

# The Rapid Eye Institute Newsletter

## *Personal Mastery ~ Insights from Ranae Johnson*

### Inside this issue:

*Unfed?* 2

*Maintain your Health* 3

*Eye Patching* 4

*Our Subconscious* 5

*Life Reflection* 6

*Philosophy of RET* 7

Personal mastery is attained by always being intentional. Everything we believe, think, say and do brings clarity of intent. It comes from the constant questioning of ourselves. What is my intention in thinking this? What is my intention in feeling this emotion? What is my intention in communicating this idea? What is my intention in this action? Since we are accustomed to allowing random thought patterns to take control of the majority of our thinking process we allow our emotions to be in reaction.



The mind may be likened to a garden which when its cultivated you're allowed to run wild but whether cultivated or neglected it will bring forth the fruit sweet or sour. Just as a gardener cultivates his plot, keeping it free from weeds and grows flowers and fruits he requires. A man can tend the garden of his mind weeding out all the wrong, useless and impure thoughts and intentions cultivating toward perfection - the flowers and fruits of right, useful and pure thoughts and intentions.

### Special points of interest:

- 95% of our bodies daily functions depend on minerals-Aloe Vera contains 20 minerals alone along with other active compounds, amino acids, and vitamins.
- Proper rhythmic breathing inhale through the nose, hold the breath, and exhale out the mouth-all the same count.
- Combine apple cider vinegar and honey as an energizing tonic and a healing elixir.

By pursuing this process, and being the director of his life, he also reveals within himself the power of thought, which creates and understands with ever increasing accuracy. Thought and intention focuses the mind elements to operate in shaping a man's character, circumstances and destiny. All of our intentions in creation begin with thought and they begin to take on definition and color as they take on action.

We must be willing to let go and leave behind all that does not work in our life and create things that do work. Intention is everything and the universe supports our perceptions of those intentions!

Blessings,  
Ranae



## UNFED? by Lynell Beckstrom

*We feed one another in rations, serve affection measured to the minimum daily requirement, the very acceptable least—while love bursts the walls of our larder, wondering, amazed, Why are we afraid to feast.*

by Carol Lynn Pearson

I was recently reading the above poem and it sparked me to many of the RET Technicians I have talked to in recent months, as it applies to self-growth and self-love. How you may ask? Many have fallen into the trap that there is not enough money out there for me to continue my own work, or have tons of good-paying clients, or travel to that cool class your heart desires to experience--the economy being what it is and all. Well, friends, I travel quite a bit and it simply is not true!

Everywhere I go, I experience generosity of spirit and heart. I see and hear others assisting each other to be the creators of their lives and not the reactor to their lives. You do deserve to keep moving forward and GROW....we all do!

We are here to FEAST on life. Be alive and joyful, be experiencing all kinds of things. I truly, honestly believe that in the end, we will not regret our mistakes, we will regret what we were not willing to experience because of FEAR. As the book *Dune* states, "Fear is the mind-killer," and I tend to agree. We are the divine off-spring of a God and it is time to start honoring that divinity. If there is a class you want to take, a skill you'd like to learn, a place you want to go—be the creator of your life. How? Be willing to create. Talk about it, think about it, pray about it, intend about it. When you speak to others with enthusiasm (which in Greek means "Filled with God"); others can be open to assisting you and we know from Skills For Life that what you think about grows.

I was deeply inspired recently by seeing the youth of our Alchemists Leadership Group from Utah create a way to come to our Weirdshift Retreat Weekend up in the mountains of Washington State. They are young and poor—but wanted to come. I encouraged them to be creators and WOW did they. With hardly any resources at their disposal, they created the money, transportation and did it together and were able to show up and make an incredible difference for themselves and for everyone else. It was not easy—at one point I got texts that said, "bummer—not going to work, can't come," and I simply stated, please be the creator, not a reactor to life. Do Alchemy—change the lead of NO into the exhilarating gold of YES! It was truly inspiring!

