



## Sharing the Christmas Spirit

The spirit of Christmas is expressed in many traditional ways of giving, receiving and remembering. As we reflect on our family and friends and bask in the light of gratitude, spend time this season being there for you. This by far is an amazing gift that brings joy to you and the world. When we love and honor ourselves, our uniqueness shines. And making this choice then spreads more joy for all the people you interact with. Make it the greater priority to model joy in your day-to-day life.

Thank you for being apart of the Rapid Eye Community. We love and honor each and every one of you.

We believe you are amazing. We believe in you connecting to the special. We believe in the magic of all you are. We believe in you.

As you go about this holiday season activate some powerful magnetism within yourself with the following:

- Develop a genuine interest in others and speak in their interests
- Really listen with both ears
- Desire to unselfishly help others
- Know that time is magnetic, magnetize it to your advantage
- Read positive, uplifting books everyday
- Learn something new every day
- Dare to take reasonable changes, move out of your comfort zone

## Continuing Education

Please contact the Rapid Eye Institute for upcoming continuing education courses and trainings.



*When you wish someone joy, you wish them peace, love, prosperity and happiness...all good things. ~ Maya Angelou*

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### Special points of interest:

- *Imagine figure 8's between you and someone you'd like to communicate with. Imagine figure 8's creating a circular, harmonious energy that allows words to flow and connect.*
- *Gratitude is the highest vibration in which we can be. Express gratitude for every single moment of your life. The more you create feelings of appreciation and gratitude, the more you will attract into your life.*

## Body Wisdom ~ by Melanie Gentzkow, MRET

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The mind body connection is a true inner wisdom that when listened to, allows a more healthful and positive life. Learning to hear your body when it speaks to you and consulting with your body when you feel unwell can help you maintain an elevated level of wellness. Life reflects back to you what you're thinking and feeling so pay attention to the moment and notice what feelings are coming up. We get what we feel, not what we think. Our feelings are driven from our core belief system about the self. When the body speaks to you it's a perfect opportunity to listen, connect and release limiting beliefs and move into

empowering beliefs. When we change the mind, we change the body. We have control over the images we visualize. Take a moment and think of something that made you feel happy, care free, joyful, grateful, love and see that externally. Then close your eyes and bring that feeling internally – feeling the feelings of comfort, love, respect, peace, joy, fun – taking three deep breaths in and out. Tune into your body's messages today, and you'll be able to give your body what it needs.



*Yesterday is history. Tomorrow is a mystery. And Today? Today is a gift. That's why we call it the present. ~ Babatunde Olatunji*

## How Present Are You? ~ Melanie Gentzkow, MRET

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Feeling passionate and connecting with people may come naturally for some; while others may feel their attention is divided between ongoing thoughts and current activities during conversations and time spent with loved ones or business partners. Splitting our focus and energy in this way is counterproductive. Instead we can learn to stay focused and aware in each moment. And as we do, we automatically devote more energy to each experience. Our lives and relationships will then take on greater meaning because we are consciously present to enjoy them. As you embrace each moment with passion today, you are lending more energy and meaning to each of your relationships and your life.

Take a moment to consider these five things:

1. List the most important “things” in your life.
2. Now, take a moment to consider whether or not your focusing enough of your **present** time on these things.
3. Stop to enjoy what is most important and find meaning in the present. Experience your present and a “present” by finding humor.
4. Savor the good times and don't rush the experience. Stay in the moment of joy, in the present.
5. Help others have a better present. Making the present better for other people will make the present better for yourself.



## Affirmations and Quotes

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“I acknowledge and honor the teacher that is my life. May I be wise enough to recognize the teachers and lessons that I encounter today, and may I be open to receiving their wisdom”

“I deserve and now give thoughts of love, peace and joy to all I meet. I enjoy helping those people in need that are striving to help themselves. I give joyfully and I receive gratefully. I am happy, joyful and fulfilled and I love helping others find happiness.”

The happiness of your life depends on the quality of your thoughts.

## Giving and service comes in many forms

It was Christmas time in 1969. I had no idea that this would be the last Christmas we would spend with Mom. This was a very special Christmas for me. You see, Mom never owned a new coat that I could remember. Mom was the kind of person who would give you everything she had, and would very seldom buy anything for herself. Mom & Dad had seven mouths to feed, in addition to their own, and lived on a very modest income.

