



Setting your Sail



Albert Einstein said, "Man must cease attributing his problems to his environment and learn again to exercise his will - his personal responsibility."

I love that because in order for ME to become all I can be I must take complete responsibility for myself. What I choose to do today will directly affect my

tomorrows. There are no excuses... while God is the captain of our soul, we are captains of our own ship. We get to chart our course through life guided by eternal principles of truth He has ordained. While we can't control the wind (or the storms) we CAN set the sail!

Becoming the

very best version of ourselves requires this full responsibility and clear recognition that WE CAN SET THE SAILS...and by so doing we will find ourselves living in the future we most want to live in. We can make it a great 2012!

Blessings,

Ranae Johnson

*A loving heart is the
beginning of all knowledge.
~ Thomas Carlyle*



RET Calendar of Events

<http://rapideyetechnology.com/calendar.htm>

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Special points of interest:

- The Heartway Foundation provides funding for up to 15 Rapid Eye Technology sessions with a certified Rapid Eye Technician or Master Rapid Eye Technician for crisis intervention for qualified recipients.
- Research has long shown that if you want to instantly improve your mood, spread positive energy or be perceived as a more intelligent, outgoing, attractive, interesting and confident person, smile more.

Insights From Ranae

Christopher Robin to Pooh and on to you...:

"Promise me you'll always remember:
You're braver than you believe,
and stronger than you think you are, and
smarter than you think."

I remember way back as a youngster I used to dream BIG dreams. Impossible dreams. Though I never once thought they were "impossible" way back then because, as a youngster, everything seems possible. Didn't it?

Then as we grew older and had time to experience a few set backs, a few disappointment, and have entertained more than our fair share of dream stealers (you know, those people who insist you CAN'T) -

somewhere along the line we stopped dreaming big and, instead, started settling for what we thought we COULD accomplish or what we felt we DE-SERVED.

It's tragic. Because if you have ever succeeded at doing anything well... then you have everything you need to succeed at ANYTHING well... except the belief that you still can make wonderful things happen.

So here's my thought. Take a few minutes out of your day to dream BIG once again.

Divide your life up into areas important to you. For example:

- * Financial Goals
- * Family & Relationships
- * Spiritual Development

Have a heart-to-heart conversation with yourself and discover, once again, where you would like to be - if a lack of money, time, skill, AND belief were not an issue - where you would like to be in each of these areas. How would you LIKE your life to look? What would a perfect day consist of? Where would you find yourself? Who would you be hanging out with? Where would you be hanging out?

Take notes and jot your dreams down. Play with them and flesh them out a little bit each day.

Big News for Heartway Foundation and Rapid Eye Technology

Many of you are aware of Heartway Foundation, Inc. (a non profit Corp. (501)(3) dedicated to assisting those in need or wanting training. We are adding Ron "Red Bear" Lake to the board of Directors as our Fund Raiser Chairman. Ron began fundraising as a police officer working in the Community relations bureau way back in 1996. Funds were raised for several community programs including D.A.R.E , G.R.E.A.T (Gang Resistance Education Training) and the T.O.P.S (Teachers, Officers and Parents Support) as well as several holiday charity programs to help support low income families during Thanksgiving and Christmas. He even got to dress up and play Santa on several occasions delivering donated gifts to under-privileged families.

After leaving law enforcement, Red Bear maintained his desire to help others and joined a national organization called the United States Junior Chamber (a not for profit organization). It is an organization dedicated to teaching adults between the ages of 21 – 40 all the skills necessary for Entrepreneurial endeavors though voluntary community service. As part of the Organizations Creed the Statement; "Service to Humanity is the best work of life." Truly resonates with him.

A Member of the Arizona Jaycees, he started not as a general member, but rather the local President of the City of Tempe chapter. There he was able to grow membership to that chapter by 750% using strategies for recruitment he learned over the years. He also developed and ran a dozen or so fund raising projects that first year motivating volunteers to give their time and local businesses to donate thousands of dollars in goods and services to people of his community who were in need. All demographics were affected by the positive influence and fundraising efforts of the Tempe Jaycees, led by Red Bear.

On a national ranking, He led his chapter from dead last in his state to #1 by midyear and maintained that ranking until that year's conclusion.

