



Rapid Eye Institute Newsletter

Inner Beauty ~ Insights from Ranae Johnson

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Special points of interest:

- Being happy doesn't mean everything's perfect. It means you choose to see beyond the imperfections.
- When you change from looking at something to thinking about it, you tend to blink—a sort of signal that you're changing mental gears.
- Attitudes are contagious. Make yours worth catching.

The word beauty, of course, is very subjective and varies greatly from one person to another. Yet, there is a pure beauty of spirit that each one of us carries here and will express in some fashion. In this frequency of energy we are not restricted in the way we have been before. We can now start to see more of our own inner beauty. In the past it has always been hidden from us because of belief systems in society. It is part of the reason why all of our attention went to what we considered to be defects or flaws in our appearance, rather than toward seeing our true beauty.



To create beauty within us we begin by seeing beauty all around us, including the beauty in other people. Everyone has some inner beauty if we take the time to notice. We can begin to practice by seeing the good in others, rather than their faults or behaviors. We can remind ourselves that each of us is much more than our behaviors.

Our true beauty has been hidden from us for a lot of reasons. It was through our own choice that we did this, because we may have been afraid that our egos would get in the way and block us from the mission we came here to do. None of those restrictions apply any longer if we understand them and choose to think differently. We can now start to see our own true inner beauty, that part of Spirit and heaven that we carry within our physical bodies.

Our inner beauty will start to show and shine through each of us as we talk about and view the beauty within and around us. The physical changes will begin as we are creating our own new templates; and as we love and accept ourselves. We can then love and accept others much easier.

Learn to see the beauty in the smile on your face and on the faces of others. Now is the time to begin in the simplest ways to see inner beauty. As you do, other's physical bodies will start to experience unexplained changes toward your vision.

Blessings,
Ranae

The Power of Imaging

By Jane Brinkerhoff, RET

Everything we do starts with an idea. How we feel about that idea or thought sets into motion some natural laws.

"Like attracts like" "Energy in motion"

Let your mind imagine that you are waiting for instructions, thoughts, and ideas. The mind then plants those seeds and begins to create and reap the harvest.

A great habit to get into is imagining what we want our life to be like, and then create that place in our mind that we live in and return to. We start this process by letting go of all judgment of ourselves, others, or things that happen to us. We form the habit of just noticing what is going on around us and refusing to react. Acting on a situation to resolve the problem and returning to our peaceful place inside our minds puts into effect the natural law that creates more peace instead of chaos. It takes a bit of practice, but is well worth the effort. Many clients cannot change their family patterns until they learn this new Skill for Living, just noticing.

The Stress & Trauma Release Statements manual from the Rapid Eye Institute can help you get started. Go to the online store and purchase it for your clients and yourself. We can all begin to create our lives differently; we can forgive and release the past. We can plant and reap the results of good positive thoughts and emotions.



Believe nothing, no matter where you read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense.

~ The Buddha

Setting Goals to Build Your Business

Setting goals is directly linked to creating good habits in your everyday life and creating what you want to show up. Take a look within, as well as without, and do an inventory of where you are right now. Consider reviewing your physical state, relationships, contributions and overall success as a way to determine what goal to set. Some areas to consider setting goals could be spiritual, thoughts, service, family, educational, social, physical, or financial. Notice if any emotion or energy comes up while assessing these areas and if so, do a Rapid Eye session to clear up any false beliefs about yourself and success. After that intention is set forth, use your time efficiently and share your goal with someone who will support you so that you remain accountable.

People who accomplish great things are aware of the negatives (or opposites...up/down, hot/cold, in/out, positive/negative) however, they give all their energy to the positive. And therefore, successful people cling to the future with their goals in sight rather than finding ways they can't do something. Keep yourself motivated and educated and remember to check out the Rapid Eye Institute's web site for marketing and other support.

