

Stay Connected to your Source



The Rapid Eye Institute is a support for your growing business in many ways! One of the most important ways is Continuing Education.

We provide Advanced RET. This workshop is the next step after getting your RET Certification. In this workshop you will prepare for the Master Level workshop as well as learn about and work with personality types, patterns, organs and dis-eases in the body along with receiving additional scripts.

You will gain a better understanding about working with defense sets and inner child stages. You will learn to mix and match tools to fit your client while following your session Manuals. This is a hands on workshop where you will give and receive 8 sessions.

Next, a Master Level workshop of learning about why it is so important to keep RET pure and how it still goes with other Modalities. We will be perfecting wand movements, as well as, gaining a deeper understanding of your tools and how best to use them. Learn how to get your business set up and going. Also learn the most effective way of marketing your business. This is a hands on workshop where you will give and receive 8 sessions along with receiving additional scripts.

Many other classes are listed on the Web. You can also come to any RET Certification and go through again as a new student or staff if you meet the requirements.

Many of our Techs were trained before we had the 4 phases of RET and wish to have the additional material to update their skills. Each phase may be purchased for the cost of the manuals. Contact Ranae at 503 399 1181 to find out more details. Also go to the web

www.rapideyetechnology.com

Click on Tech support to learn many more ways you are supported by the RET Institute.

We love and appreciate you and are very interested in your success!!

Ranae



Beautiful grounds at the Rapid Eye Institute.

WWW.RAPIDEYTECHNOLOGY.COM

The Rapid Eye Institute

Inside this issue:

Shock and Disease By Sharlene Young	2
Alchemist Training for Continuing Education	2
Core Value Conflict By Lori Anne Chance	3
Back from the Brink By Debra Gordy	4
RET and Good Eating By Ranae Johnson	5
Withholding Love Creates Physical Pain	7

Hugging is good medicine.

It transfers energy and gives the person hugged an emotional lift.

You need 4 hugs a day for survival, 8 for maintenance and 12 for growth.

Hugging is a form of communication because it can say things you don't have words for.

And the nicest thing about a hug is you usually can't give one without getting one.

Sudden Shock is linked to Disease ~ By Sharlene Young, MRET, trainer

Dr. Hamer found that every disease originates from and unexpected shock experience. He established that such a sudden shock affects not only the psyche, but impacts at the same time (visible on a brain scan) the part of the brain that corresponds biologically to the specific trauma. Whether the body responds to the unexpected event with a tumor growth (cancer), with tissue degeneration, or with functional loss, is determined by the exact type of conflict shock. So far, Dr. Hamer has been able to confirm these discoveries with over 40,00 case studies. Since healing can only occur after the conflict has been resolved, German New Medicine therapy focuses on identifying and resolving the original shock.

Dr. Hamer's research began in 1979 after the loss of his son. Shortly after his son's death, Dr. Hamer was diagnosed with testicular cancer. Since he had never been seriously ill, he assumed that the development of his cancer could be directly related to the traumatic event he had experienced. At the time Dr. Hamer was head internist of a cancer clinic at the University of Munich in Germany. There, he began to study his patients regarding the causes, development, and healing process of their cancer. What he discovered was revolutionary!

Dr. Hamer is the first to prove scientifically that cancer for example, is not – as previously thought- a senseless proliferation of deadly cancer cells rather part of a Significant Biological Special Program of Nature that has been successfully

practiced of millions of years of evolution. German New Medicine offers a new understanding of what we commonly call diseases. By understanding the five biological laws that Dr. Ham discovered, we liberate ourselves from the fear and panic that often come with the onset of and illness.

Since 1988, Dr. Hamer's findings have been tested and verified by many physicians and professorial associations through signed documents. (see website <http://germannewmedicine.ca/documents/welcome.htm/>)

At the core of each RET session, we are focusing and directing the client to go the cause, to what ever the stress or disease is, to resolve what happened, and the reframe to create what the would rather have.

