

# Spring Into Action



Spring is the time of new beginnings-new excitement and Freedom! Rapid Eye gives us a chance to let go of all the old problems and dare to go after our dreams! Lots of excitement at the RET Institute as we launch our plans to go to areas and do RET introductory classes, family Matrix and a refresher course to update RET skills. We had great success in Alabama and Utah. Lynell will be doing RET sessions for all you techs that need a little self-care. Next, it's on to Arizona and then Texas! Watch for more information on Facebook... Invite friends and have them bring friends-spread RET and fill up your calendar with new clients. If you've ever wanted to work in the healing arts, NOW is the time to get into RET! Call Ranae today and get started. It's Time to move, people, time to grow. 1-888-399-1181

Love,  
The Rapid Eye Staff



WWW.RAPIDEYE TECHNOLOGY.COM

# The Rapid Eye Institute

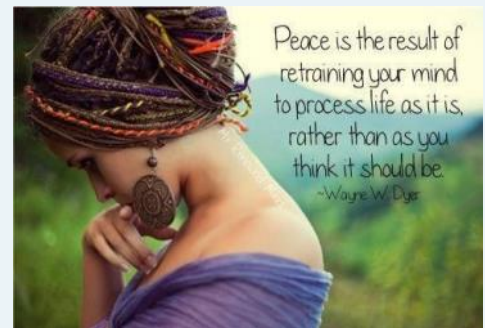
The Rapid Eye Institute donated a new skills for living online class to Heartway Foundation (a non-profit charitable organization). You can take the class for a donation. If you need tax credits, you may also donate to Heartway Foundation. Go to: [www.heartwayfoundation.org](http://www.heartwayfoundation.org) to find out more and click like to show your support.

### Great News!!!

Phase 1 of the Rapid Eye Home study course will soon be online.  
You will be able to purchase a lesson at a time! Coming soon!

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## Current Events

The Rapid Eye Institute holds a free Skills for Living class the First Thursday of every month from 7:00pm-9:00pm that is open to the community.

The Skills for Living is the other half of RET. One key tool for success in your practice is to hold classes in your community - though most importantly it's about good self-care! Remember, anything you do counts! Make sure it feeds your soul!!

We have many RET techs who are working on the physical level, releasing weight through Visalus, a nutritional protein shake, along with exercise and tapping (EFT). Way to go!!

Physically we can cuddle with our favorite animal (human or not), take a walk with a friend and/or get 8 hours of good sleep (or the amount that refreshes you completely).

On the mental level, read poetry that nourishes your heart, say affirmations (“I love and accept myself”), or breathe mindfully for five minutes. To nurture your emotional aspect, get a RET session! Your biography becomes your biology.

Spiritually, focus on medication, prayer, breath work, anything that keeps you connected to what you believe in. Think about yourself on every level of health, everyday.

EVENT	DATE	LOCATION	TRAINER/INFO
RET Skills for Life Class Open to Community/ No Charge	April 3, 2014 7:00-9:00 pm	Salem, OR Rapid Eye Institute	Melanie Gentzkow Lynell Beckstrom
Personal Power Cont'd Education	April 4-6, 2014	<b>Logan, UT</b>	Deb Spendlove 435-770-1136
Reiki Level 1& 2	April 10, 2014	Salem, OR Rapid Eye Institute	Lynell Beckstrom 801-856-1631 Sharlene Young
The Synergy of Energy Class 2nd Thurs night of every month Open to the Community/ No Charge	April 10, 2014 6:30pm-9:00pm	Salem, OR Rapid Eye Institute	Lynell Beckstrom 801-856-1631
Empower Your Client's for Success <b>Assist client's to break their negative Patterns through better self-care Materials included</b>	April 11, 2014 Limit 8 \$150	<b>451 So. Carbon Ave Price, UT 84051</b>	Julie Johnson 435-637-9555
Awaken Within—Cont. Ed Discover negative patterns, inner child	April 17-19, 2014	Bountiful, UT	Sandra Baker 801-628-6788
RET Info Night and Refresher Course Family Matrix & Personal Sessions	April 27-May 5, 2014	Mesa, AZ	Lynell Beckstrom 801-856-1631

## What's Happening in RET..... By Lynell Beckstrom, MRET, Master Trainer

As many of you know, Rapid Eye Technology is on the road to Oprah! I loved waking up the other morning and having Oprah Winfrey's Icon picture on my iPad saying that the editor of the "O" magazine would like to hear the story of RET. I'm busy writing that up to submit. We need video testimonials of 3 minutes or LESS on what Rapid Eye Technology did for you. Please email them to [RETLYnellB@aol.com](mailto:RETLYnellB@aol.com). It would also be VERY helpful to please "LIKE" and "COMMENT" on Facebook. We need to get our social media WAY UP. So if you are not on Facebook, consider making an account just to help out!

