

Rapid Eye Technology

Rapid Eye Technology

A natural, safe way to release stress and trauma



Intentional Thought...how we create

How do we change our thoughts when we feel stuck in the mud that life sometimes slings at us? First, we look at our intention and language. These cornerstones of change are quick to pass over as insignificant. Yet, a simple technique of changing our language can change our results in life.

We've all heard a lot about positive thinking...and many ask the question "How do you find *positive* when you are stuck in life and feeling unsupported, unloved and ignored? The first step is to try to imagine "What would I rather have in life?" at that moment (a reliable car, a new love, a new job). Yet, this is only the beginning. Using positive thinking alone to bring that desired option into reality would leave out the emotional and physical world. By saying "I am a money magnet." the body reacts strongly by bringing up all the experi-

ences (remember EVERY experience we've had is stored in a cell in the body) that are in the way of that statement. This can feel quite uncomfortable, in a matter of moments when the body brings up all the times we let money or opportunities to create money slip through our fingers. Interestingly, it also brings up all the times we observed that in our family line through moments of time or stories (remember all the 'hard luck' stories from family - "I walked through snow to school with no shoes...." "We were so poor, we couldn't even...."). In essence, the body disagrees with the positive statement through its storehouse of experience. So, we throw up our hands in exasperation and say "See it doesn't work." and life continues as it always has.

Consider that the 'gem' in the discomfort is the motivation to change our lives and create what we want in life. All power

in life is from within; it must be developed, unfolded, and cultivated. Being receptive is acquired much in the same way physical strength comes from working out...or a good golf swing comes from practice. As we demonstrate (practice) our new found knowledge we gain power in our lives. This is the result of our ability to think; therefore thought is the germination of all evolution in human consciousness.

As you intend what you want, pay little attention to the details of the physiological process involved. Paying too much attention to the details actually inhibits the intended outcome from producing. This takes a "trust in the process" that is acquired from an attitude of non-interference. When we are anxious about falling asleep, we rarely get there. When we doubt a desired intention, we are actually sending out a self-defeating

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My brother LaMont

On my mind, the phone rings

News of your death, memories bring

Long ago, back at grand-mas place

Kissing your cheek, your face

Whispers come, your brother keep him safe

A tear escaped, memory upon memory

You became my baby, my charge

A heart chord of love grew so large

Each season special fun

Stories, swimming, lying in the sun

Caves to explore

Treasures galore

Wild birds and mice for pets, each rock and tree

Insights from Ranae

Records a very special memory

Eating peas and carrots, raiding the strawberry patch

Fishing in the streams, cleaning was the catch
Riding the cows and sheep, avoiding our goat "Skinner"

Running from the rooster, crying when he became dinner

Riding the school bus, you waiting in the lane
Playing school, splashing in the rain

Growing older, working in the hay

Wild flowers on the graves in May

Learning to dance, then teaching you

Watching you grow, a man so cool

Marriage, family, learning from mistakes
Loosing loved ones, many heartbreaks
Painful experiences, here a tear, there a tear
Attitudes and regret to clear

Yesterday and today
All has passed away

Now the phone is quiet, I feel you near
Rejoicing with loved ones, there is nothing to fear

Gratitude, faith, hope, all are safe

Life's' an uncharted journey

Reserved only for the brave



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



**Gratitude, like
faith is a
muscle. The
more you use
it, the stronger
it grows!**

Did You Know...

- RET has been successful in the healing of chronic fatigue and fibromyalgia as reported by many clients.
- Rapid Eye Technology is duplicating the REM process while awake.
- Issues that cause stress can be released and the body retrained and the mind educated to think and react differently through Rapid Eye Technology and the Skills for Life.
- What we focus on becomes real.

Intentional Thought...how we create

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intention which then cancels out our first request.

To be successful, hold in mind the next step necessary to your clear intention in life. Have confidence in the outcome. Add the word “able” to your positive intentions. “I am able to be a money magnet.” The body will go to a time of remembering when you were a money magnet and actually join with you to create more in your life. Thoughts are the materials we build with and the imagination is the mental workshop. Use Rapid Eye to clear the clutter in the workshop, so you can more easily find your tools. The growth process brings together self-knowledge and self awareness. To manifest we must move through growth, change and flow in order to BE our best and create our visions.