Dr. Hamer's research is most exciting, as it documents physical proof of what thousands of RET Clients have experienced from their sessions. Elizabeth Olsen was diagnosed with colon cancer, when she underwent surgery, there was no cancer to be found! Her RET sessions focused on going to the exact cause, processing the trauma, resolving the conflict, and creating health, which she did. Many other have experienced similar results from their RET sessions.

From years of research with clients, utilizing Rapid Eye Technology, (RET Simulates RIM Sleep in an awake state), and the human energy systems, Sharlene Young, has developed healing and clearing techniques for specific

diseases and other conditions. This research is an on going healing series called

“Clearing Your 12 Chakra's with Rapid Eye Technology”, by Sharlene Young.

Healthy Cell Growth is one of the Chakra RET sessions that has been designed from this research. This session is designed to identify the very first time a sudden shock trauma experience was imprinted into the client's system, (that may of activated cellular memory of other traumatic experiences), creating the unhealthy or cancer cells. The process script utilizes medical terminology, emotion, beliefs, and patterns to release the creation conflict. Reframing and resolving the exact conflict that created the original pattern activates and creates a matrix shift in the DNA/RNA for a new blueprint of healthy cell growth for the body to now follow.

**For more information, call
503-399-1181 or go to
www.rapideyetechnology.com**



Alchemist Leadership Course by LLHeartway Seminars

*A course for anyone who is committed to learning and developing themselves as a leader: people whose responsibility is to create results in their role as managers, supervisors, entrepreneurs, and facilitators. Formatted into 4 days with a 2 month break starting November 1-4, 2012 and second part February 1-4, 2013 at the Rapid Eye Institute. Cost is \$1350 for seminar, payment options available. \$100 off for early registration. **Contact Melanie Gentzkow, sponsor, for more information at: melanieann333@hotmail.com***

What to Do When Your Core Values Conflict ~ By Lori Anne Chance

Conflict is never a welcome thing when it involves other people in our lives, but it can be insightful and constructive, too. It can help us see what are deepest, most core values really are. Like not realizing how much the truth matters to you until you've been lied to, conflict wakes us up to parts of ourselves we may not see otherwise. It's a learning opportunity to honor - not something to be shamefully avoided.

Each of us has multiple core values that shape our overall contentment and sense of fulfillment. In fact most of us can easily name ten or fifteen values we feel are very important. Chances are good that at least a couple of those core values will be at odds with each other - even within us.

You will probably notice this clash when it comes time to make an important life decision. Part of you may want one thing while the other wants the opposite. What can you do? There's a few ways you can resolve this conflict.

The Balancing Act

Everything in life is a balancing act. You have to make time for both rest and work, to care for other people as well as your Self. Your core values all contribute to your wellbeing in their own special way; without any one, your life would no longer be balanced.

Although each core value has its place,

not all are equal. Try to narrow down your list to just a handful of those you consider the most essential. Then reflect on the ways you are acting and speaking right now in order to uphold those values. You just may find that one value is receiving more time and attention than others and that you need to strike a better balance.

Do Our Values Change?

The only thing constant is change. Obviously your life changes as you grow and mature so shouldn't your core values change, too?

One way that most of us change is that we move out of our parents' home to start our own family. All of a sudden core values you once held dear, such as Independence or Serenity or Adventure, might need to take a back seat to other, more necessary types of traits. That doesn't mean your values themselves will change, only that your definition of those values needs to be modified.

For instance, when you have children, you will need to do a lot more planning in order to take that adventurous scuba trip -- but there's nothing wrong with that. You still have the ability to make a choice that honors all your core values without giving up something you truly want to do.

Ranking Order

It can be difficult to determine which of our core values are more vital to our wellbeing than others but it's a task you must undertake in order to achieve proper balance.

Try this exercise: write down all your personal core values and assign each one of them a number that corresponds to its importance. For instance, if you have Nature and Excitement listed as two of your values, think about which one has more of an impact on your life. If you simply can't stand the thought of living in a big city, than Nature is the core value that should rank higher.

