



Rapid Eye Institute Newsletter

November-December 2009

Got Your Joy Rising?

The Holiday season for many is a battle to stay out of those difficult moments that catch us by surprise. Someone mentions spending time with their family and we have a pang of self-pity because this holiday we are alone. This reaction can cause us to feel depressed or that we need a drink or we respond by eating too much. These solutions send us deeper into the despair we were trying to keep at bay.

We are all here to move from one level of life's existence to the next - our personal growth. It's part of the journey we came to participate in. Make room in your heart for yourself and others by connecting with your personal healing energy within. Compassion (for yourself as well) will ease the way for you this holiday season.

Focus on your heart, and use your ability to open it at any given moment by not judging it, give it space, let it cry, let it struggle, put no expectations on it, ask what it needs, spend silent time with it, remove its filter of fear, let it mourn the losses, let it choose, release it from the 'shoulds', guide it in the *gentle* art of self-assertion, teach it to wait (patiently), sing to it, make today an adventure, allow it to question everything, welcome all of its feelings, support its choices, feel the innocent child inside, quiet the critical voice, bring balance, tell it jokes, surprise it, smell the flowers, allow humanness, surrender to the moment, cherish its eccentricities, admire its unique abilities, make a wish come true, go for a moonlit walk in freshly fallen snow, praise its attempts, celebrate successes, allow it to change its mind, keep it present, forgive it, let it be the star and most of all remind it of the transformative power of gratitude. (Thanks to Arlen Levine {39 Ways to Open Your Heart} for these gentle reminders)

Gratitude is the juice that makes our JOY rise - a GREAT FULL ATTITUDE (good definition of gratitude) is the tool that keeps our attention on the thought and emotion. It's the electricity that makes the Holiday lights twinkle. Think of "What you would rather have" and make this Holiday season an experience of gratefulness.

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Insights from Ranae

Every so often, the world of science experiences something called a paradigm shift that happens when one of the basic underlying assumptions we've been living with changes. An example is; when we shifted from looking at the universe as revolving Earth to the Earth revolving around the sun. Another shift occurred when Einstein discovered the relationships between space and time and between energy and matter. It takes time for new information to be accepted by the general public.

The trick to learning a new paradigm is to set aside our current one while we are learning rather than attempt to fit the new knowledge into an old model that perhaps isn't working for us.

A meme, that rhymes with beam, is a basic building block of culture in the same way the gene is a basic building block of life. The meme is the secret code of human behavior. Memes are the software to the mind and central nervous system. Genes are the hardware part, but greatly effected by the environment we live. Our environment serves as a building contractor to the genes.

Our beliefs we develop are like cow paths-the more often we walk down a path, the more it looks like the right way to go. Alignment of purpose is not necessarily a bad thing-lets just make sure when we commit to belief system there are not barriers of fears to keep us from changing our minds if we receive new truths. We avoid letting anyone or anything harness our lives or energies. When we get stuck anywhere that is not working for us, we create a virus in our mind. The virus uses us up to achieve some end. If we are happy and it is working than the virus does not occur. For more information see "Viruses of the Mind" by Richard Brodie.

What causes viruses to occur is our memes living in the past by feeding and recreating it. There is a story told about an Indian Father that told his son about his vision. There were two wolves living inside of me. The white one represented things that worked for me and the dark one represented things that didn't work for me. They competed with one another all the time. The son asked his father "which wolf wins?" "The one I feed," responded the father.

Love, Ranae



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

Save now!

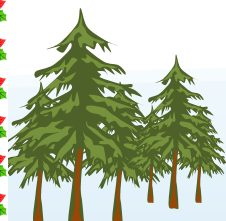
This is just a friendly reminder that it's time to renew your RET Certificate.

Simply go to the RET website, download the renewal form, fill it out and send it in.

After the beginning of the new year you will be required to pay more so pay now and save!!!

Did You Know...

- Life is a mirror and will reflect back to the thinker what he thinks into it.
- The divine matrix is the container that holds the universe, the bridge between all things, and the mirror that shows us what we have created
- The focus of our awareness becomes the reality of our world



Past, Present, & Future

1980's

RET began with a vision to teach the world about unconditional love and to assist those on their healing journey to release pain. Research, development and certifications were the focus of this time period.