The following years, Red Bear continued creating, chairing, volunteering and overseeing numerous state and national projects where fundraising and donations from private and public companies were gathered and shared with the community. A most notable project was the Tempe/Arizona Jaycees Disaster Relief project developed to support those affected by the 911 tragedy. Within hours of that World event, Ron Red Bear Lake gathered a team of volunteers, wrote and implemented a project plan that was put into action the same day. The result of this one project yielded \$500, 000 dollars in donations and over 500 pints of blood sent directly to the victims of 911 within 4 days. The endeavor earned him and his State national recognition and he was awarded the "Project of the Year" by the United States Junior chamber.

Red Bear has continued his desire to help people by volunteering for numerous community projects and is now in the business of helping others as a Rapid Eye Tech, Personal and Executive Coach and Hypnotherapist. He still believes that "Service to Humanity is the Best Work of Life." We are excited to welcome Ron to Heartway Foundation.

Ranae Johnson, PHD, Chairman of the Board

Career School License #1792 issued by the Oregon Department of Education to the Rapid Eye Institute.

Get Your Energies Humming!

For many of us the start of a New Year is about creating new patterns and setting goals all the while going about daily routines and schedules. To keep up energy levels consider doing this exercise in the morning before getting out of bed or in the afternoon for a pick me up! These quick and simple energy techniques also work for getting your kids out of bed!

While laying in bed:

Tug around your ears, gently pulling along the lobes. This stimulates acupuncture points that will open you to the energies of a new day.

Stretch your legs and arms with three deep breaths.

Do the Three Thumps (p. 74).

Page references are to Donna's Book Energy Medicine (2nd Edition), 2008 Tarcher/Penguin.



The one thing all famous authors, world-class athletes, business tycoons, singers, actors, and celebrated achievers in any field have in common is that they all began their journeys when they were none of these things.

Yet still, they began their journeys.

*Where there is love,
there is life.*

~Mohandas Gandhi

Self Love ~ Melanie Gentzkow, MRET

Look at what you believe ~ the way you judge yourself ~ the way you victimize yourself... Through this reflection you'll find awareness – self acceptance. Accept yourself for the way you are.

The only real and most powerful thing in life is love.

Take a good look at what you are creating at the moment. What are your beliefs, thoughts and desires that are creating the present situation for you? Your thoughts will manifest whatever it is that you hold most in your mind and energy. Are your words and actions consistent with what you want to create? To uncover hidden beliefs notice what you've succeeded and not succeeded at and how you feel about it. Create beliefs that will put you on the path of desire. To clear up old blocks, connect with your Rapid Eye Technician and blink it out!

Healthy Life Tips:

- Drink 6 to 8 glasses of water a day. Water helps to keep temperature normal, lubricate and cushion joints, protect sensitive tissues, and get rid of body waste.
- Laugh out loud! (LOL). Research shows that laughter triggers blood flow and promotes the health function of blood vessels.
- Walking is good for your heart, your body and your mind.
- Create and maintain a gratitude journal. Every night before sleep, write down five things you're grateful for. It will change your perspective of your day and your life.

FREE Tele-class exclusively for MRET's... open immediately

As a Master Rapid Eye Technician, YOU have an EXCLUSIVE INVITATION to attend the first ever Tele-class explaining the new "Group RET Template."

You will want to know what this is, regardless of whether you are doing RET full time, part time or not at all!

This unique template makes it possible to SAFELY do the FULL MODEL of RET (all sessions) with a large group of people!

This is beyond what you learned at your master level training.

- Would you like to make more while charging clients less?
- Would you like to help more people and spend less time doing it?
- Do you want to get your practice going again and/or add new techniques to your practice?

Are you ready to work with 20 people or more all at once? Would you like to learn how?

IT'S TIME! Attend this Tele-class and LEARN HOW!

You will also get answers to these questions:

- What is the new "Group RET Template?"
- How is it different from what I already know?
- How can it benefit me?
- I already do Group RET Sessions . . . do I need this?
- What are the benefits of using this "Group RET Template" for clients?
- How can I get trained to do this?
- What is included in the training?

ONLY Master Rapid Eye Technicians are invited to learn this new "Group RET Template" and incorporate it into their practices.

It COSTS NOTHING to attend and satisfy your curiosity about this new way of working with groups.

As a MRET there is every reason to attend this class.

When is it?

February 7, 2012 at 7 p.m. MST.

How do I sign up for it?

Call or Text LaDawn DeWitt, 435-773-7314 or Valerieann Giovanni, 435-668-6941 . . .

OR send your request via **Email** to groupret@gmail.com

Make the call, text or send the email right now while it is on your mind.

