



## An Amazing New Year Begins

As we continue to remember who we are and desire change in our lives, it's important to be aware of what type of questions we are asking. We all have the answers within so long as we, stop, breathe and accept the moment. In the time it takes to complain about events, a more profound learning could have taken place. Remember that we get what we think about, whether we want it or not. So if you believe there is a lack of love, money, kindness or otherwise, people and situations will arise to support that belief. As you change your view to see a loving, supportive, and abundant work, evidence will show up to support that belief.

Continue to remind yourself every day of the beautiful world we live in and the masterful you within your reach. Stay awake and alive to your true vibration of love. Be gentle with yourself as you transition from judging to loving. Love yourself and be proud of everything you do. Even "mistakes" mean you're progressing. Love each moment, action and interaction.

**Be love. Be peace. Be happiness. Be YOU!**



Blessings to you all,  
Melanie Gentzkow, MRET, editor

*"May the beauty you love be what you do."* ~ Rumi

### VISION STATEMENT

*In a Spirit of gratitude we call forth an abundance of lightworkers NOW who choose to enhance the planetary evolution through Rapid Eye Technology. We provide an environment for positive change through unconditional love, honor, education, prosperity and community.*



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# Upcoming Events

## SOULS WITH STAMINA

This is a new dynamic Leadership Course that is skill based using Rapid Eye Technology tools. 8 full days of Experiential Personal Growth towards confidence, healing, leadership and community!

Contact Lynell Beckstrom for more information

**May 2-9, 2015**

Rapid Eye Institute

Salem, OR

\$1500 Course fee

\$999 if paid by April 1st

\$400 if completed Alchemist Leadership



EVENT	DATE	LOCATION	TRAINER/INFO
Life Skills Classes	Feb. 17, 2015 Feb. 24, 2015	Logan, UT	Deb Spendlove 435-770-1136
Inner Child Class	Feb. 28, 2015	Logan, UT	Deb Spendlove 435-770-1136
Life Skills Classes	March 3, 2015 March 10, 2015 March 17, 2015 March 25, 2015	Logan, UT	Deb Spendlove 435-770-1136
RET Basic Certification	March 10-14, 2015	So. Ogden, UT Staff register with Ranae 503-399-1181	Jill Whitley (In Training) 801-458-3267 Lynell Beckstrom 801-856-1631
RET Skills for Life Class 1st Thursday Night of Every Month Open to the Community/Donation Only	March 5, 2015 7:00-9:00 pm	Salem, OR Rapid Eye Institute	Melanie Gentzkow 503-851-9824 Lynell Beckstrom
~RET Info Night ~Family Matrix Realignments ~Personal Sessions from Lynell	March 19-30, 2015	Oakland, CA Santa Cruz, CA	Lynell Beckstrom 801-856-1631 Text or call
~RET Advanced ~Chakra Class ~RET Info Night ~Family Matrix Realignments ~Personal Sessions from Lynell or Sharlene	April 15-25, 2015	Huntsville, AL	Lynell Beckstrom 801-856-1631 Sharlene Young 503-851-4574

**[Link here for entire calendar of 2015](#)**

## Did You Know... By Lynell Beckstrom, MRET, Master Trainer



### Rapid Eye Technology is a two-part approach to healing

As I am thinking about all the growth for Rapid Eye Technology right now, I feel awed by the capacity for healing we ALL have as a family of humanity.

I truly know that Rapid Eye releases stress EVERY time in every session. But many ask why issues come back up? If you have a session and go back into life with the same thoughts and doing the same things, you will recreate the same issues.

In Rapid Eye, the other half of the model is Skills For Life, comprised of seven principles. This cognitive re-patterning is a vital part of the reason that Rapid Eye Technology is so naturally therapeutic! You do the release work with the eye-directing device (wand) and re-pattern cognitively what hasn't been working by educating yourself on new concepts, truths, tools/skills gained by the Skills for Life!

The wand moving in the sensory modalities simulating the release at the end of REM sleep coupled with the Skills for Life education is so powerful. For no charge, there is a downloadable Skills for Life manual, and a **free class available on the website below**.

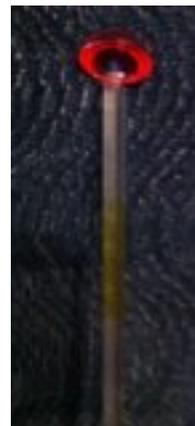
The journey to becoming a Rapid Eye Technician is a healing experience and brings personal growth. Please find a technician in your area and give yourself the gift of YOUR authentic self!

NOW is the time to get trained in Rapid Eye Technology!

If you have ever wanted to work in the healing arts NOW is the time.