By Melanie Gentzkow



Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly. ~Stephen R. Covey

Change Agents

By Lynette Butcher, MRET, RET Trainer

Love is the only thing that activates our intelligence and our creativity, which purifies and liberates us. **Have you ever looked at railroad tracks?** What did you notice about them? Ok. **How far apart are they?** They're 143.5 centimeters, or 4 feet 8 1/2 inches apart. **Why this measurement?** When they built the first train carriages they used the same tools as they had for building horse drawn carriages. And **why the distance between the wheels on carriages?** Because that was the width of the old roads along which the carriages had to travel. **Who decided that the roads should be that width?** It was the Romans who decided to build their roads that width. They were the first great road builders. Their war chariots were pulled by two horses, and when placed side by side, the horses they used took up 143.5 centimeters.

So the distance between the tracks used by our state-of-the-art high-speed trains, was decided by the Romans. It never has occurred to them to change the width. This even affects the building of the space shuttles. Engineers thought the fuel tanks should be wider, but the tanks were built in Utah and had to be transported by train to the Space Center in Florida, and the tunnels couldn't take anything wider.

What does this story have to do with love and relationship and you?

Sometimes we believe everything must stay the same; following the same track just because it's the way we've always done it. But most of the time life has gone on without us. And we stay stuck. When the truth is that we are merely suffering because instead of accepting love's strength, we diminish it so that it fits the world in which we think we live. We are trapped within what we think we've learned and know. To be truly free and again be the creator of our lives we have to forget what we know.

Accumulated knowledge is useful when it comes to cooking or living within your means or wrapping up warm in winter or respecting certain limits or knowing when to catch the bus you need We could spend the rest of our lives defending our unwillingness to shift (because of fear or laziness).

How do you know when change is needed? Follow the signs/omens. We just have to look around with open, willing eyes in order to discover where God is leading us and which step we should take next.

Have any of you studied archery? The best archery teachers say that no shot can ever be repeated, and there is no point trying to learn from good or bad shots. What works is repeating it hundreds and thousands of times, until you have freed yourself from the idea of hitting the target, and have yourself become the arrow, the bow, the target. At that point the energy of God guides our movements and we release the arrow not when we want to, but when we intuit that the moment has come. WE LEARN THE LANGUAGE OF LOVE. We become the true change agents for our planet.

Rapid Eye Technician Certification Seals

The Rapid Eye Institute is proud to announce the addition of a new set of graphic images for your web site or printed marketing materials - "Certified Rapid Eye Technician" seals. Check them out at the RET Forum (under "Marketing"). HTML coding is included with instructions so you can post these to your web site. When someone clicks on a seal, they are taken to a web page on the RET Institute web site that explains the level of training and experience necessary to present such a certification seal (in other words, what the seal means).

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Visit Lynette's web site
for special workshops.
www.llheartway.com

"If you don't like
something change it;
if you can't change it,
change the way you
think about it".

Mary Engelbreit



Update your website with the new Rapid
Eye seal

Be Skeptical

By Claudia Bianca, MRET, RET Trainer

How often do we look outside ourselves for answers? More than we want to admit. Looking outside yourself will give you a perspective which may or may not be helpful. It's simply how someone else sees things going on in our lives. We are the final authority in our choices. The buck stops here.

When my daughter was young, I was just beginning to learn the tools to make healthy choices and have healthy boundaries. I struggled with exactly how to pass them on to her. I began to talk to her about the "uh-oh" feeling. That 'gut reaction' that is trying to tell you something isn't right. In the beginning, she would share stories of things that happened after the fact. I would listen and then ask her to go to the beginning of the incident and check in with her gut.

When she had *taken the bait*, or done something she shouldn't have – **100%** of the time her gut was letting her know that something wasn't right before she did it. Yet she ignored this. With some practice she began to learn more about how to listen to her internal wisdom. Then the stories she shared were successes of recognition before she took the bait, or agreed to something she didn't want to do. This was exciting for her (and me) and gave her the interest to go on and learn more. She felt powerful in her own life. What better gift could you give to your child.

