



Rapid Eye Institute Newsletter

Volume 3, Issue 1

December 2007

HAPPY HOLIDAYS

Celebrating The Season

During this time of the year we focus on what we are grateful for. We celebrate a spiritual experience, which created our ability to return home to the light. No matter what beliefs or religious up-brings we may have, the one common factor is that we seem to come from a place of great light, love and peace. The Holiday Season is about remembering this connection, as we reach out to our families, friends, and communities in the spirit of peace and giving.



Celebrating the season brings a rebirth of the soul and light to the earth. Rebirth and light have emerged over and over during this time of year, as far back as recorded history. It is also celebrating the highest truth of who we are, for we truly are the vibration of divine light, love,

and peace. We are not our experiences, feelings, or beliefs; we are divine beings of light that have come to shift the vibrations of our experiences by viewing or processing them differently

Sending love and gratitude to every person in your life is an expression of celebration, for they are the mirrors which show what you have come to shift, and what you have created. Each person is a gift for the rebirth of your soul, and bringing higher vibrations of light to the earth. These higher light vibrations assist each person to experience their true spiritual self, raising the consciousness of the planet, and restoring balance.

Let's celebrate this season with the intention of being a personal director of light

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Colors of the Season

Red and Green have been the traditional colors of the holiday season, and they bring a healing vibration in their presence.

Red: predominance of the root chakra where our birth and DNA experiences

are imprinted. The frequency vibration of red may assist in bringing in courage, passionate love, generosity, and vitality.

Green: predominance of the heart chakra where our relationships, love

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* To submit articles, please send in by the 15th of the month. It may or may not be used. We reserve the right to edit articles. -Thanks.



Insights From Ranae

Recently I was thinking of how very grateful I am for parents that loved me. I realized whatever trials I chose to go through were so much easier because I knew I was valuable. I was the oldest girl of fourteen children, seven of those children died various ways before I left home. My mother and father modeled great faith for all of us. My mother said "You have a choice of becoming bitter and hating God, or you can choose to believe that there is indeed a higher plan at work". We always knew that they didn't really die, as we felt them around us.

Christmas time has always been a time of mixed emotions, excitement for the birthday of Christ and a sorrow for missing family members.

My mother always made life magical, especially at Christmas time. I remember one Christmas we didn't have any money for

gifts, so we spent the week before Christmas making each other gifts from whatever we could find from around the house and farm. The great surprise and highlight of Christmas morning was an orange in each of our stockings. To this day, we can't have Christmas without oranges. So what made this Christmas so great? It was the gift of self and the love we felt for each other.



Ranae Johnson, founder of Rapid Eye Technology and owner of the Rapid Eye Institute

The older I get, the more I return in my mind to those simple times where love is all that mattered, and people were more important than things.

Merry Christmas!

RET Works on Depression and Grief

My name is Jim, I am 65yrs old and I suffer from depression and grief. Lately I am experiencing panic attacks. I came to Rapid Eye Institute as a last resort. When we got into my session, we found that I suffered a fear of my mother dying. She had terminal cancer. My technician suggested that after we process some of my issues in the birth and inner child work, we proxy the future about my mothers death. I was unusually attached and terrified about loosing my mother. I also listened the RET depression CD every night for one week.

My mother passed away 2 days after Christmas. Because of my Rapid Eye sessions and proxying my mother's death and funeral, I was the strong person in the family, and went through the ordeal just fine. I continue to listen to the Depression CD and am excited to report that my life is completely changed.

"The state of your life is nothing more than a reflection of your state of mind."
- Dr. Wayne W. Dyer



Exciting News From 2007

- Rapid Eye has 13 new trainers in various stages of internship.
- 2007 we enrolled 7 new people outside of the U.S.
- Technicians from all over the world have presented Rapid Eye to the VA, police, fireman, hospitals, shelters, and rehabilitation centers with great success.
- The new RET Master Level Workshop was taught for the first time since we became a licensed career school.
- A record number of Rapid Eye Techs that had been trained in the early 90's returned to update skills.
- Research data from various RET clients is nearly ready for publication.
- Several manuals are now translated into Spanish.
- Many Techs report a successful year with clients. Life changing results.