You can have a thriving Rapid Eye business. You can keep learning and growing by showing up at trainings and classes. There is plenty in this world. RET Tech Cindy Sanders was in my first *Transformation* class years and years ago. She is currently continuing her education thru leadership classes and communication classes. I'm watching her transform her life to success and love! She has never stopped learning over all these years—even when life served her a few lemons. She staffs RET and continues to create more love and connection. Way to keep going Cindy, you strike AWE in me as I watch your journey.

I'm watching Japan and the experience they are having as a collective community right now. Earth has served up a very physical lesson and they are rising to the occasion. It's not WHAT happens, it's not even about where it gets us—it is about the journey as it is happening.



As a community—let's keep creating more love and light on the planet. Let's love ourselves so well that we FEAST on the adventure of life instead of becoming closed and bitter by it. I love you my friends and all the good books are true—ALL THINGS ARE POSSIBLE, even in this economy!!! LOL



*Insights by Ranae Johnson ~ Maintaining your Health*

A diet rich in antioxidant-rich vegetables and clean sources of protein is healthy for the body and full of necessary nutrients. To take it a step further, one could add micro-green or “living sprouts” to their diet to enhance the nutrient content of food. These living foods such as peas, radishes, sunflowers, and broccoli micro-greens, are also highly digestible due to the higher content of enzymes. Food nourishes, heals and powers the physical body.

In addition to nourishing our bodies on the physical level, the mental, emotional and spiritual aspects of ourselves need balance as well. An imbalance on any level will manifest itself into the body. It is through the physical that we live and experience life. Dis-ease on any level gives us the opportunity to look deeper at the underlying cause.

Rapid Eye Technology clears up patterns that triggered the physical imbalance and assists in reaching a higher state of awareness and consciousness.

There is a lot of great information available today on how to maintain your health in a natural way. For a list of nature-oriented physicians in your area, please contact the American College for Advancement in medicine. (800) 532-3688 or [www.qcam.org](http://www.qcam.org)

A few published findings:

#### Dark Circles

Dark Circles under the eyes and horizontal creases on the lower eyelids often indicate serious food allergies that affect behavior patterns in children and adults alike. Nearly all children diagnosed as “hyperactive” have allergies and sensitivities to dairy and refined sugars.

#### Swollen Joints

Take extra vitamin B-6 and Niacinamide and for many people eliminating tomatoes, potatoes, pepper, egg plant and tobacco from their diets results in a dramatic improvement.

#### Lower Cholesterol Levels

Stay away from manmade fats, hydrogenated oils. Eliminate as much dairy as you can. Eggs are good-avoid scrambled eggs-poached are the best. Vitamin E 400 IU daily, Vitamin C-A high powered multiple, Vitamin-mineral, 200 micrograms of chromium-4000 milligrams of Magnesium, Lecithin-19 grain capsules daily. Get plenty of garlic, onions, oat bran, carrots, and alfalfa sprouts.

#### Migraines

Get immediate relief from a simple injection of magnesium and vitamin B6. A nurse can teach you how to give these injections to yourself right at home.

#### Cancer

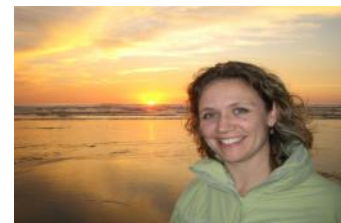
Eggplant extract BEC 5 is a safe effective natural way to fight cancer. Consult a physician skilled and knowledgeable in nutrition and natural medicine if you want to know more about BEC5. (888) 893-6878

[www.tahoma-clinic.com](http://www.tahoma-clinic.com) and see The Library of Food and Vitamin Cures by Jonathan V. Wright, M.D.

Blessings, Ranae



## *The Benefits of Eye Patching by Melanie Gentzkow, MRET*



Eye patching works with both the left and right brain hemispheres. It can be used to quiet the hemisphere of the brain that is used to process emotions and stress.

Using an eye patch allows the eye lid to stay open which then gives the brain permission to process at a higher frequency. The left eye patched tends to slow down the right brain and the right eye patched tends to slow down the left brain. The best way to find out which side of the brain does the processing is to simply patch and see what side makes you feel better. When that mode quiets down, you'll feel better.