Mom truly had a Christ-like attitude and endured to the end. She had polio as a young child. One of her legs was larger than the other. Sometimes she would have trouble walking, but never complained. Mom always treated my friends with kindness and they were always welcome at our house.

I remember my good friend Glen enjoyed coming over and talking with Mom even when I wasn't at home. Mom was always willing to lend a listening ear. She was a great mentor in that respect. If you ever asked her what she thought, you had to be prepared to listen, because she would tell you. When I was a teenager, Mom was the one that would always wait up for me, to talk with me after a date, or if I was just out with friends.

Though Mom never had much personal wealth, she had a heart of gold. Mom was one of the original founders, of the Head Start Program, in the area where we lived. I remember many times taking Christmas presents and food items to the needy people in the program. Mom would say to me, "This is a good cause and we are doing good things. By the way, you're driving."

As I think back on her unselfish acts of giving, watching the expressions of gratitude on the little children's faces, as each child opened their gift. These moments were priceless. So was hearing the heartfelt "Thank you" from needy parents, knowing that this family would have a better Christmas. To me this truly brings the spirit of Christ into Christmas. Mom would always let us know, that it was important to be thankful for what you have, and never dwell on the things we didn't have.

Mom's entire wardrobe consisted of four dresses, four pairs of shoes, a light jacket, and a couple of sweaters. The only jewelry that she had was her wedding ring, a watch, and some costume jewelry.

I decided that I would buy Mom a coat that year, so I took her down to Sears (almost dragged her) to find something for Christmas. As we went past the coat rack, one of the coats on the rack caught Mom's eye. On a hanger was a beautiful long coat that buttoned down the front. The blue and gray colors made a charcoal blend. I had to persuade her to try on the coat, for fun. She said "What little money we have needs to go for food and gifts for Christmas." Purchasing a new coat for her was out of the question. I nodded my head agreeing she was right. But as we stood there, I couldn't help but notice how great she looked in that coat. I decided there must be a way to get the coat, for her, even if I had to open a charge account.

I told her, I would buy the coat and was not going to take "No" for an answer. Trying to convince Mom to let me get the coat for her was a tough job. I don't remember the price of the coat. Eventually, we left the store with Mom wearing that nice new coat. She agreed that the coat did look good on her. I will forever be grateful for this opportunity, being able to give back just a little. This was the nicest coat that she ever owned.

In February of 1970 Mom passed away at age 42. As I reflect back on my mother's life, it was filled with acts of kindness too numerous to mention. Giving came from her heart, with a willingness to help, whenever possible. Little things like a cup of sugar, or a loaf of homemade bread. She had a pure talent to make things from scratch, no cookbook necessary. There was always room to set another place at our dinner table for unexpected guests.

She knew the true meaning of Christmas, giving unselfish gifts from the heart. She was an example helping us to understand that without Christ there would be no Christmas

Mom left this little motto, which is important to follow.

The true place to start,  
Is giving from the heart.

Sharing her Christ like love,  
Unselfish acts worth thinking of.

Leaving things here on earth,  
That still have great worth.

You never know whose life's you're  
going to touch.

By Tom Baker



# Do You Have “Too Much To Do Syndrome”?



It is my intention to be so honest in this article that it will serve you to take leaps of faith in your business and in your life.

I see many business owners STRUGGLE because they have TOO MUCH TO DO (sound familiar?) and not enough time. Here's my take on what "Too Much To Do" Syndrome really means.

One client (and this one client represents many business owners out there so I'm requesting that you keep your mind open here) says that she is busy, that she wishes she could talk with me more often, that she is overwhelmed, that, that, that.... Then when it comes to action, it seems as if all is frozen. Nothing happens and as you can imagine, the cycle continues. The cycle of being stuck.

No action or ineffective action stems from fears, worries, doubts, etc. I see it consistently over and over again. It shows up differently for everyone but when you allow yourself to open up to possibilities and to fully absorb your own vision, then action becomes something exciting. It takes on a whole new meaning and it becomes purposeful.

But how do you get there? Well, sometimes it takes a kick in the butt (excuse my language here but I am being very honest and transparent with you) like a major life change or someone being boldly honest with you. Sometimes (PLEASE HEAR THIS) you are just not ready. There is inner work to be done. You can't fully embrace your success until you embrace it from the inside and with your heart and soul yes?

