



Happy Holidays!



“Your heart, the sanctuary of Heaven and Earth, is the home of your true self. As you rekindle your heart, the wonder and majesty of life returns. Your spirit arises from a dark cloud of amnesia, and you soar once again into the boundless expanses of your imagination. Your body awakens from the anesthesia of the past, transforming numbness into streams of pleasure. The voices of your senses become crystal clear, guiding you to further joy.”

May your heart be filled with happiness, contentment and good cheer as you celebrate with loved ones this most blessed time of year.

Today and always, may the joy and peace be with you.

Love,

The Rapid Eye Staff

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The Rapid Eye Institute



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Creating Your RET Business ~ Who are “light workers”?

On the soul level, a light worker, or a positive soul, is a soul that is evolving toward Light Source. It’s a slightly misleading term because it implies it’s about “work” whereas the truth is it’s about being, the way you are. If you are receiving the vital life energy from Light Source, if your fundamental driving force is love, you are a light worker no matter what you are doing. (Negative souls, by contract, have refused to evolve toward Light Source and take vital life energy from people around them. It’s a sad fact that, at this point of our evolution, such negative souls exist and we need to be mindful not to get sucked up by them.)

So there are no specific “light worker” professions. You may be aspiring to do things like healing, environmental work, teaching, coaching, art of various kinds, and other works that are typically associated with light workers. If someone can start a business without spirituality, you surely can with spirituality.

You may be wondering if spirituality and entrepreneurship are compatible. There is a myth about business and making money, which you have to do dirty un-spiritual things to succeed in this world. You may have been told that it’s a dog-eat-dog world out there, and you have to lie, trick, manipulate, push, and so on to be successful.

Be assured – nothing can be further from the truth. Such dark approach may bring temporary success, but if you want sustainable long-term success, you need to be in the light. Whatever your business may be, you are ultimately serving people, so gaining and living up to their trust and love is essential to your ongoing business success.

Considering the challenges of starting a business, we wonder how anyone can do it without spirituality. If someone can start a business without spirituality, you surely can with spirituality. As a light worker, you are at an advantage, not a disadvantage.



EVENT	DATE	LOCATION	TRAINER/INFO
RET Skills for Life Class Open to Community/ No Charge	Jan. 2, 2014 7:00-9:00 pm	Salem, OR Rapid Eye Institute	Melanie Gentzkow Lynell Beckstrom
The Synergy of Energy Class 2nd Thursday of every month Open to Community/ No Charge	Jan. 9, 2014 6:30-9:00 pm	Salem, OR Rapid Eye Institute	Lynell Beckstrom 801-856-1631 Call or text
Empower Your Client’s for Success-Assist clients to break their negative patterns w/ self-care	Jan. 10, 2014 Limit 8 \$150 Materials Included	Price, UT 451 So. Carbon Ave Price, UT 84051	Julie Johnson 435-637-9555
Reiki Level 1 & 2	Jan. 18, 2014	Salt Lake City, UT	Marnae Hobson 801-718-5051 Canha Tedjamulia 801-318-8244
RET Info Night/Marketing Family Matrix	Jan. 22-29, 2014	Huntsville, AL	Lynell Beckstrom 801-856-1631
RET Skills for Life Class Open to Community/ No Charge	Feb. 7, 2014	Salem, OR Rapid Eye Institute	Melanie Gentzkow Lynell Beckstrom
Empower Your Client’s	Feb. 7, 2014 Limit 8 \$150	451 So. Carbon Ave Price, UT 84051	Julie Johnson 435-637-9555

JOIN THE RET VISION...

RET is a course completed in four phases. In **Phase One** you are taught Immediate Release Techniques and tools that are a stand-alone release process, an Emergency process, and a Self-Care process. You receive an IRT practitioner certificate when The Institute receives your returned correctly completed assignment book.

In **Phase Two** you are educated in the cognitive re-patterning (Skills for Life) and how to facilitate these skills with clients and in the community. You receive a teaching certificate to facilitate Skills for Life classes when The Institute receives your returned correctly completed assignment book.

