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Blink! Blink! Blink

What if you could blink away your problems? What would life be like if you could release unwanted stress, trauma, thoughts, feelings and behaviors in the blink of an eye?

Life would be different, wouldn't it?

Dr. Ranae Johnson, founder of the Rapid Eye Institute, might have been asking herself those very questions nearly 27 years ago. Her quest to help bring her autistic son into joy and balance led Dr. Johnson to one of the greatest holistic healing models available today.

Rapid Eye Technology changes lives. It heals families. It creates success. And it unveils spiritual power. At the heart of Rapid Eye Technology is the sense of the sacred – an awareness that each person is in essence a perfect spiritual being.

Here's how RET works:

RET is an alternative form of energy therapy releasing stress, trauma and unwanted patterns, and replacing them with a positive state of whole-

ness. RET is similar to the brain activity we experience during the dream state when rapid eye movement causes a natural discharge of emotional memory.



However, with RET you are fully awake, conscious and able to choose what is being released. With the use of an eye directing device, rapid eye movement in the NLP modalities, along with verbal scripting, imagery work, chakra clearing, energy realignment, life skills and various body learning techniques, you experience a natural state of healing.

To further examine this technique we must look closer at brain activity. There are countless numbers of tiny "highways" in

the brain known as neural pathways. These are grooves that have been formed in the brain by repeated thought activity related to a specific subject. We seldom realize when a neural pathway is being accessed and fired. For instance, the tying of your shoe is stored in its own neural pathway. Every time you tie your shoe that "highway" opens up. The result is a tied shoe. Did you have to think about it? No, the action was automatic.

Now let's go from our shoes to our lives. When we find ourselves caught in behavior patterns that cause unwanted problems we are triggering a neural pathway and automatically responding to the traffic moving on that 'highway'. For instance, all feelings of being trapped are stored on one highway, one neural pathway. The first vehicle to drive on that road may have been when you were 6 years old and your big brother locked you in the closet for fun. Or when you were being born and you got stuck in

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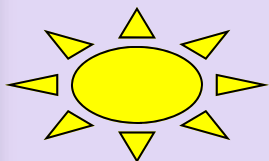


Ranae Johnson, founder of Rapid Eye Technology and owner of the Rapid Eye Institute

Muscle Relaxer Juice Formula

Peel and wash appropriately, mix in a blender—add more apple juice if it is too bitter. Drink 3 8 oz glasses per day morning, afternoon and evening and then as needed.

**1/2 Lemon
1/2 Grapefruit
1 orange
1 apple
1 whole leaf Kale
1 cup of spinach**



Insights from Ranae: The Thinning of the Veil

Close your eyes and imagine a beautiful crystal, it divides and refracts light into 12 rays.

One of these points of perception is your human experience and the other 11 support your soul journey.

Imagine taking yourself out of any experience you are having—imagine you are asking to raise your vibration—begin to view several possibilities that this experience could go. Travel down each path until you reach the end of each path.

When you look you will create it on some level. Walk with the greatest possibilities. Expect and imagine a miracle everywhere in your life and on

each path.

Make the picture large so you can see great potentials in everything we call negative and positive.

Now go back to your experience and choose the path you want. It is possible to change the future by changing how we view the present moment.

Let's change how we believe about that experience. We look for the highest view. This is called Spectrum viewing.

We can change what we think is reality by having faith that we can choose again. We have the power to walk in the highest vibrations.

Create them several ways then choose the one you

want and cancel the other paths you have created.

Close the portals with intention.

Reality is sort of a joke to us, because we think it is real and that we can't change it. When we can be in our own circuit of energy—enjoying the beauty in front of us and all around us. Let's begin today and say thank you for each and every little thing in our daily experiences.

We find our true passion and everything takes on new attribute and we see things from our highest perspective—because that is our intention and birth-right.

Did You Know...

- Onions have been used for the treatment of asthma, cancer, cholesterol & high blood pressure, diabetes, and the immune system.
- Yellow, the color of the mind or intellect, can raise low-energy emotional states. It tones the muscles, activates the lymph glands (which in turn cleanses the blood) and improves the digestive system, stimulating the intestines, pancreas and digestive fluids. Yellow vibrates at 510 trillion times per second!
- A thought remains only a thought until a feeling joins it and causes a response or sensation within us...the emotion.
- Feelings of stress are triggered by our natural survival mechanisms. Much of our stress has to do with a mismatch between expectations and reality. Stress impacts our health, be good to your body and tune it up with RET Sessions!

