

What is ... *Integrated Energy Therapy?*



Get the 'issues out of your tissues' with this angelic healing therapy. Nikki Newhouse investigates

In today's busy world, stress and illness are commonplace and taken as an almost inevitable side effect of our frequently frantic lives. We strive to eat well, sleep more, relax and unwind but, at the same time, diagnoses of depression, food allergies and back problems are at an all-time high, suggesting our quest for health isn't going quite to plan.

But what if you could heal yourself from within by experiencing a treatment claiming to remove blockages and promote wellness at a cellular level?

Developed in the 1980s by Stevan Thayer, Integrated Energy Therapy (IET) combines angelic energy with the meridians of the physical body to bring long-lasting relief from the discomfort of a variety of physical, mental and emotional ailments, including Crohn's disease, ME, depression, back problems and arthritis, to name but a few. Phenomenally successful in the United States, Belgium, Canada, and Ireland, it is now making its way to the UK mainland, thanks to the efforts of more than 24,000 beginners and practitioners worldwide.

IET works on the premise that restricted energy flow results in increased risk of physical and mental illness, spiritual disconnection and a general feeling of being 'stuck'. Meridian energy can become restricted due to



blockages caused by disease, suppressed feelings, stress, self-limiting thoughts, surgery, even past karma.

During a treatment, IET practitioners connect with the 'universal energy' through their hands and use it to diagnose energy flow in the client. Then, using specific, gentle techniques, the practitioner supports the client whilst releasing profoundly limiting past energy patterns.

This energy therapy can be used alone or to complement modern and holistic treatments, including massage and reiki, which, although similar to IET in its use of energy channelled through the hands, is said to work on a much lower vibrational level. As a result, IET is lighter and more subtle than reiki.

Storing trauma

Gilly Workman, an IET practitioner based in West Oxfordshire, came to discover the therapy

following a period of extended stress in her life, which resulted in extreme back problems, IBS and

depression.

A chance angelic card reading identified her ailments precisely and the reader introduced Gilly to the idea of IET. After a succession of treatments, Gilly was no longer in pain, and decided to train as an IET practitioner herself. Told by her IET master instructor that the training "would change her life", Gilly has experienced first hand the positive effects of the treatment and is now passionate about bringing the therapy into the mainstream, leaving a successful career in local government in order to practice the therapy full-time.

One of a long line of mediums and healers, Gilly's psychic abilities and intuition enable her to treat clients with valuable added insight. "In IET, we see the body as hosting so-called 'core cellular memory areas'," says Gilly. "These are situated in the major organs and seven chakra energy centres; each stores its own negative energy. The kidneys typically store fear, for example," she adds.

During a treatment, the client lies on their back, covered by a blanket. Gilly 'connects' with

the healing angels by forming a 'heart link' to the angelic realm, then uses the flat of her hands to lightly but firmly energise the core cellular areas for as long as seems appropriate. Unique pressure points around the body are then tapped with the finger tips to activate and encourage energy flow.

At this point, the negative energy is quite literally 'pulled' from the core cellular areas through the client's energy field. Gilly says this differs from client to client and can feel to her like pulling out chewing gum, cotton wool or even cobwebs.

This is done for as long as is needed. Loving, positive energy is then channeled and reintegrated back into the newly-cleansed cellular area so as not to leave a void and to restore balance.

The feet and ankles are then massaged in order to ground the client and the energy is brought

back down from head to ground through a series of sweeping hand movements. Throughout, the client has their eyes closed, is fully clothed and feels nothing other than gentle, occasional touch. Clients often, however, respond on a deeper level, by going into a state of deep

relaxation, where they may see colours or experience deep meditative states and associated images.

Gilly finishes the treatment by conducting a 'soul star clearing', a procedure which seeks to promote healing in the eighth chakra, situated above the head and responsible for directing the soul's purpose and realising your dreams.

In such cases, change can be immediate and dramatic. Gilly often has clients coming to her who complain life feels like "being dragged through treacle" as she puts it, who have lost their sense of purpose and direction in life. For such clients, this can be a defining part of the treatment.

"The effects of doing this can be remarkable," says Gilly. "I have seen people leave here completely reconnected to their lives and soul work. They make big changes quickly and without hesitation –

and always prosper." It is this determination to help bring about positive change in people's lives that drives Gilly in her work.

