



# Christmas Wishes



I love this time of the year because so many people turn aside from the negativity in life and notice the “Spirit” of Christmas. Many are watching positive uplifting movies, listening to music that speaks of hope, faith and God. I believe this creates the energy of good will. This increase in positive energy brings about an increase of love and grace—this raises the frequency of everyone. We all become naturally more aware of what works in life instead of what does not.

Also—have you noticed that right before Christmas is the holiday of gratitude, known as Thanksgiving? This feeling of grateful and thankful leads right into the Christmas Spirit of Love. I’ve noticed that gratitude is the key to an abundance of all good things. My wish and desire for us all during this Holiday Season is that we appreciate in grand and glorious ways what is GOOD about life on this planet. Join me in raising our frequency and vibration right into more prosperity, joy and love. Let’s manifest more of our dreams into our lives and the lives of our close family and friends. What you think about DOES make a difference. What you feel matters. If you want to do something really awesome this season—work on BEING thankful and grateful. BE joyful and raise the spirits of all those you come into contact with! If this is hard, give yourself the gift of a Rapid Eye Technology Session and LET GO of what is in your way.

It’s TIME—I love you!

Lynell Beckstrom,  
MRET, Master RET Trainer



*I feel a great gratitude for our 29th year of Rapid Eye Technology being on the planet, and the thousands of lives you have all affected for the better. Please keep up the good work and send your clients to training so all can use these important tools. I wish you all a Merry Christmas and may next year be prosperous and healthy for everyone.*

*I love you all ~ Ranae Johnson*



# The Rapid Eye Institute

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## Upcoming Events

Do you know your number?

As we continue to grow, it will be important to know your technician (student) number for orders, updates, and re-certifications. Please call in to the Rapid Eye Institute if you don't already know your ID number.



EVENT	DATE	LOCATION	TRAINER/INFO
RET Skills for Life Class 1st Thursday of every month except January~ Open to Community/ No Charge	Jan. 8, 2015 7:00-9:00 pm	Salem, OR Rapid Eye Institute	Melanie Gentzkow 503-851-9824 Lynell Beckstrom
Limber Up Body Work Learn how to release muscle spasms!	Jan. 10-11, 2015 Deposit due Jan. 7th	Salem, OR Rapid Eye Institute	Debbie Cavette, LMT 208-201-1241 \$250 + \$25 deposit
Chakra Series Chakra 10	Jan. 12, 2015	Logan, UT	Deb Spendlove 435-770-1136
~RET Basic Certification 4.5 days ~RET Advanced \$650 4 days ~RET Info Night 7-9pm ~Family Matrix Realignment 7-10pm ~RET Extra's 3 days \$300 *Marketing/Social Media Training* Essential Oils/Crystals-Chakra Training* ~Personal sessions from Lynell or Sharlene	Jan. 16-30, 2015 Deposit on Advanced Class due Jan. 7th	Mesa, AZ Area Call Ranae 503-399-1181 to register. Must register for Advance by Jan. 7th	Marnae Hobson 801-718-5051 Canha Tedjamulia 801-318-8244
RET Skills for Life Class 1st Thursday Night of Every Month Open to the Community/Donation Only	Feb. 5, 2015 7:00-9:00 pm	Salem, OR Rapid Eye Institute	Melanie Gentzkow 503-851-9824 Lynell Beckstrom
RET Refresher Course Family Matrix	Feb. 4-9, 2015 6:30-9:00 pm	St. George, UT LaDawn DeWitt Sponsor 435-773-7314	Lynell Beckstrom 801-856-1631
Chakra Series Chakra 1	Feb. 9, 2015	Logan, UT	Deb Spendlove 435-770-1136

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

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

You wanted to know why the eyes move while dreaming....

The first thing to understand about eye movement is that it is connected to information retrieval. We have innately known this because we've seen people do it in every conversation. We move our eyes while communicating - watch, you'll see it.

The information from Neural Linguistics Programming (NLP) teaches us that each of the sensory inputs have a place in the brain where their information is stored. For example, visual memories are stored in the upper brain, while feelings/kinesthetic senses are stored low. Memories are up to the left, while the create/recreate parts are up to the right. Auditory, or the things that we hear, activate our eyes to look from right to left or ear to ear.

