

# INTEGRATED

# Energy THERAPY

by Gilly Workman

**Question:** Do you suffer from stress, insomnia, headaches, low energy, low mood, depression, anxiety, panic attacks, generally ill health, aches and pains that won't go away?

**Answer:** Integrated Energy Therapy can help.

**Question:** Have you suffered bullying, abuse, trauma, addictions, dysfunctional relationships; and do these past events still affect you today?

**Answer:** Integrated Energy Therapy can help.

**Question:** Do you feel that your life lacks direction and purpose; do you feel like you are dragging yourself through treacle?

**Answer:** Integrated Energy Therapy can help.

**Question:** Heard of Integrated Energy Therapy (IET)?

**Answer:** Not many people in England have, yet it is a healing method that is huge in Ireland, USA and mainland Europe.

IET is a hands on energy therapy, which is channelled by the therapist, who has undergone training and attunements. Sounds a bit like Reiki; well, there are simi-

larities but there are also many differences. Whereas Reiki could best be described as an earth energy, IET is a higher vibration, an Angelic vibration and is in the tradition of Caroline Myss and the 'Energy Anatomy'. It's one of the next generation hands on, power energy therapy systems that 'gets the issues out of your tissues' for good. We call it 'Healing with the energy of the Angels'.

IET was 'developed' by Stevan Thayer in 1993 in USA. Stevan, a White Light Reiki Master and Interfaith Minister, realised that he was seeing in his practise, clients with blockages that Reiki alone was not clearing. As an energy practitioner, he wanted to play a more active role in helping those clients clear blockages. In part by accident and part by divine inspiration, he discovered the IET core cellular memory map and IET

integration points. These points, whilst not identified in any traditional acupressure systems, have the power to support the clearing of energy blocks that result from deeply suppressed cellular memories. He began teaching the technique in 1994. There are now over 1,600 IET Master Instructors world wide, who collectively have trained over 6,000 students in over 25 countries.

This system works on the basis that emotions get trapped in the energy field, so past traumas such as school bullying, childhood abuse, that divorce you survived, bereavements, the job problems, redundancy all result in powerful emotions. These powerful emotions, such as fear, stress, feeling vulnerable, distrust, guilt, heartache etc remain in your energy field causing blockages, unless they are removed. Left there for years



they restrict the flow of energy and can result in physical illness and other problems. These negative energies can be detected and removed by a qualified IET practitioner. It works on a cellular level.

IET works on the premise that your energy flow is restricted; there is an increased risk of physical and mental illness, spiritual disconnection and a general feeling of being 'stuck'.

Imagine this - you are watching a wide and fast flowing river, the river is flowing freely. One day, a beaver starts to build a dam. As the dam is built, the river cannot flow as well, it slows down, it struggles in places. Eventually, if this continues, the river might end up little more than a trickle. But behind that dam, there's increasing pressure. Something, one day will have to give or the dam will burst.

This a good way to describe what happens when we store negative emotions, suppressed emotions, self limiting thoughts or the effects of surgery; we get 'blocked' up and our own vital energy does not flow well and we get ill.

My own journey with IET has been a very interesting one. For many years, I suffered from lower back problems, which started with a very painful condition called sciatica. My back would regularly 'go', I would be unable to move and in so much pain that it reduced me to tears. I had monthly appointments with my chiropractor to keep me going. I had also suffered from IBS for very many years, also a very painful condition which is stress related. Later, I had a bout of depression and anxiety, moderate depression I will add, not a deep depression. However, if that was moderate, I hate to think what deep depression is like. I came to the edge of having a total breakdown. I was not in good shape.

I had had several periods of extended stress in my life, and they had certainly

taken a toll at the time. What I hadn't realised was; these stresses and the resultant adrenalin were still stored in my body and energy field and were the cause of my health problems.

I felt as though things would never improve, I was simply going through the motions each day, feeling as though I could never get any further forward.