Don Miguel Ruiz, author of The Four Agreements has written a Fifth Agreement - Be Skeptical; learn to listen with your heart. I LOVE this. He talks about being especially skeptical when someone (or your own mind chatter) tells you that you are not enough, or something's missing, or you need them. These can be incorrect beliefs and lead us down a path that will waste our time and erode our confidence. We are enough. We have all the tools to create happiness and JOY in our lives and then share that with others. We are the power in our own life. BE that power and watch your life become a work of art.

This Fifth Agreement uses doubt as a tool to discern the truth. Doubt takes us beyond the words we hear to the intent behind them. By being skeptical we don't believe every message we hear; we don't put our faith in lies; and when our faith is not in lies, we quickly move beyond emotional drama, victimization, and the limiting belief systems our "human domestication" has programmed us with (via media, quick fixes or idolatry).

Skepticism prepares us to return to our innate wisdom (paying attention to our gut), and live our lives based on truth. The truth leads to self-mastery, to a life that's very easy; believing in lies leads to needless conflict and suffering. As a messenger of truth we are free to express ourselves and can live a life without fear, regret or shame.

I can save you a lot of money; no one has your answers. I can save you even more money because you have all of the answers. Rapid Eye gives us the opportunity to walk in the light and be that power of joy and self-mastery. We are blessed that Dr. Ranae Johnson has shared this with us and trained us so we can assist our family and others. Return to staff often and continue your steps that uncover your innate wisdom. Sharing THAT with the world will create miracles.



Claudia Bianca, MRET,
RET Trainer

www.claudibianca.com



"Good thoughts and good humor are truly the best start for a super-healthy mind, body, spirit and heart".

Dr. Wayne Dyer



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My Story

By Paula Bronte, MRET

My first Rapid Eye training took place nearly 13 years ago. In the course of the 3 days, I was transported not only to a much higher state of being but to a new life as well.

I had worked diligently with the training materials prior to the training. The materials had prepared me very well to confidently conduct effective Rapid Eye sessions with friends and family. Once I was certified my business took off!

During the training process I was touched by the profound love and caring each student was given by the trainers and staff. Working directly with the founders of the technique ensured proper instruction and inspired confidence.

Becoming a Master Rapid Eye Technician has provided me with a lucrative career and a way to serve the planet by increasing the Light and Love of each client I have the privilege to work with.



www.intheblink-ofaneye.com

Seattle, WA

RET Testimonial

By Caren Seabeneck ~ Sedona, Arizona

My first session of RET took place nearly 18 years ago and instantly moved me to studying it to help others. Through the years, I have both experienced and witnessed countless miracles and they continue; RET just keeps getting better. How blessed we are to have the choice to live in joy instead of pain. How blessed we are to have Ranae touching so many thousands of lives in such a miraculous way. Was the cost worth it? Many times over!

With much love and gratitude,

Caren Seabeneck

www.arizonaminingclaims.net

"You must be the change you want to see in the world".

~ Mahatma Gandhi

RET Testimonial

By Jana Bremer ~ N. Logan, Utah

I experienced my first session of Rapid Eye Technology in 1999. I was amazed with how I felt and returned for more. By the fifth session I just knew inside that I would be a technician myself and set out to become one. It has been a great journey - one of helping myself, my family and others along their paths. The most unique and wonderful thing about RET is that the change that you will experience is from within. Everything just lightens and new perspectives come in. It became possible for me to choose differently for myself and helped me to learn how to be my own guide in my healing. I love helping others with RET and am so grateful to have been led to this alternative form of healing for our deepest fears, angers, and sorrows. I have seen many lives changed for the good and would highly recommend this method to anyone! Thanks Ranae.



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My Experience

By Sushila Mertens, MRET

I had a chronic health issue and after hearing about Rapid Eye Technology (RET) I flew to San Diego, California and had six basic sessions of RET. I released some emotional issues related to my dad's death. My health issues cleared.

I was so impressed with the quick results from RET, I enrolled in the Rapid Eye Training in 1998. I took the Master Training and Enhanced RET in 2009.

I experienced such amazing personal growth from the trainings as well as unconditional love and Technical support from the RET Institute in developing my skills.

