



The Rapid Eye Institute

Using blinking, breathing and eye movement techniques, Rapid Eye gently simulates a condition of sleep known as REM, which happens during dreaming and is our body’s natural discharge technique. During REM sleep we process, clear and integrate our days experiences; the eyes move rapidly under the eyelids and the eyelids blink or twitch.

Rapid Eye simulates REM with an eye-directing device moving rapidly in a neuro-linguistic pattern in front of the client’s eyes. The peripheral vision picks this up and the brain thinks it is in REM sleep. This fast movement of the wand supports the mind/body in accessing memory (light/dark). The technician quickly moves the wand in various patterns to find sources of stress, watching the clients’ eye movement for clues (NLP). As the client blinks and breathes deeply, trapped messages and trapped life force energy in the mind and body are accessed and released. Since the body is accustomed to REM sleep, it feels safe and already knows how to access the neural pathways and release the trapped energy stored there.

In a recent article it was stated that 44% of Americans reported an increase in stress levels over the past five years and more than half admitted to stress-related health problems. These ailments included anxiety, depression, sleep dysfunction and post-traumatic stress disorder. It was suggested that relaxation (not just relaxing) could trigger the simple physiological change in the body to induce the brain to respond to stress differently.

“Here’s how it works: The brain responds to perceived threats by activating its fight-or-flight response, which causes a spike in cortisol (also known as the stress hormone) as well as a host of other physiological changes that prepare us to react to danger. However, today’s humans live in a world that’s largely devoid of genuine physical threats – rather, most of the ‘threats’ we face are psychological,” Besing said.

“There’s nothing to really physically fight against or run from, so we’re left with all of these bio-chemicals churning within the body,” he said.

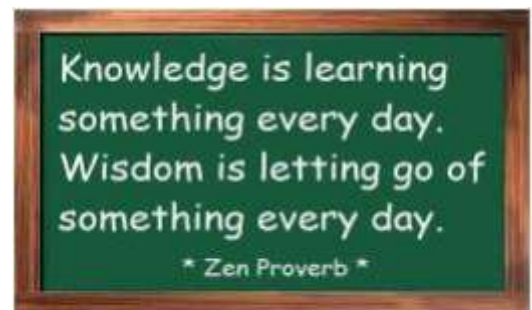
In addition to finding that relaxation can manage stress, “recent research has shown that the relaxation response is so powerful it can change patients on a genetic level. A study by the Benson-Henry Institute for Mind Body Medicine discovered that in people who evoked the relaxation response regularly for an average of nine years, roughly 2,000 stress-related genes—such as those that trigger inflammation and cell death – had been deactivated.”

We have seen RET clients experience a life free of emotional, mental, physical and spiritual pain. Clients have reported functioning with better attention, concentration, less anxiety, less depression, and having more energy! We teach our clients Skills for Living so that they create new patterns. How exciting is this?! RET simulates our natural way of healing.

Nichole Krueger. “Inducing relaxation can help manage anxiety, turn off stress-related genes.”. Mid-Valley Health September 2012.

Inside this issue:

Using the Body Chart in RET	2
Understanding Good Thinking	3
What’s New...	4
Reminders to Stay Centered	5
Stop Making Excuses!	6



The Body Chart Used in RET

Your body speaks to you. As you become aware of its language, you may gain insight into your emotional self. How is your body feeling? And what does that mean to you emotionally? The body is a wonderful communication device that speaks to you all the time. Listening to your body can be very educational for you, in addition to being very therapeutic.

