

After we published our article entitled the Lazy Practitioner Method, we received many emails from IET student and Master-Instructors alike asking what is the correct sequence to treat cellular memory area 8 (the stomach and adrenals). Some practitioners learned to treat cellular memory area 8 starting on the client's left side and others learned to treat cellular memory area 8 starting on the client's right side. We have updated the wording on our Lazy Practitioners article to read "The correct treatment sequence as presented in the IET Basic Level Guide book requires the practitioner to move back and forth from side to side in either the alternating sequence 7 left, 7 right, 8 left, 8 right, 9 left and 9 right or the serpentine sequence 7 left, 7 right, 8 right, 8 left, 9 left and 9 right." As we explain below, both methods are correct.

When offering an IET session, we are offering ourselves as a compassionate channel through which the angels will bring their many healing gifts to serve our client as well as ourselves. The angelic energy we channel will follow our intent and will bring to our client and ourselves exactly what we need for our highest good and highest healing. We are in essence co-creating the IET session with our angels.

Angel Ariel has laid out a systematic treatment flow starting at the top of the head with cellular memory area 1 and moving down to cellular memory area 9 (the kidneys). In this flow, both left and right sides of the cellular memory area are treated before we move on to the next cellular memory area.

For cellular memory area 1 thru 6, we are able to treat both the right and left sides of each of these cellular memory areas at the same time, so the sequence is 1 R&L, 2 R&L, 3 R&L, 4 R&L, 5 R&L and 6 R&L. When we get to cellular memory areas 7, 8 and 9 it is not practical for us to treat both right and left areas at the same time, so we must treat one side then the other.

Angel Ariel has guided us to start treating cellular memory area 7 on the left side working with the spleen and the energy of resentment. She said that it is easier for people to let go of the suppressed energy of resentment than it is the suppressed energy of anger. Therefore she guided us to start treating cellular memory area 7 on the left side working with the spleen and resentment. Then, after we treat cellular memory area 7 on the left side we can move to the right side and treat the liver and gallbladder and the energy of anger.

When I originally practiced and taught IET, I used the philosophy of starting on the left side, that I learned in treating cellular memory area 7, when treating cellular memory areas 8 and 9 as well. So, after treating cellular memory area 7R, I moved to my client's left side and treated cellular memory area 8L. Then I continued in an alternating pattern of L-R-L-R. This resulted in an **alternating** sequence 7L, 7R, 8L, 8R, 9L and 9R.

As I evolved in my IET practice and teaching, I was guided to stay on my client's right side after treating cellular memory area 7R and follow the treatment of 7R by treating 8R.

This seemed to produce a more gentle and fluid session, and was less disruptive to my clients. This resulted in an **serpentine** sequence 7L, 7R, 8R, 8L, 9L and 9R.

IET practitioners are welcome to try both the alternating and the serpentine sequence. After all, Cellular Memory area 8 is all about empowerment and you are empowered to determine whether the alternating or serpentine sequence works best for you and your clients.

When teaching IET classes we recommend that all IET Master-Instructors let your students know about the alternating sequence 7L, 7R, 8L, 8R, 9L and 9R as well as the serpentine sequence 7L, 7R, 8R, 8L, 9L and 9R and encourage them to determine which is best for them.