Blink! Blink! Blink!

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the birth canal. Forever after, any experiences that even remotely made you feel trapped were filed in that neural pathway. How often do we hear people complaining about being trapped in a marriage, relationship, job or business? Once that neural pathway has its first traumatic deposit, that groove continues to become deeper and more filled with traffic. It doesn't take long before it becomes rush hour in your brain!

RET empties the neural pathways of the information that has accumulated. Therefore, repetitious patterns that you have not been able to successfully control simply disappear. The traffic is cleared from the 'highway' and it can no longer cause you to perpetuate unwanted events, relationships, circumstances or behaviors.

Once the neural pathways are cleared, the RET practitioner assists you in reloading them with new, positive information that will result in new, positive, and different behavior patterns. A heightened sense of self-esteem, greater spiritual awareness, and an overall sense of peace and well-being become the new way of life. This is done through various RET techniques, as well as through teaching what is called Skills for Life.

Rapid Eye Technology is often mistaken for EMDR. While EMDR

is an effective tool, it differs from RET in several ways. One of the differences is that EMDR often requires the client to relive the trauma during session. RET does not. The powerful and quick release and reframe experienced with RET happens without having to relive the trauma. Also EMDR incorporates 2-5 moves or techniques, RET employs over 26 different techniques.

One of those 26 techniques is called IRT (Immediate Release Technique). IRT is a simple combination of sequential tapping on various acupuncture points combined with eye movement that can be used by the client between sessions to alleviate emotional imbalances that may occur. This Immediate Release Technique is taught to individual clients as well as through workshops and seminars.

IRT also includes the use of an eye patch to manage stress through temporarily disengaging one hemisphere of the brain and then the other. The IRT portion of Rapid Eye Technology is essentially a self care program for those who wish to strengthen their energy management skills.

Becoming a Rapid Eye Technician offers many benefits. Each time you give a session you receive some portion of the energetic benefit. So you are maintaining a high vibration that in turn heightens your ability to serve the Light through this healing modality.

RET sessions can be done by phone, thus widening your scope of clientele. And one of the beautiful aspects of this work is the ripple effect. When one person clears their issues, it affects everyone in their lives as well as those in their generational line – RET has a profound effect on DNA. A typical RET session will last an hour and a half and the going rate is from \$80.00 to \$150.00. The site to learn more about RET, how to become a practitioner or how to find a practitioner in your area is www.rapideyetechnology.com.

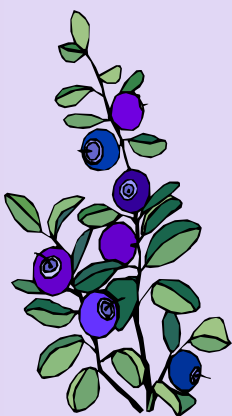
There are approximately 4,000 Rapid Eye Practitioners worldwide. A great majority of them have received their certification in the last 2-5 years. Some say this is because the mass consciousness has evolved to a place of readiness for this transcendent work. As a people we are more ready than ever before to let go of pain, suffering and limitation. In their place we are finding expansion, peace and an unlimited ability to create the lives we desire. As a species, we are ready to move from Human Being to Human Magnificence. Are you ready to claim your power and make this move? There are 4,000 of us who pray that you are.

Article Submitted By:

Paula Bronte, MRET



**We are what
we think. All
that we are
arises with
our thoughts.
With our
thoughts, we
make the
world.
- Buddha**



Seize the Moment

The only thing constant is change... I keep hearing that lately though not really listening to it. This then reminds me what my grandmother says, "Whatever you resist, persist". So as time seems to go by faster each day I made a choice to really make every moment count. To seize the moment so that I'm flowing with the many twists and turns that life offers. Balancing work and "life" is really important to me and I've learned that time management will help me keep that balance. Author John Alston says, "The time you get is the time you get, and that's all you get". I ran across a plan for life management suggested by Dr. Alan Zimmerman who says, "Never, ever take time for granted".

Plan ahead. As the old saying goes, if you fail to plan, you plan to fail. Make a point to prepare for tomorrow the evening before by jotting down priorities and scheduling your commitments. This could even mean setting limits as you plan. For more time and balance you may need to cut a few appointments per day or go home on time rather than staying that extra hour.

Simplify your life. Toss out the clutter. If you have stuff stacked up everywhere, get rid of it. If you don't know you have something or can not find it, it can not help you out.

