

# Feel Renewed with RET



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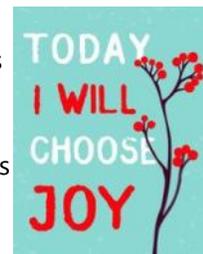
# The Rapid Eye Institute

Spring is here and as every bud begins to blossom, the energy of renewal and wisdom is all around in the people I meet as well as in nature. Each one of us blossoms on some level each day within the choices and experiences we have. And just as nature renews and springs to life, it's important that we are willing to clear negative beliefs and feelings; by doing so we learn from our choices and get to choose again. Spring is the time to start clearing the clutter and start blooming into the person you are. It's an uplifting time. Sometimes the mess that seems to not go away is a symptom of a deeper issue. Living in any clutter (physical, mental, emotional) takes an emotional toll and steals away joy. Clutter in all degrees can create tension in personal relationships, careers and within children.

There are many release and healing techniques available. I use Rapid Eye Technology to assist in clearing and recognizing limited beliefs. RET stimulates your mind, body and psyches' own natural clearing mechanism. It is not a healing power rather, a clearing technology. In addition, we have skills for living that assist in getting out of habits and beliefs that no longer serve our desired life. I recently reread the acclaimed book, Remembering Wholeness where Carol Tuttle states, "When we are

in a place of feeling good we are in a high-frequency vibration that attracts more and more of what brings us joy". (pg. 38)

"I am" statements are the most powerful words to use in creating. This can be practiced by doing an energy circle. Draw an imaginary circle; start speaking "I am" statements into the circle to create a hologram of energy. Focus on whatever you want to create in your life. Put your attention on what you want. This could be organization, health, money, career, relationship and joy. Stand just outside the circle and say the statements out loud, throwing them into the circle. When the affirmations are complete, step into the circle and pull up the energy created by massaging it into your body from your toes to the top of your head. Open your arms and embrace this energy, pulling the energy into your heart center. Then blow the energy created out from your hands and into the Universe for manifestation. Do this every day and begin noticing the changes in your life.



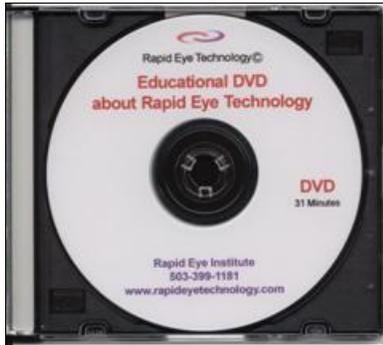
By Melanie Gentzkow, MRET/ReikiMaster

### Inside this issue:

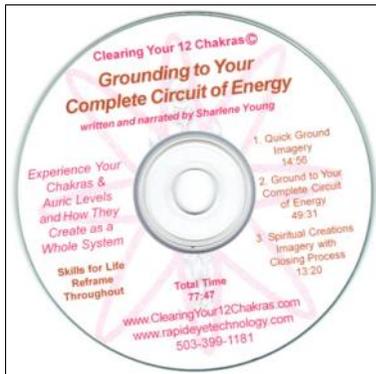
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*Here is a quick trick when experiencing difficulty in communications with someone: Imagine figure 8's between the two of you. Imagining figure 8's creates a circular, harmonious energy that allows your words to flow and connect. When you have energetic harmony you can experience communication harmony.*

# Rapid Eye Institute Bulletin Board



A ready for cable TV interview with Ranae Johnson, founder of Rapid Eye Technology—a complete overview of Rapid Eye Technology. People are ready for sessions after watching this video—a great marketing tool. This is an INFORMATION ONLY VIDEO—no RET techniques are demonstrated or shown.



Grounding to Your Complete Circuit of Energy CD  
by Sharlene Young

This CD is designed to disconnect you from current patterns of energy that don't belong to your system. It is guided with positive release statements and affirmations in all 12 chakra centers and auric levels, including education about how each center creates, communicates patterns, and how to create what you would rather experience there.

Supplies for a successful RET Practice

<http://rapideyetechnology.com/store/-c-26.html>



The Advanced RET May 8-12 \$650 and  
Master RET May 13-16 \$850.

Send in your Registration to the RET Institute if you haven't sent it in. If it is in your plans to attend please call Ranae today and work out the tuition.

## Testimonials

*"How has RET benefited me? I am calmer. I am better able to de-stress on my own. I am able to concentrate. I recognize patterns in my circumstances so that I can keep away negative thoughts and emotions. Since RET I can concentrate and read books again. Before RET my life had become so unmanageable. RET works. It helps each person in the way that they personally need. Thanks to Camille Browning for all of her help". ~T.F.*

*"Working with you Debra in your program, has been one of the best investments I have ever made in myself! You took me from a point of crisis and grief to having so much peace and happiness in my life. I now have a solid foundation with personal skills and tools, and a vision for the fulfilling life and happy marriage I have always wanted, along with a plan for achieving my dreams!" Georgeanna ~ Texas*

## Keeping the Faith in Yourself and the Universe

I have noticed recently how easy we as people seem to lose faith in ourselves and our earlier choices. An RET Tech recently said to me, “I don’t have the practice I want to create and I am disappointed.” Now my response to this was to validate those very real feelings and be with the person in the moment. I left that interaction wondering why we get disappointed in anything if the Universe is always working perfectly. Why did faith leave??

I accepted the learning years ago that to experience less than abundance in our lives, we must actively resist it. Abundance is an aspect of perfection and is the natural state of the Universe. We know from the study of neural distortions in Rapid Eye Technology that if we have less than abundance it is something in ourselves, NOT anything else that is the block—unconscious triggers, DNA patterns, etc. It is not about blame of any kind. Until we accept this without embarrassment or shame and just celebrate the unlimited energy of the Universal flow and allow it to flow through us, we will believe the illusion of disappointment. Thinking anyone or anything ELSE is the cause of our experiences or feelings is to fall into victim mentality. This is unattractive. It will not attract what we DO want.

