

Insights from Ranae Johnson

Rapid Eye Technology—What Makes it Work?

Rapid Eye Technology is a holistic healing model that uses eye movement and blinking. A Rapid Eye Technician simulates rapid eye movement (REM) with an eye-directing device moving in a neuro-linguistic pattern in front of the person's eyes. This stimulates and accesses various sensory modalities, such as visual, auditory, and kinesthetic (feelings). An RET technician addresses these various mind areas with a special eye movement and blinking pattern coupled with rapid verbal input that tends to release and resolves the source of the stress. They use an eye-directing device called a wand to help access the different areas of the mind that manage stressful memories. The RET process also helps the right and left hemispheres of the brain to work together to process the issue and release the stress and emotional energy of trapped stored trauma-induced memories.

First, the RET technician does a quick review of the person's medical, psychological, and family history. Then they introduce a neurological integration exercise that initiates brain access to deep affect memories. This integration allows the client to process, more naturally, all emotions—past, present and future. From there, the technician facilitates the process of exploring and releasing negative core beliefs through the use of various aids. In all of this, the RET process creates a very nurturing and safe place for processing.

The miracle of Rapid Eye Technology is that a person does not have to relive every traumatic event in order to release the attendant stress. Clients are conscious and always have control in their sessions. Technicians are well-trained and are there to facilitate rather than to control. The RET technician begins by seeing the client whole and healed (the master plan) and hold them in that space during their sessions. Through RET and Life Skills, the body soon catches up to the place of being whole and healed.

The wonderful thing about RET is that it's a short term program that's safe. Many people ask, "Is there a danger of releasing too rapidly?" In my experience, the answer is, "No." The process can be speeded up or slowed down to best assist the client. The body is accustomed to doing REM sleep so when we simulate that process, the body knows how to access the neural pathways and release the emotional energy stored in them. We now have our conscious mind awake to make new choices. We developed systems to protect ourselves, and our psyches will only allow us to release old trapped trauma as fast as we are able to assimilate the changes. Most people release trauma in layers. There are many safeguards built into the RET model.



*For more information
about RET and Training
visit our web site -*

www.rapideyetechnology.com

*Check out our Practitioner Directory
for a qualified technician nearest you.*

How RET Differs from EMDR ~ Gaia Yudron

There are significant differences between Rapid Eye Technology (RET) and EMDR. RET was developed by Ranae Johnson at approximately the same time as EMDR was developed by Francine Shapiro. In 1991 Dr. Johnson attended an EMDR training and gave Dr. Shapiro a session of RET immediately following the training. EMDR is based on the allopathic medical model, in which impediments to the life of a client are labeled as abnormalities and a treatment method is prescribed by the healing professional.

RET is based on a belief in spiritual wholeness. One of the most important premises of RET is that the client is a perfect, spiritual being. Practitioners assist their clients to discover counterproductive patterns of behavior; then facilitate the release of emotional stress that supports those patterns. Practitioners are thoroughly trained to release stress, which is the purpose of Rapid Eye Technology.

EMDR is designed to be a rapid treatment modality for anxiety and traumatic memories. EMDR addresses one incident at a time. Its primary purpose as stated by Dr. Shapiro is to desensitize and reprocess traumatic incidents and is best suited to therapeutic environments in which the practitioner has other skills.

RET is designed to be an alternative healing technology that addresses the physical, mental, emotional and spiritual aspects of human existence. As an alternative health technology, practitioners have an obligation to empower their clients in the healing process. To quote Norman Shealy, M.D., Ph.D, and Caroline Myss, Ph.D from their book entitled The Creation of Health, "Within the holistic model, the responsibility for the healing process rests with the patient."

EMDR practitioners have their clientele move their eyes bilaterally with a few other eye movements. They require traditional counseling skills because they must deal with the client's cathartic reaction to the incident during the processing.

RET practitioners move an eye directing device in Neuro-Linguistic patterns while the client blinks rapidly. There are currently nineteen specific wand movements and processes. The movement of the eye directing device also seems to simulate the REM or alpha/theta brain wave state.

