

**Start Living
Your Dream
Today**

The Rapid Eye Institute Newsletter

Debbi Spendlove, MRET Logan, UT

Ranae asked me to share my experience at the RET Train the Trainer training (it's fun just to say it) and at first I was hesitant because I wasn't sure I had anything valuable to share but as I started writing my enthusiasm grew and I got excited to share my experiences from the training.

I loved the RET Train the Trainer training; Ranae, Lynell and Sharlene are wonderful people who truly love what they do and just being with them is great. As we proceeded through the training I was amazed at how much valuable information I gained that I hadn't understood before. The individuals who work at the Rapid Eye Institute have put in so much time to make sure that we as technicians have a solid foundation in which to work from. The new Phase program has been implemented to assist the new technicians as they begin doing RET. My experience from staffing a training, is that the new technicians are coming in better educated, prepared, and confident. The Institute has also coordinated the new Phase system with the Oregon Board of Education so that the Institute is now a certified Tech School. Not only is Rapid Eye a phenomenal healing modality but it is certified. How awesome is that!



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Did you Know that:

- Write a top 10 list of things to do. Spend 10 minutes each day seeing and feeling what it will be like when accomplished and notice how things manifest.
- Sharing your goals with people who will support you, keeps you accountable.
- Spring is the season of renewal, manifestation, celebrations and falling in love. Make space for new, fresh energy to come into your life.

Spring cleaning with Feng Shui

Chances are you're going to do a little spring cleaning outside, why not add a little Feng Shui! While cleaning out, look at your surroundings differently as that is all Feng Shui is—seeing things differently than we did before. Getting another perspective on things is always helpful. So, from a point in front of your home, take a look and familiarize yourself with the different areas. Look to the left hand side of your yard, the Wealth area. To enhance this area clean it out completely, plant a healthy year round plant and a pretty purple wind chime with the best intentions to create a wonderful life of wealth. The right hand side is your relationship area. This is an important area to emphasize while thinking in "two's" and accented in pink. Look at your pathway to the front door, leading to your home. Make sure the front door is clean, with the doorbell working, balanced by some lovely life force plants on either side of the entrance with a welcome sign. Set your intention.

Debbi's Story—Train the Trainer cont.

The amount of research that is put into every process that we do is studied in great detail to make sure that we are giving our clients the best possible experience. They also collaborate with others in the healing arts so that we again are on top of our game as we continue to recertify. There is an important reason that we are required to recertify every two years; it is to keep us up to date on all the new developments because the Institute is continually moving forward making sure that RET is the best it can be.

The two processes that make a significant impact on me are: the Creation Walk and the Wand Techniques. I have loved the Pattern Cycle and have used it in my practice and on myself regularly. It has been beneficial in helping my clients and I recognize those limiting patterns that we have created that prevent us from getting the results that we want. But I had not actually had the experience with the Creation Walk that I received at the training that gave me the body learning that makes the Creation Walk so powerful. I have always used the Balance Walk and loved it but sandwiching the Creation Walk between the Pattern Cycle and the Balance Walk has brought me incredible results with my clients. Each person that goes through the entire three processes goes away with a greater understanding and a stronger ability to do the interrupts when they are on their own. I am now a firm believer in the Creation Walk.

I also came away from the training with a greater appreciation for the Wand Techniques. Every wand movement has a specific and significant purpose. When performed as taught and written, the wand techniques move energy and emotions through so much faster. Again, the research that the people at the Institute go through to make sure that we are assisting clients in their healing process is amazing. If you haven't read through your manual on Wand Techniques or been to a training lately, I believe that it would be beneficial for you to do so. My sessions are going better and faster because I have improved my wand techniques.

Upon leaving the RET Train the Trainer training, I felt that I had not only prepared myself to become a trainer but I had gained greater understanding of the RET process that also makes me a better technician. I am grateful for all that the wonderful people at the RET Institute and that RET has come into my life; my family, my clients and I are happier, healthy people because of RET.

Tonjia Mallory, MRET

Spring has come once again, and all around nature is waking up and getting set to renew.

This year, in honor of the season, do some personal spring cleaning by giving and receiving some sessions with a RET buddy.

The rewards for exchanging regular sessions with a buddy are many. You get to do your own personal work as well as hone your skills. Buddies give each other immediate feedback, support and encouragement.

Distance does not need to be an issue. Phone sessions are very effective and powerful, and the energy present when working with another technician feels wonderful.

