

Our Thoughts Create



Taking the time to stay grounded and being very clear about what you want reconnects you to your higher self. In this connection, the self knows how to create anything you want. Really connect and feel the confidence flow through you. Any lack of self-confidence may hold a person back from their true greatness. In Skills for Living, *Thought* is the first Universal Principle. Thought is the beginning of all creation. We create our own thoughts. We are free to think anything we want. The intent of thought is the primary mover of all creation. **As we change our thoughts, we will have a better chance of changing our lives.**

Notice what thoughts are repeatedly coming through. Our purpose of life is to experience joy. How do you feel joy? Whatever we focus on we create more of... so notice what emotions come up for you. Honor perceived negative emotions to hear the message and always feel every emotion about love. Emotions are here to be received, rather than to be shunned as stumbling blocks. Explore your emotions, your thoughts around them, and always express self-love as another way to stay connected to your higher self. Notice the changes that naturally fall into place. Do what you can do to create miracles in your life. Start with your thoughts - create a list of what you can do and then do it!

Melanie Gentzkow, MRET

The RET Institute is a vocation career school with courses available in complete home study course format. You may purchase the course all at once or do a pay as you go program in four phases. The course consists of manuals, books, CDS, DVDS, an Eye Directing Device, and a personal advisor.

Note: The first 3 phases can be broken down into payments to better assist those on a budget.

[Click Here to View the Course Catalog](#)

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The Rapid Eye Institute

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Event Calendar

| EVENT | DATE | LOCATION | TRAINER/INFO |
|---|--|---------------------------------------|--|
| RET Skills for Life Class Open to Community/ No Charge Donations Only | September 4, 2014 7:00pm—9:00pm | Salem, OR Rapid Eye Institute | Lynell Beckstrom Melanie Gentzkow 503-851-9824 |
| The Synergy of Energy Class 2nd Thurs night of every month Open to the Community/ No Charge | September 11, 2014 7:00pm—9:00pm | Salem, OR Rapid Eye Institute | Lynell Beckstrom 801-856-1631 |
| Awaken Within-Cont Education | Sept. 11-13, 2014 | Bountiful, UT | Sandra Baker 801-628-6788 |
| RET Basic Certification For more information please call or visit our website: www.rapideyetechnology.com | Sept. 18-22, 2014 | Salem, OR Rapid Eye Institute | Lynell Beckstrom Sharlene Young 503-399-181 |
| RET Skills for Life Class Open to Community/ No Charge Donations Only | Oct. 2, 2014 7:00pm—9:00pm | Salem, OR Rapid Eye Institute | Lynell Beckstrom Melanie Gentzkow 503-851-9824 |
| The Synergy of Energy Class 2nd Thurs night of every month | Oct. 9, 2014 7:00pm—9:00pm | Salem, OR Rapid Eye Institute | Lynell Beckstrom 801-856-1631 |
| Empower Your Client's for Success Assist client's to break their negative pat- terns through better self-care | Oct. 10, 2014 Limit 8 Cost \$150 | 451 So. Carbon Ave Price, UT 84051 | Julie Johnson 435-637-9555 |

“I heard of Rapid Eye Technology by discovering a pamphlet in my friend’s car. I had been going to traditional counseling for years for depression. The information that caught my eye was a body chart that listed how we store emotions in the body. Then it went on to talk about the science of Rapid Eye Technology and the dream state. That really caught my attention so I called in to schedule a session. I couldn’t believe how I felt after the first session! After the third one I felt so much better! It was unbelievable. I then signed up to be a Rapid Eye Technician myself and have an incredible practice.” ~ LaDawn DeWitt, MRET~ St. George, UT

Client testimonial about Gloria Henricks, MA, MRET, Albany, Oregon:

“I met Mrs. Hendricks when my son went to see her for drug and alcohol treatment. After seeing the change in my son I looked further into RET, took the course and am now certified myself. I am currently working toward the master level. I think her for myself as well as my son. Namaste.”

<http://rapideyetechnology.com/directory/gloria-henricks-mret-p-792.html>



Dreaming Sequence

According to sleep studies from Berkeley...

They conducted two control study sleep groups consisting of people who reported physical things like cancer, emotional things like depression, and people who reported “normal”. (I love normal...what is that? A setting on the dryer??).



Anyway, both groups got all set up on EEG's, EKG's, seismograph equipment, (this measures megahertz of energy, like earthquakes) Kirilian Film (this measures your electrical energy field or aura); and then went to sleep. The researchers also included cats, rats and dogs. The first group was just measured and recorded. The second group was awakened every time they went into Alpha brain wave and started doing REM (rapid eye movement/having a dream).

They noticed a huge ionic release at the end of every dreaming sequence. It is so big that it shows up on seismograph equipment and on Kirilian film like a huge cloud! Wow... What exactly is this??? And what is it doing for the human energy system?

