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The Rapid Eye Institute Newsletter

Insights by Ranae Johnson

(The 5th paragraph can change to anything you would like to create with Meditation)

Close your eyes and take three deep breaths. Say to yourself, "I am still, still, still and relaxed." Another deep breath in from the nose and let it out slowly from your mouth. Relax, relax, relax.

Move deep within your mind - examine all the thoughts, feelings, and beliefs that have been stored there for a long time. *(pause)*

When a negative thought or experience comes to mind say to yourself, "I release this to a higher power to dissolve into the light now."

Say to yourself, "I release and forgive all persons associated with these experiences. I call on beings of Light to take their memory into the light or to energy more in harmony with them. I ask that it be done now!!"

Now take three deep breaths. Say to yourself, "I am still, still, still and relaxed." Take another deep breath in the nose and let it out slowly from your mouth. Relax, relax, relax.

Now let your mind go over your childhood - remember what your dreams were—love, family and career. Spend some time and imagine each dream. Let it play out. *(pause)*

Notice how you feel — what did you learn?

Imagine yourself sitting very relaxed in a beautiful beam of golden Light. It is pouring down through the top of your head and all around your body making you feel warm and tingly all over. Say to yourself, "I choose to surrender to this light and the Light within. I choose to understand and believe that all things are possible. I choose to be one with the Light — to go forth and use the Power within me to create peace, health, wealth and good loving relationships everywhere I go in my life and I will assist others to do the same."

Spend some time here listening , say, "I am willing to learn." *(pause)*

Now imagine yourself directing this light to keep flowing through you and down into the Earth. Imagine that the Light grounds your energy to the Earth and then flows back up through every cell in your body, cleansing and lifting your consciousness to vibrate with the Light. Let the Light continue to flow up through the top of your head connecting you to Spirit and grounding you to Earth. *(pause)*

Take three deep breaths and slowly bring yourself back into your own body here and now. Open your eyes feeling relaxed, grounded and energized.

Blessings, Ranae



Inside this issue:

<i>Essential Oils</i>	2
<i>Relationships</i>	3
<i>Grow your Business</i>	6
<i>Finding your Market</i>	7
<i>Simply your Life</i>	8

Essential Oils and Chakras

by Sharlene Young

Everything has an electrical frequency, which is a measurable rate of electrical energy constant between two points. In clinical research it's been shown that essential oils can quickly raise the frequency of the human body, restoring it to its normal healthy level. Essential oils were used in Egypt and China for thousands of years by priests and physicians. Today in holistic health care, essential oils are commonly used to help promote emotional, physical and spiritual healing. More specifically the oils balance, open and stimulate the chakras.

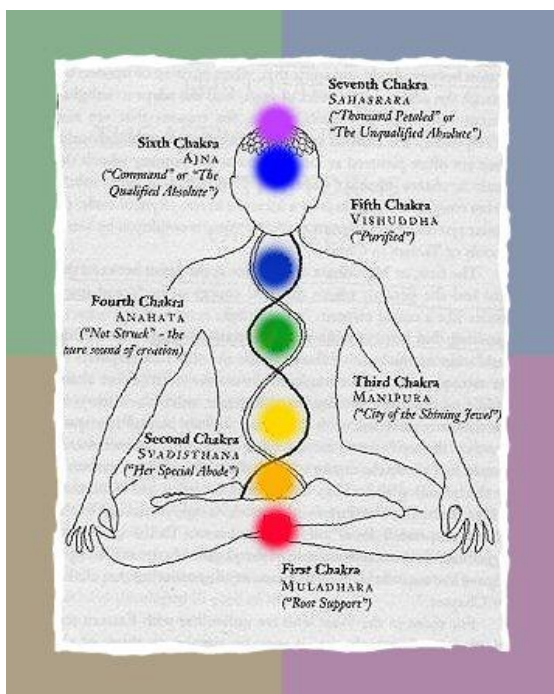
Chakras, commonly known as energy centers, mean "wheel of light" that ideally is revolving and vibrating at a rate that allows light and energy to come into the body from Source. This light energy brings health to our cells, organs, our emotional states and mental health. The chakra centers also connect and flow around the body creating the aura. Through the matrix of an aura, we can go to the cause of disease, mental problems, belief systems, career, money issues and spiritual blocks. By balancing, strengthening and connecting our auric matrix we create good self care in all dimensions.

