



*Reclaim Your Light Through
the Miracle of*

RAPID EYE TECHNOLOGY

by Ranae Johnson, Founder

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the Miracle of*

**RAPID EYE
TECHNOLOGY**

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Other Books
by Ranae Johnson
Winter's Flower

RET Home Study Course
and other Training Manuals

Rapid Eye Technology

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DEDICATION

*This book is dedicated to all those who
have been with me on my journey,
especially to my husband, Joseph,
my children for their support,
the research team and all those who are
working toward the healing of the planet.*

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by *Ranae Johnson*

Welcome to Rapid Eye Technology

By Ranae Johnson, founder

Rapid Eye Technology (**RET**) began with a vision to teach the world about unconditional love, and to assist those on their healing journey to release pain. Rapid Eye Technology has assisted thousands of individuals and families in this process. I am grateful for the great research team who continues to work with me.

The **RET** model is a holistic, spiritual healing therapy. Traumatic situations in our lives that our bodies have chosen not to process manifest as pain, and **RET** works to release on many levels of human experience. Negative belief systems, negative emotions, and dysfunctional family patterns that have prevented us from connecting with our higher selves, are all released.

RET also provides us with new ways of processing thoughts and experiences through education – learning based upon seven principles for successfully managing and understanding life. These positive affirmations, Skills for Life and body learning create new belief systems, which then take the place of the trapped traumas that are released. **RET** encourages people to embrace the active awareness that they are self-empowered, fully functional, loving and caring individuals who are connected to and exhibiting their highest potential.

We create the life we want on a subconscious level for our soul's experience. The only way we can have the power to *change* our life is to recognize that our environment is the result of something we have created through our thoughts. As we become *con-*

sciously aware that we have a choice in our life's experiences by changing our thoughts, our eyes become open to the fact that we are *accountable* for the choices we make. If we see ourselves only as a 'victim of circumstances,' we are powerless to change anything, always waiting for someone else to 'fix' our lives.

Most people look outside themselves for light and truth, but we came to this earth with that light in every cell of our bodies – light connected to the source of all light. Trapped trauma residues, distorted belief patterns and unwanted emotions are the obstacles that prevent us from experiencing this great intelligence, this magnificent light. You have the power within to transform and create the life you want, once you are aware of it. Rapid Eye Technology is a tool that facilitates the lifting and clearing of the old programming that keeps you blocked from this awareness, and helps you create new thought patterns that will prevent the recreation of the same problem again.

I am confident that as you read this book you will feel an excitement about the possibility of releasing trapped trauma from *your* life and discovering your whole self within. I invite you to reclaim the light within you. Read this book. Catch the vision!

A Personal Introduction of Ranae Johnson

Early Years

I was the eldest girl raised in a family of fourteen children. We were raised on a farm in the southwest corner of Wyoming, near the Utah border. The area was filled with sagebrush, dust and wind.

As a child growing up and experiencing life, each situation I encountered presented me with mini-messages revealing what life was about. I refer to these messages as “life scripts,” and they became stretched and distorted in a way that affected my life then as well as how I perceived and processed my world as an adult. Traumatic memories became my limiting beliefs and I buried them deep in my subconscious, where they restricted the possibilities of my life.

When I was five and a half years old, my younger sister, Gaylene, burned to death while playing with matches. I had been very close to her and I felt like I had lost my own baby. The loss was so great that the whole family grieved for many years. Losing Gaylene was the most painful experience of my childhood, and it took a lot of soul searching for many years before I was able to see how this pain would eventually serve me.

Shortly after Gaylene’s death my life changed again when it was discovered I had rickets, a debilitating disease caused by malnutrition. I was sent to stay with my mother’s sister in the city and our family was separated for months. The loss of my family at that age, so closely connected to Gaylene’s death, was devastating to me. I withdrew within myself and began to view the world as a hostile place.

The farm our family lived on was not big enough to support a large family. I remember that when I was small, my mother convinced my father to lease our farm and move to a distant city in another state. The farm had sheltered us during the Great Depression, and it was a big risk to leave what my father felt was security. I was excited, but I could sense his uncertainty as we traveled to the city.

At first it was wonderful to be in a new environment, living a totally different life from the one I had experienced. But as the year passed, I watched my father become increasingly sad. We all missed the farm animals and the freedom of roaming the hills. Wyoming was becoming a distant memory. We no longer rose early and gazed out over new-plowed fields or watched the deer come for water. We missed the familiar smells and colors of the harvest. A year and a half later, we returned to the farm.

At fifteen I married a man who turned out to be abusive. Three years later he was killed in a car accident. I was left as a single mother with two small children. My mother had also died, and my father became more involved in my life after that. My relationship with him deepened as I struggled to find myself.

Realizing I needed more education to support my children, I returned to college and two years later remarried. I remember remarking one day how I was really getting to know my father on a different level. The next day, he died.

The Search Inward

As I grew up, seven of my brothers and sisters died. Later, two successive husbands and both parents passed on. After the death of my father, I went into the dark night of my soul, searching ever more deeply

within myself. Slowly I was able to become aware of the patterns of belief and the life script I had formed that said, “Everyone I love, leaves me.”

During the grieving process for my father, impulses of sadness stirred me to the core of my being. I was living out a very complex story, and most often, unconsciously. With deep introspection I began to replace depression and sadness with a flicker of understanding, which allowed me to begin the process of appreciating *why* I was experiencing life as I was. I began unraveling my experiences and life patterns to find the meaning hidden within each one. Finally, a deep sense of gratitude began to replace the confusion. I found a tremendous source of inspiration from within myself and gained the desire to go on. Pain returned me to the outside world a very different person; I had experienced a spiritual rebirth. As many others have said, “Pain has been my greatest tutor.” It is a powerful discovery to find that pain can be your servant rather than your master.

I learned that my spirit resides partially with me in time and partially in eternity. I had been tending to my spirit’s needs in the ordinary ways of everyday life, but I discovered that ordinary events can walk us through a soul-journey when we least expect it, and those events turn out to be not so ordinary after all.

As a result of my personal healing, there was a shift in my energy. The more I released the heavy emotion of sorrow, the more I was able to love myself and the higher my life force energy became. When I chose to release blame and negative thinking and focus instead on the possibility of other meanings for the experiences, everything in my life went so much better

When I was twenty-five, my second husband and I were blessed with my fourth child, Kelton. I had repeatedly prayed I would not lose children to death as my parents had. What I hadn't realized was there can be things more difficult than death. Just as I felt I'd had my share of lessons, we discovered that Kelton was autistic. It seemed so unfair. As I looked deeply into my feelings, seeing my own child's turmoil and pain with no apparent way to assist, my very being cried out, "No!"

For years my needs were subordinate to finding a way to heal my child. Science had not yet solved the riddle of autism, and all I knew was that my child was enslaved by some unknown darkness. When he did come out of his silence he acted like a wild animal. Kelton was nonverbal, so communicating with him was next to impossible. But from within my own pain, I seemed to sense the depth of love necessary to sustain him. We spent years working through our healing process.

Kelton's Gift

Mothering is a complex way to learn. It is not just a simple matter of taking care of the immediate needs of others. There are many ingredients, such as the recognition that each child has their own special character and quality of spirit. Through the experience of my son's condition, I developed a deeper understanding of life than I'd had before. I was given a gift of learning that could only come to me through pain - an important principle taught to me again and again through the mothering of all my children

Kelton's condition didn't make any sense on the present physical level. Professionals certainly didn't have any answers, and I

learned early on that we were totally on our own. Thoughts of unworthiness, fear, anger and guilt about what was happening to our family stopped the flow of inspiration from God and paralyzed my thinking. Fear threw me into disorder. Fear of the unknown and the unseen restructured me on all levels - the physical, emotional, mental and spiritual parts of me. At first this caused feelings of separateness, misunderstanding and loss of self-worth.

I found I was also to learn about spiritual mothering – being connected to my children instead of attached to them. The physical part of mothering involves protecting our children from pain, but spiritual mothering is only concerned with the experience of their soul. The soul just wants to feel, and it's each individual's choice whether these feelings are defined as painful or not. Because of the gift of Kelton's autism, I experienced a different walk into darkness that I later realized would enlarge both our souls.

I learned to look at my son from the perspective of an eternal plan – believing that there has to be *more* than just this life. I was to understand that trust is necessary to see the broader picture. It took a great deal of faith, because I had no idea what the picture was. The only thing I could do was believe that there is a plan for each of our lives and that plan would eventually be revealed. Until then, I learned to be grateful for each moment that strengthened the connection between Kelton and me.

I always knew when my children needed me. As I became more skilled at being a mother, I grasped the idea of connection. With each new obstacle came the understanding that life's challenges were a blessing. With Kelton, the connection I developed went far beyond this

knowing. Instinctively I knew that if I were to assist him to heal, this connection had to be refined. I had to put my own suffering aside, learn to be in the moment, and enter Kelton's world.

Someone once told me we all have our place in this world and all we have to do is relax into it. As a young, struggling mother surrounded by scattered toys and cookie crumbs, I had no idea what that meant. In those days, I believed I had to *make* things happen. I believed in struggle. The turmoil I generated from my belief system was amazing, but it was all part of my growth cycle. It would be many years and many trials later before I would even begin to understand how to *surrender* my beliefs to higher transformational experiences.

It was also important that I learn to surrender within a world of familiar values of everyday living. Through the process of growing up, I had developed strategies of survival that had served me well. From within this context of 'familiar', my growth sometimes looked and felt dangerous, since so many of my lessons resulted from the pain from having something wrong. It was a true test of my faith to be able to surrender and trust the eternal plan.

Looking back, I realized the pain was a gift that gave me complexity, and I had gained depth of character and a much greater perspective on life. Overcoming the pain required an opening to love's many options. The "it's not my fault" attitude repeated itself often in my life until I realized that all learning is based on choice. All our experiences are meant to teach us more about ourselves. Perhaps the greatest learning requires taking the biggest risks and experiencing traumatic traumas to attain the most important successes.

My family's pattern had always been to return to the familiar rather than risk new growth. My father's choice to return to the

familiar environment of the farm had a negative result; he was not able to support his growing family. As a result of this and other experiences in my life, I learned to do just the opposite, and so another of my life scripts became, “If something is not working, let it go and find something that works.” This eventually led me to venturing out and taking risks. The journey has been painful at times, but fortunately the reward has always been growth and a deeper understanding of life.

A-Ha!

I’m sure all of us have experienced an “A-Ha!” moment, when things that previously made no sense all of a sudden become crystal clear. This mind-illuminating experience can be called a connection, or a “hookup.” Thought connections happen even if we can’t see them or understand them. Once we understand that all of life is connected in some way, it becomes more believable. Once we’ve accepted that thought exists outside of us, then we are on our way to understanding that all thoughts connect with our thought, creating the whole. The hookup between seemingly unconnected events is really the hookup of the energy of thought, the essence of our universe. It is a vibrating energy we cannot see or define.

As I came to understand these connections that had occurred throughout my life, it helped me to deal with the death of many people who were close to me. All the experiences in my life had given me pieces to a puzzle that I was able to use to assist Kelton. They also contributed to the Rapid Eye Technology model that sprang from these puzzle pieces of life that began to fit together more perfectly. I grew to understand that there are no unexplained coincidences. Each event in a person’s life leads to the next event. Each lesson is preceded by the

exact set of experiences necessary to prepare that person to move along a continuum of learning. When a lesson is presented and not learned, another series of experiences will present itself to take the person to an arena where they can recreate the experience at a different level. This process will continue to be repeated until the whole person is awakened to who they really are.

My understanding of the seven principles I call Skills for Life, provided me with the option — the choice — to stop projecting blame. As I had once invited blame into my life, I now began to understand the importance of love and forgiveness — forgiveness of God, myself, family, doctors, my husbands who died or left, and my son. I was finally able to step outside of myself through love and forgiveness.

Events are seldom as hopeless as they appear. I found more character and inventiveness coming forth as a result of learning to take conscious responsibility for the choices I was making. Now it is clear to me that I had been perceiving my life experiences as mistakes, rather than the gifts they were.