The stressful information is accessed and the suggestion is given to release the emotional stress on a cellular level. RET attends to the whole person and the perceived environmental system of which they are a part. RET is a complete healing modality within itself yet can be used effectively as a complement to any other healing modality.



Rapid Eye Technology utilizes the client's inherent natural healing abilities, the practitioner's belief in the client's spiritual wellbeing, and special eye movement and blinking patterns. It's a holistic approach.

RET Training

RET training consists of required reading materials, a comprehensive home study program and a four day on-campus certification. The home study program includes manuals and videos where students learn the eye directing (wand) techniques and processes. Students are required to practice with the wand before coming to certification, as well as practice the full 12 session home study course. The four day certification is a combination of experiential instruction and transformation. Practitioners learn the objective of each session as they practice on each other with a coach.

Neuropathways and Brain Plasticity

Have you ever noticed that when you get up in the morning you have a definite routine that you go through? If you change your routine you may wonder if you have forgotten something. Once you establish a habit, your subconscious mind seems to do it automatically. This is because you have created a neuropathway in your brain that sustains this routine.

Perhaps you've even driven to a destination on "remote control" as such. Sometimes if I'm driving to a destination I routinely go to, I like to go a different way. Then when I have made this change a few times, a new pattern develops because the old pattern is interrupted. More information is added to the old neuropathway. If I choose to continue to drive the new way then a new neuropathway is created.

When a part of the brain is damaged, the brain can create a new neuropathway that may eventually give out the same signals as the originally damaged area. This is due to the brain's amazing plasticity. Stroke victims experiencing the loss of certain movements sometimes regain those functions through building new neuropathways. People with bowel function cessation through paralysis later learn to evacuate normally after many colonics retrained their motor neurons to activate the release.

What is a neuropathway?

Neurons are nerve cells that transmit nerve signals to and from the brain. The pathway along which information travels through the neurons (nerve cells) of the brain is a neuropathway. If you think about the types of thoughts you have even just for a moment, you will notice that a lot of time is spent thinking about the same things. These are due to neuropathways.

This can be one reason why some people find it so difficult to meditate. Still, if they'll keep practicing their meditation, guess what will happen? They'll create a new neuropathway!

If we are constantly thinking of how we don't have enough money, then the neuropathway we create is to always do things that leave us a bit on the poor side of life.

How to change neuropathways?

Just by doing things differently and repeatedly, is the quick way to answer this question. It's like creating a new habit, you do it repeatedly and if the end result feels good then chances are you'll create a new neuropathway. Some habits cannot be changed without pattern interruption. This is where RET comes in (see page 1).

REM sleep naturally processes all the input taken in during waking hours. It also processes all of our thoughts and files them into our memory. We do REM sleep 25 minutes of a 90 minute sleep cycle over and over all through the night. If the perceived input has been life threatening that message in the neuropathway stays there and the body keeps processing that message and related incidents over and over. For example, I may be trapped in a relationship and on that neuropathway I am also trapped in a car, a box, and in the birth canal causing me to feel like I have to get away or I am stuck. Neuropathways have many branches.

Rapid Eye Technology is a process that simulates this REM sleep state by doing the same pattern in an awake state. It is very powerful because in REM sleep the conscious mind that makes choices is shut down. In an awake state each of us can choose to see and do things differently. The Rapid Eye process goes deep into cell memory to cause pattern interrupts and release old trapped messages that no longer serve as they did originally. The brain's powerful plasticity then creates new neuropathways that serve us NOW.

Each of these "mind sets" or neuropathways needs to be addressed to make a complete change; while some of the old pathways need to be cleared away. In general it is good to expand and develop new neuropathways as much as possible. This gives us more to draw upon and prevents us from becoming rigid in our personality. It is also important to release or heal old messages that are holding us back from reaching our full potential and being happy in all aspects of our lives.

Rapid Eye Technology is a two part process.

1. Simulate REM sleep with eye movement and blinking to release issues without reliving the old abuse and trauma.
2. To teach new skills for living that promote new productive neuropathways.



Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind. --William James

Energy Work - A Gift From God

An LDS Perspective

Finally! There is a way to explain the field of Energy Medicine to your Mormon clients or family members. A brand new DVD aimed at educating members of The Church of Jesus Christ of Latter-day Saints has been produced by a Master Rapid Eye Technician. The presentation is titled "Scientists, Scholars and Spiritual Leaders Introduce *Energy Work- A Gift From God*." It was recently unveiled at the Davis Conference Center in Layton, Utah, where Tamara Laing shared her journey discovering real help in integrative techniques such as Rapid Eye Technology.

The DVD begins by highlighting world views on universal life force energy compared to LDS views on the light of Christ, the universal essence spoken of in scripture. Are they terms for the same energy? The viewer will discover that science and religion seem to be using totally different language to describe the same thing! Quantum physics' zero point energy is explored as well as foreign names for life-giving energy.

The hour long DVD will likely answer questions that LDS members may have. Are LDS beliefs compatible with energy work? Does a subtle energy heal? Are chakras in the Bible? Do scriptures verify that emotions affect health? Is it proper for women to do healing work? What about the use of crystals, oils, and other energy tools? These questions and more are addressed.

The presentation reveals that several LDS prophets and apostles have spoken about Energy Medicine topics. Related mind/body subjects included in the DVD are useful whether new or advanced in energy work. Viewers will learn about the reality of light and darkness affecting health. The DVD includes chapters on: The Sea of Energy, Energy Heals, Thoughts Create, Emotion is Energy, Truth and Light, Chase Darkness and Energy Medicine.

This documentary of quotations is set to background music and contains 179 beautifully illustrated slides. Viewers say the presentation is uplifting and that they want to watch it again and again. Tamara, an MRET and Reiki Master also certified in other modalities desires that her DVD will dispel myths and help share truth. Her years of research show that the premises of energy work fit with the gospel of Jesus Christ. She sends many thanks to Cristi Fitzgerald, Canah Tedjamulia, Marnae Hobson, and Lynda Cutler Smith for their valuable critiques while making the project.

The DVD is available for \$20 on www.tamarasbook.blogspot.com as well as the Rapid Eye website and in Roy, Utah. Inquiries may be sent to Tamara at lightreader@xmission.com.

By Tamara Laing, MRET

Notes from the Editor

Rapid Eye Technology was developed over a period of 20 years by Dr. Ranae Johnson. It is a combination of inspired information and research. Dr. Johnson began using Rapid Eye or a simulation of REM sleep with her autistic son and with other individuals for stress release. There were some stunning results that encouraged continuing research of this model. Rapid Eye Technology is used for all types of stress-related conditions. To complete the model, ideas for body learning, inner child work, NLP and many other techniques have been gathered from the works of: John Bradshaw, Milton Erikson, Virginia Satir, Fritz Perls, Barbara Brennan, Carl Jung, Abraham Maslow, Kenneth Fabian, Robert-Michael Kaplan, Richard Bandler, John Grinder, Michael Miller and others.

Check out the updated website as well as the free online Skills for Life course. Sign up to receive special updates with valuable information!! Thank you for all the articles and testimonies you submitted. We encourage you to continue sharing your love and great work.

~Namaste, Melanie Gentzkow, MRET

Brain and Psyche

The Biology of the Unconscious

by Jonathan Winson

Jonathan Winson is a neuroscientist who has dedicated a great deal of his life working at the frontier of brain research. His research lead him to believe that recent neuroscientific findings may provide the long-sought link between the brain and the psyche. Dr. Winson's groundbreaking theory, called by noted anthropologist Robin Fox: the most significant breakthrough into the unconscious mind since "The Interpretation of Dreams", suggests that the link between the brain and psyche began with an evolutionary change in the brains of mammals 140 million years ago – which now, in the brain of man, constitutes the biological basis of the Freudian unconscious.

Jonathan Winson was associate professor of neuroscience at Rockefeller University in New York City. He is a world renowned authority on REM sleep who conducted a seven year study on REM sleep and the effects of Rapid Eye Technology. Mr. Winson, a world noted authority on REM sleep deemed Rapid Eye Technology beneficial, in the cutting edge of release of stress during REM sleep. He deemed Rapid Eye Technology as the most stress relieving eye movement theory in the world.

