



Insights from Ranae Johnson

Walking our Talk

This is a time for a breakthrough of patterns that are in the way of our growth; it is very interesting how this is showing up for people. Some are experiencing things around them breaking down; others are experiencing breakup in relationships. And others are having a break down in health. For some, old patterns and addictions have returned. It may be telling us we need to practice “just noticing” and *acting* instead of reacting.

What are we learning from all this? Learning sometimes does not occur until much later. We can return to the “New Skills for Living” to cope, learn, and understand.

Thoughts create. What do we think about the break ups (negative and positive). Perception just is! What perception have we placed upon the challenge? We have only our perception of the Truth.

What was our choice of action and how good was our accountability? Have we taken responsibility for our life or are we still into blame? Have we noticed the cause and effect from our thoughts, beliefs and actions or are we still wondering why things just keep happening. How has all this affected our abundance and gratitude? Can we be thankful for the learning that comes from negative as well as positive? Has our Harmony vanished – Is our Rhythm off?

If we find ourselves losing faith, it is time for a RET session to give us a boost back to the peace and calm we know can exist. A great way to do this is to staff or attend a RET training where you receive sessions. Teach the skills for living class in your community, as the student and the teacher are the same. We all learn each time we do anything. It's wonderful that we get so many chances to practice "Walking our Talk or Teachings."



For more information
about RET and Training
visit our web site -
www.rapideyetechnology.com
Check out our Practitioner Directory
for a qualified technician nearest you.

***Those who know the truth
learn to love it.***

***Those who love the truth
learn to live it.***

~Bob Proctor

Restore Happiness to Your Life in the ‘Blink of An Eye’

In 1993 I discovered the benefits of Rapid Eye Technology (RET). I was walking around in a world of depression, grief and emotional turmoil. My world was gray. I figured out how to survive carrying all those “cooties”, but I wasn’t happy. Since I had been through a few years of therapy up until then, I figured this was as good as life was going to be.

My brother Rick had died the year before. He had been my trusted best friend, for all of my 36 yrs. The loss sent me into a healing crisis of epic proportions. His death triggered the cellular and subconscious memories of even more abuse issues that were buried within. As they surfaced, I was overwhelmed and paralyzed; feeling useless, and beginning to think that a bullet to the brain would be a good thing.

Then I reconnected with a friend and energy therapist who had just returned from RET training. She said “try this technique, it will help.” I didn’t believe her but I was curious and desperate enough to try anything.

I didn’t understand what happened in that first session, but I do know I felt better...

lighter, as if something heavy got lifted off of me. So I continued my sessions and was amazed at the mountain of cooties that got removed from my body, heart, and mind. My physical health improved as well. RET neutralized the pain of my past.

My world had color for the first time. I saw the blue of the skies and green of the trees for the first time! I had more room in my head for thinking! Previously, my mind had been a traffic jam of negative self talk and debilitating, subconscious belief systems.

How It Works

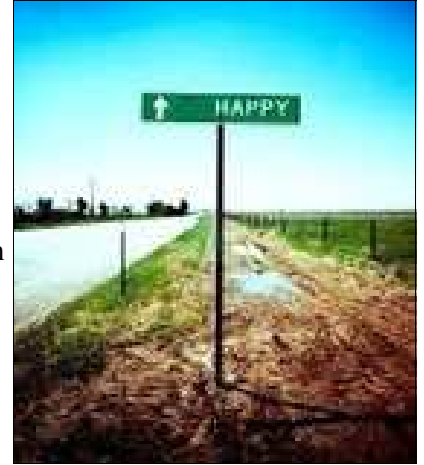
RET uses systematic movement of eyes and eyelids, (eyelid aerobics) rapid verbal communication and special imageries that affect a release of stressful emotions and negative patterns. A Rapid Eye Technician simulates rapid eye movement (REM) with an eye directing device (wand) moving in a neuro-linguistic pattern in front of the client’s eyes. While that is going on, the technician is telling/reminding the neuropathways of the brain to release the stressful emotion. The process of RET gets the right and left hemispheres of the brain communicating, which facilitates the release of trapped stored trauma. In a nutshell, RET is a fast way to clear the negative belief systems that exist in your subconscious mind. Those subconscious belief systems always win over the conscious mind. So if you’re not having the life experience you would prefer then think about having a session of RET.

RET works quickly. The Rapid Eye Institute recommends 6-12 sessions, depending on the severity of the issues. Clients can release abuse issues, chronic pain, emotional triggers and negative patterns, in a short time. It can release the energy of PTSD, anxiety, depression, addictions and more.