"The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind. As you think, so shall you be."

- William James

"Achieve inner peace, quiet that mental chatter. Focus the mind and balance the body's chemistry. Love and heal the entire self in a safe, drug-free, confidential and loving environment with the Miracle of Rapid Eye".

– Submitted by Maritza Bulger, MRET Rapid Eye Practitioner from New Jersey EFT, Life Skills Coach, Life Skills Classes, Private & Group Sessions, IRT Trainer, Women's Groups, Teen & Youth Groups

"We are very appreciative to the trainers and to all of the Techs that staffed in 2007 to make our trainings a wonderful experience for new students."

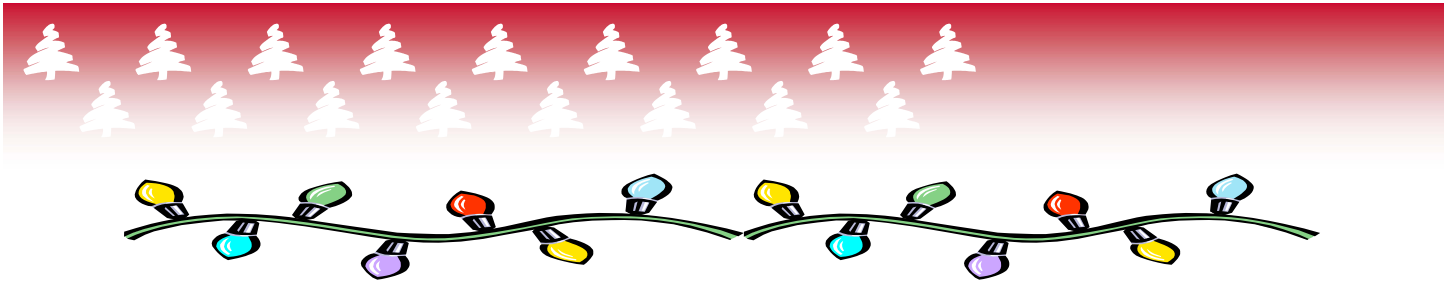
The following are a few comments from students:

"The training was one of the most loving and healing experiences I have ever received. I am so grateful to my RET Technician for encouraging me to come to training. My spirit has experienced new levels of growth."

"Now I know all things are possible, miracles are real. I gained so much healing, strength, and confidence from this training. The trainers were awesome."

"Training was life changing and a unique experience. I plan to encourage my clients to just do it! You won't regret taking the training and having the tool for your family."

"The training was very loving and supporting. The staff was encouraging. It was an awesome, safe, and friendly experience. I would recommend it for anyone."



Celebrating the Season

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and love to ourselves, our families, communities, and the world. Give the gift of directing light and love this holiday season by putting up your feet, drinking a cup of hot cider, and then, experience this imagery.

Imagine and create a huge shaft of light right in front of you. This shaft of light is very bright, and comes directly from 100% highest truth of who you are and where you are from. Move into the center of this shaft of light. Feel this glowing, warm, calming, liquid light flowing through the top of your head, down your spinal column, opening up your front and back chakras. Allow the light to fill your chest, stomach, hips, and move out the end of your spinal column flowing down your legs. This glowing warm liquid light is washing, washing, washing out the ends of your feet, through your true original 10th energy center 18 inches below your feet, and continues to move to the center of the earth, to your sacred space.

Imagine and sense yourself connecting and occupying your space in the center of the earth that uniquely belongs to your energy system. Feel that light scooping back, flowing up through the layers and levels of the Earth, pulling it up through the bottoms of your feet and filling your entire physical body with this light. "This is your sacred space that was uniquely created to access the spiritual grid work in the Earth that connects you to 100% pure light Source. Imagine, sense, and direct any heaviness or tension you may be feeling to recycle in the light held in your unique point inside the center of the Earth. Pull this connection up from the earth, through your true original 10th energy center 18 inches below your feet into all the molecules and



cells in your physical body. This light travels through the top of your head directing you through all time and space, to your beginnings, to the light, activating your spiritual circuitry that flows through all time and space and leads you to the very highest 100% pure light and truth of who you are and where you are from.