I always look forward to returning for Continuing Education to learn more and have a transformational experience. This year I returned again to take the Enhanced RET workshop to learn more about working with personality types, dis-eases and group work... it was transformational beyond words.

I love that I continue to improve the techniques; but even more importantly, each time I come to the Institute I let go of additional patterns. My heart keeps opening, my body feels better and better with every visit.

I now facilitate private, family and group sessions, as well as phone and Skype sessions. I reside in Nevada City, CA- My Phone is 530-274-2496



Sushila Mertens, MRET
Reiki Master Teacher

Sushila Mertens, MRET

Reiki Master Teacher

Founder of Gold County Reiki Association



There are a number of funding options available to students. We offer \$200 towards your Home Study Course price for each person who registers with you. In addition to payment options, learn how you can get sponsorship from others. This option has been very popular and sets you up for a successful RET practice right away.

Visit www.rapideyetechnology.com/funding for more information on payment options, scholarships and how to get student loans. You can also call Ranae at 503-399-1181 for information on funding assistance.

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Upcoming RET Trainings



*While we teach,
we learn.*

October 21-25, 2010

RET Certification

(Distance Learning)

Salem, Oregon

There are no prerequisites other than the home study course for certification. Sessions are not required, though we strongly recommend them. RET Certification is part of your RET home study course. You will receive 26 credit hours when you attend the RET Certification. **Returning technicians serving as staff receive 26 credit hours towards certificate renewal. See website for registration forms.**

RET Approved Continuing Education—Rapid Eye Institute

Reiki

October 25, 2010

Salem, OR

Alchemist

October 8-15, 2010

Dallas, TX



There's plenty of support staff to assist new students and those seeking to update skills. Return to staff as often as you like. You'll be joining a growing community of caring healers around the globe.



Courses, Manuals and Books for Sale

	Quantity	Price
<input type="checkbox"/> Stress and Trauma Release		35.00
<input type="checkbox"/> Life Skills Teaching Edition		35.00
<input type="checkbox"/> Coaching Couples & Couples		95.00
<input type="checkbox"/> Inner Child Workshop		70.00
<input type="checkbox"/> Creating New Patterns for Self		15.00
<input type="checkbox"/> Reclaim Your Light		15.00
	Subtotal:	_____
	Tax:	_____
	Total:	_____

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- American Express

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Signature

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Seat of Happiness

By Melanie Gentzkow

As we alter the image we hold in the mind's eye, improved results will manifest. Look up, look ahead and form the image of the life you choose to live - this is the law of attraction. Negative concepts that are held in the mind obstruct the flow of energy. Breathe new life into you and notice the results in your life and how they change.

I recently read the book by Dan Millman, *"The Way of the Peaceful Warrior"* in which he stated, "There is no need to search; achievement leads to nowhere. It makes no difference at all, so just be happy now! Love is the only reality of the world, because it is all One, you see. And the only laws are paradox, humor, and change. There is no problem, never was, and never will be. Release your struggle, let go of your mind, throw away your concerns, and relax into the world. No need to resist life; just do your best. Open your eyes and see that you are far more than you imagine. You are the world, you are the universe; you are yourself and everyone else, too! It's all the marvelous Play of God. Wake up, regain your humor. Don't worry, you are already free!"

We are in a time and age of knowing how awareness of thoughts and behaviors is what creates our lives. In addition to that, we can see how family patterns are played out within those thoughts and behaviors. Have you taken the time to step back and listen to what your thoughts are saying? Are you hearing the same messages over and over? Are these thoughts stirring emotions of fear, dread of the future, or not being able to move forward in life? Keep track of what keeps coming up and contact your Rapid Eye technician to clear up that old belief. The issue could be related to experiences in life that no longer serve where we are today. Processing the birth, childhood trauma or even patterns coming up in DNA will bring new results. We can truly create the life we want by simply shifting our perception; making the connection and taking that extra step to clear limiting beliefs.

In order to fully experience our inner peace and happiness, it's important to clear old belief systems that keep the same patterns showing up in life. Happiness is something you choose everyday by focusing on gratitude, health, good memories, and love. Get into new habits of taking care of you by clearing limited beliefs, changing thoughts and creating the life you want. As we move forward into fall, breath in the new season, embrace change and be grateful for exactly where you are in life right now.