My favorite definition of faith comes from one of the good books and says that, “Faith is a hope for things unseen.” To me this means

that my job is to believe until I know that all is in perfect divine right order and intend what I want and need and leave the details up to the Universe. This principle that we always receive what we want or believe is relentless. It is through faith during these times of disappointment that keeps our flow going. I love the phrase “Be of good cheer!” It helps me to keep that positive charge in my life that supports my faith. The ideal is that both giver and receiver keep the flow going and allow everything to move freely in and out of their lives—knowing that divine right order is in charge, not my logical conclusions or mind. My mind may tell me I lack, my faith tells me that the Universe is in charge and my job is to have a positive charge and know it is all working out for my greater good—NO MATTER WHAT the facts say.

Techs: There was a reason no matter how many years ago that Rapid Eye came into your soul’s journey. Remember that we often put things in place for times and reasons unknown to our logical minds. Keep your faith in why you learned this tool. Come back and staff and keep your skills honed to be ready in the moment or the hour that everything may change. Because CHANGE is coming!

We live in times of great opportunity, possibilities, chaos, crime, beauty, technology, miracles, horrors, and yes disappointments. It

is through our faith that will determine the quality of our lives. The moments that lead to other moments and how we choose to see all of these moments, makes all the difference. The Universe handles the details. Live in positive intent even when the evidence offers you other facts. Faith it, not fake it—Faith IT. I now choose to affirm that I love myself and the Universe enough to have faith and I choose to show up in positive ways no matter what life challenges appear....will you join me?



**Lynell Beckstrom**  
**MRET/Trainer,**  
**CADCI,**  
**Spiritual Coaching**



## Creating a Quiet Time

Time to be quiet may be some of the most important time we set aside in our day. As a team, we have found this makes one of the biggest differences when we struggle. A few minutes to quiet down, has an impact on the rest of life.

Most people when they try to get quiet, their mind speeds up! Just relax and keep going. After some practice, your mind gets better and better at calming and slowing. Practice makes Habits.

### Here are some tips:

1. **Give it a try:** Don't "expect" anything, just try it. See what it's like.
2. **Get alone:** in the car, in the bathroom, early in the morning...find a place to be alone
3. **Set a timer:** This will help to not worry about "how much time left." There are lots of great apps for this too. Start with 3 minutes. Go from there.
4. **Breath:** just concentrate on your breath: - how it sounds, feels, where it goes...
5. **Don't have a goal:** there is no "right" or "wrong," there just "is." When a thought comes to mind, consider it, without judgment, then set it aside and come back to your breathing-When you accomplish this then continue to-

Send this light and quiet energy ahead to create your day

Say I am able to create a calm and creative energy that I direct



## Creative Thought

Consider the possibility that while we are busy creating heaven on earth for ourselves that we also call in Heavenly beings. They come in open portals from our intentions. It is important that we call only the 100% pure light beings. Then just maybe the light will get lighter. The light will get lighter or the dark will become darker, depending on what energy we are sending out.

It stands to reason that we must change or rewire our bodies to exist in a higher consciousness. Maybe that is why we have so many aches and pains as human beings.

Many if our loved ones are leaving this side of the veil as the rewiring occurs. It is my belief that they are simply given a different calling, they haven't gone far.

There are new synaptic pathways of communication that are shifting in our brains, many will feel alone and unsettled. The energy or the illusion of that energy will soon shift as we move into harmony and rhythm with all things or synergy. This synergy will replace competition with working as a unit or team.

We are all learning to operate from our hearts, to honor and care for ourselves and be thankful to our creator. These are some of the things being experienced out in the world that causes us to think.

The magic will come in our remembering.





## About RET Sessions

*During a Rapid Eye Session the conscious mind is communicating with the sub-conscious mind creating a safe environment to let go of the energy attached to the stress or trauma. The RET technician uses an eye direction device (wand) to direct the eyes while the client blinks rapidly. As the wand moves back and forth in front of the eyes the client picks up the fast movement, replicating the “alpha/theta” brain wave state. Core issues are addressed with verbal communication and rapid eye blinking, releasing the energy of emotions, pictures, and memories. Rapid Eye assists in releasing trapped energy, negative patterns and limiting beliefs on all levels-physical, emotional, mental, and spiritual aspects of each being. This allows you to make new choices.*

### THE RAPID EYE INSTITUTE

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**[We're on Facebook!](#)**

<http://www.rapideyetechnology.com/directory>

## Your Clients are Looking for YOU!!!

What is your niche within your community and how are you showing up for them? Marketing your service is that, a service. You're not a salesperson out to make a commission and in competition; you're in collaboration with the universe in abundance. The true power of attraction based marketing is coming from your heart and helping people. Be clear about your passion, mission, and purpose. The clients that are perfect for you, that you enjoy working with, will come naturally and easily when you have clarity and focus. How can your RET business benefit your community? What works best for you ~ narrow down that market, connect with your circle of influence:

- Financial Management for Couples
- Life Skills for Young Adults
- Spiritual Exploration for Former Atheists
- Life Balance for Foster Parents
- College Prep for Teens
- Self-care for Stay at Home Moms
- Spiritual Tools for People in Grief
- Stress Management for Managers
- New Life Direction for People in Career Change



Whatever you feel most passionate about, you will attract.

Career School License #1792 issued by the Oregon Department of Education to the Rapid Eye Institute.

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