

Everything we do starts with an idea. How we feel about that idea or thought sets into motion some natural law. "Like attracts like." "Energy in motion."

Let your mind imagine that you are waiting for instructions, thoughts, and ideas. The mind then plants those seeds and begins to create and reap the harvest.

A great habit to get into is imagining what you want your life to be like, and then create that place in your mind that you live in and return to. We start this process by letting go of all judgment of ourselves, others, or things that happen to us. We form the habit of just noticing what is going on around us and refusing to react. Acting on a situation to resolve the problem and returning to our peaceful place inside our minds puts into effect the natural law that creates more peace instead of chaos. It takes a bit of practice, but is well

worth the effort. Many clients find it difficult to change their family patterns until they learn this new Skill for Living - just noticing.

The [Stress & Trauma Release Statements](#) manual from the Rapid Eye website can help you get started. Go to our online store and purchase it for your clients and yourself. We can all begin to create our lives differently; we can forgive and release the past. We can plant and reap the results of good positive thoughts and emotions.

Choose today what you want and begin to imagine it, live it in your mind, exercise your faith so that it can come to pass.

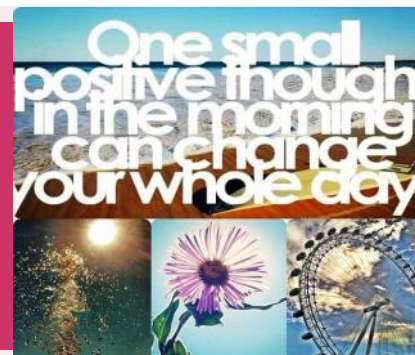
I hope this has encouraged and inspired you!

Love and Light,
Ranae

www.rapideyetechnology.com

Inside this issue:

| | |
|-------------------------------------|---|
| The Power of Imaging | 1 |
| Rapid Eye Technology Bulletin Board | 2 |
| Do you Trust? | 3 |
| Trauma, Memory and RET | 4 |
| Inner Sunrise | 5 |



Rapid Eye Institute Bulletin Board

The Sophia Women's Institute Presents~ Healing with the Masters of Light World Healing Meditation



<http://www.audioacrobats.com/note/C20k90VQ/>



This is a rare interview, participants have the opportunity to learn about the miraculous healing technology of Rapid Eye Technology as Debra Brown Gordy, MS, MRET of The Sophia Women's Institute, interviews Ranae Johnson, PhD, founder of the Rapid Eye Institute. You will learn how the technology was given to Ranae, and the scientific ground of RET.

There are new articles on the web about research on RET!

<http://www.rapideyetechnology.com/research.htm>



Rapid Eye Technology offers a "Pay as You Go" distance learning program that consists of 4 phases to become a certified RET Technician. Each phase focuses on specific RET skills and tools, that on completion gives you a certificate.

Testimonies

"RET is a refreshing change from the old thought patterns that we all tend to buy into. I have been looking for a better way to take hold of my life and make the way clear to be who I really am. With the work that I have done with Canah (MRET, Trainer in American Fork, UT). I am learning new skills that will make me more in charge instead of letting life rule me. Going through the "birth clearing" alone has lifted me and helped me to feel more ready to face the future." ~ Carelene

"I became very aware watching for signs or changes after my RET session. About 24 hours later I noticed something shift. As the day went on, I found myself more purposeful and focused. Thank you for the wonderfully powerful transforming work you do. I would recommend RET to anyone looking for the gentle and loving healing that happens with this work and you. ~ PT, Colorado



I have a code with the RET and Alchemist Leadership communities that a very good friend and I started years ago (thank you Michi-dawn). We can text each other this code, which is HHF (Help, My Hair's on Fire); and without knowing the "story" of why we might need extra energy, light, love in that moment, we can just send it. Well, over the past five years it has grown to epic portions—in a good way. My family of choice (which is all RET Techs, anyone who attends our Heartway courses and just about anyone I know... LOL) can text me and I will immediately send energy, love, angels and prayers. And if it feels right—ask others to join me. It only takes a minute and WOW...results have been amazing.

We often in life feel like we should buck-up, handle our own stuff... Got an issue? Get the tissues. We begin to feel isolated and alone, like there is something seriously wrong with us or something seriously bad about us because LIFE just keeps LIFE-ING. We compare ourselves with others and it seems we come out on the short end of luck or blessings.

