

Rapid Eye Institute Newsletter

Rapid Eye Technology

A natural, safe way to release stress and trauma

September 2008

Rapid Eye Retreat at Lava Hot Springs

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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.



The Rapid Eye Institute held it's annual retreat at Lava Hot Springs, ID and the event was a great success! Rapid Eye Technicians from all over the country arrived with their clients, families, and friends to join in on the fun and relaxation.

The intention of the retreat was to bring together RET Tech's in an environment of relaxation with time to connect with one another between key note speakers to build community and awareness of Rapid Eye Technology and the individual Technicians.

Ranae Johnson, founder of Rapid Eye Technology, spoke both days at the retreat about the upcoming exciting future of RET. Rapid Eye Technology is now offering on site classes in addition to long distance learning to become a certified RET Tech!

Keynote speaker, Dr. Trent Burrup brought wonderful, cognitive information about being a healer and lighter worker in a state of balance.



Lynette Butcher, RET Trainer, spoke to the Rapid Eye Tech's on how to be a spiritual coach. She gave a wealth of useful information on how the technicians can empower their clients.

Not only was Lynell Beckstrom, RET Trainer, a keynote speaker on cognitive repatterning and growth, she was the announcer, coordinator of the RET retreat, and presenter of

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Insights from Ranae



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

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Newsletter



Laughter

My life was very serious growing up, but I always loved to be around anyone that was funny. I was blessed with a sister-in-law that took everyday things and turned them into a comedy. I used to love to get her letters. I have been practicing seeing things with a sense of humor for years.

Pam bought Kelton 3 baby chicks, one died getting here and another one got malled by our puppy Dayz. That left one chick, who we named chicky, she lived in her cage until big enough to hold her own with the dogs and the Hawks. Joseph felt sorry for her being alone and began to sit with her for 1/2 hour each day. He became quite attached to this young pullet. He remarked several times that he wished we could find a companion for her so she wouldn't be lonely.

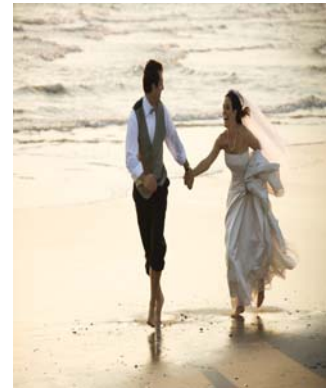
One morning we were awakened about 5 AM with a rooster crowing. A rather large rooster had adopted us. We asked the neighbors but no one had lost a rooster. The rooster being true to his nature began at once to chase the young pullet all over our six acres. Our chicky learned to fly up into the tree to escape her suitor. Not wanting to go into the chicken business, Joseph turned into this protective father. He viewed the rooster as some kind of pervert.

He enlisted our grandchildren and the office staff in a large rooster hunt. They had a long net and ran all over the yard after the rooster, to no avail. They managed to chase it down the block and thought that was the end of it. The rooster however, came home and woke us up the following morning at 5 AM. After about a week of trying to get rid of the rooster, Joseph began to admire how smart he was. He finally welcomed him into the family after he came up on the front porch and pecked on the door until we answered it.

Now I laugh as I look out the window and see both chickens following Joseph. They eat from his hand and keep the bugs out of the flower garden. Be careful of what you ask for, you may get it.

Did You Know...

- Feng shui is a system of arranging our surroundings so we can live in harmony with them.
- Harsh sounds cause chi (flow of energy) to become inharmonious and jarred. You can use wind chimes, bells, and the sounds of water fountains to sooth the chi.
- Green tea provides protection against some of the organic processes that increase your risk of cancer.
- Green tea helps to protect the DNA against damage, thus providing some protection for the critical genetic material in every human cell.
- Green tea is good for the heart, digestive system, preventing tooth decay, and weight loss.



Treat others as you would like to be treated.

The Three R's in "Relationship"

Relationships are a gift in life that reflects to us our very own selves. Our perception may be that our spouse, child, friend, or coworker needs to change in order for the relationship to stay strong or get better. However, the most powerful tool we have is to take ownership of ourselves and treat others as we would like to be treated.

If you're not spending time on your relationships, they will deteriorate. Your feelings of love will go from being excited, to exhausted, to expired. The same is true at work. If you stop building your team, it will start to disintegrate. If you take your customers and/or clients for granted, they'll begin to look elsewhere. You're either investing in your relationships or you're divesting those relationships.

Relationships work when we take the time to nurture. What do we do and what do we work on in order to have a successful relationship? The three R's to remember – **Rapport, Respect, Recognition.**

First, remind yourself that nothing is more important than your relationships so **acknowledge the awesome significance of relationships.** No career, amount of money, or possession is more important than who we surround ourselves with. If you had everything but relationships, you would soon question the value of life itself. Friendships are built when you and another person help each other. Focus on building a strong

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A candle loses nothing by lighting another candle.

-Erin Majors



Nothing is more important than your relationships.

The Three R's in "Relationship"

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Give without
expectation



partnership with your spouse and clients. It takes time to develop a good relationship and to create the spirit of friendship.