If you are working to build a practice, having a RET buddy offers an opportunity to share business ideas and marketing strategies.

Take advantage of the energy of the new season, work with a buddy, clear the beliefs which may limit you, and remember, tomorrow's opportunities grow from the seeds you plant today.



Insights from Ranae

Journey into Inner Space

Our total being is composed of our physical body, our light body and our consciousness. We add learning experiences and what we hear, see and feel along with many other senses to become who we are. We are given choice or free will to do what we will with these aspects of ourselves. Our physical body/mind and brain is made up of the same elements of everything else on the earth. The densest aspect of our transcending into higher frequencies is of course letting go of the illusions that we have heard and believed about ourselves. Accessing higher frequencies will only occur when we know who we are and become peaceful and quiet within.

Our light body is made up of very complex material patterns and can communicate on that level. Our consciousness is one with all things making up the whole; it travels and is constantly giving and receiving information from everything and everyone we come in contact with. The energy fields around the body act as 12 counselors to the body as these fields hold information that we need to heal our DNA.

We try on much energy from other people because of the law of attraction. Like attracts like, however, at times we consent on some level to play parts for others learning experiences and because we can't remember we said we would- we feel guilt and wonder why we said or did what we did.

As we judge, we are judged by this natural law and attract new learning experiences, as well as repeat of the family patterns, into our lives. We begin to understand the natural laws of the world as we begin to notice and understand ourselves and our repeat of patterns. Rapid Eye can identify these patterns and release them. Learning to live the life skills can set us free.

We are aware of being conscious, but at times we are not consciously aware of what is going on around and within us. We are beginning to trade in our self-delusion for self-consciousness

Our random thinking in the past has created soap opera lives. We have moved past the loop of societal brainwashing into manifesting our true desires. We are focusing our attention on being conscious of

The self. The inward focus.



Upcoming Events

APRIL 15-19, 2010

RET Certification
RET Institute Salem,
Oregon

MAY 14-17, 2010

RET Masters Certification²
RET Institute Salem,
Oregon

**SEPTEMBER 17-20,
2010**

Enhanced RET CERTIFICATION³
RET Institute Salem,
Oregon

October 21-25, 2010

RET Certification
RET Institute Salem,
Oregon



Credit Card Program

Cell Charge is a portable credit card program for less than \$10 per month (member of ABMP? it's only \$8.99 month) and is offered whether you are part of ABMP or not. The percentage rate is 3.79% per item...there is NO transaction fee, batch fee, monthly minimum, or downgrades {differing rates for different cards and whether you key them in or swipe them} JUST ONE RATE and your percentage. You can take a credit card from ANY phone, any where. This is meant to be simple.

I had a client who owed me \$600, took out \$200 from his ATM and said he would mail a check for the rest. I never heard from him again. Just that one transaction would have paid for my cell charge fee for three and a half years.

Most of the credit card programs say they have a low rate...yet with monthly minimums, batch fees, downgrade rates, and transaction fees it was too much for me to follow and it felt like a scam.

Lets talk about our credit card programs.... our future clients are the 'plastic' generation, so it is becoming more and more necessary.

If you want to know more about this program or compare it to others, call Dave Garboski 1-866-735-5292

Continue Your Personal Growth -Lynell Beckstrom, MRET , RET Master Trainer

Hello Fellow Rapid Eye Technicians! News from Washington State is very SPRING! What I mean by this, is that new ideas and new life seems to be springing up everywhere in very vivid colors! Natalie Flint and I are having such a great time with our little but MIGHTY office here in the Tri-Cities. We are constantly amazed at who shows up for Life Skills! We are also planning for a Washington State Tech Woo-Woo Party this summer, which means we get together and trade really cool healing gadgets, tools/skills and just generally support one another in our individual RET journeys. This will also be open to anyone who wants to come from anywhere to join us! So.....when you want to know what is WOO-WOO in WA, check out www.RapidRelief.com!



