

## Questions about Sessions

**Question:** What do I need to do to open a private practice using IET?

**Answer:** Thank you for your question and interest in IET. You would need to take at least the Basic IET class. You can find out more about the Basic, Intermediate, and Advanced IET classes, where to find a class, and who is teaching in your area by visiting our website.

**Question:** Just a quick question can you do an IET session 4 days in a row? Is there any valid reason why you shouldn't?

**Answer:** There is absolutely no reason why you can't do an IET session 4 days in a row. In fact, you can do an IET session every single day if you wish. My personal favorite is a daily 5-minute empowerment; sometimes more than once a day! We can't overdose on too much positive energy.

**Question:** can you please tell me if a person needs to go for a large number of sessions for iet to work.

**Answer:** The results of an IET session are guided by the focus, or the answer to this question, "If you could use the energy of this session to heal, shift, change, manifest or transform something in your life, what would you choose?" Depending on the answer, the IET session then facilitates self-healing for the highest good and healing. And we don't always know what that is until we experience it. If, for example, the person can only release so much at a time, then another session would be likely. Or several sessions, depending on the levels of trauma imprinted. Other people can achieve their focus with one session, with grace and ease. What we have noticed in our sessions, is that three sessions is an average amount for deeply imprinted trauma to be released. Any focus for less deeply imprinted trauma may average 1-2 sessions. Of course, we're all different in the type of client we are attracting. Your experience may be different from ours.

**Question:** My question is if it is possible to do IET too often and "overload" my energy field? I'm currently taking some time off and have been doing about 4-5 distance treatments a day, some on myself and some on others, and I really love doing it. But I wonder if I am overdoing it?

**Answer:** Thank you for your question about IET. I use IET with all of my therapy clients and that means that I sometimes do 6 IET sessions a day. I do not think that it is possible to "overload" your energy field from IET sessions and the fact that you are also giving yourself a session is wonderful. I am glad that you enjoy doing IET. It has certainly made a big difference in my life.

**Question:** Hello Karen, I hope you can help me. I'm just a little confused how to interpret energy blocks in clients as I have heard different things. For example, if I feel a lot of warmth and energy in an area does this mean that there is an energy block there and the angelic energy is flowing into it? However if I don't feel any warmth in an area does this mean that there is a block or not? Is there a general rule or does everyone interpret it differently? Thank you for your help.

**Answer:** I would say that many IET practitioners 'feel' energy blocks in different ways. Some experience them as a difficulty when pulling out using the

**Intermediate technique, some may experience them as hot or cold areas, and others may experience them as a need to take a deep breath on the part of the practitioner. There are also practitioners that do not 'feel' the energy but see the blocks. Whatever and how ever energy blocks are perceived, we do know that IET releases them. I hope that this helps you.**

**Question: I am a professional writer, and I was recently contacted by an IET practitioner in Ireland. We may be working out a trade for each other's services. My husband suffers from a chronic pain disorder and clinical depression/anxiety. His condition has been worsening even on medication. My question is: Can a healing really be performed long-distance? By phone?**

**Answer: Thanks for your question. I am sorry to hear about your husband. In answer to your question . . . yes an IET session can be done long distance and it is completely effective. The IET practitioner will be doing a session for your husband just as if he were with her in person. As I am sure you know, there is no one quick solution for issues such as your husband presents with but having several IET sessions will be very helpful for him. I wish him the best.**

**Question: Hello Karen, I am an acupuncturist and will be soon relocating. I have finished my advanced IET training about 2 months ago. I have been working on many people and have a question. Is it possible for the work to be done just with the different hand movements and positions, or do I have to keep a very focused intent on what I am releasing and imprinting? I develop a lot of pressure in my forehead trying to keep the intent focused thought the entire treatment. I appreciate any advice you can give me.**

**Answer: Thank you for your question. No, you do not have to keep a very focused intent on what you are releasing and what you are imprinting during an IET session. Once we invite the angelic energy in through the heartlink, then the angels work with us and through us. I find that doing an IET session is a very meditative time. I am relaxed and open knowing that whatever the client needs he/she will receive.**

