

# Integrated Energy Therapy©

Michelle McCarthy



Integrated Energy Therapy was developed by Stevan Thayer - the owner of The Center of Being in Woodstock, NY. Stevan is a White Light Reiki Master, and an admitted Type A personality. In his practice as a White Light Reiki Master he treated clients who had blockages that Reiki alone was not clearing. As an energy

practitioner, he wanted to play a more active role in helping clients clear the blockages. In part by accident and in part by divine inspiration, he discovered the IET cellular memory map and the IET integration points. These points, while not identified in any traditional acupressure systems, have the power to support the clearing of energy blockages that result from deeply suppressed cellular memories. He began teaching the technique in 1994. There are now over 1,600 Integrated Energy Therapy Master Instructors who have collectively taught more than 6,000 students in over 25 countries with over 24,500 Basic, Intermediate, Advanced and Master-Instructor students taught.

So, let's talk about this wonderful technique, shall we? The concept is based on the fact that our Holography' affects our 'biology'. In other words, the process of life - the physical, mental, emotional and spiritual events occurring in our lives will dramatically affect our energy system causing blockages in this system. These energetic blockages will result in physical blocks. In turn, these physical blocks will make it difficult for us to move through life with any amount of ease. Are you experiencing feelings of 'overwhelmed' anxiety? Are you discontented with your life? Are your relationships less than satisfying? Are you wondering if this is all there is? If so, IET can help!

Integrated Energy Therapy© uses a focused healing energy to clear energy blocks that have accumulated in the body and are now hindering the natural flow of energy (physically, mentally, emotionally and spiritually). Through the releasing of these blocks, we will begin to feel more self-empowered, spiritually connected and able to move through life easily.

It's a known fact that our life experiences create emotions. Negative experiences create anger, fear, stress and powerlessness, guilt, etc. Positive experiences create harmony, peace, love, joy, ease, etc. Ideally we want to be able to experience MORE of the positive; however, if our energy field is filled to

overflowing with the negative energies it will be nearly impossible to even allow the positive in!

The only things we suppress in our lives are the things that are more than our energy field can take at the time. Over the course of our lives we can accumulate an incredible amount of suppressed emotion. Let's not forget to add in all the karmic energy (suppressed in previous lives) that we brought in when we returned this time. Phew! Is anyone else beginning to feel heavy besides me?

During an IET session, the suppressed emotions are released through a very gentle, quarter-sized acupressure like point. This happens very naturally and easily without the person having any need to remember the stressful events that caused the blockage/suppressed emotion. This essentially is called "healing without feeling" and is very effective. Let me give you an example. Whenever we meet someone, we connect with his/her human energy field long before we connect with the physical presence. Let's say that we have a pattern of attracting abusive people into our lives. We have given away our personal power so much that we feel like a victim most of the time. We would really like to have a healthy, loving relationship, BUT - our energy field is full of 'victim, loss of power, if you're abusive, pick me' energy. IET can help with this by clearing the energy imprints of stress, powerlessness, victimization that we have in our energy field and replacing them with imprints of ease and self-empowerment. When we have released the victim energy from our auric field, we will no longer call that type of energy to us. Therefore, we will begin to experience supportive people, soul buddy relationships, etc., in our lives. Does this make sense? So, quite simply, in IET we are 'integrating' the pain of the past with the joy of the present. This enables us to simply live our life in a state of joy, peace, contentment - all things we were meant to enjoy when we came back here.

So, what does a session feel like? Most people experience a deep sense of relaxation during their sessions. Some see colors or visions. There may be sensations of heaviness or lightness. Frequently people will go off to sleep or go into a "delta" state. It is common to experience feeling lighter and more joy-filled after a session. As a client, you needn't "do" anything. You will remain fully clothed and lie on a massage table. There will be a pillow for your head and a sheet or blanket to cover up with. As the energy begins to flow, it is natural for your body temperature to drop. Relaxing music is played. Some people will talk through their sessions. Others prefer to simply be

quiet. As a practitioner, I can talk to you during your session or wait until we are finished. That choice belongs to you.

Sessions can be done 'in person' or 'remotely'.

IET works through the use of gentle, hands-on touch directed to specific areas of the body where we hold emotions. As these emotions are released and cleared, you will begin to experience a greater sense of balance in your life and in your relationships.

Many people ask how many sessions are required. I don't have a pat answer to that question. What I have found is that as issues begin to release and old patterns disappear, life begins to become easier. Generally, my response when clients ask this question is "when life begins to give you what you want - when you feel as if you are walking through life with ease - you will know that you are on track." Generally, as that begins to happen, people feel that rather than needing regular sessions, periodic maintenance does the trick. If someone is experiencing a traumatic time in life, regular weekly sessions are very beneficial in assisting the healing process. Ultimately the answer resides within each one of us and I honor that with every client. There are four levels of Integrated Energy Therapy. Basic, Intermediate, Advanced and Master Instructor Level. Basic, Intermediate and Advanced are one-day classes and are usually taught one month apart. A person could actually take all three levels in a 3-day weekend, if they so desired. The Master Instructor level is taught by only 4 people - Stevan Thayer, Karen Puglia, Nancy Richardson and Maria Peterson. Nancy is currently on sabbatical. In addition to Basic, Intermediate and Advanced levels for adults, Basic IET is available for children ages 7-12. There is a course for people wishing to work with animals called IET for Pets. There is a fun workshop within the IET structure entitled The Healing Angels of the Energy Field - this is a class that connects us with and allows us to experience the energy of the angels that we work with in IET.

For me, my life has changed dramatically since IET came in - I find the technique to be a perfect compliment to my Reiki practice and most of my clients receive a combination of both Reiki and Integrated Energy Therapy. I have been teaching IET since 2002 and was recognized as one of the Top 25 IET Master Instructors in 2005. It has been such a pleasure to live, work and play in this energy - and it's

an absolute honor to bring other people into connection with it!

Michelle travels to teach upon request. For more information (on classes she currently has scheduled) or to schedule a class, please contact Michelle McCarthy: 413-737-9443 [www.heart2hearthealing.com](http://www.heart2hearthealing.com) [theheart2hearts@yahoo.com](mailto:theheart2hearts@yahoo.com) Michelle McCarthy is a Reiki Master Teacher (Usui and Karuna), an IET Master Instructor, and a certified Hypnotherapist. She has been in private practice since 1999. In addition to her active teaching schedule and client practice, she is a volunteer for hospice. Michelle is the host of It's All About Healing - a weekly radio show on Real Oldies 1250 WARE [[www.realoldies1250.com/](http://www.realoldies1250.com/) [www.mindbodyspiritradio.com](http://www.mindbodyspiritradio.com)] [www.centerofbeing.com](http://www.centerofbeing.com) [www.LearnIET.com](http://www.LearnIET.com)