My task, then, was to allow myself to quietly replace my feelings of fear, failure and despair with love and forgiveness. Feelings of failure seemed to bring guilt and regret. The beliefs I had created gave me “justifiable” reasons to get stuck in feelings of helplessness, missed chances and sadness, and gave me an opportunity to live in the gray area. (Thomas Moore, author of *The Care of the Soul*, calls this gray area “neither victory nor defeat.”) In order for me to create conditions of growth, I knew I had to risk going beyond all of my self-imposed boundaries and limitations.

For a long time, life to me was just survival. Then I realized that the fact that I had survived a near death experience, grief, anger, poverty,

and the many trials of my own married life, was actually a great gift to me. I came to understand that the basic experiences of my life itself were not going to change, so I would simply have to change how I perceived them! When I felt despair and discouragement, I chose instead to get in touch with my spirit where I learned to find the deeper meaning hidden within each experience. Life raged on, but as my perceptions changed and I looked at my experiences differently, my life got better.

Fortunately, most of my adversity did not take on the mantle of tragedy for very long. I believed that life had to go on. This was a blessing because it kept my mind occupied. I accepted that there was a bigger picture, and with this acceptance I was nourished and comforted, and the regrets began to retreat.

When the student is ready, the teacher appears

As I moved to a more loving place inside myself, I was attracted to many teachers and books. For me, the most profound class I took was, “A Course in Miracles.” It taught about loving unconditionally. I found new friends who were also working on wholeness through loving others, and I began to look at my beliefs from a different perspective. Gradually I was able to begin dwelling on what “might be” rather than what “might have been,” allowing my mind to slip into the silent realm of infinite possibilities.

I was now living in Fountain Valley, California, and for many years I searched for ways to assist my autistic son function in this world. Through working through my own issues, I had found that the best way to learn was to teach, so after exhausting all the options that were available at that time, I decided to start my own school for autistic children. Kelton was 3 years old. From those first five years of

teaching, I developed many techniques that I was later able to incorporate as part of the **RET** process. I was working with both autistic and “normal” children in the class, and I found that if we did everything fast and changed techniques often, everyone learned quickly and retained information.

Gradually over the years I moved from working with children to also working with adults, as the parents needed as much assistance as the children did. I employed a slow, yet seemingly effective method of repeating the trauma over and over. This was designed to assist them release stress. I became frustrated because too many clients were unresponsive to this slow method.

There was trapped trauma underneath that they weren’t able to access and release. I reasoned that there must be another way. I began developing my own Skills for Life classes and began to teach those principles that had changed my life. The class attracted and helped many people. The discoveries I made, combined with inspiration from Spirit, eventually evolved into the model that has become Rapid Eye Technology. I was truly able to serve others from my pain.

The Vision

One summer I took time off from my practice to do personal spiritual work. I gave considerable time to prayer, fasting and study. I asked God, “How can I make a difference in other people’s lives?” I told God, “I am willing to do whatever it takes.” Near the end of that summer, I had an experience that totally changed my life. It was at this time that I received Rapid Eye Technology in its fullness from Spirit.

I was walking from one room to another when I experienced being in a space of complete light. Everything in the room disappeared and there was only light. My mind was flooded with information. The Rapid Eye Model was seen in completion. It was all so simple from a spiritual point of view. All any of us would have to do to let go of old trauma was to change our *perception* of how we looked at that trauma. **RET** simply moves energy and releases the trapped trauma, so that we can form a new perception.

So much information and understanding came to me all at once, I felt as though I had always known it. I felt like God's will is my will and my will is God's will. I was told, "You need not seek the people to assist you. They have already been prepared, and they will find you."

During the next six months, I felt love and the absence of separation. It was so wonderful that I never wanted it to end. As time passed, I was able to recall only parts of my experience as the consciousness of the world changed more of the model came back to my mind. One thing that has never left, however, is the memory of the great love I felt and the connection with God. My mission is to assist other people to find that unconditional love for themselves, for once that happens, love for God and fellow man follows.

After my vision, people had a difficult time being around me. People doubted that my experience really happened. Some people got angry with me. These reactions did not affect me in the beginning, because I felt such love and appreciation for people, animals, plants and insects — all God's creations from the smallest to the largest. I felt reverence for Mother Earth. I enjoyed everything. I had never experienced that level of love before. I felt a

great empathy for everyone and everything. I began to see light around people and things.

I believe technology is revealed to people as the consciousness of the world is ready to receive it. As more and more people raise their consciousness and become ready to receive, more will be remembered. Many people receive pieces of the puzzle for healing the planet, and eventually all people who want to serve in healing will find each other and put all the pieces together

Rapid Eye Technology

There have been many books written that have raised our collective consciousness. Yet so many people still have a nagging energy that pulls them down, that triggers the unconscious negative beliefs which in turn pull them into a mind-body response that is no longer serving them. This book introduces a revolutionary spiritual healing process that clears the old programming, false beliefs and stressful emotions that continue to disrupt or lives. Emotional pain is all that is released.

I know that Rapid Eye Technology can free you from old cellular memory, habits and addictions, and negative thought patterns. As these dark barriers are lifted, your being is free to reclaim a healed state of light and wholeness.

It is my mission to touch as many lives as possible through Rapid Eye Technology. My personal encounters have convinced me that there is no problem so overwhelming that it cannot be healed by unconditional love for ourselves and others.

Many who read this will feel the call to serve others as a result of their pain; to continue to heal their own lives and to assist many

by Ranae Johnson

others in becoming whole and healed. Rapid Eye Technology is a spiritual tool that stands alone, or can be used with other modalities of healing.

I welcome you with gratitude.

Ranae Johnson

Founder of Rapid Eye Technology

Preface

By Joseph Bennette

In the summer of 1984, my sweetheart, Carol, and I were introduced to Ranae Johnson's Skills for Life classes. At that time I was serving in an ecclesiastical position that afforded me the opportunity to attend by special invitation of our church authorities. Ranae was teaching common sense based on principle rather than any particular religious philosophy. What appealed to us was that we could make new choices and that we have the power within us to take charge of our own lives. We were certain that each of us were the victim of the other and of persons outside our control. The truth of the matter was that we were so stressed out that we were bursting at the seams.

We had had nine children in ten years and were feeling overwhelmed by responsibility. It was so important to us to be thought of as good parents that it resulted in our having unrealistic expectations of our family. We thought we were doing everything we could to be good parents and rear perfect children. We had faithfully gathered our family together daily for prayer; we had a planned family night every week; we attended church faithfully every week; we were involved in many other activities with our family. It just wasn't working as we expected it to. Our priorities were directed in pleasing significant authorities in our lives— including family and community — rather than focusing on our own immediate physical, emotional, mental and spiritual needs. We had set standards for ourselves that were impossible to meet. Old parenting patterns were no longer effective with us. Finally, we reached the

end of our rope and could take no more; it was the day of our rebellion. We felt devastated and betrayed — betrayed by the very rules we thought were our salvation. So there we were, feeling overwhelmed, bewildered, alone, afraid, angry, guilty, desperate and full of blame, blaming each other, our children, our family, our church and the community at large.

At first we were skeptical that the simple principles Ranae was putting forth would be effective in our case. We had come to believe that we didn't deserve to have happiness in our lives. We just weren't good enough. After all, we had worked a long time to develop the trouble we were in, and the "fix" appeared to be too easy. Yet we were determined to overcome, as we were too much in love to give up on each other.

Because I was a church leader at the time, I was assigned by church authorities to attend the Skills for Life classes to ensure that the instruction given was within accepted doctrinal parameters. Besides that, Carol insisted that I attend. So there I sat in the classes, belligerent, self-righteous, and the "man in charge." The most important thing to me, however, was to look good. Never mind that I was completely disintegrating inside. I could still put on a good face for others to see.

Carol was also seeking counseling at that time, and we would compare the results of her sessions with the results of the Skills for Life classes. After all, in my perception it was Carol who needed counseling because I was the strong one. I could keep up appearances with the best of them. If I look well, then I must *be* well, right? My past had given me no opportunity to develop an outlet for emotion — "Big boys don't cry." — so as usual I just got my-

self busy. Since my family situation was triggering me into feeling emotions that I wouldn't allow myself to express, I simply kept busy with outside my home. I was sorely neglecting my family. And the worse I felt, the more I would run away. It was a vicious cycle of hurt and pain. But I was okay! Carol was the one who needed assist, or so I thought.

Carol began improving largely because she had made new friends within her counseling group, but it was the weekly principles classes with Ranae that were making the greater difference in our life together. Improvement was slow at first because we had negative family patterns to overcome and no effective way to release them.

We both had believed that the way our parents had brought us up would work for our family, but instead we had met with opposition from each other and those we considered authorities. We took parenting classes offered by our church, tough love group seminars offered by the community, read lots of books on child psychology and family dynamics, and still felt that we were failing as parents. We believed that we had made our bed and now we would have to lie in it. We felt trapped.

Ranae's principles classes taught us that there was another way — we could choose again! This simple principle of choice was our liberation. Yet without an effective program of emotional release, we were still triggered nearly constantly by our old genetic and personal patterns and traumatic memories. I would run away from our problems while Carol felt the need to overcompensate by worrying, fretting, and causing herself to become ill. We perceived ourselves as being in a state of survival. With Ranae's encouragement, though, we began to find our way out. Over time we would hear Ranae's words ringing in our minds: "I just know there is a way to

release the energy attached to traumatic memories that can be both painless and permanent.” Could that be true? No more painful reruns of past experiences? Was there really another way?

It was in the spring of 1986, Ranae introduced us a different method of stress relief. She had been searching for a less painful, quick, easy and positive means of releasing emotional and mental pressures, and had found a process that was based on an old gestalt principle of repetition. It was our first experience with Ranae as a therapist. Now we had a way to release the trapped messages of worthlessness and inadequacy that had held us bound to the past. From that point on, we began to notice significant improvement in our conditions. We were beginning to feel our self-worth and our connection to each other.

Carol continued to attend her group counseling sessions, becoming more dissatisfied with what she called “gripe sessions.” Clearly, we needed a different way. We received ten sessions each from Ranae that summer. We continued to attend her weekly classes too, because we felt that the classes were the most productive for us. Carol was beginning to remember who she was before she began perceiving herself as inadequate and helpless; I was learning to *accept* Ranae’s non-judgmental attitude toward us and others, which in turn helped us to recognize our own true worth. As time passed, many others in the classes also began to appreciate their inherent gifts.

Our gratitude for life was in its infancy then, and that summer it was the classes and the therapy that brought us through the dark night of our souls. The therapy was helpful, but it was the classes that were really making the difference for us and for those who attended

with us. We were interested in the therapy Ranae was doing with us, and since she was willing to teach it to us, we completed our certification in her process. Throughout the next year we worked with that process and assisted her with a manual for certifying others to train.

The Skills for Life classes continued and Carol and I were beginning to feel like we could make it together. It was no picnic in the park, though. Some of our children were in crisis and we felt helpless to assist them. We were devastated by their anger and their confrontive behavior. We realized that we needed much more assist. We gave each other sessions of therapy, yet it was just too slow for what we felt we needed. We would no sooner release an emotional hurt than another would come up. We felt we were on an emotional roller coaster that we were helpless to control.

A miracle occurred for us. Ranae presented us with a new therapy. She told us we would be able to accomplish **in one session** what had previously taken us five or more to do. We had to try this! Basically, we were invited to lie down on a couch and watch a ball attached to a string swinging from side to side while we moved our eyes to follow it. Meanwhile we would repeat hurtful emotions. It was amazingly effective. Yet there was a feeling that there was more to come.

During this time, my sense of right and wrong came into play for me and I heard myself complain that this process seemed “wrong” to me because it seemed too good to be true. Since it disagreed with my belief that everything had to be hard, I judged it to be “wrong.” In order to make it “right” I would either have to turn away from it or reject my own experience. It was during this time that I came to a startling realization. I discovered that I knew nothing for

sure. I found myself questioning my very basis for judgment — what was right and what was wrong? Could I allow this reversal for myself?

I felt like I was holding onto my tenuous reality by my proverbial fingernails. At last I gave up my grip on my old reality, and as I did I discovered that there was something there to hold me up. It was like the story of the man who came to live in Chicago. One day, a friend told him that he could fly. Unbelieving, the out-of-towner followed him to the rooftop to see this miraculous thing. The two men stepped to the edge of the roof. The friend suddenly seized the man and pulled him over the edge and out into this air. Terror gripped the man's heart as he found himself without a foot to stand on. He had lost his reality, but to his great amazement, he was flying!

