



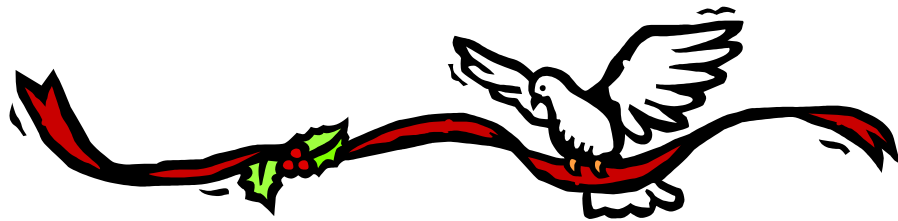
We are holding space for the new energy flowing onto this planet, and hope that life is being kind to all of you. As new earth approaches and we move into service to others of 4th dimension—you will be so glad that you have this tool *and skill to assist others from fear to love! Let's all continue* to take the RET Vision to the world. Have a glorious holiday season full of truth, light and love and know that the Rapid Eye Vision is an umbrella over your individual intentions and missions—you are loved friends!

Blessing and Good Cheer,

Ranae, Sharlene, Lynell and Lynette

From Lynell in WA.....

Please get prepared for the Advanced and Master Level



Trainings and RET Conference coming up in the beautiful Mountain Air Retreat Center in ID this May.

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The Value of Ritual in RET (and other powerful change techniques)

The American Heritage Dictionary defines ritual as “a detailed method or procedure faithfully or regularly followed.” We all have rituals, or set patterns, to take care of procedures we wish to have done faithfully regularly, such as tying our shoes or brushing our teeth. The more complex and potentially dangerous the procedure, the more important such procedure is ritualized to assure quality and safety.

Rituals are essential to being able to use some of the most powerful RET techniques in a responsible and controlled manner. The more powerful and potent the change technique (i.e., RET), the more important safeguards become. In RET these safeguards are kept in place with ritual to assure quality and safety when using them.

Let’s explore some of the reasons we RET technicians strive to keep the RET “ritual” pure.

First and foremost, we need some sort of buffer that protects us from invoking a powerful change pattern accidentally. For example, launching a nuclear attack is a pretty complex procedure. You can’t fire a missile by pressing the wrong button accidentally. There is a ritual that is required. Same with RET. You don’t really want to do RET in an irresponsible – and perhaps harmful – manner.

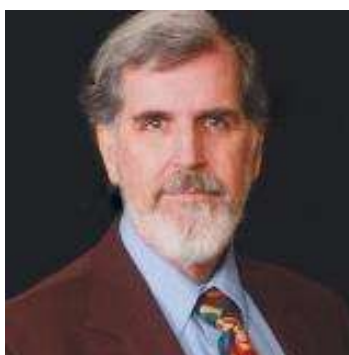
Rituals help you access the mind states you need to perform a particular task well. Think anchors. Over time a ritual is developed for discharge – whenever the RET eye directing device (wand) starts moving, an anchor of discharge is invoked. Keeping that wand movement ritual pure and accurate – the way it is taught – ensures that the proper anchor is fired

as desired. The more precise an anchor is developed, the more precise it must be to invoke it – and the deeper and quicker it will occur.

Rituals help you keep things sorted out and maintain clear contextual boundaries. The act of dressing in a uniform or business suit makes you switch from the I-am-home state to the I-am-at-work mind state. Many traditional cultures have a rite of passage that helps one draw a line between teenage years and adulthood. Familiar examples include confirmation in Catholicism and Bar Mitzvah in Judaism. The RET ritual tells the body/mind that we are in the I-change-now state.

The RET processes and techniques are best when assigned to ritual – keeping the RET process pure and standardized tends to build ritual – making it safer and more consistently successful. Safeguards are kept in place by doing the RET ritual as it is instructed. RET technicians are encouraged to return to their instructional DVDs and review occasionally to keep the processes and techniques pure – as well as to attend a RET Certification occasionally to renew and review. RET Certifications are wonderful for renewing because where there are many gathered in a ritual, that ritual takes on a much more powerful meaning to the psyche.

Technicians are also encouraged to add to their RET ritual; and as they do, they might find value in remembering how valuable and important ritual is to client safety and success.



Joseph Bennette, MRET

Author, Consultant

Powerstates.com

Healing Arts – A Gift from God by Tamara Laing, MRET

Finally! Energy healing therapies explained from a Christ-centered context. A brand new book, *Healing Arts – A Gift from God* (LDS Insight on the Light of Christ and Energy Medicine), fills a need on a timely subject. It outlines why numerous Christians irrevocably believe in “Chi” life force energy and healing therapies that clear and balance this subtle energy. The book does so with 82 beautifully illustrated, full-color pages packed with quotes from cutting-edge physics and scholars, as well as comparable quotes from scriptures and modern religious leaders. Scientists, scholars and spiritual leaders reveal underlying principles of integrative healing!

