

Rapid Eye Institute Newsletter



RAPID EYE TECHNOLOGY
A NATURAL, SAFE WAY TO RELEASE STRESS AND TRAUMA

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June 2008

See Everything in Life as a Blessing

It was March 17, 2008 at 2:15 in the afternoon. We had just returned home and Edward came running in the house to tell us 2 beautiful goat kids had been born. I felt very sick in my stomach when we said that. I ran to the pasture to find one kid on her feet suckling from her Mom the other was laying very still and obviously something wrong. I looked her over and realized that both of her front legs had been pawed/stepped on. We took Mom and babies to the barn, the one kid wouldn't nurse from her Mom. I milked the Mom knowing I needed to get the colostrum for the baby. Then I realized all I had was a cattle bottle, she was so weak that she couldn't suck the bottle anyway, so we dripped the milk in her mouth.

As this was our first experience with goat kids, I



knew as with a foal I better call for help. I called our Vet and he said she probably wouldn't make it but to just keep up with the bottle feeding as often as possible using Moms milk and see what happens. At that moment I had to stop and laugh at myself, I realized I knew nothing about goats and now I was going to be milking a goat every 2 hours.

All 4 of my children were home from school for Spring break, little did I know how much of a blessing this would be that they were home for a whole week. Within 3 hours of Spirits birth I re-

alized that I needed to use my skills and tools of alternative healing with her. I know animals experience stress from traumatic births just like children, and with children if that stress isn't dealt with it sets us up for reliving that trauma over and over again. I took Spirits face in my hands and looked into each eye which is called neurological integration. For humans this should be done by the Mom the minute the doctor hands the baby to her, but for animals it usually doesn't happen intentionally. The neurological integration allows the pineal and pituitary to open up to our connection to the light that we just came from therefore allowing whole brain communication. Whole brain communication allows us to remember the reason for being here and it further

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* To submit articles, please send in by the 10th of the prior month. It may or may not be used. We reserve the right to edit articles.

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Insights from Ranae



**Ranae Johnson, founder
of Rapid Eye Technol-
ogy and owner of the
Rapid Eye Institute**

MANY OF OUR
FEARS ARE TISSUE
-PAPER THIN,
AND A SINGLE
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-BRENDON
FRANCIS



A Sense of Well Being

Being involved in the process of life without being invested in the results requires a bit of understanding and practice. Just as we learn to do more than one thing at a time, we can learn to become the observed and the observer while being absorbed in our experience.

About now you are probably asking, what did she just say?

The mind is so wonderful it actually works better fast than slow. When we do things fast we depend upon our inspiration and just do it. When we allow things to slow down we talk ourselves into fear of the outcome. Love and fear cannot co-exist. Fear brings separation and even if we learn many things from fear and separation. It's only one way, a painful way. Love on the other hand, brings oneness and learning in joy. It is not that the world changes so much, but how we look at the experience.

For example: My Client

came in with news that she has colon cancer. I asked her "How do you feel about that?"

Her answer was one of shock. I said, "Well the first thing we do is explore your belief about Cancer. Do you believe that it will kill you or do you believe you can heal it?"

She answered, "I choose to believe I can heal it!"

"Then I can assist you," I answered. "First of all let's find a way to view the cancer differently. I read that there is some theory that cancer cells may be the answer to becoming immortal if science could only find a way to communicate with the cells to stop killing the body. The cancer cells don't seem to be able to be destroyed."

"Well that's a different way to look at it," she said.

What if we work on all fear of the Cancer with RET sessions and then we will begin to visualize sending love, laughter and understanding to the cells?

After the RET sessions, I had her shut her eyes and

observe how she is involved in the process, and then let go of the results of the sessions or whether she lives or dies.

I had her imagine that God or a higher being was observing her and then move into that being and look at everything from that point of view, it's just an experience. Now imagine that it is all going on at the same time. I am involved in the experience while observing me and being the one observed. It's all one. It took a while to practice this oneness, and the moment she realized this-all resistance to healing left. She healed herself. It's been years now without a re-occurrence of the cancer.

A sense of balance and well being comes upon us when we practice being in the experience, becoming the observed and the observer, and letting go of the control of the results. Remember that we are all practicing everything in this life-that is what this life is all about. Learning to overcome the world by the way we view it.

Harmony and Rhythm Thought

There was an Indian Chief who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest in turn to go and look at a pear tree that was a great distance away.

The first son went in the Winter, the second in the Spring, the third in Summer and the youngest son in the Fall.

When they had all gone and come back he called them together to describe what they had seen.

The first son said that the tree was ugly, bent, and twisted.

The second son said 'no' it was covered with green buds and full of promise.

The third son disagreed; he said it was laden with blossoms that smelled so sweet

and looked so beautiful. It was the most graceful thing he had ever seen.