Phase Three certifies you as a Life Coach and gives skills to coach clients and do phone sessions. You receive a Certified Coaching certificate when The Institute receives your returned correctly completed assignment book.

Phase Four is Rapid Eye Technology hands-on training and certification. This includes four and a half days of demonstration and performing sessions with other students while being coached by staff. You also receive sessions in this phase. After Certification there is an internship required that include evaluation and SUDS forms turned into The Institute before receiving your Rapid Eye Technician certificate.

You will be assigned a student number and an advisor to work with you throughout all your course work and internship. Each course builds upon the next until you are a fully certified Rapid Eye Technician. After you become a certified Rapid Eye Technician, and want to perfect your tool and craft; The Advanced Training comes next to be followed by The Master Level course. After you are a Master Level Technician and have been in practice for two years, you may apply for the Train-the-Trainer course offered by The Rapid Eye Institute. Each application must be approved by Dept. of Education before one may attend the Train-the-Trainer Course.

In Advanced Training you learn about doing RET with personality types, organs and diseases, becoming more skilled with your eye-directing device, as well as preparing you for the Master Level course.

The Master Level is all about mastering your eye-directing device techniques and processes to a level of understanding and expertise. This course mixes and matches tools/skills and gives you more confidence. Technicians learn about self-employment and marketing.

The Rapid Eye Institute offers leadership and facilitating skills in the Train-the-Trainer program. This allows you to do the hands-on training in Phase Four and certify New Technicians, under the licensing and direction of The Rapid Eye Institute.

In conclusion, you are an independent business owner doing your own business after graduating from this licensed Certified Career School. You are required by the Dept. of Education to do continuing education each year. You will have a professional fee to pay each year of \$75. These two things renew your certificate.

You are supported by the Institute in many ways. You may call and talk to the Founder, Ranae Johnson—or one of the Master Trainers (Lynell Beckstrom and/or Sharlene Young) for any questions with clients or the certifying process. The website has a store that you can purchase any needed business supplies, such as eye-directing devices, CD's, light and sound machines, etc. You will be listed on a world-wide directory on the RET website, this directory has a "Find a Technician in your Area" so clients can find you. You can use the website and logo as your own if desired. There are approved brochures, and business cards on line you can get ideas from. There is a discussion group on line that you can communicate and network with other Technicians. There is also a forum where you may go to get the latest research and articles. There is a bi-monthly RET newsletter. There are no-charge bonuses on the website such as the Client Skills for Life Workbook. The Rapid Eye Institute offers many continuing education classes and allows you to come through hands-on training as many times as you need for minimal fees. As soon as you feel confident, staffing trainings is encouraged as you learn well what you help teach. There is a minimal fee for staffing. Please refer to your course catalog for more information.

It was 6 a.m. There were streaks of pink and berry purple in the sky. The birds were speaking their peace and the dew was just cold enough to keep me from walking barefoot. It was good to be back at the Institute! It had been over four years since I last attended a training at the place where my career began 15 years ago.

I learned even more during the September 2013 certification than I expected. When certified techs attend a training we call it Staffing. There were, I believe, 10 of us staffing this training. The idea is to support the new technicians and the instructors. Looking back on those four days I realize so much more is happening on the inner dimensions.

As practitioners, the more sessions we give the more Angels attend us. We build a momentum of Divine Force that controls the direction and outcome of our sessions. Many of us who staff bring a great Force of Light with us to these trainings (even if we don't realize it). The Angels are delighted to initiate new technicians and they flood us with Light. Rapid Eye allows this Light to reach the physical plane and assist us in powerful ways. We actually help the

Angels do their work! I verbally call them into the sessions. I do this after the client has set intention so that I can be specific about what I am asking them to orchestrate. Doing this on a consistent basis has resulted in astounding speed and depth of healing.

There are specific frequencies that heal – we call those frequencies Light. Light enters our systems through the spiritual body. For this Force to reach our physical bodies to heal and manifest change in the 3D world it must come through our mental and emotional bodies first. Both these levels are filled with energy that vibrates at a very low, dense rate. That's the human condition. When Light hits these lower frequencies it fragments, thus preventing the power necessary to create change on the physical plane.