Once you know how each of your core values rates, it becomes easier to make major decisions. Maybe you've received an employment offer in New York City that sounds like an exciting job with an excellent salary -- but knowing how important Nature is to you, it might become obvious that this is not the best choice. Sure this means that not all of your core values agree with this decision but that's okay. The higher ranking value wins this time but Excitement will get its day, too.

We will all experience core value conflict at some point in our lifetimes but that doesn't mean it must be a negative experience. Deal with the conflict by thoroughly reviewing the status of your values and you will find it easier to make decisions that are good for you.

Grounding to Your Complete Circuit of Energy CD

\$25 at the Rapid Eye Institute



Grounding to your complete circuit of energy CD is designed to disconnect you from your current pattern or energy that doesn't belong to your system. It is guided with positive release statements and affirmations in all 12 Chakra centers and auric levels. This includes education about how each center creates, communicates patterns, and how to create what you would rather experience there. All systems are electrical and need to be grounded to the earth.

Back from the Brink ~ Debra Brown Gordy, MS, MRET

Joan and Bob* came to see me on the verge of separation. They had been married for 23 years, and raised four children together. Joan had supported Bob as he built a successful business. They had good times in their marriage, and they also had many years of conflictual communication, unhealed hurts and misunderstandings that had resulted in a large wedge of anger and resentment growing between them.

Joan thought Bob worked too many long hours. Bob felt extreme pressure from six more years of looming college and other expenses and felt he couldn't let up. At the same time, he wanted to start enjoying the benefits from the long hours and years he had invested in his business.

Bob felt misunderstood and unappreciated, and started retreating into work, spending even more time at the office. Joan felt alone and taken advantage of. One thing led to another; Bob began flirting with a woman who worked for him, and was on the verge of starting an affair, while Joan started drinking more and began going to bed alone and angry. They had lost the joy, emotional closeness and excitement they felt together in their earlier years, and were essentially living separate lives, though still married. The space between them was so wide, at the beginning of their work with me, a truck could go through it!

Meanwhile the mutual hurt, anger, misunderstanding, resentment and conflict continued to escalate until Bob began spending a few nights per week at a local hotel. They contacted me the day after Bob had spent three nights in one week away from home.

With Rapid Eye Technology, and Flourish Coaching™ I helped them release the built-up hurt, anger and misunderstandings between them. They were guided and empowered to find and heal the hidden, inner blocks that were at the root of their mountain of resentment. As Bob and Joan continued to work with me, and their underlying strong negative emotions and hurts were healed, they were able to learn to communicate about their underlying tender feelings and express their feelings, needs and points of view in a way that brought understanding and a new ability to solve problems and find solutions that worked for both of them, included solutions for Bob's concerns about

finances and retirement, and Joan's desire for renewed emotional connection and intimacy. Healing the hidden, inner blocks of the deep inner hurts between them, paved the way for them to learn and actually use the communication skills they were learning with me. Being able to do both lay the groundwork for Bob and Joan's desire and commitment to keep moving forward, and more completely reconcile in their marriage.

As Joan and Bob continued to work with me in their personalized Rapid Eye Technology and Flourish Coaching™ program, the couple learned how they had gotten into the situation they were in, and how little actions every day were bringing them back together in their marriage. They learned how to quickly restore balance, peace and emotional closeness after a problem had come between them. They began to deepen their emotional connection, and restore their trust, love & sexual fulfillment through learning & applying the Seven Principles for Lasting Love™.

It wasn't always easy; a lot had to be worked through, released and healed. As they worked together with my help to heal and restore their marriage, the love that had worn thin between them, came to full bloom once again, and was doubly sweet because of the struggle they had experienced.

Joan and Bob celebrated their 24th anniversary toward the end of their personalized Creating Joy for Couples! program, by going on a Caribbean cruise – the first vacation they had taken together for over six years. They both came back glowing like newlyweds.

Together, their dream of a happy, emotionally-fulfilling marriage was reignited. Joan and Bob are living their happily ever after with more joy, fulfillment and emotional closeness than they could have imagined before they began their journey of healing their marriage, and they now have the personal and relationship self-care tools to keep love blooming between them throughout their lives.