I am spending most of this year traveling to areas doing RET Refresher Courses and RET Intro Nights. I am also doing Family Matrix evenings and Personal Sessions at a great deal to pay for my journeys! Would you like me to come to your area?

**I'll be in Mesa, AZ April 27- May 5, 2014. May 2-4, 2014 will be the RET Refresher Course. Watch for details in email for RET intro night, Family Matrix and Personal Sessions. Please call/text me at 801-856-1631 fore more details.**

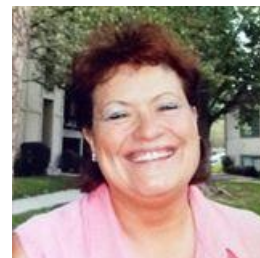
### In other news:

I wrote an article for NBC Nightly News, Brian Williams spot..."I Have A Story To Tell..." (Thank you Ronnie Oliver in Atlanta, GA). Send energy that they like it and come interview us!

The all-online Phase One is minutes away from being completely ready—YEAH! Anyone can get started in RET for \$110.00—SCREAMING DEAL! Call Ranae 503-399-1181 for details.

I took the Visalus Challenge to assist me in getting camera-ready. For every 10 pounds I release, they send 30 nutritional shake meals to kids in Project 10. My goal is to release 100 pounds. I have 80 more to go!! Please follow my journey on Facebook, I am asking for your support and if you'd like to help kids through Project 10 on your journey to get healthy, please call me! Thanks to Ranae Johnson, Ronnie Oliver, Marlene Maas St. Clair, Natalie Ritter, Paula Johnson, Lana Haws, Sharron Miller and many other RET Techs for taking the Challenge and being on the journey to health with me! Special Thanks to Greg Ledford for encouraging me to take the Challenge and get healthy.

Finally, I have to say that I am so HAPPY to be doing RET full-time. I am living my dreams and I've been talking about Oprah for years! There really has never been a better, more exciting time to be in Rapid Eye. Please get refreshed, and get back on the "Find a tech in your area" on the website. If you know people that have always wanted to work in the healing arts....NOW is the time to get signed up, trained and ready to go with us!



## Brain Waves and Rapid Eye Technology

The four main brain waves are Beta, Alpha, Theta and Delta. Beta is awake, alert and consumes a lot of energy. When we fall asleep, we fall down into Alpha, then Theta and then Delta. We cycle thru these brain waves thru our sleep cycle, many times every night. Alpha has an "awake" component, and we as humans go into Alpha many times a day while still awake.

Remember all those times you drove to your destination and then realized... "Wow, I don't even remember driving here," yet you arrived safely? You were in Awake Alpha. It's called 'the day-dreaming state because there is a soft focus, a sense of leaving... "Oh wow, where was I?" OR "Earth to Sally, come in Sally," etc. this sense of being 'gone' is like a rest to the mind.

Alpha is known as the healing brain wave. The mind wants to keep you alive, safe and comfortable; it wants to regulate normal activities to "auto-pilot" thus allowing you to multi-task and focus on new learnings. The problem with auto-pilot is that it is automatically going to be fear-based to keep you safe. It is the conscious mind that practices higher learning, awareness, love and conscious creation.

It is in Alpha that Rapid Eye Movement or REM sleep occurs. REM means you are dreaming. The mind creates a story while you are cataloguing/sorting the info for the day... i.e. visual memories are stored in the visual area of the brain, auditory stored in its area, etc. It is at the end of REM in each Alpha cycle of sleep that a release of ions happens - it appears as a rolling of your eyes back in your head with a rapid fluttering of the eye lids! We all do this, including cats, rats and dogs.... All mammals, every time we dream.