In Rapid Eye we simply refer to this process as 'clearing our blocks'. I volunteered to be the demo client for one of Lynette's training sessions. We retrieved my 13 year old who had been hanging out on the timeline all by herself feeling bored, controlled, stuck and unable to actualize her potential. It was a pivotal ses-

son for me and my life will never be the same. Thank God!

Inner child work allows us to raise the level of frequency in our mental and emotional bodies so that more Light can reach the physical plane. When more Light reaches the physical plane – when we become more WHOLE - things work out in amazing ways and we call them miracles. We set intentions, say prayers and work hard to achieve our goals and fulfill our hearts desires. But often not much actualizes for us. When we clear the blocks that keep the Light from reaching us we open the floodgates. All that energy we've built up with our prayers and intentions pours through and change happens; manifestation seems instant and the flow of life becomes naturally comfortable.

Please give RET sessions, often and with Love. The Angels want our help and the world needs it. Please come to trainings – your life will change.



Do Less Be More By Colette Carlson

Number one way to lower your stress? Crazy as it sounds, do less! Or, less perfectly. For those of you rolling your eyes, here's the truth: If you choose otherwise, don't be surprised to find yourself sick, exhausted and ornery through this joyous celebration.

What do I mean by do less? I went to a holiday party, and the homemade stuffed mushrooms someone brought were devoured and enjoyed, but then again, so was the Costco shrimp platter. Find the shortcuts and embrace them. It doesn't mean you're somehow less than. It means you're more savvy, and gives others permission to do the same.

Holiday festivities are supposed to be fun. If you know you'll leave happier, show up. If you're dreading it, don't accept the invitation. Simply say, "No, I won't be able to attend the (fill in the blank), but I'm sure you'll have a wonderful time." If pushed, you can respond, "The timing doesn't work this year." It's okay to be missed.

Rather than put up a Christmas tree, hang a beautiful wreath or create a mantle display. Skip the greeting cards and send a photo card from next year's vacation if you must. Just remember, no one's life resembles the commercials and magazine spreads that portray the holidays as one warm, glowing experience. Life and love are messy. It is that messiness that provides perspective and allows us to appreciate the incredible beauty that surrounds us.

Give yourself the gift of doing less or doing things less perfectly. Seek connection, not perfection to discover the true joy of the season.



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We're on Facebook!

Join today!

“The greatest gift you can give to somebody is your own personal development.”

I used to say, “if you will take care of me, I will take care of you.”

Now I say, “I will take care of me for you, if you will take care of you for me.”

~John Rohn



Water plays a key role in supporting health, during weight loss and on in to maintenance! This is a habit we want to keep FOREVER! It helps remove toxins and other unhealthy substances stored in your fat cells. Being well-hydrated helps all your organs and systems function properly. In fact, every function in your body takes place in water!!

Benefits of water:

- Maintain proper muscle tone
- Prevent sagging skin
- Relieve constipation
- Improves endocrine (hormone) function
- Increases metabolic function
- Decreases appetite
- Increases fat used for energy
- Liver function improves
- Decreases fluid retention
- Increases natural thirst

Signs of dehydration:

- Excessive thirst
- Fatigue
- Headache
- Dry mouth
- Little or no urination
- Muscle weakness
- Dizziness
- Lightheadedness

Have you ever experienced some of the above symptoms and thought that you needed to eat? I have!

- ◇ Guzzling 30 ounces right when you wake up. At first it might be hard, but your body will get used to it.
- ◇ Then throughout the day spread out your consumption. Try to pick three or four times a day when you can have a big glass of water, and then sip in between.
- ◇ Don't let yourself get thirsty. If you feel thirsty, you are already becoming dehydrated. Drink when you're not thirsty yet.
- ◇ It's probably a good idea to stop drinking water a few hours before you go to bed. YOU KNOW WHY!

Water plays a key role in Rapid Eye Sessions. Its moves toxins and assists in clearing old stuck energy from the past. Encourage your Clients to drink lots of water each day!

Career School License #1792 issued by the Oregon Department of Education to the Rapid Eye Institute.

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