

SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 6: FUTURE LIFE PROGRESSION
(BASED ON THE “FUTURE LIFE PROGRESSION” AUDIO PROGRAM)

**Only IET Master-Instructors can lead this process,
however, anyone can participate in the process.**

Overview: The Future Life Progression Process begins with an overview presentation that sets the stage for the energy process. The Future Life Progression process overview presentation is not included in these notes. Rather, we ask that you please listen to the Future Life Progression audio program and present the overview information in your own words to those participating in the Future Life Progression process that you are facilitating.

Future Life Progression Process:

Step 1. Establish your heartlinks: Heartlink to Angel Ariel, all of the Healing Angels of the Energy Field, your own personal Angels, your ancestors who have proceeded in the journey before you, to your soul counsel, to all of the Angels, master guides, guardians and ancestors, all of the beings of light who helped you plan the very life that you are living right now. And in prayer we are going to invite them to work with us and through us as they guide us, direct us, surround us and protect us. And we are going to ask that this Future Life Progression be for all of your highest good and highest healing. We are going to ask that we be surrounded in safety and protection, and we are going to ask that you be guided every step along the way of this journey. We are also going to ask that if for any reason your ego does not allow you to see or hear, or experience in some way this process, that you could still receive the energetic benefit of the process and bring that energetic benefit back into this lifetime.

Step 2. Moving through the angelic veils: I would like you to imagine now in your minds eye, that positioned to the right side of your body is this beautiful curtain of energy, white, glowing, gossamer-like, the first veil of the Angelic Realm; the veil that moves and separates our human vibration from the vibration of the Angels. And in your minds eye I would like you to imagine yourself positioned such that your right shoulder is up against that veil. And now in your minds eye I would like you to imagine yourself starting to move to the right, side stepping slowly to the right and this applies slight pressure to the right side of your body and reach out with your mind and ask the Angels to grant you permission to move through this veil and into the first layer of the Angelic Realm. And as you do, feel this gossamer thin veil part and feel yourself able to sidestep to the right and pass through the veil. You might even feel this curtain of energy, this first veil move from right to left as it passes over the front and back of your body as you step through it. And keep stepping through it until you are completely through the veil and into the vibration of the realm of Angels.

Step 3. Ascending to meet your Soul Council: everyone has made it through the veil and now I would like you to focus on the Heartlinks that you have sent up, especially the Heartlink that you have sent up to your soul's counsel. And if you could see it from an Angelic perspective, up above you is this incredible group of souls who you know very well and who are now heart connected to you. Just thinking about them causes you to start to move upward as though you were on an elevator, and as though the very Heartlinks to those souls rather than them coming down to your vibration, you are ascending up to their vibration.

Step 4. Commune with your Soul Council: Feel your body moving upward, feel your soul's connection to this beautiful soul group of yours pulling you upward. Your body is getting lighter and lighter. Now feel the vertical climb beginning to slow down. Feel yourself coming to a stop. You are up on this incredibly high mountain-top plateau of energy. I would like you to start to become aware either through an inner vision, or an inner knowing, or an inner sensory feeling, or even through you what you might be hearing, that you are surrounded by your soul counsel.

SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 6: FUTURE LIFE PROGRESSION
(BASED ON THE “FUTURE LIFE PROGRESSION” AUDIO PROGRAM)

**Only IET Master-Instructors can lead this process,
 however, anyone can participate in the process.**

There are dozens of souls around you. Souls you have known for an eternity. I would like you to start to experience their presence, either by seeing them, hearing them, feeling their presence or just knowing that they are there.

Step 5. Remembering your Lesson Plan: We are going to invite your beautiful group of souls who are gathered around you to just have a little review, little reminder of why you have entered into the lifetime that you currently are living. Remember the lesson plan, remember your strengths and your gifts, remember the challenges that you were so eager to face and master. I would like you to sit in silence for a moment and just allow this counsel of souls to both remind you of your gifts and remind you of the specific plan that you have in this current lifetime.

Step 6. Express your Essential Action: I would like you to share this soul counsel of yours your current understanding of your essential action, the verb that you discovered when you did the Empowered Heart Process, as you currently understand it. And experience their reaction to that verb. Perhaps your counsel will validate that perfectly, perhaps they will acknowledge it but give you a deeper understanding, or refine the verb in some way.

Step 7. Journey to a Future Lifetime: The vibration that you are currently experiencing is created by the counsel of souls who are the souls that guide you lifetime after lifetime into the experience of a human life. They are beyond time and space. They have the ability to move easily, from your human perspective, backward in time or forward in time. I would like you to ask, not so much from your mind, but from your heart, to invite this counsel to allow you to move into what you currently would call a future lifetime. But not just any future lifetime, but rather, the future lifetime that would be the perfect experience for you to experience yourself in a state of complete mastery living from an Empowered Heart standpoint. The lifetime where you fully bring your gift out as part of the divine plan. The lifetime where you live in a state of brilliant perfection. And feel your soul counsel beginning to move you through time and space. Sometimes there is a bit of a swirling feeling as this occurs; sometimes you might feel yourself rocking in your chair slightly or feel a little dizzy as this happens, and that's normal.

