

Rapid Eye Institute Newsletter

R A P I D E Y E T E C H N O L O G Y
A N A T U R A L , S A F E W A Y T O R E L E A S E
S T R E S S A N D T R A U M A

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Editor: Christina Jenks

* To submit articles, please send in by the 10th of the prior month. It may or may not be used. We reserve the right to edit articles. - Thanks.

RET “PAY AS YOU GO” PROGRAM

Rapid Eye Technology is now offering a “Pay as You Go” distance learning program that consists of 4 phases to become a certified RET Technician.

Each phase focuses on specific RET skills and tools, that on completion of the course, gives you a certificate. The certificate entitles you to utilize that skill and tool with paying clients.

Phase 1 Course is detailed learning of the RET Immediate Release Technique, Emergency Process, and Self Care. Course includes cognitive concepts, study skills, and hands on practice.

Immediate Release Technique (IRT) is a stress relief tool designed for processing sessions. Emergency Process is designed for a quick release

in an emergency situation. Self Care is an IRT process to manage energy.



The objective of this course is to explain the foundation and general overview of Rapid Eye Technology. You will learn and practice some basic stress release tools and techniques. A certificate of completion will be issued, authorizing you as an IRT Practitioner to practice the tools and skills of this course.

Course Cost:\$900

Phase 2 Course is comprehensive knowledge of the RET Skills for Life and how to facilitate these skills. These skills offer

new learning and education for cognitive reprogramming of unwanted patterns.

The objective of this course is to assist participants to identify nonproductive beliefs and become aware of the power they have within to learn and implement new Skills for Life to create functional new patterns. The course format allows participants to become involved rather than being passive listeners or observers. A certificate of completion will be issued, authorizing you as a Skills for Life Facilitator to practice and teach the tools and skills of this course.

Course Cost:\$900

Phase 3 Course is designed to become skilled at identifying core beliefs,

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INSIGHTS FROM RANAE

Moving Up in Consciousness

There are different definitions and awareness of consciousness. As I come here, learn, and grow, I go through levels of conscious activities.

1st level - I create an image from my experiences, such as a rainbow.

2nd level - I can create doing something with the rainbow. I can even imagine a double rainbow and a pot of gold. This choice is another level of consciousness.

3rd level - Now I can add action of painting the double rainbow. I might research the rainbow and add appreciation for the beauty. I think later I'll tell a story about a rainbow.

Now I have created a past, present, and future for my experience, as I move up another level, I do all of these activities and call it the present moment only.

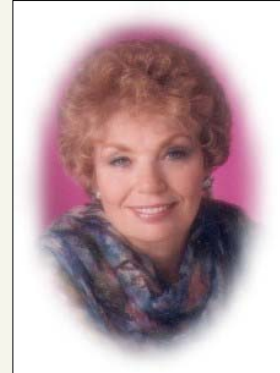
*We don't
see things
as they are,
we see them
as we are.
-Anais Nin*

From this level, all that exists is the now.

Moving up another level, time disappears and I understand all is happening simultaneously. Truth is relative to the point of view from which it is perceived. My perception of truth comes from my experience, training, and beliefs.

It gives me a sense of gratitude and compassion as I understand that everyone, from their point of view is seeing their truth from their assumptions.

Assumptions become beliefs. Lifetimes of drama, playing through excerpts from the life of me. I write the script, I am the star, I am the illusion, I am the stage and the audience. Life is dancing with the rhythm of consciousness. I am that I am.



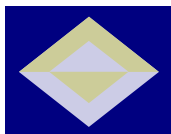
**Ranae Johnson, founder of
Rapid Eye Technology and
owner of the Rapid Eye
Institute**

DID YOU KNOW . . .

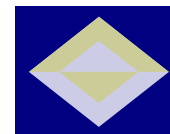
- Massaging stimulates both the lymphatic system to flush away toxins and the immune system to carry cells to fight bacteria.
- What you are thinking in the present moment is creating your future.
- Life can only change when the past is healed & reframed.
- Making a choice for your highest good and sticking to it is a step towards spirituality.



