

Rapid Eye Institute

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INSIDE THIS ISSUE:

- Insights from Ranae 2
- Did You Know 2
- Dreams Do Come True 3
- February Specials 3
- Rapid Eye Technology 4
- Begin Your Path 4
- Creating Love 5
- Make a Difference 6
- Win \$1000 7
- Time Pressure Imagery 7

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

Celebrating Love

Valentine's Day, February 14th, is the traditional day in the US in which we celebrate our love for each other by sending Valentines cards, giving chocolates, flowers etc. Did you ever wonder where this holiday originated from?

Although there is not a definite date, one legend contends that Valentine was a priest who served during the third century in Rome. During this time, Emperor Claudius II outlawed marriage for young men, as he thought single men made better soldiers. Valentine thought this was unjust, and continued to marry young lovers in secret. When the emperor discovered Valentine's doings, he ordered him to be put to death.

While in prison, it is al-

leged that he fell in love with a young girl and



before his death, he wrote her a letter in which he signed, "From your Valentine." This



expression is still used today in greetings cards around the world.

The date of Valentine's death probably occurred 270 A.D. which gives us an approximate date of the first Valentine's card sent. From this date forward, celebrations of romance of St. Valentine's

Day contains vestiges of both ancient roman and Christian tradition.

Pope Gelasius declared February 14 St. Valentine's Day around 498 A.D. Whatever the accurate date of the first Valentine's Day is, the most important thing is the celebration of love has been ongoing for eons of time.

St. Valentine's didn't just celebrate love on one particular day, he dedicated and gave his life for the belief that love is all there is.

As each one of us remembers the importance of how we impact those around us, let our actions and words reflect love. We have the potential to create Valentine's Day everyday with tender words and thoughtful actions.

Insights from Ranae



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

“Love cures people-both the ones who give it and the ones who receive it.”

-Karl Menninger



“When I came back and staffed a RET Training, I experienced incredible learning.” L.R.

The more we love, the deeper and exalted love becomes. Love lifts and moves outward to the whole world. When we love or heal ourselves, we heal everyone and everything because we are all connected. The energy we send out to the world comes back to us multiplied. The universe always pays us.

There is only one energy, that is “love energy.” Love is often misused and called evil or negative energy, such as judgment, blame, guilt, grief, fear, and anger.

Imagine that love is like a lit candle. Each person or thing we love lights another candle. All of our candles together create a brighter light for us to

live in. This light dissolves the pain, distrust, and illusions that have deceived us. We see in others what we are struggling to conquer in ourselves. The purpose of all our problems and challenges are to teach us that negative beliefs take us down into the negative energy such as, distrust, grief, loneliness, unhappiness, and death.

Love and faith exalts us to a splendor greater than we can imagine. We can choose to look beyond experiences and behaviors. We can believe that we and others are much more than our experiences and behaviors. We can learn to know each other’s hearts and intentions. We can forgive

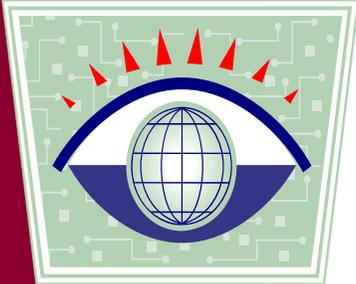
mistakes.

Everything we think or do is always a choice, including loving ourselves and others. There is always something to love about another person, even if it is just their spirit. We can find the good, moment by moment, in anything, even if it’s just the gratitude for the learning we get. We can get the learning from each person and experience and let the rest go. As we learn to forgive and see the good, we will set ourselves and others free. We cannot truly love ourselves until we can love our brothers and sisters of the planet.

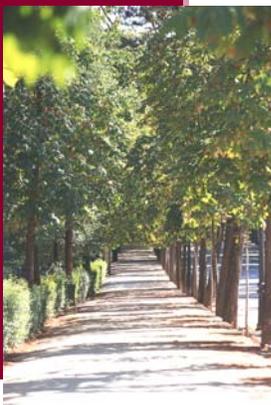
Let’s teach love for all, because that is what we are!

Did You Know...

