

**Rapid Eye Technology**  
**A natural, safe way to release stress and trauma**

# Rapid Eye Institute

# New

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

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Volume 17, Issue 1

## A Look at Nature's Patterns

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Everything in nature is made up of patterns. Think of the amazing organism we call a tree, each leaf repeats the same pattern in its shape, and each twig appears a smaller version of the of branch. The pattern of a river is repeated in its tributaries, and patterns are noticeable even in the formation of crystals.

The study of patterns in nature and the ways in which the natural world repeats patterns through out can be explained through a form of mathematics called fractal geometry. Fractal geometry was developed by a French mathematician, Benoit Mandelbrot, in 1975.



The mathematics of fractals is very simple. Only one equation is needed, the result of the equation is then input for the next equation and the process goes on and on. In 1975, the idea that nature uses fractals was a theory. It was impossible to manually do the millions of calculations required to test the theory. However, with the computer technology we have now—scientists can test the mathematics of fractals, and they have been able to computer generate beautiful pictures which strikingly look like things we find in the natural world.

Many of the patterns we observe in nature are easy to see. They repeat frequently, like the tides, and the phases of the moon, and the change of seasons. Rapid Eye Technicians are trained to look for patterns of behavior—it is an integral part of our work to identify patterns.

There are patterns though which are not as easy to observe because they occur so infrequently. What if the patterns of human behavior were found on a much larger scale? What if we were able to identify patterns running as cycles throughout the history of human civilization?

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## Insights from Ranae

### The Power of Imaging



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

Everything we do starts with an idea. How we feel about that idea or thought sets into motion some natural law. “Like attracts like” “Energy in motion”

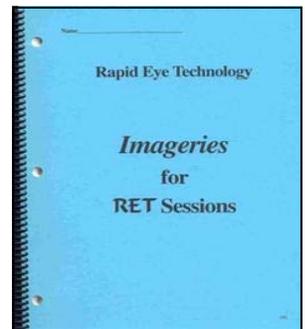
Let your mind imagine that you are waiting for instructions, thoughts, and ideas. The mind then plants those seeds and begins to create and reap the harvest.

A great habit to get into is imagining what we want our life to be like, and then create that place in our mind that we live in and return to. We start this process by letting go of all judgment of ourselves, others, or things that happen to us. We form the habit of just noticing of what is going on around us and refusing to react. Acting on a situation to resolve the problem and returning to our peaceful place inside our minds puts into effect the natural law that creates more peace instead of chaos.

It takes a bit of practice, but is well worth the effort. Many clients cannot change their family patterns until they learn this new Skill for Living, just noticing.

***It takes a bit of practice, but is well worth the effort.***

The Imagery Book from the Rapid Eye website has many beginning, ending, and special case imageries in it. Go to our online store and purchase it for your clients and yourself. We can all begin to create our lives differently; we can forgive and release the past. We can plant and reap the results of good positive thoughts and emotions. Choose today what you want and begin to imagine it, live it in your mind, exercise your faith so that it can come to pass.



Ranae

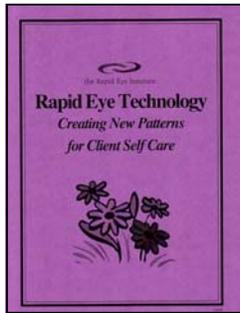
[www.rapideyetechnology.com](http://www.rapideyetechnology.com)

\$25 + s/h

## Did You Know...



- It's important to pay attention to your thoughts, they create your next moment.
- When you are happy you think differently.
- Your intentions attract the guidance necessary to cause you to take action.
- Your actions bring about results.
- If you notice negative thoughts or words, you can say cancel, erase, that isn't what I meant to create, and then state what you meant to create.



Creating New Patterns  
for Client Self Care

\$15 + s/h

I love the new Creating New Patterns for Client Self Care manual. It has the pattern cycle in it to work through reoccurring patterns. I had no idea that I was doing my pattern in almost everything in my life. It is so helpful to understand this cycle and track it while I'm doing my sessions. Now that I'm aware of the pattern I can choose to do things in a different way. I have quit blaming others for my problems and I'm taking my power back by not reacting. I can forgive myself and choose again.

Thank you for training my wonderful technician. Rapid Eye has saved my family. I'm so grateful for RET! -Joan S.

[www.rapideyetechnology.com](http://www.rapideyetechnology.com)

I have had 5 sessions of Rapid Eye and want my family to experience it. Everyone says I'm different, I even look better.

My husband won't do RET sessions but will go to the Life Skills Workshop my technician teaches. I now understand why the Life Skills are half of the RET process. We have all begun to think and act differently with each other, and we love the support we get from the weekly workshops. I hear my children say, "It's just your perception, we are both right for us." What a blessing to not have all the arguing going on in our family.

