

WAND TECHNIQUES/PROCESSES

GUIDELINES CHART

RET BASIC WAND TECHNIQUES

- **Auditory - Memory - Visual - Recreate - Feeling** (always say 3 release statements before changing modalities)
- **Hammer** (“**Let It Go!**” safeguard phrase) (tilt wrist back moving in and out away from eyes, i.e., hammering motion in desensitizing wide area, “let it go’s are performed in auditory); “**Let it go, let it go, let it go, breaking it all up into smaller pieces to process easier, break up pockets of pain in the generational fields, break it up, break it up, break it up, let it go, let it go, let it go.**”
- **Release it to the Light** (small circles over each eye, point up on the word “light” saying): “**Release It To The Light.**”
- **Desensitizing** (horizontal auditory wide movements): “**Look over here...over here...over here**” (after tracking well, can say, i.e., “**Getting left/right brain communicating. Let’s speed up the whole healing process--Honor, Release, Resolve,**” (repeat honor, release, resolve 3 times).
- **Pulls - Fast Auditory - “shut tight open...shut tight open...shut tight open”** (if necessary...stop and show client how to blink hard using whole face) “**Pull, pull, pull**” (roll flat to the eye, move away as you roll back and point up saying, “**Pull**”; one eye and then the other eye, at least 3 times each eye).
- **Breathe It To The Light** - Say, “**Take a big deep breath,**” while moving in clockwise circles around the face while breathing in, roll flat to the mouth, move away as you roll back and point up saying, “**Breathe It To The Light.**”

RET WAND PROCESSES

- **Scramble The Feeling** (*tech speaks*, start in memory) – say, “**Look up, remember it, look down, how does it feel, remember it, feel it, remember it, feel it, remember it, feel it?**” (moving the wand matching the stated modality; do all modalities, then scramble). Transition Statement into *Owning the Feeling* (Let’s just honor that feeling as a human emotion by repeating...); do *Scramble the Feeling/Owning The Feeling* processes together at least once in every session.
- **Owning The Feeling** (*client speaks*) (start in auditory – “**I don’t want to hear my _____,**” client repeats several times while tech moves wand back/forth). End with “activate pure light” and some positives.

- **Reclaiming** (clockwise out...clockwise in) (clients are **"Getting your own answers and your own connections"**) (use P. E. M. S. model) (One word in the title helps one remember this process is one direction).
- **Release and Gather** (two directions, clockwise out...counterclockwise in, completes with 3 times clockwise to balance) clockwise out- (**"Gather it all up, breath out and release it all to the light..."**) counter clockwise in- **"Bringing in light and love into all layers of the auric field and into the body.** After several "in's and out's" when ready to move on, end this process by going in and out clockwise 3 times saying, **"Balancing, balancing, balancing, spinning all the chakra's into the perfect size, shape, speed, tone and color, balancing, balancing, balancing."**
- **Emergency Process** (Desensitize only in auditory, fast auditory 3 hard blinks, 3x's) **"Breathe it to the Light,"** (use in emergencies or to quickly clean up an issue. Transition statement, **"I am trained to assist you, is that OK?"**).
- **Assessment** -clockwise and counterclockwise large circles around face at periphery, eyes open and then closed....break up energy using *Hammer* in any spots that "glitch" ...possible release statement while processing glitch...("watch it disintegrate, dissolve and disappear").
- **Body Learning** (used during positive awareness to bring energy into each of the chakra points, wand is even with spine, move in and out at points,) **"Bringing in all the positive energy and awareness, letting the body learn the new information...."** (client has eyes closed).
- **Resetting the Meridians** -Large Figure Eights Over Body (start in the middle of eyes, go up to clients left; do over entire body, (sideways figure 8's in SSPT lower/upper areas) whenever you want to bring more balance into the mind and body...possible statements: "realigning, resetting, and balancing to the new higher positive frequency.)
- **High Frequency** -(is an ellipse shape, done in each of the modalities and chakras, starts in auditory and while doing the ellipse – say, **"Bringing in wholeness and completion past, present and future, using negative energy in a positive way,"** say this in every modality as you do the ellipse shape. Then, do the ellipse over the base chakra while saying,) **"Clearing the energy in the first chakra and connect to all chakras, activating pure light"** move to 2nd chakra and say, **"Clearing the energy in the second chakra and connect to all chakras, activating pure light."** (Move up to the next chakra on the word "connect" – Do for all 7 chakras).
- **IRT - Release Technique** -(Stand-alone process or used in RET sessions. I trade in my negative for positive); uses tapping and eye-movements).
- **SSPT Single Situation Processing Technique** (Stand-alone process or used in RET sessions. I release the fear of _____).

