

Energy Seeks Balance



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The Rapid Eye Institute

We are made up of energy and energy always seeks a balance. When there is a disconnection from spirit whether by our thoughts, emotions, beliefs and actions... the ramifications emit through energetic vibrations in the auric field. Take care of what is created to better your future, to better your NOW by following and understanding the universal laws as well as clearing out old energetic distortions held in the energy field. When these distortions are left unhealed we will continue to draw in negative experiences.

Often there are hidden patterns and beliefs within the subconscious that we're not even aware of. For instance, as children we have no capacity to take on rational thought. The brain isn't fully developed and witnessed behaviors, as well as beliefs, go directly to the subconscious. This happens so that children learn how to take on the world; however, not all that is absorbed is rational. How many times have you heard your mother or father come out of your mouth?

Take a look in the mirror and be honest with yourself and others. These distortions are learn-

ing lessons to move forward in life. One of the best ways to do this is to love yourself and give gratitude for the lessons. Find what fills your heart with joy and pure energy, and learn to let things go. I love this quote by Harold Whitman ~ it resonates how important it is to get to know ourselves - "Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go do that. Because what the world needs are people who have come alive."

I often wonder where I'd be in life if I had chosen a different path, if I didn't know about Rapid Eye Technology and how it assists in releasing old belief systems and patterns... would I still be shy, hiding behind the front door wondering what the other kids are doing? I truly believe I'm not that way because of the gift of rapid eye sessions and the amazing Rapid Eye Technicians in this world! I'm excited about life because I know it's my choice!

Notice what's showing up and work through it whatever way serves your highest and great good. Bless it and live your life to its fullest!

By Melanie Gentzkow, MRET/ReikiMaster

Why Write? Right??

By Claudia Bianca

You hear it from me often.... Write about Rapid Eye!! This statement doesn't fall on deaf ears, yet it often brings up more questions than it answers. The excuse-itis sounds like "don't have time, don't know what to write about, not a good writer, no one wants to read what I write, don't have the authority to write... etc." If you can put "I" in front of any of those statements, read on.

First, let me share a great story that solidifies the commitment to write. A new client had been at my talk on Rapid Eye the evening before and booked a session for the next day. When I am doing intake with a new client, I always ask how they found out about Rapid Eye and me in particular. When I asked this question, she chuckled, "You won't believe this," she stated - and then went on to tell me that she had some major changes happen in her life and one was that she just moved to a new home. When she

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Thank you for the generous donations and for participating in our fundraisers for my son, Allen Steele.

For more information go to www.heartwayfoundation.org

All contributions are tax deductible.

Love and blessings, Ranae Johnson, Founder and President, Heartway Foundation

Get Your Energy Soaring

Studies show that eating whole, clean fruits and vegetables not only increases energy; proper nutrition can heal and maximize self-healing potential. The following list of foods all fight disease, promote a strong immune system, and provide nutrients. Basically when you eat well, you feel well.

1. **Apples**—They are high in fiber for a healthy digestive system. They also reduce the risk of stroke and chances of dying of a heart attack.
2. **Artichokes**—They protect the liver against toxic build-up. They also reduce levels of LDL (“bad”) cholesterol, because they are rich in antioxidant.
3. **Avocados**- They are loaded with the powerful antioxidants which helps the body get rid of cancer-causing substances. They also help reduce total cholesterol.
4. **Beets**- They are loaded with folic acid, an important B vitamin that protects against heart disease and cancer. It also appears to help prevent the formation of LDL cholesterol.
5. **Blueberries**- They help your brain produce dopamine, a neurotransmitter involved in memory, coordination, and feelings of well- being. They also may prevent the growth of breast cancer cells.
6. **Broccoli**- They help fight cancer and are loaded with vitamin C to boost the immune system. They also help normalize blood pressure and are rich in fiber for a healthy digestive system.
7. **Cherries**-They help kill cancer cells which shrink pancreatic, breast, and liver. They are also high in melatonin, a hormone that helps normalize sleep cycles. Melatonin also acts like an antioxidant that protects cell membranes from damage.
8. **Chicory**-Toss some chicory in your salads. This cousin of endive and escarole has more vitamin A than any other salad green. Just a quarter cup of raw chicory greens provides all you need daily. Vitamin A is another potent self-healer, vital for a healthy immune system and protecting your vision. Most of the vitamin A in chicory comes from beta- carotene. This is a cancer-fighting carotenoid that your body converts to vitamin A.
9. **Coconut Oil**-For years, we’ve been cautioned to avoid tropical oils because they’re high in artery-clogging saturated fats. But often yesterday’s nutritional bad guy is today’s nutritional hero, and that’s the case with coconut oil. It has immune-stimulating properties, thanks to lauric acid, a fatty acid in the oil. Lauric acid fights viruses and bacteria in the body. Like most oils, coconut oil is high in calories, so don’t overdo it. A teaspoon or two a day is all you need.
10. **Cranberries**-This Thanksgiving dinner staple doubles as a natural remedy for many ailments. One of the most common is urinary infections. Cranberries work by keeping harmful bacteria from sticking to the lining of the urinary tract. The active ingredient in cranberries is a group of phytochemicals called proanthocyanins. If you suffer from recurrent bladder infections, try drinking about eight ounces of cranberry juice that contains at least 27 percent juice. This recommendation is based on a study published in the Journal of the American Medical Association (JAMA). The self-healing power of these little gems doesn’t end there. Cranberries contain more “phenols” than red grapes and 18 other fruits, according to a study in the Journal of Agriculture and Food Chemistry in 2001. Phenols are plant chemicals that help prevent the formation of LDL cholesterol in the arteries.