Rapid Eye Technology (RET) is a safe, natural way to release stress and trauma leaving us empowered to live a happier, more productive life. At the heart of RET is a spiritual technology that affects energy on all levels. Using blinking,

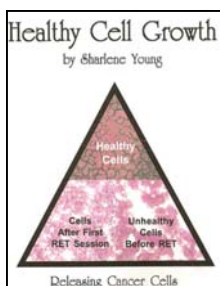
breathing, and eye movement techniques RET gently mimics a condition of sleep known as rem (rapid eye movement) sleep which happens several times per sleep cycle and is our body’s natural discharge mechanism. Accessing the whole mind/body system while in an awake state allows you to be in control of your own journey without reliving incidents. RET uses the natural blinking reflex to open up the neuropathways where 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. Rapid Eye provides an opportunity to *blink it out*.

RET is a two-part process that involves both release and reframe. A skilled RET Therapist not only guides you to identify and release trapped energy patterns, but also helps you to learn and understand new skills for living that will facilitate the creation of more productive patterns for your future. You will be in a powerful position to create a new life reality for yourself. With your own discov-

ery of new skills, ideas and experiences, you are less likely to repeat the “do what you’ve always done, get what you’ve always gotten” pattern of *stuck* in your life. When you identify your nonproductive beliefs, you become aware of the personal power you have within yourself and are able to change your life circumstances.



Claudia Bianca, **MRET** is a Master Rapid Eye Therapist/RET Trainer sharing twenty-two years of experience with Rapid Eye Technology. She is located in Taos, New Mexico. In addition to the Taos location, she sees clients in Summit County, Colorado, and Santa Fe offices. You can email questions to seublink@aol.com or visit her website at www.claudiabianca.com



Making it Possible to Cope

When I was told I had a year and half to live because I had incurable asbestosasthestus cancer, I chose to heal with Natural Medicine.

My diet was changed to raw vegetables and juicing, along with some aggressive detoxing of the organs. I scheduled once a week RET sessions to process and release emotions and beliefs connected to the cancer. I played the Healthy Cell Growth CD, all the 12 Chakra CD’s, and Grounding CD alternately each night in between sessions. Each week after the RET session I felt better emotionally and physically.

Doctors can no longer find the tumor in my lungs, and I continue to heal daily. I don’t think I would have made it without Rapid Eye. My once a week RET sessions not only made it possible to cope with my diagnosis of cancer, I believe it also has given me a clean bill of health. -T.P.



A Fish Story

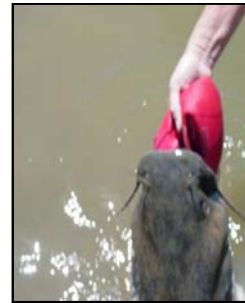
A guy who lives at Lake Stockton (50 miles north of Springfield) saw a ball bouncing around kind of strange in the lake and went to investigate.

It turned out to be a flat-head catfish who had obviously tried to swallow a

basketball which became stuck in its mouth!! The fish was totally exhausted from trying to dive, but unable to because the ball would always bring him back up to the surface. The guy tried numerous times to get the ball out, but

was unsuccessful. He finally had his wife cut the ball in order to deflate it and release the hungry catfish.

You probably wouldn't have believed this if you hadn't seen the following pictures...



Moral to this story: Be kinder than necessary 'cause everyone you meet maybe fighting some kind of battle.



“The significant problems in our lives cannot be solved at the same level of understanding we were at when we created them.”

Albert Einstein

A Two-Part Process

Rapid Eye Technology (RET) is a two-part process. The cleansing of old programming is half the process. The other half of the process is learning and implementing new life skills.

It is a process of reframing and restructuring old, once successful, yet no longer serviceable, habits and beliefs into more current, positive, successful ones.

Skills for Life are the knowledgeable application of natural laws, or principles, which govern human development.

These principles include: *Thought, Perception, Cause and Effect, Choice and Accountability, Abundance and Gratitude, Health and Healing, and Harmony and Rhythm.*

To assist us in achieving a complete understanding of the principles, we facilitate learning: physically, emotionally, mentally, and spiritually.

A thorough understanding of these principles empowers us to move into alignment with the natural harmony and rhythm of the universe.