Call The Institute today and get started...IT IS TIME!

503-399-1181 [www.rapideyetechnology.com](http://www.rapideyetechnology.com)



## Marketing Tips by Ranae Johnson

### **E-Mail Marketing**



Be sure to check your emails! And, please make sure we have your updated email. The Newsletter will be coming your way in a new format that is easy to view. In addition, forwarding the newsletter to your clients will be quick and efficient as well as a good reminder to them about your services. It's possible that someone was planning on visiting your website (or making a call) to find information but just hasn't gotten around to it. This will be a tool for you to pass along great information and a very subtle reminder that you're still there. In addition, if you've wanted to increase your clientele, consider setting up a [Constant Contact](#) account for your own personal newsletter. It's very easy to use and will bring more traffic to your website. An email newsletter is a great way to advertise. Email marketing is one of the most powerful marketing tools available for communicating and developing relationships.

Now is the time to really Go for it! List three things that you can do to strengthen your business immediately, note by when you will do them and what your goal looks like when it's completed. Enroll support—Remember, it takes a village to build success that will touch, move and inspire the world.

**Visualize your success multiplying!**



## **Smile for Health**

**By Joseph Bennette**

A study by Carolien Martijn and Marlies Vanderlinden from Maastricht University investigated whether body satisfaction can increase when women learn to associate their appearance with social approval. “The positive effect we witnessed for women with a high level of body concern supports the idea that body satisfaction may be linked to the idea of social approval. Simply showing these women photographs of themselves followed by a smiling face – signaling social approval – increased their body satisfaction and self-esteem significantly.” (Martijn)

It occurs to me that the first “society” we face every day is our own – me, myself, and I. When I smile at myself in the mirror, I signal to my body a social approval closer to me than any other society.

On the next page is a quick and easy imagery you can do to improve your self-esteem and perhaps your physical health. You may wish to have someone read the imagery to you or you may simply read it to yourself and imagine someone else reading it to you. The most important things to do with the imagery are to relax and enjoy it.



Author and consultant Joseph Bennette has trained thousands of people in Rapid Eye Technology, Hypnotherapy, Emotional Freedom Technique, and Life Skills. He has been a featured presenter at Northwest Hypnotherapy Conferences, Oregon Hypnotherapy Association meetings, on radio, television, and community events. He serves on the Board of Directors of the Oregon Hypnotherapy Association and Heartway Foundation. Online at [Joseph.Bennette.org](#)

## Smile for Health ~ Imagery

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*Close your eyes and begin to get a sense of yourself as a body. <short pause> Imagine you could step out of your body and float outside your body. Look back at your body and smile – that’s all, just smile.*

*Now imagine you could shrink down to the size of a tiny speck. Imagine you could float above your body’s head and look down and into the body from the head down. Imagine you could peer into the top of your own head and see your brain – then smile at it – smile at your own brain.*

*Imagine you could float down into your head – looking left, right, up, down, all around – smile at your brain from within your brain. Smile at all the structures, all the connections, all the fluids, vessels, and electrical conduits. Smile with approval. <pause> Look down your entire spine and smile. <pause>*

*Look at your face from within. Smile at your eyes, your ears, your nose, your mouth, your cheeks, your chin, and your throat.*

*Floating down, smile at your esophagus, your larynx, your upper back, your shoulders. Float down each arm and smile at your arms, elbows, wrists, hands, and fingers. Smile your approval at them all. <pause>*

*Floating back to the top of your chest, smile at your lungs, your heart, all your vital organs in the trunk of your body. Smile at your blood vessels, your fat, your muscles – everything. Smile your approval. <pause>*

*Floating down further, smile at your sexual organs, your hips, your lower back, your hips. <pause>*

*Float down each leg – smile at your thighs, knees, calves, ankles, feet, and toes. Smile your approval at them all. <pause>*

*Exiting your toe, imagine floating once again out in front of your own body. See it there relaxed and calm as you smile at it. Imagine and pretend that your body is the little baby it once was when you were very young – after all, the oldest cell in your body is only a few years old. What a beautiful baby! Imagine it so! And smile your approval. You can do it.*

*Imagine you could gather up all the sweetest feelings and approval for this young body you see before you into a ball of light. Imagine you could gently roll this ball of light through the air and watch it enter the body through the naval – the belly button. Watch as your entire body shivers with delight as it accepts this gift of approving light.*

*It’s time for you to regain possession of your body. Allow yourself to accept that your body is now filled with energetic approving light – ready for you to re-enter it with joy and excitement. Let the essence that is you float into your naval and once again take control of the body. Fill every space within it – and smile your approval to it all once again.*