**Question: I had an IET client this past weekend and she said that during the session, she saw really pretty purples, blues and then when we got to her "trouble spots", she saw black and white but also saw angel wings flapping throughout the whole session. Can you explain what this means. Thanks for your help.**

**Answer: Many people see colors during an IET session. The interpretation of the colors often has a meaning to the client if they meditate on it. In IET we are working with angelic energy from the violet ray. When you were helping your client clear her "trouble spots", since angelic energy automatically flows where it is needed, the angelic energy intensified. Your client likely saw the intense violet ray angelic energy as pretty purples and blues. This is great validation to your work together and to the presence of the angels in your work.**

**Question: I have done the Basic, Intermediate and Advanced twice, I know once is all that is needed but for some reason I did not start to work with IET until the repeat, I have seen some wonderful results and am amazed at how powerful the energy is, my dilemma is that I seem to have hit a closed door as far as new clients are concerned and have not seen a brand new client now for about two**

months I keep telling myself that is as it is supposed to be but bills have to be paid and I wonder too am I blocking it somehow, I would appreciate your guided wisdom on this issue

**Answer:** Thanks for your inquiry. There are many people who repeat the levels of IET. It is amazing how many students tell me that they feel more confident after repeating the classes. Perhaps it is because after having sessions of IET and after having the attunements, the student is in a different place.

I also want to let you know that many people experience what you are going through. A few suggestions that I have for you is to do the Respectfully Demanding process and have some IET sessions yourself. Sometimes when this passes and clients begin to show up again, you will see the benefit of the break. You can do IET on yourself, of course, but I find it so much more relaxing and helpful to have someone do a session on me. The other suggestion that I would make would be for you to create a vision board and do the heartnet process around the new vision board. You may also want to put your name on the Need Angelic Support part of our website.

**Question:** i wonder could you tell me if it is okay to use intention on the points that are situated on the back of the body as i sometimes feel it is difficult to reach these points particularly if the person is quite large and also it feels as if i am disturbing them as energy follows intent i thought this might be okay but would value your opinion

**Answer:** Yes, you can use intention. I also have a suggestion for you. If you are working on a massage table, it sometimes works if you push your hand into the table as you slide your hand underneath your client.

**Question:** I have an inner struggle about whether or not to work with family and/or friends. My husband and kids I do IET on occasionally, a few sisters and brothers I have done, some with excellent results and one causes so much hassle. I feel not respected by her and blamed by her husband for actions she takes. I have another sister who hints regularly about treatments yet also I feel she does not respect the greatness of this technique. I have a brother going through a tough time who I would love to offer IET to but don't like to make a difference in them. I feel withholding if I don't give IET to them and entangled if I do. Have you any advice on this?

**Answer:** Thank you for your question. You have a dilemma that many have. It is difficult to do IET on family and friends for many reasons . . . several of which you have mentioned. I think that you have your answer. There needs to be respect and an understanding about what energy work is about. It is not about you doing an IET session on them and "Voila" all their problems are gone. All clients whether family or friends need to take responsibility for their healing. Many IET practitioners can and do work on family and friends but with a special understanding and appreciation for the work. This is the only way that it works. As I said, I think that you know the answer. I also suggest you do some work on the area of guilt for yourself. Best wishes with this issue.

**Question:** I have recently completed my advanced IET course and I have a question regarding absentee healing. Is it possible to work on more than one person at a time or should each session be dedicated to one individual? Thanks

**Answer:** Congratulations on completing the Basic, Intermediate, and Advanced levels of IET. Yes, it is possible to do an absentee healing on more than one person at a time. Heartlink to all the people that you want to be working on with the intention of sending them an IET session and then proceed with the session.

**Question:** Hello; I have noticed that when I give IET treatment that sometimes as I pull my hand up through to the end of the mental and the beginning of the spiritual level that it feels like my hand is hitting cobwebs. I was wondering if you had any insight on what this could be. It doesn't happen all the time. thanks

**Answer:** I do know what you mean. I have experienced a similar feeling. It is not quite what we describe in the Intermediate IET class when we describe the "air conditioner", "molasses", "rubber band", or the "brick wall" effect. To me it is another way to experience a release . . . the "cob web" effect. And as you say it does not happen all the time and I do not experience it with much resistance or a need to use the pink bubble. It just is another way to identify that a release is happening.

