

RET Closing Processes Overview

The RET *Closing Processes* are the processes done at the end of every session and create a safe-guard in this model. It is our goal that every client feels “together” when they leave. These processes are an integral and vital part of the RET model. They are tools to be used at certain times during sessions also. They each have a specific purpose to achieve a desired outcome.

- Emergency Process: A quick release to be used during emergencies and at the end of sessions as needed.

Use *Desensitize Wand Technique*...“Look over here, over here, over here, and release, release, release – what is feeling negative right now in your body and system. Keep looking back and forth, follow my eye-directing device, let it go, let it go, let it go. Shut your eyes tight, open, tight open, tight open – (Perform *Breathe It To The Light Wand Technique*) Take a big deep breath and breathe it to the Light, take another deep breath and breathe it to the Light, and one more time, take a big deep breath and BREATHE it to the Light!” Repeat as needed.

- Reclaiming: This is an “educational” wand process. Using the acronym P.E.M.S., which stands for physical, emotional, mental and spiritual states in each client’s energy field; our goal is to assist clients to get their own answers and their own connections from their own field. Performed in clockwise large circles in the client’s auric field:

“Learn from the Physical level. Get the body learning from the field.” (*Several fast, clockwise spins back to the body*) “Bring the learning from the physical field back to educate the body. Get your own answers and your own connections. Get it, get it, get it. Blink, blink, blink.”

“Learn from the Emotional level. Get a new feeling of well-being. Bring the learning from the emotional field back to educate the body. Get it, get it, get it. Blink, blink, blink.”

“Learn from the Mental level. Get a new clarity, new understanding. Bring the learning from the mental field back to educate the body. Get your own answers and your own connections. Getting it, getting it, getting it. Blink, blink, blink.”

“Learn from the Spiritual level. Bring the new information from every layer and level back to the body to create new perceptions. Get it, get it, get it. Blink, blink, blink.”

“Return to Spirit for further Light and knowledge, to see things as Source sees it. Bring Pure Light and truth back to the body. Get it, get it, get it. Blink, blink, blink.”

“Return to Spirit one more time for further light and knowledge, connecting to your highest purpose, activating your consciousness to be fully aware. Bring that high joy vibration back to the body, creating clear communication directly from Source, educating your whole system to function as one complete circuit of energy. Get it, get it, get it. Blink, blink, blink.”

- *Release and Gather:* This wand process “cleans” the auric field by creating a vortex to gather what energies the body has released and takes this energy to the Light to dissolve. It uses large circles going in and out in front of the client. Clockwise circles out and Counterclockwise circles in. While returning back from Light, all negative energy is gathered to be recycled through the body (what is created in the body, must be released there); and then taken back to the Light to dissolve. This is done several times to clean client’s field. End this process with 3 clockwise in and out motions to spin the chakras back to a clockwise motion and to create balance. Release & Gather Process:

Starting at the face clockwise and move out with their breath, **“Look at my hand as you take a big deep breath in through your nose and gather up everything you have been processing and breathe it out dissolving it into the Light.”**

Reverse counterclockwise, **“Bring Universal love and Light back through all layers, levels, and lifetimes, cleaning up all lifetimes and DNA of the energy fields and bring it back to the body to recycle.”**

Reverse clockwise and move out with their breath, **“Take a big deep breath in through your nose and gather up everything you have been processing and breathe it out, dissolving it into the Light.”**

Reverse counterclockwise, **“Bring back from Pure Light and truth, I am a high joy vibration. Process from a high frequency all new information to assist, accept the accountability of my choices.”**

Reverse clockwise move out with clients breath, **“Take a big deep breath in and gather up everything you have been processing and breathe it out dissolving it into the Light.”**

Reverse counterclockwise, **“Bring back from Pure Light, love, safety, I am good enough, I am perfect just as God created me. Close all the circuits on this issue.”**

Reverse clockwise move out with their breath, **“Take a big deep breath in through your nose and gather up everything you have been processing and breathe it out dissolving it into the Light.”**

Reverse counterclockwise, **“Bring Universal love and Light back through all layers, levels, and lifetimes and blink into every cell, I fill my body and aura with Pure Light. I am in harmony with the rhythm of oneness. Blink it into every cell and all modalities. Fill your body and aura with Light and complete all circuits in the aura and in the body.”**

Clockwise 3 times out to spirit and back to the face while saying, **“Balancing, balancing, balancing, bringing each chakra into its perfect size, speed, color, shape, and tone. Balancing, balancing, balancing.”**

- Body Learning: This process connects positive realizations (ah-ha’s) from client’s mind back to the body. You can add any affirmations specific to what your client has been processing. The wand is perpendicular to the client’s spine and moving in and out over each chakra. While it can be done anytime during a session, it is always done in the closing processes:

Over 1st chakra in and out movement, **“I am able to flow a positive frequency, I am good enough.”**

Over 2nd chakra in and out movement, **“I feel worthy and deserving, I feel noticed and appreciated.”**

