



~ Insights from Ranae Johnson ~

LIFE IS A BEAUTIFUL GAME - LET'S PLAY WELL TOGETHER

It is very easy for us to drop into our past or to project ourselves into the future. Only one of these three—past, present and future is real at any one time. That is- right now. Our memories of the past are very real, but we cannot live in them. Our expectations of the future are very real and important, but we cannot live in them, either. We can only live here, right now, and blend the three. Learn to view the whole time line at once.

Living only in the present time, is very challenging. Most of us actually create the path in front of us when we plan, expect, or create something. It is a blend of the past, present and future that will carry more of our spirit in our physical body than ever before. Most of us have been un-aware of just how much a part the salt water in us has played in this process. (Water is a conductor of energy).

We have been able to carry the spirit of our higher self in our physical body, largely due to the amount of water energy that we carry in our bodies. This water also brings us the grounding to the physical Earth and the connection to Spirit. Our emotional levels are actually attached to the physical water. Water is how we have been processing emotions through our body, and how we receive emotions from other people.

Have you ever been in a theater where you know perfectly well there are people sitting behind you, but you pay no attention to them? Then all of a sudden you turn around and look right into the eyes of someone who was staring at the back of your head, almost as if you saw them staring at you? That happens through the water.

Whenever humans change on any energy level, there is a resistance to change; typically we grab hold and try to hang onto every part. Many now feel that emotions are sometimes out of control. A lot of this has to do with these changes that are setting up throughout humanity. Many of us may feel that we are doing everything right and our life is right and our spirit is comfortable, yet anger, anxiousness, pain or ill health may occur. Perhaps we are feeling things that we have never felt before as we watch loved ones go through hard struggles.

This is true, for it is part of the shifts that are happening—people out of work, losing their homes and their relationships, many going hungry. What can we learn from these experiences? It seems to be necessary for us to let go of all attachments and surrender to the spiritual changes going on in our bodies and on our planet.

The carbon and water in us changing at the same time will allow us to evolve to the new levels very, very quickly. It can cause challenges, obviously. It also feels that when we have found our stability, all of a sudden the rug moves. Alas, once you learn the rules of the game, the rules are changed. This is typical of how we grow. It becomes very important to become an observer and be able to view the time line all at once—just noticing and moving forward with the understanding of the changes that are going on as we move closer to our spiritual bodies.

We wait, wait, wait...hold onto everything then suddenly jump forward. That jump forward has already begun for many - we will find a new light in our smile. Embrace it. It is a part of humanity that is evolving on this planet. Every time you smile, every time you carry that 100 percent pure Light from Home, you are being re-wired. Your action affects each and every one of us; so that our physical body can hold more light while we walk around on this planet.

I leave you with these simple, familiar reminders. Treat each other with the greatest respect, be kind, spread the message of RET and avoid the many false Gods on this planet. Nurture one another and clear the path for each other every chance you get.

Know that LIFE is a beautiful game—let's play well together.

Blessings, Ranae

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On Loneliness

by Lynell Beckstrom

I have been thinking a lot about loneliness. Again, I always watch what the Universe puts in front of me to consider. A recent participant said, "I am always alone. This deep ALONE comes on me and I want someone to love me and be a companion to me and go through life with me. Loneliness makes me sad." I immediately thought of a dear friend who one day just would not ever speak to me again. No reason why, nothing happened--no fight, no warning. Just never a response again. I felt loneliness for this person.

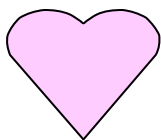
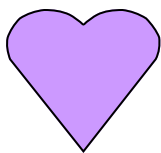
It triggered hurt, abandoned, or rejected in the past, and while we can consciously convince ourselves that we are over it, the evidence of being lonely tells the true story. To me, loneliness is any emotion that is wrapped in anxiety or urgency. The anxiety creates a lustful craving that can never be satisfied. The urgency creates a fear that the very thing you are longing for is in some way being denied or withheld from you. The key element of the fear and lust is that one is shut down to the very thing one wants. We are either unwilling or unable to receive it because of a fear of what it might do to us.