I have been a trained Master Rapid Eye Technician since 1996. I resonate deeply with this healing modality. I’ve always dreamed of assisting others help themselves. I feel very passionate about this process and about transforming negative attitudes and emotions into positive ones. I believe as we heal ourselves we help to heal the earth. It is a privilege and our responsibility to change our pain to joy.

For more information on RET go to www.rapideyetechnology.com

**And call Jane B ‘Weed’ Roy, MRET
352-443-0338**



Rapid Eye Sessions bring you back to a pure state of a happiness.

Achieving Balance

Most healers today realize the importance of modeling as well as keeping a balance and continuous flow of energy. One of the best places to start in achieving balance is to start with the basics. What are your priorities at this time in your life? I know for myself that my priorities are much different now than 10 years ago when my children were younger. So getting started means assessing and taking a really close look at yourself, your life and what is important to you—remembering that doing what you love is just as important as meeting the needs of your loved ones.

After your priorities are set and needs assessed, take a look at your planner. Write in the times that you want to spend in pursuit of your art. Denote time spent with your clients and time spent in preparing for your art. Write in the obligations to family/personal life that you CHOOSE to do—no kidding. CONSCIOUSLY plan for relaxation, play and down-time.

So...how does your time look? Are you happy with what you see? Do adjustments need to be made? Are you burnout waiting to happen? From this visual in front of you, how do you feel about your life and the time you spend?

Love is generosity, gratitude, and a connection to God and all creations. Love brings awareness and a higher frequency of energy to the body. Miracles will occur to awaken DNA strands that hold lost information of a living library and information about our lost identity.

The Spirit and the human body yearn for inner balance, joy and peace. We have forgotten Spiritual balance. We have forgotten how to use negative energy with positive energy to create that balance that the body/mind and Spirit searches for. Both energies are stepping stones to our Sacred Contracts and our learning.

Once we know what balance feels like, we can let go of anything that is out of balance. Each time we do a RET session we bring our body/mind back into balance and a higher frequency. The process retrains the body to be in balance. The body will many times feel comfortable in the pain because of how long that pattern was experienced. And will most likely require more sessions than some. A slow vibration keeps us in a world of problems and in an unbalanced state. As we eliminate whatever interferes with our true vibration, the frequency will increase; healing and balance will occur.

Many of you are involved in thriving practices as Rapid Eye Technicians. As you teach your Life Skills classes and you have the chance to speak about balance, harmony and life rhythms — set your intent that as you teach these concepts, they are integrated deeply into your own life. As you talk and teach about choice and accountability, exercise these concepts for and in behalf of yourself.

The whole Rapid Eye philosophy deeply invites you to avoid the burnout trap. The planet is ready to receive what you have to offer, and taking care of yourself is vital for you to continue giving your gifts and for modeling your walk in life. Live the life of the radiant soul that you are, walking in intention to have the balance and flow that is natural to you.

Rapid Eye assists us to awaken to oneness. Teaching Life Skills, having and giving Rapid Eye Sessions, and flowing in balance with grace and ease to improve the quality of life for ourselves, our families, our clients, our communities, our nations and reaching to our planet is the ART of the Rapid Eye Vision. Remember—Keep The Balance!

Top Ten Ways to Keep Balanced

1. **Daily Meditation**
2. **Prioritize time**
3. **Exercise**
4. **Healthy Diet**
5. **Personal Growth**
6. **Make time for relationships**
7. **Positive social circle**
8. **Stay organized and clutter free**
9. **Be Happy**
10. **Visit nature daily**





"To believe in the things you can see and touch is no belief at all; but to believe in the unseen is a triumph and a blessing." ~Abraham Lincoln

Patterns of energy frequencies that connect us to Energy Centers (Chakras)

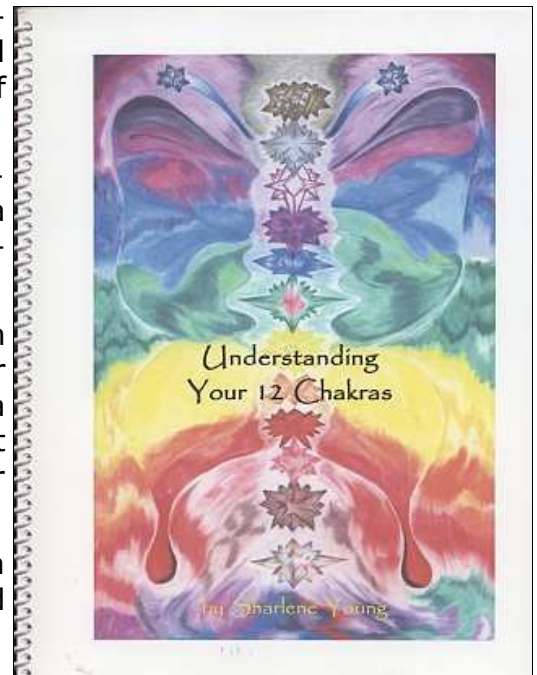
By Sharlene Young

The archetypes or patterns are frequencies that connect us to the collective consciousness and beyond to Source. These frequencies then flow down into the 8th chakra which is about 6 inches above your head. This space contains all records of what has ever been experienced throughout time – past, present, and future - our Book of Life so to speak.

