

March/April 2012



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The Rapid Eye Institute

Spring into Action



There is richness to life that is available to all of us. We can so easily miss this when we give our energy to outdated mindsets and interpretations that no longer serve us. Stimulate your awareness, provide your conscience, and be inspired to grab up your personal power and live a brighter, fuller, and more intentional life. Take a look at your perceptions into things... are you walking around saying "that's just the way it is?" And if so, let's get down to the core belief or assumptions to reveal the things that are keeping you in the dark, limiting your joy and taking up prime

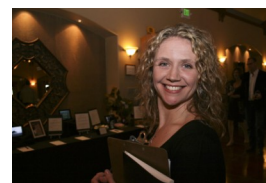
space in your life.

Find your particular glow; find freedom to love yourself and others more than ever before, realize the unfathomable beauty that is inherent in your authentic self.

Your future will be brighter than you ever imagined.

Beliefs are thoughts and statements you make to yourself about the nature of reality. To transform a belief, you need to identify it. Think of the area of your life you want to transform. Let your higher self guide you

to negative beliefs that may be holding you back. Take each negative belief and change it into a positive one. Say these affirmations to yourself over and over. Put them into your creation circle. Or you might imagine that you are putting all negative beliefs into a fire of transformation, releasing them forever. Whatever works for you, do it!



by Melanie Gentzkow, MRET

Remember, we are all affecting the world every moment, whether we mean to or not. Our actions and states of mind matter, because we're so deeply interconnected with one another. Working on our own consciousness is the most important thing that we all are doing in any moment. Being love is the supreme creative act.



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"As parents, teachers, and partners we can increase our effectiveness by listening and discovering what is important to the other person and what their positive intention for their position or behavior is. Once we understand, we have a better chance of influencing the other to respond the way we want them to."

~Steven Covey

"The Seven Habits of Highly Successful People"

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Personal Power Training in Salem, OR

This 2½ day workshop is the perfect opportunity to go to the next level of conscious creating. Join us in the energy of bringing forth what you would rather have.

Anyone is welcome as we move through yet another layer of self-discovery, reclaiming our true joy, and taking hold of our unlimited power of manifestation.

If you are feeling a little tug on your heart hearing about this opportunity, then I invite you to choose IN to this amazing and transformational process.

May 14th - 16th, at the Rapid Eye Institute in Salem, OR. Only \$250 for this life changing workshop.

(Sign up by May 1st!)

Mail payment to:

Jeni Wiley (or call for paypal)
9762 SE Cora St.
Portland, OR 97266
(503) 349-4595

Click here to download the [Personal Power Brochure](#)



"Once you replace negative thoughts with positive ones, you'll start having positive results" ~ Willie Nelson

Weird Shift Weekend at the RET Institute

Calling all ALCHEMISTS everywhere! It's time for Weird Shift Weekend and **you want to be at this one!** Setting the new 2012 energy is very exciting and you all know what happens when we get together -- Miracles.

Larger numbers of Alchemists are coming (more than ever before) and we have six acres at The Rapid Eye Institute to create with the angels attending.

There are many new Alchemists since our last Weird Shift weekend and many of them are coming to Oregon to meet all the Alumni and get connected into our community! We have some incredible people and when we all get together, cool stuff happens and we are all heal -- stronger together than anyone of us alone.

THEME - "The Magic Within" Harry Potter, so please bring with you all your Potter paraphernalia, costumes and at least a Hogwarts Robe! One of the reasons for letting us know you are coming ASAP.....is so we can get you your fun assignment!!

Having Weird Shift at The Rapid Eye Institute is exciting for me, my home turf and a beautiful setting. There are many cheap airline tickets to Portland and a shuttle to Salem. Many of you have been to The Institute, so

talk to each other or call me... be the creator of your life! Cease to let money/time/issues get in your way of having a miracle time with your community!