So, in the moment of that trigger to the past, I asked the participant, "How can you give the things you are lonely for to yourself? What is it you really want?" One cannot have love if their heart is shut down. We as people are collectively realizing that ALL experiences are bringing us back to ourselves. "How much love could we really stand?" If you stay in unawareness and in the belief that those people "OUT THERE" can give you what you need, you stay stuck. Go deeper in--not outside of yourself to find love. Our job is to get to know our DNA triggers through life experiences and anything that contains FEAR, ANXIETY, and LOSS. Those are here to teach us more fully how to open to our Soul's Journey to the truth--and that is love. Ask the spirit of the Divine to fill you with love. When you feel it, remember to breathe. It will not kill you. Allow love to fill your entire being. If another person is ever there when you feel love--it is just icing--mirroring what is deep within you—whether anyone else is there or not, doing what YOU NEED or not--speaking to you or not. Find the deep well of love inside of you that responds to your slightest invitations. Keep open, be receptive and hear that everything you need is already inside you. That is a personal truth for me. So next times you are lonely, open and not close your heart even more and find the well of love that is infinite and join me in a swim!



*Lynell Beckstrom, MRET
Master RET Trainer*

Live, Love, Laugh and Be Happy



The essence of your self is pure love. It is our true self that knows all the answers even if you may not understand everything that is going on around you. By lovingly accepting any fears that keep you stuck, you allow that fear to be transformed into an expression of love. Feelings of fear are merely trying to get our attention in order to shine the light of Love upon them. Universal Love is always ready to assist and bring stronger feelings of love; so allow it into your life. It is our choice to enjoy life and be open to new perspectives to all situations presenting themselves. It is our choice to concentrate on finding whatever is good in every situation. As we love and respect ourselves, the universe will return that love and respect. As we're faced with various situations in life we can ask the question, "What would love do?" Deep down we all desire love. Loving yourself fully and accepting all parts of yourself, you'll discover the beauty of your own grand love—a beauty beyond words. Love heals all.

By Melanie Gentzkow, MRET

"Love must be as much a light as it is a flame", by Henry David Thoreau

Authentic wisdom is the ability to shift out of those thoughts that weaken you and keep yourself in a higher state of consciousness. When you use your mind to empower you, you're appealing to that which uplifts and raises your spirit. ~ Dr. Wayne Dyer



Sudden Shock is Linked to Disease

Dr. Hamer found that every DISEASE originates from an unexpected shock experience. He established that such a sudden shock affects not only the psyche, but impacts at the same time (visible on a brain scan) the part of the brain that corresponds biologically to the specific trauma. Whether the body responds to the unexpected event with a tumor growth (cancer), with tissue degeneration, or with functional loss, is determined by the exact type of conflict shock. So far, Dr. Hamer has been able to confirm these discoveries with over 40,000 case studies. Since HEALING can only occur after the conflict has been resolved, German New Medicine therapy focuses on identifying and resolving the original shock.

Dr. Hamer's research began in 1979 after the tragic loss of his son Dirk. Shortly after Dirk's death, Dr. Hamer was diagnosed with testicular cancer. Since he had never been seriously ill, he assumed that the development of his cancer could be directly related to the traumatic event he had experienced. At that time Dr. Hamer was head internist of a cancer clinic at the University of Munich in Germany. There, he began to systematically study his patients regarding the causes, development, and healing process of their cancers. What he discovered was revolutionary!

Dr. Hamer is the first to prove scientifically that cancer for example, is not - as previously thought- a senseless proliferation of deadly cancer cells rather part of a Significant Biological Special Program (SBS) of Nature that has been successfully practiced for millions of years of evolution.

German New Medicine offers a completely new understanding of what we commonly call "diseases". By understanding the Five Biological Laws that Dr. Hamer discovered, we liberate ourselves from the fear and panic that often come with the onset of an illness. Truly, a gift to humanity!

Since 1988, Dr. Hamer's findings have been tested and verified by many physicians and professorial associations through signed documents (see website <http://germannewmedicine.ca/documents/welcome.htm/>).

At the core of each RET session, we are focusing and directing the client to go to the cause, to what ever the stress or disease is, to resolve what happened , and then reframe to create what they would rather have.

Dr. Hamer's research is most exciting, as it documents physical proof of what hundreds of RET clients have experienced from their sessions. Elizabeth Olsen was diagnosed with colon cancer in 2000, when she underwent surgery, there was no cancer to be found! Her RET sessions focused on going to the cause, processing the trauma, resolving the conflict, and creating health, which she did. Many others have experienced similar results from their RET sessions.