The patterns or frequencies that you have chosen to experience in your lifetime are contained in the 8th chakra flow around your body, connecting to each chakra including front, back and auric levels.

These frequencies continue to flow down through the 7th chakra in to the top of your head and travels down your spinal column. These frequencies connect to each chakra out the ends of your feet through your 10th chakra, about a foot to a foot and a half beneath your feet, to the center of the Earth and back again.

This is how the archetypes contained in the 9th chakra connect to all systems; to whatever pattern, choice and feeling we are experiencing at any moment.



See "Understanding your Chakras" by Sharlene Young

http://rapideyetechnology.com/store/-c-25_23.html

Notes from the Editor

Join us on the RET Blog at www.rapideyetechnology.com/blog. We are on Facebook, too. Add RET to your Facebook contacts. It's a great way to keep your friends updated on information and upcoming events. We also encourage you to make sure all certificates are updated. If you need to recertify, check the website for upcoming certifications and continuing education classes or give us a call. Thank you all for sending in your testimonials and articles—people love to hear about how RET works and we love hearing from you!

~Namaste, Melanie Gentzkow, MRET

What to Expect on Your RET Journey



Although everyone's journey is individual, there is a protocol, or structure, that we follow to ensure that every RET session is thorough. Most people process in six to twelve sessions, each session identifying with your personal journey. There are safeguards that each technician is taught so that individuals do not process too much at one time.

RET Session 1: Introductory Session

Your technician will discuss your health history, family structure, goals and teach the Energy Realignment Process (tapping).

RET Session 2 & 3: Light Birth, Part 1 & 2

Many of life patterns began during the birth process. During this time, beliefs were developed about the self and life. For example, you may have developed a belief in struggle, pain, not good enough, or darkness, to name a few. These sessions are intended to remind the system that we brought the light with us (from whatever Source your belief/faith) and that light always stays a part of who we are. During these sessions, individual goals and needs will be addressed within the structure of this intent.

RET Session 5: Defense Sets

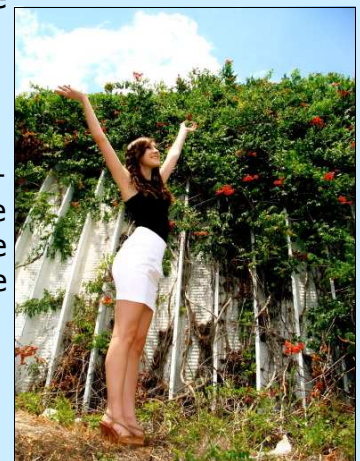
During this session, the technician will help the individual identify and address what the mind/body system does when afraid. You'll investigate and release old patterns that are no longer supportive; helping your system (consciousness/subconsciousness) develop new patterns that may bring better results.

RET Sessions 6-12

Once the foundation has been laid for your journey and issues have been addressed about beliefs held in the DNA through the first 5 sessions, the RET technician will begin to address very specific and individual needs. Some of the sessions include specific emotional needs while others are designed for body learning.

Self Care Tools

During the sessions you will learn how to be in tune with your body and address certain emotions and/or triggers that may arise. This could include eye patching (working with the right and left brain communication), Immediate Release Technique (IRT), Affirmations, Energy (or Creation) Circles, Balance Walks, Perception/Creation Walks, and The Skills for Living Classes.



Skills for Living



The law of Cause and Effect

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry.

He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal he asked for a drink of water! She thought he looked hungry so brought him a large glass of milk. He drank it so slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said, "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Many years later that same young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room.

Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to her case.

After a long struggle, the battle was won.

Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, and then wrote something on the edge, and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She read these words ...