The human energy fields are electromagnetic fields that hold our thoughts, emotions, reactions, speech, gestures, body language and spiritual frequencies, creating a resonance that flows beyond our auric levels to other energy fields that are sending out a like resonance. Like attracts like; therefore positive will attract positive fields of energy and amplify what is experienced. The same goes for negative thoughts and vibrations. Shifting thoughts, feelings and beliefs about experiences will reflect that just as essential oils can affect every cell of the body.

While raising the frequency of the human body, essential oils are very beneficial on the physical level as well. Essential oils can be metabolized like other nutrients and stimulate the immune system. The oils are very powerful antioxidants and may even detoxify the cells and blood in the body.

Listed below are specific oils to assist opening and balancing each chakra. Each chakra is connected to the organs of the body.

Crown (7th) – lotus, rose, spruce ~ Pineal: controls cerebrum, right brain hemisphere, central nervous system, right eye



3rd Eye (6th) – jasmine, peppermint, spearmint ~Pituitary: controls endocrine system, left brain hemisphere, left eye, nose, ears, sinuses, Throat (5th) – eucalyptus, frankincense, sage ~Thyroid: controls jaw, neck, through, voice, airways, upper lungs, nape of neck, arms

Heart (4th) – marjoram, rose, yarrow ~Thymus: controls heart, blood circulation, immune system, lower lungs, rib cage, skin, upper back, hands

Solar Plexus (3rd) – bergamont, lavender, rosemary ~Pancreas: controls liver, digestive system, stomach, spleen, gall bladder, autonomic nervous system, lower back, muscles

Sacral (2nd) – sandalwood, ylang ylang ~Reproductive system: controls pelvic area, sex organs, fluid functions, kidneys, bladder

Root (1st) – cedarwood, clove, pepper, vetiver ~Adrenal: controls all solid parts-spinal column, bones, teeth, nails, anus, rectum, colon prostate, gland, blood, and building of cells

Characteristics of a Conscious Relationship

by Lynell Beckstrom

What does a relationship based on real love—a conscious relationship look like? I hear this from my clients all the time. I allow my clients' questions to be a learning ground for me. I've had so many relationship questions of late that I've started to study the subject. In my own facilitation moments in groups of people when asked why they are attending, it is often "relationship issues" that has opened them up to be brave and invest in a class. So....I'd like to start a study here. This next section is Harville Hendrix's work and it is a great place to begin. Read the below and let's take each bullet and apply it to our own lives.



Primary characteristics of a truly loving committed conscious relationship:

- The partners in a conscious relationship recognize that the purpose of their relationship is to heal their childhood wounds. They are committed to identifying the drives and directives of their unconscious and to designing their relationship to cooperate with them. They recognize that their partners' needs are a blueprint for their own personal growth. They realize that following this map will involve arduous work, and they are committed to the process. ***The basic principle of a conscious relationship is intentionality.***
- The partners in a conscious relationship tell each other about their childhood wounds. They identify their partners' needs and desires, and they commit themselves to meeting them. They take inspiration from the romantic-love stage of their relationship and offer their partners unconditional love. That is, they specifically target their behavior to meet their partners' needs and heal their wounds, without asking for anything in return. ***In a conscious relationship, partners exchange unconditional gifts.***
- The partners in a conscious relationship accept each other's absolute separateness, their unique way of perceiving reality, the sacredness of each other's inner world; they consider themselves equals. They explore and mirror each other's worlds, validate each other's experience, and empathize with each other's feelings. ***In a conscious relationship, partners are separate but equal. Dialogue is the core of communication.***

The partners in a conscious relationship keep all the energy that belongs in the relationship within its bounds. When they feel uncomfortable or when their needs are not being met, they bring their concerns to their partners rather than withdrawing from the relationship or getting their needs met outside the relationship. Rather than acting out, they convert their feelings into constructive communication. ***In a conscious relationship, there are no exits.***

- The partners in a conscious relationship communicate their needs and desires to each other in constructive ways. They do not criticize or blame each other, and they do not use provocation or coercion to try to get their partners to fulfill those needs and desires. ***In a conscious relationship there is no criticism.***

The partners in a conscious relationship accept all of each other's feelings, especially anger. They realize that anger is an expression of pain, and that pain usually has its roots in childhood. Conscious partners never express anger or frustration spontaneously, for they know that "dumping" negative feelings is destructive. They learn constructive ways of containing and expressing anger and other negative emotions, and they help their partners to do so in nonjudgmental ways as well. Expressing their anger in a contained way--leads to a conversion into passion and deeper bonding. ***In a conscious relationship, anger is expressed by appointment only.***