This brings us to trust. It is such a relief the day (and it will come) when we all truly get-it that we can trust LIFE — or, what I like to call Infinite Intelligence. Even the stuff we judge as bad... is one divine tract. Trust is all about knowing that all is well even when "the facts" indicate otherwise.

In order to have benefit of trust, we must first believe that there is a

power greater than ourselves and this power LOVES us. We always experience what we believe. Our belief in the perfection of Infinite Intelligence allows us to relinquish use of our conscious, rational mind, and defer to our intuition, our energy—the light of this Infinite Intelligence.

This is very exciting! It is why HHF's work. Now, my nuclear biologist friend Cindy was recently able to explain to me mathematically and quantum physically why the Family Matrix model works. I took this and applied it to Rapid Eye Technology... of course! Even the scientists know that belief, energy, light and that sixth sense is real and at work in all things. There is a good book that says, "All things are spiritual." WOW...even that divorce? Even that cancer? Even losing that job? Even my child dying? Earthquakes? A faltering government? Even mental health problems? Even finding my purpose and how to have joy?

My job is to trust, love, ask and give support—do my own work and be healthy enough to let my light shine... I love this! It's all an inside job. As I surrender the use of my conscious mind to my intuition; when I allow my real self to surface and express my talents fully and freely; when you and I notice the difference between the world of illusion and the real Universe and allow ourselves to be inspired and inspire others—we increase our belief in the perfection of the Universe and all that it implies. We increase our

willingness to trust that we will be provided with a life that is divine.

If you are out there and you were attracted to learn RET to assist your families and others...trust that you were led to that moment. You have tools and skills. Remember and believe in yourself—Infinite Intelligence believes in you! Use those skills that you have learned and even the ones that just feel true—love is always the answer and the solution. Love is the verb of light. Trust is what you practice to hone your beliefs and get rid of every stinking thinking negative no-good producing thought or action that has been a part of your past.

Check out asking for support, not money—not even someone doing something for you. You have within you all you will ever need. Trust will build your believe that we affect one another by those simple moments of trust and faith and sending energy, light, love, angels to anyone—without even knowing the story. Thank you, all you RET Techs and Alchemists who have believed in me as an energy worker—I trust more because you believed in me and that we are all a part of that Infinite Intelligence! Increase your belief and trust in every moment you can and watch the miracles, I have!

-Love from Lynell wherever you are right now and whatever you are experiencing...you can trust that ALL is in divine right order and our soul's journey never ends!

Trauma, Memory, and Rapid Eye Technology

Memories, particularly traumatic memories can be very inaccurate recordings of events. I think I've come across a good explanation for why that is so – and what can be done about it.

Neuroscientists at The University of Queensland explain how emotional events can sometimes lead to disturbing long term memories. During studies of the almond-shaped part of the brain called the amygdala – a region associated with processing emotions – Queensland Brain Institute (QBI) scientists uncovered a cellular mechanism underlying the formation of emotional memories – and it involves a well known stress hormone – noradrenaline, the brain's version of adrenaline. Noradrenaline affects the amygdala by controlling chemical and electrical pathways in the brain responsible for memory formation.

Think of this interaction between chemical and brain structure like a file cabinet.

When an emotional event occurs noradrenaline is released in the brain – the more emotionally traumatic the event, the more adrenaline gets turned on in the body and more noradrenaline released in the brain. This chemical is like the key to the file cabinet. Once open, the drawer assigned to that particular kind of event reveals many folders full of data – images, sensations, sounds and more that are similar in nature to the current event being experienced.

Into the currently open folder go all the personal interpretations of the event. We don't get to store accurate information – oh, no! – we store emotionally charged interpretations. And because noradrenaline, a stress/survival hormone, is present, the memories take on a much higher priority than those of, say, your 4th grade math instructions.

Unfortunately, because these stress hormones tend to distort perception, the high stress of trauma fills the memory folders with inaccurate and sometimes wildly distorted data. Further, when the noradrenaline is removed, the file folder tends to LOCK UP tight against further “writing” or filing. In other words, you can't just go back in and “rewrite” the files. You must open the cabinet again – and that takes noradrenaline – stress.

“But wait just a minute...” you might say. “You mean you can't release stress without using stress?”

You must find a method to induce the stress response in the brain in order to release enough noradrenaline to open the cabinet and look through (and perhaps rewrite) the files. As these files are high priority survival folders, the brain is not easily persuaded to open them. You need enough noradrenaline – the key – to open the cabinet. After which, any sensual input similar to the original trauma will open the file folder assigned to that type of trauma.