Have you ever found yourself beating yourself up and asking yourself "Why can't I do this?" You are not alone and usually that means that you must stop what you are trying to do and take a look at why you can't do whatever it is you are trying to do. Turn that question inward and ask yourself in a way that will help you, not hurt you.

My clients make huge leaps forward financially, emotionally, mentally and spiritually during the first phase of my work with them. We work on the inner world first and I do this strategically. Without this part, the rest of our work would be quite ineffective.

TOO MUCH TO DO Syndrome is an umbrella for the array of excuses and reasons why you can't do something or why you should or should not do something. Not to mention that it keeps you from being fully present and focused which are essential qualities to successful sales.

I want you to THROW AWAY the words can't and should because they dis-empower you and if you want to make any kind of positive change in your business, sales or life, those words need to go. Stop saying them and start today. No excuses. Instead replace them with "won't" and "will".

Next, take a look at all of your reasons and excuses as to why you haven't reached a goal, why you can't close more sales, why your health is out of balance, why things are not working. What are your reasons? What are the excuses you are using to keep you from breaking through to the other side?

Keeping yourself busy and scattered is a defense mechanism. You are protecting yourself from something and until you figure out what that is, it will continue. That is not a pattern you can just break without understanding the root cause of it.

I'm telling you this because I want YOU to succeed. The year is almost over now and soon the focus will be on "What will I create in 2012?" What will you create? Will you keep doing the same patterns or will you break through and approach your business and your life from a higher perspective? Will you keep playing small or will you throw away the smallness and live big? After all, this is the life you have right now to make the impact you know you are here to make.

If you have Too Much To Do Syndrome, begin to simplify your life one step at a time and when you find yourself making excuses, stop and be completely honest with yourself. Honesty IS the best policy and in this case it can be what takes your life and business to the next level. One perception shift can be the miracle you need.

My call to action for you is to re-read this and absorb what I am sharing with you. Be honest and start to implement the changes you know you need to make so that you go from Too Much To Do Syndrome to I Know Exactly What To Do. That leads to freedom.

**MORAL OF THE STORY?** YOU are the only one who can positively change any aspect of your life. Only you.

**Marilyn Rodriguez, MRET** has developed a cutting edge system to take entrepreneurs and small business owners from struggling to thriving. With 15 years experience in sales, including selling for and training with a Fortune 1000 company, and 10 years experience in personal development, Marilyn teaches how to master sales while remaining spiritually grounded and fully aligned with your highest purpose. Read Marilyn's blog and reserve your free seat for her popular spiritual selling event here:

[http://www.authenticlifetraining.com/free\\_event/](http://www.authenticlifetraining.com/free_event/)



# A Call to Action for Rapid Eye Technicians!

Are you making a living with your Rapid Eye Practice? If you are, give yourself a big pat on the back! Good job! If not, you may want to finish this sentence, I am not making a living doing Rapid Eye because . . .

The stress levels in the world are on the rise. People are depressed and many are about to give up. Rapid Eye Technology is one of the most powerful solutions available. Rapid Eye Technicians should be some of the busiest people on the planet. But are they? NO! Aside from the full time RET Technicians sprinkled here and there, too many RET wands lay tucked away . . . hidden under and behind lives that have also fallen back into stress and stuckness. Where is your wand? How often have you been using it?

People are crying out for help and that will only increase as they continue facing what is happening in the world . . . unless they change something. It is time for the wands to be brought into the light and dusted off. Perhaps there are also a few technicians who need to put eye patches on, sharpen their tools and get moving again. It is time to prepare yourselves to handle the groups of people who need your help now and in the future. Are you going to show up for them? What are you doing to prepare yourself? Are YOU stuck in your own life or in your RET business? Do you need to get yourself in motion? What are your challenges?

Not making enough money per session and not having enough clients is a challenge many technicians face. As a technician, it is important to be paid what you are worth. It is also important to be able to help the people who come to you. Sometimes, however, there are people who need the help who can't afford to pay for sessions. If you feel like you have to charge less for your time because they can't afford to pay your regular price . . . that's a BIG PROBLEM!

GOOD NEWS! There is a way to simultaneously resolve both of these issues . . . a way for you to make more money while cutting the cost for clients! Are you excited to learn how to do this? Keep reading.