Step 8. Approach a Future Lifetime: With the help, the guidance, the love and the support of your soul counsel, and staying wonderfully Heartlinked to that counsel, with their help they are going to allow you to start to move almost as though on an elevator moving downward. Moving away from the counsel's energy, but with their love and support and through the Heartlink staying connected to them, you are going to move down, your vibration is going to drop and lower. Feel your body descending slowly and safely as you are approaching the lifetime of that perfect state of experience, that future lifetime

Step 9. Arrive in a Future Lifetime:

- a. I would like you to feel that vertical descent slowing down and stopping. Imagine that you are now standing with the left side of your body up against a veil. A veil that separates the Angelic from the human realm. You are going to ask permission to pass through that veil, put the left side of your body up against it, and start to side step in your minds eye to the left and you are going to pass from the Angelic vibration through the veil as the veil now moves from the left side of your body, across the front and back of your body, to the right side of your body. And you are going to find yourself in the human realm, the human vibration once again, however, you are in a future lifetime.
- b. I would like you to start by in your minds eye, looking down at your feet. I would like you to see what the feet look like. Are you wearing shoes, are you barefoot, do you have

SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 6: FUTURE LIFE PROGRESSION
(BASED ON THE “FUTURE LIFE PROGRESSION” AUDIO PROGRAM)

**Only IET Master-Instructors can lead this process,
 however, anyone can participate in the process.**

sandals on, can you even describe what that looks like. Then move your mind's awareness up your body, what are you wearing? What form of clothing are you wearing and what gender body are you in?

- c. In your minds eye look around you and see what the surroundings look like. See if you can see or experience or feel, or just intuit the landscape around you. Just allow every cell in your being to absorb the experience of being in this state of incarnation.
- d. And now allow yourself to move easily in this lifetime, through space and I would like you to see in your minds eye and experience through your heart what it is like to be you in service, in total perfect expression of your true self, that total fulfillment of your essential action. What is that like?
- e. Invite the Angels to show you yet another example of you in a state of perfect expression, perfect being, free of fear, free of limit, living your truth.
- f. A distant memory from a past lifetime that we recall now of a fear, of a stumbling point, of an obstacle that in our current lifetime you have been up against, and I want to see yourself in that future lifetime being up against that same obstacle and to see what you do.
- g. Now invite the Angels to show you in this future lifetime, and let you experience a true miracle occurring through your experience and existence. A miracle that you bring into that lifetime and that you are in that world.
- h. Now we are going to enter into a state of surrender and without putting a thought forward of what we wish to see or experience, we are going to allow the Angels to allow us to experience something that they believe that is important to us, to imprint into our energy field, and if we can to experience it some way through our sensory awareness. So let go and let the Angels guide you and just see what you experience.
- i. Now invite the Angels to allow you to see, or hear, or feel, or just know in some way any final bit of information that this future lifetime holds in store for you, that is important for you to imprint in your cellular memory.

Step 10. Journey back to this current lifetime:

- a. Now feel your soul counsel beginning to invite you, invite you back and experience in your minds eye the veil of energy once again on the right side of your body. And feel yourself almost being pulled by your soul counsel and yourself easily moving.
- b. As your body moves to the right, moving through that veil from the human experience once again into the Angelic Realm and the now very familiar experience of yourself moving up, being drawn by the Angelic Heartlinks of all the members of your soul counsel as they pull you up to their vibration, like moving upward in an elevator. Feel that vertical ascent begin to slow down and stop and find yourself once again, back with that counsel of souls, but this time feel yourself like a child returning from a field trip at school where you have discovered things. You have been to new places and had new experiences and I would like you to offer a report back to your counsel of what you found, what you discovered, what you learned.
- c. See if by any chance your soul counsel has some insight for you after your report to them, perhaps they have a bit of a report for you, some guidance, some understanding, some insight that you might not consciously be aware of, of the journey that you have just taken.

SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 6: FUTURE LIFE PROGRESSION
(BASED ON THE “FUTURE LIFE PROGRESSION” AUDIO PROGRAM)

**Only IET Master-Instructors can lead this process,
 however, anyone can participate in the process.**

- d. And now lock all the information that you have shared with the counsel, that the counsel has shared with you, everything you have experienced consciously and everything that you have experienced subconsciously, lock it into your cellular memory. And feel once again the counsel moving you through time and space. You might feel a little dizzy, your body may sway, the room may spin a little as they move you back to the time and space of the current lifetime that your body exists in.
- e. Feel that motion slow down and stop, and experience this wonderful, absolutely enlightened counsel of souls that is around you. Before they send you back down into this human body of yours, experience them empowering you to bring back all that you have seen into your current lifetime. Not only to live it as your truth, but to teach it to others. Not only through the living of your life, but through your words and through your teachings.
- f. Thank the counsel for its love, for its guidance, for its unconditional support of you in living lifetime after lifetime. Feel them while still connected to you, feel them beginning to release vibrationally and allow you to descend from that very, very high Angelic vibration, down towards the human vibration once again.
- g. Feel yourself moving safely down, lower and lower, dropping more densely into the human vibration and feel yourself finally coming to a stop. You are going to experience on the left side of your body a veil that separates the Angelic from the human, and you are going to feel yourself with the love and the support of your souls counsel moving to the left through the veil, easily moving from the Angelic vibration back to the human vibration, but taking with you the imprint of the experience of that future lifetime. All of the things you have seen, heard, known or experienced in some way as well as those that you weren't even aware of and with great gratitude, love and respect thank your soul counsel for the ability to have had the journey that we have just taken.

Step 11. Arrive back in the Current Lifetime: I would like you to find yourself now in this moment of time, in this lifetime, in your human body refreshed, awake, start to move your hands. You might rub your hands together or shift your feet on the floor. When you are ready you can open your eyes.

Step 12. Final balancing and grounding: You can either hold your hands on top of your feet or place your left hand on your right knee and your right hand on your left knee.