

## Be Prepared...



WWW.RAPIDEYEINSTITUTE.COM

# The Rapid Eye Institute

There have been days that I'm walking along, going about my day, feeling on top of the world because everything is flowing just so and then BAM! Something or someone, knocked me out of my joy. I do know that it's my choice in how I react to any experience I have. I also know that experiences keep us in check as a test to see if we're really walking our talk and living what we truly desire. As a way to keep in balance no matter what comes my way, I use the many skills from my "tool bag" when triggers happen. And to be even more prepared, I've created a list of what I'm

going to do to get myself back into bliss. Breaking state stops the cycle and allows for new information to come, creating a new pattern or neural pathway. Do something different and you'll get something different. Make a list ~ what's in your tool box? Have you signed up for the free Skills for Living online course? Check it out!

<http://heartwayfoundation.org/life.html>

By Melanie Gentzkow,  
MRET/Reiki Master

*I am always so amazed that at each RET training, I am still learning so much! The Advanced and Master Level RET Trainings were held in Marnae Hobson's new Mt. Air Retreat Center outside of Burley, ID. The facility is new and beautiful—very excellent energy. This time, I learned a most excellent way to answer the question, "How does Rapid Eye Technology change the DNA?"*

*Learn more on page 3...*

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# Rapid Eye Institute Bulletin Board

## Suggested Reading List...

*Reclaim Your Light Through the Miracle of Rapid Eye Technology*, and *Winter's Flower*, by Ranae Johnson  
*Brain Psyche*, by Jonathan Winston  
*Molecules of Emotion*, by Candance Pert  
*Understanding Your 12 Chakras and Clearing Your 12 Chakras*, by Sharlene Young  
*Light Emerging*, by Barbara Ann Brennen  
*Chakras and their Archetypes*, by Ambika Wauters  
*Elegant Universe*, by Brian Green (available on DVD from PBS)  
*You Can Heal Your Life*, by Louise Hay  
*Body/Mind Workbook*, by Debbie Shapiro  
*Excuse Me Your Life is Waiting*, by Grabhorn  
*Instant Rapport*, by Michael Brooks  
*Power -vs- Force* by David Hawking  
*The Power of Now*, by Eckhart Tolle  
*Sacred Contracts*, and *Anatomy of the Spirit*, by Carolyn Myss  
*Fractal Time*, and *The Divine Matrix*, by Gregg Braden  
*Frogs Into Princes and Neuro-Linguistic Programming*, by Brandler and Grinder  
*Accept This Gift*, from Course in Miracles  
*Healing The Shame That Binds You*, by John Bradshaw

*Goodbye To Guilt*, and *Love Is Letting Go Of Fear*, by Gerald G. Jampolsky  
*Remembering Wholeness*, by Carol Tuttle  
*The Masters of the Far East*, by Spalding  
*The Alchemist*, by Paulo Coelho  
*The Four Agreements*, by Don Miguel Ruiz  
*Healing Feelings...From Your Heart*, by Karol Truman  
*Stories That Heal*, by Lee Wallas  
*The Results Book*, by Wally Minto  
*You'll See It, When You Believe It*, by Wayne Dyer  
*Babies Remember Their Birth*, by David Chamberlain  
*Energy Leadership*, by Bruce Schneider  
*The Reconnection...Heal Others, Heal Yourself*, by Eric Pearl  
*Seeing Beyond 20/20*, by Michael Kaplan  
*Quantum Healing*, and *Ageless Mind, Ageless Body*, by Deepak Chopra  
*You Can Have It All*, by Arnold Patten  
*Bodymind Workbook*, by Debbie Shapiro  
*Birth Order*, by Kevin Leman  
*The Secret*, a video  
*The Moses Code*, a video

## Continuing Education

It is important to keep growing in your RET practice. You and your clients deserve the most skilled and up-to-date RET Technician you can provide them. Keep your RET Certifications current by following the instructions at [www.rapideyetechnology.com/renewals.htm](http://www.rapideyetechnology.com/renewals.htm).

Here are some ideas for fulfilling the continuing education requirement of RET renewal.

- \* Staff RET Basic Certification
- \* Attend or staff an Advanced or Master Workshop
- \* Attend a LLHeartway Course—*Alchemist Leadership Course, Personal Power, Creating Closeness, etc.*
- \* Sharlene Young's Energy Courses all count for continuing education, for more information call (503) 851-4574

Your continuing education benefits you and everyone else in your circle of acquaintance.

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

Refer to the RET website for more continuing education options or call Ranae at The Institute to see if a certain course qualifies for continuing education credits from The Rapid Eye Institute, i.e. Reiki, etc.

**Please check your personal information on the RET Directory - make sure it is as you want it. Go to**

[www.rapideyetechnology.com/directory\\_change.htm](http://www.rapideyetechnology.com/directory_change.htm)

**to make changes.**



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The wand techniques and processes are an integral and vital part of this model. Clients cannot get the release achieved from Rapid Eye Technology anywhere else. These wand movements/processes are what make this model unique and valuable in the healing process.