**Names and identifying details have been changed to safeguard the confidentiality of these clients.*

The story of these clients' transformational journey in their marriage is true.



Debra Brown Gordy, MS, MRET is the founder of The Sophia Women Institute, LLC. For over 25 years, she has been empowering smart, successful and spiritual women with the secrets to healing their hidden blocks to love and happiness, achieving their dreams and fulfilling their destinies. You can get her FREE report, *THE Question that Will Heal and Transform Your Life and Marriage!* at www.TheSophiaWomensInstitute.com



RET and Eating Good ~ by Ranae Johnson

There's a new movement brewing -- eat locally. But what's the importance of eating food grown and produced locally? There are plenty of great reasons to eating local -- from conserving energy to supporting local economies. But the best benefit lies in developing a new, authentic, and richly rewarding relationship between your body and food.



Your body knows exactly what to eat and when to eat it. It's not based on rules, science, good foods or bad foods, a strict eating regimen, or any "right" diet. Instead, it's based on listening to the spontaneity and wisdom of what your body needs today, right now, for health, vitality, life, and a joyful experience.

Chances are, if you struggle with food cravings, weight issues, or even a full-fledged eating disorder, you do not trust yourself to listen to your body's true needs and wants. Instead, we're easily lured into the seductive promise of the temporary comfort of sugary foods, or heavy, overly processed foods. While those types of foods have their place, they are more like the spice of life than the foundation of life. Eating a diet loaded with sugary or processed food does not allow room for a vibrant connection with life.

Eating local foods is a great way to reconnect with food and explore your relationship to your own life. Listed below are the top six ways eating locally will provide an easy, rewarding experience to nourish your mind, body, and soul.

1. Eating Locally Gets You More Involved With Your Food

The more involved you are in the sensory experience of your food, the more connected you are to life. Eating locally means getting more involved with life as you touch, smell, and taste foods that are at their peak qualities of freshness, nutrition, and taste. When you are intimately connected with the experience of a visually appealing red apple, smelling its ripeness, anticipating its firm, cold crunchiness, and then taking that first juicy bite; you are no longer tied up in food rules or diets. Instead, you are in the moment, trusting your senses, alive, and living a moment of peace with food and your body. You stop being so afraid of food. Food is no longer the enemy. Instead, you begin to slow down, relish your food, and eat the foods your body and your senses want because you feel good doing so.

2. Cooking With Love

There's something extra special about cooking with really fresh, vibrant food. Even if you only cook several times a week, cooking with one or two ingredients that were grown locally adds a whole new spark of creative energy to your preparation. When you cook with a homegrown herb, or a local farmer's fresh tomatoes; you feel passionate, alive, and excited. That feeling translates into the food, which is then passed to anyone eating your food. Cooking with love expands and shares the love that you are.

3. Raise Your Eating Experience from Ordinary to Extraordinary

Want fresh produce, picked that morning? Your local farmers market is a fantastic resource for freshness and quality. Baskets and barrels overflow with colorful abundant, nutritious, and high quality food. Want something even fresher than that? Imagine taking your family blueberry picking in the spring, apple picking in late summer, pecan picking in the fall, and pumpkin harvesting in late October. You not only get the freshest food possible, you also create memories that last a lifetime.

4. Better Relationship with Your Life

Buying locally grown food grows all sorts of life-enhancing relationships. Experience the delight of getting to know the farmer who brings local tomatoes to the market or the baker who makes the bread you eat. Sample the goods. Learn about unique food varieties. Greet your neighbors. It's like the difference between buying an original hand painted piece of art at a local arts festival versus buying an art print off the internet. At the local art festival you get to look at the art, talk to the artist, and get a feel for the energy of both the artist and the creation. The same is true of buying from a local farmers market, farmers stand, or buying locally produced food. You get the opportunity to connect with freshly picked food that is still filled with life, and socialize with the grower of the food. In addition, you can know that the farmer or producer selling you the food is genuinely happy to have you as a customer.

