

## Integrated Energy Therapy®

Integrated Energy Therapy®, developed at the Center of Being, Inc., by Stevan J. Thayer, is the next level of healing with the energy of angels. IET® uses a divine angelic energy ray to work directly with your 12-Strand Spiritual DNA. IET® supports you in safely and gently releasing limiting energy patterns from your past, empowering and balancing your life in the present, and helping you reach for the stars as you evolve into your future.

### Benefits of IET®

Painlessly identifies and releases your deeply suppressed feelings and your core cellular memories.

Clears energy blocks that limit your health, life purpose, prosperity, and creativity.

Empowers you to experience fulfilling, loving relationships in all areas of your life.

Helps you to discover and live your Soul's mission in life.

Provides gentle yet powerful support for survivors of childhood traumas such as physical and sexual abuse, alcoholic and dysfunctional families.

Supports your self-healing at all levels, physical, emotional, mental, and spiritual.

Increases your connection to your angels and helps you work with them in your life.



### IET® Sessions

We start the session by discussing which areas of healing you wish to focus on. During the IET® session, you lie fully clothed and relaxed on a massage table while soft, soothing music plays in the background. Next, IET® energy is systematically directed to specific areas of your body's cellular memory through gentle therapeutic touch, and powerful IET® techniques are used to gently release your issues from your tissues for good.

Your first IET® sessions will likely be focused on using the Basic and Intermediate IET® ray to clear the limitations and pain from your past. As the pain from your past clears, we will use the Advanced IET® ray to help you manifest your life's vision and bring your dreams alive.

At the end of an IET® session, it is typical to feel relaxed, recharged, and refreshed. Some may feel an immediate sense of lightness, while others may feel drained or a lack of energy the next day, but this is usually resolved in 3-5 days, after which you feel much lighter, recharged, and refreshed.

## A Complementary Holistic Therapy

Integrated Energy Therapy® is complementary to other healing arts and can be used alone or in combination with other holistic or traditional approaches to accelerate your self-healing journey. However, IET® is not a replacement for traditional medical approaches.

Please note that while IET® can be very effective, no medical claims are made regarding the effects or outcomes of this treatment approach. Each person is encouraged to be responsible in the use and choice of professional healing assistance as needed.

### Preparing for an IET® Session

Dress comfortably as you will be lying on a massage table (fully clothed). We recommend drinking plenty of pure water before and after each session to hydrate. Session Fees are posted on our website. Length of session time varies 60 -120 minutes), depending on the level of the IET® session being received.

### IET® Training Classes

Integrated Energy Therapy® is fun and easy to learn. It is a powerful self-healing technique and can be used to facilitate the treatment of clients. IET® can be used as a stand-alone therapy technique or incorporated as a powerful addition to other techniques such as Reiki and Therapeutic Massage. We teach the Basic, Intermediate, Advanced, Master, and Instructor levels of IET®.



**Linda L. Groman**  
**IET® Master/Instructor Trainer**  
*Owner of Gentle Dove Wellness LLC*

Linda is the warm-hearted owner of Gentle Dove Wellness LLC. She happily shares her knowledge with her clients and thoroughly enjoys teaching certification classes in Usui/Holy Fire® III Reiki, Holy Fire® III Karuna Reiki, Integrated Energy Therapy®, and more.

Her journey toward self-discovery and spiritual healing began at the age of 48, shortly after the passing of her beloved husband. During this period, she experienced remarkable events that prompted her to reflect on her beliefs about life and death. Even without knowing exactly where her path would lead, she felt a gentle guiding presence. This inspired her to start a daily meditation practice, which brought her a peaceful sense of inner calm. In this tranquil space, she deepened her spiritual connection and enhanced her intuitive abilities.

Since that transformative moment, Linda has been attentively listening to her intuitive insights. When she realized her calling to support others on their self-healing journeys, she made a heartfelt promise to herself and the Divine Creator to continue growing her skills as a healer and teacher. This promise remains strong to this day. Over the years, Linda has been fortunate to learn from many esteemed and encouraging energy-healing mentors, enriching her journey.® III Reiki, Holy Fire® III Karuna Reiki, Integrated Energy Therapy®, and other classes.

Linda is fully certified as an Integrated Energy Therapy® (IET®) Master-Instructor in 2007, a Usui Reiki Master/Teacher Certification in 2005 (Center for Human Integration – Phila., PA), and a Karuna® Reiki Master/Teacher Certification in 2008 (International Center for Reiki Training; Holy Fire® III Karuna Reiki ® Master/Teacher Certification in 2015)

Linda was honored to be invited to participate in and complete her certification training for the IET® Master/Instructor Trainer with The Center of Being Inc. She looks forward to training many Integrated Energy Therapy® Masters and Instructors in the future.



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or visit our website

**[WWW.GENTLEDOVEWELLNESS.COM](http://WWW.GENTLEDOVEWELLNESS.COM)**

TO REGISTER TO TAKE A CLASS

OR TO

**BOOK YOUR SESSION ONLINE TODAY!**

**Would you be interested in scheduling an IET® class at an alternative venue?**

If you have a group of four or more people interested in taking a class together, we're happy to offer the hosting student a 30% discount on their class fee. We love helping groups learn and grow together!

Feel free to reach out to us to discover more, and we'll happily help coordinate the necessary arrangements.

# Healing with the Energy of Angels® through **Integrated Energy Therapy®**



*For more info about sessions and our current IET® class schedule, visit our website [www.GentleDoveWellness.com](http://www.GentleDoveWellness.com)*

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