Dr. Walter Kendrick, Associate Professor of English, Fordham University, stated, "The best attempt I've seen to reconcile the physiological and the psychological, to understand the brain as both an organ and the locus of mental functioning."

"Sleep, at least its REM stage in which there is dreaming, apparently is used by the brain for a unique type of information processing reflected by the dream," says Dr. Winson.

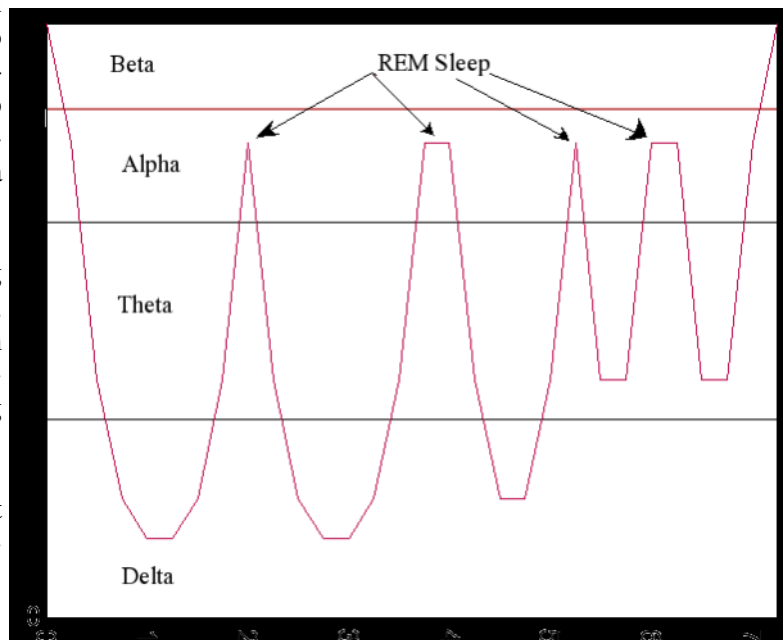
Continuing, "Infants sleep about 16 hours a day and in each sleep cycle spend about half the time in each of the two phases of sleep, so that overall they spend eighty hours a day in REM and eight hours a day in non-REM sleep. The sleep cycle gradually matures into the adult pattern. By three to five months of age, when infants are generally awake during the day and asleep at night, REM sleep time is down to six hours, while non-REM is still about eight hours and by two to three years old, the comparable figures are three hours for REM and eight and a half hours for non-REM. By five to nine years old, REM time is down to about two hours just about the adult level, while non-REM time is still approximately eight hours. Sleep time diminishes with age until as adults they reach levels of a little over six hours of non-REM sleep and a little under two hours of REM sleep.

"It would appear that our brains may be handling thoughts, below the level of our conscious awareness, all of the...All the while, we have been engaged in many waking activities, unaware of this mental process...I believe information processing occurs during REM sleep...

"REM sleep makes up about twenty-five percent (25%) of the sleep cycle of a normal healthy individual."

Dr. Ranae Johnson, Founder of Rapid Eye Technology, is the owner, President, and Director of the Rapid Eye Institute located in Salem, Oregon. Dr. Johnson states that "Rapid Eye Technology is a natural, safe way to release stress and trauma. RET simulates REM sleep, your body's own natural release system. This powerful quick release happens without reliving the trauma. Accessing the whole mind/body system while in an awake state allows you to be in control of your own journey."

Dr. Kevin Johnson, Chiropractor and owner of a science based healing clinic states, "Rapid Eye Technology is a physiological release of emotional pain."



To Dream, Or Not To Dream!

~ By Pamela Leavenworth, MRET, B.S., SSW ~

When I was a young girl growing up in Utah, I set some goals for myself. I wanted to make a difference in the lives of others, travel the world, and ride a camel in its natural habitat! With those dreams firmly intact, almost immediately doors began opening for me. Mostly by my 24th birthday I had visited 7 countries on 4 continents, ridden an Egyptian camel with the exotic name of Michael Jackson, and had become fluent in Spanish while living in Guatemala. Yet in all my travels I still had one nagging question. What did I want to be when I grew up? I had no idea at the time, but knew it would have something to do with helping others. I later married, had 3 sons, and was introduced to Rapid Eye Technology. I completed my MRET training in July 2001, and went home to start a practice. Shortly after returning, my husband who had always been somewhat controlling, became more abusive. When all attempts at saving our marriage failed, I left before becoming another statistic.

