

## Dream a Little Dream With Me



WWW.RAPIDEYEINSTITUTE.COM

# The Rapid Eye Institute

On this grand adventure called Life, we all have dreams and goals that sometimes get tucked away. Often times we've only tucked them away because of some belief (conscious or unconscious) about commitment, being lazy, feelings of being uncreative or unlucky, etc. As long as we allow these old scripts to keep playing the lead role in our life, we only live a fraction of what life could be.

Each success in life is either an answer to your prayers, an achieved goal, or a plan in action... it's all about perspective. Believing and feeling a certain way can truly set a wave of change in your life.

"Act as if" your dreams are alive and just as you imagined it. Your behavior will lead the way. Remember, actions speak louder

than words. It's more important what you do than what you say... everyday!

Let your dreams be bigger than your fears and go for your dream 100% because that will bring you more happiness in the end.

Take some time to reflect and be sure you're being true to yourself. Figure out what your plan is and write down goals.

"The road to success and the road to happiness are two lanes of the same highway. And the toll you must pay is simply being true to yourself." ~ Author Unknown

Let it go and be who you are! Go all in – it will be worth it!

By Melanie Gentzkow,  
MRET/ReikiMaster

### Energy Psychology Course with Sharlene Young, MRET trainer

*RET CEU's/ Requisite for Train-the-Trainer*

*Open to the Public*

**When:** November 1-4, 2013

**Time:** 9:00 am to 6:00 pm

**Where:** The Rapid Eye Institute, Salem, OR

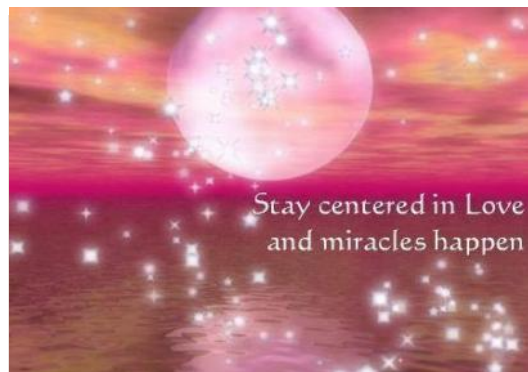
**Cost:** \$800 (for student) \$100 (for staff)



[\(See Page 5 for Course Details\)](#)

#### Inside this issue:

RET: Assisting Anxiety Disorders	2
New Rapid Eye Technicians	3
Why Yoga is So Great	4
Law of Abundance	4
Energy Psychology Course Description	5



# RET: A Beacon of Hope for Sufferers of Generalized Anxiety Disorder

By Lisa Routledge

---

Rapid Eye Technology has many fundamental benefits to those who choose to practice it. The life skills it endows include everything from a deeper understanding of choice and accountability to a better way of harnessing the power of thought. Included within these skills is health and healing; and within that lies a plethora of afflictions for which RET can be hugely beneficial. One in particular that I'd like to focus on in this article is anxiety, and more specifically, Generalized Anxiety Disorder (GAD).

## The truth about Generalized Anxiety Disorder

Surprisingly to some, GAD affects a great many individuals across the globe, and is in many ways a silent but very distressing condition. [Recent figures suggest](#) that 3.1% of the US population suffer from generalized anxiety disorder. Anxiety disorders account for around \$42 billion in health costs each and every year. This figure includes in its sum every different method for tackling this growing problem. Therapies like CBT (Cognitive Behavioral Therapy) can be very effective in treating the condition, and [prescription medication can be highly efficacious](#) also. But with a complimentary therapy like RET in addition to these more traditional treatment methods, we could see the number of GAD sufferers dropping year on year, rather than only growing.

## The symptoms of Generalized Anxiety Disorder

The symptoms of GAD are widely known, and even those who do not suffer from an anxiety disorder will be able to relate to its symptoms:

- Rapid heartbeat
- Internal discomfort
- Hyperventilation
- Feeling like the person is going crazy
- Feeling like the person may die
- Chronic worry not commensurate with the situation

Some of the above are classic signs of a panic attack, and many of us will experience at least one of these in our lifetimes. There are many more [anxiety disorder symptoms](#) that may also be present. The key difference with GAD is that these symptoms must be present for six months or longer. With many GAD sufferers, it can be years or even decades that these symptoms persist.

