



Visualize Your Success

Spring always gives me an awakened feeling . As flowers bloom and new growth bud from trees, this season reminds me to always bring joy into my life in all circumstances. And, most of all, to keep clearing the clutter...physically, emotionally, mentally and spiritually. This really comes down to achieving goals, big or small. It gives me purpose and, like a compass, keeps me headed in the direction to reach my destination. I've found that visualization keeps me motivated in taking action. It's a simple technique for creating a mental image of a future event. To paraphrase the old adage: we must see it before we can believe it. Through visualization, we catch a glimpse of what is the "preferred future." When we visualize an act, the brain generates an impulse that tells the neurons to "perform" the movement. This creates a new neural pathway (clusters of cells in our brain that work together to create memories or learned behaviors) that primes the body to act in a way consistent to what was imagined. All of this occurs with just a thought...a mental picture... a powerful visualization. We use imagery in Rapid Eye Sessions to assist in clearing "the clutter" in old neural pathways. To achieve any goal, create a vivid mental picture of yourself succeeding and envision what you must do during each step of the process. It is a powerful way to achieve a positive, refreshing, behavioral change and create the life you desire.

Blessings,
Melanie Gentzkow, MRET, Editor



VISION STATEMENT

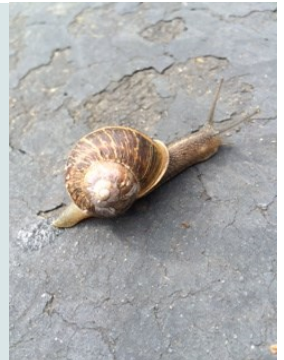
In a Spirit of gratitude we call forth an abundance of lightworkers NOW who choose to enhance the planetary evolution through Rapid Eye Technology. We provide an environment for positive change through unconditional love, honor, education, prosperity and community.



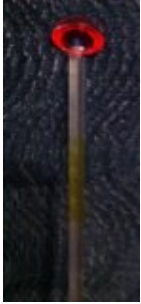
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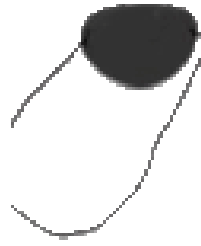
You are the only person on Earth to use your Abilities.



Upcoming Events

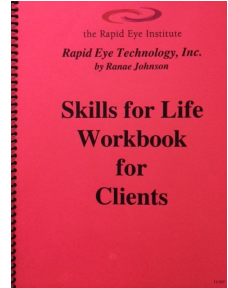


Wands are 20% off
Expires April 30, 2015



Do you have eye patches and Client Skills for Life Workbooks available for your new clients?

EYE PATCHES
Buy 2, Get 1 Free
Expires April 30, 2015



EVENT	DATE	LOCATION	TRAINER/INFO
Chakra Series Chakra 3	April 13, 2015	Logan, UT	Deb Spendlove 435-770-1136
RET Advanced, Chakra Class, RET Info Night, Family Matrix Personal Sessions w/ Lynell or Sharlene	April 15-25, 2015	Huntsville, AL	Lynell Beckstrom 801-856-1631 Sharlene Young 503-851-4574
Your Awakening Awaken you, WHO you really are!	April 16-18, 2015	Bountiful, UT	Sandra Baker 801-628-6788
Inner Child Class Stage 2	April 25, 2015	Logan, UT	Deb Spendlove 435-770-1136
Intuitive Life Coaching May 3—Intuitive Living May 4— Abundant Light Worker Both can be taken separately	April 30-May 4, 2015	Bountiful, UT	Sandra Baker 801-628-6788 Call Sandra for information and details
RET Leadership Immersion “Souls With Stamina”	May 2-8, 2015	Salem, OR	Lynell Beckstrom 801-856-1631 Sharlene Young]
RET Skills for Life Class 1st Thursday Night of Every Month Open to the Community/Donation Only	May 7, 2015	Salem, OR	Melanie Gentzkow 503-851-9824

[Link here for entire calendar of 2015](#)

Did You Know... By Lynell Beckstrom, MRET, Master Trainer

The four main brain waves are Beta, Alpha, Theta and Delta. Beta is awake, alert and consumes a lot of energy. When one falls 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 and are 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 daydreaming 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.

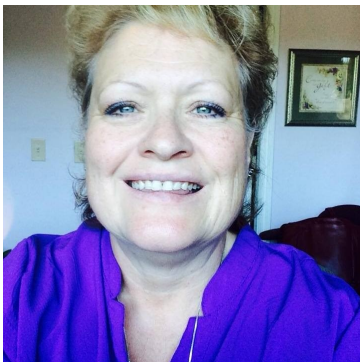
Alpha is known as the healing brain wave. The mind wants to keep you alive, safe and comfortable; it wants to regulate normal activities to “auto-pilot” thus allowing you to multi-task and focus on new learnings. The problem with auto-pilot is that it is automatically going to be fear-based to keep you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

It is the 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 looks like the eyes roll back in your head and there is a very fast rapid fluttering of the eye lids when it happens! 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 was a negatives message.

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

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



NOW is the time to get trained in Rapid Eye Technology!

If you have ever wanted to work in the healing arts NOW is the time.

Call The Institute today and get started...IT IS TIME!