Say "no". It's one of the most important time-life management techniques you'll find. If you can't say "no", you will never have control over your life or your time. You're either living your life or someone else's.

Seize the moment. While it's a good idea to have a "To Do" list, there are times in your quest for life and time management that you simply have to do it... no matter what. You may never "have" time. Sometimes you just have to do it. Rather than putting things off until the time is perfect or planned – Live each day!

Activity: Create a "Not To Do" list. It will be extremely liberating.

Article Submitted By:

Melanie Gentzkow, MRET

Blueberries May Hold The Key To Eradicating Forgetfulness

If you are getting forgetful as you get older, then a research team from the University of Reading and the Peninsula Medical School in the South West of England may have good news for you.

They have found that phytochemical-rich foods, such as blueberries, are effective at reversing age-related deficits in memory, according to a study soon to be published in the science journal Free Radical Biology and Medicine. The researchers working at the Schools of Food Biosciences and Psychology in Reading and the Institute of Biomedical and Clinical Sciences at the Peninsula Medical School in Exeter supplemented a regular diet with blueberries over a 12-week period, and found that improvements in spatial working memory tasks emerged within three

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25 Tips for a Better Life

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. When you wake up in the morning, complete the following statement, "My purpose is to _____ today."
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
5. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds, & walnuts.
6. Try to make at least three people smile each day.
7. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts, or things you cannot control. Instead, invest your energy in the positive present moment.
8. Eat breakfast like a king, lunch like a prince, and dinner like a college kid with a maxed out charge card.
9. Life isn't fair, but it's still good.
10. Life is too short to waste time hating anyone.
11. Don't take yourself so seriously. No one else does.
12. You don't have to win every argument. Agree to disagree.
13. Make peace with your past so it won't spoil the present.
14. Don't compare your life to others'. You have no idea what their journey is all about.
15. No one is in charge of your happiness except you.
16. Frame every so-called disaster with these words: "In five years, will this matter?"
17. Forgive everyone for everything.
18. What other people think of you is none of your business.
19. GOD heals almost everything.
20. However good or bad a situation is, it will change.
21. Your job won't take care of you when you are sick. Your friends will. Stay in touch!!!
22. Envy is a waste of time. You already have all you need.
23. Each night before you go to bed, complete the following statements: "I am thankful for _____. Today I accomplished _____."
24. Remember that you are too blessed to be stressed.
25. Please pass this on to everyone you care about.

- Namaste



***The
purpose
of life is
a life of
purpose.
- Robert
Byrne***



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*You Perceive the world through an
obscure window of beliefs, interpreta-
tions, and associations.*

*The world is therefore a reflection of
your mind.*

*As your mind clears, you perceive re-
ality simply as it is.*

*What does your experience of life re-
veal about your filters of perception?*

Blueberries May Hold The Key To Eradicating Forgetfulness

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weeks and continued throughout the period of the study.

Blueberries are a major source of flavonoids, in particular anthocyanins and flavanols. Although the precise mechanisms by which these plant-derived molecules affect the brain are unknown, they have been shown to cross the blood brain barrier after dietary intake. It is believed that they exert their effects on learning and memory by enhancing existing neuronal (brain cell) connections, improving cellular communications and stimulating neuronal regeneration.

The enhancement of both short-term and long-term memory is controlled at the molecular level in neurons. The research team was able to show that the ability of flavonoids to induce memory improvements are mediated by the activation of signaling proteins via a specific pathway in the hippocampus, the part of the brain that controls learning and memory.

This innovative research was conducted by a multidisciplinary research team led by Dr. Jeremy Spencer, a lecturer in Molecular Nutrition at the University of Reading and included Dr. Claire Williams, a Psychologist also from Reading and Dr. Matt Whiteman, a Principal Investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School. Dr Spencer commented: "Impaired or failing memory as we get older is one of life's major inconveniences. Scientists have known of the potential health benefits of diets rich in fresh fruits for a long time. Our previous work had suggested that flavonoid compounds had some kind of effect on memory, but until now we had not known the potential mechanisms to account for this".

Dr. Whiteman added "This study not only adds science to the claim that eating blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future. Indeed, Dr. Spencer's research team plan on extending these findings further by investigating the effects of diets rich in flavonoids on individuals suffering from cognitive impairment and Alzheimer's disease."

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<http://www.medicalnewstoday.com/articles/103617.php>