The results were amazing. After only 5 nights of being awakened and not allowed to reach this “release” at the end of every dreaming sequence, everything got worse... the cancer, the depression, and the normal people started having psychotic breaks. Which makes sense. As we know from our tweaker friends, when you stay up long enough, things get weird!

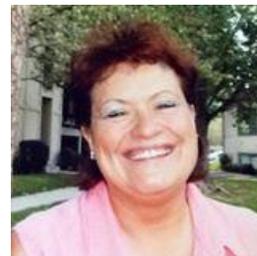
They stopped the human experiments, but kept on with the animals...(sorry Chandra, don't kill the messenger)... Deprived long enough of that release at the end of the dreaming sequence... they died!

Rapid Eye Technology duplicates this release in an awake alpha state. We get more cognitive connections... “Oh, that's why I hate green carpet...” Your body, under the eye directing device, recognizes the sensory modalities and releases on the opened neural pathways... Call your issues OUT people!! It's time for JOY!

503-399-1181 www.rapideyetechnology.com

Twitter: @RETLynell

Love from Salem--Lynell



Color and Its Healing Properties with RET

Color is the energy in the form of light; the vibration or frequency of light. All of life on Earth is dependent on light, and all light contains colors. Even the air we breathe contains colors. Color holds a frequency that has vibrational impact on all matter. According to the Global Physics Organization, "Each color corresponds to a vibrational frequency and the qualities associated with that frequency will tend to influence the activities conducted in that environment and the attitude of those in it, and even around it." Colors have a physical impact on our emotions, psyches, and bodies.

Red is the first color that can be seen by the human eye in the color spectrum. It represents the fire element and is the color of the root chakra. Red assists in the healing of acne, AIDS, anemia, low blood pressure, colds, pneumonia, and soft reds help with menstrual problems.

Orange is tied to our emotional health, the muscular system of the body, can assist in healing conditions of the spleen, pancreas, stomach, intestines, adrenals, and depression. Orange is the color of the second chakra.

Yellow assists with the bladder, bowels, kidneys, mental attitudes, alcoholism, abdominal cramps, loss of appetite, burping, indigestion, liver and emotional problems. Yellow is the color of the third chakra.

Green relaxes the nervous system, eases emotional states of duress, any heart problems or blood pressure disorder, low energy, and is the color of the fourth chakra.

Blue is helpful with inflammation, internal bleeding, nervous conditions, the respiratory system, high blood pressure, abscesses, head aches, tooth aches, bronchitis, burns, fevers, and has an antiseptic effect as well. Blue is the color of the fifth chakra.

Indigo strengthens the lymphatic system, immune system, purifies the blood, detoxifies the body, balances the hemisphere of the brain, effective on treating conditions of the face, alcoholism, allergies, excessive appetite, and Parkinson's. Indigo is the color of the sixth chakra.

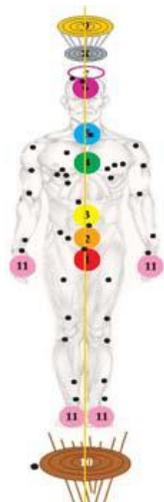
Violet-Purple can be effective on the skeletal system, cancerous conditions, diabetes, growths, infections, influenza, and leukemia. Violet-purple is the color of the seventh chakra.

Rapid Eye Technology incorporates color healing by using red, yellow, and blue on the top of the eye directing device.

By Sharlene Young, MRET, Trainer, Reiki Master/Teacher

"Just a little note to share my experiences with the Chakra Manuals. I have several clients who come each week faithfully to keep 'cleared' and in high joy vibration, and to work on energy. They really wanted more and more each week. I borrowed a fellow technician's Chakra Manuals and using their age to judge which chakra to start on, we plowed right in. The experience for both my client as well as myself was incredible! The energy in the room was beyond the boundaries I had never experienced. The scripts were so detailed and beautifully written that my male client stated 'We need to go slowly so I can truly digest this!' In all my cases in using the Chakra Manuals we only go as far in each session as the Reframes. (For example it took 3 sessions to do the 10th Chakra Manual. There are instructions in how to close and begin again in each Manual if you split them up.) He now wants to do all the Chakras, age pertaining or not! I purchased my own set and will be incorporating them much earlier in my client's Rapid Eye experience. Thanks Sharlene!"

~ Lana Haws



Intentional Thought... How We Create

How do we change our thoughts when we feel stuck in the mud that life sometimes slings at us? First, we look at our intention and our language. These corner stones of change are quick to pass over as insignificant. Yet, a simple technique of changing our language can change our results in life.

