



Happy New Year!

New Beginnings

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New Year is the end of one year and the start of a new one. January 1 of each year marks a new beginning. The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago.

The tradition of using a baby to signify the New Year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth.

Other traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians.

Popular modern resolutions might include the promise to lose weight or quit smoking, etc. The early Babylonian's most popular resolution was to return borrowed farm equipment.

New Year's resolutions are the intention of new beginnings.



New beginnings are what we would rather create, or what we want. Our thoughts direct what we create; we multiply the creation each time the

same thought or creation is experienced. The thought or creation of New Beginnings have been being created and experienced for thousands of years, making this time of year easy to rebirth. Every year the vibrations of this planet are raised during this time pe-

riod. These higher vibrations allow creation to manifest quickly.

Being aware and focusing on what we want during this time is an important part of creating the New. What are your New Years resolutions or New Beginnings of rebirthing yourself?

Make a list of 3 new beginnings you want, and begin focusing on each of them.

1. _____
2. _____
3. _____

If you experience creating in ways that aren't creating your new beginnings, use this exercise to trade it in for what you want. (Each New Year we trade in what we don't want for what we do want with our New Years resolutions). This exercise is part of the

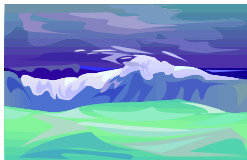
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* To submit articles, please send in by the 15th of the month. It may or may not be used. We reserve the right to edit articles. -Thanks.

Insights from Ranae



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



Seeing beyond all the fears, the illusions, the objects that make up our reality is easier than we thought.

At one time in my life, I seemed to create one crisis after another. I would pour out my heart to God and say "Why, what am I doing wrong?", but the silence was peaceful. After a lot of practice at creating what I didn't want, I learned to become still and surrender it all to a higher power to take care of it. I would immediately feel this same peace. I would forget the problem and go do some-

thing else. I was excited to later learn that great writers and scripture knew about this silence, as well as science. Robert Frost knew the secret was in the center when he wrote "We dance round in a ring and suppose /but the secret sits in the middle and knows!" It's the space between the notes that makes the music.

It's peaceful in the eye of the storm. Objects make sense and we can understand because of space inside and around everything.

Every cell of our body is

composed of particles, circling a void of space. Every molecule is similarly fashioned of particles circling nothingness.

The secret is in our still space, scripture tells us, "Be still and know that I am God." Our still space inside of us can dwell there, while our mind and body goes about doing life. It's when we forget to go to our still place and surrender all our worries, that we create pain and problems.

This new year, Be still and Know!

HH the Dalai Lama

Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us. When we have inner peace, we can be at peace with those around us.

When our communities can share that peace ties, and so on. Kindness towards others, loved and cared for, develop inner happiness are ways in which



we can consciously work to develop feelings of love and kindness. For some of us, the most effective way to do so is through religious practice. For others it may be non-religious practices. What is important is that we each make a sincere effort to take our responsibility for each other and for the natural environment we live in seriously.

nity is in a state of peace, it with neighboring communities. When we feel love and kindness it not only makes others feel but it helps us also to develop peace. And there

***The world is
round and
the place
which may
seem like the
end may also
be the beginning.***

***-Ivy Baker
Priest***

The Nobel Lecture, December 11, 1989

RET Technician Expands Practice Since Beginning RET Business

Since beginning the RET Business Success Coaching group with Debra Gordy, MS MRET, RET practitioner Kristine Farley has been expanding her practice by leaps and bounds! When she began she had tons of great ideas, and possibilities, but needed focus and direction, and a step-wise plan to begin to bring them to fulfillment. Kristine states, "I needed focus. Debra challenged me to step outside my comfort zone and go into the 'zone'. Since beginning this course, I have been given direction . . . that I know are from Spirit and are not mine."

She is now working in a local chiropractor's office,

seeing six to seven clients a week, which is her ideal. She is creating speaking ideas and opportunities, to promote her business within her local community.