We are also gearing up for the beginning of the 9-month Alchemist Leadership Group 12 to begin here in Kennewick in June—which brings us to the subject of continuing your Personal Growth. This is a very important part of being and Rapid Eye Technician, as it allows you not to become "cyclic" in your thinking and you are the gift that your clients are depending on to knock them out of their "cyclic" thinking and patterns. A river guide once told me that the river is always changing and it is in the doing of the river run that keeps him able to master his skill and take people safely down the river to enjoy the fun and its beauty. He said that he must always be honing his own knowledge and skills to show up in his chosen vocation. Well, that really started sparking me to why I feel urgent about always continuing my own education and the education of our family of technicians! The more we have honed ourselves and been teachable—the more we are able to inspire that in our clients who want to heal but are at a loss to get a different result than they've been creating! This is very exciting when you think about it. The more adventure, experiences, time and money that I invest in myself—the more I have to offer to my family, community and clients. AWESOME!

So please look around you in life and at the Institute—what is offered to further my growth? What is the next adventure that will move me into knowing myself better and how can I have a great time doing it? Be open and look around you for growth opportunities and value yourself enough to keep learning and investing in your very best tool that Spirit has on this planet—YOU! –From the heart, Lynell Beckstrom



and Rapid Eye Technology

creates a NEW opportunity

After I moved to Taos, New Mexico from Oregon, some of my former clients still wanted to work with me on their RET process as a maintenance tool. A few years after the move, my daughter chose to teach English in Thailand for three years. Both of these events caused me to get into online communications and the technology is finally at a point where I can use it in work as well. This quest has resulted in Online RET sessions via Skype for my practice.

The process is very effective and the release is real – and the convenience is the big draw. Clients can run their issue when it is up for them and not even have to wait a day or two for an appointment.

“It was amazing how much I could release via my Skype sessions with Claudia. So nice to be back under her wand again.” JSD

There are some specific techniques I am realizing to be able to run online sessions, yet as a practitioner I find the sessions effective for me as well. My clients are especially thrilled with this offer since to see many of them I often travel.

I invite other RETechs who are interested in learning more about this to call and schedule a session with me and I will guide you through the setup, give you the tips I have mastered and continue to monitor with you sharing new ideas and techniques that help make this a viable part of your RET practice. Once you experience a session with me online, you will want to add this to your offerings. I am sure your clients will be as excited about it as mine have proven to be. I've also found that I can offer online packages at a reduced rate because I don't have travel expenses to recoup. This 'green' option is attractive to many. It becomes a win/win.



Claudia Bianca, MRET is a RET Trainer sharing twenty-four years of experience with Rapid Eye Technology. She was on the research team for the first six years of her involvement and certified as a RETech in 1992. She is located in beautiful Taos, New Mexico. You can email questions to seeublink@aol.com or visit her website at www.claudibianca.com (575)751-4551

Notes from the Editor ~ Melanie Gentskow, MRET, Reiki Master

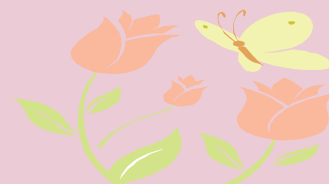
As part of our spring cleaning theme, I'd like to share with you a bit on setting goals. As you look at your life, take an inventory of where you are in all areas; physical, spiritual, thought, service, family, education, social, and financial/work. If there is anything that doesn't feel that it's 100% you or what you desire, then it's time to set some goals and make a change. One thing that I've learned is that a goal must be very clear and easily understood. The concept is not new though very SMART... Specific, Measurable, Attainable, Relevant and Time-Based.

Setting a clear intention of what you intend to achieve is number one. Be clear of by whom, where and when it is to be accomplished and in what time frame. As you look at the goal, what do the end results look like and how will those milestones be measured? It's said that what cannot be measured cannot be managed. Our goals must be possible and believable. Truly believe that you can manage to do what you are setting out to do and have a clear understanding of your vision and purpose. Does your goal have a long term importance that relates to you as an individual? And lastly, aim to ensure that a time-frame is set for the goal. This prevents the possibility of procrastination and/or any disappointments.

Make a choice, make good habits, use your time efficiently and have confidence in your vision! And as you do, share your thoughts, experiences, testimonials, and what works for you! We love to hear from you and it's a great way to get your name out in the field as it's published in the newsletter. Happy Spring!

Light and Love,

Melanie



Change IS Easy! Think Yourself Thin By Gayle North

"We have been dieting to change our self image. How about turning that around? Change the self image first, and the proper means to reach and maintain the new body will follow! ... I have never found anything more solid, secure, or permanent. Change your self image and change your life!"

Debbie Johnson, author of "Think Yourself Thin"

This is the first in a series of five articles focused upon achieving and staying in optimum physical shape in a healthy and balanced way by using your own body's wisdom and your brain power.