Under the direction of Ranae Johnson, MRETs Valerieann Giovanni and LaDawn DeWitt have done extensive research and development with Group RET. Their research results have expanded the instructions and training MRETs have previously received through the Rapid Eye Institute (for Group RET) and produced a new Group RET Template. This template is full of safeguards that make it possible to do the FULL model of RET (Birth Story, Time Line, Core Belief Scrambler, Creation Walk, Mirror Work, etc) in a large group. This new way of facilitating groups gives you the structure needed to work with a much LARGER GROUP than you may have considered . . . 20, 30 and more. IMAGINE THE POSSIBILITIES!

This Group RET Template takes the usual one-on-one process of RET and combines the Power of Two Technicians and Cutting Edge Techniques to greatly AMPLIFY the results of what is already an unparalleled technology. It is also a way to offer RET at a greatly reduced cost for clients and increased income for Technicians!

## Here is what clients are saying who have experienced the new Group RET Template:

*I had been taking anti-depressants for six years. The effects of the drugs were starting to become as bad as the depression. RET helped me heal my depression and get off anti-depressants.*

*RET helped me connect with my inner children and increased my ability to love myself. It gave me a better understanding of energy healing concepts. RET helped reduce my fear and anxiety in life and provided me with new insights and tools that improved my life in many ways. RET gave me permission to be joyful when I want to be. ~Cathy Croft*

*"Sometimes I didn't know how to express what I was dealing with or the feelings I wanted to process. But there was always someone else in the group who seemed to be dealing with the same thing, so I was able to process it after all. It was great to learn from others experiences of Rapid Eye."*

*~An 8 session GRET attendee*

*"The Rapid Eye sessions were eye-opening and inspirational. The sessions have helped me release negative thoughts and ideas that have been with me for a very long time. The transformation that has taken place is astounding, and I am more at peace with myself and feel that my vibrational energy is more positive."*

*~Gerri C.*

**Continued on Page 6...**



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**We're on Facebook!**

Join today!

## Philosophy of Rapid Eye Technology

*The Rapid Eye Technology (RET) model is a holistic, spiritual healing technology that works to release pain on many levels of human experience.*

*Through positive affirmations, Skills for Life, and body learning we create new belief systems, which then take the place of the trapped traumas that are released. RET encourages people to embrace the active awareness that they are self-empowered, fully functional, loving and caring individuals who are connected to and exhibiting their highest potential.*

*Trapped trauma residues, distorted belief patterns and unwanted emotions are the obstacles that prevent us from experiencing this great intelligence—this magnificent light. You have the power within you to transform and create the life you want, once you are aware of it.*

*Rapid Eye Technology is a tool that facilitates the lifting and clearing of old programming that keeps you blocked from this awareness, and helps you create new patterns supportive of the NEW YOU you wish to create.*

## A Call to Action for All Rapid Eye Technicians, Cont'd...

All Master Rapid Eye Technicians are invited to be among the first to learn this new Group RET Template and incorporate it into their practices. Receive a Certificate and Continuing Ed Credits from the RET Institute once you have completed this class and learned the new Group RET Template.

Imagine making more money, spending less time and helping people afford Rapid Eye Sessions all at the same time! Learn more about this new template for Group RET by attending a FREE Tele-class in January 2012.

You MUST PRE-REGISTER for this FREE CLASS before January 8, 2012.

Call LaDawn, 435-773-7314 or Valerieann, 435-668-6941.

There will be a full, two day training for this New Group RET Template in Sunny St. George, Utah

March 2 & 3, 2012

10am-6pm

Price: \$350

Pre-register by January 31: \$297

Pre-register by February 26: \$327

Let's think bigger and expand what we have been doing. Work with large groups! You can make more money, spend less time and clients can more easily afford to get the help they need. Join us in covering the globe with people who Remember Who They Are!

"Did you really pay attention to what you just read?" (Read that last paragraph again!)

Help more people! Expand your RET skills! Grow your business!

We are committed to providing you with valuable tools to help you take your Rapid Eye Practice to a new level. We are including a BONUS section during the two day training, How to Market your Spiritual Gifts. I you will also receive a Manual for the new Group RET Template! The manual is only available to those who attend the training. You will love what you learn!

Register for the FREE Tele-class and two day training!



Valerieann  
Giovanni, MRET

LaDawn DeWitt,  
MRET

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