Why Write? Right??

(Continued from page 1)

was in the new house, cleaning things up, she found some leftover items in a closet.

Among the usual suspects that went directly to the large black garbage bag, something caught her eye. There was a newspaper from 2003. She thought to herself that she would keep it because it would be fun to see what was happening in her town 10 years ago. The move went on, she settled in unpacking her boxes and life continued as usual.

One day she sat down with the paper and read it cover to cover. There was an article in it, written by me TEN years ago. This article got her to call me, found out I was still in the office and was giving a talk in a week. The rest is history – or rather her-story. Remember I only write articles once a month, so this is the law of attraction at its best. You can't attract new clients, if you are putting something out there.

Why write? What benefits does it give?

- It gives you free publicity
- It makes you an authority.

- It is easy and fast.
- It is there forever, archived for the future.
- It's fun and challenging (deepens your knowledge of subject).
- It builds your practice.

There isn't a paper in the world that doesn't need articles. Start with your local paper and approach them to write a regular column on energy healing, life skills, alternative healing, etc. Many papers now have Health Sections and need contributing authors. Remember to stay within their comfort zone as far as interest. Who is your audience? Bend your titles toward them.

Writing a regular article is beneficial in many directions. You have deadlines and it makes you write. People can count on you as an author (and therefore as a RETech as well). Audience gets to know you through your writing. People talk to each other about what they have read. It is easy simply because when you are writing about something you are passionate about, it seems to just come through you. The Rapid Eye Institute supplies you with so much information saving you research time. Education of the benefits of RET is part of our mission statement. So, do it

today. Pick a life skill and go. Write a few articles and take them to your local paper and then share the results with all of us.

Rapid Eye allows permanent change in our lives and the lives of our clients. I have been blessed to experience this first hand. Since the mid 90's Rapid Eye has been my only source of income...I just couldn't imagine doing anything else once I found my passion. I have the joy of giving and receiving with every session and respectfully communicating essence to essence with so many.

Claudia Bianca, MRET is a RET Trainer sharing twenty one years of private practice with Rapid Eye Technology. She is located in Taos, New Mexico and has been seeing clients in Summit County for ten years. She offers Immersions of RET, workshops and classes for RETechs in beautiful Taos New Mexico. Email questions to seeublink@aol.com or visit www.claudianbianca.com or call 575 751 4551



The Law of Responsibility

Responsibility – the ability to respond. Please note, not the ability to react. Responding is a conscious choice, reason is an unconscious choice.

You are never given anything you need for your healing, growth and evolution that you can't handle. Challenges are sent to you to see if you have, or can develop, the ability to respond.

The Universe respects you and honors you with opportunities, sometimes incorrectly seen as problems, to enable you to develop your responsibility – your ability to respond.

You are not responsible for anyone else. Their ability to respond is also being tested. If you respond for them how will they heal, grow and evolve. You dishonor

them by responding for them.

Your true responsibility towards others is to empower them by encouraging them to grasp the opportunity presented to them so they have, or develop, their own ability to respond for their own issues. By taking responsibility for yourself you ensure that you are fit and healthy emotionally, physically, mentally and spiritually. If you are in that space, fully fit and healthy, and you have surplus energy, then you may help others empower themselves to learn to be responsible.

You are not responsible for protection people from their feelings. Stand in your integrity and honestly express your feelings as you take responsibility for yourself. By honestly expressing your feelings, you allow others to grow in responsibility

as they hear and then feel their reactions and responses to what you are feeling about them.

By taking responsibility do not blame others for project your negative feelings onto others. Take total responsibility for your life.

Laws From: Guide Speak

<http://www.guidespeak.com/index.php?o+sections§ion=2&entry=4887>



Memory Access Technique Using RET

By Joseph Bennette, MRET

Memories – such fleeting things sometimes. And yet, other memories seem to last and last – flush with details. Researchers at Duke University led by neuroscientist Roberto Cabeza, Ph.D. have discovered that information retrieved from memory is simultaneously processed in two specific regions of the brain, each of which focuses on a different aspect of a past event. The medial temporal lobe (MTL), located at the base of the brain, focuses on specific facts about the event. The frontal parietal network (FPN), located at the top of the brain, is more likely to process the global gist of the event.