From Years of research with clients, utilizing Rapid Eye Technology, and the human energy systems, Sharlene Young has developed healing and clearing techniques for specific diseases and other conditions. This research is an on going healing series called **"Clearing your 12 Chakra's with Rapid Eye Technology"**, by Sharlene Young.

Healthy Cell Growth is a **NEW** Chakra RET session that has been designed from this research. This session identifies the very first time a sudden shock trauma experience was imprinted into the system, creating the unhealthy or cancer cells. The process script utilizes medical terminology, emotions, beliefs, and patterns to release the creation of the unhealthy cell growth. Reframing and resolving the exact conflict that created the original pattern activates and creates a matrix shift in the DNA / RNA for a new blueprint of healthy cell growth for the body to now follow.



Therapy vs. RET: Get Clear on Getting Clear

By: Jen Chantrill

Most people would agree with the statement that you have to put your past in your past in order to have freedom and openness in your present and future. It seems pretty basic, but as you probably know from personal experience, it's harder than it sounds.

For most of us, a past event, interaction, confrontation, trauma, conversation, or relationship can sometimes stay with us like a heavy backpack that we never get around to taking off. The past seems to dictate what actions we take or what actions we don't take in the present. What is even more detrimental is that the past holds us back from seeing what future is possible. We develop habits and tendencies that literally "kill off" opportunities, relationships, and dreams. We end up "settling" and close the curtains on an amazing life.

Rapid Eye Technology (RET) allows us to not only open the curtains, but to step back and open the window to our soul again. We get clear on the heart of the matter in our own life and see with new eyes. The intention of this article is to distinguish key differences between traditional Talk Therapy and Rapid Eye Technology and reinforce the palpable benefits that Rapid Eye Technology can offer ANYONE, whether you think your life is working or not.

Unconscious Incompetence: We Don't Know What We Don't Know

Close your eyes and think for a moment about your first piece of chocolate. Before tasting chocolate, you had no idea what chocolate was, what it tasted like, what it smelled like, or what different types of chocolate existed. You didn't know what you didn't know. And then you had your first piece of chocolate. You were either a lover or a hater, but you knew what it was. Your understanding of chocolate was solid and that was that.

Now let's shift gears and delve into Talk Therapy vs. Rapid Eye Technology (RET)

Traditionally, methods for dealing with a painful past or traumatic event revolve around talk therapy, group therapy, or support circles. These traditional methods have typically been resource intensive, both in terms of time and money. If you were to ask 20 of your friends if they participate in some kind of talk therapy, you are very likely to get a 50% + confirmation and most of them will probably tell you that they have been with their therapist for 3 months or more. What is important to note here is that in the past, these types of methods had their place.

Now, back to your first chocolate. We don't know what we don't know. Traditional therapy has been a safe, conservative, tried and true practice that has been readily available and referred by millions of health care practitioners simply because that was what they knew. With the emergence of alternative forms of both physical and emotional healing, combined with what seems like an infinite information super highway, we have access to many more options, especially to practices that offer us hope and freedom from pain, sadness, anger, and trauma. Rapid Eye Technology gives us a DIRECT ACCESS to healing, freedom, peace, bliss, and clarity. And the best part is you move from not knowing to knowing that the peace, healing, and happiness is present. We know what we know and that's all there is.

The Sprint vs. The Marathon

Take a moment and think back to middle school geometry. The shortest distance between two points is a straight line. Now, take that concept and apply it to healing from a traumatic relationship or event. Step into thinking that you could "clear" that painful event/trauma/relationship right out of you in one, 90-minute block of time. Seems like a quick fix but in fact, it's exactly how the universe wants you to get it out of you. Think about how fast those types of painful events come into our lives. Maybe it takes 8 minutes, maybe one night, maybe 3 hours—and maybe in an instant! Why on earth would anyone want to spend days, weeks, months, sometimes years to unravel what can be unraveled in a quick, clear, painless (and short) session of RET?

You may have had a past experience with a friend who wanted you to weigh in on an important decision and they went back and forth, weighed pros and cons, and hesitated. You may have found yourself thinking, "Just stop whining and do it already!"

