

Rapid Eye Institute Newsletter

The Tale of St. Patrick's Day

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn, and he almost didn't get the job of bishop of Ireland because he lacked the required scholarship.

Far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to God.

He escaped from slavery after six years and went to Gaul where he studied in the monastery under St. Germain, bishop of Auxerre for a period of twelve years. During his training he became aware that his calling was to convert the pagans to Christianity. His wishes were to return to Ireland, to convert the native pagans to Christianity. But his superiors in-

stead appointed St. Palladius. But two years later, Palladius transferred to Scotland. Patrick, having adopted that Christian name earlier, was then appointed as second bishop to Ireland.

Patrick was quite successful at winning converts. And this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches which would aid him in his conversion of the Irish country to Christianity.

His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since.

Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually



substantiated. Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Of course, no snakes were ever native to Ireland, and some people think this is a metaphor for the conversion of the pagans. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday.

One traditional icon of the day is the shamrock. And this stems from a more

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Editor: Christina Jenks

* 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. -Thanks.

Insights from Ranae

7 Steps to be Spiritually Changed, Become who you Really are Now!

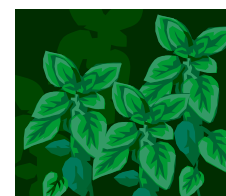
1. Keep thoughts and actions in the present moment (that is all there really is). Have love and acceptance of self and the highest good. Do personal work with RET and meditation to release patterns. Move into change easily.
2. Have true integrity of self and move into the truth of who you are. Embrace the truth, let go of judgments, false perceptions, and what other people think.
3. Be able to accept your worthiness, and forgive yourself and others. Say to yourself daily, "I am a child of God and deserve the best. I am healing myself on all levels."
4. Be free to choose again. As life happens, choose to be spiritually changed by remembering to laugh, feel joy, and let go of guilt and fear.
5. Claim your birth right, which is being one with infinite intelligence, abundance, faith, joy, and all good things.
6. Accept each experience as an opportunity of growth and change with gratitude and love. Accept and love all parts of yourself by letting go of attachments. "I am free from cause and effect when I move into being who I am as God created me."
7. Receive the support from 100% pure light and your higher self by remembering it's all good. "I am creating my reality and rhythm, moment by moment. I choose and accept to be one in harmony with my spirit now!"



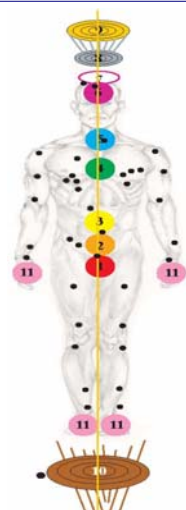
Ranae Johnson, founder of Rapid Eye Technology and owner of the Rapid Eye Institute

Did You Know...

- Getting outdoors during the winter months for 10-15 min. between 6am & 8am is effective in lifting depression.
- Light Therapy can be very effective in altering moods.
- Sage tea helps to slow anxiety, acts as a diuretic, and helps regulate the body fluid by affecting the sweat glands.
- Stress can cause the skin to create eczema or acne. Using relaxation and imagery 10 min. a day can assist in clearing your skin. Close your eyes, breath deeply, and imagine a clear, itch free complexion.
- Eye patching 15-20 min. a day relieves stress and assists in shifting unwanted patterns.
- Magnesium is crucial to your body's metabolism and energy production.
- Oregano soothes a cough. Steep a tsp. of oregano in a cup of hot water and strain. May drink up to 3 cups a day.



Release & Retrain Your Energy System



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. Release and Retrain Your Energy System and/or other sessions are scripted to duplicate this process as you listen to it at night during your own REM sleep. Each session and audio CD is designed to process according to the function of the energy center with positive reframes to create physical, emotional, mental, and spiritual well being.

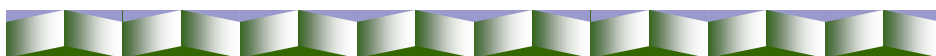
Release and Retrain Your Energy System, by Sharlene Young is an experiential guided imagery, and is combined with a release script for the function of each energy center. Retraining is designed to shift the matrix of the DNA / RNA to create a new blueprint for what you would rather experience in each chakra energy center.

To order, call 503-399-1181, or go to www.rapideyetechnology.com

Golden Threads

This is an experiential imagery that connects you to the light held in your body and energy levels, which is your scared space, releases youthening chemicals and promotes PH balance. This scared space guides you to 100% highest truth of who you are and where you are from, to view the golden threads of your Hara line. Your Hara line is made up of electric golden threads of energy, which contain your soul's purpose it flows straight down from 100% highest truth, through your body to your scared space in the earth, and back to source.

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Sudden Shock is linked to Disease

Dr. Hamer found that every DISEASE originates from an unexpected shock experience. He established that such a sudden shock affects not only the psyche, but impacts at the same time (visible on a brain scan) the part of the brain that corresponds biologically to the specific trauma. Whether the body responds to the unexpected event with a tumor growth (cancer), with tissue degeneration, or with functional loss, is determined by the exact type of conflict shock. So far, Dr. Hamer has been able to confirm these discoveries with over 40,000 case studies. Since HEALING can only occur after the conflict has been resolved, German New Medicine therapy focuses on identifying and resolving the original shock.

