I feel that sometimes the issue or emotion that is being released effects all the layers of the energy field and therefore yes, it is felt throughout all the layers. I also feel that sometimes an issue is effecting one layer in a stronger manner so we feel it there more intensely or only there.

Question: I am in middle of teaching an Intermediate Class (the group requested 2 half days). I notice tremendous feeling of being loved by something much bigger than me and at the same time I feel a great sense of inadequacy coming up as if I could never do justice to this amazing technique that I've just taught. Is this a strange combination of terms? I had thought that when I taught IET it would heal these feelings of inadequacy yet they seem so overwhelming.

Answer: I believe that love and the feeling that you were feeling brings up anything unlike itself for healing. Therefore, your feelings of inadequacy are being brought up to be healed and released. When we receive an IET session, give an IET session, and even teach an IET class there are tremendous feelings of love being sent our way from the angels and it is an opportunity to let go of all things that do not come from love. Feel the love and know that you are releasing inadequacy.

Question: Is it normal to feel a "downer" after the euphoria of the week-end Master Instructor class? I had a real live connection with my anger which I know is my energy too but it's not pleasant like the week-end was!

Answer: I will answer this question with a strong YES it is normal to feel down after such a wonderful experience such as the Master-Instructor class. This is true for many reasons . . . on a weekend experience like the one we just had where there have been so many wonderful connections, new energy techniques, powerful and many attunements which result in many openings, clearings, and awarenesses it is often common to feel a let down. It helps to acknowledge this to yourself, take good care of yourself, and be grateful for the opportunity to connect with your anger. I would suggest that you have some IET sessions or give them to yourself to help clear any energy that you are ready to let go of and also to help clarify any new awarenesses.

I am sending you heartlinks and wishing you continued growth and expansion of your life energy and continued growth on your soul's journey.