RET and Eating Well Cont'd...

5. Going Green

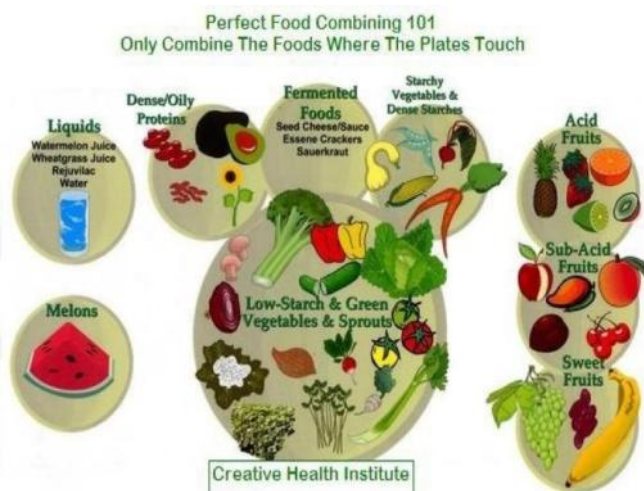
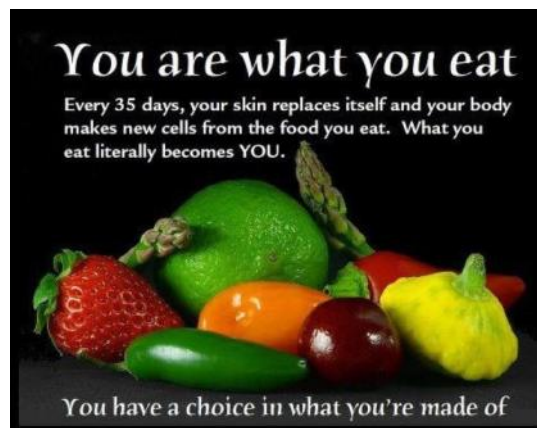
Everyone's "going green" to help the environment. What could be "greener" than your community farmers market? Bring your environmentally friendly tote bag, car pool with your best friend, and pick up the freshest locally grown fruits and vegetables. As an added bonus, you support your local community. Want something even more green? If you're ready to get your hands a little dirty and put in a few hours of preparation then consider growing your own garden. You don't need a lot of land to cultivate your favorite fruits and vegetables. A window sill, a patio, a balcony or a doorstep will provide sufficient space for a productive container grown planting.

6. Food Buying Goes From a Chore to a Fun Experience

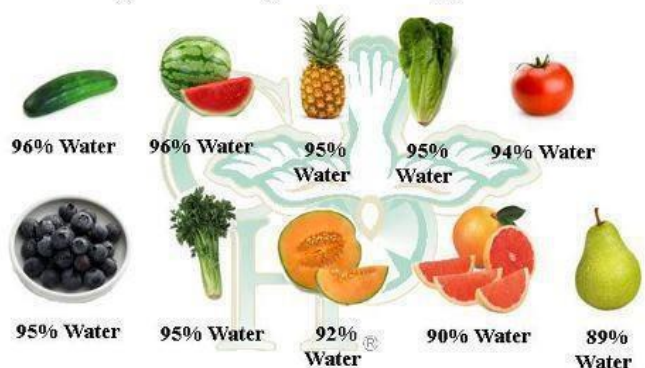
Shopping locally is a fun experience. Instead of rushing through the cold florescent-lit grocery store, and then walking yourself through a computerized, depersonalized checkout, you get to stroll leisurely and enjoy your shopping experience. Bring your friend, partner, or kids and walk around outside, in the weather, meeting people. Interacting. Being part of the social structure of life. Meet farmers and growers who are proud of what they have grown. Listen to local farmers boast, "We have the best tomatoes or peaches. We've won the blue ribbon at the State Fair for the last three years!" Then they give you a sample that backs up their brag!