## How Rapid Eye Technology can help anxiety sufferers

One of the core purposes of RET is to restore the internal balance of a person by releasing trapped negative energies. As many anxiety therapists would attest, GAD is very often caused by a person's thoughts and the way they react to these thoughts. This premise falls in line with the central reasoning behind

RET, suggesting that Rapid Eye Technology could be a highly effective therapy in the treatment of anxiety. Negative belief systems often reinforce and perpetuate anxiety disorders. With RET, the sufferer can access and release these beliefs, in the same way that the body 'detoxifies' mentally via REM sleep each night. The Rapid Eye Movement that is scientifically proven to occur as we sleep is another core tenet of RET, as we'll explore in the next section.

## Emulating Rapid Eye Movement to provide long-lasting relief

RET works by stimulating the neurons in the brain stem in exactly the same way as they do during REM sleep. By emulating the movement of our eyes whilst focusing on the ailments we face, we can actively combat these afflictions. In the case of anxiety and GAD, the use of RET could also provide symptomatic relief. For example, many GAD sufferers find that their attacks are triggered in certain situations (for example, being crammed into a busy subway car). By employing the techniques taught by RET practitioners while in these situations, the sufferers will not only tackle the symptoms, but also give themselves a chance to learn that these sensations cannot physically harm them. The physical and emotional healing enabled through RET can then begin to create positive changes.

In a world in which anxiety, stress and depression are becoming more and more ingrained into our lives, it seems the time is right to put a stop to it. Whether a symptom of our hectic lifestyles or genuine medical issues, with Rapid Eye Technology, sufferers can begin to see a way out of their problems. Anxiety sufferers will worry less, victims of depression can start to see the sun coming out, even those with OCD and related disorders can find some relief. Whatever the mental affliction, RET offers at the very least a beacon of hope in a sea of confusion.

References used for this article:

- <http://www.adaa.org/about-adaa/press-room/facts-statistics>
- <http://www.womenshealth.gov/mental-health/illnesses/generalized-anxiety-disorder.cfm>
- <http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
- <http://edition.cnn.com/2012/08/23/opinion/smith-anxiety-disorder>

*After graduating in Food and Nutritional Sciences, Lisa Routledge began working as a nutritionist before motherhood got in the way. Now she works as a freelance writer and covers topics as diverse as the latest in health research, green food production, family nutrition and health, living with conditions and health education.*

*This article is for informational purposes only and reflects the views and research of Lisa Routledge. In no way should her words be construed as medical or psychological diagnosis or advice.*

# Congratulations to New Rapid Eye Technicians from Ranae and the training team!



**September 17, 2013 Salt Lake City, UT**

**Trainers:** Canah Tedjamulia and Marnae Hobson

**New Techs:** Liberty Hamilton, Melody Chase,  
Chandra Fenwick, Tamara Bouck, and Amelia White



**September 2013 Bountiful, UT**

**Trainer:** Sandra Baker

**New Techs:** Elaine Stokes and Colleen Evans



**September 23, 2013 Salem, OR**

**Trainers:** Lynell Beckstrom and Sharlene Young

**New Techs:** Lana Haws, Sue Barbara, Sally  
Davis, and Dianne Miller



**September 30, 2013 Dallas, TX**

**Trainer:** Lynell Beckstrom

**Sponsored by Susan Perez**

**New Tech:** Stacey Davis, Bridget Megna, and  
Deb Loe

*A big heartfelt thank you to all the staff who assisted with each training!  
Your expertise, time and energy are greatly appreciated.*

*Love and Prosperity to all of you!!!*

*-- Ranae and the Training Team*



# Why Yoga is So Great!

## 1. Inner Peace:

The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives.

