

## 5-MINUTE IET WAG HEALING PROCESS

**Great for use as a daily self-healing practice.**

**Heartlink:** Heartlink to Angel Ariel and the Healing Angels.

**Prayer:** Ask the angels to guide, direct, surround and protect you and ask that this be for your highest good and healing.

**Do an Expanded Basic 5-minute Empowerment:** This is done by touching the nine-sets of IET Integration points, one set at a time, and when you touch each set of points, send out a heartlink to the layer of the WAG that corresponds to that Healing Angel and connect to the healing power of the WAG. Here's how:

### **Touch points for → Heartlink to WAG → Clear/Imprint**

Top of Head	Raphael	Guilt/Innocence
Third Eye	Gabriel	Distrust/Trust
Throat	Celestina	Shame/Spir. Pride
Neck	Celestina	Threat/Support
Shoulders	Faith	Shoulds/Freedom
Heart	Cassiel	Heartache/Love
Liver/GB	Daniel	Anger/Forgiveness
Stomach/Adr.	Sarah	Powerlessness/Ease
Kidneys	Michael	Fear/Safety

**Final Balance and Grounding:** Touch right hand to left knee and left hand to right knee.

**Begin:** Sit or lie in a quiet and comfortable location where you can be free from distractions for 5 minutes.

### **The 5-Minute IET WAG Healing Process:**

- 1) **Heartlink:** Touch your thumb to the middle finger of either or both hands and Heartlink to Angel Ariel, the Healing Angels, your own personal angels, and connect to the highest vibration of divinity that you can connect with at this time.
- 2) **Prayer:** Ask the angels to guide, direct, surround and protect you and ask that this be for your highest good and healing.
- 3) **Do an Expanded Basic 5-minute Empowerment:** This is done by touching the nine-sets of IET Integration points, one set at a time, and when you touch each set of points, send out a heartlink to the layer of the WAG that corresponds to the associated Healing Angel. Note: please refer to your Basic Level IET guide for the exact locations of the IET Integration Points.
  - a) **Top of Head:** Touch the Integration Points for the top of the head and as you do, heartlink to Angel Raphael's layer of the World Angel Grid and let Angel Raphael help you exchange the energy of Guilt for the energy of Innocence. Hold for 30 seconds.
  - b) **Third Eye:** Touch the Integration Points for the third eye and as you do, heartlink to Angel Gabriel's layer of the World Angel Grid and let Angel Gabriel help you exchange the energy of Distrust for the energy of Trust. Hold for 30 seconds.

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- c) **Throat:** Touch the Integration Points for the throat and as you do, heartlink to Angel Celestina's layer of the World Angel Grid and let Angel Celestina help you exchange the energy of Shame for the energy of Spiritual Pride. Hold for 30 seconds.
- d) **Neck:** Touch the Integration Points for the back of the neck and as you do, continue to heartlink to Angel Celestina's layer of the World Angel Grid and let Angel Celestina help you exchange the energy of Threat for the energy of Support. Hold for 30 seconds.
- f) **Shoulders:** Touch the Integration Points for the shoulders and as you do, heartlink to Angel Faith's layer of the World Angel Grid and let Angel Faith help you exchange the energy of Shoulds for the energy of Freedom. Hold for 30 seconds.
- g) **Heart:** Touch the Integration Points for the heart and as you do, heartlink to Angel Cassiel's layer of the World Angel Grid and let Angel Cassiel help you exchange the energy of Heartache for the energy of Love. Hold for 30 seconds.
- h) **Liver and Gall Bladder:** Touch the Integration Points for the liver and gall bladder and as you do, heartlink to Angel Daniel's layer of the World Angel Grid and let Angel Daniel help you exchange the energy of Anger and Resentment for the energy of Forgiveness. Hold for 30 seconds.
- i) **Stomach and Adrenals:** Touch the Integration Points for the stomach and adrenals and as you do, heartlink to Angel Sarah's layer of the World Angel Grid and let Angel Sarah help you exchange the energy of Stress and Powerlessness for the energy of Ease. Hold for 30 seconds.
- j) **Kidneys:** Touch the Integration Points for the kidneys and as you do, heartlink to Angel Michael's layer of the World Angel Grid and let Angel Michael help you exchange the energy of Fear for the energy of Safety. Hold for 30 seconds.

**Final Balancing and Grounding:** Touch your right hand to left knee and left hand to right knee.