Thank you for the Rapid Eye, I am going to get trained in the near future, we need this tool in our family. -Valerie



Skills for Life 2 CD Set

\$35 = s/h

*“Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before, you can now make a better one and thus escape all pain that what you chose before has brought you.”*

*A Course in Miracles*

# A Look at Nature's Patterns

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In his new book "Fractal Time" Gregg Braden explores these very questions. He explains that the chaos and turmoil we find presently in our world are patterns which have occurred at regular and sometimes infrequent intervals though out the history of our planet. He explains how ancient civilizations understood these cycles, and that they left messages to help us understand the times we live in.

Braden includes mathematical formulas which he explains in detail. These formulas allow one to calculate dates when conditions exist for a pattern to repeat. The formulas can be used to point to specific events in the life of a single human being, or events which may alter the course of history. It is a fascinating read, and it offers a scientific & spiritual explanation for the events we see happening with modern civilization as well as with our Earth.

It is a book filled with hope because while we are faced with much upheaval, for the first time in the history of mankind, we have the tools and technologies with which to understand what is happening and the knowledge to make a difference. The phrase, "do the math," takes on a whole new meaning. Not only do we have the math—we also have Life Skills which assist us in literally transforming our individual lives, our communities, our nation, and our world.

We truly live in an amazing time in history. We can take comfort in knowing the natural world follows the principle of Harmony and Rhythm without fail, and while sometimes our world seems disorderly and chaotic, spring always follows winter.

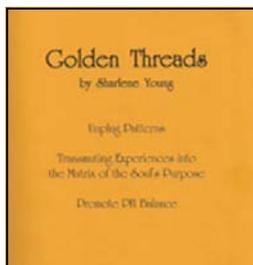
By Tonjia Mallory, RET



*The man who  
removes a  
mountain begins  
by carrying away  
small stones.*

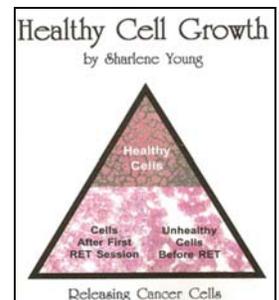
## Tools to Release Patterns

The Healthy Cell Manual/CD is designed to identify generational repeating patterns. This script has successfully been used for many other issues besides the experience of cancer. It directs the pattern to go to the very first time it was created, to identify the exact cause or reason of the issue. This allows you to release the emotions and beliefs around the repeating pattern to resolve the conflict so that it can heal.



\$25 + s/h

The Golden Threads Manual/CD is a guided release imagery that identifies repeating patterns and where they are held in your mind/body system. The imagery directs the electrical connection or circuits of the repeating pattern to release and connect to what you would rather experience or create in your life.



**Healthy Cell Growth  
Manual or CD**  
\$25 + s/h

## Feeling and Seeing Belong Together

Feeling and seeing belong together. I've said so for years.  
And now research backs my theory.

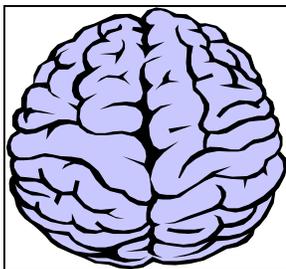
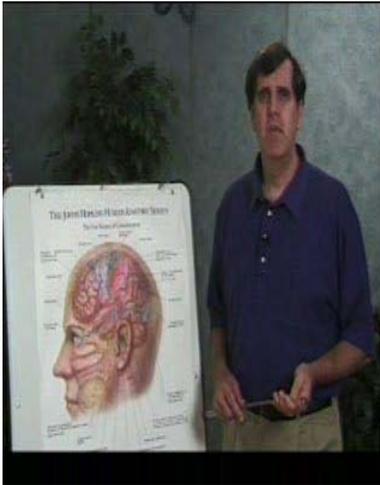
From Philosophical Transactions of the Royal Society B - abstract (my clarifying additions):

People see with feeling (something I've been saying for 20+ years). We 'gaze', 'behold', 'stare', 'gape' and 'glare'. In this paper, we develop the hypothesis that the brain's ability to see in the present incorporates a representation of the affective (emotional) impact of those visual sensations in the past (meaning you don't actually "see" -you FEEL + SEE). This representation makes up part of the brain's prediction of what the visual sensations stand for (meaning = emotion+visual stimulus) in the present, including how to act on them in the near future (based on how we feel about what we see, we act accordingly). The affective prediction (emotional interpretation) hypothesis implies that responses signaling an object's salience, relevance or value do not occur as a separate step after the object is identified (seeing = FEELING + SENSUAL INPUT). Instead, affective (emotional) responses support vision from the very moment that visual stimulation begins.