- **Not Not's:** This core belief scrambler is used to break long-standing patterning. There is a "I am" pattern, a "Need's" pattern, and a "Shoulds" pattern. Using these in conjunction is very powerful and they can be used alone. No matter what pattern scrambler you use (even if it is only one) always include the safeguard ending in the "I AM" pattern scrambler of **"grieving, non-existent, lifeless and withholding my future."**

RET CLOSING PROCESSES *(Always do at the end of each session)*

- **Emergency Process** (only if needed)
- **Reclaiming** (always done as part of closing processes to educate the client from their own energy; see above)
- **Release and Gather** (important for recycling old energy and bringing in new energy from the light into every layer/level of their auric field, and closing circuits from session; see above)
- **Assessment** (clockwise and counterclockwise large circles around face at periphery, eyes open and then closed....break up any stuck energy using Hammer in any spots that "glitch" ...possible release statement while processing glitch..."watch it disintegrate, dissolve and disappear")
- **Body Learning** (used during positive awareness to bring energy into each of the chakra points, wand is even with spine, move in and out at points), **"Bringing in all the positive energy and awareness, creating little rivers streaming into the body, letting the body learn the new information...."** (client has eyes closed).
- **Resetting the Meridians** (Large Figure Eights Over Body (start in the middle of eyes, go up to clients left; do over entire body, (sideways figure 8's in SSPT lower/upper areas.) whenever you want to bring more balance into the mind and body...possible statements: **"realigning, resetting and balancing to the new positive higher frequency."**)
- **High Frequency** (is an ellipse shape, done in each of the modalities and chakras, starts in auditory and while doing the ellipse – say): **"Bringing in wholeness and completion, past, present, and future, using negative energy in a positive way,"** (say this in every modality as you do the ellipse shape. Then, do the ellipse over the base chakra while saying), **"Clearing the energy in the first chakra and connect to all chakras, activate pure light"** move to 2nd chakra and say, **"Clearing the energy in the second chakra and connect to all chakras, activate pure light,"** (Move up to the next chakra on the word "connect" – Do for all 7 chakras).

- **3-Part Closing Imagery Reframes**

[1] *Column of Light,*

[2] *Iron Filings,*

[3] *Breathe up from earth/down from sun*); (this 3-part imagery is a safeguard and must be done at the close of every RET session – very important):

[1] **“Great session, close your eyes.** (Move your hands in *feminine brushing movements over the head and down the body as you say the following words*) **Column of light coming into your system, turning into liquid light, inside and outside; washing, washing, washing any negative residue from our session, down your legs, out your feet and into the earth....If any energy is stuck, ‘BURST’ it.”** The clap happens at the *same time* as the word *BURST*. Perform hand mudra’s that match “down your legs, out your feet, into the earth.”

[2] **“Powerful magnet at the top of your head, iron filings at your feet, sweeping, sweeping, sweeping up your body picking up all negative residue....tell me when they all reach the magnet”;** (move hands briskly up the client’s whole body to the top of the head with masculine straight movements many times until the client says they are all at the magnet – *masculine energy movements*); when the client says they are there – clap your hands at the top of their head and say, **“ ‘Gone’ into the light.”** The clap happens at the *same time* as the word *GONE*.

[3] {a} Stand to the side of client with one arm raised up at an angle and one arm pointing at the ground below their feet (Tai Chi Plane Stance). Say each of the below statements, then move your arm up to the heart as client breaths in and bring the other hand down to the heart as client breaths out. SAY IT AND THEN DO MOVEMENTS– **“Breathe up from the earth and**

hold it at your heart; down from the sun, opening, blending, balancing the heart.” Say it, then do it – sweep right hand up with the breath, and left hand down with the breath.

{b} **“Up from the feminine, down from the masculine, opening, blending, balancing the heart.”** Say it, then do it – sweep right hand up with the breath, and left hand down with the breath.

{c} **“Up from experience, down from spirit, opening, blending, balancing the heart.”** While you are saying, “Opening, blending and

balancing the heart, you are at your client's heart, circling clockwise with your hand, (thumb in) 3 times over the heart area SWIFTLY and then pointing at the heart with your open upturned palm of the hand, (thumb extended) when you say the last words in the statements, which is "*the heart*".

Grounding

Have client touch the roof of their mouth with their tongue (right behind front teeth) and place their fingertips and thumbs of each hand together and press while asking... **"Open your eyes, what year is it and what is your name?"**

(If you are allowed in your state to touch or you have a massage license; you can ground using the feet or shoulders.

To ground using the *shoulders* – place arms on shoulders with palms turned upward while standing behind client. Ask client to breathe in and as they let the breath out, press down on shoulders – always with your palms turned up. Do this 3 times.

Drinking water is grounding, along with a small amount of sugar, i.e., a Tic Tac. Asking questions is grounding also, **"What day of the week is it? What is the color of your car?"** This also ensures client is in present time.

It is VITAL to remember to always ground your client.