Before the Tele-class, you will receive an email with the call number and access code.

- **Imagine yourself helping 20, 30 or even 50 people change their lives all at once!**
- **Imagine helping people who haven't been able to afford RET.**
- **Imagine the effect it will have on YOU and your life!**

We look forward to sharing more with you during the Tele-class!

Sincerely,

Valerieann Giovanni and LaDawn DeWitt

P.S. We are committed to providing you with valuable tools to help you take your Rapid Eye Practice to a new level! Imagine making more money, spending less time and helping people afford Rapid Eye Sessions all at the same time!

P.P.S. There will be a ONE-TIME-ONLY DISCOUNT offered (ONLY to those who attend this Tele-class) for the 2 day training on the new "Group RET Template" March 2 & 3, 2012. Receive a Certificate and Continuing Ed Credits from the RET Institute by attending this training.

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www.meetup.com/stress-trauma-relief-st-george-utah/doterraessentialoils



Drumming has and can be used in a RET session. Many of my clients have experienced being stuck or in deep grief. Drumming assists them to begin processing versus being stuck. Drumming has been effective in group work as well.

The following website and research explains some of the reasons drumming is so effective.

<http://healing.about.com/od/drums/t/p/drum-therapy.htm>

“Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression. From the shamans of Mongolia to the Minianka healers of West Africa, therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health.

Current research is now verifying the therapeutic effects of ancient rhythm techniques. Recent research reviews indicate that drumming accelerates physical healing, boosts the immune system and produces feelings of well-being, a release of emotional trauma, and reintegration of self.

Other studies have demonstrated the calming, focusing, and healing effects of drumming on Alzheimer's patients, autistic children, emotionally disturbed teens, recovering addicts, trauma patients, and prison and homeless populations. Study results demonstrate that drumming is a valuable treatment for stress, fatigue, anxiety, hypertension, asthma, chronic pain, arthritis, mental illness, migraines, cancer, multiple sclerosis, Parkinson's disease, stroke, paralysis, emotional disorders, and a wide range of physical disabilities.

Drumming Reduces Tension, Anxiety, and Stress

Drumming induces deep relaxation, lowers blood pressure, and reduces stress. Stress, according to current medical research, contributes to nearly all disease and is a primary cause of such life-threatening illnesses as heart attacks, strokes, and immune system breakdowns.

A recent study found that a program of group drumming helped reduce stress and employee turnover in the long-term care industry and might help other high-stress occupations as well.¹

Drumming Helps Control Chronic Pain

Chronic pain has a progressively draining effect on the quality of life. Researchers suggest that drumming serves as a distraction from pain and grief. Moreover, drumming promotes the production of endorphins and endogenous opiates, the bodies own morphine-like painkillers, and can thereby help in the control of pain.²

Drumming Boosts the Immune System

A recent medical research study indicates that drumming circles boost the immune system.



“Group drumming tunes our biology, orchestrates our immunity, and enables healing to begin.”

Led by renowned cancer expert Barry Bittman, MD, the study demonstrates that group drumming actually increases cancer-killing cells, which help the body combat cancer as well as other viruses, including AIDS. According to Dr. Bittman, “Group drumming tunes our biology, orchestrates our immunity, and enables healing to begin.”³

References

1. Bittman, M.D., Barry, Karl T. Bruhn, Christine Stevens, MSW, MT-BC, James Westengard, Paul O Umbach, MA, “Recreational Music-Making, A Cost-Effective Group Interdisciplinary Strategy for Reducing Burnout and Improving Mood States in Long-Term Care Workers,” *Advances in Mind-Body Medicine*, Fall/Winter 2003, Vol. 19 No. 3/4.
2. Winkelman, Michael, *Shamanism: The Neural Ecology of Consciousness and Healing*. Westport, Conn: Bergin & Garvey; 2000.
3. Bittman, M.D., Barry, “Composite Effects of Group Drumming...,” *Alternative Therapies in Health and Medicine*, Volume 7, No. 1, pp. 38-47; January 2001.