The air blowing between the buildings had set up such a strong updraft that it supported their weight, and they were flying. I was like that man — afraid to let go of my previous reality in order to take on a new one. I was secure in my old, painful reality; comfortable with my life of struggle and judgment. Like the man who came to Chicago, it took someone else to introduce a new way.

Soon Ranae introduced us to a truly revolutionary technique. We already thought of her as a visionary person, but that day solidified that feeling in us. Naturally I was skeptical that this new technique of blinking and moving the eyes would be effective, but after experiencing it, I was convinced. I felt true emotion for the first time I could remember. I also realized for the first time how much emotion I had blocked out. It was great to finally wipe tears from my eyes. A miracle happened that I came to understand was a gift from God. I was feeling emotion, and it was good! I reached places in my psyche I had no idea existed. I felt emotions so deeply that I can only

describe the experience as magical. I could now see and feel that my perceived burdens were only a reflection of the burdens I saw others bearing. Knowing that I could now release my burdens through this process encouraged me to assist others to release theirs, too. This was an eye-opening awareness that led me to the doors of compassion.

My love for my family had guided me into a world of pain that I could now heal. I was once blinded, but now I saw that I could forgive myself and see my emotions as a wondrous part of my being, rather than as a threat. And all this was done by blinking and moving my eyes! I was amazed! It was so simple and so fast. It allowed me to get through my “stuff” (that I denied even existed) with a minimum of struggle. I knew then and I know now that the **RET** process is inspired. We will thank Ranae forever for bringing this gift to us. Through her we have begun to travel the road less traveled that leads beyond the pain and suffering into the light of awareness and love. It has been a journey of remarkable insight and compassion.

We immediately began an in-depth search to find any other process that might be similar to what we were doing, looking for research that might support our results. At that time we felt we needed to convince others of what we were doing (which we now see was a limited belief. We searched in the library, at the colleges and universities and with professional friends, but too our dismay could find no other persons, groups or schools that were aware of any work in the field of eyelid blinking and eye movement. We were in the unique position of riding the wave ahead of the field.

It wasn't until later that we would find an obscure article about eye movement — the results of a study that were not released until nearly a year after Ranae had introduced her concept. We finally

had someone besides God and ourselves to give us some reality about what we were doing. We were really excited about it and I recall the jubilation we felt knowing there was someone else besides us working with the eyes to relieve stress.

We learned the new techniques as quickly as Ranae could develop them. It was a time of excitement for us all. Carol and I were beginning to communicate on a level we had not experienced before. Our family was beginning to see the light beyond the tunnel of darkness. We were feeling for each other in ways and with a depth that was inconceivable just months before. We were doing sessions with and for each other. It was the stirring of compassion. We were opening our hearts to each other for the first time, seeing our partnership as an eternal one.

There was immediacy to me now, a purpose to my life — beyond my family, beyond what I could then imagine.

We were all very impressed with the results. From that time until the present, **RET** has progressed to a precise, dynamic, intuitive process that anyone can learn to do. Over the past several years we've continued the Skills for Life classes every week, taken lots of schooling and workshops, and developed a deep abiding love and appreciation for Ranae Johnson — the founder of Rapid Eye Technology — and the people she surrounds herself with. Including us.

As Rapid Eye Technology evolves over the next few years, I anticipate continued growth and introduction to many more wonderful enlightened people. The vision of Rapid Eye Technology is that of a multidimensional, holistic view of life that encompasses

humanity in compassionate transition for the next millennium and beyond. We feel so excited at the prospects!

Now our children are mostly grown, and are appreciated by us as free thinkers, evolved beings of light that have come here to enlighten us and to share a spiritual awakening in our family that is unfolding before us. We feel that our lives have changed significantly as a result of our understanding of the Seven Principles that are embodied in the Skills for Life classes. The process of Rapid Eye Technology as we experienced and practiced it over the years, has given us the loving, positive energy it takes to put the principles into action in our lives.

I am now “owning” my feelings in gratitude. In my communications, I now listen with an intent to understand and extend compassion and honor. Oh yes, there are still moments of great challenge and perplexity for me, yet now I view those challenges as opportunities for experience — directing my own life from a position of awareness. I now pay attention to and take counsel from my sweetheart, Carol, and from those wondrous beings I call my children. As I have let go of my judgment of myself, they have let go of their judgment of me. I now know and understand on a very deep level that I am the creator of my life.

Perhaps you may think that this is all too good to be true. So did I. And yet, you too can experience what lies beyond the struggle and strife in your life. You too can experience the difference gratitude can make. You too can discover for yourself what is on the other side of pain. You too can investigate your infinite possibilities. There really is something wonderful beyond the pain and the tears and the anger.

We feel so fortunate to have been near at the birth of the process that is now known as Rapid Eye Technology. Carol and I have gotten

to watch its growth and experience its power in the lives of thousands of people. We've gotten to witness the transformation from darkness into light of hundreds of technicians, including ourselves, who have come to The Rapid Eye Institute for certification in Rapid Eye Technology. It has been the ride of a lifetime. We feel that we have come from the jaws of Hell to the gates of Heaven with this process.

I'm reminded of a sage piece of advice I received from A Course in Miracles: "Teach only love, for that is what you are..." I shall remember it always.

What a joyful experience it is for me to tell my story as a preface to this great book. What you are about to read defies all explanation or understanding in this dimension. The sacred nature of Rapid Eye Technology is such that it can only be described as wonderful. It's the embodiment of the Golden Rule: doing unto others as I would be done by. Now I know myself to be free and whole, loving and loved, capable and present, sensitive and aware, infinite and eternal.

And so, from the movie "Hook" I leave you with my own motto that assists me to remember who I am when the clouds are cleared. As Peter Pan had forgotten who he was, the lost boys lined up to choose up sides — were they on the side of this person who called himself Peter but no longer believed it, or another who was strong and capable because of his size and daring? As they did so, all quickly sided against Peter, except one. This one little boy stayed and thought for a while, and then looked deeply into Peter's eyes. After a little while he exclaimed, "Oh it really is you, Peter!" At which time all the boys sided with Peter immediately.

We are all that Peter who has forgotten who he is in this world of illusion and uncertainty. Because of Rapid Eye Technology and the Seven Principles, I have found my Self. I am alive!

I thank God every moment I live for Ranae Johnson and the compassionate service she has brought to the earth. I invite you, too, to experience the love and compassion of Rapid Eye Technology — a spiritual therapy for stress relief.

Joseph Bennette

*We are each like a seed
having unlimited potential,
nurtured by the universe.
As we are willing to open up
to our own unique possibilities,
the wondrous design
will burst forth!*

Carol Bennette, 1994

What is Rapid Eye Technology?

Rapid Eye Technology is a treatment for emotional stress. It is a spiritual therapy that empowers individuals to live a happy, productive life by releasing negative belief systems, negative thought forms, and emotions — all of which contribute to emotional stress.

Here's an example of a negative belief system. Let's say that you're an only child and your parents are alcoholics. You may have trapped messages that you're totally unaware of, such as "I'm never good enough," or "There's nobody to take care of me," or "I need a parent," and/or "It's all my fault." You go through life feeling that you're never good enough and that in order to be loved or cared about, you have to take care of everyone in your life that you love. This leads you to take on this huge burden that can lead to your own addictive process, co-dependence, or just plain burnout.

The basis of the **RET** model is that you must process trauma on all levels: mental trauma at the mental level, emotional trauma at the emotional level, and physical trauma at the physical level. Therefore, to simply read a book about dysfunctional behavior would be an inadequate way to overcome the emotional or physical effects of the dysfunction.

At the heart of **RET** is a spiritual technology that affects the physical, emotional and mental levels. Using blinking, breathing and eye movement techniques, Rapid Eye Technology simulates a condition of sleep known as REM (Rapid Eye Movement), which happens during dreaming and is our body's natural discharge mechanism. During REM sleep we process, clear and integrate

our day's experiences; the eyes move rapidly under the eyelids and the eyelids blink or twitch.

Rapid Eye Technology *simulates* REM sleep with an eye-directing device moving rapidly in a neuro-linguistic pattern in front of the client's eyes. The peripheral vision picks this up and the brain thinks it is in REM sleep. This fast movement of the wand supports the mind and body in accessing memory.

The technician quickly moves the wand in various patterns to find sources of stress, watching the client's eye movement for clues. (When we look down we are accessing feeling memory, when we look up we are accessing visual memory, etc.) As the client blinks and breathes deeply, trapped messages and trapped life force energy in the mind and body are accessed and released.

We believe **RET** is the safest, fastest, least painful and most natural way to clear negative energy from all levels of our being. Once we have cleared the negativity, our spirit self is free to reclaim more light at all levels of our being.

We are then able to remember who we are, our godlike nature, and remember the answers to the challenges we have created in our lives. We are even able to remember who we were before we came from the light and the agreements we made, the roles and lessons we chose and the purpose of our lives. We are then free to walk with our spirit influencing our lives daily.

This process may sound simple. It is. However, in order to practice it as a technician, good certification is essential.

How Rapid Eye Technology Works

The Language of the Body

The wondrous machine that we call our human body has for many generations confounded man. Since the early days we have felt that we were the victims of environmental factors, including our own bodies. In fact, in most cultures the body is seen as the enemy, causing untold pain and suffering. We often act as though we can abuse, neglect and offend our bodies and they will continue to sustain us no matter what we do to them.

We abuse our bodies with pesticides, preservatives, acids, over-refined substances and drugs, to name just a few. We may exercise too much or too little. We keep our bodies awake on unnatural schedules, disrupting natural cycles. We place our bodies in high and low-density atmospheric conditions, like outer space and deep under the ocean. We jump out of airplanes and climb high mountains. And we put ourselves in overwhelming emotional stress as well. What marvelous machines our bodies are to endure the abuse we dish out!

For centuries we humans have known about the impact emotions have on our physical bodies. When stressed out, we may suffer such ailments as ulcers and headaches. When depressed emotionally we often feel depleted physically. The connection is too strong and obvious to ignore. The body always reacts to energy. It reacts to emotional stress the same way it reacts to physical stress. The cognitive mind interprets the stressful energy as uncomfortable, upsetting, painful or negative. Masterful works on this subject have been published in recent years, including those

of Dr. Deepak Chopra and Louise Hay. We highly recommend their material.

Let's consider some well-known facts and theories about the body. Every cell of the body is connected through a network of information and energy. The job of the nervous system is to cause communication to occur throughout the body. This elaborate system of communication can become damaged, causing the naturally smooth flow of energy and information to become blocked and distorted. Most of the damage is done during traumatic experiences.

If, for example, a normal message from the brain to the muscles of the index finger is interrupted by the trauma of an injury to the wrist, the finger may begin to function less effectively. This same principle applies to the entire body system.

The neural pathways in the brain, which seem to be the home of distorted beliefs we carry, are similar to a formatted computer disk. When a computer is formatted it sets up a grid work where information is stored. As the information is needed, the computer remembers where it is and retrieves it. In our brains, some emotionally charged memories are stored that same way along neural pathways. We may be processing "trapped in the birth canal" and the mind will automatically bring up other incidents of feeling trapped that are stored in that same neural pathway.

The language of our mental perceptions is communicated through the responses of our physical bodies by symbolism. That is, the body "talks" to us.

Consider what your body might be telling you if you felt a pain in your chest. Could you be experiencing heartache or sadness

*Peggy came in because she was feeling trapped in her marriage. Setting an intent to move to the core issue in her session, she eventually connected with her birth. Through guided imagery within the **RET** process she remembered moving down the birth canal and getting the umbilical cord wrapped around her neck.*

*After she cleared that traumatic memory, her mind moved to other incidents of being trapped – in a crib, in a car accident, in her marriage, etc. These images were stored along the same neural pathway and all were released simultaneously with **RET**.*

there? Opening yourself to the possibility that your body is “speaking” to you in its own language implies that you can conduct a “conversation” with it and heal your body. This communication may be accomplished through just listening and being aware of your body on the physical level of understanding.

Rapid Eye Technology assists in this conversation process. Your body knows what it is saying and you know what you are saying. The difference in languaging gets in the way. Once you know the body’s language, it is merely a matter of mutual understanding.