**Change your think-
ing, change your
future!**



OCTOBER SPECIALS



The Voyager Mind's Eye Light & Sound Machine

Regular Price \$364

Sale Price \$295 + s/h

You Save \$69

The Voyager Mind's Eye Machine is a powerful tool for personal growth, expanded mental awareness, and managing stress. It has programs for restless sleep and to energize when experiencing lack of energy. This machine synchronizes the right and left hemisphere of the brain, connecting and accessing creativity and improved learning. It's preset with 50 different programs and is programmable. It gives you a full light spectrum and tones in every cell of your body.

Great tool to utilize with Rapid Eye/Chakra Session CD's for processing energy, promoting relaxation and creativity.

To purchase, go to www.rapideyetechnology.com or call 503-399-1181

CHAKRAS REACTIVATED



Paraliminal Chakra CD's

By Sharlene Young

Healing DNA Patterns CD Ages 21-28 Chakras 1 & 8

Transform Your Spiritual Purpose CD Ages 28-35 Chakras 2 & 9

Connection of Your Life's Purposes CD Ages 35-42 Chakras 3 & 10

Transforming External Energy into Love Energy CD Ages 42-49 Chakras 4 & 11

Healing Patterns & Speaking Your Spiritual Truth CD Ages 49-56 Chakras 5 & 12

Unconditional Love, Self Worth, & How Your Needs Are Met CD Ages 56-63 Chakras 1 & 6

Freeing Your Creativity, Feelings, & Divine Identity CD Ages 63-70 Chakras 2 & 7

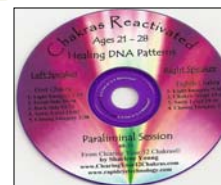
Family Patterns & How We Make Decisions CD Ages 70-77 Chakras 1 & 3

Trust of Self, Feelings, & Creativity CD Ages 77-85 Chakras 2 & 4

To purchase, go to www.rapideyetechnology.com or call 503-399-1181

Paraliminal Chakra CD's consist of two chakra sessions, one is heard out of the right speaker, and one is heard out of the left. This creates separate messages coming into each ear, it is beyond the conscious mind's ability to process both messages simultaneously for more than a few moments. Multi-level communication to different hemispheres of the brain is experienced as a result. Each time the listener experiences the paraliminal CD, the conscious mind/body system processes it differently. This assists with processing imprinted beliefs, feelings, and patterns so that you can create what you'd rather experience.

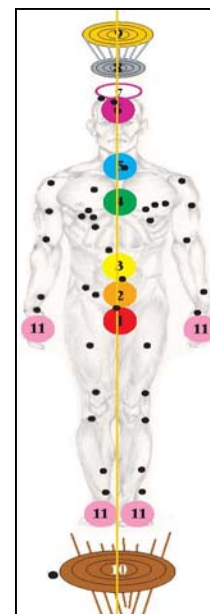
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Regular Price:
\$47.50

Sale Price: \$30 + s/h

You Save: \$17.50



B R E A T H I N T O Y O U R B L I S S

Relaxation is beneficial for mind and body and spirit. This process will not only relax you physically, it usually brings about a profound feeling of inner peace. If you hang out in this relaxed state, it will take you into a powerful connected state where you will enjoy more fulfilling prayer or meditation or creativity as you contemplate any aspect of your life to discover new insights. It is a great way to go to sleep at night.



Article submitted by:
Gayle North
Positive Change Coach

A Brief Stress Management Technique

Abdominal Breathing: Exhale completely and begin taking a deep breath by first filling your stomach so it balloons out, which will fill the lower part of your lungs. Then continue the deep breath by filling your chest with air—raising your chest. As you breathe in, focus on relaxing your shoulders and neck muscles and keep them relaxed during the whole process. Then simply let the air out of your lungs at its own rate.

