



Rapid Eye Institute Newsletter

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

Volume 15, Issue 1

It Only Takes a Smile

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I am a mother of three, ages 14, 12, 3, and have recently completed a college degree. The last required class was Sociology. The instructor was inspiring, graced with the qualities I would love to find in every human being. Her last project of the term was called "Smile."

Our homework was to go out and smile at three people and to document their reactions. I am a friendly person and always smile at everyone and say "hello" anyway, so, I thought, this would be an easy assignment for me.

On a crisp March morning, my husband, youngest son, and I were having breakfast at McDonalds. It was our way of sharing special play time with our son. As we were standing in line, waiting to be served, all of a sudden everyone around us began to back away, even my husband did. I did not move an inch. An overwhelming feeling of panic welled up inside of me as I turned to see why they had moved. As I turned around, I smelled a horrible "dirty body" smell, and there, standing behind me, were two poor homeless men. As I looked down at the shorter gentleman close to me, he was smiling. His beautiful sky-blue eyes were full of God's light as he searched for acceptance. "Good day," he said as he counted the few coins he had been clutching. The second man fumbled with his hands as he stood behind his friend, and I recognized the signs of mental deficiency. The blue-eyed gentleman was his salvation.

I held back tears, as I stood there with them. The young lady at the counter asked him what they wanted. "Coffee is all, Miss," he replied, because that was all they could afford. The restaurant required a purchase in exchange for the privilege of warming up. The coffee was the lowest priced item on the menu.

Then I really felt it, a compulsion so great I almost reached out and embraced the little man with the blue eyes. I noticed that all eyes in the restaurant were set on me, judging

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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.

Rapid Eye Institute Newsletter

Insights from Ranae

Spiritual Growth



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

We are all in the process of finding our highest purpose. The journey through this life is to assist us in our growth through life experience. We receive the most learning through our emotional centers. We are continually creating ways to open up or awaken to our spiritual gifts.

We do this best by giving to others through life in relationships, in pain, in joy, in love, and in imagination. The imaging of what we want is the bridge to faith or creating this to connect to a spiritual community, both on Earth and beyond. The more experience we have, the more it assists us to open these emotional centers and to work in the inner plains. We do this by being inner directed rather than outer directed.

Rapid Eye Technology is an amazing gift to the world. RET moves us quickly to a spiritual awakening by releasing old stress and trauma. The Rapid Eye goes forth on the Earth in spite of all of us to bless the world.

I pray I am doing my part in this most important mission.

2008 has been an incredible year of growth. It has been for each of us what we have needed to open our emotional centers even more.

My opening thru the years have come in so many ways, the largest being the death of loved ones. As a child I lost seven brothers and sisters, grandparents, and husbands. When I thought I couldn't open up anymore and live, I was blessed with an autistic son and those challenges.

We all go thru what I used to call trials, however, I come to understand that it is all just experience, and it is all good because of the learning. We are after understanding of the depth of love, compassion, joy, and pain. Sometimes it takes death around us to be born again into a new understanding. This year my brother and my niece and many close friends passed onto a higher gratitude and understanding. I love and miss them as well as being happy for them and our time together.

Life is an incredible dance – Thanks everyone for the dance!

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



Did You Know...

- Gratitude births only positive feelings - love, compassion, joy, and hope. As we focus on what we are thankful for fear, anger, and bitterness simply melt away.
- Gratitude unlocks the fullness of life. It turns what we have into enough and more.
- If you don't love yourself, you have nothing to hold onto.
- True spirituality does not exist without love of life.
- True healing is when you can simulate a person's own spirit to shine thru.



Changing Your Emotions Changes DNA

Dr Candace Pert who received her PhD from John Hopkins University School of Medicine in pharmacology and worked as Research Professor at Georgetown University School of Medicine, Washington DC has established that instead of being confined to the brain, the mind is a "flow of information" moving between all cells, organs and systems of the body. This means that the classical model where the mind and body are two different things is being replaced with a new scientific model, where the body is the mind.

Within this new model, a class of tiny proteins called neuropeptides are responsible for our emotions. These pervade the body and are particularly found throughout the nervous system where they regulate our mood, behavior and our health. Further, neuropeptides function as one, body-wide system where emotions take on the role of communicating throughout.

This research therefore cancels out the previous belief that the mind controls the body. It is now known that our emotions influence the body-mind where all parts of the body-mind are in communication with each other.

Our DNA responds to our emotions Emotion ..A want is something we learn about and desire. A need is carried within our DNA. It can be found in the instincts we were born with to survive.