503-399-1181 www.rapideyetechnology.com

What Kind of Memory Bank Deposits Are You Making?

In the book, *The Magic of Thinking Big*, the author David Schwartz tells a story that magnifies the cumulative effect of little decisions that make a HUGE difference. He says, imagine what could happen if, every morning before driving to work you took a scoop of gravel and threw into the car's "crankcase." What would happen??? He says, "That fine engine would soon be a mess, unable to do what you want it to do."

He goes on to explain, "Deposit only positive thoughts in your memory bank. Let's face it squarely: everyone encounters plenty of unpleasant, embarrassing, and discouraging situations. But unsuccessful and successful people deal with these situations in directly opposite ways. Unsuccessful people take them to heart, so to speak. They dwell on the unpleasant situations, thereby giving them a good start in their memory. At night the unpleasant situation is the last thing they think about...Confident, successful people, on the other hand, "don't give it another thought." Successful people specialize in putting positive thoughts into their memory bank."

What kind of deposits are you making? Become more conscious of what thoughts are running through your mind and mindfully take moments to reframe anything that is not serving you.

"In brief, it really is easy to forget the unpleasant if we simply refuse to recall it. Withdraw only positive thoughts from your memory bank. Let others fade away. And your confidence, that feeling of being on top of the world, will zoom upward. You take a big step forward toward conquering your fear when you refuse to remember negative, self-deprecating thoughts."

Rapid Eye Technology and Childhood Trauma

Many studies have shown that early childhood trauma is directly responsible for adult-onset mental distress like depression and PTSD. More recent studies have borne out that the brain itself is affected by early childhood stress – even stressors like poverty and neglect, which aren't usually associated with trauma. Let me say it straight up – poverty is traumatic for a child. It's not all that pleasant for adults, either! We can maybe take some of the sting out of poverty and neglect through social and societal changes – which can take decades or longer to effect.

I propose a simpler, more direct, and immediate solution – [Rapid Eye Technology](#)(RET). Specifically, the Rapid Eye Technology birth and early childhood sessions – for adults!



Author and consultant Joseph Bennette has trained thousands of people in Rapid Eye Technology, Hypnotherapy, Emotional Freedom Technique, and Life Skills. He has been a featured presenter at Northwest Hypnotherapy Conferences, Oregon Hypnotherapy Association meetings, on radio, television, and community events.

Upcoming Trainings



Our thoughts and emotions create electric light patterns that link us to our experiences. These light vibrations travel through our systems and can be re-experienced when something similar happens.

Join us in Alabama April 16-19, 2015 for the RET Energy Psychology training that is Designed to identify these electrical light patterns you have come to learn from.

Facilitated by Sharlene Young and Lynell Beckstrom.

Cost \$650 Staff \$100

Learn how your mind/body chakra system is designed. How you process your external environment, how DNA patterns may be affecting present time and what you may need to release, process and transform to create lasting positive change.

Rapid Eye Chakra is Energy stress relief, and realignment to the pure light that you are.



SOULS WITH STAMINA

Thank you AGAIN for all the personal calls, emails and texts about Sharlene Young and I's new Leadership Course (SWS). This is a new dynamic Leadership Course that is skill based using Rapid Eye Technology tools. 8 full days of Experiential Personal Growth towards confidence, healing, leadership and community! Being able to stand on a hill and let your light shine means being able to show-up and BE a presence for light. It is not a time for playing small. Leaders in our current world must be energy aware, be spiritually developed and they must have released personal traumas and issues. They must love themselves. Love is the verb of light and it is time to start doing/being all those great things we have read about in the good books.



When a storm is coming, all other birds seek shelter. The Eagle alone, avoids the storm by flying above it. So, in the storms of life...May your heart soar like an Eagle.

SWS is geared to do these things. Whether you are a Rapid Eye Technician or not, come join this conscious community and move into your magnificence, playing small does not serve.

Call/Text me ~

Love,

Lynell

801-856-1631



May 2-9, 2015

Rapid Eye Institute

Salem, OR

\$1500 Course fee

\$999 if paid by April 1st

\$400 if completed Alchemist Leadership



It's Spring Cleaning Time

Whatever you clean, donate, get rid of, etc. you'll receive.

Giving and releasing, opens to receiving.

Pray about what to release, so that you can feel healthier, happier, and more focused on your priorities.

Pray for strength and support to make any needed changes.

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We're on Facebook!

Join today!



10 Powerful Ways to Build Your Legacy

1. Dare to be joyful. Serve in ways that bring you joy. Angry, unhappy people leave sad legacies.
2. Monitor your impact on others. What are you doing when you make the biggest difference. **Do more of that.**
3. Develop and maximize your talent, strengths, and skills. Know yourself – Bring yourself.
4. Do what matters now. Everyone who's at the end of life says it goes by fast.
5. Seize small opportunities. Big may follow. Stop waiting to make a difference.
6. Start with those closest to you and the ones you spend the most time with.
7. Bring your best self to work and family. Everyone has at least two selves. Bring out the best one.
8. Think service not success.
9. Relax. Don't run around building a legacy. Run around making a difference.

Elevate the needs of others over your own.

Leadership Freak by [Dan Rockwell](#)



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