1990's

Technicians catch the vision and spread the technology across the world bringing hope and changing lives, including their own. After experiencing sessions, clients report feeling, "On top of the world." Because of this excitement many new careers were developed.

2000-2005

RET expands programs, introduces new wand techniques and processes, meets the challenge of the new millennium. RET experiences phenomenal growth as it travels around the country certifying new technicians. Ranae formed a nonprofit corporation to financially assist clients needing sessions and training.

2006

Ranae opens up the Train the Trainer Program to the world as international interest brings RET Training to Israel to counter act terror and trauma. Other interest for training comes from United Kingdom, Ireland, South Africa, Australia and many more.

2012

We predict that every technician will catch the vision of Rapid Eye and with passion prepare their clients to have this important tool in their homes and/or professional lives.



Sending Love For the Holidays

- Send love ahead in a pink mist to your holiday gatherings to dissolve all negativity creating a peaceful energy for all.
- Become an observer and just notice without judgment, allowing each person to own their own creations. Expect a miracle!
- Be a good listener, remember to treat your family as well or better than you do your friends.
- It is more important to be happy than right.
- When you are triggered remember a time when you felt wonderful, create a hologram to your left and step into it. Train your body to react a different way.

Make This a Holiday a Spiritual Gift

Love, Ranae, Joseph and the Training Team



A Time for Gratefulness for the Gift of Rapid Eye Technology

Rapid Eye Technology is transforming lives for people in ways that they only hoped and wished and even never imagined would be possible. I am grateful to Ranea Johnson, the Rapid Eye Institute and other Rapid Eye Technicians for the training and experience to make my practice as a licensed marriage and family therapist and addiction counselor much more effective. In 1998 I read a book called *The Betrayal Bond* which tied trauma and addiction. I then set out to look for something that would untangle the two. I had been at a party in Eugene, Oregon and a woman I do not know arrived and handed me a brochure on the Rapid Eye Technology training in Salem. In February of 1999, the agency that I worked for offered to pay for each counselor to go to a training of his or her choice. While others were taking courses like pharmacology, I chose Rapid Eye Technology.

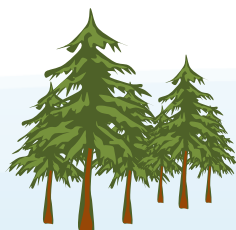
I had a previous client who had been homeless and wanted to be in recovery from drugs. She had done tremendous work. She was doing well in college and living a recovery house. Then the anniversary of her husband's death occurred and she relapsed. I later saw her again on the street. She was one of my inspirations to be motivated to find some way to assist people who had these kinds of issues.

The home study course arrived at my office. I was delighted to find a wand in it. I studied what to do and then went over to one of my best friend's house to practice. She reported to me. "This is really powerful!" I practiced and then worked on my first professional client. The woman came into my office with bruises and was in a domestic violence situation. She knew one of the bottom line issues of battered people, the fear of being alone. She said that she wanted to work on that fear. I did one session on her. I was amazed myself. She went home, had her daughter help her pack and she left that night. Rapid Eye Technology is particularly effective when people chose to work on their core issues.

There are so many positive stories that I have seen with people's lives over the years. I will share a few of my favorites. On 9/12/01, one of my co-workers came into the office looking like a deer in headlights. He was a Vietnam veteran and the events of the day before had triggered his PTSD. He was a counselor and did not look like he was in any condition to counsel. I did a quick session on him of the short birth and time line. I was at his house yesterday and he is still raving about the positive result that he had and was sharing it with a psychologist where he now works. He told me that he had been smelling the smell of gasoline after the war and had nightmares. He reported that after the session the smell was gone and the nightmares stopped.

Another amazing thing to me is how effective Rapid Eye Technology is in releasing teenagers from the patterns of depression, anger and anxiety. They are not invested in those patterns and often they are gone in one session. I usually inform the teens that it may take more than one session and set up a couple but end up working on other things in the later sessions. I personally like to work on several issues with clients at one time. One adolescent with a fighting problem returned after the first session and said that he did not understand why he used to go out looking for a fight. He now thought that doing that was "dumb." Another example is about a teen who had been molested by a relative who is now in prison for the crime. She was dressed in Goth clothing and was uncomfortable perform music in public. After about three sessions, she was happy, wearing bright colors and getting ready for her first public performance. She is a confident girl now.