Thinking Yourself Thin

You know diets don't work. You know that your health can be impaired by dieting, but that's not all. What about your self image? How many of us can emerge from the relentless torture of repetitive dieting feeling good about yourself?

What can you do then? Keep punishing yourself? Keep hoping against hope that the "new" and "ultimate" diet program will work? Even if you attain your ideal figure, chances are that you will gain back the weight and feel even worse than before. And both failure or temporary success brings about fear which results in lack of trust and confidence in oneself.

One part of you may want to give up on the whole idea of ever looking your best or living at a higher level of health. And giving up on yourself doesn't work for long either because another part of you that wants you to express your higher potential nags you to live your higher potential. It never gives up on you. So you get stuck in the pain-pain barrier. It's painful to be fat and it's painful to do the diet roller coaster.

There are so many reasons diets don't work. One reason stands out above the rest, however. Experienced dieters know that the more you imagine the food you are depriving yourself of, the more you want it. That's the real reason diets don't work.

Your imagination will win over willpower every time. Willpower and self discipline don't work for the long term. To demonstrate, say to your self right now, "I will not think about chocolate cake." What do you immediately think of? The subconscious does not register the "not" and it hears, "I will think about chocolate cake." My case rests. Putting this fact to work in your favor is one of the secret keys to being naturally slender.

Begin to:

1. Use your imagination instead of forcing yourself with willpower:
2. Create a new loving self image
3. Listen to your body's healthiest cues
4. Naturally slip into food choices that work for you, exercise routines you enjoy, and healthy thoughts that will sustain your ideal body shape and fitness level.

Get started by letting go of the idea that you are weak and undisciplined because you haven't mustered enough willpower to get in shape. Guilt, shaming, and self criticism keep you stuck and reinforce old behaviors that don't work.

Cont'd. on Page 8...

As I Began to Love Myself - Charlie Chaplin

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is "AUTHENTICITY".

As I began to love myself I understood how much it can offend somebody as I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it "RESPECT".

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it "MATURITY".

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it "SELF-CONFIDENCE".

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it "SIMPLICITY".

As I began to love myself I freed myself of anything that is no good for my health - food, people, things, situations, and everything the drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is "LOVE OF ONESELF".

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is "MODESTY".

As I began to love myself I refused to go on living in the past and worry about the future. Now, I only live for the moment, where EVERYTHING is happening. Today I live each day, day by day, and I call it. "FULFILLMENT".

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection "WISDOM OF THE HEART".

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know THAT IS "LIFE"!

Every day brings another chance to make a difference.

~ Leslie Ann Gibson

You must be the change you wish to see in the world. ~ Gandhi

I know for sure that what we dwell on is who we become.

~Oprah Winfrey

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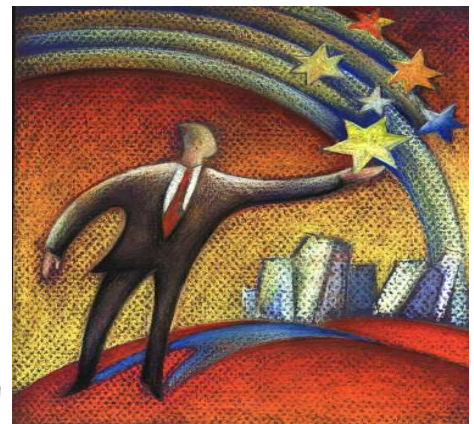


Change IS Easy.... Cont'd.

Change can be an elegant and gentle process when you stop trying to force yourself and use your imagination. Use your imagination to help you say "no" to the things that hold you back and magnify your "YES!" to all that promotes your health and well being,

We will be happy to send you step by step instructions called "Use Your Imagination - The Perfect Tool to Re-invent Your Body". Just e-mail your request to gayle@PositiveChangeInstitute.com

Gayle North is a Positive Change Coach helping people make fast, easy, lasting positive changes to create fulfillment of goals and potential. Control your weight. Stop compulsive behaviors like smoking/chewing. Enjoy more restful sleep. Call Positive Change Institute today to schedule a free hypnosis screening or to learn more about Hypno-Slim a new hypnosis program that helps people get slim and stay slim. Phone (406)837-1214 visit www.PositiveChangeInstitute.com <<http://www.positivechangeinstitute.com/>> for info and articles.



Gayle North
Positive Change Coach