Visual input is shut down from whatever eye is patched. If you find that an instant replay of thoughts are continuing to run over and over causing anxiety, sleep deprivation, or anything deemed stressful... patch. When the mind is quiet, it recognizes the time for release.

Which way do you process? Put the patch over either eye and see how you feel. Notice and switch to the other eye and think of the same incident. If you feel better, you're getting a new perspective. Use the eye patch to gain clear, loving communication—and in-between sessions to greatly increase peace and relaxation within.

### RET Technician Continuing Education Requirements    Suggestions for Continuing Education Courses

The Rapid Eye Institute requires [continuing education](#) as part of the annual certification renewal. Advancements in the field of energy medicine, psychology, neuroscience, as well as ongoing research and development of the RET model dictate that technicians continue to update and upgrade their skills in this dynamic field.

Students are encouraged to go through certification as many times as they wish as a new student, or, as they feel confident, they are invited to staff.

Staffing consists of coaching a new student while they are processing a session on another student. Technicians coming to staff assist trainers. This counts toward 100-hour practicum requirement (12 hrs per staffing).

A Continuing Education fee will be charged each time you attend a RET Certification for all returning staff and students (see [Continuing Education registration form](#) for details).

Technician Support is ongoing from the Rapid Eye Institute. Among many support benefits you receive we list you on the RET Technician Directory on the web site. We can add you to our online discussion group and subscribe you to the Rapid Eye Institute's online newsletter. We also offer a RET Technician's only [Forum](#).

Master RET Certification: This certificate requires an additional 100 hours of practice. [Attend an MRET Certification Workshop](#) to certify mastery on all RET skills.

- Staff a RET Certification
- Advanced Skills for Living Classes
- Inner Child Workshop
- Addictions Program Course
- Depression Program Course
- Child's Play Course
- Adolescents Course
- Ritual Abuse Course
- Chakra Manuals
- Coaching Couples Course
- Enneagram Course
- Speed Reading Course
- MRET Certification Workshop
- Enhanced MRET Workshop
- Reiki Attunements
- Chakra Workshop
- L&L Heartway or Alchemist Training



*Our Subconscious—Rewrite the Blueprint*  
*by Sharlene Young, MRET and Trainer*

Research has found that from birth to six years old our brain waves are in theta, verses alpha, creating an imaginary programmable state. The subconscious downloads programs from others during pre-birth to 6 years old, while our brains are in a theta brain wave bypassing the conscious mind. The conscious mind operates in an alpha brain wave. Theta brain wave is accessing imagination. These programs, tapes or records are what we have imprinted or downloaded from our experiences (people, events, beliefs, emotions and reactions - patterns).

When we are thinking of the past or the future with our conscious mind our subconscious is present running things. These programs (tapes) are played when our conscious mind is not present. The subconscious mind runs our lives 95-99% of the time. The Blueprint or Tapes of the Subconscious is a million times more powerful than our conscious creative mind. These tapes or records, like our genes, are just tapes or genes (blueprints) until something in the external environment triggers a tape to play a program or a gene to be read.



The invisible energy field around us (external world) is the fate of our cells until our conscious thinking mind and our subconscious mind agree to the same program to create something you want. RET may rewrite the blueprint of the subconscious and the conscious mind by accessing the tape recorder of the subconscious, conscious mind and invisible field to release the old tapes and rewrite them into new ones.

RET is a technique that simulates the body's natural process done in Rapid Eye Movement (REM) sleep. It is more powerful when we simulate it because the conscious mind is now awake to make new decisions and choices. The movement of the eye directing device (wand) is picked up visually by the client and a message is sent to the brain that REM sleep is occurring. Verbal cues are given to release any trapped trauma and core issues, tapes etc. All of the wand techniques and processes are designed to assist you to release old tapes in a natural and comfortable way. RET processes the energy in the Aura, an energy field or matrix system that surrounds, penetrates and extends through the physical body—an electromagnetic and varying type of intelligent vibrations or frequencies. This matrix system of energy or light continues to flow from one human to another; it is part of the grid work that connects all as one.

There are at least twelve chakras within the body and auric levels. Each has its own physical, emotional, mental, and spiritual function and purpose individually as well as working together as a whole unit.