Stan Gardner, M.D. states, “Tamara Laing has introduced major groundbreaking insights into the whole field of energy medicine. . . . [She] has been able to bring together the philosophies of religion and the philosophies of science, recognizing that the reality is often simply a difference in terminology and not concept. . . . Enjoy the inspiration in these pages. This is a treasure trove of healing.”

The book begins with personal stories of a mother’s search to help her ill daughter experiencing bipolar. She is led by spirit to Rapid Eye Technology and the premises of energy healing. Initially, she has questions: Where does “Chi” life force energy come from? Are chakras in the Bible? And distance healing and inheriting generational issues? This mother

began researching with the zeal of an investigative reporter.

Promptings and synchronicity lead her to compare the latest discoveries in physics and unfamiliar quotes by prophets. She’s surprised to find religious references to what life-force energy is equated to in scripture. One learns religious language for universal connectedness and an understanding of scripture on a deeper level to become an enlightened health consumer.

Mother and daughter learn firsthand of the healing power of higher consciousness exhibited by emotion and spoken words of love, forgiveness, gratitude and praise in all things.

Puzzling questions are answered regarding auras, the Light of Christ, Zero point energy, vibrating intelligence, storing emotions, “chasing darkness,” crystals, oils and more. Reading this book is bound to dispel myths, heal relationships and enable confidence in using “the new medicine.” This valuable reference manual is for anyone who wonders how energy healing principles fit with LDS and Christian beliefs. The book contains all, and nearly 300 more, quote illustrations than the DVD the author previously produced (which sold out).

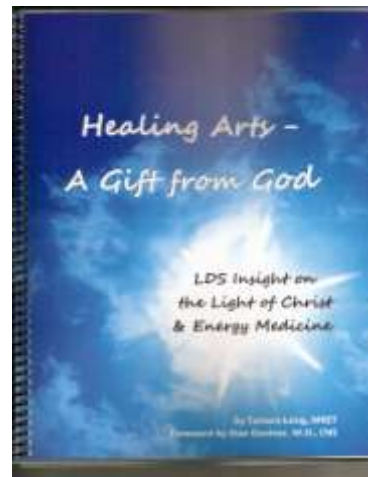
This book will be greatly appreciated by facilitators of energy healing and the spiritually gifted, as well as those who may not yet understand them. Readers

are amazed at the number of misconceptions a single book can dissolve. One reader wrote the author saying,

“Your mission may be to save the energy workers from the challenges of the uninformed.”

Healing Arts – A Gift from God by Tamara Laing, MRET is available online at tamarasbook.blogspot.com.

Inquiries regarding wholesale purchase of a case of 10 books may be sent to Tamara at lightreader@xmission.com



Use HALT to Communicate Feelings

During the holiday schedules remember to stay centered and check in with yourself when you’re feeling off.

HALT is an acronym for:

H—Hungry, A—Angry, Anxious, L—Lonely, T—Tired

First, recognize that something is not right with the way you are feeling. Then ask yourself what you are feeling. Next, let those around you know what you’re feeling and what you need to feel more like yourself. Use the IRT (Immediate Release Technique) to release stress and tension.

<http://rapideyetechnology.com/selfcare.htm>



Rapid Eye Institute Bulletin Board



In 2009 I was in a serious car accident where I and my husband were hit by a truck while we were going to a company Christmas party. In that moment my life changed. I could no longer perform the tasks that I **once could. It was difficult to remember my children's names, routine, people I once loved** - the accident had wiped my past out of my memory. I was a blank slate, and I was scared. I had lost what I thought was my identity and everything about how I saw the world was forever changed. I was terrified to socialize outside the home because I feared being approached by someone who knew me before, but I could not reciprocate a greeting because I no longer remembered most of the people I was supposed to know. I could not remember to put my kids on the bus, and would miss appointments frequently. I lost everything I knew to be true about who I was.

Through all of the trauma and embarrassment I began to heal physically from the accident that had taken my memories with it. I discovered a life coach academy, which I attended. The facilitator of the training was a Rapid Eye Practitioner who gave us amazing testimonials of the effectiveness of Rapid Eye Technology on her clients. **Within eight months' time I was beginning training for the modality not knowing exactly** how I was going to succeed at something so amazing. When I received my first Rapid Eye Session I was amazed at the effects. Not only did I have a healing mentally and emotionally but spiritually. I felt more like me and the other effects took only minutes to notice. I began to cry hysterically when I grasped what was happening to me. My memories - all my memories - started coming to me in visions like a great big movie screen. I remembered the good, the bad, and then with new skills for living remembered the divine lesson in this horrible accident I had experienced - from a whole new perspective.

Deana Daley, RET

Keep the energy flowing! Now is the time to renew your RET Certificate.

This can be done online at www.rapideyetechnology.com, by mail or call into the Rapid Eye Institute.
(503) 399-1181

If you'd like the Newsletter emailed to you, go to the RET website and sign up!