The nervous system of your body shares this language with every other part of the body system. Feelings in one part of your body are instantly shared with every other part through this system of communication. It is very effective until there exists a distortion or block. Interestingly enough, your body knows the location and nature of all these distortions and blocks. Because **RET** is a natural system that utilizes the body’s own system of communication, it is highly effective in releas-

by Ranae Johnson

ing emotional trauma held in the body. Your body already knows *what* is ready to be released; now you can understand *how* to release it through **RET!**

How Rapid Eye Technology Works

Traumatic Memories

Our work with clients has shown us that before we came to this life, we lived in a place of light and truth. Our creator made our spirits whole and we do not have the ability to undo that. As our bodies developed in our mothers' wombs, our DNA took on the genetic patterns of our parents and ancestors. We chose the DNA pattern that would best serve us in order to experience what we came here to learn. Once we are aware of trapped family patterns, we can heal the cycle of dysfunction

At the core of Rapid Eye Technology is the understanding of traumatic memories. Traumatic memory is defined as memory of a survival decision about life that has become trapped — by trauma — in our unconscious, and is activated by a trigger mechanism. The trauma may be physical, emotional or both. The “trigger” can be any sensory input that ties the current experience to the traumatic memory. The trigger brings the past trauma into the present experience. When we were small, much of life was perceived as traumatic. As fetuses, infants and small children, we were in a developmental mode and were receptive to new programming via traumatic memory.

We all started our earthly life with a trauma from being born. At birth we each had the experience of being pushed out of the womb and forced through the birth canal (unless we were delivered through a caesarean section.) We may have perceived this event in our psyche as a life-threatening situation and decided that “the world is not safe.”

In the case of Steve, his birth had been a traumatic experience that left him with messages that continued to be triggered and disrupt his adult life.

All his life, Steve had a recurring nightmare. In his dream he was always racing away from fat flowers that chased him. He'd hit a wall and then two hands grabbed him and he'd wake up screaming. During his waking hours he experienced tremendous anger outbursts that were disruptive to his education, job and relationship. When Steve witnessed the birth of his first child, he experienced a flashback of his traumatic dream memory.

Shortly thereafter, he came to his first Rapid Eye session. Through processing his birth it was discovered that he was born breech, headed seat-first down the birth canal, despite his natural instincts to go forward head first. This resulted in his fighting the birth process. He realized the "fat flower" represented the placenta and the wall in his dream was the uterine wall he kept pushing into. The two hands represented being pulled abruptly from the birth canal, screaming, as he did when he awoke from his dream.

*After his **RET** session Steve's fear was relieved, his nightmare vanished and his anger dissipated. He no longer carried the trapped life force energy that allowed the traumatic memory to be triggered.*

Our bodies would then store this memory as a trauma and perceived survival message in our neural pathways.

The traumatic memory is a snowball of jumbled up emotional impressions made at the time of trauma and returned to us in the

present by similar incidents. When we feel the original trauma is returning to us, we tend to react similarly — as though to survive the original experience once again. After all, we survived the first time!

It is a system created for survival and protection. The subconscious mind makes no judgment between what is real and what is imagined — it just responds to what is perceived. To assist us survive and to protect us, the psyche's next job is to implement unconscious defense mechanisms. These are often referred to as walls, blocks, defenses, triggers, reactions, etc.

We find ourselves reliving these traumas whenever we undergo a similar or trigger experience in present time. Many of us live much of our lives in this state, reliving the past in the present. It becomes an instinctive knee-jerk reaction. We cry and don't know why. We experience irrational anger at an event that doesn't justify such acting out. We experience bouts of depression and don't know where they are coming from.

Trauma can come in a number of ways. For one person, the trauma can simply be a look given by a parent. For another it's the sting of a belt across the buttocks, or a fetus that may have picked up the trauma its mother was experiencing. Much trauma is unknowingly inflicted during the child-rearing years by loving parents who lack the understanding it takes to realize the experience may be affecting their child.

(See the book, *Babies Remember Birth*, by David Chamberland, Ph.D.)

An event may also be traumatic for one person, but mean nothing to another. In the case of Sally, what seemed to indicate the possibility of very serious childhood abuse turned out to be something quite different.

Traumatic memories are hidden from conscious awareness. They are recorded in the unconscious as survival messages — “stuffed” or forgotten to spare ourselves constant pain. A traumatic incident may be triggered often enough that it raises the pain to a conscious level, manifesting physically. But nevertheless, the cause of the pain remains below conscious awareness.

By adulthood we have brought our core issues into our consciousness and have begun to act them out. If we feel undeserving, we live in poverty. If we feel unsafe, fear keeps us from our higher potential. If we are insecure, we crave attention and recognition.

After acting out the core issue, our body then moves from *feeling* the distorted message to *identifying* with it. We begin to *speak* the distorted message using “I am” statements such as, “I am stupid,” “I am poor,” “I am unlovable,” “I am ugly,” “I am unwanted,” and so on. Because our mind-body does not view these messages as distortions, it fails to reprogram or change them. As far as the body is concerned, all is well — even when we are in great pain. Energy is energy, and the body is responding to it the way it was designed to. It doesn’t distinguish between negative and positive energy, and until we teach it differently the cycle continues.

When we have forgotten our true selves and are in a state of living, speaking, and acting out our false beliefs, it is our spirit’s job to move us into upset so we will get triggered and be able to progress. Our spirit knows that when we are in a place of mental, emotional or physical discomfort, we will make a choice to get assist to clear and heal our lives. Our spirit knows we are not the sum of all our traumatic memories and dysfunctional genetic imprinting. Who we really are lies beneath these false identities. As long as we continue

All her life, Sally had felt abandoned, lonely and abused. She wondered if she had been seriously abused as a child. Other therapists had postulated she probably had been. Her trapped message was, “People who are supposed to love me, instead hurt me and leave me.” Her insecurity had caused her to attract others who played out that part for her. She continued to attract people who abandoned her as she acted out her life script, continually supporting her unconscious belief system.

During Rapid Eye sessions, she connected with the traumatic memory of being left at nursery school and feeling abandoned to a life-threatening degree. This also connected with her birth. As a newborn, she experienced having to be hit in order to breathe, and then she was taken away from her mother.

*After her Rapid Eye sessions and cognitive work, Sally’s thoughts, beliefs, behaviors and energy patterns manifested healthy, loving relationships. She no longer believes she is unlovable or feels abandoned. Years later she reports she is “doing great” and has created a “wonderful” lasting relationship. For Sally, **RET** was a spiritual experience which allowed her to love herself and receive love from others.*

to keep the trauma memory repressed and blocked, we also keep our real selves repressed and blocked.

Rapid Eye Technology works on our whole being. It accesses the core issues in our unconscious belief system, to release the traumatic memory messages of who we are *not*. This allows our spirit to reclaim light, which restores us to our whole selves created by God.

by Ranae Johnson

Through releasing and clearing at all levels, our spirit can manifest its inner power, transcending any problem or challenge. Our spirit continually guides us on an inward quest toward self-understanding with or without or cognitive awareness. It teaches us to tap into a special part of our inner self that cannot be dominated or defeated by anything. This inner source of strength will empower us to drop self-defeating beliefs, behaviors and patterns. We experience a spiritual awakening as we release ourselves from traumatic memory to discover the higher truths of our life.

How Rapid Eye Technology Works

Releasing Traumatic Memories

Many of our false beliefs and buried emotions have a connection with our physical ailments. It seems that as we carry traumatic memories, our body responds to this negative emotional stimulus by trapping life force energy and toxins in various parts of the body. The distortions we carry can create toxins in our body at the physical level. Once the conscious mind realizes the illusion of the traumatic memory, the mind can process it appropriately and release the toxins. As we clear the traumatic memory, our body becomes free to heal.

We have found that respiratory conditions often respond to the clearing of negative emotional material related to the inability to speak up for ourselves, or material related to sadness or grief. Headaches often respond to the release of negative emotional material related to invalidation and feelings of not being good enough. Even though the release of negative emotional material often causes a change in physiology, we also acknowledge the value of good medical practices including, at times, surgery and other major medical procedures. Therefore, we encourage all clients to stay in close communication with their physicians when undergoing treatment for physical disorders.

We believe the body possesses a miraculous healing mechanism. God's healing work with people is a model of this truth. One master healer, Jesus Christ, walked with God's power with the intention to heal others. When someone who had the intention to be healed connected with Him, healing occurred instantaneously. Our bodies sometimes know how to heal miraculously. As we release false beliefs such

as “healing is painful and takes a long time,” we free up our spirit’s innate power to heal at an accelerated rate.

It is the nature of our spiritual body to assist our mental, emotional and physical bodies. Our spirit selves serve us without our conscious attention. In other words, we do not have to think about our spirit selves healing and guiding us — they do so naturally. Just as our physical bodies have the imprinting and intelligence to heal broken bones or flesh wounds without our conscious minds telling them how, so are our spirits designed to heal our emotional, mental and spiritual wounds. As we clear our emotional, mental and spiritual wounds with RET, our physical bodies are better able to release the right chemicals in the right amounts for healing to take place at an accelerated rate.

Rapid Eye Technology researchers have found that the body has several options during the releasing or discharging process. It is common for the fingers and/or toes to tingle, the skin to perspire, and the breath to turn sour. Much of the trapped energy comes out through the eyes. I believe that the eyes are truly the windows to our souls! Our natural ability to discharge emotional material with our eyes is only recently becoming understood. When we feel emotionally upset, we begin to blink at a different rate, the eyes get gritty or dry, and they may burn or sting. As we think, our eyes move — sometimes imperceptibly — in directions related to the eye accessing cues described in Neuro-linguistic Programming (NLP).

How Rapid Eye Technology Works

The Use of the Eyes for Emotional Discharge

In the 1960s, A. Evart and others discovered through landmark studies on REM sleep that the eyes move during certain important parts of the human sleep cycle. Their research postulated that the eye movement could be attributed to a neuronal expression of what is happening in the psyche of the individual. As the sleeper accesses and reorganizes unprocessed material in the visual, auditory and kinesthetic modes (*NLP by Bandler & Grindler*), the eyes move correspondingly.

J. Allan Hobson, professor of psychiatry at Harvard Medical School, and director of the Laboratory of Neurophysiology, Massachusetts Mental Health Center, paraphrased Evart: “The function of sleep may not be so much to rest the brain as to reorganize its information.” On the subject of REM sleep, Hobson said, “While the brain-mind is freed of the task of monitoring and remembering new information, in sleep it can review and reorganize its own already acquired data.”

It is my opinion that REM occurs every time we achieve the alpha state of the normal sleep cycle (after about 90 minutes of sleep.) Alpha brain waves oscillate between 9 and 13 cycles per second. In this alpha state, our bodies are completely relaxed and our eyes are shut. Alpha state is a calm, lucid mental state that is characterized by meditation or dreaming. This is the state most used in Rapid Eye Technology. We are able to achieve this state with the fast movement of the eye-directing device, or wand, without an individual going to sleep. The clients are always conscious and in control of their own experience. The states of consciousness that have known brain wave activity are:

1. The **beta** state or waking consciousness. In this state, the attention is directed towards the external environment. These waves oscillate between 14 and 30 cycles per second.
2. The **alpha** state is characterized by a relaxed feeling of meditation. Dreaming occurs just as we move into theta state. These waves oscillate between 9 and 13 cycles per second.
3. The **theta** state is found in states of deeper relaxation. Theta activity is also associated with bursts of creative insight, twilight sleep, vivid mental imagery and deep meditation. Theta waves oscillate between 4 and 8 cycles per second.
4. The **delta** state in which dreamless sleep occurs is characterized by deep, profound relaxation. Delta waves oscillate between 1 and 3 cycles per second.

In the beginning of a session, a client is in beta state as they begin talking. Beta state is the only state in which we use verbal language. When the technician begins to move the wand rapidly in front of the client's eyes, two things begin to happen:

1. The client immediately goes into the next brain wave state, called alpha, where they become deeply relaxed.
2. The client's peripheral vision picks up the rapid movement of the wand, which causes the mind to think it is in REM sleep. This initiates the body's natural discharge process.