- **Coming back to staff RET increases your enthusiasm, thus increasing your business.**
- **When everyone in Rapid Eye sends one person a year to training, RET will grow more than we can imagine!**
- **You get \$100.00 credit in the RET store for every new student you refer.**
- **Ginkgo Biloba, usually used to enhance mental function, also assists in controlling anxiety.**
- **Resveratrol may prevent cancer found in grapes and grape seed extract.**
- **Organic fruits and vegetables were found to have 40% more antioxidants than non organic grown produce.**
- **Castor oil rubbed on joints and heat applied, will relieve the pain and heal joints.**



*“The man who
removes a
mountain
begins by
carrying away
small stones.”
-Chinese
Proverb*



Rapid Eye Technology

RET is a natural, safe way to release stress and trauma. RET simulates REM sleep, your body's own natural release system. This powerful quick release happens without reliving the trauma. Accessing the whole mind/body system while in an awake state allows you to be in control of your own journey.

RET empowers individuals to live a happy, productive life by releasing negative belief systems, negative thought forms, and emotions, all of which contribute to emotional stress.

RET, physiologically and psychologically, opens up the neuropath ways where the energetic memories of our personal and inherited traumatic experiences are trapped. For instance, being trapped in the birth canal, trapped in a car accident, or trapped in a relationship, are all on the same neuropath way.

We believe neurons in the brain stem switch on the same way they do in REM sleep, causing communication at the cellular level throughout the body.

Energy confined at the

cellular level by emotional or physical trauma is thus accessed allowing energy discharge through a fast eye blinking process. Clients release issues and emotions at a comfortable rate without reliving incidents.

During a Rapid Eye Session the conscious mind is communicating with the subconscious mind creating a safe environment to let go of the energy attached to the stress or trauma.

Begin Your Path

**Become a Rapid Eye Technician, it's as simple as 1-2-3 by
A Career School Licensed by the Oregon Department of Education**

1. Complete the easy-to-learn RET Home Study Materials.
2. Complete the on-site RET Certification.
3. Complete RET practicum hours.

*Our mission is to provide adult learners a broad access to a high quality of education through a distance learning environment. Rapid Eye Institute's courses prepare it's graduates to achieve professional excellence and affect positive social change.

To register, call 503-399-1181 or go to www.rapideyetechnology.com

Creating Love

We record within our physical body and auric fields, our thoughts and feelings about our experiences - as truth. Again the truth is - we are not our experiences. These recordings create a vibration or frequency that sends out a resonance. Resonance is a vibration that causes movement in a similar vibration and creates a hookup or plug-in with that frequency. Imagine each time we think a thought negative or positive, we are plugging into that frequency and then creating the cause and effect for that thought. We can forgive ourselves and choose another thought if it is negative.



How we are thinking and feeling triggers all the times we felt that way (including DNA), creating an electromagnetic field or grid work. Your thoughts and feelings connect with other people's electromagnetic fields which are experiencing similar thoughts and feelings. This process works like a grid work of electricity that can be accessed and transferred to other locations. Whatever we focus on we get more of. Our electromagnetic fields

regulate the external energy that we are experiencing at any given moment. The magnetic component of your field influences the electrical hookups or connections that you create. Your magnetic component creates your thoughts and feelings, returning to you multiplied. This awareness allows you to notice that this experience is more than just you.

Disconnect from uncomfortable thoughts and feelings by taking a step to your left, stepping into your spiritual learning and state out loud; "CANCEL! It is my intention to disconnect and unplug from this _____. I now choose to connect and plug into the spiritual learning of this experience, creating a higher frequency." Just notice if you experience old thoughts and feelings, continue to disconnect each time.

Do the following for the body learning to ground into your own energy.

Step to the left, disconnect, and raise your arms above your head. Then to let the issue or energy flow on by, you swiftly bring down your arms and point to the center

of the Earth.

When you imagine something, it is the mental form of an emotion. Emotions and thoughts create how you experience each of your moments. Imagine loving yourself unconditionally. When imagining in your mind, you direct your thoughts, feelings, and energy frequency in a conscious way to create your electromagnetic field. If you imagine unconditional love of self, your electromagnetic field will send this frequency out and connect with more of this energy - amplifying the collective consciousness of unconditional love.

So remember to also imagine stepping to the left, disconnecting, and letting it flow on by!

