



## What is Integrated Energy Therapy

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**Integrated Energy Therapy® (IET) has to be one of THE most wonderful and precious gifts that is available to us. It is a technique where the practitioner places their hands on very particular areas of the client's body and channels an energy which facilitates the release of suppressed negative emotions. It is a technique using energy that is pure love and pure joy, an energy which vibrates at an exceptionally high frequency, the energy of our Angels!**

Very often clients report having felt these qualities of pure love and joy during a session of IET. It is an Angel's job to guide you, direct you, surround you and protect you. With the IET technique, they do this, firstly by helping you to release negative emotions that are stuck in your energy field causing blockages. These blockages can sometimes be experienced as aches and pains on the physical body e.g. tension in the neck and shoulders, as well as being felt emotionally e.g. heartache and anger. Secondly, they help you to fulfil your Soul's Mission, that is to find out what it is you should be doing on this Earth that would make you most happy and then to manifest that in your life. You really can bring your dreams alive, even if you don't yet know what those dreams are. The technique was inspired by Angel Ariel and developed by a man called Stevan Thayer. Stevan has extensive experience with energy work and is a channel for Angel Ariel. He found that IET was able to reach places that other techniques could not. In the tradition of Caroline Myss' "Energy Anatomy", Integrated Energy Therapy® is one of the next generation - hands on - power energy therapy systems that gets the "issue out of you tissues" for good. Stevan continues to be guided and supported by Angel Ariel in the development of IET. Integrated Energy Therapy® (IET) is another energy level for identifying and clearing suppressed feelings and cellular memories in the human field. Energy blocks formed by suppressed emotions can create physical, emotional, mental and spiritual disorders, if not cleared. IET uses an energy frequency which is particularly effective in clearing blocks that limit health, relationships, life purpose, prosperity, sexuality, and creativity. The healing energy used during an IET session can facilitate healing pain of the past without having to relive and feel the pain all over again. IET sessions support your self-healing process in physical, mental, and spiritual disorders. Many Clients use IET sessions alone or in addition to other holistic or allopathic mind and body therapies.