The wand movements activate left and right brain communication. Our left mode asks questions such as, "What do I need to do to survive?" and "What do I need to do to get rid of distorted beliefs?" Our left mode focuses and sees only one thing at a time. We could not survive without our left brain functions in the dimension in which we are living.

Our right mode sees the whole picture and seeks to communicate that to the left mode. Because the right mode sees only wholeness, it facilitates a spiritual connection to universal mind or the spirit self. As the left mode heals and releases its pain through **RET**, it opens up to free communication with its counterpart, the right mode.

As clients leave the alpha state and dip into theta state, they go into deeper relaxation. They begin to make connections with their unconscious belief system and experience flashes of forgotten memories. If clients process visually, they may experience memory flashes of every time they felt angry, trapped, resentful, etc. If clients process auditorially, they may sense an inner knowing of what has happened in their lives. If clients process kinesthetically, they may feel different energy moving through different parts of their bodies.

At times, clients may feel as if they are dozing. They are actually dipping into delta state. It is in this state that profound healing takes place. This happens as a result of the body being in deep sleep, which allows it to use its natural mechanism to release and heal. All of the above states can happen in seconds and the process may be repeated many times during a session

Each of our nerve cells looks much like a hand, with sometimes thousands of fingerlike projections called dendrites. The messages of the body pass through these dendrites to every cell in the body.

In the process of communicating sensory information to the cortex, the neurons pass the information along from neuron to neuron through the dendrites. Neurons can also grow new dendrites and eliminate unused ones. Some claim this ability represents learned response to stimuli.

Joan came to her first session suicidal. She had made up her mind that if Rapid Eye didn't work, she would end her life. She had tried everything she knew without positive results. She was desperate.

*The technician immediately began the **RET** process to release the incidents that caused her to come to this choice. As Joan told her story, the technician moved the wand in all the DNA patterns.*

Her brain was in beta state when she started talking. The rapid movement of the wand took her to alpha state where she became more relaxed. As she ended her story and began the blinking process, her mind flashed into theta state. Her brain utilized its visual mode to see pictures, and its auditory mode to get an inner knowing and connection. She then dipped down into delta state, where profound healing could take place. Through the process, her right mode channeled to left mode a spiritual connection of her value and divine worth. This process repeated for the next 90 minutes.

During reframing with positive affirmations and imageries, Joan connected with her spirit self for support and guidance. She left the session feeling an incredible peace. Before she left she told me, "I can't imagine wanting to end my life now. Thank you."

A rose may be experienced as an olfactory sensation. Ordinarily that message is passed along to the cortex for interpretation and instruction to the body. If, in that neural pathway to the cortex, a traumatic memory may intercede such as, "roses are associated with funerals and death," the message reaching the brain may not be "rose" at all.

What may reach the cortex instead is “danger,” death,” or anger.” In other words, the original message has been changed or distorted by a traumatic memory.

A good example of this principle is the association I made as a young child about the sweet smell of flowers at the funerals of so many of my family members. This created a message that the sweet floral smell means death, and I could not be around lots of flowers for years. I seemed to be unable to raise flowering plants, and I really loved plants. I was unable to grow them because they would always die. Once I cleared my traumatic memory through **RET**, I no longer hold on to the negative association. Today I am able to grow beautiful plants.

In developing the **RET** model, I realized that releasing toxic emotions and clearing neural pathways of false beliefs seemed to leave a vacuum. Knowing that nature abhors a vacuum, I recognized the importance of positive stimulation through all levels of body, emotion, mind and spirit. We suggest too the neural network system to form new pathways by firing the neurons with light and truth.

Once we clear up our trapped traumas and negative energy patterns, we have the power to manifest and work with matter unorganized. When we become consciously aware of a situation through education, we can let it go.

*Susan felt very depressed. She had a very low self-esteem. She believed she was unlovable. She felt worthless. She had tried positive affirmations for years with little success. She thought positive self-talk was a waste of time and had given up. Through **RET** sessions and Skills for Life classes she came to understand that positive affirmations often have little effect when we carry negative subconscious programming.*

Her experience was similar to that of many others — every time she said something positive to herself, a little voice convinced her the affirmation wasn't true. Susan's life events support her negativity, suggesting she was worthless and unlovable. She asked her technician, "If all this wasn't true about me, then why does this keep happening to me?"

Her sessions were spent clearing a lot of negative self-talk. She experienced a significant shift in healing during one session when she was in the theta state working with guided imagery.

The technician invited her to go back as far as she could to the memory of being unconditionally loved. She journeyed in her mind to a time before her birth where she lived in the light with God, who completely and unconditionally loved her.

During the session she wept as she felt a bright vibrant light next to her face, soothing and comforting her. She left her session no longer doubting her own divine value. She said, "I know I am loved unconditionally by a spiritual mother and father that I have always known. I had just forgotten?"

*She no longer believes she is unlovable or feels abandoned. Years later she reports she is “doing great” and has created a “wonderful” lasting relationship. For Sally, **RET** was a spiritual experience which allowed her to love herself and receive love from others.*

How Rapid Eye Technology Works

Eyelid Blinking

Our research with **RET** has shown that there is a remarkable process which occurs when eyelid blinking is incorporated into the healing process. There is a phenomenal connection between the rapid blinking of the eyes and the repairing of the neural pathways, which have been distorted by traumatic memories.

Eyelid blinking cleanses and moistens our eyes and stimulates the optic nerve with abrupt changes of light intensity. These physiological processes are somewhat obvious. The psycho-spiritual processes, however, are much less apparent. We know that when an object approaches our face at high velocity, our eyelids will blink as part of a response called “flinching,” which in this case is a physiological response to a perceived danger.

However it is the mental perception of peril that actually creates the reaction and stores it as a trapped message on the neural pathway. When a trigger occurs to this pathway, it is quite clearly a mental response mechanism. Blinking may play a mental and emotional role as well as a physiological one in our human experience.

RET uses eyelid blinking, movement and reaction to negative emotion for the purpose of clearing. Research has shown that accessing the negative emotion causes the trauma or issue to release. Knowing what happens to the eyes during emotional episodes allows the **RET** technician to assist the client in the discharge and reframing process.

There are several types of blinks that we employ to assist the eyes in what we believe is their innate healing function. Blinking is more than

merely closing and opening the eyes. How hard you blink, how often you blink, and when you blink is significant to the **RET** technician. How your eyes feel during and after you blink is also significant.

Theories have been presented to attempt to account for the mental and emotional aspects of eyelid blinking. When the eyelid is closed, information is processed inward. During the eyelid open phase of blinking a discharge is allowed outward. When the two parts of the blinking process are put together in rapid succession, and outward discharge followed by an inward ordering takes place. This process is then repeated with the next blink.

During the alpha state when our eyelid is opened, our mind seems to discharge outwardly that which it is focusing upon. During the closed lid phase of blinking, our mind views a mirror that intensifies the emotional focus. Thus, the process cycles through mirroring (intensifying) followed by discharging (eyelids open), mirroring, discharging, etc. This process eventually clears the neural pathway of trapped messages.

Regardless of the theory, the mental and emotional benefit of eyelid blinking during the **RET** process has proven to be dramatic. **RET** works extremely well to discharge trauma. When blinking is coupled with right/left brain accessing, the effect is extraordinary.

How Rapid Eye Technology Works

Breaking the State of Emotions

Anytime we change our physical, emotional, mental or spiritual state, we experience a discharge of the previous state — anything unlike the new state gets pushed to the surface.

For example, one way of changing from one state to another would be to suddenly switch from one thought to another. When working with a client who seems to be “stuck” in a traumatic memory, the technician may suddenly say, “Tell me about your grandchild.”

*Charles, a recovering alcoholic, came to Rapid Eye to change his emotional state from guilt and pain. “I am an alcoholic and I will always be an alcoholic,” had been his training. He hoped that **RET** would lift this belief system. Charles was very auditory (learns by hearing) and wanted to tell his story constantly. During the process I instructed Charles that we would be breaking state often to assist in his discovery of his real self.*

As he spoke about his feelings, the emotional charge was intensified. We broke his emotional state with Rapid Eye or by having him quickly change the subject. We then continued with the original incident. This technique worked very well with Charles. He is now able to say, “I was an alcoholic. I am now whole and healed.”

Simply changing state will cause us to release emotional energy. When we are engaged in **RET**, we often notice a general change in

appearance when the emotional state changes. The skin tone will become clearer, and the eyes will brighten. The client will often report feeling an increase in overall energy and well being as we reframe a negative emotion into a positive one.

The process of Rapid Eye is constantly breaking state. Each time a modality is switched by movement of the wand, we break state.

The following example demonstrates another method of discharging emotional material and breaking state that is especially effective with children when it is used immediately after a traumatic incident.

It helps us to talk about traumatic incidents to break our emotional state. It serves as an emergency release process.

*Randy was five when he came home one day crying and scared. He told his father, an **RET** technician, that he had been attacked by a large, black dog. Randy's dad, Ben, asked Randy to repeat his story, and encouraged him to add details by asking leading questions. How did that feel? What happened next?*

The boy was still crying, but after repeating the story the second time he was beginning to cry less. Ben encouraged Randy to cry and let it out, which validated his son's emotional condition. Ben convinced Randy to repeat his story a third time, and Randy began to get a little belligerent. "Dad, aren't you listening to me?" Ben was undaunted. "Tell me more about the size and color of the dog." Randy recounted his experience repeatedly. By the fifth retelling, he was feeling much better and began to laugh, desiring to return to play with his pals outside.

After we've been acknowledged, however, we come to a point where we need to let it go and move on. There is a fine line between telling our story and *feeding* our story. Talking about the trauma after it is released recreates more of the same trauma. What you feed will grow.

Sharon came in depressed about her thirteen-year-old son who was acting out violently at home. Sharon had no knowledge of the style of technology we had been developing. She went away from her first session disappointed because she "did not get to complain and go over her problems."

She came back with her son. After his first session and her second one, they were able to communicate with each other without screaming and fighting. She says, "Rapid Eye Technology has saved my family from unneeded pain and separation. The technique was so simple. Amazing! We moved so fast with the Rapid Eye Technology that I felt very little trauma."

How Rapid Eye Technology Works

Guided Imagery

The theory of bioplasmic energy suggests that the entire universe known to the mind is composed of vibrations. Albert Einstein emphasized the importance of simplicity when he said, “The simpler our picture of the external world and the more facts it embraces, the stronger it reflects in our mind the harmony of the universe.”

Finer vibratory rates are first perceived by the mind as thought. The mind then transforms these vibrational patterns into images. When the vibrations in the mind alter their pattern and get coarse, the mind creates images that reflect “the harmony of the universe.” What this means is that by altering the rate of the vibration of our thoughts — by *changing* our thoughts — the mind can alter the state of the matter within the body.

This ability of the mind to affect matter in space occupied by the body has enormous implications for healing. Our minds do not know the difference between imagined and real. Guided imagery increases energy — negative or positive — and it is most powerful when done in a relaxed alpha state.

As we release the traumatic memory of the past with **RET**, our minds are then free to reframe any incident in our lives to the way we would have wanted it to be. We can have the benefit of perfect childhoods in our minds, or we can continue to recreate the past in the present. One brings more happiness and the other brings more pain. The choice is up to us.

We can choose what we want to keep creating. How fast can we change our minds? Think back to an incident when you were having an argument with someone. The phone rang while you were still upset. When you answered the phone you shifted states, and probably became very pleasant and polite. We can choose our state anytime we desire. Guided imagery assists us in seeing more clearly what could have been, what we *want* it to be — a life of joy and abundance.

The pituitary is the master gland that gives ‘instructions’ to the whole body. Since the brain takes its instructions from thought through the pituitary gland, the body will work hard to *be* whatever we *think*.

RET clients are urged to see themselves as whole and healed. When we see ourselves as already healed — knowing we are OK — we’re able to “be” the part by acting as though it already is. This brings the trauma quickly up into the light to discharge or heal. The mind knows what we think and will act accordingly, thereby facilitating the process of healing.

The basic purpose of Rapid Eye Technology is to relieve the perception of pain, teach about unconditional love, and assist clients to come to the awareness of unconditional love.

