

Stay Tuned in with Self-Care

Be mindful of not losing yourself in someone else's energy or giving your energy away. The purpose of self-care is to help keep yourself strong energetically when you are in a situation that could potentially be draining. For example, if planning for company, you might take some time to prepare beforehand. Just as you spend time cleaning your home, it is essential to prepare your inner home for the event. This can be as simple as taking a mindful walk or a cleansing bath, or engaging in any other activity that gives you energy. You can even just sit alone for a set period of time, tuning in to your energy and connection to yourself so that you are

less easily carried away by the energy outside of yourself. You may even create a mantra such as "I am centered and safe in the home of myself." You can also charge a crystal or gemstone or any piece of jewelry with protective energy and wear it or carry it with you. This can be helpful during the event when just seeing it or touching it can remind you that you are centered and safe. Whether you are at home or out in the world, taking care of yourself in this way enables you to keep your energy strong, even as you open yourself to others.



By Melanie Gentzkow, MRET

The Rapid Eye Institute

WWW.RAPIDEYEINSTITUTE.COM

Meditate on the Heart Center

Take a few moments to focus on the area in the center of your chest, your heart center. Imagine a green light burning in that area, growing larger and brighter with each breath. Try picturing this light enveloping you and your loved ones, holding them a place of compassion. Keep an open heart center to truly support others since true compassion and generosity for other people comes first from loving and caring for your self.

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"Take a deep breath and affirm as you breathe out: "I now clearly hear, accept, and follow the guidance that comes to me for my highest and best good. I work in perfect partnership with the voice of spirit, now and always."

~Doreen Virtue



Keep Calm and Carry a Wand

by Lynell Beckstrom, MRET/Trainer, CADC I

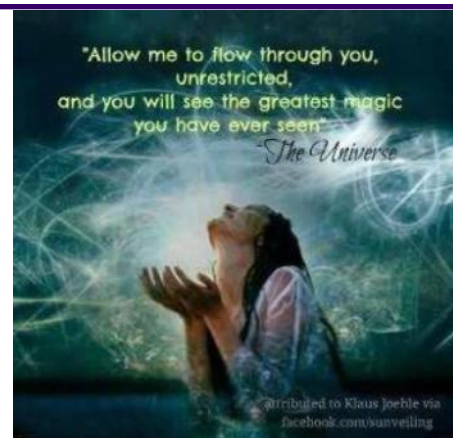
I have been so busy traveling and training these last six months and I have met with many Rapid Eye Technicians in numerous states and I seem to be hearing a recurring song....."There are so many challenges with my family/friends/work/health/finances, etc., that I have less and less time to do my RET business."

We live in exciting and somewhat confusing times. Many of us struggle with all the issues above and at the end of the day, we just melt. So I have begun to sound like a broken record when I truly express, "I totally get it. I understand. All that is going on for me too!" I chose years ago that the RET Skills for Life were either totally true or not. I choose to believe that they are true, so I fall back on the Skills for Life in my everyday thinking.

I choose to let God/Spirit handle all the "stuff" that comes up everyday,

so that I can continue to "Stand on a hill and let my light so shine!" Otherwise, one becomes too bogged down with stress and overwhelm. Faith carries me--not because I am spiritually so gifted, I CHOOSE to think and believe it. Father/Mother God is in charge and I just keep walking (sometimes a trot) getting as much done (to include FUN and time to do my spiritual process); and what does not happen is OK. I have tomorrow.

A client recently asked me, "Why do you keep your private RET practice going when you train/teach so much?" I do it because I know I can't give a session without getting one, I do it because I love my tool...Rapid Eye works every time. I do it because I am diversified....my income (and I deserve to be abundant) comes to me thru many channels. I do it because I love it and I love people and I love to walk the



healers journey.

I encourage each of you to keep perspective on life. Refuse to put your spiritual path last. Show up and live large! As the energy in 2012 is building and building and more and more people are in pain and fear....Keep Calm and Carry a Wand! You'll be needing it, so perfect your craft, keep your tool bag shiny as your faith and choose to be in Love and out of Fear.