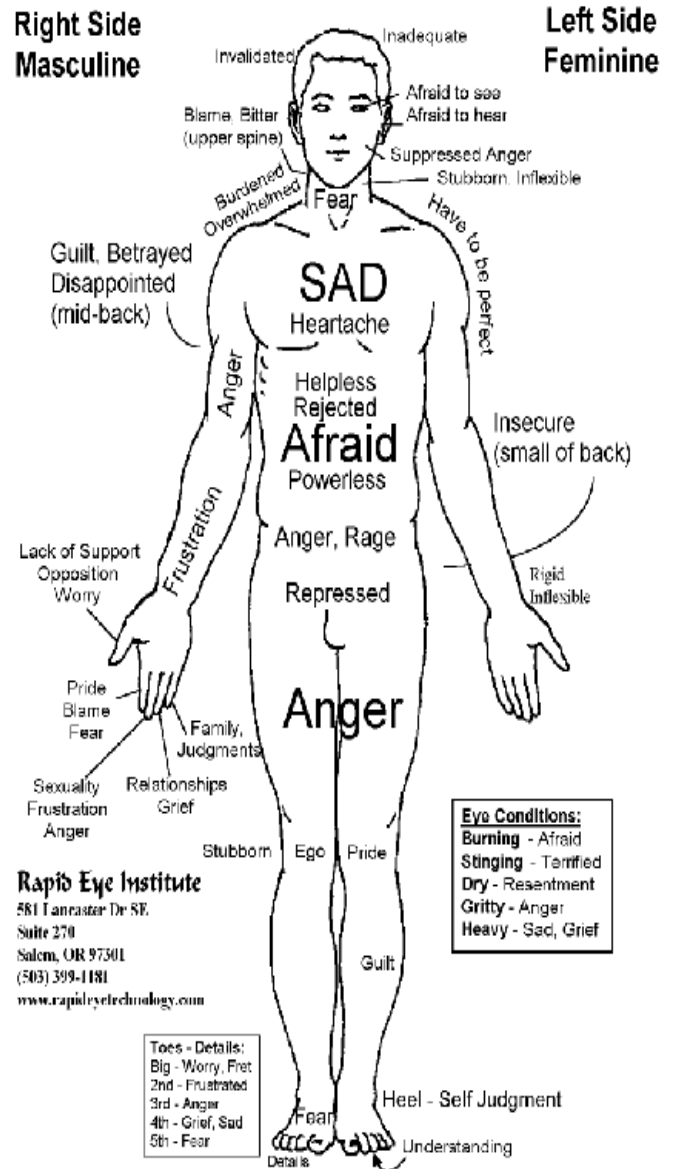
The condition of the eyes can give you a quick peek into your inner emotional state, even when you are unaware of it. Do your eyes burn occasionally with no apparent reason? You could be afraid of something and are unaware of it. Feeling grit in your eyes (and feel like you want to wipe them often to get it out)? You might be feeling angry about something. Stomach ache? Ask yourself, "What am I afraid of right now?"

Generally, the right side of the body represents masculine, male, men, boys, etc. The left side of the body generally represents feminine, female, women, girls, etc. For example, a sore right thumb might represent worry about a brother, husband, father. A sore left knee might speak to some stubbornness you have about your mother.

Remember, these are metaphors and could mean other things to you. Still, try these on and see if they apply. Let it be for entertainment and education only.

For more information we recommend Louise Hay's masterful work, *Heal Your Body*, from Hay Press.

These are ideas for consideration only and are not intended to take the place of competent medical assistance.



WHY YOU WANT TO KEEP ATTENDING MASTER LEVEL TRAINING

While the RET model utilizes many other healing modalities/techniques, this model is the only place that stimulates rapid eye movement (REM) sleep while being awake. Rapid eye movements during sleep are cataloging and sorting all sensory stimulus received during the day, i.e., visual memories are placed in the visual part of the brain for storage. As wand movements are used during the Rapid Eye process, simulating REM sleep, clients experience an immediate release and sorting of emotions and thoughts. As they hear the verbal input to “release,” and “let go,” of negative emotions, beliefs and patterns, the body, mind and emotions respond and assist by accessing a deep cellular response that is connected to stored RNA/DNA in every cell of the body.

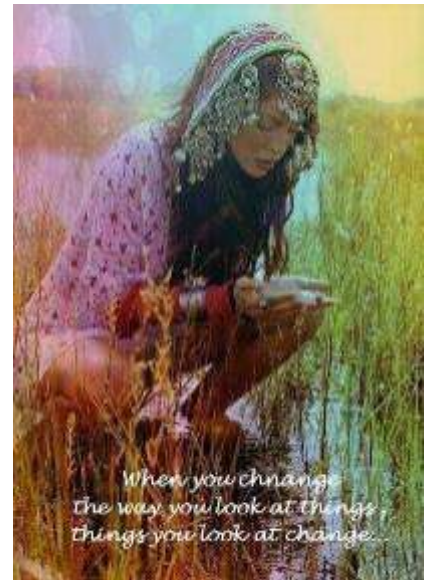
This is why in this Master Level

RET course we spend every morning understanding and perfecting these wand techniques and processes. A Master Technician understands the value of perfecting their tool and craft to a level of energetic knowledge that actually assists clients in healing faster because it is so integrated into their field. Along with the Master Level Technician having expertise to assist clients to release, client fields are “entrained” to healthier patterns and are empowered to create positive growth and healing.