For too long, people have suffered under the weight of judgment and conditional love. **RET** awakens us to our true, loving nature, free of the distorted views we experience as a result of our traumas and fears. Together with teaching us new Skills for Life, Rapid Eye Tech-

nology offers us a less painful journey to self-discovery — the discovery of the real self, the spirit self that resides within us all.

Within each of us lies a whole being. As we release the trapped trauma and move into the love that is already within us, we learn that it is possible to grow through joy as well as pain as we begin to create an abundance of love in our lives.

Rapid Eye Technology

Frequently Asked Questions

Why Do I Need Rapid Eye Technology?

We each have an unconscious belief system stored within the deepest parts of our psyches, composed of emotions and messages that cause distorted perception, irrational behavior and illness. These unprocessed emotions are both a collection of our life experiences and the life experiences of our ancestors. When these unprocessed emotions are stored away, they distort our minds' and bodies' abilities to change energy and remain well.

These trapped emotions and messages are stored over our lifetimes, and perhaps transmitted to us from our ancestors' lifetimes through the DNA. (See *Quantum Healing* by Deepak Chopra.)

In our genetic material, we all inherited messages through DNA at conception. In fact, many researchers believe that most of our concepts or world-views are received from conception, gestation, birth and experiences. Science and nature have taught that energy is never lost, only changed in form. It is our belief that the wisdom gained during an entire lifetime is not lost, but passed on to future generations. Our DNA carries the imprinted experiences of our parents and our grandparents — all of our ancestors — in the cells of our bodies. This is cellular memory.

A particular pattern will continue to run in a family until the pattern is broken or resolved. Unfinished business from an ancestor can affect our lives and actually show up in the DNA and the eyes (see *What the Eyes Reveal*, Denny Johnson). As we release unproc-

essed emotions, we not only heal *our* lives but also healing the pain of future generations as we pass the gift on to our descendants.

The **RET** process provides a way for trapped, distorted emotional messages to be processed and released from the cellular level within the mind and the physical body. This allows the accessing, processing and clearing of information that has been guarded by the subconscious throughout much of our lives. In a **RET** session, present issues and underlying trapped life force energy are also addressed. Rapid Eye Technology appears to clear issues on all levels of the mind-body connection.

What Goes On in a Session?

First of all, the technician creates a nurturing, safe environment for healing. **RET** is about honoring and caring for the individual. Technicians are trained in the mechanics of facilitation a process that clears traumatic memory. We assist individuals on their own healing journey, utilizing techniques we have developed. These techniques affect physiological functions that support the cells in your body to release trapped life force energy that has manifesting as physical and emotional stress.

During a session, a technician will first review a client's history and then proceed with a neurological integration exercise, which is eye work between the client and the technician. The client then engages in the **RET** process. Using a fast movement of eyes while listening to verbal input from the technician, the client begins to access and release old trapped traumas. Each session ends with positive re-frames to replace whatever was released during the session with positive information. Most individuals experience results after each **RET** session. A typical session lasts for one hour and forty-five minutes.

Is there a possibility of releasing too rapidly?

There are specific wand movements and techniques to slow down or speed up the process. We all have excellent survival systems. Our psyches will only allow us to release trapped trauma as fast as we are able to assimilate the changes. Our REM is doing this every night while we sleep.

When clients release rapidly, it is because they have intended to do just that. Intention is very powerful. If a client says, “I just want it all gone...NOW,” they will bring up negative energy that will be released much faster. It is good to have the intention to release trauma as fast as my body can comfortably handle it.

The premise of **RET** is that the mind and body were created to clear themselves, and that our spirits know how to heal our lives with the assistance of spiritual energy — even though we have to access the pain in order to clear trauma. What comes up is just a portion of what actually happened. The body presents one layer at a time. The spirit’s job is to assist us in changing and processing all experiences in such a way that we can gather information and develop wisdom.

Is there a possibility of reverting, or filling the void with the ‘same old stuff?’ Techniques such as positive re-frames assist. Skills for Life classes are the educational component of the **RET** process. Skills for Life classes introduce spiritual concepts that assist individuals in learning, practicing and anchoring new thoughts and behaviors serve the clients in their journey.

Is this a long-term healing program?

Most people accomplish significant clearing in twelve sessions. Lives change. Without first identifying old family patterns and then teaching the body a new way to live, some clients may unconsciously choose to create the old addictions in a new way. Rapid Eye Technology is very effective. Positive results can be immediate or they can take longer – depending upon the client’s condition and issues. Although the technician facilitates the process, it is the client’s journey.

Can Rapid Eye Technology be used with children?

Yes. Rapid Eye Technology is used successfully with children. Sessions for children are shorter because their defense systems are usually not as entrenched as adults, and their attention spans are shorter. Five years old is the minimum age for effective treatment. Younger children are processed through proxy and CD’s. CD’s can be used after the child is asleep for one hour and allow their bodies own REM sleep to clean up any trauma or issues that may have been triggered. CD’s do not replace a technician but add to the session plan.

Rapid Eye Technology

Healing by Proxy

We understand from quantum physics that all molecules are connected in a kind of “quantum soup” and one entity cannot be affected without it being evidenced by all others in some manner.

The preceding generations were very much into survival-level existence, and they likely had neither the time nor the interest to “address their issues.” Their gift to us was to contribute to the ongoing progress of civilization; to bring us to our current state of advanced learning where we *do* have the luxury to work through our issues rather than remain at the same survival level. Perhaps our gift to them would be to develop a technology for healing which would assist in processing and releasing the trapped energy they passed on to us through some emotionally encoded DNA.

I was processing a childhood incident with a woman when she exclaimed with surprise, “This is not my stuff. This is my mother’s!” I told her, “Pretend that you are your mother, and let it go.” She connected with trapped memories of her mother’s life and even connected with and cleared some of her grandmother’s issues. She was excited to discover that she could feel a distinction between the energies of herself, her mother and her grandmother.

This session taught her that there were generational patterns that wanted to be cleared. It was exciting to her to realize the power she had to assist her ancestors, and she understood that she had to assist her family heal in order to heal herself. She called this work her “spiritual genealogy.”

We believe it would be impossible to heal ourselves without it affecting all of us. This healing would reach backward to our ancestors and forward to our descendants! Although we cannot actually “live” their experiences, we are the literal effect of the emotions that were trapped around those experiences. Until we heal the traumatic memory, it will continue to affect our children and our children’s children by virtue of the fact that we continue to pass on the same traumatic memories from one generation to another.

We have files of many cases in which this phenomenon of working on behalf of another has resulted in a significant improvement in the intended recipient. The possibilities for healing are unlimited. Unwilling husbands could be helped by willing wives. Angry teens could be helped by caring parents or siblings. Hurting persons anywhere could be assisted by persons who are willing to be proxies with the instrumentality of Rapid Eye.

Larry Dossey, M.D., co-chairman of the Panel on Mind/Body Interventions at the National Institute of Health (NIH), states, “Let me tell you something.... if we ignore issues of consciousness, it’ll be the ruin of alternative medicine...in my opinion, the most important research activity in the entire field will be the investigation of non-local manifestations of consciousness.” (Non-local manifestations of consciousness is another term used for the process we call “proxy work.”)

The panel’s report explains: “Studies in mental and spiritual healing show that the mind can somehow bring about changes in faraway physical bodies, even when the distant person is shielded from all known sensory and electromagnetic influences. These events, replicated by careful observers under laboratory conditions,

strongly suggest there is some aspect of the psyche that is unconfineable to points in space, such as brain or body, or to points in time, as in the present moment.” (*Welcome to the Mind-Body Revolution*, Marc Barasch, *Psychology Today*, Jul/Aug 1993, pg. 58)

Studies by respected researchers in the field of human consciousness are now beginning to substantiate claims made long ago by shamans and healers that we are all interconnected in such a way that what we do for one, we do for all.

It is our experience that we can do significant work for another person by simply applying our intention to the technique of Rapid Eye. To us, it is no real mystery. We have logged thousands of proxy experiences over the years as we developed the current model of **RET**. Proxy is so powerful and so reliable that we find it useful in a number of significant applications. Angry or reluctant teenagers can often open up and find emotional and physical relief through the skillful application of proxy. There are groups of technicians who do proxy on a regular basis, free will is honored on all levels.

It is important to remember that each person’s free agency is honored. If a person chooses not to receive the proxy work that is done in their behalf, the healing energy will not be received. However, we believe the energy is “held in reserve” until such time as they are receptive to it. It is similar to prayer energy.

There is one situation with a teenager, Amanda, where we had amazing success performing a proxy session. Many times the love energy that is generated by this work will penetrate the dark energy, which seems to build a fortress around a person in pain, and they find their resistance softening. We found the key to working with Amanda was to first work with her parents to clear away their

anxiety and need to control. Once they were able to come from a place of unconditional acceptance for her, we had her parents do proxy sessions for Amanda.

*In Amanda's case, school was an issue buried beneath Amanda's perceived hatred for her parents. Amanda was 14 and equated parental authority with school authorities, police authorities — all adult authorities. She found it difficult to do **RET** because her technician represented adult authority to her. In session she was completely belligerent and uncooperative.*

*After the second proxy session with her mother, Amanda expressed a desire to become involved with the **RET** process. The progress was slow while we were building a foundation of trust with her. One day we asked her if she would like to do a proxy session for her brother who had recently become emotionally upset.*

From the very beginning of this session, Amanda began processing deep emotional trauma and became completely cooperative. Her progress was phenomenal! She cleared up tremendous amounts of her own negative emotional stuff while connecting with her brothers. This is possible because we are all connected by fields of energy. (If you question this, notice how uncomfortable you feel the next time you are in the presence of someone who is “acting out” negative energy!)

*Suddenly, Amanda's schoolwork became easier for her. She found herself able and willing to communicate with her parents and other adult figures in her life. It has been over three years since her first session. She has taken the **RET** training and has a substantial clientele. She works primarily with other young people as well as with adults. **RET** literally turned her perceptions around. She now feels a close bond with her parents who have continued to be involved with **RET**.*

Woolger (*Woolger, Roger J., Other Lives, Other Selves: A Jungian Psychotherapist Discovers Past Lives, Bantam Books, New York, NY 1988*) and others contend that the release of emotional elements from ancestors (and others) is a worthwhile pursuit in that it often provides the client with significant connections that further the process of healing. Whether an ancestor is living or has passed on, his or her DNA traces live on in the mind-body of their future generations.

*Ruth worked in a nursing home. She physically hurt when she was at work and felt fine the rest of the time. We began her **RET** sessions asking her deeper mind to take her to the cause of her physical pain. She connected with her great-grandmother to discover that her grandmother had been paralyzed and had died in a nursing home. She later verified this information with relatives. The connection to her great-grandmother was cleared. She is now free of her physical pain at work. Ruth was delighted to have the inner- knowing that her great grandmother was released into more light.*

Additional Tools Used with RET

Breathing

During the Rapid Eye process we are focusing positive energy into the cells through the use of thought — imagery — and focused breathing. A technician may suggest that a client imagine he or she is inhaling a white healing light, inviting them to breathe the light into every cell. The client is encouraged to breathe the light, feel the light, and see the light in every cell, awakening every cell to remember the light from which it came.

As each cell is energized with breath, the block is removed. Trapped trauma is then given permission to release, and the body responds. The client imagines the trapped negative energy breaking up and releasing as he/she exhales. Breath work is an effective technique for enhancing life force energy. It can be used anywhere in the RET process to increase energy and to aid in releasing pain and emotion.

Another component of breath work that is used to discharge energy is yawning. Most of us believe that yawning is a sign of boredom or inattention, when in fact it can be the first sign of deep emotional discharge. When you yawn, we believe you are discharging trapped energy directly connected to traumatic memories stored in the unconscious.

We have found that yawning during **RET** is a good indication that energy is being released from a “blocked” area, or neural pathway. It benefits us greatly if we allow the yawn to be as big as it can — opening the mouth fully, breathing deeply, and then exhaling fully, perhaps even making a noise upon exhaling.

by Ranae Johnson

Sighing is another breathing technique similar to yawning. During a sigh, one breathes in deeply and exhales all at once in a usually noisy manner. Most people sigh when confronted with a stressful situation and feel better for doing so. Sighing, rarely stifled, can be a subtle form of stress release, as it releases emotions that are near the surface of releasing. Add tone to the sigh and it is even more powerful.