(Continued on page 5)

Therapy vs. RET: Get Clear on Getting Clear - *cont'd...*

(Continued from page 4)



RET can be compared to that friend. Get yourself clear on whatever happened and move on with your life. Now, it's important to note that RET isn't about not having emotion or feeling about what happened. Acknowledgement is a HUGE part of RET. The acknowledgement allows us to really "be" with what's so and what is left is a choice of whether we can let it go or allow it to fester and hold us back. Instead of slogging through a marathon whining and being hesitant, you get to sprint to the healing & peace finish line and move on to the next race.

The Forest vs. The Path

Have you ever tried finding a therapist? Have you ever tried finding a therapist in a city? Well, think of finding a needle in a haystack. You have to ask A LOT, I mean, A LOT of questions. These questions range from "Who is covered by my insurance?" to "Geographical location?" to "Who can see me right away?" You may ask friends & family for referrals or perhaps you might try a therapy referral matching service (very similar to a dating service). Finding a therapist is like being lost in a forest with no compass. You feel a bit lost and if you have just suffered a traumatic event, it becomes a matter of survival.

RET is the direct path in the forest. Not only does it remove the anxiety, especially around trying to find a practitioner, but it cuts to the chase and brings you to your core, healing what is at the heart of the matter. During an RET session, no time is wasted. The practitioner does a quick check-in to see what is present and then you attack whatever has attacked you at the emotional and subconscious level, which usually ends up being a deep and profound experience.

One of the blatant differences a client experiences is the clear distinction of thinking vs. being. In traditional therapy practices, a lot of time is spent in the head versus the heart. You may take a round about way to get to the core, like slowly peeling an onion. RET on the other hand is like an orange or melon being cut in half. You get to the core quickly and somewhat effortlessly. It is a deeply profound experience in terms of connecting to that next layer, the next emotional sheath of oneself that we don't expose or share very often, even with ourselves.

When we step back and look at both practices, what we are left with is a choice. This choice really dictates whether we continue in our heads or expand out from our hearts and create a future of possibility, openness, freedom and peace. RET is a unique offering that provides the results we are looking for in order for our past to stay in our past and for us to get clear on what we need to get clear. And the best part? You leave feeling GOOD, really, really good, each and every time.



All That We Desire

By Claudia Bianca, MRET, Rapid Eye Trainer/Tutor

We are constantly getting an abundance of what we believe we deserve and what we desire. In order to change what we are getting, we must first look at what we are sending. When we believe in "lack" (not enough money, time, friends) consciousness, we get paid by not having enough. Often this is easier to see in others than when the "lack platter" is on our own table.

What we know about abundance is that it is an aspect of the perfection of the natural state of the universe. The universe operates on the principle that we always get what we believe – abundantly! First we must believe that what we desire in life is available to us and that we deserve it. Then we must see ourselves as already having it in our lives. Finally, we must open ourselves to receive it when it shows up.

Our lives are full of the manifestations from our beliefs and desires. If we believe we deserve to be wealthy, own a home, have a great love relationship or take a vacation, we will manifest those things in our life. If we believe we deserve to be mediocre, we will manifest mediocrity. What is interesting is: to experience less than all that we desire, we must actively resist the natural state of abundance we live in.

Diamonds of Love

By Gayle North, Positive Change Coach

Although we tend to compartmentalize love, the feeling of love feels the same, whether you are receiving it or giving it. And this feeling, Love, is already inside waiting to be re-membered. Remember a special gift of love that touched your heart? Feel once again how you felt inside at that time. This is the season of Love. This is the season of gifts, sometimes even diamonds. A loving thought of someone sends the sweet vibrations of love directly to them whether they are in our presence or on the other side of the world. In the same way worry can send the disturbing vibrations of fear. This is my favorite prayer to align myself with my faith when I begin to worry:

The Light of God surrounds you,
The Love of God enfolds you,
The power of God protects you,
The Presence of God watches over you,
Wherever you are, God is.

As you focus on this special someone, ask yourself what it is about them that makes it easy for you to love them. Now notice how you feel inside. Observing the beauty of nature often brings that same feeling. One of my most vivid memories is of a stay in Mexico walking the beach at sunrise and sunset. I can still feel the almost overwhelming joy as I remember my fascination with the grand display of color and light—this gift from the Supreme Artist.