Second, **honor the other person**. Honor simply means to place a high value on the other person, to decide that he or she is very, very valuable. Dr. John Gottman at the University of Washington says, "No relationship skill works without honor." You've got to honor the people at home, and you've got to honor the people at work. And remember, honor is given to the other person, it is not earned. By focusing on all the things you admire about a person, the more powerful your honor will become.

Then give self-esteem to the other person. At the heart of every successful relationship and successful business is giving. Help the other person to feel better about himself. As John Powell says in his book, *The Secret of Staying in Love*: "The essential gift of love is a sense of personal worth. My love must empower you to love yourself. We should judge our success in loving not by those who admire us for our accomplishments, but by the number of those who attribute their wholeness to our loving them, by the number of those who have seen their beauty in our eyes, heard their goodness acknowledged in the warmth of our voices."

And give without expectation. If you give expecting something in return, most likely you'll feel disappointed. Give because you want to give not because you're expecting great things in return. Giving and receiving are the same.

Mother Theresa said, "Kind words can be short and easy to speak, but their echoes are truly endless." **Remember to speak words of kindness**. Our choice of words is very important. Words can not be taken back – what we focus on, we create. Good communication skills are backed with kindness and appreciation.

Simply stated, when you give to others, they often give you their friendship in return. Everyone has qualities that can be appreciated. When you are appreciative you overlook the unlikable or negative qualities in others and recognize the good things. Write it in your heart to build rapport, respect others and recognize the gift of relationships. We are all one love, one light.

Article written and submitted by:
Melanie Gentzkow, MRET

Sound Adds Speed To Visual Perception

The traditional view of individual brain areas involved in perception of different sensory stimuli i.e., one brain region involved in hearing and another involved in seeing has been thrown into doubt in recent years. A new study published in the online open access journal BMC Neuroscience, shows that, in monkeys, **the [brain] region involved in hearing can directly improve perception in the visual region**, without the involvement of other structures to integrate the senses.

Integration of sensory stimuli has traditionally been thought of as hierarchical, involving brain areas that receive signals from distinct areas of the brain layer known as the cortex that recognize different stimuli. But the **recent finding** of nerve cells projecting from the auditory cortex (associated with the perception of sound) directly into the visual cortex (associated with sight), **suggest that perception of one sense might affect that of another** without the involvement of higher brain areas.

"Auditory or visual auditory responses in the primary visual cortex are highly probable given the presence of direct projections from the primary auditory cortex", explain P. Barone and colleagues from the Centre for Brain and Cognition Research, Toulouse, France. "We looked for modulation of the neuronal visual responses in the primary visual cortex by auditory stimuli in an awake monkey." The researchers recorded the neuronal responses with microelectrodes inserted directly into the primary visual cortex of a rhesus macaque. The monkey was then required to orient its gaze towards a visual stimulus. The time taken for the neurons in the visual cortex to respond to the stimulus, or latency, was recorded. Barone and colleagues then measured the latency when the visual stimulus was accompanied by a sound emanating from the same spot. When the visual signal was strong i.e., high contrast the auditory stimulus did not affect latency; however, if the visual signal was weaker i.e., low contrast latency decreased by 5-10%, suggesting that in some way the **auditory stimulus speeds up the response to the visual stimulus**.

"Our findings show that single neurons from one primary sensory cortex can integrate information from another sensory modality", the researchers claim. They propose that the **auditory cue is processed more quickly than the visual stimulus**, and because the monkeys have learned to associate that sound and sight, the visual cortex is primed to perceive the weaker signal. "Our results argue against a strict hierarchical model of sensory integration in the brain and that **integration of multiple senses should be added to the list of functions of the primary visual cortex.**" *The RET Model utilizes auditory focus of verbal input to release negative emotions and perceptions. A visual eye directing device directs the eyes to look in patterns of movements that are designed to access auditory, visual, and other sensory modalities involving, memory, recreate, and feelings. These multiple integration of sensory modalities focused to release where the stress and trauma of experiences have been stored in the brain/mind body system may be why RET gets the results it does.*



Auditory stimulus speeds up the response to the visual stimulus.

New Research - Solid

reason why RET works better when the wand is moving and the voice is speaking rapidly.

-J.B.



RET utilizes auditory (verbal input) stimulus to release negative emotions and stress, along with a visual eye directing device

581 Lancaster Dr. SE #270
Salem, OR 97317

Phone: 503-399-1181
Fax: 503-373-3606
ret@rapideyetechnology.com



www.rapideyetechnology.com



Rapid Eye Retreat in Lava Hot Springs

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prizes handed out for answering questions, etc. Lynell did a phenomenal job in her efforts in all areas. People continue to learn new information every time she shares her knowledge. Thank you Lynell for a job well done!



Energy Psychology was the topic Sharlene Young, RET trainer, presented both as an experiential and cognitive information. She explained the energetic journey of the birth process, the developmental stages of experiences that are stored in the different parts of the mind/body systems, and the DNA patterns that affect your life.

The audience participation and responses were of new learning and conscious awareness of patterns to process in Rapid Eye. Those who attended reported having a relaxed, fun filled time full of informative information and experienced both new and renewed friendships.

Special thanks to Dan, Holly, and those who assisted with the delicious food, it was wonderful and always on time.

Thank you to all of those who attended and assisted, it wouldn't have been the same without your presence! See you next year at Lava Hot Springs - Light & Love from the RET Institute.