This course will provide a similar effect for you. Master RET Trainers are here to inspire you to learn your tool/craft so well that you become confident and have an experiential “knowing” of your skills. Your clients in turn heal and you understand

that you are making a profound difference on the planet. This in turn re-empowers you to keep your excitement about the powerful work you are doing while earning a very good living.

By Lynell Beckstrom



**Sign up today for the Rapid Eye Technology Course...
Its Your Path to Success!**



Register



Certify



Practice

Rapid Eye Technology assists us to lay aside all our old perceptions of stress and trauma and change the genetically inherited images we hold about ourselves. It is the only healing modality that simulates the body’s natural ways of healing we do in REM—only now doing it in an awoken state to release the trauma and make a new choice.

“Thank you for the tool that has empowered me in my ability to live my purpose and make a living.” ~ Valeriann

“The RET Training gives you the tools that you need to heal and make your dreams come true. The RET certification is life changing, positive and empowering. I love being a part of this community.”~ P.J.

“Trainings are so wonderful. The amount of training presented in the home study course is phenomenal. It is presented in a way that is not overwhelming and allows everyone to be successful.” ~ R.B.

What's New at the Rapid Eye Institute

I am getting lots of questions on Heartway courses...so here's how it is....Personal Power is a two and a half day study and practice in what personal power is and what is in your way of owning all of yours.

Alchemist is a 8-day training in leadership, communication and good relationships and what is in your way and releasing what is in your way.

Basically L&L Heartway trainings are focused on supporting the RET's model of Life Skills. There is a two and a half day training on the mental level (Personal Power); the emotional level (Creating Closeness); the spiritual level (Dance of the Spirit); and the physical level (Transformation). Our Authentic Leadership Course (Alchemist) is a major overhaul of what is in your life and not working. This course is a great study in community and is taught in several different formats, my favorite is 4 days with a few months break where participants have focused assignments and then we meet for the final 4 days and that format is what will be in Nov and Feb at The Rapid Eye Institute in Salem, OR.

Alchemists has turned into a whole community that meets once a year for WeirdShift retreat weekend and it is a blast and transformative as we are all together!

The zebra is the Alchemists mascot because in a brush fire they "herd" together and are the only animal to face the fire and they run thru it together....more of them live! Please come join the "herd" right up your alley friend! Still questions?

Call me....801-856-1631. Love and Light to all....remember, the Universe always rewards those who do their own work!! ~ Lynell Beckstrom

"From the standpoint of daily life, however, there is one thing we do know: that we are here for the sake of each other—above all for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with those fate we are connected by a bond of sympathy. many times a day I realize how much my own outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received.

~Albert Einstein



The New Skills for Living Online Course was developed to:

- ◇ Enhance self discovery
- ◇ Explore the places where you might have trapped trauma and unresolved emotions.
- ◇ Increase your knowledge and awareness of why things show up in your life.
- ◇ Assist you in developing new ideas and ways of enhancing your quality of life.
- ◇ Find a wonderful new freedom.
- ◇ Provide you with fundamental philosophies and exercise to assist you in living a peaceful, healthful life.

Register for the new Skills for Living Course.

<http://heartwayfoundation.org/life.html>

Submit your case stories on the RET website:

<http://rapideyetechnology.com/storiesform.htm>

AND...

Did you know that your stories help promote your business?

RET technicians' business increased after submitting articles and testimonies for the Rapid Eye Newsletter. This is a free marketing tool for you. Write your experiences about your clients (while still keeping confidentiality) and what you're doing with your business. Please include a photo and your contact information.