My favorite biblical reference says something to the effect that... "Not even a hair of our heads will be lost"... and upon hearing this as a child, I remember asking my mother where my hairball was stored! She tried to explain the metaphor to me, but I just knew all my hair was gathering someplace - yup, I was very literal! Hahaha! The point of this is that this means that we are recording machines and nothing is ever lost, even when we are unconscious... it's all there within us!

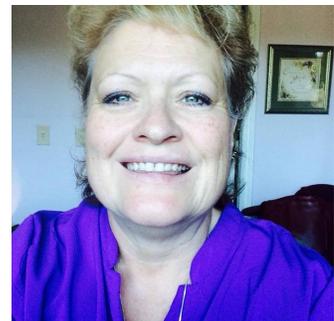
Thank goodness, because I'd sure hate to relearn how to tie my shoes everyday! Our eyes literally can go retrieve information and when we are speaking, this is exactly what we do. And how does it get recorded? We do it every night while dreaming... cataloging and sorting all the information we gathered that day. We put it into the correct areas, so we can go find it later... magic!

So, because the mind picks up fast movement better than slow (remember the suggestive selling technique of putting on a single film cell "Buy Coke" and coke sales went up?), when a Rapid Eye Technician moves that eye directing device in front of your eyes in the auditory, memory, visual, recreate and feeling modalities, and speaks rapid verbal input—what happens?

The verbal input opens neural pathways. If I say "Apple" to you, your mind does something. If you're a visual learner, you'll picture an apple. An auditory processor will hear what they think of an apple, and a feeling person will of course notice how they FEEL about apples.

If you had a trauma in an apple orchard, that trauma is stored on or connected with your "apple neuropathway". So when apples are around, being talked about, or you just smell them, etc., you'll be triggered to fight or flight even if you've suppressed this memory or it happened before you can remember. Ever been upset or uneasy and can't figure out why?

Nothing is ever lost - remember your hairball? So, RET is all about getting over and releasing anything that leads to negativity, dysfunction, pain—issues of any kind. If you continue to do what you've always done, you'll continue to get what you've always gotten! Be brave...go seeking those things in you that are not working. Don't wait to be triggered in life and make a big mess! Have courage - go do your own work. It's the best gift you'll ever give yourself and your family.



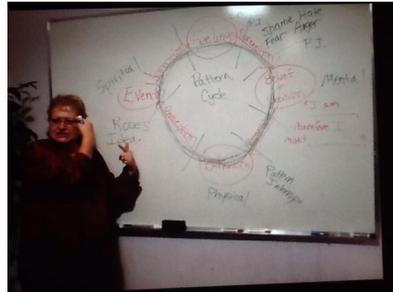
## Recent Trainings

### September 2014 Rapid Eye Certification



An amazing group of RET Techs!  
Way to Go and Congratulations!!!

### October 2012 Continuing Education for Trainers



## Sandi Hofman, MRET, Trainer

Sandi Hoffman, a Rapid Eye Technician/Trainer and Reiki Master/Teacher, has recently come out of retirement to assist Rapid Eye Technology going BIG to the world. When asked about continuing her practice Sandi replied, "I never stopped doing it. If you have a healing gift, it's not something you can retire from." Additionally, she realizes the world is in a good space for healing and receiving what RET has to offer. Sandi miraculously became well after years of debilitating pain just in time for the huge changes that are taking place. As one of the earliest pioneers in Rapid Eye Technology, she's excited to be a part of moving forward with the Oprah network show as well as pursuing her dream in taking RET to China, Mexico, England and Australia.



Sandi has been with RET for 25 years. Over the years her history of teaching IRT, SSPT and RET in communities all over the country, is amazing. Teaching is a passion with Sandi, who has put her passion to work with fire departments, drug and alcohol councilors, chiropractors and the Oregon Board of Chiropractors, She's worked with the FBI who partnered with the State of Oregon Children Services Division, to provide sessions to them as well as their children. Thanks to her dedication in presenting RET to the Oregon Board of Chiropractor Examiners, Rapid Eye Technology is an approved for 12 hours of Continuing Education. Over the last 15 years, Sandi has researched and documented a clinical study of clients and it's almost ready for publication! This exciting research will allow RET to bill insurances in the future.