During the Rapid Eye Technology session, we go into the awake Alpha brain wave, flutter blink while an eye-directing device moves in the auditory, memory, visual, recreate and feeling modalities directly in front of the eyes; the Technician offers rapid verbal input, opening up neural pathways where negativity, pain and abuse (our issues) are stored. Then the energy is directed to release. New positive information is then "blinked" back in, rewriting positive messages where once there were negatives messages.

The beauty in this od that it happens so quickly. We release without the necessity of telling the "story" of the events. We are not dwelling or going over the pain—to feel raw and bad again, or to be re-traumatized. It is the feelings/emotions that release. Release happens literally in the blink of an eye. We see the results in less triggering and upsets!

Seriously... find a Tech in your area and try this out! Go process your irrational fear, unresolved childhood abuse, low self-esteem, and your addiction! Get out of issues and into JOY!

[www.rapideyetechnology.com](http://www.rapideyetechnology.com)



# Did You Know...

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**Perceptions are only true for the person expressing that Perception - which makes it right for them! When we practice this, there is less conflict. 10% of conflicts are due to differences in opinion. 90% are due to wrong tone of voice.**



**Rapid Eye Technology is the way that many will end their pain and abuse... even though there are many great healing modalities in the world and we love them all... for some it IS Rapid Eye that will end the negativity!**

**Rapid Eye Technology simulates your natural process of stress release done in the REM sleep state. We do the simulation in an awake state with verbal input to change the message and release it! It is very effective!**



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## Testimonials

"RET changed my life 20 years ago and I have never lost that fiery love for its power I felt from my first session. It helped me repair my broken relationship with my beloved father. It released blocked emotions which provided me a true blessing of peace and harmony with him. Now we have an amazing relationship full of love and light that all father and daughters should be blessed to know. Thank you RET! I look forward to being able to have sessions with The Rapid Eye Institute in the near future."

Love and Light, Molly Adams, Fairbanks, AK

"RET works on clearing neural pathways within our subconscious mind. The technique goes straight to the moment that has inhibited self growth on any level. It looks different for everyone—and even so, works for everyone open to new possibilities. Rapid Eye is what we do naturally in our sleep, and allows you to be conscious of what issue is holding one back from being who or what you want to be or have. It's easy and fun because you get back to who you are (pure Joy) in sometimes your first session. It's the stress relief that works for me—knowing that I don't have to retell the story (or even know the details); I come through the session feeling refreshed and excited about my possibilities. The other half of RET is Skills for Living which has taught me how to live in my world, happy and care free. I've gained an education to create the life I desire and truly live it. WOW! So easy and so natural— blink, breathe, live and love! My motto in life! Thank you for all the research and dedication behind Rapid Eye Technology. I am inspired, living the life I create and making it ALL happen!"

Much love and gratitude, Melanie Gentzkow, MRET

After receiving the book, *Reclaim Your Light Through the Miracle of Rapid Eye Technology*, Dr. Bill Henry from New Jersey called in saying, "I have a problem with the book... as soon as I start reading, my eyes started blinking rapidly!" ~We love your humor! Thank you.

[Click Here To Order Your Book Today!](#)



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[We're on Facebook!](#)

**Join today!**

Seeing things from “God’s” point of view as best we can assists us in seeing the whole picture - including the other person’s perception and the facts – this saves conflicts and broken relationships. Learn more from Skills for Living at [www.rapideyetechnology.com](http://www.rapideyetechnology.com)

**When you observe rather than react,  
you reclaim your power.**



### Did You Know...?

- ◇ That REM Sleep has a large release at the end of every dreaming sequence? And if you don't get this release for a long enough time, you will not do well!
- ◇ There is an asleep AND an awake Alpha brain wave.
- ◇ The reason your eyes move while dreaming is because your eyes are cataloging and sorting everything that happened that day from all your sensory input modes. Information retrieval is connected to eye movement... You literally go get the info you need to recall!
- ◇ That Rapid Eye Technology duplicates the release you have at the end of the dreaming alpha state, only you are in the awake alpha state and you make more cognitive connections about releasing your issues!

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It's all about FREEDOM from insecurities, poverty consciousness, abuse, pain and negativity!!

Thanks for joining us with your positive energy and intent on RET