"Paid in full with one glass of milk"
(Signed) Dr. Howard Kelly

Reading List for continued learning:

- Biology of Belief—Bruce Lipton
- The Dream Giver—Bruce Wilkinson
- Excuses Be Gone!: How to Change Lifelong, Self-Defeating Thinking Habits—Wayne W. Dyer
- A Slight Edge—Jeff Olson
- Way of the Peaceful Warrior—Dan Millman
- The 12th Angel—Og Mandino
- Ask and It's Given—Esther and Jerry Hicks

Reading for Children and Young Adults:

- Unstoppable Me! 10 Ways to Soar Through Life—Wayne Dyer
- I Think, I Am!—Louise L. Hay
- Indigo Teen Dreams: Guided Relaxation Techniques to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness—Lori Lite
- The 7 Habits Of Highly Effective Teens—Sean Covey



Testimonials

Ranae,

After our conversation last night I checked into the story you were telling me about and the doctor in Hawaii... and the curing of the sanitarium within a few years by working on himself with 4 statements - I am sorry, please forgive me, I love you and thank you. The technique is called Ho'oponopono (ho-opono-pono), and it's very interesting and insightful. The good doctor focused on the issues the patients had that were also a part of him.

I remembered years ago you said someday we won't even have to use the wand for people to heal from their issues. This morning I started implementing this technique, and think it's not happenstance that you mentioned this to me at this perfect moment in my life!!!

There is a wonderful video on Ho'oponopono — <http://www.youtube.com/watch?v=wSfbkG97H7Q>

Charlotte Garland, MRET
Plano, Texas
972-599-7910

Rapid Eye Technology is one of the most powerful spiritual/energy based therapies available and I have been fortunate enough to see its effects first hand.

Claudia Bianca, MRET
www.claudiabianca.com
seeublink@aol.com

“As an educator and Firefighter, I was very interested by the concept of RET. The idea of an exterior physical stimulus that is so simple, yet so effective in accessing the different areas of the brain was intriguing to say the least. The potential as a tool to minimize stress on scene for patients and survivors and to minimize the long term effects for 1st responders is very exciting. To gain first hand knowledge, I went through the 12 session process myself to see how effective this process really is in application; one word, WOW! I feel the applications for this process as a tool for emergency services could be invaluable. It provides a low cost effective means to provide better care to the public and the health and well being of our own people.”

- Earl Diment, Deputy Fire Marshall

“In my healing process I was led to Rapid Eye Technology. Once I found RET, there was never a doubt in my mind that I would be trained as a Rapid Eye Technician. I was blessed, and the way was opened up for me to take the training. After certification my first sessions were on my family. The sessions were amazing experiences, and the love we felt was awesome.”

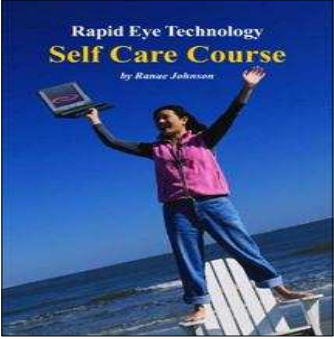
Tannie Bennett, MRET
Snowflake, AZ
tanniemaybe@yahoo.com



Certified RET Technicians may return to serve as staff or as a new student for any RET course they have previously attended.

Go to the Rapid Eye Website for upcoming events, trainings, and continuing education.

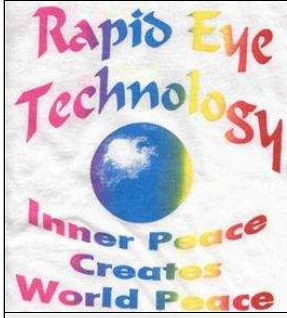
Register Online Today!



The RET Self Care Course assists clients to move quickly through a current issue; and it encourages them to examine their thought processes. This course can make a powerful impact in the quality of their life.

This product is only available to Certified RET Technicians.

Only \$35 at the RET store. Can be ordered online.



RET T-shirts
\$15.00



Stone Healing Imagery
\$10.00

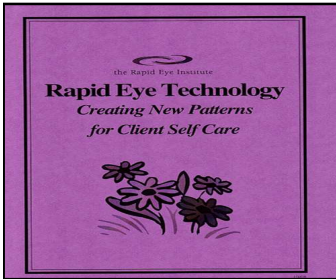


Aura Cleanser
\$20.00

Go to the Rapid Eye Store for additional resources to build your business and use with your clients.

This new manual has techniques designed to assist the client to identify how they have been creating the cycle of their patterns. Once their pattern is identified, there are skills and tools to assist in interrupting the pattern cycle. Includes good self care and Skills for Life techniques to utilize between RET sessions.

Order Online—Only \$15



RET— Vocational Career School

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The Rapid Eye Institute makes every effort to insure that the information disseminated about Rapid Eye Technology is as accurate as possible.