

Manifesting our Heart's Desires

by Karen Puglia

Manifesting our heart's desires such as more clients in our IET client practice, more students to fill our IET classes, finding our perfect soulmate, building our perfect home, or bringing more joy into our lives (just to name a few) is available to us now more than ever before. This is due to the fact that as a result of the Transformational Shift, the level of angelic love that permeates our world is increasing and we, as the result of our IET training and attunements, are able to channel this increased energy to more quickly and easily move us through the 4 Es and Enact or manifest the Energetic Potential of our Soul's Mission.

Manifesting our heart's desires is accelerated when we release the limiting influences of past trauma from the physical, emotional, mental, and spiritual layers of our energy field and open to the flow of angelic energy that will translate our dreams into reality. Even if these limiting influences have been stuck in our cellular memory for our whole life, or even many lifetimes, now it the time for us to move through and beyond them.

Many of us have had people tell us; we can't, we shouldn't, we don't deserve, we aren't good enough, we need to suffer more, it will only happen when we work harder, and we are wrong for wanting it anyway. Well, they were wrong! We can use the incredible power available to us to release the limiting beliefs from our energy bodies and replace them with empowering beliefs such as; I can, I can if I want to, I deserve, I am good enough, it can be easy, my heart tells me what is right for me. Remember, the angels believe in you, it is time for you to believe in yourself.

The angels are helping us with the transformation of our old negative programming and limitations. Time feels like it is speeding up and people are being transformed faster than ever before. We are being given the opportunity to heal the "issues in our tissues" much faster these days and doors to our destiny

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are being opened. These are wonderful “opportunities” for us to Embrace our dreams and face our fears as we move ahead faster than ever before and manifest the life that we desire.

Remember to receive IET sessions - either self treatments or from another IET practitioner. Also remember to use the techniques that we have learned as part of our IET classes.

As IET Master-Instructors, we have many tools that were learned in the IET M-I class to help us with these challenging “opportunities”. We are wonderful healers of others, but sometimes neglect ourselves. This is the year of the homecoming.... Coming home to ourselves. This means taking time for ourselves, giving to ourselves, using the special IET techniques that we have learned to create the life that we want, and become an example for our clients and students.

Examples of techniques that I use are:

Manifesting: I start with my vision board to Envision what I want and then I use the heartnet and the respectfully demanding process to energetically Embrace and attract the elements of my vision board to me. (in the Advanced Manual, pgs 6, 7,15, and 16). I then add the elements of my vision to my Blessing Bowl and do the [Blessing Bowl Process](#).

Stress: When I am feeling stressed, overwhelmed, or not centered, I do the [5 Minute Empowerment](#).

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Feeling Stuck: When I am feeling stuck and feeling like things need to shift or move, I do a Powerburst placing all three symbols in the Powerburst and on my soulstar (in the Master's Manual, pg 8)

Repeat Negative Patterns: When I feel like a negative pattern is coming up again or I keep meeting the same people with the same lesson to learn, I do the [Clearing Karma technique](#).

Centering: When I wish to feel more centered, balanced, and in harmony I do the [Homecoming Process](#).

And of course, I always start my day with a [heartlink](#), connecting to my angels and asking them to give me guidance, protection, and that I be surrounded in a bubble of love and light throughout the day!