Stretching or any kind of body movement such as shaking the hands, arms or the body assists in releasing trapped energy.

Additional Tools Used with RET

Neurological Integration

The process of neurological integration is a natural and effective technique developed by Dr. Kenneth Fabian of Portales, New Mexico, in 1966. Neurological Integration, or bonding, is a visio-neuropsychological process of communication between the eyes, the brain, and the pineal gland, which is located in the middle of the brain.

For centuries spiritual teachings have told us that the pineal gland is crystal-like in form, and it responds to life-force energy. The Light, or higher consciousness life-force energy, comes in through the top of the head at the crown chakra, which is the main energy center in the body. It moves down through the pineal gland which it then sends it to all the cells in the body. Neurological integration is the process that makes this transfer of energy possible.

As newborn infants our brain circuits are basically untested and unused. During the first six months our learning takes place at an accelerated pace as we learn how to make noise, to move, and to see, taste and feel. Inside our infant skull tremendous growth is occurring. A neurological whirlwind is creating a mass of new information and storing it within newly developing neural pathways. After this initial six-month period, brain cells that had replicated themselves cease to continue. The limbic system at the top of our primal brain stem begins its development from its pre-birth rudimentary stage.

In order for the baby's brain to communicate between the primal self and the higher emotional self, it has to develop a connection between the pineal gland and the pituitary gland. This is not an automatic

function like growing fingernails or hair. The developing brain must learn neurological integration from someone who knows — by seeing another person’s method of integrating or processing energy.

On an unconscious level, parents and babies have been exchanging DNA energy through the eyes since the beginning of time. Neurological integration usually occurs within the first ninety days of life with our mother, our father or a grandparent, but it can be learned at any stage of life from an integrated person. The non-integrated person looks deeply into the eyes of the integrated person and an energy exchange takes place. The mind says, “Oh, that’s how it’s done!” Communication occurs between the two brains and then proceeds to promote the physiological growth necessary for such communication to continue.

What keeps integration from happening naturally? One theory is that the connection between the pineal gland, the basal brain (including the limbic system) and the pituitary gland may be immature in some humans. But it can also be a result of stress. Our increasingly fast-paced lives result in less of a family-based society that does not encourage us to feel, so emotions are not released and cleared. Instead they are stuffed, resulting in fragmented relationships which in turn foster more unprocessed emotions. When children are born into this family pattern integration fails to take place, resulting in entire generations of people who are unskilled and unable to process the experiences of life.

Many people are already integrated, however. They are the people who handle stress and trauma amazingly well because they are already processing on a deep level. When we are integrated, we have a completed energy circuit that allows negative energy to be released up through the limbic system and the pineal gland in the middle of the brain.

This process of negative energy flowing out leaves space for spiritual light to be drawn in and reclaimed.

Without neurological integration, a person is unable to mature emotionally. This explains why we have adults with compulsive and childish behavior. They have not learned how to process experiences and glean the learning they contain. Many adults have no idea *how* they feel, much less an understanding of *why* they feel what they feel. Because they know no other way, they suppose that they are “normal” — that is, they think that everyone else thinks in the nonintegrated way that they do.

Studies on the effects of integration upon adults have revealed that most people suffering from psychosis are nonintegrated. Some people suffering from severe neurosis are also nonintegrated. Without neurological integration, a person may become developmentally delayed. Usually, the emotional delay occurs at some time early in life, most often within months of birth.

The use of neurological integration with **RET** has shown dramatic results in clients. The recently integrated client will experience emotional and physical processing that allows the technician to release trapped trauma on a deep cellular level. Once a person is integrated, it is important for them to receive Rapid Eye sessions, because the integration experience can create further discomfort as distortions of trapped, unprocessed emotions rise to the surface. **RET** will enable the client to process and release the energy at a faster rate.

It generally takes twelve or more sessions, depending on the intensity of the issues, to make these mature connections and go through the birth and inner child stages with **RET**. In every case the mind takes the client through stages of birth trauma up to ma-

by Ranae Johnson

turity. **RET** speeds up the process of releasing the heavy charges of emotion that the person experienced and accumulated while going through conception, gestation, birth, and other traumas received from birth to the present.

Additional Tools Used with RET

Neuro-Linguistic Programming (NLP)

Neuro-Linguistic Programming is the language of the mind. Discovered by Richard Bandler and John Grindler in 1979, NLP identifies and defines the various representational systems people use to process information. NLP works directly with the entire mind/body connection.

We input data via the five senses — sight, sound, touch, smell, and taste. As babies we input information through all of our senses fairly evenly, smelling, hearing, seeing, touching, and tasting everything in our environment. As adults we tend to favor just three — sight (visual), sound (auditory), and touch (kinesthetic).

NLP has identified the eye movements that are specific to each different brain function.

- ☞ When we are asked to remember something we have seen before like the color of our mother's eyes, we look up to the left.
- ☞ When we are accessing new information that is to be visually constructed, we look up to the right.
- ☞ When we are accessing information that we have heard before like the sound of our grandfather's voice, we look directly to the left, accessing our auditory recall.
- ☞ When we are having an internal dialogue with ourselves we look down and to the left, as when we are reciting a favorite poem or reprimanding ourselves for making a mistake. People who are depressed spend much time with their heads down and looking to the left.

Auditory people love to talk and to listen. Hearing is all-important to them, and music has a special meaning as well. They prefer to hear things said rather than to see them drawn or pictured. These people will listen very intently to the sound of your words and notice how your sentences are constructed.

People who prefer to experience their reality via the sense of touch are often referred to as tactile people. They experience kinesthetically, preferring to get in touch with things. They often speak more slowly than do auditory or visual people. When they are accessing their feelings, they look down and to the right.

We all use all three systems all the time, but we normally use a combination of systems in our everyday experiences. We also tend to favor one over the others.

Neuro-Linguistic Programming is used very effectively with **RET**, because it allows us to access trapped trauma from all modalities of the brain. The study of NLP was important to the development of **RET** because it gave us knowledge of eye movements, modes of accessing information, the importance of anchoring positive feeling or images, and the importance of reframing or redefining emotions and meanings.

Rapid Eye Technicians use an eye-directing device that suggests to the client's brain where to "look" for significant emotional elements and trapped traumas, and it is this that makes **RET** so powerful. Sometimes the eye accessing is quite rapid, sometimes not, but the eyes will always contact the modality of the brain indicated by the direction of the wand and the speed and intensity of the blinking.

 **Rapid Eye Technology**

The client's eyes are blinking out emotional trauma while reviewing significant emotional files, genetic material, and connections to people and their lives. When combined with the auditory input from the **RET** technician, Rapid Eye Technology works quickly and efficiently to release trapped trauma. Emotions come to the surface and release their energy almost immediately through the eyes and through every pore in the body — very similar to what occurs during REM sleep.

Additional Tools Used with **RET**

Inner Child Work

The most important relationship we will discover is the relationship we have with ourselves. Inner child work deals with the different growth stages in our lives. Within each of us is the child we were when we were growing up. Many of us go about our daily lives emotionally existing as children. We are not aware of the stifled emotional growth. We are likely to notice the effects of our emotional ages in relationship with others or we may seem to be just like everyone else. Most of our neighbors and friends, coworkers and family members are operating at the same level of emotional maturity.

Some of us seem to be stuck in one childhood stage or another. Wouldn't it be wonderful to "grow up" emotionally so we wouldn't have to live as a child in an adult body? It is our belief that inner child work is virtually impossible to complete on a deep level without integration.

With **RET**, the little child within each of us can grow up without losing identity or value. As we get in touch with that inner child, we begin to truly discover who we are. We were born to be loved and we are capable of loving. Many of us didn't get what we needed the first time around. Discovering the child within can happen very fast and effectively with **RET**, and the separation between the child and the adult can be healed.

The roles we played in our family through our perception and the roles perceived for us by our families are both important. The significance of the family system in our lives must be addressed. Many of the wounds we carry were inflicted within that structure. As

Karen had a very demanding job that required a lot of concentration. She was finding it increasingly difficult to concentrate on her work. She had undergone psychiatric evaluation to find out why she was so confused and suffering such mental turmoil. To her surprise, she learned that her IQ was unusually high and her abilities to work were very good. She was perplexed that she was having so much difficulty in her chosen career. She had even thought of going into another field of work, yet she loved what she was doing and she was unsure that she could do any other work without difficulty. She was really feeling troubled.

*In her first session of **RET**, she discovered that she had been traumatized at the age of two. At this stage in her life, Karen's parents divorced and the father abandoned her until later in life. Through her sessions, Karen was able to recover her wounded inner child that had been controlling her so strongly in her adult life. She continued her inner child work with **RET**, bringing her up to present time and age within six sessions. She has since found many other issues to work on and continues **RET** because she is motivated to assist her family through proxy.*

we come to understand how we were affected, we can begin to heal the child within.

The cycle of dysfunction can be broken as someone in the family system learns to release the collective stored emotional trauma through an effective process like **RET**. With Rapid Eye Technology, we can address the dysfunctional family system and release trapped emotional

trauma from the control issues involved in the system. More importantly, through the cognitive work of the second half of **RET**, new skills can be developed which can break the patterns and allow family members to create more healthy relationships.

RET technicians are trained to assist their clients in processing inner child issues by locating and releasing trapped trauma. It is not uncommon for clients to make significant connections that assist them understand that they are actually “adult children” who seem to have been “stuck” in one growth stage or another.

This child will not be ignored! When it is wounded, it will keep acting out until it is noticed and loved. The inner child is living very much in the emotional body and cannot be healed from the mental level. It is unlikely that anyone who has overlooked or ignored this part of their work has truly healed. Learning to love the child within allows nurturing to occur in a manner that brings healing.

Additional Tools Used with RET

Hypnotherapy

Hypnotherapy gives suggestions to clients in an alpha brain wave state to access information. **RET** releases trapped trauma from the cells and then replaces the void with a positive suggestion. Many skills from hypnotherapy can be combined with **RET**.

A client came in with the purpose of locating any genetic or other life trauma that she believed had caused her to set up humiliation and anger for herself in various situations. We used Rapid Eye Technology along with the suggestion to find all the times in her past or in cell memory that were similar to her current experience of humiliation and anger. She discharged a lot of trauma with **RET**.

We then used the hypnotic suggestion to go to past genetic lifetimes that would now be able to assist her. She was able to go to three generational lifetimes, and each was a positive experience wherein the humiliation and anger were healed. We then gave her the hypnotic suggestion to go into her future and see what it held for her. She saw herself completely free from the pattern.

She left the session very excited that she didn't have to experience a lot of pain. She also gave energy to the positive lifetimes instead of the negative. What you feed grows.

Additional Tools Used with RET

Reiki

The universe is composed of energy. Energy patterns exist on all four planes of known human existence: physical, emotional, mental, and spiritual. Thoughts are energy patterns on the mental planes. Thought energy cannot be perceived by normal sensory input, but it is nevertheless real. As the body releases and discharges energy, it is released back into the energy field.

Reiki means life force energy in Japanese. Reiki was developed by a Japanese doctor by the name of Mikao Usui. After hearing Dr.Usui's history and having my own experience with Reiki, I took the certification at its different levels up to and beyond mastership. We then began to integrate it with **RET**. The results have been astounding.

Reiki assists us to release and clear the negative energy trapped around the body. Reiki is not required for every technician to know, yet energy work of any kind is effective and beneficial as it gives the technician additional tools to assist the client. Therapeutic Touch, Shiatsu and massage are other ways of working with and releasing energy that have been used effectively with **RET**. We now teach Reiki as well as Rapid Eye Technology at our certification center.

The Other Half of Rapid Eye Technology

Skills for Life or “Life Skills”

Rapid Eye Technology is a two-part process that involves both releasing **and** retraining. A skilled technician not only guides you to identify and release the trapped energy patterns of your past, but also helps you to learn and understand new skills for living that will facilitate the creation of new productive patterns for your future. Once you have cleared the energy of your past, you will be in a powerful position to create a new life reality for yourself. Slipping back into old patterns is less likely if you build new paths for your thoughts to follow.

Skills for Life Classes are taught by a trained Skills for Life Facilitator whose ultimate goal is to guide you through your own discovery of new skills, ideas and experiences. The environment is always comfortable and informal, and various methods of learning are woven throughout each class - including but not limited to interactive lectures, experiential exercises, small and large group discussions, and dramatizations and role-playing.