Email to:

ret@rapideyetechnology.com



Reminders to keep your mind centered and your spirits lifted

1. Treat yourself the way you want others to treat you. **Stop discrediting yourself for everything you aren't,** and start giving yourself credit for everything that you are. We have to learn to be our own best friends, because sometimes we fall too easily into the trap of being our own worst enemies. **Insecurity is what's ugly,** not you. Accept yourself! Be you, just the way you are, in the beautiful way only you know how.
2. The biggest obstacles in your life are the barriers your mind creates. Worrying will never change the outcome. When you can no longer think of a reason to continue, you must think of a reason to start over. And do not let where you start, define where you will end up; only your actions and willpower determine that.
3. Sometimes to get where you want to go, you have to do what you are afraid to do. You must be brave and push forward. Miracles occur when you give as much attention and energy to your dreams as you do to your fears.
4. You must find the place inside yourself where nothing is impossible. It starts with a dream. Add confidence, and it becomes a belief. Add commitment, and it becomes a goal in sight. Add action, and it becomes a part of your life. Add determination and time, and your dream comes true.
5. **You don't have to see the whole staircase, you just have to take the first step.** Taking this first step is always the hardest. But then each subsequent step gets easier and easier. And with each step you get closer and closer to what you seek. Until eventually, what had once been invisible, starts to become visible, and what had once felt unattainable, becomes a reality.
6. **No matter how many times you revisit the past, there's nothing new to see. Just because you've made mistakes doesn't mean your mistakes get to make you.** Tame your inner critic, forgive yourself and move on. Let your old problems stay where they belong – in the past. You must make a conscious effort to do this, it won't happen automatically. **You will have to rise up and say, "I don't care how hard this is. I don't care how disappointed I am. I'm not going to let this get the best of me. I'm taking this as a lesson and moving on with my life."**
7. No matter how difficult things were yesterday, you are armed with the ability and choice to do better today. **A complete turnaround may not happen instantly, but don't let that deter you from knowing that it will someday. The struggle you're in today is developing the strength you need for tomorrow.** Learn from it and **don't give up.**
8. Never get so busy making a living that you forget to make a life. Believe with all your heart that you will follow your passion and do what you were made to do. There is no happiness and success to be found by playing it safe and settling for a life that is less than the one you are capable of living.
9. You can only be yourself, and other people can only be themselves. Sometimes we try to be sculptors, constantly carving out of others the image of what we want them to be – what we think we need, love or desire. But these actions and perceptions are against reality, against their benefit and ours, and always end in disappointment – because it does not fit them. Remember you have the ability to show people how awesome they are, just the way they are. **So act on this ability without hesitation; and don't forget to show yourself the same courtesy.**
10. **Sometimes it's okay if the only thing you're doing is breathing.** Life can get so crazy and complicated, but always take the time to slow down, reflect, and appreciate what you have. There is always someone out there who wishes they had what you have right now.



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"We are not human beings having a spiritual experience. We are spiritual beings having a human experience." ~ Pierre Teilhard de Chardin

STOP Making Excuses And START Making Things Happen!

It is true that life can sometimes LIFE and it's easy to get lost in the stagnant energy of life's challenges. If you struggle to stay focused and motivated when life gets tough, then this article will help to shed some light and hopefully lift some of that burden off of you.

Every body has challenges and deals with their own life issues. No one is exempt from that. However, you do have the capacity and capability to take any challenge and turn it into something amazing. It all comes down to your perception and your perceptions are fueled by your inner world.

Your inner landscape is loaded with information that triggers you to respond a certain way. Your mind is a reflection of your inner landscape.

YOU ARE THE DIRECTOR OF YOUR MIND.

So imagine that your mind is like a robot that you can program to do whatever you want it to do. If this is true, then you can influence your mind by creating an inner world that is rich with information and energy that will help you to think and respond to life in a supportive way.

Something I see happen over and over again is when people make excuses as to why they can't do something or why something isn't working. Excuses only hold you back. In fact, excuses keep you down and in the exact place that you are. It's kind of like throwing your own anchor out into the ocean so you can't sail your ship. Instead, you stay in place floating and bobbing around in the water, subject to all of the elements of mother nature.

The way out is to pull the anchor out and set sail even if you have no compass and no idea of where landfall might be. At least you're going somewhere.

If life feels like too much right now or you feel like you're up against a brick wall, don't stop and give up. Instead take one small step just to keep you in the flow. One small step could be 10 minutes of quiet meditation time to help you center and relax. One small step could be to make a list. One small step could be to just make one phone call instead of 10.

Just take one step that will help you pull that anchor out of the ocean floor of excuses and put you in the position to steer.



Marilyn Rodriguez, MRET

www.60daysalestransformation.com

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