

Integrated Energy Therapy®

Integrated Energy Therapy®, developed at the Center of Being, by Stevan J. Thayer, is the next level to heal 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 of your past, empowering and balancing your life in the present, and helps you to 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 is played in the background. Next, IET® energy is systematically directed into specific areas of your body's cellular memory by means of gentle therapeutic touch, and powerful IET® techniques are used to gently get your issues out of 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 as to the effect or outcome 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 you drink plenty of pure water to hydrate prior and after each session. 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 and Advanced levels of IET®.



Linda L. Groman
IET® Master/Instructor

Owner of Gentle Dove Wellness LLC

Linda Groman ("Gentle Dove") is the owner of Gentle Dove Wellness LLC. She teaches certification classes for Reiki, Integrated Energy Therapy, and facilitates various workshops.

Linda's journey toward self-discovery and spiritual healing commenced shortly after the passing of her cherished husband. In the wake of his death, she began experiencing phenomena that prompted her to reevaluate her beliefs regarding life and death. Although initially unaware of the specific path her life would take, she sensed a guiding force. This led her to adopt a daily meditation practice, which provided her with an unprecedented sense of inner tranquility. Within this serene state, she cultivated a deeper spiritual connection, resulting in the enhancement of her intuitive abilities, often referred to as her "inner guidance" system.

Since that pivotal moment, Linda's life trajectory has unfolded as she attentively followed each intuitive insight. Upon recognizing her soul's calling to assist others in their self-healing journeys, she made a steadfast commitment to herself and the Divine Creator to further develop her skills as a healing practitioner and educator. This commitment has remained unwavering. Linda has been fortunate to gain insights from numerous esteemed and supportive energy-healing mentors over the past several decades.

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)

As of October 2025, Linda will have completed her certification training for IET® Master/Instructor Trainer with The Center of Being Inc.



Location of Classes & Sessions

Kaleidoscope Angels

135 North Main Street

Sellersville, PA 18960

Call us @ 267-416-6005

or visit our website

WWW.GENTLEDOWEWELLNESS.COM

To register to attend a class

or book a session online

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*