- The partners in a conscious relationship help partners learn to own their own negative traits (their Denied Selves) instead of projecting them onto and provoking them in their partners. They accept responsibility for those parts of themselves of which they are not proud, and learn to manage and integrate them. ***In a conscious relationship both partners are responsible for and carry all aspect of themselves.***
- The partners in a conscious relationship develop their own lost strengths and abilities instead of relying on their partners to make up for what is missing or lost in themselves. They are therefore more whole, and they foster wholeness in their partners. ***In a conscious relationship each partner calls the other to wholeness.***

The partners in a conscious relationship develop their own contra sexual energy and encourage the development of their partners' contra sexual energy. They do not behave or expect their partners to behave in accordance with gender or sexual stereotypes. They share income responsibilities as well as household responsibilities, chores, and child care in accordance with each partner's interests, abilities and schedules, rather than a code of social expectations. ***In a conscious relationship each partner strives toward androgyny.***



Conscious Relationships

The partners in a conscious relationship are whole and balanced and in touch with their sense of oneness with the world. Like children who have successfully mastered the stages of development, they are powerful, competent, caring, and capable of intimacy. For this reason, they are able and willing to direct their excess energies to the world outside their relationship. They become more altruistic, contributive members of society. ***In a conscious relationship partners care for others and the world.***

My thoughts of each of Mr. Hendrix's points and hopefully this will be helpful for own relationships and in education/life skills portion of Rapid Eye...

The basic principle of a conscious relationship is intentionality.

Understanding that your partner is a package deal is very important. They come with a set of circumstances, issues and DNA traits. Partners who believe the past is over and won't talk with their partners about their childhoods are headed for divorce court. It is fundamental that when you commit to a partner that you know the following--love at first sight really means NEED meeting NEED; or our friendship just grew to love really means NEED meeting NEED; or I don't know why I'm marrying him—I'm just supposed to, really means NEED meeting NEED. Yes there is love, and part of love is committing to assist each other to grow. Be clear on this!

In a conscious relationship, partners exchange unconditional gifts.

Yes you do get to rely on the romance of attraction to help you determine who you want to walk life with on a daily basis. And yes, this does wear off. Hopefully what is left to each of us is that we LIKE each other as well as LOVE each other. I have a large overall love for the family of man, but I only want to do lunch or be "up-close" with people that I like. This is natural. Liking your partner is as important as loving your partner. It is the enabler of unconditional gifts when you are up close and messy in everyday life.

In a conscious relationship, there are no exits.

When I first read this, it bothered me. How can one person possibly meet ALL the needs of the other? Well, it does not say that; it says when a need is noted, they TELL the partner. If the partner can meet the need, great. If they can't, then that's why we have friends and family. It's our responsibility to meet our own needs. My favorite internal question of late has been.... "Lynell, what do I really need right now and how can I give it to myself?"

In a conscious relationship there is no criticism.

Being accountable for your own needs is really quite freeing! I decided a long time ago to stop being the TEACHER to the significant people in my life. God loves them and is watching out for them. Up close, my job is not to criticize; it is simply to show-up! Stay in my own energy and let others have their energy. I don't have to fix or solve to show-up. What a relief....*sigh of relief*.

In a conscious relationship, anger is expressed by appointment only.

Oh wow—life will change when we can all practice the skill of PAUSING when we are triggered, especially when angry. No more messes of the moment to clean-up. No more withdrawing and isolating. Making an appointment later (but soon) when one has had time to think about their own accountability instead of what was "done to me," will be a great day for me. I'm working on this all the time and give myself big kudos when I can do it, and try again when I forget that it is already LIKE ME to pause when angry....make an appointment. Still really working on this one!!

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Conscious Relationships Continued...

In a conscious relationship both partners are responsible for and carry all aspect of themselves.

If it shows up in my significant relationships, stop wasting your energy figuring out your partner. Where is the gold for me and my learning? Why is this in our world? I am committed to assisting my partner to own their own negative traits by modeling it in myself, by choice, as often as I can. It takes guts and bravery to really tell another person that you see it differently, that you feel differently than they do, and you are willing to understand how they feel or see it—really listen. Keep speaking in kindness until you are heard and/or you model it with your behavior.

In a conscious relationship each partner calls the other to wholeness.

Really be your authentic self and let the chips fall. Explore who you are and what you like. Your partner is not responsible to create your life. Have a life and be whole and invite your partner to join you in the joy and cool stuff you create. Be an invitation for your partner to do the same.