You see AND feel - never see alone. Your visual signals pass through and interact with the emotional parts of your brain - so OF COURSE you'd attach feeling to visual stimulus. I've said it for many years and every Rapid Eye Technician knows it from experience. Nice to see that someone is considering doing some solid science about our hypothesis and experience.

Quoted with permission of Joseph Bennette from his PowerStates Blog at [www.powerstates.com](http://www.powerstates.com).

*The open mind  
is ones best ally,  
bringing one to  
the pinnacle of  
perfection.*



## Eye Patching in RET

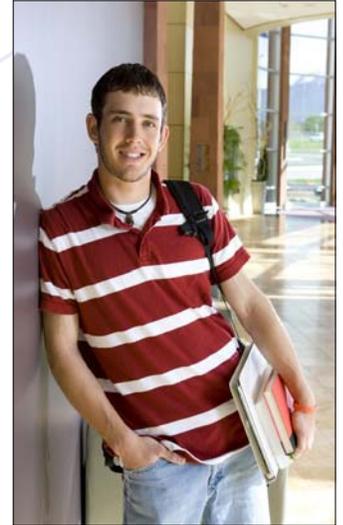
We have been using the eye patch as part of the RET process since 1992. We began experimenting with patching one eye and then the other to observe different results in left and right brain work. It is important that both sides of our brain develop in a balanced manner. There is a lot of evidence with autism that one side of the brain has developed at a much faster rate than the other side. People using both their left and right brain in a balanced manner are able to adjust better to the challenges of life. Moving the eyes back and forth also assists the brain into balancing and communicating.

*(Continued on page 6)*

## Repatterning

There are many theories about the best way to reparent yourself if you missed that in childhood. In RET, we begin by going to the true original first time trauma occurred, releasing the trapped energy with RET sessions, and bringing forth our original imprint of ourselves. Through our Skills for Living, we use stories that heal and reinforce a new way of looking at what has happened to us in the past.

Children need to be raised in an environment that feels safe, where they can grow and discover their selves and their world. Part of that safety is to be held or cradled. In meeting the child's needs, there must be love and trust created. In the RET Inner Child work, there are various stages that children go thru. When something traumatic happens to a child during one of those stages, they experience feelings of confusion, guilt, shame, anger and fear in various degrees. If the trauma is severe enough, they will fail to go thru that childhood stage. They will remain stuck and be emotionally immature until that is healed. For example, one 15 year old boy lost his father in a tragic death. He remained stuck as a 15 year old even though his body went on to mature. He came to RET because none of his relationships worked. When this inner child stage was healed and he released the grief of his father's death, he began to view life differently and he even remarked to me "No wonder my ex wife always accused me of acting like a 15 year old!"



### The R-mode

sees the whole

picture, while the

L-mode is very

analytical.

Your  
business  
line here

## Eye Patching in RET

(Continued from page 5)

According to Dr. Robert Kaplan, when we patch one eye, we shut down the corresponding brain. If we use a patch that allows the eye to stay open under the patch, it allows both brains to function and communicate with each other.

In the left brain there is an R-mode and an L-mode. The R-mode sees the whole picture while the L-mode is very analytical. In the right brain we have the same R-mode and L-mode. Ranae reports from RET research that in patching clients, we discovered some people patching their right eye, went to the R-mode in their left brain and we had to switch the patch in order for them to function in their L-mode. The exciting thing about using eye patching as a part of RET follow up is that the client can patch the eye that makes them feel the best when irritations come up and they will continue to process at a higher frequency while they feel peaceful.

Eye patching has become a self care product for clients to take care of themselves between sessions. It also has value in the RET session as well in working with very blocked clients. Some clients have no feelings about their issues. They are either blocked or very visual. We can have them patch the eye that makes them irritated and this begins bringing up issues to process with RET. We have more and more respect for the wonderful results from eye patching as time goes on. There have been many people that have told us that their eye sights have improved and their IQ has gone up from patching both eyes to bring their brain into balance.



Eye patch  
\$7 + s/h

[www.rapideyetechnology.com](http://www.rapideyetechnology.com)



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## Editorial

### Say What You Mean, Mean What You Say

The way you speak is a very important on how you create what's in your life. I'm sure you've heard someone say before "let's hit the road", or "will you crack your window?" Well, that's really not what they mean, they are not going to physically "hit" the road or want you to "crack" the window, however they've sent out a message to the universe to start creating that. Words have energy that can be measured and because like attracts like, the words go out into your environment and connect to that like energy and returns to you multiplied. So choosing your language carefully and saying what you really mean can be both beneficial and rewarding verses getting what you don't want.

Love and Light! - Christina Jenks