Marketing Ideas to Build Success

- ◇ Develop a website for success. Pay attention to key words to get people interested in your business.
- ◇ Start a blog, You Tube channel and podcast series as well as write education articles that can be published on article directories and alternative healing websites.
- ◇ Tap into social media to create a web presence as an instrument to boost search rankings and credibility with new prospects.
- ◇ Target people who will benefit from your commitment and attention and then focus whole heartedly on them. Be visible and stand out. Clarity is attractive.
- ◇ Offer information to consumers about your position as a trusted professional.
- ◇ Be specific about who you work with so that they feel special – make a connection with them personally by knowing who you want to attract into your business. How can you relate to your client?

Soul Paintings by Robert Andrew, RET

Some people are able to process more effectively through visual cues rather than verbal ones. One type of visual that promotes release and healing is through the use of painting. Not just doing the painting but the painting itself becomes a means to assist in the healing process.

The painting is called a 'Soul Painting'. It's a visual representation of your feelings; past, present and even future. The painting is set in an environment that you choose, something that is fitting for you in your perfect place.

A soul painting contains elements that have special meaning for the person for whom it is created. These are elements that touch each person deeply and have special significance. Because each individual is different, each soul painting is different.

As in Rapid Eye each person heals and processes trauma and stress in their own way a soul

painting is layered with the same elements that promote release of negative/traumatic patterns and promotes the healing process. Appealing to the individual encouraging both the stress release and reinforces the positive desires and aspects of what each person wants to accomplish creating an attitude of 'being' in the place most desired.

Additionally when two people come together to support each other in healing and growth the painting created for them is called a 'Soul-Mate' painting.

A soul-mate painting assist the energy of two people combined together who provide support, recognition, and love for each other. It's a completely different way to "Hang" positive energy on your wall, an individual painting vibrating with the perfect vibrations that are custom designed just for you.

Soul paintings and Soul-Mate paintings can be found at www.dixieandrewart.com

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If you would like to know more about soul paintings contact

Dixie at dixiea85@gmail.com



From a Client of Rapid Eye Technology:

Thank you for training my RET Tech so well! I came to her after a lot of Therapy, not really expecting Rapid Eye to work, but it did. My life has changed, I no longer have this feeling that I will lose everything. I used to feel unworthy of every good thing that happened and that it was just a matter of time until something would go wrong. The Life skill classes taught me to expect a miracle and I began to have a lot of them. I was separated from my husband and now we are back together. He is taking RET now and plans to get Certified. He said anything that could make such a difference in people he wanted to be part of.

Thanks Sharlene Young for writing the Light Birth, I think that was the script that turned my life around and gave me back my family and my faith. We plan to tell everyone about Rapid Eye and how wonderful it is.

Cecelia

A Ring and a Date for Paige by Debra Gordy

When Paige* first started working with me, she was caught up in the excitement and the drama of a new relationship. She was on cloud nine one moment and in the depths of despair the next. She had been divorced for about two years from the husband she thought she would spend the rest of eternity with – until the day he told her that he no longer loved her, and wanted out. She felt shocked, stunned and heart-broken beyond belief. Her deepest heart's desire had been and still was, to be a wife and mother, and nothing brought her more joy, including her successful career, meaningful volunteer work in her community, and long-standing friendships.

The year after her divorce was really tough. Paige got through it with a lot of support from her friends and family, who were in mourning just as she was. The sweet part for her was becoming closer to her family, and beginning to create her own expression of home with her four children, with whom she also started to become closer.

Then Paige met Ian, and they quickly became involved. Before she knew it, he had moved into her home and they began talking about getting married. Then she began becoming aware of problems. Her children did not like Ian, and her family really did not like him, and it was more than just that they missed her ex-husband. They really did not like Ian, and really did not like that Paige was with him.

She also began noticing that Ian started trying to exert more and more control of her life, including her mothering of her children, her finances, her relationships with other people, her business decisions, and the way she managed her home.

There were also times when they had so much fun together, and had such great chemistry, that Paige got lulled into thinking the controlling and other problems were only isolated incidents. They weren't. They got worse and they started happening more frequently. From control the pattern escalated to verbal abuse and threats; her children who had previously been doing well socially and in school, started having problems in those areas, and their teachers noticed, and were concerned. Even Paige's ex started talking about changing the custody arrangement because he was concerned about Ian being around their kids.