As a single mother, with a heightened awareness of those who have experienced domestic violence, I went on to complete a Bachelor's Degree in Psychology with hopes of achieving my young girl's dream. I then married a wonderful and supportive man, acquired a position at CAPSA – an innovative, forward thinking Domestic Violence Agency/Shelter in Logan, Utah (www.capsa.org), & obtained a Social Service Worker's license. I currently hold the position of Transitional Housing Coordinator/Caseworker for the agency. Although richly rewarding, my first 2 years at CAPSA were also frustrating, in that I couldn't use the skills I'd learned through RET. Because I was not a clinical therapist, I could only do educational counseling, and not anything that might be perceived as therapy. With a degree in Psychology I have always had a great appreciation for traditional therapy, yet I could also see the benefits RET could have in a crisis center, especially where therapy might lack the desired effect.

It wasn't until I attended a training in New Orleans that I came to better understand the "Voluntary Services Approach" in the Transitional Housing Program. I was told that as long as all services are optional to our participants, we can offer anything we are qualified to provide. So, with my administrators' approval, I immediately began offering RET to my clients. Within the first 2 weeks, I had 12 appointments with them. Thanks to IRT and some good eye patches, I have since been able to calm frantic, crying, and even suicidal clients in just a few minutes. They report feeling much better when I have worked with them, after which I always arrange to have their therapists follow-up with them. One client, while processing her birth, expressed deep grief at being estranged from certain family members. A week later she excitedly reported having reconciled with her family. Now realizing she had been loved all along, she was able to reconnect to a much needed support system.

I have also been teaching Life Skills Classes not only to clients, but to our staff and volunteers as well, where I have included self-care and stress-relief techniques, and it is only the beginning. RET is now accepted as an alternative means of helping those in crisis situations here at CAPSA. We believe we have successfully merged traditional and non-traditional disciplines, which complement each other. I've thought since, that our decision to integrate RET at CAPSA is a little like having the desire to ride a camel in its natural habitat. If you believe you can do it, seize every opportunity as it comes along, and hold true to your dreams, just maybe you'll find it wasn't such a far-fetched idea after all. I am grateful to have found my life's work, and incorporate two very important ways of helping others. I can now assist others to move beyond what it means to survive, & learn what it means to thrive.

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Testimonials

Thanks to Rapid Eye Technology

Until that new experience with Rapid Eye Therapy, I didn't realize how old happenings from a person's early years could affect the rest of their life. Now I understand that when a child is faced with a traumatic event (which may not be viewed as traumatic by another observer), the child reacts in a particular manner. That reaction is called a traumatic memory and will affect how that person reacts in similar situations throughout the rest of his or her life. That same reaction in childhood may not work so well or seem so rational when unconsciously as an adult. But, a particular undesirable and unconscious behavior leftover from a forgotten trauma can be released in literally a session or two.

In one session, I released a problem that I had worked on in weekly sessions of traditional psychotherapy for four years with no relief from my distress, no end to my compulsive thoughts!

In one session of Rapid Eye Therapy, I found the birth-place of that horrible negative voice that plagued me in every job and every project throughout my life, and then in the same session, released it, never to be plagued again. Impossible, you say? That's what I said before RET, but now I'm a true believer, a convert, and would do nearly anything for another session of RET. - Kathryn DeLong, Port Townsend, WA

The Excitement of Rapid Eye

The most positive thing that I have personally experienced from RET sessions is the ways that my family of origin and in-laws relate to me are better than I could have imagined. I let people get much closer to me now. Before, I was afraid to do that. What I have learned is that the love has always been there but I kept it away because of fear. I had a personal heartache that resolved after a Rapid Eye Technology session. I am much happier and more confident than I have ever been. I have a satisfying career that helps many people. My family relationships are more loving. I have things in my life that I never even imagined having. I am very grateful to Dr. Ranae Johnson and all the Rapid Eye technicians for all that they have done to help so many people change their lives. The training is very good, easy to learn and there is great support for technicians from the Institute. -Gloria Henricks, MRET, Family Counseling, Albany, OR

