



**With the IET Gratitude Process we can all bring the gift of  
Happiness, Peace and Joy to the World.**

The recent USA election, the UK Brexit, and countless political, economic and religious battles taking place around the planet are fueling the energy of judgment worldwide. The first line of [Angel Ariel's IET Vision](#) channeled as the twin towers burned on September 11, 2001 are as true today as they were then. The first line reads "In this moment, I will love rather than judge." The question I have been asking myself lately is, "In this moment am I sending the energy of love into the world or sending the energy of judgment." With the energy of judgment so strong in the world these days, all too often I have been finding that the answer for me is that I am sending the energy of judgment.

According to Angel Ariel it is not possible for human beings to love and judge at the same time. She also says that in every moment of time we will be in either the energy of love or the energy of judgment.

When we judge, we are operating from our brain, energetically separating ourselves from others, and working to enhance our self-image or increase our perceived level of safety by making ourselves right and others wrong. Angel Ariel asks the question, "Would you rather be right or would you rather be happy?" If your answer is that you would rather be happy then you must shift from the energy of judgment to the energy of love.

When we love, we are operating from our heart, energetically unifying ourselves with others, and working to build rather than destroy; to see possibilities rather

than difficulties; to serve others rather than serve ourselves; and to realize our power rather than blame others for their actions or inactions. Happiness, peace and joy are natural byproducts when we love. We can all give the precious gift of happiness, peace and joy this holiday season by raising our vibration to the vibration of love. And gratitude is a powerful way to do this.

According to Angel Ariel, gratitude opens your heart center, increases your capacity to both give and receive the energy of love. In cultivating and expanding gratitude it is best to focus your conscious awareness on gratitude every day. It helps to bring to mind every day the people and the things in your life that you are most grateful for. Once you begin to cultivate the energy of gratitude, you will find that the energy of gratitude is like a magnet and attracts more and more gratitude. As this happens, you will find yourself becoming aware of more and more people and things in your life that you are grateful for.

### The IET Gratitude Process

Here is the simple gratitude process that I use on a regular basis to enter into gratitude and raise my vibration to the vibration of love.

1. **Angelic Heartlinks:** Heartlink to Angel Ariel, all of the Healing Angels of the Energy Field and your own personal angels. Ask that the angels guide, direct, surround and protect you. And ask that this gratitude process be for the highest good and highest healing.
2. **Human Heartlinks of Gratitude:** Bring to mind a person or group of people that you are grateful for. Send a Human Heartlink from your heart to the heart center of people that you are grateful for. Once you are connected heart to heart, offer them your gratitude and blessings simply by saying "thank you and bless you."
3. **Repeat step 2 four more times:** Bring another person or group of people that you are grateful for to mind repeat step 2 four more times.
4. **Be Love:** After doing step 2 a total of five times, you will find that your heart center is resonating powerfully with the energy of love. Simply focus your awareness on your heart center and sit quietly for a few minutes enjoying the feeling of happiness, peace and joy that naturally arise. Know that as you enjoy these feelings, the energy of happiness, peace and joy are radiating from your heart center outward through your Human Heartlinks of Gratitude to those you are grateful for. In addition, you are simultaneously bringing the vibration of happiness, peace and joy to the world.
5. **Final Grounding:** You can leave your Heartlinks of Gratitude in place as you offer yourself some grounding support by placing your right hand on your left knee and your left hand on your right knee.

Please know that I send my Heartlinks of Gratitude to you and to all IET students worldwide every time I do this IET Gratitude Process.

If we all use this simple IET Gratitude Process on a regular basis we can bring the gift of happiness, peace and joy to the world during this holiday season as well as throughout the year.