Say, "I unconditionally love myself."



Chakra Workshop Class
2006

Article used with permission
from "Clearing Your 12
Chakras Workshop"
by Sharlene Young



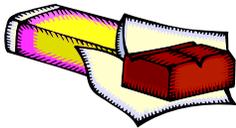
"From attending the Chakra Workshop and processing my own issues, my 9yr. old son's behaviors also changed as mine did. Much love and gratitude to you and this workshop."

-S.S.

Working Together, We Make A Difference

Heartway Foundation is a non-profit charitable organization that extends the hand of peace, care and compassion to thousands of individuals and groups in need. Some of the issues Heartway Foundation assists with are Veteran's PTSD, Abuse of all kinds, domestic violence, rehabilitation, drug, alcohol, and food addictions, troubled youth, depression, grief, loss and anger, and any stress related issues.

See's Candies has partnered up with the Heartway Foundation in effort to raise money for these individuals and groups. For every purchase, part of the proceeds are donated to the Heartway Foundation.



By buying See's Candies from the Heartway Foundation, you can make a difference in someone's life.

www.wintersflower.org

Call 503-399-1119 to place your order!

*make checks payable to: Heartway Foundation



Sign up/Order Form

	Quantity	Price	Total
<input type="checkbox"/> RET Home Study Kit		\$4550.0	
<input type="checkbox"/> Master RET Workshop (Technicians only)		\$1000.0	
<input type="checkbox"/> Clearing Your 12 Chakras Workshop		\$800.00	
<input type="checkbox"/> Buy 4 Wands, Get one Free (Technicians only)		\$100.00	
<input type="checkbox"/> Reclaim Your Light Through the Miracle of Rapid Eye Technology (Book)		\$10.00	
<input type="checkbox"/> See's Candies 1 Box of 36 candy bars (4 different varieties)		\$36.00	

Total: _____

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**some items may require s/h charges*

Credit Card # _____ Exp. date _____

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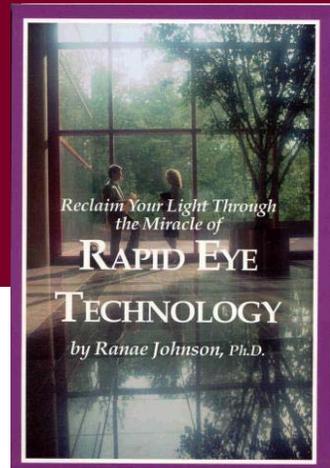
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We appreciate

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Support Heartway Foundation and win a \$1000!

Heartway Foundation is selling raffle tickets for \$5 each - the First Prize is \$1000.

Anyone can purchase a ticket online at the website

www.wintersflower.org

You will receive a confirmation number, a tax deductible receipt, and will be entered in the drawing.

Call 503-399-1119 for further information.

Thank you for your ongoing support!



Time Pressure Imagery for a Healthy Heart

Time is

Too slow for those who wait; too swift for those who fear. Too long for those who grieve; too short for those who rejoice. But for those who love, time is not.

- Henry Vandyke

Close your eyes and take some deep breaths, in through your nose and out through your mouth. Feel yourself becoming more and more relaxed. As you move deep inside yourself, sense a brilliant light that begins to glow. This light grows brighter and more intense as your breath energizes it.

This brilliant light begins growing inside of you, filling your whole body with light. As you relax now, allow your body to feel as light as a feather.

Imagine now that your body is a feather. In your mind's

eye, notice what kind of feather your body becomes. Feel the texture of the feather, it maybe downy soft or very sleek.

As this feather, feel yourself begin to move in this brilliant light that spirals and moves through all time.

Feel the sensation of the movement in the light. Notice the colors in the light that move in circles and expand and stretch time.

As time is stretched in all directions, allow the feather to disconnect from any pressure of time.

As you move out into end-

less floating and relaxation, you notice that there is no direction or flow, simply a peaceful sensation.

In this peaceful sensation, experience everything being completed in it's perfect time and space.

When this feels complete, take a few slow breaths, moving totally into your body, and being aware of your surroundings in the room. Open your eyes knowing everything is perfect!

Written by:

Sharlene Young

RET Master Trainer