

Rapid Eye Technology
A natural, safe way to release stress and trauma

Rapid Eye Institute Newsletter

Editor: Christina Jenks

- To submit articles, please send in by the 10th of the prior month. It may or may not be used. We reserve the right to edit articles. - Thanks.

VOLUME 14, ISSUE 1

DECEMBER 2008

White Envelope

It's just a small, white envelope stuck among the branches of our Christmas tree. No name, no identification, no inscription. It has peeked through the branches of our tree for the past 10 years or so.



It all began because my husband Mike hated Christmas. Oh, not the true meaning of Christmas, but the commercial aspects of it, overspending, the frantic running around at the last minute to get a tie for Uncle Harry and the dusting powder for Grandma, the gifts given in desperation because you couldn't think of anything else.

Knowing he felt this way, I decided one year to bypass the usual shirts, sweaters, ties and so forth. I reached for something special just for Mike. The inspiration came in an unusual way. Our son, Kevin, who was 12 that year was wrestling at the junior level at the school he attended, and shortly before Christmas, there was a non-league match against a team sponsored by an inner-city church.

These youngsters, dressed in sneakers so ragged that shoestrings seemed to be the only thing holding them together, presented a sharp contrast to our boys in the spiffy blue and gold uniforms and sparkling new wrestling shoes. As the match began I was alarmed to see that the other team was wrestling without headgear, a kind of light helmet designed to protect a wrestler's ears. It was a luxury the ragtag team obviously could not afford. Well, we ended up walloping them. We took every weight class. And as each of their boys got up from the mat, he swaggered around in his tatters with false bravado, a kind of street pride that couldn't acknowledge defeat. Mike, seated beside me, shook his head sadly, "I wish one of them could have won," he said. "They have a lot of potential, but losing like this could take the heart right out of them." Mike loved kids, all kids, and he knew them, having coached little league football, baseball and lacrosse.

That's when the idea of his present came. That afternoon, I went to a local sporting goods store and bought an assortment of wrestling headgear and shoes and sent them anonymously to the inner-city church. On Christmas Eve, I placed the envelope on the tree, the note inside telling Mike what I had done and that this was his gift from me. His smile was the brightest thing about Christmas that year and in succeeding years. For each Christmas, I followed the tradition, one year sending a group of mentally handicapped youngsters to a hockey game, another year a check to a pair of elderly brothers whose home had burned to the ground the week before Christmas, and on *(cont. on pg 5)*

Inside this issue:

Insights from Ranae	2
Did You Know	2
Compassionate Healing	3
Let us Keep Christmas	3
Clearing The Holiday Blues	4
I Can Now Go Home For Christmas	4





Insights from Ranae

The Spirit of Christmas

Embracing a higher will and remembering our connection with light is the true spirit of Christmas. We love and appreciate each of you and know of the purity in your hearts.

Where do we find ourselves this Christmas? Whatever is going on we can ask, "What is the highest good for all concerned?" Surrendering to this means accepting this moment, this body or situations and getting out of the way. We can become an observer and just notice- that giving and receiving are the same. We can do this by training ourselves to walk away in our minds from triggers or problems if we can't in our body. Our job is to love, serve and teach peace by example.

Challenges are a means to spiritual growth and expanded awareness. This does not mean, however, we are passive or allow ourselves to be victimized or controlled. True surrender is active, positive, assertive, a creative commitment to make use of our situation in a spirit of appreciation. Shifting our perspective will shift any perceived problem.

Finding the boundless land of love and compassion connects us with each other and gives us unity. Most of us come closer to doing this when we feel the Spirit of giving at Christmas.

We are really one family who perceive ourselves separate and different. This is both true and false depending on the state of awareness each of us are in at any given time. Today we embrace the Earth and its illusions. Soon we will embrace the universe and more!



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

Merry Christmas and the best New Year!

Make it a Happy, Prosperous New Year!

Love,
Ranae



*Every time
we love,
every time
we give,
it's
Christmas.*

*-Dale
Evans*

Did You Know...

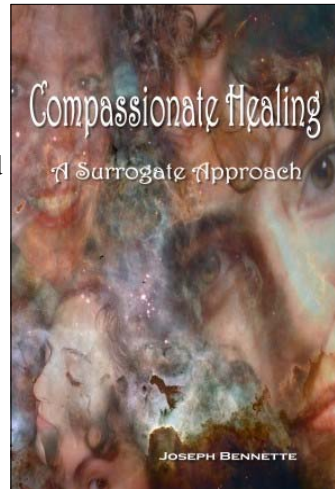
- Positive or negative thoughts and feelings connects to a similar field of energy that amplifies those thoughts and feelings.
- Whatever we are thinking or feeling comes back to us multiplied.
- If you are noticing negative thoughts, feelings, or speech, you can say out loud, "Cancel that!". Then, imagine unplugging from those feelings and thoughts, notice what you'd rather think and feel, and imagine plugging into those energy fields.
- Focus on what you do have and like and be grateful for it. This sends out a signal to the universe to create what you desire!

Compassionate Healing

Struggling with a reluctant or resistant client or issue? Looking to quickly get to that "core" issue or causal event? Have a client too afraid to approach a traumatic event in their life? Want to understand and utilize proxy better? If you answered yes to any of these questions, Compassionate Healing, A Surrogate Approach, is for you!

Surrogate (or Proxy) Healing uses a person's own judgments and perceptions to heal. It is the secret "Back Door" to your most powerful healing faculties. Turn the negative emotions and energies of others into a beneficial force. Discover untapped potential for individual and planetary healing unimagined otherwise.