*THIS is your society – you and your body . Let the job of approval be an inside job from now on, by touching some place on your body with your finger – make it a place that will help you remember this feeling of approval. Whenever you touch that spot on your body again, it will instantly cause your body and mind to recall this imagery – and fill your body and mind with self-approval.*

*Pause for a moment to touch or tap or squeeze a spot on your body - and feel the connection. <long pause>*

*Now it is time to come fully conscious of your surroundings, fully cognizant of who you are in the present moment. When you “awaken” from this imagery you will feel energized and refreshed, happy to be in your own body in present time. 1-2-3-4-5 <clap of hands> Awaken here in the present moment.*

*Enjoy a moment in silence to integrate this experience and feel yourself come fully present.*

Adapted from an imagery by [Ranae Johnson](#).

### Resources:

“Increasing body satisfaction of body concerned women through evaluative conditioning using social stimuli.” Martijn, Carolien; Vanderlinden, Marlies; Roefs, Anne; Huijding, Jorg; Jansen, Anita. *Health Psychology*, Vol 29(5), Sep 2010, 514-520.

Medialab, S. (2015, January 8). “Smile to remember a smile.” *Medical News Today*. Retrieved from <http://www.medicalnewstoday.com/release/287728.php>.

## Recent Trainings



**RET Intro, RET Refresher Course  
and Family Matrix Alignments**

**Sponsored by  
LaDawn DeWitt, MRET**

**St. George, UT  
February 5-9, 2015**



**RET "Extra's" Course  
Mesa, AZ  
January 2015**



**Advanced RET in San Tan Valley, AZ  
January 2015**



## Rapid Eye Wealth with Intuitive Life Coach Academy

Calling all rapid Eye Technicians! It's time for you to unleash your spiritual gifts, gain confidence in your coaching skills/wand techniques, build the private practice you've always wanted, and earn the income you deserve! During this 3 day course you will learn:

- ◆ To coach clients using the pattern cycle to perfection.
- ◆ How to personalize your client's sessions so they keep coming back.
- ◆ Which wand techniques and processes to use in any given situation.
- ◆ Build your private practice through personal branding, attract your niche market, learn and market your strengths and earn the income you deserve.
- ◆ How to tap into your intuitive Gifts and use them to read and perceived your client's energy in your sessions.

**March 13-15, 2015**

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

**4294 Bountiful Blvd.**

**Bountiful, UT 84010**

**\$395.00 if registered by March 2nd.**

**\$450.00 after March 2nd.**



**Contact Sandra Baker, MRET, RET Trainer**

**801-628-6788**

**[www.IntuitiveLifeCoachAcademy.com](http://www.IntuitiveLifeCoachAcademy.com)**



**THE RAPID EYE INSTITUTE**

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**We're on Facebook!**

**Join today!**

Skills for Life is the other half of the Rapid Eye Model of healing - the cognitive re-patterning. We believe RET works every time. If you continue to think the same thoughts and do the same things, you'll likely recreate your unwanted patterns.

For years we've known that changing your THOUGHTS brings a change in results. Directly on its tail is the principle of PERCEPTION. It is true that life will keep "life-ing" and it is important to keep looking for the sweetheart message or the positive in everything.

I remember the story of my youth about a dad giving a pile of manure to his twin sons for Christmas. One son cried and complained while the other acted happy and started throwing it around. When asked what he was doing, the boy said, "With all this poop, there has to be a pony in here someplace!" Applying this perception to everyday life has value.



## Breathe Deeply

by Melanie Gentzkow, MRET

"Take a deep breath" is what we hear when things get tough and stress hits home. Though, what most often happens when we're feeling overloaded with to-do lists and day-to-day commitments is we tend to breathe in a shallow way, not fully emptying the lungs. This just creates more stress and tension in the body. Lengthening your exhale can stimulate your body's ability to relax and release stress. With a few breath's and long exhales, visualize the lungs releasing toxins and stale air. Doing so creates more space for fresh air. With each exhale say, "Ahhhhhh" and notice your chest softening. Afterwards, on the exhale, whisper "La, la, la, la..." which will further assist in carrying air out of

your body. Your whole body will begin to soften. In Rapid Eye Sessions, breathing techniques play a key role in releasing energy and allowing the body to get a new learning. To thrive we need to practice deep breathing—saturating our system with oxygen. With continued practice, breathing more completely will come effortlessly.

**Do what makes you HAPPY  
Be with who makes you SMILE  
Laugh as much as you BREATHE  
Love as long as you LIVE**



*Rapid Eye Technicians  
Valerieann Giovanni  
and  
Lynette Nyberg Moss*