In addition to Rapid Eye Technology, Sandi is a licensed trainer for the American Institute of Hypnotherapy and a Licensed Massage Therapist. When asked how she lives an inspired life, Sandi replied, "Take time to do what it is that balances you out. Stop and refill your bucket... create, decorate, bake, be in nature... whatever it is. It's so important to feed your left and right brain with what you love to do."

## Meet Jill Whitley, MRET, Trainer

Jill Whitley has been a Master Level Technician and Certified Life Coach for 10 years and one of the newest Trainers for Rapid Eye Technology, Inc. Jill has assisted many people to feel joy and light. Clients often comment on how safe they feel while in session.

Jill is a Hydro-colon Therapist. She is I-ACT (International Association for Colon Therapy) and LIBBE Certified. She and her husband Lowell Whitley, RET are owners and founders of Lighten Your Path LLC, located in South Ogden, Utah. They have raised a wonderful family of five children and it continues to grow with each marriage and births of grand children!



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

## Why I Became A RET Trainer...

“It was during a difficult time in my life. As I was expressing my troubles to a friend. She let me know about another person who might be more interested in my story and would be able to help me with the emotional state I was in. I had no idea what Rapid Eye Technology was. I just took her recommendation, made an appointment, and went to my first session. After about ten minutes of experiencing the release of old patterns and self-defeating thoughts, I knew that I wanted to learn this myself. Years later when my marriage ended, I ordered my Rapid Eye kit. The tools and skills I learned and experienced through Rapid Eye have kept me on a path of healing and joy ever since. Spirit prompted me and I went on to become a Rapid Eye Trainer.”  
~ **Jacinta Wiley, MRET, Trainer**

## Meet Melanie Gentskow, MRET, Trainer

As a Master Rapid Eye Technician, Melanie has always aspired to take the next step to being a Trainer for the Rapid Eye Institute. She has a passion in assisting people to learn about their own personal power, release emotional stress and trauma through living a life of joy, happiness and peace. She has been involved with Rapid Eye Technology for the last 21 years as a technician, Skills for Life facilitator and RET newsletter editor. She also assists people as a Reiki Master/Teacher. Melanie is deeply devoted to her community by actively volunteering for local charities that support families and children.

[melanieann333@hotmail.com](mailto:melanieann333@hotmail.com)

503-851-9824





## 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.*

### **THE RAPID EYE INSTITUTE**

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Salem, OR 97317

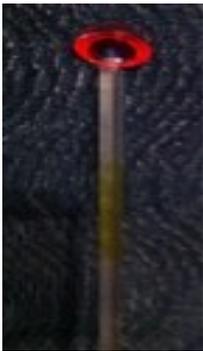
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**We're on Facebook!**

**Join today!**



The eye direction device (also called a wand) has recently been revised. The tip has been strengthened so that if bumped, its less likely to fall off.

### Are you using Imageries in your Skills for Life Classes?

The Imagery Manual will train you how to use imageries in Skills for Life classes as well as IRT or RET sessions. Teach your clients how to change negative thoughts and perceptions into energy that is more useful in the creation of positive living. Imageries can be used to open the mind in the beginning of a session, see issues differently in the middle of a session, or reframe issues at the end of a session.

### A Method for Manifesting by Brian Tracy, Author, Entrepreneur and Success Expert

1. Take a sheet of paper and write the numbers 1 through 25 down the side.
2. Across the top, write your question. (Any question you have about any problem works).
3. Begin by writing down any ideas that comes to mind, good or bad, silly, crazy, excellent, outrageous, it doesn't matter right now. What you are doing is activating a part of your brain that searches for answers. Force yourself to keep going until you have written down all 25 answers.
4. Act on at least one of these answers. This is important. The Universe rewards action.
5. Your mind will continue to come up with ideas to help you solve the problem. Do this every day and in a week you'll have so many good ideas that you can't possibly do them all.