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Got Your JOY Rising?

(cont. from page 1)

We are the source of ALL the love in our lives and as we treat others like we want to be treated it opens our heart to the gratitude of connection. This holiday season, let's take the interior journey back to the real you and in JOY the season. Affirm when you feel your JOY rising in your body and create that for yourself in each tiny moment.

From their RET sessions Clients report:

- immediate benefits
- a new perspective of life events
- feeling relaxed, yet energized
- self empowerment
- new life skills



Claudia Bianca, MRET

Master Rapid Eye Therapist/

RET Trainer

(575) 751-4551

hearts that give, gather...

Claudia Bianca, MRET shares twenty-three years of experience with **Rapid Eye Technology**. She is located in beautiful Taos, New Mexico offering individual sessions, Immersion programs, Reiki Attunements and Rapid Eye Certifications. Email questions to seeublink@aol.com or visit www.claudiabianca.com



A Time for Gratefulness for the Gift of Rapid Eye Technology

Another wonderful change from Rapid Eye Technology involves healing relationships. I have seen spectacular things happen in this area both professionally and personally. A professional example is an adult client that I was working with who had a violent and abusive father. The man had been so cruel to him that he was still afraid of him as an adult. We did a couple of sessions on his father issues. The fear was gone. They now go out to lunch together. The client had been a drug addict. He finally chose to go to residential treatment and after treatment he decided to go back to college to get a professional career.

And personally, the healing that I have experienced is beyond words. I used to have a heart ache that I prayed to be removed. It stayed. By the time I went to the first Rapid Eye Technology training, I had stopped trying to get rid of it and had just accepted it. I experienced an imagery session there that healed the pain and made my heart whole. Also, in my mind I was a loving person. However, through Rapid Eye Technology sessions, I am a much more loving person and my relationships with my family are better than I could have imagined. So, I have more gratitude for Rapid Eye Technology both professionally and personally than I could ever express. Thank you.

By Gloria L. Henricks, MA, NCAC I, MRET, LMFT



I'm offering RETs special discounts on all my books and CDs for the holiday season this year. Each product listed below has its own web address - type in the web address to view the product's web page and to purchase - if you create an account with CreateSpace.com, you can combine products into the same cart for checkout - the discounts will apply to multiple products or quantity purchases as well as to individual product purchases (but you'll save a little on shipping if you buy multiple products or quantities in one order).

(Use code 8K8YJPD7 at checkout to receive the discount)

CDs (20% discount):

- * On the Threshold - <https://wwwcreatespace.com/1739901>
- * Emerging Evolution - <https://wwwcreatespace.com/1739917>
- * Inner Revisions - <https://wwwcreatespace.com/1739918>
- * NeuroGenesis - <https://wwwcreatespace.com/1716975>

Books (15% discount):

- * A Course in Light-Speed Reading - <https://wwwcreatespace.com/3334321>
- * Compassionate Healing - <https://wwwcreatespace.com/3338502>
- * You Can Stop Smoking and Stay Stopped Forever - <https://wwwcreatespace.com/3335721>

May 2010 be the Year of RET!!! Everything is in place. The world is ready...

Best wishes and warm hugs,

Joseph Bennette, MRET



Update your RET Certificate by Attending the Psychology of Energy Workshop

What to expect ...

- **Review of RET skills and concepts**
- **Give and receive RET Chakra Sessions with additional manuals and scripts**
- **Identify what keeps you from the success, love, relationship, money, etc. that you deserve and desire**
- **Learn how to re-circuit your Chakra Systems to create what you want**
- **Experience the energy of your chakra centers and auric fields to decode your patterns**

This 6 day workshop incorporates the protocol and techniques to assist in releasing and retraining your energy centers and fields to create what you'd rather experience. The protocol and techniques have been developed over the last 20 years thru individualized energy studies by Sharlene Young, to heal and clear the 12 chakras and energy fields.

Rapid Eye Institute

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When?

February 8-13, 2010

Where?

Arizona

To Register and for any questions contact

Sharlene Young

503-851-4574