Dr. Hamer's research began in 1979 after the tragic loss of his son Dirk. Shortly after Dirk's death, Dr. Hamer was diagnosed with testicular cancer. Since he had never been seriously ill, he assumed that the development of his cancer could be directly related to the traumatic event he had experienced. At that time Dr. Hamer was head internist of a cancer clinic at the University of Munich in Germany. There, he began to systematically study his patients regarding the causes, development, and healing process of their cancers. What he discovered was revolutionary!

Dr. Hamer is the first to prove scientifically that cancer for example, is not - as previously thought- a senseless proliferation of deadly cancer cells rather part of a Significant Biological Special Program (SBS) of Nature that has been successfully practiced for millions of years of evolution.

German New Medicine offers a completely new understanding
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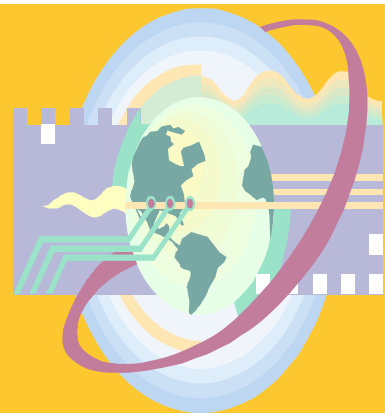


Golden Threads

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These golden threads hold electrical circuits of your souls purpose or learning that you have come to experience. These golden threads of the hara line get pulled and stretched out of alignment as they are connected and attached to negative beliefs, pain, and the circuitry of trauma experiences recorded in the DNA cells. The process script unplugs the electrical energy circuits of unwanted patterns and core beliefs held in your system. It utilizes the golden threads of the hara line to access the negative beliefs and experiences and realigning them to their spiritual circuitry, to create what you would rather experience.

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The Doctrine of Signature Foods

You are what you eat, so eat well. A stupendous insight of civilizations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "The Doctrine of Signatures" was astoundingly correct. It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater. Here is just a short list of examples of Whole Food Signatures.

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and science shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neurotransmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Eggplant, Avocados and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's search shows that when a woman re-



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The Tale of St. Patrick's Day

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bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

The St. Patrick's Day custom came to

America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston.

Today, people celebrate the day with parades, wearing of the green, and drinking beer. One reason St. Patrick's Day might have become so popular is that it takes place just a few days before the first day of spring. One might say it has become the first green of spring.



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Also available on the Web at
www.wilstar.com

Sudden Shock is linked to Disease

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of what we commonly call "diseases". By understanding the Five Biological Laws that Dr. Hamer discovered, we liberate ourselves from the fear and panic that often come with the onset of an illness. Truly, a gift to humanity!

Since 1988, Dr. Hamer's findings have been tested and verified by many physicians and professorial associations through signed documents (see website <http://germannewmedicine.ca/documents/welcome.htm/>).

At the core of each RET session, we are focusing and directing the client to go to the cause, to what ever the stress or disease is, to resolve what happened , and then reframe to create what they would rather have.

Dr. Hamer's research is most exciting,

as it documents physical proof of what hundreds of RET clients have experienced from their sessions.

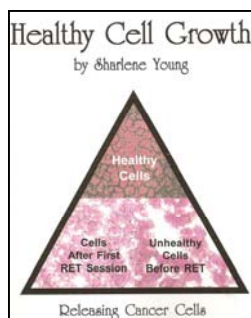
Elizabeth Olsen was diagnosed with

colon cancer in 2000, when she underwent surgery, there was no cancer to be found!

Her RET sessions focused on going to the cause, processing the trauma, resolving the conflict, and creating health, which she did. Many others have experienced similar results from their RET sessions.

From Years of research with clients, utilizing Rapid Eye Technology, and the human energy systems, Sharlene Young has developed healing and clearing techniques for specific diseases and other conditions. This re-

search is an on going healing series called **"Clearing your 12 Chakra's with Rapid Eye Technology"**, by Sharlene Young.



Healthy Cell Growth is a **NEW** Chakra RET session that has been designed from this research. This session identifies the very first time a sudden shock trauma experience was imprinted into the system, creating the unhealthy or cancer cells. The process script utilizes medical terminology, emotions, beliefs, and patterns to release the creation of the unhealthy cell growth. Reframing and resolving the exact conflict that created the original pattern activates and creates a matrix shift in the DNA / RNA for a new blueprint of healthy cell growth for the body to now follow.

To order, call 503-399-1181 or go to www.rapideyetechnology.com.

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Did you know...If there's not a RET Technician in your area, you can still experience Rapid Eye Sessions!

Phone Sessions connect our voices with technology and gives you the convenience of being in your own home! We are all connected in an electrical grid that allows electricity to be transferred to one location to another. During a RET phone session, our mind/body electrical energy is connected and transferred in the same manner.

For further information and to schedule your appointment, call 503-851-4574 today!

Sharlene Young

RET Master Trainer, Reiki Master Teacher, /Karma Nu, Spiritual Coach, Author

"I was surprised that my phone session was as if I were in Sharlene's office. Very profound & Life changing." -M.C.

The Doctrine of Signature Foods

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eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and



function of the ovaries.

Grapefruits, Oranges, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.



This article was taken from David Bjerklie, TIME Magazine, Oct. 2003

Article submitted by Helen Powell and Natalie Flint.