Bring all you need with you -- blow up bedding, towel, personal items. If you have trouble with considerations, call me or people that are driving and ask for what you need - we want you to join us! There is plenty of room for RV's, no hook ups and camping for the brave. More Questions? Call Lynell

Remember when you come to Weird Shift Weekend in April, many of you will be meeting some of the most talented healers on the planet. Our group is not just diverse in age, ideas and philosophies; it is a chance to let Spirit work in synchronistic ways that always amazes me. It is a time to network and let each other know what you know. A time to celebrate and play. A time to break bread together and let each other just be. My Soul looks forward to this event because I feel the promise of where two or more are gathered...

Join us for Weird Shift weekend April 27th-29th! You can come a day early and stay a day late, all your food is provided! \$135 for seven meals is a great deal. Dan Peterson is a great cook and a member of our community!

Please RSVP to Lynell "NOW" **801-856-1631** and get your fee \$135 mailed: 1620 No. Rd. 32, Pasco, WA 99301

****This is for all graduates from the Alchemist Leadership Course****



Depression and Exercise

Is exercise enough to change depression? I have been asked this question many times over my years of **RET** and the short answer is no and the long answer is no. Is exercise essential to life style changes that keep depression at a manageable level? Yes. Surprise to some of us – everyone experiences depression at one time or another. The manageability is what makes the difference. Doing your work – eating well, exercise, and doing the personal work to change limiting thoughts and beliefs – is essential if you want to turn your life around and be happy, productive and in JOY about life.

Happiness is not a birthright or entitlement...it is a choice and a commitment. Other things, people, jobs or exercise don't make us happy. We choose to be happy. When you find yourself thinking "I must, I ought to, or I have to" ...STOP. In that moment ask yourself "What is the most loving thing I can say or do in this moment?" Then make that choice to do it. Don't make life so complicated. Life is to be appreciated and enjoyed in each moment.

If exercise makes me feel so good in the moment, why doesn't it cure depression forever? Simply because we can shift gears with the good feelings that exercise brings to our

mind/body doesn't mean it lasts forever. Once the gears are shifted, that's when the work begins. When we are in an UP mood we can find new ways to look at life that help us maintain a healthy perspective around the ups and downs of life.

Understanding that we create our experience of life is both freeing and terrifying at the same time. We get to choose which patterns we want to carry forward from our family line and personal experiences. We get to choose how we feel about those patterns. We get to create the patterns in our lives that work for us.

Use a **Rapid Eye** session to dial down the emotional hooks we have around holding on to our habitually painful patterns and feel the freedom to change your life in that moment. You deserve a happy life.

Rapid Eye Technology

can access the patterns that no longer work in our lives, release them and create a new pattern of connection and support. This is done without diagnosis, drugs, or machines - it is our body's natural process of REM sleep and a gentle, safe modality that creates dramatic change in a short amount of time. This change happens quickly because you, the client, use your own tools rather than taking on someone else's ideas

With **Rapid Eye Technology**, accessing the whole mind/body system while awake allows you to be in control of your journey and in a powerful position to create your new reality. Identify and release nonproductive beliefs, negative thought forms, and emotions—all of which contribute to emotional stress. **RET** is a release and reframe technology unique in its approach and amazing in its results.



Claudia Bianca, **MRET** is a Master Rapid Eye Technician and **RET** Trainer sharing twenty years of private practice with **Rapid Eye Technology**. She is located in Taos, New Mexico, and has been seeing clients in Summit County for nine years. Email questions to seeublink@aol.com or visit www.claudianbianca.com



False Information Will Make You Suffer...

By Angie Law

Are you suffering and what is the reason for your suffering? By letting go of the false ideas we have about ourselves, others and the situations in our lives, we can be free of our suffering. Taking full responsibility for how you perceive life will give you the clarity and freedom to take positive action to make the changes you desire.

So often we get caught up in the idea that it's what's outside of us that is causing our suffering, and if we could make changes to those aspects, life would be better. We think that if our father wasn't so angry, we could get along better with him, or express our love more deeply. We imagine that if we had another job we would look forward to work and express our creativity more fully. We tell our friends that if we had a relationship with someone who was supportive of our goals and aspirations, rather than someone who did not understand us, everything would be different.