Go ahead! Take another step on your "eat local" journey by visiting your local farmers market, picking apples at the local orchard, tasting farm fresh eggs, sampling a new variety of local honey, or planting a peach tree in your back yard. The importance of one small, habitual change can bring about a radical turnabout with your relationship between your body, your food, and your life.

Everything, including Rapid Eye Technology, works better when we eat well.



Top 10 Hydrating Foods



www.HealingPowerHour.com

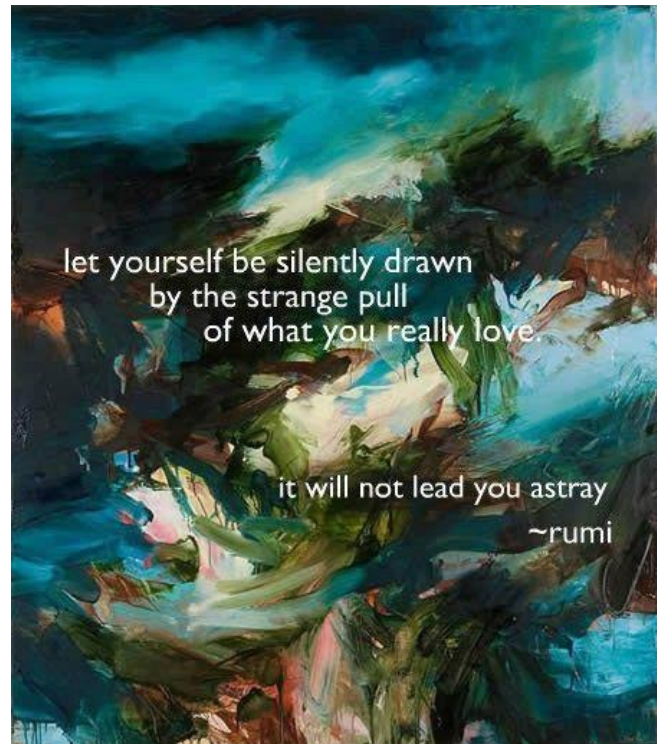


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We're on Facebook!



Withholding Love Creates Physical Pain

So many things in life are confusing; it's a good thing to have something so clearly visible for all to see. Physical and emotional pain is the language the body uses to let us know that something isn't working. Pain is the manifestation of fear on the physical body. Fear is withholding love – sometimes from others and always from ourselves. If you have withheld your love from yourself (or others), it creates anxiety with manifests as pain and tightness in the chest. If we ignore the bodies signals... the physical manifestations will increase in intensity and volume until they get our attention.

When we feel love it creates peace and comfort in our bodies – sometimes even ecstasy when we are in love with ourselves, the world and everyone and everything in it. When we withhold our love (especially from ourselves) it creates discomfort in the body. The volume of that discomfort can ratchet up quickly from anxiety, to panic attacks, to heart attacks and stroke. Most of our discomfort arises from our own misperceptions of the illusion of separation from others and our belief that the physical presence is who we really are.

One of the greatest challenges in our human lives is to realize we are more than our beliefs (perceptions), experiences (perception again), or physical body. We are energy... pure energy. The Universe is a mutual support system and we all have a deep need to function in a mutually supportive environment. Just look at how cell phones and social media have been embraced by humans in an effort to feel connected. It is up to US to create this environment for ourselves through our choices. Are you making choices that bring you a truly joyful life?

RET can assist you to stay out of fear, fight your way out of negative thinking and focus on the good in yourself and your life. Now is the time to create change in your life and increase your available energy. Use a **Rapid Eye** session to clear the old patterns acquired from family and environment that keep us on the treadmill of hesitation and fear. Experience life with new eyes, new energy and create amazing results.



Claudia Bianca, MRET is a Master Rapid Eye Therapist/RET Trainer sharing twenty years of private practice with **Rapid Eye Technology**. She is located in beautiful Taos, New Mexico offering private individual sessions, Immersion programs, Reiki Attunements and Rapid Eye Certifications and workshops. (575) 751 4551



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