With intention, direct each individual in your DNA, past, present, and future, parallel life times, or wherever the energy is coming from - that each person moves into their own shaft of light. This shaft of light activates and connects them to 100% light and truth, this light as it flows through their bodies, out the ends of their feet, through their true original 10th energy centers 18 inches below their feet, and continues to move to the center of the earth, to their sacred space.. Each shaft of light creates divine light, love, and peace to dwell within, around, through each mind/body system Celebrate this season by being the love, light and peace. And so it is.

When this feels complete open your eyes. Place your tongue on the roof of your mouth and press your fingertips together for about 30 seconds. State out loud "It is my intention to be in my complete circuit of energy in current time and space. I am allowing others to be in their own energy in current time and space". By stating your name and what year it is out loud, this fully brings you, and every person that was processing into their own complete energy circuit, in their current time and space. When this feels complete, gently open your eyes feeling grounded, refreshed, and full of light. State out loud, your name and what year it is. ©

Love and Light to all of you,

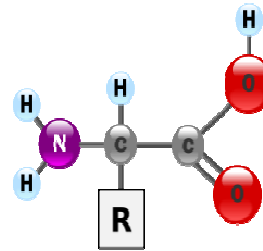
Sharlene Young MRET Trainer



Amino Acids from Protein Affect Your Brain

Amino Acids make Neurotransmitters that allow your Brain Cells to Network and Communicate. Amino acids that come from the protein you eat are the building blocks of your brain's network. Even in the best of times your brain is often malnourished, which is then reflected in your emotions, behavior, and health. Your brain can respond quickly to proper nutrition, even a

single meal. Your body breaks down dietary protein into the amino acids it uses to assemble the 50,000 different proteins it needs to function- including neurotransmitters and chromosomes, hormones and enzymes. Amino acids are used in most body, mind,



and emotional processes. Stress, infection, and drugs tend to diminish neurotransmitter levels, as does impaired digestion and circulation.

Amalaki is a full spectrum food that provides a high concentration of amino acids and minerals. Amalaki known also as Indian gooseberry is

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Birth Memories Affect Our Present

Otto Rank in *The Trauma of Birth* (1924) was the first to give a detailed account of a theory that what happened to us in our mother's uterus could influence us the rest of our lives. Describing the womb experience as blissful, Rank to Freud's dismay, theorized that birth was more a psychological insult rather than physical trauma.



During the 1940's Nandor Fodor, an American psychoanalyst, became convinced that birth trauma was significant in shaping later life and used dream interpretation and the interpretation of birth fantasies in an attempt to resolve birth trauma.

By 1950 L. Ron Hubbard began his

cultish Dianetics, a forerunner to the present-day Church of Scientology, which claimed to uncover birth traumas during "auditing" procedures.

Explaining that quite often young children will begin to spontaneously talk and ask questions about their births, David Chamberlain conducted experiments with birth mothers and children and determined that birth memories are retrievable under hypnosis. Because of this, the author says that newborn infants are capable of picking up on the insensitivity of casual remarks. He believes that disappointments as to the sex of the child

as well as overt rejection can be instantly communicated to the neonate.

David Chamberlain, PhD *Babies Remember Birth* contains many short case histories from the baby's point of view. The book concludes with two short appendixes on the problems of abortion and parental guilt.

Ranae Johnson, Ph.D. is the author and founder of *The Miracle of Rapid Eye Technology*. This book contains many short case histories of individuals RET birth sessions, and their memories. Research shows all core issues are connected to the birth experience. The author explains that RET is a natural safe

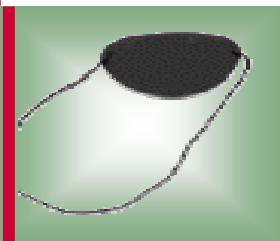
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The Miracle of Eye Patching

"I had just had a brain tumor removed and my peripheral vision was greatly impaired, along with some cognitive brain function which affected my ability to read. Kristine taught me to eye patch. The first time I eye patched I saw a marked improvement with my vision. Things were not only much clearer, but my vision increased. I have continued to eye patch and my vision continues to get better and better. My surgery was 5 weeks ago and I just finished reading my first, albeit, small book. I believe eye patching has enhanced my ability to read and function normally.