**Question:** I have just completed the Intermediate Level of IET training and found the day to be very emotionally charged. My question, however, is more practical/nuts-and-bolts in nature. I noticed in both the Basic and Intermediate manuals a note about practitioners conforming with federal and state guidelines governing practice of IET. Are there indeed guidelines on the books regarding practicing IET and do you know what they are? At present I am working on myself and hopefully family/friends. I may never become a full-time practitioner, but would like to be aware of regulations all the same, if they exist. Thank you.

**Answer:** Congratulations on completing the Intermediate level of IET. Yes, the Intermediate level class is a very powerful class. The statement that you are referring to is one that we have included in the training manuals so that practitioners will be aware that there may be some regulations regarding energy healers in their state. Because each state is different, and the regulations change occasionally, we can not keep up with possible guidelines in all the places that IET practitioners may work. Thus, you should check with your local Chamber of Commerce, and/or state agencies (all listed in the yellow pages of your phone book) to see what regulations may apply in your county and/or state. If you ask what regulations apply to Reiki practitioners, they should be the same for IET. Many states do not regulate this type energy work, but some might, and it makes sense to find out in your location.

**Question:** I often find that when I introduce the question regarding intent at the beginning of a session people give multiple areas and desires to "release and heal" for instance. I find even if i ask the question with what one area..... as the focus, often people still give multiple areas of intent. Do you find this to be the case, and how do you address it? Is it a problem or a drag on the process?

**Answer:** Yes, I find the same thing. There is no problem with multiple focuses . . . the angels can handle it just fine. What I find to be a problem sometimes is my own issue with remembering all that is asked for so . . . what I do is say "The focus of this session is on what \_\_\_\_\_ just said. It works!

**Question:** I was wondering if there are guidelines for giving an IET treatment for someone who has had surgery for breast cancer. She is just finished her chemotherapy and radium treatment and said she would love IET. Can I go ahead with the session?

**Answer:** Yes, you can go ahead with the session. I have had many IET clients who I did IET sessions on both before and after chemo treatments. The clients found that the IET sessions helped them minimize the side effects of their chemotherapy and they believe helped their body heal the cancer. I have also had breast cancer survivor clients who came for IET sessions as a proactive way to keep the cancer from returning. I am not aware of any contra-indication for using IET energy with breast cancer.

**Question:** It is amazing how many people need help on the angel list. I am a new IET Master, and this is my question. I try to do spiritual selfishness every evening and also incorporate a five minute empowerment session too. When doing the heartlink before empowerment session I am using the three symbols to bring down on my substitute patient. I find that by doing this I am getting powerful releases when doing the sessions. Either the releases are coming from me or they are a combination of everyone on the list including me. Is this OK to use the symbols this way?

**Answer:** It is fine for you to continue using the IET symbols as you have been. It sounds like it is working for you very powerfully. Yes, there are many people using the Earth Angel Request line and thank you for doing your part in sending healing IET energy to those in need.

**Question:** I've recently had a client with spina bifida. She has one leg with no feeling in it and the other leg is a stump which ends just below the hip area. Not wanting to bring embarrassment or discomfort to myself or her I placed my hands on her head to ground her and asked the angels to ground her while I channelled energy down through her head to her feet area. Is this okay or is there another procedure I should follow with her. She wants to learn IET but tells me she has a short attention span and memory lapse so have you any ideas on how I could teach her IET, would a class setting be too much for her or should I teach her on a one to one basis. I've taught her how to heartlink.

**Answer:** Thank you for your question. I think the way you chose to ground your client was perfect and very respectful. Probably teaching her IET one on one would be the best for her if she thinks that she may have trouble concentrating or staying focused for an entire class. If she was the only student, you could take breaks more often and this might work better for her. However, she may also benefit from the interactions of a small class (one or two other students). If you think it was appropriate, you could perhaps offer her either of the options. Keep up the good work!