In a conscious relationship each partner strives toward androgyny.

If your partner always arranges family get-togethers—you do it once in awhile. If your partner always does the housework, change that! Moving towards androgyny just means let go of your stereotypes and be willing to do masculine or feminine stuff anyway—no set jobs—PARTNER.

In a conscious relationship partners care for others and the world.

Mrs. Reed, my fourth grade teacher from Millwood Elementary in Spokane told me something one day and I've never forgotten it—"You can really tell a mature person when they start caring about the world as a whole instead of just what effects themselves." Wow—that's something. In the fourth grade I just wanted to wear shorts under my skirt so I could do the monkey bars! Caring about the whole world? She planted a thought in my mind at that time and I started to watch for this "maturity" thing. A planted idea is so important. What do you and your partner consciously choose to do together to care for our world? Life is more than paying the bills—get out of your own problems and make a difference!

Thanks for exploring these thoughts with me and I hope you've been sparked to explore even more deeply within your own relationships to create an environment for yourselves and clients for positive change and growth!

Lynell Beckstrom

MRET, RET Trainer



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Blessings from Taos,

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Finding your Marketing Voice

By Melanie Gentzkow



Where are you in your marketing? Are you thinking of people to market to who are just like you? I've read that healers primarily only market to each other – however there are so many people out there in need of services of healers and personal coaches. Finding your voice and expressing yourself through your point of view will attract the clients you're looking for.

You're point of view is the notion for why you've chosen to be a Rapid Eye Technician. All encompassed with your past experiences of yourself, life and other people, your take on life is your journey about making it the best ever. When you have a clear perspective of what guides your work, people will follow your lead and trust the process you will take them through. By sharing your point of view with people, it builds credibility as well as how you do what you do. Once there is clarity, you've established the basic relevance and people will see that it's a fit for them.

Be the leader you are so you attract clients committed to taking a journey that you can help them with. Great marketers lead people they choose to lead. Through your actions people will be attracted by the message you're sending out. By stretching the boundaries and sharing your worldview, you'll naturally attract more clients. A clear, heartfelt and unique point of view is the core of what makes you unique, thereby setting the tone for your business.

Just as important as sharing your point of view, your prospects want to know that they are heard. Listen to your clients using eye contact so that they know you are with them. Keep an open heart and mind as well as being in the moment. Let them know you are paying attention verbally and with your body language. It's your personality and who you are that will uplift your client; so speak with passion and be excited about what you're doing.

Take some time to reflect on your worldview. The gift of getting to know yourself and being true to yourself is amazing. You'll be able to answer the question, "What do you do?" with clarity and confidence and really stand out. Most importantly, you'll be connected to the difference that you make for your clients.



Melanie Gentzkow
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Visit the Rapid Eye Institute Website for more information on marketing your RET Business. There are downloadable brochures, business cards and articles. As well as advertising samples for sessions and RET press release.

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Rapid Eye Technology's mission is to teach unconditional love, release pain and strengthen families

The Rapid Eye Institute is a vocational career school.

Your path to success is as simple as 1-2-3!!!

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The Rapid Eye Technology Course provides everything you need to become a Certified Rapid Eye Technician.

Simplify Your Life with Balance

Summertime is fun and relaxing though it can be very busy as well. Here are a few ideas to keep things in balance.



1. **Write it down.** First of all write down all the tasks that have to be done no matter how big or small they are. Free up some space in your mind because you will need it to actually get everything done.
2. **Write down the deadlines.** For all the tasks on your list – have a timeline and importance of the tasks.
3. **Prioritize.** Some tasks are urgent while others are truly important to you. What are high on your priority list once the urgent tasks are complete? Look at your life priorities and see if any of the tasks on your list actually help you to bring those priorities in balance. You might want to think about your life priorities for a few minutes before you complete this step. Life priorities help you distinguish tasks that are really important over the ones that are just necessary. Setting your life priorities will help you organize your schedule.
4. **Do Everything with Balance.** While keeping track and completing tasks, also take time for you such as exercise, hobbies, vacations, time with friends, family and loved ones. Notice which areas are important to you and devote time to these areas no matter what.
5. **Simplify.** It's obvious that when we feel overwhelmed in life it is time to simplify. Start with a quick IRT (Immediate Release Technique) and notice just how contagious simplicity is. Your lifestyle, home, schedule and life goals will fall into place as you feel more energized and powerful. Keep breathing and blinking!

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