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life, and fulfillment.

The man then explained to his sons that they were all right because they had each seen but only one season in the tree's life.

He told them that you cannot judge a tree or a person by only one season, and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up.

If you give up when it's Winter, you will miss the promise of your Spring, the beauty of your Summer, the fulfillment of your Fall.

Moral: Don't let the pain of one season destroy the joy of all the rest.

Don't judge life by one difficult season.

Persevere through the difficult patches and better times are sure to come.

Live Simply.

Love Generously.

Care Deeply.

Speak Kindly.

Leave the Rest to God.

Happiness keeps You Sweet,!

Trials keep You Strong,

Sorrows keep You Human,

Failures keep You Humble,

Success keeps You Glowing,

But God keeps You Going!

Submitted by:

Natalie Flint



IN OUR DAILY
LIVES, WE MUST
SEE THAT IT IS
NOT HAPPINESS
THAT MAKES US
GRATEFUL, BUT
THE
GRATEFULNESS
THAT MAKES US
HAPPY.

-ALBERT CLARKE

Did You Know...

- Foods can change your moods. Foods high in protein can help increase mental alertness when you are feeling tired.
- Hematite crystals bring a high state of awareness and inner happiness. This crystal addresses spine and back disorders.
- Brewer's yeast, high in the B vitamins and chromium, can help curb sugar cravings naturally.
- Effective healing colors for cancer are blue, blue-violet, followed by pink.
- Cayenne has been shown to reduce the risk of heart disease.



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connects us to the spiritual level of our parents.

Later that evening I had all my children sit in a circle around Spirit for her to receive a Rapid Eye Technology session. Rapid Eye Technology simulates that bodies own natural stress release mechanism called Rapid Eye Movement (REM). We typically experience REM every 90 minutes while we are sleeping, during this time the body let's go of the stress that we have taken on during the day and releases it through the eyes while blinking at night. This is what babies are doing when we see them sleeping and their eye lids are fluttering. A person follows patterns in the peripheral vision that further refines the search for the source material in visual, auditory and kinesthetic areas of the brain. While blinking the eyes effectively creates an on/off electrical stimulus, intensifying and apparently zooming in on the target neurons, alternately focusing on and discharging the material laid down there.

The eyes are connected intricately with the limbic system and various storage areas of the brain—indeed the entire neurological pathway system. When we look up, we're accessing visual memory or re-creation, when we look to the side we are accessing auditory data, and when we look down we are accessing feelings.

Since few people know the original source of most controlling beliefs or emotions, it is profound that eye blinking seems to process both the original and every successive experience on the same neuro-pathway, whether or not the person has been consciously aware of them!

My children were blinking while I was using the eye directing device in front of Spirit's eyes as she naturally blinked which allowed her to let go of the Post Traumatic Stress she just experienced from her birth. I processed the feelings of being stepped on and the feelings of abandonment by Mom from not protecting her from harm. Again these are feelings that children experience from birth trauma so I simulated that for Spirit. Animals experience Post Traumatic Stress just as humans do and it affects them in the same way, i.e.... they can withdraw, become mean, fearful, and develop many other as we say bad behavior patterns. Having my children experience the session with Spirit allowed the bond between the children and the kids to become even stronger and my children could also let go of the stress they were experiencing from being fearful of her passing on.

Over the next 3 days several times a day we provided Spirit with Rapid Eye sessions and Reiki for different feelings of the symptoms Post Traumatic Stress Disorder. After each session we could see her getting stronger and doing more things for herself. Each night I played a different Chakra Clearing

CD for her, which were Grounding to your 12 Chakras, Mastering the Soul's Patterns, Light Birth, Spirit of the Child, along with the Abandonment CD. On her third day she started urinating blood again, from the trauma of being stepped on. I then provided her with sessions for the organs and PTSD. By day 4 she was sucking from the bottle, and by day 5 she was trying to get up all on her own. She was living with us in the house at this point because of needing round the clock care. On day 7 we took her back out to the barn to stay with her Mom and sister during the day. I was curious to see if Mom would let Spirit nurse from her since that bonding didn't happen at birth. At first Mom didn't want any part of that, I then did a session for all 3 goats to help with the bonding process that was disturbed by the trauma. Mom soon began letting Spirit nurse with us standing there with her.



Our animal friends in the face of panic, negative emotions/ behaviors, disasters and irrational fears that occur within a perceived

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or real emergency have been misunderstood for ions of time. Under stress, an animal's fight or flight mechanism kicks in which is the brain's director called the hypothalamus. When an animal's fight or flight kicks in, the body produces adrenaline which creates stress on the heart. Although the emergency measure of the stress response is undoubtedly both vital and valuable, it can also be disruptive and physically damaging. In most modern situations, animals seldom encounter emergencies that require physical effort, yet biology still provides for the ability to respond as if a life threatening emergency were eminent. Thus animals may find their stress response activated in situations where physical action is inappropriate. This activation takes a toll on both the animal's body and mind.