I am a father of five boys, the youngest is two years old. I was just diagnosed with a Grade 4 Glioblastoma



Muliforme, a "terminal" brain cancer. RET with Kristine has helped me refocus, have hope, remain

calm, heal my troubled spirit, feel more in tune to my surroundings and my God. Tom ~ Bonney Lake, WA

He is now using the voyager 3 times a week too, along with weekly RET sessions.

Blessings,
Kristine Farley, RET

Colors of the Season

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compassion, inner desires, and healing are imprinted. The frequency vibration of green may assist in binging peace, regeneration, prosperity, healing adaptation, thoughtfulness, freedom, and an open heart.

May the colors of the Season bring you balance, love and peace!
Happy Holidays!

Birth Memories Affect Our Present

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way to process the birth experience, by simulating REM in a waking state. After clearing has occurred there is a place to reframe and reclaim light and truth. In Section Two of the book *The Life Skills*, the application of natural laws, or principles which govern human development, are taught as the other half of RET.

Sharlene Young is the author of *Understanding Your 12 Chakra*. In this book, the birth experience is decrypted as a Pattern Cycle of Coming to Earth, and where the birth and developmental ages are recorded in the body's energy system. The author's diagrams identify how birth patterns are created through your 12 chakras, and how to create wanted change. The book contains how the baby's body's energy System is designed to process in REM sleep. The author has a series of manuals, and CD's developed to

process the birth process and developmental ages through the body's energy system by simulating REM in a waking state.

The Light Birth and The Spirit of a Child are scripted Chakra RET Birth release sessions to bring the light and the truth of who we are with us as we experience the Birth process. These processes are designed to disconnect you from the unresolved birth trauma, DNA circuitry and allow you to be in your own circuit of energy, and wanted change.

The Light Birth and The Spirit of a Child are scripted in positives and are designed to bring in the light frequencies of who we are and where we are from. (Appropriate and safe for all ages)

Submitted By :
Sharlene Young

Rapid Eye Institute

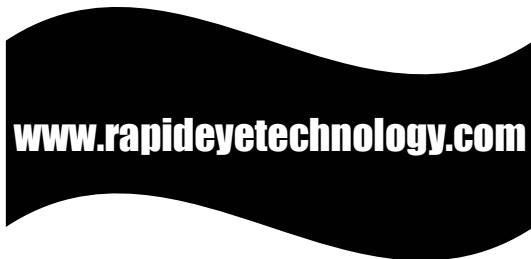
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Healing Gift Ideas

Zrii

Eye Patch

Light Birth CD

Spirit of the Child CD

Depression CD

The Miracle of Rapid Eye Technology (book)

Understanding Your 12 Chakras (book)

Amino Acids from Protein Affect Your Brain

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a small berry that grows throughout southeastern Asia, including India, Pakistan, Sri Lanka, Malaysia and the Mascarene Islands. This fruit

has been touted for its medicinal properties of 5,000 years. Not only does this fruit have a high level of amino acids, it also contains high levels of vitamin C. Vitamin C is required for the synthesis of collagen, of neurotransmitter nor



epinephrine, and of carnitine. Vitamin C is also a highly effective antioxidant, and is also an anti-stress agent. Amalaki is also an abundant source of other beneficial antioxidants, including phytonutrients, carotenoids, polyphenols, bioflavonoids and other critical elements. Amalaki can now be found, with no preservatives, in the drink supplement called Zrii.

Zrii has six other ingredients, which include, turmeric root, holy basil, jujube fruit, schizandra fruit, haritaki fruit, and ginger root. Each of these ingredients has been used for hundreds of years for their healing

properties.

Zrii has been beneficial in providing nutrition in a high concentration of amino acids and minerals to the mind body system. The recommended use is 1-3 oz. daily for adults.

This all natural drink gives you a quick easy way to nourish your brain with the amino acids and minerals the brain requires.

For further information on the healing properties of Zrii go to the Rapid Eye Website, www.rapideyetechnology.com and click on Zrii.

By Sharlene Young