One day, a chance encounter with an IET practitioner changed all that. I had three treatments with her and was amazed at how different I felt. She warned me that I might have some sort of physical or emotional reaction - and I did. Weepiness, diarrhoea, vivid dreams. But I felt lighter, freer, and had more energy. The blocks were shifting.

My back improved after 3 sessions and my chiropractor (who is energy sensitive) asked me what had changed. He explained to me that I had spent years storing stress in my back and this is what had caused my problems; I told him about IET. The IBS symptoms improved, I felt less stressed, calmer, more peaceful and generally better.

I was so impressed with the difference it was making to me that I decided that I had to train in this modality and help others to heal. I knew that it worked!

During the treatment which last approx 1 hour, clients remain fully clothed and lay down on a therapy couch, covered with a light blanket. They often sink into a deeply relaxed and meditative state during the session. The core cellular memory areas are situated in the major organs and chakras, each stores its own negative emotion. The heart for example, stores the energy of heartache, hurt and betrayal.

The practitioner begins by linking to the Angels in order to channel the healing energies, and then at each core cellular memory area, healing energy will be channelled in order to energise that area. Gentle pressure

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is applied to the integration points to assist the release of the negative emotion, and then it is gently pulled out. The practitioner will then return to the pressure points and imprint the positive or opposite emotion. So at the heart chakra, I would imprint the energy of love. This restores balance and makes sure that a void is not left.

I always complete the session by giving a 'soul star' clearing; the soul star is the 8th chakra, situated approx. 4 feet above the head. Clearing this area helps the client to reconnect with their soul's purpose and life's mission; regain their sense of purpose in life. For me, my life's purpose is to facilitate the healing of others using IET, to bring it into mainstream and raise it's profile in England.

It's a very powerful healing system which could change your life, it has changed my life; and yes, I do sometimes see Angels who support both of us at the healing session.

I would always suggest that you contact a qualified IET practitioner, and I would recommend:

**Gilly Workman** West Oxfordshire,  
Tel: 07884 353628

[www.life-changing-therapies.co.uk](http://www.life-changing-therapies.co.uk)

**Jean Hyatt** West Oxfordshire  
Tel: 01993 866541

**Ross Workman** West Oxfordshire  
Tel: 07815 778484

[www.life-changing-therapies.co.uk](http://www.life-changing-therapies.co.uk)

**Rosalind Dannhauser** Aylesbury  
Tel: 07804 885407

[www.lotushealinghands.com](http://www.lotushealinghands.com)

**Susan Walters** Milton Keynes  
Tel: 01908 662165 [www.healinghaven.info](http://www.healinghaven.info)

**Helen Meldon** Sheffield, Tel: 07910 302253

[www.timeforchangehealing.co.uk](http://www.timeforchangehealing.co.uk)

**Ian Bretherton** Cumbria, Tel: 07966 514091

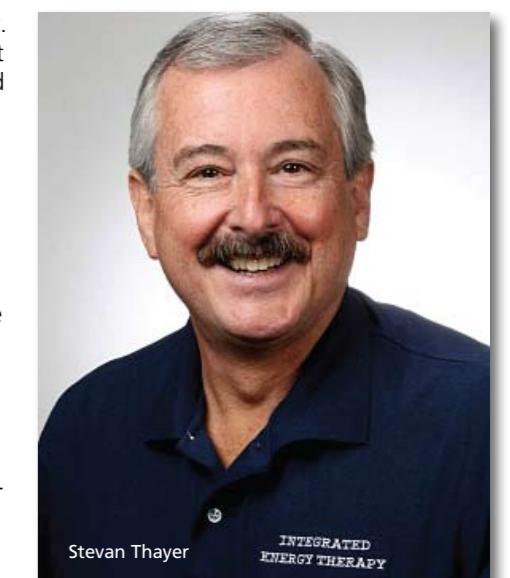
**Stephanie Byrne** London SW20 Tel: 0208

946 2331 [www.stephaniebyrne.co.uk](http://www.stephaniebyrne.co.uk)

**John D'Albert** Southampton  
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Stevan Thayer

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