Stress is the body's natural response to threat, whether that threat is mental or a physical accident or a disease. These perceived threats to the body might be a sudden change in the weather, a new animal in the field that might cause a fight, some change to management regime or maybe the loss of a companion in the same field. The body releases natural steroids in response to threatening situations. Other chemicals begin to prepare the body for taking evasive action i.e. running away quickly.

Stress is actually a natural state of the

body. If we or our animals did not get worried or stressed about things to some degree we would be much more likely to get into trouble in difficult or dangerous situations. The problem comes, however, when stress continues for long periods of time without us being able to get away from what is causing it. Then the natural chemicals in the body that are supposed to protect the body actually start having negative effects. The body steroid hormones start weakening the immune system. Body chemicals make us 'revved up' in order to escape the stress and cannot do so. By products of all this chemical activity called 'free radicals' begin damaging the cells and activate the aging process. It is a bit like 'revving up' an engine for a long period without going anywhere. Of course it is not good for the engine after a while.

Even though Spirit's condition was touch and go for several days I am blessed to have been through this with the goats and my children. This is the first experience for my children with birthing and this was a perfect opportunity for them to see how precious life is. I learned so many things for the first time having goat kids along with using the skills and tools I love the most. It has opened my eyes more to the stress that our beloved animals can endure. Spirit is now 2 months old, she runs and plays with her twin sister and is very happy in the pasture. She is pictured

with Jacqueline drinking from her bottle at day 3, and then followed up with a picture at a week old when we integrated her back with her Mom and sister.

When my oldest daughter first wanted a goat several years ago I thought oh no a goat why do we want goats, I had grown up with a goat around that smelled and butted me all the time. I am so glad she persevered and we got her a goat. Because of Spirit I see that if people are willing to see everything in life as a blessing they then can see the bigger picture for the plan that is laid before them and embrace it.



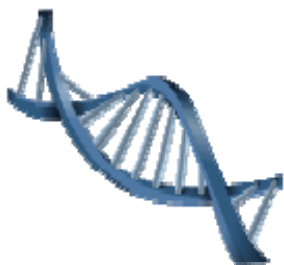
Mary T. Bowen, MRET is a stress release and wellness consultant. She lives in Maryland with her husband and her 4 beautiful children and farm animals. For more information about Rapid Eye Technology and Reiki for animals visit

www.talkingwithyouranimals.com

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DNA verses RNA

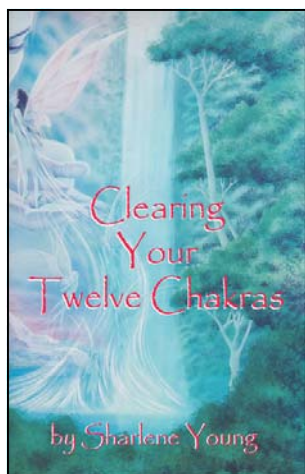
DNA determines the make-up of every cell and hereditary traits of each one of us. DNA dictates the protein mix that fulfills our genetic inheritance. There are at least six billion steps of DNA in a single cell that record one life's blueprint.

The RNA bears its coded message to its destination and transfers the message to a transfer tRNA to be decoded. RNA's mission is to travel away from the DNA in order to produce the proteins, more the 2 million in number, that actually build and repair the body.

The DNA is the blueprint and the RNA carries out the building instructions.

www.rapideyetechnology.com

Processing Energy Systems



Each of the Clearing your 12 Chakras CD's and manuals are a complete Chakra RET session, which includes connecting you to your unique connection to Source, your physical body, auric levels and to the Earth. Release techniques, including all the Eye directing techniques, closing processes and cognitive re-patterning assist in releasing blocks in each chakra and auric level where these experiences have been recorded. Positive re-frames are designed to replace the old patterns, including DNA patterning. Each night in REM sleep,

the body chakra centers and auric levels are designed to process, record, and let go of what no longer serves your system. Rapid Eye Technology simulates REM sleep by a pattern of eye movements that the brain is familiar with. Chakra RET sessions are scripted to duplicate this process as you experience this in a waking state your mind/body energy system believes it is in REM sleep, and begins to process. Each Chakra session is designed to process according to the function of the energy center with positive re-frames to create physical, emotional, men-

tal, spiritual, and dimensional well being. Each of the 12 manuals include cognitive information about the function of the chakra center, front, back and auric level. The intention is that, this is a user friendly manual, whether you as a RET Technician are familiar with the Chakra's or not. Without reading anything about a Chakra you can begin processing your clients energy system with great confidence! It is all there for you in the script.

Order online at:
rapideyetechnology.com

By Sharlene Young