Kristine is also gaining increasing clarity about her business vision and niche, and learning a step-wise system to bring her business vision into reality. She is experiencing the satisfaction and excitement that comes from experiencing her practice success goals come to fruition.

Kristine is an enthusiastic, active participant in class telecoaching meetings and



Kristine Farley
RET

loves the unique focus of the class, which combine the practical action steps of creating a successful business with spiritual creation tools. She further states, "Other (business) classes come from a doing focus, i.e. business

plan, etc. Debra's class has come from Spirit, "Being" focus. Prior to finding out about this class, I was praying for mentors to come into my life. Debra is an inspired mentor to me!"

To learn more about RET Practice Success Coaching, please visit http://www.debragordyms.com/RET_coaching.html



***"The best
way out is
always
through."***

***-Robert
Frost***

New Beginnings

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Rapid Eye Technology IRT course.

1. With your finger tips tap under your collar bones (K-27 point, your kidney meridian points, we process emotional energy through our kidneys. Tapping helps to release the energy)

2. Next, while tapping, state out loud, "I trade in _____ (what isn't creat-

ing your new beginnings), for _____ (what you want)." Tap and state out loud 10 times. (blink your eyes and breathe in through your nose and out through your mouth as you speak and tap)

3. End with stating out loud, "I choose to process this differently." Tap and state out loud 3 times. Continue to notice what you are creating in each mo-

ment, day, month, year, etc., and use this exercise to trade in what you don't want for what you do, re-birthing yourself.

For further information on this process, call Ranae Johnson at 503-399-1181, or go to www.rapideyetechnology.com.

Happy New Beginnings!
Sharlene Young



**Rapid Eye Institute
Salem, OR**



***Don't take
life too
seriously;
you'll never
get out of it
alive.***

***-Elbert
Hubbard***

Exhausted from Years of Single Parenting

Janet * was 45 when she began to work with me. She had been married for ten years several years before. She has two children, who were both in their late teens at the time when Janet called. Janet was emotionally and physically exhausted from years of being the sole supporter of her children and working in her family-owned business.

She was beginning to worry about what she would do with her life once her children left home. Janet felt afraid that she could end up alone, never having really lived herself. Outwardly successful, Janet felt empty and unfulfilled inside.

Even though she had been divorced for years, she still had lingering feelings and attachment to her former husband. She also felt afraid of putting herself in social situations, and had-

n't dated in many years. She had some women friends, but took little time for her own interests, devoting all her time to her children and work.

When she began working with me, Janet knew she had to make some changes in her life. She knew she wanted to be remarried, but had little hope of ever dating again at her age, and even less hope that she would find a good man who would love her for herself.

As we worked through her program, Janet was able to create a clear vision of the life she desired for herself, including the marriage she wants to create. She could clearly envision the qualities of the man she would marry, and the kind of relationship they would co-create together. She felt surprised to find that she had lingering ties to her ex-husband, and was grateful

to release those finally and completely. She felt emotionally free and available to be married again for the first time since her divorce.

In the course of our work together, Janet was surprised to find many childhood and family experiences that were underlying her pattern of hiding out behind her children and her business. She learned why and how she sabotaged herself by avoiding risking emotional involvement with good men, why she was attracted to men who are unavailable, and why she pushed good men away. More importantly, she was able to release and heal those unconsciously held patterns at the root of her Relationship Struggle Cycle.

As we continued to work together Janet reconnected with her feminine womanly Inner Self, and began to take time to care for hers

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Did You Know...

- Free radicals in the body damages tissues and stress increases free radicals.
- Polyphenols prevent free radicals and are found in Zrri and green tea.
- Polyphenols have been helpful in preventing cancer, heart disease, high blood pressure, liver damage, potentially harmful bacteria in the digestive track, and promoting weight loss, to list a few.