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. If you have experienced something you have perceived to be traumatic, dangerous, or unpleasant you seem to save this information for future reference to keep you safe and you avoid processing your feelings about the event in REM sleep.

During REM sleep you are categorizing and recording the events of the day. You record with all of your senses, what it smelled and tasted like, what it looked like, how it felt and sounded, your thoughts and perceptions about it. As you are processing in REM sleep your body is releasing energy connected to those experiences. This is why you may have grit in your eyes, bad taste in your mouth, etc. This recording process allows every cell in the body to know this information. The data is stored on a neuromatrix with similar experiences. Reframes or new blueprints of what you would rather experience are then uploaded. During RET, the alpha and theta brain waves are invoked to rewrite the blueprint, giving your subconscious a new script to read from.

Visit the Rapid Eye website [www.rapideyetechnology.com](http://www.rapideyetechnology.com) to find more information and a RET Technician in your area. In the RET store there are products to support this rewrite process. The Grounding RET Chakra CD is a powerful way to rewrite the blueprints in your subconscious, conscious mind, and field. This audio CD includes instructions on releasing other people's energy and speaking out loud in your own voice to rewrite your blueprints.

## *Is Life Reflecting What We Really Want?*

*by Claudia Bianca*

When we desire a new relationship, job or level of self esteem and it doesn't show up for us, we look outside ourselves for something or someone to blame. Einstein said, "The field is the sole governing agency of the particles." This was the opposite of what science was teaching – their focus was on the particles rather than the field.

One third of all medical healings are due to the placebo effect, meaning that what someone thinks in the invisible field affects their health. There is also the nocebo effect, which is the opposite in that a negative thought can actually cause illness or even death. As humans, 70% of our daily thoughts are negative.

Since the \$\$ *bottom line* controls what is looked at or ignored in the healing modalities, the companies that control those dollars are not going to look at affirmations or energy medicine simply because they can't bottle it and market it to you.

**Rapid Eye Technology (RET)** is among the many new forms of energy medicine emerging into the mainstream to facilitate rapid healing. Learn how to release stressful emotional, mental and physical patterns using blinking, eye movement, stress reduction energy work, and special breathing techniques.

Positive thinking doesn't necessarily manifest what we want in life. It comes from the conscious (or creative) mind which doesn't have the power of the subconscious mind. The subconscious mind is a million times more powerful - this is what we need to access. The subconscious mind is capable of running our entire energy system in any given moment. When we are in daydream (our "not paying attention") mode, the subconscious mind is running the show while the conscious mind is dilly dallying. With affirmations we can reprogram our subconscious patterns to reflect into our field what we want in life. Affirmations stated in the positive, specific, magnetic, using "I am" or "I am able", and within the realm of possibility will create what you desire on all levels of existence.

Use a **Rapid Eye** session to remove the patterns that block you and sabotage your efforts so you can get what you want in life far more quickly and easily.

*Claudia Bianca, MRET shares twenty-five years of experience 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. Find her online at [www.claudibianca.com](http://www.claudibianca.com)*



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[www.rapideyetechnology.com](http://www.rapideyetechnology.com)

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*Rapid Eye Technology's mission is to teach unconditional love, release pain and strengthen families*

## Philosophy of Rapid Eye Technology

The Rapid Eye Technology (RET) model is a holistic, spiritual healing technology that works to release pain on many levels of human experience.

Through positive affirmations, Skills for Life, and body learning we create new belief systems, which then take the place of the trapped traumas that are released.

RET encourages people to embrace the active awareness that they are self-empowered, fully functional, loving and caring individuals who are connected to and exhibiting their highest potential.

Trapped trauma residues, distorted belief patterns and unwanted emotions are the obstacles that prevent us from experiencing this great intelligence - this magnificent light. You have the power within you to transform and create the life you want, once you are aware of it.

Rapid Eye Technology is a tool that facilitates the lifting and clearing of old programming that keeps you blocked from this awareness, and helps you create new patterns supportive of the NEW YOU you wish to create.



*Update your website with the new Rapid Eye seal . Get yours at [www.rapideyetechnology.com/seals.htm](http://www.rapideyetechnology.com/seals.htm)*