Because our emotions influence the body-mind, if they are suppressed or expressed in an extreme manner, our bodies are negatively affected. When we swallow down our emotions and refuse to feel them or by contrast lose control and let them take us over, the DNA se-

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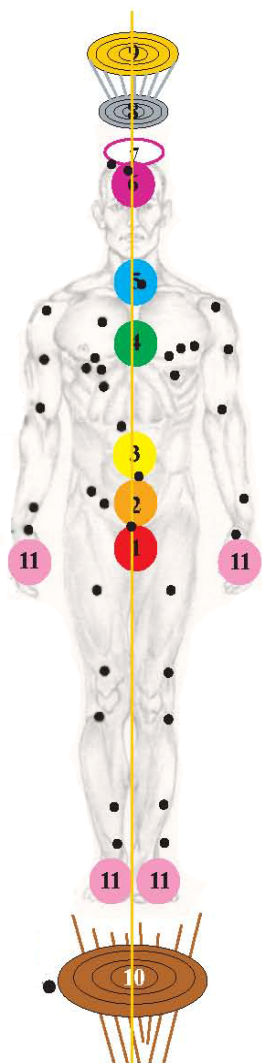
Psychology of Energy

March 9-14, 2009

Clearing Your 12 Chakras

RET Institute Salem, Oregon

Facilitated by Sharlene Young, Master RET Trainer



Experiential class for RET Technicians, to expand their own journey , RET skills, and Continuing Ed.

Identify core original DNA 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

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." C.M.

"Fabulous and fun way to gretaten self knowledge. You will learn and practice skills and tools for personal transformation." L.S

"Very helpful in clearing your own issues, and your clients." L.A.

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

"Very powerful learning experience. I enjoyed releasing blocks I hadn't realized were there." G.L.

"Very powerful, clearly discussed and 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.

"I would say, you should go!" J.H.

Looking forward to seeing you there!

Love & Light, *Sharlene*

To register call Sharlene Young 503-851-4574 or email chakraclearing@comcast.net

*Decode your
soul's hidden
messages
imprinted in
your chakras. It
is life
changing!*

Changing Your Emotions Changes DNA

(Continued from page 3)

quence on our genes changes, causing what we call a “mutation.” Mutation causes the genes to become defective which then causes physical and emotional disease.

American geneticist Barbara McClintock has found that “shocks” to genetic material such as strong negative emotions and environmental stresses, force the human genome to restructure itself. In late 2004, the National Academy of Sciences stated that major life stresses damage DNA sections to the extent that the DNA changes shape and ceases to work effectively.

Most interestingly, in scientific tests conducted on 28 samples of human placenta DNA by the Institute of Heart Math in California USA, emotions were conclusively shown to alter DNA both positively and negatively. 28 researchers were trained to produce strong emotions in themselves on demand. When the researchers evoked strong positive emotions of love, appreciation and gratitude, the sample DNA unwound and increased in length. When the researchers evoked strong negative emotions however, the sample DNA became shorter and terminated many of the DNA codes.

Change your emotions, change your health, because emotions condition our DNA, when we change our emotions, we change our DNA.

Dr Kazuo Murakami who decoded the human renin gene in 1983, states that our DNA perpetually changes and its structure is not set in stone as was previously thought. He specifically concludes that we can change our DNA by changing our emotions. For example, in the Institute of Heart Math tests mentioned above, it was also found that the DNA codes terminated by strong negative emotions were reactivated and their termination reversed, when the researchers switched back to evoking strong positive emotions. Meanwhile Dr Bruce Lipton, former medical school professor of the University of Wisconsin and research scientist at the Stanford University School of Medicine speaks of the “new biology” which shows that the classical genetic theory of fixed DNA is incorrect. He states that DNA adapts and can be changed and upgraded by choice.

The Rapid Eye Technology process is assisting in changing DNA by choice. Negative emotions are simulated in an awake REM state, tapping into the mind-bodies natural REM processes to process and change negative into positive.



Rapid Eye

Technology

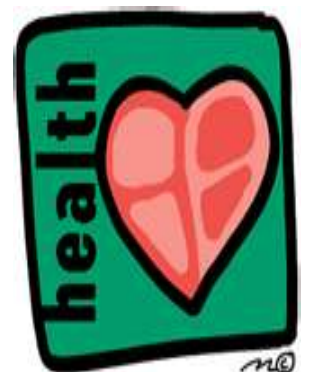
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**Rapid Eye Institute recognizes the worth and development of individuals,
believes learning is a life long pursuit and that students learn by doing.**



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It Only Takes a Smile

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my reaction. I smiled and asked the young lady behind the counter for two more breakfasts on a separate tray.

I then walked around the corner to the table which the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand. He looked up at me with tears in his eyes, and said, "Thank you." I leaned over, began to pat his hand, and said, "I did not do this for you. God is here working through me to give you hope."

As I walked away to join my husband and son, I started to cry. When I sat down, my husband smiled at me and said, "That is why God gave you to me, Honey, to give me hope."



When I returned to my last class, I turned in my project. The instructor read it and asked if she could share the story with the class? I slowly nodded as she got the attention of the class. As she was reading what I had written, I knew that we, as human beings, share this need to heal people and be healed.

In my own way, I had touched the people at McDonalds, my husband and son, the instructor, and every soul in the classroom on my last night as a college student. I graduated with one of the most valuable lessons I would ever learn, unconditional acceptance.