Over 3rd chakra in and out movement, **“I do the actions necessary to succeed and meet my dreams.”**

Over 4th chakra in and out movement, **“I love myself more and more every day, I love others.”**

Over 5th chakra in and out movement, **“I speak words of peace and gentleness.”**

Over 6th chakra in and out movement, **“I see my own inner worth and wisdom. I see clearly when making choices.”**

Over 7th chakra in and out movement, **“I understand the whole plan for my life, I understand others are doing the best they can.”**

- Resetting the Meridians: Figure eights represents the infinity symbol, doing these large and fast sideways figure eight movements over the body resets meridians to bring the body and energy fields into balance. Tech keeps speaking as the figure 8's move in SSPT movements side to side and down the body. Start and end in *Auditory* modality. Keep resetting the meridians to a higher positive frequency:

“Follow the wand up over your left eye and around, down, and back up over your right eye to create a figure 8, resetting your meridians to a positive frequency of Pure Light. Continue following the figure 8's as I do them over your whole body to reset your meridians. Resetting all your meridians to the new desired higher frequency.”

- Assessment: This process helps the Technician access where energy blocks may still be processing, and to check at the end of the session for any remaining blocks. Done in a large clockwise circle around the face with client following with their eyes. Then counterclockwise asking if they feel anything while looking into these areas. Do with eyes open and then shut.

“Follow the wand as I circle clockwise around your face clockwise and back around counterclockwise. Notice any areas that are difficult for you to look at, you may feel a glitch, or areas that your eyes skip over.”

If the response is Yes, do the *Hammer* wand technique in the indicated spot while saying, **“Look right in that spot and blink, blink, blink, break it up, break it up, break it up...let it go, let it go, let it go.”**

Follow client's eye movement with the wand, **“Now close your eyes and roll your eyes in a clockwise circle and then back around counterclockwise. Notice any areas that are difficult for you to look at, you feel a glitch, or areas that your eyes skip over.”**

If the response is Yes, do the Hammer technique in the indicated spot while saying, **“Look right in that spot and blink, blink, blink, break it up...let it go, let it go, let it go. How are you feeling?”**

If the answer is No, move on to the High Frequency wand process.

- High Frequency: Brings all modalities into wholeness and completion. Uses an ellipse shape in each of the modalities. Client follows the wand with their eyes while Technician speaks:

In Auditory modality say, **“Hear and create one complete circuit of spiritual energy, bringing everything into wholeness and completion. Imprint the higher purpose of your experience. Bring in highest truth of who you are. Getting it recorded past, present, and future in all dimensions.”**

In Memory modality say, **“Remember and create one complete circuit of spiritual energy, bringing everything into wholeness and completion. Imprint the higher purpose of your experience. Bring in highest truth of who you are. Using negative energy in a positive way. Getting it recorded past, present, and future in all dimensions.”**

In Visual modality say, **“See and create one complete circuit of spiritual energy, bringing everything into wholeness and completion. Imprint the higher purpose of your experience. Bring in highest truth of who you are. Getting it recorded past, present, and future in all dimensions.”**

In Recreate modality say, **“Recreate and keep creating one complete circuit of spiritual energy, bringing everything into wholeness and completion. Imprint the higher purpose of your experience. Bring in highest truth of who you are. Using negative energy in a positive way. Getting it recorded past, present, and future in all dimensions.”**

Feeling modality - Repeat the following while doing one ellipse over the basic 7 chakra's... **“Clearing the energy in the first chakra, connecting to all chakras, activate Pure Light.”** Repeat for each of the 7 in body chakras. After 7th chakra say, **“With intention as the wand touches the top of your head and this GROUNDS you to your complete circuit of energy.”**

- 3-Part Closing Imagery (has 3 parts...)

[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 down your legs, out your feet and into the earth...(use correct hand mudra's) If any energy is stuck, 'BURST' it.”** The clap happens at the same time as the word BURST.

[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 (not circular) many times until the client says they are all at the magnet); when the client says they are there – clap your hands over 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 the heart;** (sweep right hand up with the breath) **down from the sun,** (sweep left hand down with the breath) **opening, blending, balancing the heart.**” Thumb in moving circular while pointing at the heart and then pointing at the heart with your open upturned palm of the hand (thumb out) when you say the last words in the statements, which is “the heart”.

{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. Thumb in moving circular while pointing at the heart and then pointing at the heart with your open upturned palm of the hand (thumb out) when you say the last words in the statements, which is “the heart”.

{c} **“Up from experience, down from spirit, opening, blending, balancing the heart.”** While you are saying, **‘Opening, blending, 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 out) when you say the last words in the statements, which is “the heart”.

Grounding

Say to the client...**“Touch your tongue to the roof of your mouth, behind your front teeth, PRESS. Open your eyes, PRESS your fingertips and thumbs together,** (you do this movement to show them), ask...**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 also. 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, maintain that pressure while repeating. Do this 3 times.

Drinking water is grounding, along with a small amount of sugar, i.e., a Tic Tac or mint.

It is VITAL to remember to always GROUND your client.