We've all heard a lot about positive thinking... and many ask the question, "How do you find *positive* when you are stuck in life and feeling unsupported, unloved and ignored?" The first step is to try to imagine "What would I rather have in life?" at that moment (a reliable car, a new love, a new job). Yet, this is only the beginning. Using positive thinking alone to bring that desired option into reality would leave out the emotional and physical world. By saying "I am a money magnet." The body reacts strongly by bringing up all the experiences (remember EVERY experience we've had is stored in a cell in the body) that are in the way of that statement. This can feel quite uncomfortable, in a matter of moments when the body brings up all the times we let money or opportunities to create moneys lip through your fingers. Interestingly, it also brings up all the times we observed that in our family line through moments of time or stories (remember all the 'hard luck' stories from family – "I walked through snow to school with no shoes..." "We were so poor, we couldn't even..."). In essence, the body disagrees with the positive statement through its storehouse of experience. So, we throw up our hands in exasperation and say "See it doesn't work." And life continues as it always has.

Consider that the 'gem' in the discomfort is the motivation to change our lives and create what we want in life. All power I life is from within; it must be developed, unfold, and cultivated.

Being receptive is acquired much in the same way physical strength comes from working out...or a good golf swing comes from practice. As we demonstrate (practice) our new found knowledge we gain power in our lives. This is the result of our ability to think; therefore thought is the germination of all evolution in human consciousness.

As you intend what you want, pay little attention to the details of physiological process involved. Paying too much attention to the details actually inhibits the intended outcome from producing. This takes a "trust in the process" that is acquired from an attitude of non-interference. When we are anxious about falling asleep, we rarely get ther. When we doubt a desired intention, we are actually sending out a self-defeating intention which then cancels out our first request.

To be successful, hold in mind the next step necessary to your clear intention in life. Have confidence in the outcome. Add the word "able" to your positive intentions. "I am able to be a money magnet." The body will go to a time of remembering when you were a money magnet and actually ljoin with you to create more in your life. Thoughts are materials we build with and the imagination is the mental workshop. Use Rapid Eye to clear the clutter in the workshop, so you can more easily find your tools. The growth process brings together self-knowledge and self-awareness. To manifest we must move through growth, change and flow in order to BE our best and create our visions.

Rapid Eye Technology (RET) is a safe, natural way to release stress and trauma leaving us empowered to live a happier, more productive life. At the heart of RET is a spiritual technology that affects energy on all levels. Using blinking, breathing, and eye move-

ment techniques RET gently mimics a condition of sleep known as REM (rapid eye movement) sleep which happens several times per sleep cycle and is our body's natural discharge mechanism. Accessing the whole mind/body system while in an awake state allows you to be in control of your own journey without reliving incidents. RET uses the natural blinking reflex to open up the neuropathways where energetic memories of our personal and inherited traumatic experiences are trapped. For instance, being trapped in a car accident, or trapped in a relationship are all on the same neuropathways. Rapid Eye provides an opportunity to *blink it out*.

RET is a two-part process that involves both release and reframe. A skilled RET technician not only guides you to identify and release trapped energy patterns, but also helps you to learn and understand new skills for living that will facilitate the creation of more productive patterns for your future. You will be in a powerful position to create a new life reality for yourself. With your own discovery of new skills, ideas and experiences, you are less likely to repeat the "do what you've always done, get what you've always gotten" pattern of *stuck* in your life. When you identify with your non-productive beliefs, you become aware of your personal power you have within yourself and are able to change your life circumstances.



Claudia Bianca,
MRET/Trainer
Taos, New Mexico

seeublink@aol.com
www.claudiabianca.com



Open Letter to RET Technicians and Trainers

Communication is always interesting in any company. Our intention at the Rapid Eye Institute is to keep in touch with everyone. As we grow larger we much depend more on blogs, Facebook, this newsletter, and email: our Technicians Support and RET Trainers email news groups, and the RET Discussion e-group. We invite you to write short articles for the newsletter to let others know you better - and it's great advertising for your business. Thank you, Technicians, for following up on your clients and thank you, Trainers, for following up with new students.

THE RAPID EYE INSTITUTE

3748 74th Ave SE
Salem, OR 97317

Phone: 503-399-1181

Fax: 503-373-3606

E-mail: ret@rapideyetechnology.com

We're on Facebook!

Join today!

Techs and Trainers can always call us for support. Most of the time I'll answer you call. If you change address, phone, email or name, please update that information via email. If you are training or offering continuing education classes, please send us your class information prior to your classes so we can assist in promoting them.

Thank you for the feedback on better communication. We appreciate all everyone does to relieve stress and pain on the planet.

Love you all so much,
Ranae



Did You Know?

- Many clients have reported successful relief of symptoms of chronic fatigue and fibromyalgia with RET.
- Rapid Eye Technology is duplicating the REM process while awake.
- Issues that cause stress can be released, the body retrained, and the mind educated to think and react differently through Rapid Eye Technology and the Skills for Life.
- RET is used with other healing modalities.
- You can sign up today for your own career in RET. www.rapideyetechnology.com



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