## 2. Pain Relief:

Yoga can ease pain. Studies have demonstrated that practicing yoga asanas (postures), meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, autoimmune diseases and hypertension as well as arthritis, back and neck pain, and other chronic conditions.

## 3. Weight Management:

Yoga (even less vigorous styles) can aid weight control efforts by reducing the cortisol levels as well as by burning excess calories and reducing stress.

## 4. Flexibility:

Yoga helps to improve flexibility and mobility, increasing range of movement and reducing aches and pains. Over time, the ligaments, tendons and muscles lengthen, increasing elasticity, making more poses possible.

Yoga also helps to improve body alignment resulting in better posture and helping to relieve back, neck, joint and muscle problems.

## 5. Strength:

Yoga asanas use every muscle in the body, helping to increase strength literally from head to toe. And, while these postures strengthen the body, they also provide an additional benefit of helping to relieve muscular tension.

## 6. Better Breathing:

Yoga teaches people to take slower, deeper breaths. This helps to improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.

## 7. Improved Circulation:

Yoga helps to improve circulation and, as a result of various poses, more efficiently moves oxygenated blood to the body's cells.

## 8. Cardiovascular Conditioning:

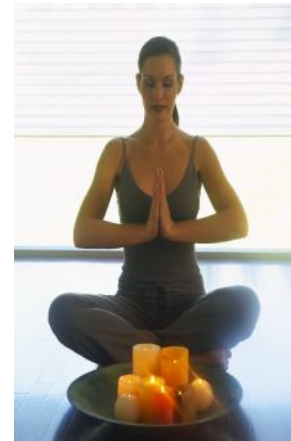
Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.

## 9. Focus on the Present:

Yoga helps us to focus on the present, to become more aware and to help create mind body health. It opens the way to improved concentration, coordination, reaction time and memory.

## 10. Stress Relief:

Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia



From Indigo Wellness Center  
Salem, OR

## The Law of Abundance

Whether we know it or not, our energies are focused and those energies are working in our lives, for better or worse. Like electricity, our own energies do not decide they will work in one area, and not another. Electricity doesn't stop working because the toaster is bad or the stereo is on a negative channel. Electricity flows through the circuit until it is complete. Our energies act in exactly the same way.

And this is very true for abundance. It is very simple. If you don't have abundance in your life you have a blockage. Consider money. If you don't have all the money you need and want this just means there are some things about abundance you don't yet know. All you have to do is hear them one time. Yes, it really is that simple.



**THE RAPID EYE INSTITUTE**

581 Lancaster Dr SE #270  
Salem, OR 97317

Phone: 503-399-1181

Fax: 503-373-3606

E-mail: [ret@rapideyetechnology.com](mailto:ret@rapideyetechnology.com)

**We're on Facebook!**

**Join today!**

*By shifting from negativity to positivity, or from self-loathing to a positive self-image, you are in effect upgrading your DNA. Cortisol levels drop, and there is an increase in dopamine, serotonin, and oxytocin, which all help maintain a strong immune system and overall homeostasis. Your consciousness is more powerful than any disease.*

*The moment you change your perception, is the moment you rewrite the chemistry of your body.*

*~Bruce Lipton, author of Biology of Belief*

---

## Energy Psychology Course By Sharlene Young, MRET, Trainer

### Featuring:

- ◆ Going to the first cause of undesired patterns imprinted in your mind body system
- ◆ Shifting the Matrix in your DNA
- ◆ Personal energy studies of how you are wired for Love...Success ...Money and much more
- ◆ Bioenergetics-stepping into your CHAKRAS
- ◆ Reaching the quantum fields to collapse unwanted patterns

### Benefits:

- ◆ Hands on tools and techniques to rewrite the imprints of the mind-body system as you open or clear these centers you experience good health.
- ◆ New love map M
- ◆ Mental clarity
- ◆ New connection to your spiritual self

**Required:** Clearing Your 12 Chakras Manual -purchase one at the [RET online store](#).

**Class:** You will receive Course Manual with additional processing skills and scripts.

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

©2013 Rapid Eye Institute. All Rights Reserved. Reproduction in whole or in part without written permission is prohibited.