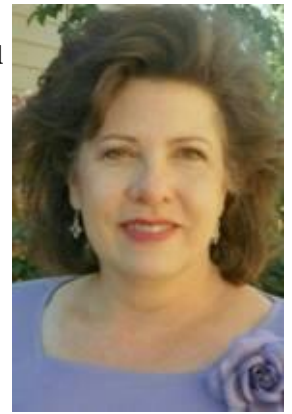
By the time Paige first contacted me, she and Ian were engaged, but the wedding had been postponed – not once but twice. She felt madly in love with him, and wanted to do whatever she had to, to make their up-coming marriage work. Paige started her *Happily Ever After!* program to achieve the marriage of her dreams with Ian.

As Paige began her *Happily Ever After!* RET program, it became quickly apparent that there was more to the problems in the relationship with Ian that she first realized. Ideally, Ian would have been involved in a program too, and with joint sessions with Paige, but he did not choose to participate, so Paige worked with me in her individual program. Together, we found the parts of Paige that were her part of attracting the volatile relationship patterns with Ian. We found and healed the inner child parts that had become frozen within her, as she grew up. We healed the Inner Child parts of Paige that needed her mother's love so much, she was willing to let her mother and father control her choices in order to feel and be loved by them. Together, Paige and I found the origin of the deep inner insecurity that she had carried all her life, even with her outward success. This deep inner insecurity had caused Paige to question her own worth, mistrust her own judgment and over compensate by overachieving and doing and giving too much in her first marriage. Her deep inner insecurity was the reason that Paige did not feel comfortable and did not feel she had permission or did not know how to set boundaries with calmness, confidence, assurance and love with Ian and make them stick. She experienced as a child that every time she tried to speak her truth, and make a different and independent choice than her parents wanted her to make, verbal control, outbursts and ultimately verbal abuse were used to keep her in line with their choices for her. Through her *Happily Ever After!* program using Rapid Eye Technology, Paige was able to clear and heal this old pattern with her family.

Paige was quite surprised to discover that while the details with Ian were different, she was in fact fulfilling the same childhood role with him that she had first taken on in her family growing up, and which she fulfilled in her first marriage. With Ian, though the pattern was bigger, and more damaging, the stakes were higher, since it was a second significant relationship and involved her children. It finally big enough to get Paige's attention.

In her program sessions, we found the origin of the blocks to a happy, loving and healthy adult relationship in an Ancestral Wound that went back to Paige's grandmother. We were able to clear this pattern for Paige, and down through her grandmother to her mother, and Paige now has a much healthier and more loving adult relationship with her parents as a result.

During the time that Paige was healing and growing personally, and in her relationships with her family and children, her relationship with Ian was also changing. Paige began to be able to see what her part of the problems between them was and what was not her part. She was absolutely dedicated to doing what it took to heal and release her part of them. Appointment by appointment, Paige showed up to her sessions with new insights and connections, and renewed excitement as her life kept changing and healing. She gained a new sense of personal empowerment in her intimate relationships as she also learned how to give back to Ian the responsibility for his part of their problems, and learned how to set boundaries with love with him, as well as others.



A Ring and a Date for Paige (continued)... by Debra Gordy

As Paige kept growing and healing, Ian's controlling actions got worse. He resorted to physical violence. After the second episode, Paige had the strength, the courage and the belief in herself and her own judgment to make him leave her home. After several invitations to Ian to join with her in a program of couple healing, which Ian chose not to engage in, Paige chose to end their relationship.

It was difficult for her, and Paige felt renewed pain and heartache. Sometimes she wanted to reconcile, and every time there were episodes of lingering drama and control efforts on Ian's part. Paige now had new-found strength, confidence in herself, trust her own judgment, and deepened inner security and knew that she was lovable and believed she was deserving and capable of creating a loving, healthy partnership with a man who would respect her and honor her as a woman and equal partner.

As the drama of the breakup with Ian was coming to a close, Noah came back into Paige's life. He was someone she had known in her twenties. They had dated briefly, and then went their own directions.