What does this mean for us “ordinary folks?”

It’s back to the eyes. When you move your eyes, you tend to focus attention in your brain in an opposite direction. For example, when you look to the left, you tend to activate right hemisphere areas of your brain; when you look up, you tend to focus attention on lower brain areas, etc. It is as though you have a line-of-sight fulcrum inside your head with the fulcrum center-point in the very center of your brain (at eye level, of course). When you swing your gaze to the left, the other end of the fulcrum swings right, etc.

Consider this process to fully recall a memory:

First, look down, activating the FPN to get the gist of the memory. Cast your eyes side to side while looking downward to gain further information from the cerebral hemispheres associated with the FPN. When you feel ready to recall the details of that memory, swing your eyes upward and side-to-side. The upward gaze will tend to activate the MTL portion of your brain while the side-to-side action will tend to activate right and left hemispheres associated with the MTL.

Now, one more thing...

When you access a brain region, it wants something to DO. I recommend that you consider blinking – it’s a simple and easy thing to do that creates huge fluctuations in light (from all to nothing and

back). What you’ll probably find is that by looking up and blinking, you’ll activate the details-oriented MTL – and you’ll stop blinking automatically as the details of a memory come to mind. Same goes for the FPN. And my guess is that if someone were to be looking at your eyes while you do this, they’d see small but perceptible jumps in the size of your pupils as memory gist and details come to mind.

Perhaps someday some curious scientist will seek to investigate my theory that one can consciously access memory aspects better with eye movement and blinking. [Rapid Eye Technicians](#) and their clients are already aware of the connection between eye movement, blinking, and memory – and the discharge of emotional energy tied up in certain types of memories.

Although some consider [Rapid Eye Technology](#) to be a spiritual process, the movement and blinking of the eyes is a physical aspect of a psychological process of memory that can be personally experienced by anyone – and when done in a controlled fashion can enhance memory while separating memories from their emotional charge. Further, the basic processes and techniques of [Rapid Eye Technology](#) take advantage of the connection between physical, emotional, and mental aspects of memory.

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URL to article: <http://powerstates.com/memory-access-technique>

About Joseph



Author and consultant Joseph Bennette has trained thousands of people in Rapid Eye Technology, Hypnotherapy, Emotional Freedom Technique, and Life Skills. He has been a featured presenter at Northwest Hypnotherapy Conferences, Oregon Hypnotherapy Association meetings, on radio, television, and community events. He currently serves on the Boards of Directors of the Oregon Hypnotherapy Association and Heartway Foundation.



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“In a quiet space, in whatever posture is most comfortable for you, close your eyes, and put all your attention on the word ‘Our.’ See it appear on the inner screen of your mind. Repeat the sound to yourself several times. “Our, Our, Our.” Focus all of your energy on this word for 30 seconds or so. Now shift your inner attention to the word ‘Father.’ See it appear in your mind, and think only of this word. Repeat it over and over again for approximately 30 seconds. Now comes the indescribably exquisite part, which each of us experiences in our own way. Make a quick adjustment in your mind, and follow this with an ever-so-slight movement of your head toward the left. Put all of your attention in the space in your mind between the words ‘Our’ and ‘Father.’ Stay in this space between these two words for 10 or 15 seconds, and note how it feels to rest your mind on nothing but that space. Picture the gap, and experience the peaceful and nurturing quality of being in it. You have now initiated the process of entering the gap. “

Visualization by Dr. Wayne W. Dyer

I recently read a story that made me laugh... because really... how many can raise their hand and experience something similar in their family?! This story illustrates how habits are formed and how unconscious habits can be:

One day a young girl watched her mother prepare a ham for baking.

At one point the daughter asked, “Mom, why did you cut off both ends of the ham?”

“Well, because my mother always did,” said the mother.

“But why?”

“I don’t know - let’s go ask Grandma.”

So they went to Grandma’s and asked her, “Grandma, when you prepared the ham for baking, you always cut off both ends. Why did you do that?”

“My mother always did it,” said Grandma.

“But why?”

“I don’t know - let’s go ask Great-grandma.” So off they went to Great-grandma’s.

“Great-grandma, when you prepared the ham for baking, you always cut off both ends. Why did you do that?”

“Well,” Great-grandma said, “to make the ham fit the small pan I was using.”

When was the last time you went through the Skills for Life Workbook? The RET Skills for Living Workbook is a [free download](#) and you can also sign up for the online [Skills for Living Online Course](#). Stay conscious, keep learning and do personal growth work to create a new road map!

By Melanie Gentzkow, MRET, Reiki Master, Editor