As we develop our understanding sufficiently to solve a specific question, we will naturally rise to the next skill level. We are then capable of creating a question at this new

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12 Food Additives to Avoid Assessments by *MSN Health & Fitness*

Including something new in a food isn't always a good idea, especially when it comes to your health. Here are 12 additives to subtract from your diet:

1. Sodium Nitrate (also called Sodium Nitrite)

This is a preservative, coloring, and flavoring commonly added to bacon, ham, hot dogs, luncheon meats, smoked fish, and corned beef. Studies have linked eating it to various types of cancer.

2. BHA and BHT

Butylated hydroxyanisole and butylated hydroxytoluene are used to preserve common household foods. They are found in cereals, chewing gum, potato chips, and vegetable oils. They are oxidants, which form potentially cancer-causing reactive compounds in your body.

3. Propyl Gallate

Another preservative, often used in conjunction with BHA and BHT. It is sometimes found in meat products, chicken soup base, and chewing gum. Animals studies have suggested that it could be linked to cancer.

4. Monosodium Glutamate (MSG)

MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and restaurant food. It

can cause headaches and nausea, and animal studies link it to damaged nerve cells in the brains of infant mice.

5. Trans Fats

Trans fats are proven to cause heart disease. Restaurant food, especially fast food chains, often serve foods laden with trans fats.

6. Aspartame

Aspartame, also known by the brand names Nutrasweet and Equal, is a sweetener found in so-called diet foods such as low-calorie desserts, gelatins, drink mixes, and soft drinks. It may cause cancer or neurological problems, such as dizziness or hallucinations.

7. Acesulfame-K

This is a relatively new artificial sweetener found in baked goods, chewing gum, and gelatin desserts. There is a general concern that testing on this product has been scant, and some studies show the additive may cause cancer in rats.

8. Food Colorings: Blue 1, 2; Red 3; Green 3; Yellow 6

Five food colorings still on the market are linked with cancer in animal testing. Blue 1 and 2, found in beverages, candy, baked goods

and pet food, have been linked to cancer in mice. Red 3, used to dye cherries, fruit cocktail, candy, and baked goods, has been shown to cause thyroid tumors in rats. Green 3, added to candy and beverages, has been linked to bladder cancer. The widely used yellow 6, added to beverages, sausage, gelatin, baked goods, and candy, has been linked to tumors of the adrenal gland and kidney.

9. Olestra

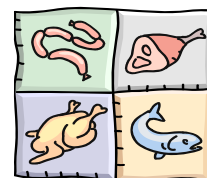
Olestra, a synthetic fat found in some potato chip brands, can cause severe diarrhea, abdominal cramps, and gas. Olestra also inhibits healthy vitamin absorption from fat-soluble carotenoids that are found in fruits and vegetables.

10. Potassium Bromate

Potassium bromate is used as an additive to increase volume in some white flour, breads, and rolls. It is known to cause cancer in animals, and even small amounts in bread can create a risk for humans.

11. White Sugar

Watch out for foods with added sugars, such as baked goods, cereals, crackers, sauces and many other processed foods. It is unsafe for your health, and promotes bad nutrition.



“Everything we do is infused with the energy with which we do it.”

12. Sodium Chloride

A dash of sodium chloride, more commonly known as salt, can bring flavor to your meal. But too much salt can be dangerous for your health, leading to high blood pressure, heart attack, stroke, and kidney failure.

Rapid Eye Institute

581 Lancaster Dr. SE #270
Salem, OR 97317

Phone: 503-399-1181
Fax: 503-373-3606
ret@rapideyetechnology.com

Natural Insect Repellent

Mosquito-repellent: Lemon, peppermint, Eucalyptus radiate, lemongrass.

Moth –repellent: Patchouly.

Horse-fly-repellent: Idaho tansy floral water.

Aphids-repellent: Mix 20 drops essential oil in 2 quarts salt water, shake well, and spray on plants.

Cockroach-repellent: Mix 10 drops peppermint and 5 drops cypress in 1/2 cup salt water. Shake well and spray where roaches live.

Silverfish-repellent: Eucalyptus radiate, citriadora.

-Essential Science Publishing

www.rapideyetechnology.com



A Two-Part Process

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level of understanding. This stimulates us to continue to develop our awareness to discover a solution, and we continue to grow to an even higher skill level. This spiral of learning can propel us toward self discovery in it's greatest sense.

As we seek a better understanding of ourselves and our world, we realize that now is the time to open our mind to seemingly new ideas; ideas that are as ancient as time.