This time it was different. This time, in this new relationship, Paige continued in her *Happily Ever After!* program, and is now able to maintain her own identity and give in the relationship without giving herself away. She is able to express her needs, and Noah hears her and respects her needs and choices. While Noah very quickly fell in love with Paige, and wanted to make a commitment with her, Paige wanted time for their relationship to develop and deepen through experiences together. This time she refused to let him move in with her, and has maintained her own life and interests with her profession, her children and her community involvement. She enjoyed the journey of growing in this new relationship with Noah, and delighted in her new experiences of loving and sharing in a relationship that is healthy, where both of them can share and express themselves, and where both of them are co-creating a loving, healthy partnership.

Paige's children love Noah and love to be with him. Her parents are warming up to him, when previously they refused to accept Ian in any way.

Paige and Noah have been together long enough, they have been through some challenges in their relationship. Every time, Paige has felt understood, supported, respected and that she and Noah have been able to address these challenges in ways that feels good to both of them.

Most importantly, Paige has found a new balance and way of being herself, while being in an intimate relationship. She told me that she has never experienced this before, and that what she finally is growing with Noah is what she has deeply desired with a man her entire life – and never been able to create before with anyone previously, including her ex-husband, or Ian, or other previous boyfriends.

Paige has said that she and Noah have often wondered why they did not connect this way when they first met. She has come to understand that they have connected as they have now, and are able to co-create the quality of love, harmony, balance and true emotional safety and intimacy because they have both grown into it in the years since their first meeting. Paige strongly believes it was her previous relationships and the work we did together in her *Happily Ever After!* program that was the vehicle for Paige finally achieving her dream.

Nine months after rediscovering each other, Paige and Noah are now happily married, and busily co-creating the life and marriage each of them have deeply desired. The last I saw Paige, she was radiant with newly-wed glow and something more - the glow of a woman whose heart is filled, who feels cherished, deeply loved and valued, and whose dream of Soul Connection with the love of her life is coming true.

Paige has achieved her heart's desire, and so can you.

Debra Brown Gordy, MS MRET is a Master Practitioner of Rapid Eye Technology. As the founder of [The Sophia Women's Institute](#), she has been passionate for over twenty years about empowering Spiritually Awakening women with Timeless Wisdom and Healing Programs to ~

*Heal Your Feminine Heart & Soul
Transform Your Marriage into Sacred Partnership
Fulfill Your Destiny as a Woman*

She invites readers to receive her free gift, **THE Question that Will Transform Your Life and Marriage**, at her website:

<http://www.TheSophiaWomensInstitute.com>



About RET Sessions

During a Rapid Eye Session the conscious mind is communicating with the subconscious mind creating a safe environment to let go of the energy attached to the stress or trauma. The RET Technician uses an eye directing devise (wand) to direct the eyes while the client blinks rapidly. As the wand moves back and forth in front of the eyes the client picks up the fast movement, replicating the "alpha/theta" brain wave state. The RET Technician uses rapid spoken verbal communication to direct the release of core issues. During this process the eyes are rapidly blinking and releasing the energy of emotions, pictures, and memories. Many different eye movements, techniques and processes work to safely affect change in the whole.

Rapid Eye assists in releasing trapped energy, negative patterns and limits beliefs on all levels-physical, emotional, mental and spiritual aspects of each being. This allows you to make new choices. We introduce new skills for living to educate the client.

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What People are Saying about Rapid Eye Technology

"I am a RET Tech and I want to say thanks from the bottom of my heart for RET. I love to see the great effect in my life, my families lives and the lives of my Clients. I love my job and being part of the RET family of Light Workers. I am working toward becoming a RET Trainer."

"Hey, I so appreciate Rapid Eye. It was the turning point that got me off the drugs and changed my life around. I'm back in College and have changed my friends. I still have sessions once in a while to handle the stress and triggers. I will always love my RET Tech."

"I got my RET Certification in 1999 and loved it then and have worked with hundred of clients, they all bless RET. It made all the difference in my life, as well as in my Client's lives. Recently I undated my RET skills by buying the Phase one, two, three and four manuals."

"Thanks so much Dr. Ranae for making it so reasonable and easy to update my skills. I got all this training for the cost of the manuals."

"Hello, I am a new student in the Rapid Eye Technology home study course. I just finished College and wanted RET to go with my practice. After spending a fortune on college classes I am so amazed that the RET Institute can give such quality training for such a small amount of money. I am learning so much and it is assisting me in forming a new prospective about what my practice will be."

The Rapid Eye Institute staff appreciates your comments. We are deeply grateful for all of you.

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