The following are additional websites about the benefits of drumming:

http://healing.about.com/od/drums/a/drum_chakras.htm

<http://michaelwinkelman.com/neurotheology/>

http://www.remo.com/portal/pages/health_rhythms/research.html

<http://drumaticinnovation.com/benefits-drumming/health-benefits>

<http://www.mind-body.org/rmm.html>

10 Things to Start Doing for Yourself



1. **Start spending time with the right people.** – These are the people you enjoy, who love and appreciate you, and who encourage you to improve in healthy and exciting ways. They are the ones who make you feel more alive, and not only embrace who you are now, but also embrace and embody who you want to be, unconditionally.
2. **Start facing your problems head on.** – It isn't your problems that define you, but how you react to them and recover from them. Problems will not disappear unless you take action. Do what you can, when you can, and acknowledge what you've done. It's all about taking baby steps in the right direction, inch by inch. These inches count - they add up to yards and miles in the long run.
3. **Start being honest with yourself about everything.** – Be honest about what's right, as well as what needs to be changed. Be honest about what you want to achieve and who you want to become. Be honest with every aspect of your life, always - because you are the one person you can forever count on. Search your soul for the truth, so that you truly know who you are. Once you do, you'll have a better understanding of where you are now and how you got here, and you'll be better equipped to identify where you want to go and how to get there. Read *The Road Less Traveled*.
4. **Start making your own happiness a priority.** – Your needs matter. If you don't value yourself, start looking out for yourself, start sticking up for yourself, and stop sabotaging yourself. Remember, it IS possible to take care of your own needs while simultaneously caring for those around you. And once your needs are met, you will likely be far more capable of helping those who need you most.
5. **Start being yourself, genuinely and proudly.** – Trying to be anyone else is a waste of the person you are. Be yourself. Embrace that individual inside you that has ideas, strengths and beauty like no one else. Be the person you know yourself to be – the best version of you – on your terms. Above all, be true to YOU, and if you cannot put your heart in it, take yourself out of it.
6. **Start noticing and living in the present.** – Right now is a miracle. Right now is the only moment guaranteed to you. Right now is life. So stop thinking about how great things will be in the future. Stop dwelling on what did or didn't happen in the past. Learn to be in the 'here and now' and experience life as it's happening. Appreciate the world for the beauty that it holds, right now.
7. **Start valuing the lessons your mistakes teach you.** – Mistakes are okay: they're the stepping stones of progress. If you're not failing from time to time, you're not trying hard enough and you're not learning. Take risks, stumble, fall, and then get up and try again. Appreciate that you are pushing yourself, learning, growing and improving. Significant achievements are almost invariably realized at the end of a long road of failures. One of the 'mistakes' you fear might just be the link to your greatest achievement yet.
8. **Start being more polite to yourself.** – If you had a friend who spoke to you in the same way that you sometimes speak to yourself, how long would you allow that person to be your friend? The way you treat yourself sets the standard for others. You must love who you are or no one else will.
9. **Start enjoying the things you already have.** – The problem with many of us is that we think we'll be happy when we reach a certain level in life – a level we see others operating at – your boss with her corner office, that friend of a friend who owns a mansion on the beach, etc. Unfortunately, it takes awhile before you get there, and when you get there you'll likely have a new destination in mind. You'll end up spending your whole life working toward something new without ever stopping to enjoy the things you have now. So take a quiet moment every morning when you first awake to appreciate where you are and what you already have.
10. **Start creating your own happiness.** – If you are waiting for someone else to make you happy, you're missing out. Smile because you can. Choose happiness. Be the change you want to see in the world. Be happy with who you are now, and let your positivity inspire your journey into tomorrow. Happiness is often found when and where you decide to seek it. If you look for happiness within the opportunities you have, you will eventually find it. But if you constantly look for something else, unfortunately, you'll find that too. Read *Stumbling on Happiness*.





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We're on Facebook!
Join today!

What Makes RET Work?

RET, physiologically and psychologically, opens up the neuropathways 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 neuropathway.

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.

HOW CAN RAPID EYE TECHNOLOGY ASSIST ME?

Do you have any personal, family or relationship patterns or issues in your family you would like to change? Rapid Eye works to release limiting patterns and beliefs. Once free from limiting patterns and behaviors set up from the past, there is energy for creating a healthy, joyful future. Clients report they feel immediate benefits, experience wholeness and feel resolution in each session.

Current Heartway Foundation projects include:

- **Abused Women**
- **Addictions Recovery**
- **Children with Autism**
- **Disabled Individuals**
- **Homeless**
- **Prisoner Rehabilitation**
- **Troubled Teens**
- **Veterans**



“The ultimate vision of Heartway Foundation is nothing short of global transformation—a quickening of human evolution into peace, care, and compassion for all.”

(Ranae Johnson, Chariman)