



### **IET Soulbuddies Ease and Expand Your Life's Self-Healing Spiritual Journey**

One of the greatest gifts I have received along my life's self-healing spiritual journey has been from the love and support of my soulbuddies.

According to Angel Ariel, a soulbuddy is a soul who supports you in living your soul's mission as you simultaneously support them in living theirs. A soulbuddy relationship is a platonic, non-romantic, non-sexual relationship. Because soulbuddies have a strong 5th DNA Pair connection, when you first connect with a soulbuddy, you may both feel as though you have known each other for a long time. You can quickly develop a deep level of trust. A soulbuddy relationship can start in the most unlikely settings through what you think is a chance happening. Once a soulbuddy relationship is formed, they often last a lifetime.

An IET soulbuddy is another IET practitioner (at any level of IET study) with whom you exchange IET sessions. You use your IET practitioner techniques to help your soulbuddy live their soul's mission as your soulbuddy uses their IET practitioner techniques to help you live yours.

I have found that what worked best for me was an ongoing weekly IET session with my soulbuddy. In this way, I would give my soulbuddy an IET session one week and they would give me an IET session the following week. With IET, whenever I gave my soulbuddy an IET session as a practitioner, I also simultaneously received an IET session. And whenever my soulbuddy gave me an IET session, they simultaneously received an IET session. This way my soulbuddy and I received an IET session each time we worked together.

One of the best ways to meet an IET soulbuddy is during an IET class, IET share or IET Healing Circle. Often times, the person who was my practice partner

during a class or workshop became one of my IET soulbuddies. It may seem that the person who works with you as a practice partner in class was randomly selected, but the angels are always working behind the scenes to bring soulbuddies together through these seemingly random pairings. If you are looking to establish new IET soulbuddy relationships, I recommend that you contact the people who were your practice partners in your IET classes, IET shares or IET Healing Circles.

Geography does not have to be an impediment with soulbuddies. While I prefer in-person IET sessions with my soulbuddies, sometimes geography gets in the way and my soulbuddy and I cannot physically be together for the sessions. When this happens, I have found absentee IET sessions with a soulbuddy to be quite powerful, especially when Skype is available so that we can see and talk with each other during the session.

Please don't underestimate the transformative potential that having an IET soulbuddy can have on your life. Even if both of you are still learning your IET techniques and you each feel insecure in being able to offer each other IET sessions, remember that the angels will be working with you and through you during each session. The angels know exactly what you and your soulbuddy need and they know exactly how to bring the perfect angelic energy gifts through you. They will guide, direct, surround and protect you and your soulbuddy during the IET sessions. All you have to do is dare to enter into a soulbuddy relationship and you will be amazed at the gift you give to yourself and your soulbuddy. Some of the most profoundly transformative experiences have been during my IET sessions with soulbuddies.

Why not invite an IET soulbuddy into your life and ease and expand your life's self-healing spiritual journey?

Blessings,  
Stevan J. Thayer