"Angels never interfere in people's lives," says Gilly. "They always wait to be invited to intervene in a situation.

"Now more than ever before, people need to have the opportunity to clear the blocks that have held them back for so long, and to move on."

"IET combines angelic energy with the meridians of the physical body for well-being and to bring relief from a variety of illnesses"

Try this to connect with angel energy:

- Take the deepest breath you can, in for a count of three, out for a count of five. Do this 10 times.
- Imagine you have a beautiful golden cord from your heart, linking right up to the angels..
- Use this cord to invite the angels to help you in your life. Imagine your love going up this cord to the angels, and then visualise the angels' love coming back down the cord to you.
- Focus your intention on the question or situation you are having trouble with and be clear about what you are asking.
- Ask for guidance, protection and, finally, give thanks.



The treatment:

I arrive at Gilly's home and am taken through to the treatment room. It is homely and intimate and, of course, full of angel figurines. Despite years of exposure to alternative medicine and therapies, I had never had any connection with angelic healing and was, unusually for me, quite sceptical about the process, although very aware I had, nevertheless, felt drawn to the therapy. At a time when I was experiencing quite a lot of turmoil in my personal and professional life, angelic healing spoke to me as being able to offer protection and guidance.

We sit down and have a chat about IET and what it entails, which makes me chuckle as I imagine Gilly kneeling on top of me, yanking out ropes of spiritual gunge through my aura. We discuss any emotional or physical issues that seem important to mention before beginning.

Having asked Gilly to 'see what she could find', I am invited to lie down, face up and fully clothed, on a massage table and am covered with a blanket, my head on a pillow.

There is relaxing, discreet music in the background; Gilly's manner is friendly, warm and professional and yet I am acutely nervous as I shut my eyes. It is as if I know something is going to be unblocked, something I have been avoiding acknowledging. I now understand this was why I was drawn to IET and, quite honestly, I was going to have to be brave.

Gilly's touch is warm and subtle and not at all intrusive. I feel her moving around me and laying her palms at various points on my body, holding them at some places for considerably longer than at others. She seems to give particular attention to my heart and solar plexus areas and intense nervous discomfort wells up inside me: this is where the blockage is.

And just as I begin to wonder what will happen

next, I fall into the most incredible meditative state, somewhere between sleep and wakefulness yet intensely deep. Occasionally I wake up a little but am off again in an instant, barely aware of Gilly. It is as if my cognitive body has shut down, as if deep repair work is going on. After what seems like hours, I finally wake as Gilly rubs

my feet firmly. She leaves me to wake up fully and we sit with a glass of water and discuss the treatment. I feel incredibly peaceful, although almost drunk with fatigue. We talk about what Gilly felt around the heart and solar plexus areas and it matches precisely with what I would

expect to be stored there.

Having been warned that I might experience some tummy trouble (a normal result of deep 'cleansing'), I stumble off into the darkness, promising to keep Gilly updated on how I get on.

"She gives particular attention to my heart and solar plexus – the areas where she sees blockages"



Tried & Tested



Visit Gilly at life-changing-therapies.co.uk (07884 353628). Or visit the IET website at integratedenergytherapy.net, which provides in-depth information on the therapy as well as listing practitioners and courses all over the world.

Clients benefit most from having a series of treatments, and Gilly is currently offering four sessions for the price of three. Initial consultation and treatment is £40, further treatments are £30. People wishing to take advantage of this offer will need to book and pay in advance, quoting *Soul & Spirit May*.



Within two hours, I am crippled by a staggering migraine which lasts for 36 hours and which brings with it the feelings I experienced during the treatment. The migraine passes, the feelings pass too, and I feel profoundly different: freer, lighter, more objective and able to see what was holding me back in life rather than being held hostage by it.

The verdict

My experience of IET is one of intense yet effective clearing and cleansing. Having not gone to see Gilly with a specific physical ailment, but feeling stuck and in transition, I was unsure of what to expect and glibly anticipated it would simply be relaxing instead of being as empowering as it turned out to be.

This is where IET differs distinctly from other vibrational healing therapies I have experienced: the clearing combined with the rebalancing of energy centres has left me feeling both healed and whole. I feel connected with a very different form of energy and I am intensely grateful to have done so.