This book presents fundamentals and specific methods and step-by-step instructions for initiating and successfully conducting surrogate or proxy healing. Examples and transcripts from actual sessions help you understand and apply the principles and specific techniques involved.



Healers, learn how you can affect change in resistant clients, help clients more easily heal their relationship problems, turn troubled teens into super-healers, speed healing after surgery, and much more using this amazing attribute of the human mind.

You can apply the techniques offered in this book to any healing modality and to yourself personally. You may use the technique to amplify empathy and thereby help resolve many issues in the process.

As you tune in to the feelings of others, you will develop a broader understanding and sense of responsibility for your world - a key attribute to healthy joyful living - and the essence of compassionate healing.

130 pages in paperback and download (pdf) versions.

Available NOW online in the RET Store at

<http://rapideyetechnology.com/store/compassionate-healing-p-48.html>.



*Blessed is
the season
which
engages
the whole
world in a
conspiracy
of love.*

*-Hamilton
Wright Mabie*

Let Us Keep Christmas

Whatever else be lost among the years,
Let us keep Christmas still a shining thing;
Whatever doubts assail us, or what fears,
Let us hold close one day, remembering
It's poignant meaning for the hearts of men.
Let us get back our childlike faith again.



Clearing The Holiday Blues

Draw an imagery clockwise circle (with your hand), in front of you that represents the sacred space that was created for your spirits journey of the human experience. With intention your spiritual energy occupies your sacred space or column of light flowing from 100% highest truth of who you are and where you are from around and through your physical body, out the bottoms of your feet, continues to flow through a space about 18 inches below your feet, to your spiritual space in the center of the earth. Physically move your body into the center of the circle of your sacred space. Take some deep breathes into the bottoms of your feet, sense how your space feels. Make yourself comfortable as you stand, sit, or lay down in your sacred space, as you read this clearing script out loud.

100% true Spirit of who I am to go to the true original number one, the very first time to find the cause or reason for these beliefs, and feelings of despair, worry, overload and the pattern of The Holiday Blues. With intention each life time that is part of this pattern is directed to 100% pure Light to accelerate the completed learning. Allow my 100% highest spiritual self to unplug the circuits of the first cause of this pattern, and every similar experience to be released it in it' proper order time and sequence, from each of my systems my physical, emotional, mental, spiritual, physis, dimensional, parallel dimensions, past, present, future, future present, past, in all layers, levels to resolve the exact conflict permanently, to complete my souls learning, and plug each of my systems into 100 % spiritual blueprint, filled with light and love to 100% highest truth of who I am. I connect to these experiences and individuals only in 100% highest truth of who we are.

I call home any of my life force energy that my have been stuck in those experiences to 100% true light to be returned to me. I connect to 100% Spiritual true purpose of the holidays. I now feel the divine presents of self love, joy, and peace. All is well. I am abundance of all that I desire. I am able to feel and know it is all good.

Add your own positive feeling statements. _____

Thank you 100% Pure Spirit, for assisting me, in completing my Souls creation, it is done, it is done, it is done. And so it is.

(Continued on page 5)



I Can Now Go Home for Christmas

Ann came for RET sessions a few years ago. Each year when she returned home for Christmas, she would get triggered from old childhood abuse. Family fights always seem to happen and she would be devastated for several months after.

After RET sessions and proxy on the alcoholic father and abusive siblings, Ann was able to return home and enjoy her family without getting triggered. She calls each Christmas and thanks Rapid Eye and her patience therapists for the personal work and healing that occurred in her family pattern.

Her last phone call she said, " I wonder if you all realize how important Rapid Eye is to the world. Thanks to RET I have my family back."



Clearing The Holiday Blues

Rapid Eye Institute

(Continued from page 4)

581 Lancaster Dr. SE
#270
Salem, OR 97317

Phone: 503-399-1181
Fax: 503-373-3606
ret@rapideyetechnology.com

Grounding "Come back into your own energy in current time and space Place your tongue on the roof of your mouth and press your fingertips and thumbs together for about 30 seconds, focus your energy flowing out the bottoms of your feet continuing to flow through a space about 18 inches below your feet, to your spiritual space in the center of the earth, to fully occupy that space. Then put your hands together to close all portals and dimensions. State out loud 'It is my intention to be in my complete circuit of energy, my column of light, 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 into current time and space. When this feels complete, state your name and what year is it out loud.

Continue for 21 Days to clear the holiday blues and imprint divine peace and joy.

May the true spirit of the holidays be with us always!

Written by Sharlene Young Master RET Trainer

www.rapideyetechnology.com



White Envelope

(continued from pg 1)

on. The envelope became the highlight of our Christmas. It was always the last thing opened on Christmas morning and our children, ignoring their new toys, would stand with wide-eyed anticipation as their dad lifted the envelope from the tree to reveal its contents. As the children grew, the toys gave way to more practical presents, but the envelope never lost its allure. The story doesn't end there.

You see we lost Mike last year due to dreaded cancer. When Christmas rolled around, I was still so wrapped in grief that I barely got the tree up. But Christmas Eve found me placing an envelope on the tree, and in the morning, it was joined by three more.

Each of our children, unbeknownst to the others, had placed an envelope on the tree for their dad. The tradition has grown and someday will expand even further with our grandchildren standing around the tree with wide-eyed anticipation watching as their fathers take down the envelope. Mike's spirit, like the Christmas spirit, will always be with us.

--

This story was written by Nancy W. Gavin and was first published in Woman's Day Magazine in 1982. Her daughter contacted me since I had "author unknown" on this page. This story has become world famous and her Mom passed away in 1983 and never enjoyed the effect of her writing this wonderful story. Rest in peace Nancy and thanks for the great inspirational story.