Continuing Support

The Rapid Eye Institute is deeply invested in your success as a Rapid Eye Technician. As a certified Rapid Eye Technician you are entitled to continuing support from the Rapid Eye Institute. Our web site offers continuing education courses, supplies, certificate renewals and much more. We offer Email support, which include newsletters, discussion forums and on-going assistance with ad copy. We're only a phone call away to get ideas, answers to questions or assistance with client complaints.

The Rapid Eye Technician Directory fees are part of your annual Certificate renewal, which is due December 1st of each year. Keep your Directory listing up to date—this is where prospective clients go to find you online. When you update your Directory profile, include some testimonials and your story of what led you to Rapid Eye.



Melanie Gentzkow
MRET & Reiki Master
Salem, OR



Keeping balanced during training.

Get answers as well as advertising ideas for your RET practice on the RET Technician Support Forum.

www.rapideyetechnology.com/forum

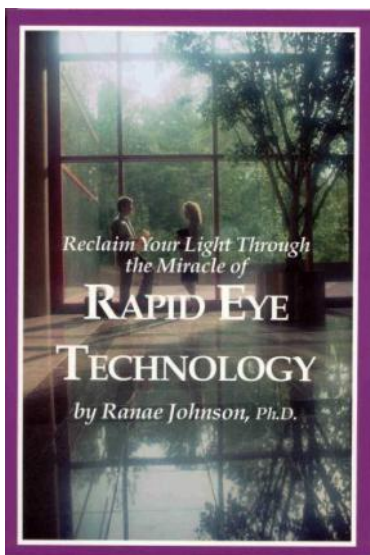
Rapid Eye Technology's mission is to teach unconditional love, release pain and strengthen families

Rapid Eye Technology has been around for 27 years. The Rapid Eye Institute is a licensed vocational career school from the Oregon Department of Education. It is a worldwide organization and continues to change people's lives. Rapid Eye Technology (RET) originated from Dr Ranae Johnson's vision, inspiration and research. She acknowledges the many researchers who assisted her, as well as the many that assisted in program development. Rapid eye is available by home study or direct class work.



RET is a simple, yet powerful concept. It is an energetic process that works with frequencies of the mind/body. It is a very safe process as the body/mind already does it -all day the eyes are moving slowly in patterns to access information and blinking often to release energy; at night this same process is on fast forward.

We are simulating REM sleep in an awake state when doing a RET session and giving verbal directions for the mind to go to core issues and release stress and old trapped trauma. Our body/mind is doing this every time we sleep and go into the REM sleep pattern. When we do it in an awake state we have our awake mind to make a new choice and this gives power back to the client. It is as if the mind is saying "oh, that kept me alive when I was 5, but I don't need it now." The eye direction device guides our eyes in a similar pattern done in REM sleep. Each eye movement talks and gives direction to the modalities and systems of the mind/body. There are 21 different movements. Each eye movement and process in RET is very important to the client's experience and to the release of their issues. Safeguards in the model lessen the chance of abreaction.



In an RET session we get the left brain talking to the right brain, accessing the energy of traumatic memories – break it up and release it with breath work. The RET process allows the client to release quickly all issues- past, present and future—related to the present issue being worked. When all wand movements and processes are done, very little emotion, pain or trauma is felt; however, big issues from DNA and present time are released. When the core issue is accessed, the effects of trauma are released. New skills for living are vital so clients don't re-create a counterproductive pattern in a different way.

We appreciate the dedication our Technicians and Trainers have in keeping RET pure. Rapid Eye works well with other healing modalities and energy work. Even though we do the processes in a pure form, there is still room for inspiration from the technician. We never assume we know answers to clients' problems; we don't counsel or give advice. In RET we do processes that deal with how they feel. Then we reframe and offer new skills for living. Technicians are required by the Oregon Department of Education and the RET Institute to update their skills through annual continuing education.