We can make that happen!

<http://rapideyetechnology.com/newsletter.htm>



Course Title: IRT Emergency Worker Crisis Response Tool/Compassion Fatigue Prevention

Credit Hours: 12 Continuing Education Units (CEU)

Prerequisites: Prior training in handling patient abreaction (i.e. EMT, police, psychologist, nurse, MD, hypnotherapist, RET Technicians, etc)

Class Locations/Dates: Please contact us or check our calendar of events.

Click Here to Learn More: <http://rapideyetechnology.com/1stresponders>

Rapid Eye Builds Respect

This morning I read an interesting sideline about the aftermath of “Sandy” on the East Coast. There has been a remarkable, albeit unexpected, result from the storm that could become something wonderful for all of us. Because the power was out, people gathered in candle-lit rooms to do something unique to many of them. In these cozy rooms many came together and talked, played cards or board games – laughing and listening to what each other said and sharing stories. What has caused this phenomenon? There were no interruptions from the usual electronic devices.



Why do we so crave this connection? Because in every opportunity we get to talk essence (soul) to essence - we feel listened to, connected with, and most of all respected. The light that we are gets to communicate with the light that you are. This is our most amazing gift and yet it does not come for free. Personal growth and comfort cannot co-exist. Personal growth is something that requires our attention and intention on a daily basis. Why then in this modern world do so many opt out of the choice to connect with who they really are in favor of distractions like phones, TV, computers, texting and the like? What will this do for our future evolution?

When we receive a gift of this connection, do we remain aware enough to acknowledge it in the moment or do we dismiss it because we are so busy? If it is your birthday and someone gives you a present wrapped in a beautiful bow and colorful paper, we KNOW to say ‘Thank you’. Is it any different in a conversation? If someone gives us a compliment, acknowledgement, recognition or just a feeling of connection, imagine them wrapped in bright paper and a beautiful bow (because they are) and find a way to respect what they bring to the table. Often a “Thank You” is the most respectful gift we can give. It tells the other soul “Namaste”. Most of all it gives us a chance to feel our own true essence of unconditional love in that moment and BE the light in the world.

Knowing this, how do we become responsible and accountable for what we put out onto the web of life? Why do we put some energy out and get an entirely different response than we first imagined? What makes us unwittingly hurt someone? The brief answer is awareness and the deep answer is awareness. We are one. When we have patterns running in an unconscious mode, it takes us from the present moment and catapults us into the future or past. We speak and act unconsciously, disrespectfully and the fallout can be overwhelming. Then we beat ourselves up and our energy sinks even lower. With **Rapid Eye Technology** we can access these negative patterns that are running (and no longer working in our lives), release them and create a new pattern of connection and support.

Rapid Eye Technology allows permanent change in our lives and the lives of our clients. I have been blessed to experience this first hand. Since the mid 90’s **Rapid Eye Technology** has been my only source of income...I just couldn’t imagine doing anything else once I found my passion. I have the joy of giving and receiving with every session and respectfully communicating essence to essence with so many.



Claudia Bianca, MRET
Rapid Eye Trainer
575 751 4551

Claudia Bianca, **MRET** is a **RET** Trainer sharing twenty one years of private practice with **Rapid Eye Technology**. She is located in Taos, New Mexico and has been seeing clients in Summit County for ten years. She offers Immersions of RET, workshops and classes for RETechs in beautiful Taos New Mexico.

Email questions to seeublink@aol.com or visit www.claudiabianca.com





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We're on Facebook!

Join today!


Merry Christmas



detoxifies & releases toxins
releases tension
relaxes the mind & body
relieves emotional tension
relieves pain
massages your organs
increases muscle
improves posture
increases digestion &
assimilation of food
improves nervous system
strengthens the lungs
helps lower blood pressure


**JUST STOP
AND
BREATHE**

Health Benefits of Mindful Breathing



boosts energy levels
improves stamina
improves cellular regeneration
elevates moods
improves quality of the blood
strengthens immune system
strengthens the heart
assists in weight control

facebook.com/OasisAdvancedWellness



Stress Relief Breathing Technique

Sit comfortably in an upright position - both feet flat on floor.

Place one hand on chest & the other on abdomen. (When you take a deep breath in, the hand on the abdomen should rise higher than the one on the chest. This insures that the diaphragm is pulling air into the lung base.

After exhaling through the mouth, take a slow, deep breath in through nose & hold for a 5-count. Slowly exhale through your mouth for another count of 5.

As all the air is released with relaxation, gently contract your abdominal muscles to completely evacuate the remaining air from the lungs.

Repeat this exercise 5-10 times in a slow & steady rhythm. After more practice, try to increase your repetitions. Pay close attention to sensation of your breathing as you inhale & exhale. Allow yourself to relax deeper with each breath while you focus only on your breath.