Well, the truth is that life is not perfect according to what we might imagine in our minds. It is filled with folks who have their own mind and point of view about all kinds of issues. People have wounds and sore spots that we aren't always aware of, and they express themselves through the filter of these wounds. It would be nice if our parents were kind and loving, our partners in our personal and business lives were supportive of our creative abilities, and if people honored our desires and wishes in life.

It's not likely that these people will manifest change tomorrow. Therefore, waiting for tomorrow to be happy is not a very productive life strategy! As spiritually aware people we must take responsibility for how we choose to create our lives despite what others are doing and saying. Yes, it's possible to express our love to our father even if he is an angry person. If we wait for him to change first – we could be waiting into our next lifetime! No, we must make the effort first because we want to love and because our love is not based upon what someone else is doing – in other words it is unconditional.

The same applies to waiting to express ourselves fully in life, or waiting for the people in our life to change, or support our dreams and desires. We must be the action in life, not the reaction. When we wait for others to take action first, we make ourselves the reaction to their actions. But if we believe that we create our reality and that we hold divine power – then we will take responsibility for being the action and allow the others in our life to be the reaction. Once you change they will do so in kind – although you must be patient and allow them to adjust to your changes. Give them time to digest your change in actions so that they can create new reactions. Then you can evaluate from there whether or not your actions need tweaking.

Sri Nisargadatta Maharaj once said, “It is always the false that makes you suffer, the false desires and fears, the false values and ideas, the false relationships between people. Abandon the false and you are free of pain; truth makes happy, truth liberates.” Wise words! It's time we see the falsehood in our thinking and recognize the truth. We create our own suffering from these false ideas and ways of framing our lives. It's up to us to make those changes right now, and take responsibility for life and the stories we tell ourselves about it.

Rapid Eye Technology assists you see the false in your life and to get a different prospective on yourself and others. This is very important as we cannot attain our dreams on false information.

Check out our class catalog on the web for Training and Continuing Education.

www.rapideyetechnology.com





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Join today!

Skills for Living

As well as release work we teach Skills for Living as the educational part of the RET Process. RET assists clients in creating quality living. RET encourages people toward their awareness of being self-empowered, fully functioning, loving, peaceful individuals who are connected to and exhibiting their highest potential.

Learn about Thought, Perception, Choice & Accountability, Cause & Effect, Abundance & Gratitude, Health & Healing and Harmony & Rhythm.

Click the link on our home page to register for the Online Skills for Living Course today!



Creation Circle

"Just wanted to share with you that yesterday morning when I got out of the shower I did my energy circle. I said, "I am able to be in control of myself, I am able to be in control of my spending, I am able to be in control of my eating, I am able to not smoke, I am able to be in control of my reactions, I am able to be in control of myself.

I said all of this and more, stepped into that circle and pulled all that energy all over myself, I breathed it in, I basked in it.

Let me tell you, I was so full of energy and peace and just full of ME yesterday. It really IS amazing!"

Aishia Burnett

Creation Circle:

Draw an imaginary clockwise circle with your foot or finger on the floor in front of you. While looking at the circle began saying "I AM" statements out loud as you continue drawing the clockwise circle with your hand. Create the imagery with detail as you can energize your circle with your intent. Stating it out loud brings your intention into the physical.

Everything is created through our thoughts, feelings and emotions. When this feels complete, step into the circle, bend over and pull the circle over you like putting on new clothes. Draw the image up over your head. Hold your hands out in front of you and take a deep

breath in as you bring your hands into your heart to anchor your intention. Now with one big breath place your hands in front of you blow over your hands, releasing the intent like little seeds into the universe to allow the universe to begin creating for you.

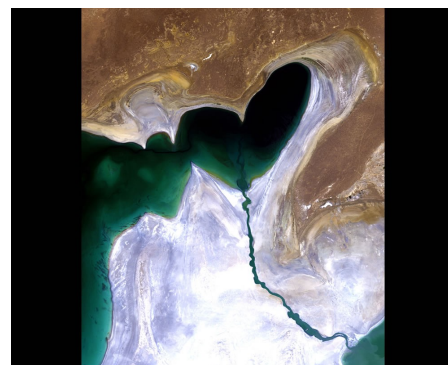


Photo of Central Asia from space