Take a moment to recall your most memorable sunrise or sunset and notice how you feel as you recall that beautiful scene. It is just that easy to live in love. All we have to do is stay focused on what we love about others, about nature, about life. Ask yourself often, “Who do I love?” “Who loves me?” “What am I grateful for in my life?” **We can only feel one feeling at a time. We constantly choose how we feel by choosing the thoughts that birth our feelings.** If thought is a choice, why not choose the thought that feels better? Love is a choice. Why not choose Love? Love aligns us with the healing creative power of LIFE. A friend of mine wrote these beautiful lyrics to express the Joy she feels when she reflects on the wonder of creation.

Diamond Spun

What power can make a shining crystal woven snowflakes unique and bright

spun in the darkness of a winter's night?

Each one of them is spun of the same and yet

each one is spun unrepeatable.

You dazzle my eyes you diamond in the sunrise.

What love can form a tiny wonder-eyed new baby born?

Precious and bright spun in the darkness of the womb of night?

Each child born is spun

of the same and yet each one is spun unrepeatable

You dazzle my eyes you diamond in the sunrise.

What promise can defy all the walls we build

and use to keep ourselves safe from the differences we feel inside

Our deepest desire shall be refined in fire of His love

we'll find our dream fulfilled when the veil is removed from our eyes

and death is swallowed up in youth and we see the truth.

That His love can create a shining crystal woven snowflake

unique and bright spun in the darkness of night; unrepeatable

O God of diamonds in the sunrise.

You dazzle my eyes you diamonds in the sunrise.

By Joy Thompson



Gayle North

Bigfork, Montana

Positive Change Institute, LLC

Rapid Eye Technician



RET Technicians and Trainers

Wow! Hello everyone! 2011 marks the 20th year of my first certificate as a Rapid Eye Technician. Can't believe it! How did I ever live without RET? There are so many things happening to prove we are floating downstream with this technology. First of all, most major insurance companies here in So. California have approved Eye Movement Therapy, and they don't care where we have learned it, just so the professional is working under their scope of license. That means Psychologists and social workers, doctors, etc. But, hey, this is good news for those of us that want to train or become trainers! All those mental health professionals need to learn our RET!

There is also a special military health department that is working on holistic ideas for their "WARRIORS." They are concerned with them as they are deployed and their families when they come home, and as they try to get back into their lives again. They are open to "ideas," they call them. We are sending them the evidence-based information they need as well as all the clinical studies we can find. Help us by sending your studies to me. I have been invited to present our process to them. I said yes, of course, only to find out they are based out of Virginia. I'm still going! They also invited me to be on their staff. We'll wait to see how that unfolds.

Thank you so much, Ranae, the RET founder, Kevin and Nicole Johnson, my first RET Technicians back in 1990, other RET supporters, and, of course, the creator of all that is: my Heavenly Father for bringing me into such a wonderful place where I can find the fullest of life's happiness and assist others to do the same!



*Sandra S. Hofmann, MRET,
CHt, Reiki Master,
RET Trainer*

The health benefits of Positive Thinking:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress



RET Train the Trainer at the RET Institute January 20-22, 2011

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“WHEN YOU FIND PEACE WITHIN YOURSELF, YOU BECOME THE KIND OF
PERSON WHO CAN LIVE AT PEACE WITH OTHERS.”-PEACE PILGRIM

At the leading edge of personal growth today, Rapid Eye Technology (RET) is a revolutionary breakthrough in the treatment of emotional stress. RET is currently sweeping the nation as a faster, less painful way of reaching and releasing the following:

- Abuse of all kinds
- Addictions of all kinds
- Depression, Anger and Grief
- Family and Relationship Patterns

Basically any issue that causes stress can be released, the body retrained, and the mind educated to think and react differently through the RET process and Skills for Life.

RET consists of essentially two parts:

1. Identify and release the stress-causing factors on a physical, emotional, mental and spiritual level through the structured movement and blinking of the eyes (the RET process).
2. Learn and apply new skills for life on a physical, emotional, mental and spiritual level to create what we would rather experience in life.

Clients report:

- Immediate benefits
- A new perspective on life
- Feeling relaxed, yet energized
- Self empowerment
- Permanent life changes

Disclaimer

Rapid Eye Technology is intended to complement rather than substitute for proper medical or psychological care. RET techniques and processes are tools for personal growth and as such are not intended for the treatment or diagnosis of any medical or psychological condition. If you are suffering from a medical or psychological condition of any kind seek out the advice of a qualified and licensed medical or psychological professional.