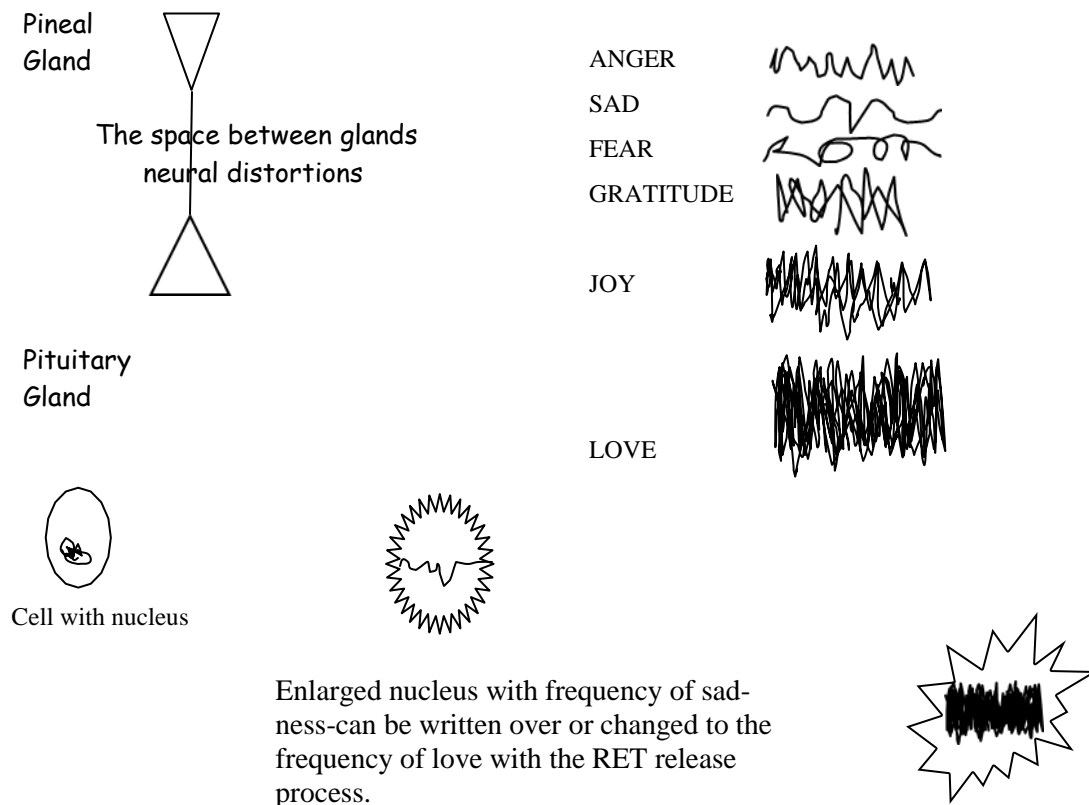
While the model utilizes many other healing modalities/techniques, RET is the only place that simulates rapid eye movement (REM) sleep while being awake. Rapid eye movements during sleep are cataloging and sorting all sensory stimulus received during the day, i.e., visual memories are placed in the visual part of the brain for storage. As wand movements are used during the Rapid Eye process, simulating REM sleep; clients experience an immediate release and sorting of emotions and thoughts. As they hear the verbal input to "release," and "let go," of negative emotions, beliefs and patterns—the body, mind and emotions respond and assist by accessing a deep cellular response that is connected to stored RNA/DNA in every cell of the body.

"How does Rapid Eye Technology change the DNA?" This could seem a complicated question to answer, but the following is a simplified explanation. In our brains, we have two major glands that are command centers (pineal and pituitary). The pineal gland contains the master DNA information and tells the pituitary what to do. The pituitary then gives commands to the body. In the space between the two glands there is cerebral fluid and when the pineal sends a message to the pituitary, many times it is somehow distorted. This can be from genetic mishaps, not eating well, our own life experiences and negative thinking.

All emotions have a frequency. When we form negative frequencies through genetic mishaps, negative beliefs, addictions, mental health problems—all these (and other factors) help form neural distortions between the two glands. The pituitary then acts from this distorted message and we often end up with a dis-ease in the body or mind. Most of us have to deal with negative thinking errors on a daily basis. Below is a visual diagram depicting emotional frequencies and how they affect cells.

Let's say for learning purposes that anger, sadness and fear have the following frequencies. Love, gratitude and joy also have frequencies at a much higher vibratory rate as shown on the next page.

## Frequency of Emotions



RET comes into the system simulating the blinking release effect the body already knows from REM sleep, and releases the sad frequency. Then we re-frame what we do want, in this case putting back in the frequency of love. Positive higher frequency emotions bring light and health to the system and the DNA responds to the new messages.

I love spending time with Technicians and listening to what they say and how they say it. I am awed by the people that Rapid Eye Technology attracts in and blessed to get to be in their presence. I encourage each of you to come join us and staff often and continue your personal growth—we truly are better together!

-Love as Always from Lynell



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**Join today!**

## *The Law of Compassion*

*To have compassion is to have understanding. To be compassionate is to be forgiving. To develop compassion, first understand and forgive yourself, knowing that you are doing the best you can within your current belief system and your current capability levels. The more understanding, forgiveness and loving kindness you can give yourself the more genuine compassion you can feel for someone else and the more compassion you can give to someone else.*

## **Access & Receive the gifts of your Soul's messages contained in your Chakras**

### **Clearing Your 12 Chakras Workshop**

#### **Contact Sharlene Young, MRET Trainer**



- ◆ Experiential class for RET Technicians, to expand their own journey and RET skills.
- ◆ Identify issues, beliefs and feelings that are imprinted in your chakras
- ◆ for your Souls Higher Learning
- ◆ Release and Retrain your chakra's energy centers and fields with tools
- ◆ and techniques
- ◆ Reach your quantum fields to collapse unwanted patterns as you step
- ◆ into your own energy centers
- ◆ Shift the matrix in your DNA past, present, and future
- ◆ Give & receive RET Chakra Sessions