Workshops, Certification Dates, and Locations for 2008

February 13-16, 2008 Chakra Workshop Highland, UT	February 21-25, 2008 RET Certification Salem, Oregon	February 21-25, 2008 RET Certification Pismo Beach, California	February 21-25, 2008 RET Certification Taos, New Mexico
Feb 28 - March 3, 2008 RET Certification Highland, Utah	March 19-22, 2008 MRET Workshop Salem, Oregon	April 17-21, 2008 RET Certification Salt Lake City, Utah	May 8-9, 2008 (split) RET Certification West Jordan, Utah
June 19-23, 2008 RET Certification Highland, Utah	June 19-23, 2008 RET Certification Taos, New Mexico	June 20-23, 2008 Enhanced MRET Workshop Salem, Oregon	July 17-21, 2008 RET Certification Salt Lake City, Utah
August 29-30, 2008 RET Retreat Lava Hot Springs, ID	September 15-21, 2008 Train the Trainer Salem, Oregon	September 25-29, 2008 RET Certification Taos, New Mexico	October 9-13, 2008 RET Certification Highland, Utah



October 16-20, 2008
RET Certification
Salem, Oregon



Limited Space Still Available!

Clearing Your 12 Chakras Workshop
February 13-16, 2008
Highland, UT

This is an experiential class for RET Technicians to expand their own journey and RET skills. Class focus is on how to identify issues, beliefs, and feelings that are imprinted in the chakra centers for your Soul's Higher Learning to release unwanted patterns, and how to retrain your energy centers to create what you want.

This workshop qualifies as **Continuing Ed.** and/or to update your **RET Certificate**.

To Register, Call Sharlene Young 503-851-4574

Master Rapid Eye Technician Course
March 19-22, 2008
Salem, Oregon

This course is for mastering the Rapid Eye Technology process. Each practice session provides you opportunities to master your skills while combining processes to maximize your client's experience.

This course is offered only once a year and space is limited. To register, go to the Rapid Eye Institute website and download a registration form to fill out and send in.

Register On-line www.rapideyetechnology.com

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Rapid Eye Technology
*A natural, safe way to re-
lease stress and trauma.*

Testimonials from Chakra Workshops

"Life Changing and inspiring. Great tools for self and others to assist in change and healing." J.M.

"If you would like to experience personal growth and get lots of help to improve your RET practice, this workshop is for you." L.S.

"If you really want to understand the bigger concepts and how everything ties together, new ways to blend materials and sessions, this workshop is a must. I personally felt like it was one of the best workshops I have been in." G.L.

"Very powerful, clearly discussed & demonstrated. I learned about chakras, patterns, and how to implement new techniques. Class was lead with great compassion and love for each individual and experience." S.D.

*And in the
end it's not
the years in
your life
that count.
It is the life
in your
years.*

**-Abraham
Lincoln**



Exhausted from Years of Single Parenting

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emotionally again. She now sees herself as a lovable and desirable woman, and worthy of attracting and making a loving commitment to a man who is healthy and emotionally available.

Janet now feels worthy and capable of attracting a good man who is emotionally available and wants to make a commitment to her. She now has the personal tools she needs to step out of her patterns of social isolation, and burying herself in her children and work, and is creating her new Inner Foundation based on her newfound sense of

feeling worthy, and lovable and confident that she has the personal and relationship resources she needs to create a healthy marriage.

Currently Janet is dating three men, one more seriously than the rest, and is enjoying the fun of the journey, while feeling comfortable in allowing the relationships to develop one step at a time. Janet feels happier than she has in years. At 46, she states her family tells her she looks younger than she did at 40. She feels that her life is finally her own, and she is free to create the marriage she has dreamed of. More than that, Janet feels

confident in her ability and personal and relationship skills to co-create the marriage she has always wanted. The launching of her children no longer fills her with dread, and she feels excited and confident about her many choices as she begins to contemplate passing the family business on to the next generation.

· Please note: This client's name and other identifying details have been changed to protect her confidentiality. However, the essence of her experience and positive benefits has been retained.

Submitted by Debra Gordy,
MS MRET,
www.debragordyms.com