RET & My Counseling Practice

About six months into my very frustrated search for tools, I came across the Rapid Eye Technology website. I approached it with a large dose of disbelief, thinking that healing couldn't possibly be that easy. I actually wanted to prove it-after all, my own journey had been quite arduous. I took the training nonetheless, thinking that something is better than nothing, and began incorporating RET in my clients' sessions almost immediately. I was thus searching for something that could work in clients at this deeper level. I tried various modalities that all have some merit, but ultimately did not produce the permanent shifts that I was looking for. It got to a point where I was questioning the value of my work and personal integrity. The most wonderful aspect for me is that Rapid Eye Technology has made all my other techniques more effective. Largely inspired by the fact that I now have a clearing tool. I am much bolder in exploring new and original approaches with clients. - Dr. Anita Briggs

Why Rapid Eye Technology?

Trauma can come in a number of ways. For one person, the trauma can be simply a look given by a parent, for another, the sting of a belt across the buttocks; or a fetus may pick up the trauma its mother is experiencing. Much trauma is inflicted as a part of childbearing.

Rapid Eye Technology affects all four states of consciousness. Let's consider the four levels of awareness that correspond with brain wave states:

1. Objective Awareness (Beta)
2. Self-Awareness (Alpha)
3. Waking Dream (Theta)
4. Sleeping Dream (Delta)

The beta state is awake consciousness. Add rapid eye movement and the client immediately goes into the next brain wave state, called alpha, where he becomes deeply relaxed.

As clients leave the alpha state and dip into theta state, they go into deeper relaxation. They begin to make connections with their unconscious belief system and experience flashes of forgotten memories.

The theta state is found in states of deeper relaxation. Theta activity is also associated with bursts of creative insight, twilight sleep, vivid mental imagery, and deep meditation for the client.

The delta state, in which dreamless sleep occurs, is characterized by deep profound relaxation. Clients do very deep work in this state.

In the sleeping dream state, our reality is strange, changing without reason, full of weird images. We are able to make significant changes in our dreams by merely changing our thoughts. When we awaken from our sleep, we usually recognize the illusion of our dream.

In the waking state, we think what we experience is real because we sense it with our senses, and yet, what if the senses we are using are themselves unreal?

Negative self-image has been shown to be an underlying cause of abusive relationships, family dysfunction, job stress, depression, and distressed marriages. It can account for much of the personal disease we experience in this life.

The body fails to reprogram or change the messages or signals of stress because it does not view these traumatic elements as temporary. So as far as the body is concerned, everything stays in trauma response readiness until it is told to release. RET offers an opportunity to discover distortions and traumatic memories. The process brings them into conscious awareness and discharges the emotional element associated with them.

With RET, you can be relieved of trapped trauma, freeing you of the emotional pain. Once the false, trapped messages have been released, a new choice can be made with a new sense of self worth and an increased desire for life. Rapid Eye is becoming the number one choice for releasing stress and traumatic memories.

Go to www.rapideyetechnology.com and click on our directory to find a technician near you.

Try a session, you'll be so grateful you did!

Upcoming RET Events:

**June 17-21, 2010
RET Certification
Taos, NM**

**August 13-16, 2010
RET Master Certification
Salt Lake, UT**

**September 9-13, 2010
RET Certification
Highland, UT**

**September 16-20, 2010
RET Certification
Taos, NM**

**September 17-20, 2010
Enhanced RET certification
RET Institute
Salem, OR**

**October 21-25, 2010
RET certification
(Distance Learning)
RET Institute
Salem, OR**

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
As long as you can!!

~John Wesley
(1703-1791)



RET Continuing Education:

**Reiki
October 25, 2010
Salem, OR**

**Reiki
June 15-16, 2010
Taos, NM**

**Reiki
September 14-15, 2010
Taos, NM**

**Alchemist
October 8-15, 2010
Dallas, TX**

RET— Vocational Career School

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The Rapid Eye Institute makes every effort to insure that the information disseminated about Rapid Eye Technology is as accurate as possible.