*The infinite
stream to eternity
lays in the
understanding of
the whirling
ascent to
perfection.*

Say "Ree-Laax": Next, as you breathe in, say silently to yourself, "Reeee...", and as you breathe out say "Laaaax..." It seems to be more effective if the last syllable is extended and pronounced in a lower and softer tone of voice than the first.

Your Inner Smile: Now begin to feel a smile in your chest. Feel this smile as you continue breathing and relaxing. Continue feeling the smile throughout the next steps.

Positive Picture and/or Message: As you begin to experience the inward smile, form a positive image in your mind. Visualize or feel yourself in a beautiful and relaxing setting. Or visualize things turning out positively or r see and feel yourself as you would like to be.

Give Yourself A Positive Suggestion: Now give yourself an affirmation such as "Good things are coming my way." or "I deserve to feel calm and happy", or "I deserve to be healthy and slim (or free of tobacco, or _____.)" or write your own statement.

Many clients have told me that "Take a Breather" helps them to manage their stressful days and several have told me that they do it at bedtime to fall asleep smiling inside feeling soothed by the beautiful natural setting in their mind. It clears the energy system of static from the day and fosters a peaceful and very restful night's sleep.

At first this exercise is kind of like patting your head and rubbing your stomach. You are doing several things at once. Even so, you will experience a new level of relaxation from the first try. Although you will notice immediate benefits from this technique, its real value lies in repeated and consistent practice. It can be a lifelong tool for managing stress and for increasing joy and self awareness.

With the consistent practice of this simple little exercise comes poise, increased peace of mind, and calmness of thought which will bring you happiness.

CHAKRAS REACTIVATED

(Continued from page 3)

Chakra Development

A chakra is an energy center within the physical body and extends through our energy fields. Each chakra has its own purpose or viewpoint where our experiences and age developments are recorded. How we perceive our current experience is filtered through the chakra center of our current age.

Chakra centers are developed individually, between birth and age 21. Between ages 21—106, our chakras are reactivated and we perceive our current experience through two energy centers at a time. Within our own mind/body system, we are processing our current event through a paraliminal effect.

Paraliminal Chakra CD's Simulate REM Sleep

Each night in REM sleep, the body chakra centers and auric levels are designed to process, record, and let go of what no longer serves your system. Rapid Eye Technology simulates REM sleep by a pattern of eye movements that the brain is familiar with. Paraliminal RET chakra CD sessions are scripted to duplicate this process as you listen to it at night during your own REM sleep, or on The Voyager Mind's Eye Machine. Each audio CD is designed to process according to the function of the energy center with positive reframes to create physical, emotional, mental, and spiritual well being.



FINISH EACH DAY

“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; Forget them as soon as you can. Tomorrow is a new day; Begin it well and serenely and with too high a spirit to be encumbered with your old nonsense”

-Ralph Waldo Emerson





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RET "PAY AS YOU GO" PROGRAM

(Continued from Page 1)

utilizing the pattern cycle, and coaching skills.

The objective of this course is to gain an understanding of the all the concepts, language and frame work for the full model of Rapid Eye Technology. This will include how each eye movement affects the brain and the body. Participants will learn through experiential in class work. A certificate of completion will be issued, authorizing you as an Skills for Life Coach to practice the tools and skills of this course. Course cost: \$900

Phase 4 Course consists of distant learning with onsite certification. This course contains the Technology (the eye movement simulating REM sleep) of Rapid Eye and practice sessions.

The objective of this course is to train individuals to become a Rapid Eye Technician. The course format allows participants through demonstration and experientials. Students will give and receive actual live supervised practice sessions. A certificate of completion will be issued, authorizing you as a RET Technician to practice the tools and skills of this

course.

Course Cost: \$1800

The "Pay As You Go Program" allows you to have a skill and tool to use immediately with your clients as each phase is completed. These phases have given the RET Tech's marketable skills and concepts that have been very beneficial in building a successful RET business.

To register and for more information please contact Ranae Johnson, founder, at the Rapid Eye Institute.

503-399-1181