It doesn't take much noradrenaline to “turn the key.” Dreaming and daydreaming, ruminating, or hearing traumatic keywords associated with a trauma can turn on enough noradrenaline to unlock the cabinet. But just unlocking the cabinet is not enough – in order to release the emotional energy tied up in a traumatic memory, you must also access the RIGHT folder and the RIGHT files during a time when the stress hormones are present at a sufficient level.

In an earlier blog post (<http://powerstates.com/fear-its-in-the-eyes>), I considered how emotion can affect eye movement. And in another post (<http://powerstates.com/rewiring-the-brain>), I quoted Dr. Hensch, “The eye is telling the brain when to become plastic, rather than the brain developing on its own clock.” (Hensch 2008) It seems the eye might be called upon to open the cabinet using plasticity (learning) chemicals. In other words, a back door approach not requiring noradrenaline or stress.

Practitioners of Rapid Eye Technology (RET) know very well how eye movement and blinking affect and are affected by emotion – and know that eyelid blinking can be used to release the energy tangled up in the trauma files. If plasticity chemicals can be turned on with eyelid blinking – as describe by Hensch, et al – then perhaps the eyelid blinking along with the rapid verbal keyword flooding involved in the RET processes and techniques might be shown to quickly and effectively open the cabinet, find the files, clear out the junk data, and reorganize the folders within each drawer – all without stressing the brain or body.

After RET, one is left with a clearer picture of events – unclouded by emotional trauma. Clearer traumatic memories can result in better memory altogether. Seems reasonable to me.



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Unconditional Love

“People are often unreasonable and self-centered. Forgive them anyway. If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat you. Be honest anyway. If you find happiness, people may be jealous. Be happy anyway. The good you do today may be forgotten tomorrow. Do good anyway. Give the world the best you have and it may never be enough. Give your best anyway. For you see, in the end, it is between you and God. It was never between you and them anyway.” ~ Mother Teresa

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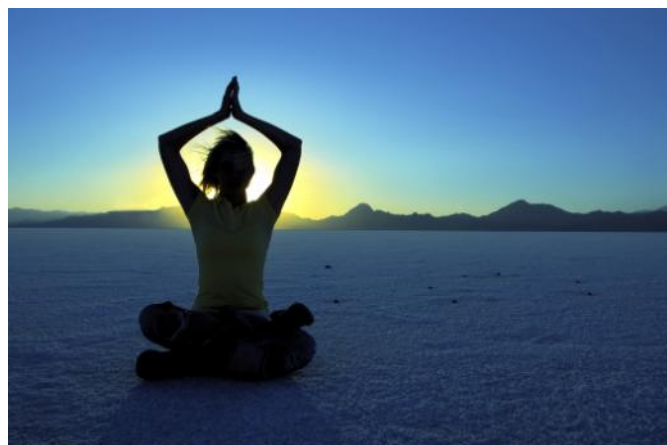
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Inner Sunrise ~ A Brand New Day

When today is not going well, it is tempting to focus on tomorrow as a blank slate with all the possibilities that newness provides. It is true that tomorrow will be a brand-new day, but we do not have to wait until tomorrow to start fresh. We can start fresh at any moment, clearing our energy field of any negativity that has accumulated, and call this very moment the beginning of our brand-new day.



There is something about the sunrise and the first few hours of the morning that make us feel cleansed and rejuvenated, ready to move forward enthusiastically. As the day wears on, we lose some of this dynamic energy and the inspiration it provides. This may be why we look forward to tomorrow as providing the possibility of renewal. Many traditions consider the light of the rising sun to be particularly divine in its origins; this is why so many people in the world face east when performing ritual. We too can cultivate that rising sun energy inside ourselves, carrying it with us to light our way through any time of day or night, drawing on its power to awaken and renew our spirits.

One simple way to do this is to carry an image or a photograph of the rising sun with us in our wallet or purse. We can also post this image on our wall at work or at home, or have it as our screensaver on our computer. When we feel the need to start fresh, we can take a moment to gaze at the image, allowing its light to enter into our hearts. As we do this, we might say out loud or quietly to ourselves, I am ready to let go of the past and start anew. We might visualize anything we want to release leaving us as we exhale, and as we inhale, we can take in the fresh energy of the eastern sun, allowing it to light the way to a brand-new day.

DailyOM by Madison Taylor

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