Each facilitator brings his or her own unique personality stamp to the class, but the structure is always the same - seven weeks based on seven natural laws which govern human development. We call these our seven principles of universal truth.

The Principle of Thought

Thought is at the beginning of all creation and we create our own thoughts! We are free to think anything we want. The intent of thought is the primary mover of all creation.

Everything in the world vibrates to it's own frequencies. Light and thought are made of a very high frequency while slower frequencies are denser. The higher or faster frequencies are called love or Spirit energies, and they dissipate the lower frequencies. When we turn on a light in a dark room, the darkness disappears.

By changing our thinking we can change our life. Energy follows thought, matter follows energy.

The Principle of Perception

Perception is how we understand our world, based upon our experiences and filtered through our judgments. We each live in a world of our own perceptual creation. Most of our emotions are a direct result of our perceptions. True comprehension of this principle can dissolve conflict into understanding. By noticing our situation and identifying the effects of our thought process, we can choose to see it differently from a high love frequency. By choosing to align with love instead of fear, we connect to God through our minds and hearts. This energy is the Spirit — a divinely high-energy frequency. Fear and negative thoughts block this love energy from creating in our lives the way it was meant to. By having an open mind and acknowledging that we may be attached to old programming or pain, we are then able to consider and ultimately realize that it is only love that heals.

The Principle of Choice and Accountability

We always have the choice to choose how we feel about our experiences. We can change our mind and choose again. The universe is accountable to respond abundantly to our choices, and the experiences in our lives are the result of our choices. By changing our minds, we can change our life experiences.

It is the responsibility of the universe to honor our intentions, and as a result we are bound to the consequences of our choices. By choosing again we change the consequences the universe delivers to us. Operating together as a unit, choice and accountability give us the power of personal empowerment.

The Principle of Cause and effect

Our thoughts create our reality and return to us multiplied. What you feed will grow. Because energy follows thought and matter follows energy, negative experiences follow negative perceptions just as positive experiences follow positive perceptions. True understanding of this principle can assist us reclaim our power. By choosing to change our thinking (cause), we create new experiences in our lives (effect).

The Principle of Abundance and Gratitude

Abundance means plenty, sufficient, overflowing. Abundance can be seen in our lives through the manifestation of our thoughts. The universe sees no difference between a negative thought and a positive thought. It makes no judgments. It is accountable only to provide us with whatever we think about, and it does so in abundance. What we feed will grow.

by Ranae Johnson

When we change our minds and align with love, the universe brings an abundance of good experiences. Our gratitude of this completes the circuit of energy. Gratitude is an attribute of love, and it gives us the power to change the form our abundance takes. It changes our lives.

The Principle of Health and Healing

Health and healing is the process of becoming whole and maintaining a state of wholeness. We are responsible for our own physical, emotional, mental, and spiritual health. As we incorporate the Skills for Life principles into our lives, we begin to understand what it takes to enjoy this state of wholeness to its fullest.

The Principle of Harmony and Rhythm

All universal laws or principles work together in complete harmony. All life exists in a one-song rhythm — presented as a musical vibration that creates perfect balance — much like one might find in a symphony orchestra. It is in our essential nature to resonate with this vibration when it is felt. We are meant to be at one with the universe. We are an integral part of life, and by moving with that flow we awaken to the potential that exists within us.

The purpose of the Skills for Life classes is to assist you to identify your non-productive beliefs, and to become aware of the power you have within yourself to change the circumstances of your life.

Throughout the seven weeks of classes you will learn seven new skills for living. You will learn them as separate principles, but together they operate as one law. Our thoughts create, our perception of the thoughts and events give them reality, cause and effect recreates them, and choice and accountability lets us change our thoughts, perceptions and actions at any time. Our choices result in either lack or abundance, and continuous “feeding” can affect our health on all levels. By choosing the frequency of energy we align with, we can create discord and pain, or harmony and rhythm.

A thorough understanding of these seven principles can assist you move into alignment with the natural harmony and rhythm of the universe. Through the development of a new understanding of how to solve specific problems, you naturally rise to a higher level of understanding where you are capable of creating new questions that stimulate you to an even higher level of knowing. This upward spiral of learning is what propels you toward self-discovery in its greatest sense.

Your job, then, is to notice, learn, change your perceptions, and quickly move to a new perspective of the events in your lives. You do this by emptying your mind of your fears and problems and replacing

Einstein observed, “The significant problems in our lives cannot be solved at the same level of understanding where they were created.”

them with memories of when you felt totally plugged into God's plan. Embrace the silence; listen to your higher self.

Prayer and meditation can assist you to become unattached to worldly things and to awaken to your real self. You can then connect to God or source and reclaim **your** power. We all have the deity within us, but until we awaken and remember how to connect with our Source, we feel weak.

We are like a light bulb and Spirit is like the electricity that makes the light bulb work. Some light bulbs let in more of its source than others and they have a brighter light. By making God or Source our

The ocean has great power. When you separate a drop of water from the source of this power, it appears to be powerless - which it is. By returning the water to its source it is once again filled with the mighty power of the ocean.

partner, we can surrender to the possibility that we can do – and create – whatever we set our mind to.

We get in our own way. Life is like switching channels on the TV. The channel most of us watch is the physical, mental, emotional channel, which tells us we can't do it. It's advertisements pummel us with evidence that we don't have enough money, time, brains or experience. This is also known as the doubting channel.

By mentally switching the channel of our mind's TV, we can get messages of faith, beingness, peace, and the abundance of all things good. Its advertisements give us assurance that all things are possible to those that believe and then know. This is known as the trusting channel, and we learn that all things are possible.

We learn that life can change form but it can never be destroyed. Every relationship and experience in this world has been divinely orchestrated with our Spirit's approval for our Earth School curriculum. There are always several ways to view any problem, and we can save ourselves a lot of time and grief by having the intention to go to God's point of view to the best of our abilities.

Mastering these principles can change the course of our lives.

Skills for Life

The Principle of Thought

*“Just as the water of the streams
we see is small in amount compared to
that which flows underground,
so the idealism which becomes visible
is small in amount compared with what men and women
bear locked in their hearts,
unreleased or scarcely released.
To unbind what is bound,
to bring the underground waters to the surface;
mankind is waiting and longing for such as can do that.”*

Albert Schweitzer (1875-1965)

Everything in the Universe is a form of energy. Mastery of anything is mastery of energy. Energy occurs in two states—materialized energy and un-materialized energy. The things we see around us such as cars, houses, books, and trees, are examples of materialized energy. All energy that is not in materialized form comprises the balance of the energy in the Universe.

Both states of energy are more similar in form than appears to the naked eye. Even those objects which seem most solid, such as steel beams and concrete walls, appear as molecules in motion when viewed under high power microscopes.

How does energy reach its materialized form? In a most surprisingly simple way — through the mechanism of thought. Everything begins as a thought. Whatever we see around us was at

some prior time a thought. Another way to express this is to say that we create with our thoughts. Our conditions are but the outward manifestations of our thoughts. As our thought changes, all outward or material conditions change in order to be in harmony with their creator — which is thought.

This places each of us in an extraordinarily powerful position. To benefit from this power, however, we must first believe that we **have** the power, and then we must use it in ways that create positive results.

We are influencing energy all the time, since we are thinking all the

“Before we can realize who we really are, we must become conscious of the fact that the person we think we are, here and now, is at best an imposter and a stranger.”

Thomas Merton (1915-1968)

time. This is true whether or not we are consciously aware of our thoughts. Psychologists tell us that we have upwards of 50,000 thoughts each day. Most of them are the same as the ones we had the day before. We tend to form thought “pathways” or patterns.

The majority of our thoughts are in the form of thought structures or beliefs. These are our ‘programs’, the preconceived ideas we use to interpret the world around us; the criteria or standards by which we decide how to function, how to behave and how to react. We create the future based on our beliefs, choices and actions.

The difference between a random thought and a belief, is the difference between any random event and an event or experience that has meaning to us at a feeling level. This determines the way we view the

world. Our beliefs, which are attached to feeling experiences, are responsible for the quality of our lives. As we change our beliefs, we change the quality of our lives. It is essential that we appreciate the significance of feeling. It is the feeling behind the thought that gives the thought its powers. A thought and a feeling — equals a belief.

An important aspect of thought is that we are free to have any thoughts we wish at any time. This flows from the concept of free will, or free choice, an underlying principle in the Universe.

In summary then, we create our lives with our thoughts supported by our feelings. Since there is no limit to what we can think and feel, there is no limit to what our life experience can be.

Illusions

If you wish harmonious conditions in your life, develop a harmonious mental attitude. Your world without will be a reflection of your world within. Since the Universe is perfect, anything that is less than perfect does not really exist. It is an illusion; pain, anger and scarcity are illusions. They exist only because we believe that they are real.

The world as we currently experience it, is a result of common (mostly unspoken) agreements held among people that things really are the way we think they are. Most of these beliefs are no more accurate than earlier beliefs that the earth was flat or that the sun rotated around the earth. Not too many years ago, practically everyone believed these ideas. The truth is

*“If most of us remain ignorant of ourselves,
it is because self-knowledge is painful and
we prefer the pleasures of illusion.”*

Aldous Huxley (1894-1963)

that almost total unanimity of belief *did not make them true!* Today, we find that most people believe that inflation is inevitable, calories affect weight, jails curb crime, politicians are unreliable and armaments create national safety.

How do we tell the difference between what is real and what is illusion? An illusion is something that can change from time to time. What is real is always present.

People's ideas of *right and wrong* change — and have changed — over and over again from culture to culture, time period to time period, religion-to-religion, place to place. Even from family to family and person-to-person. What many people considered *right* at one time — burning people at the stake for what was considered witchcraft, as an example — is considered *wrong* today.

A definition of right and wrong is a definition established not only by time, but also by simple geography. Some activities (prostitution, for instance) are illegal in one place, and, just a few miles down the road, legal in another. And so, whether a person is judged as having done something *wrong* is not a matter of what that person has actually done, but *where he had done it*.

It is important that we understand the difference between universal truths and time- or situation-oriented beliefs. Wars are fought and divorces are sought because people believed in their illusions over their value for others.

All power comes from within. It must be developed, unfolded, and cultivated. Just as physical strength is gained through physical exercise and practice, becoming receptive to the power within is acquired through the pursuit of knowledge and understanding. Mistakes are merely the mistakes of unknowing. The recognition and demonstration of knowl-

edge gives us spiritual power and determines our growth and evolution. It is the soul of the universe – the result of ones ability to think. Thought is the germ of human conscious evolution.

To be successful, constantly hold in your mind the next step necessary. Thoughts are the materials with which we build, and the imagination is the mental workshop. Mind is the ever-moving force used to secure the circumstances necessary to build with. You will hear the call when circumstances are ready to materialize into your plans, and results will correspond in an exact ratio to how you have held the thoughts in your mind.

It is imperative to understand that it is the extent of your focus that creates the material world. Your outer world is a reflection of the world within created by your method of thinking (cause), and the results are the effect.

Ask yourself, “What am I focusing on?” Are you focused on your ideal or are you allowing the external conditions of the world without to determine how and what you think about and believe in. Concentrate only upon those things you desire for yourself or others. Ignore things you do not want to be, do and to have in your life.

Be careful what you desire for others. Since the reality is first created in your imagination, you will get to own it. What happens if someone refuses a gift you have for them? You get to keep it. Be aware of the gifts you choose for others, even your imaginary gifts.

The law of attraction is constant — like attracts like. It works all the time. Your thoughts, your visions and your emotions will attract in the world without, exactly what you have chosen to see and to feel in the world within. The law of attraction is Love in action. Love binds itself to its creation. You are Love.

One of the expressions of love is desire, which is the vibratory element that love uses to attract and bind elements of creation to itself.

Using the Power of Thought through Intention

Our bodies are the material result of all the thoughts and intentions you have ever had. When we call back moments from the past — we get certain mind-body responses.

If you imagine your experience vividly enough, all kinds of involuntary reactions — blood pressure, heartbeat, respiration, body temperature, and so forth — start conforming exactly to how you felt in the past. You were reliving not just a visual image, but also the entire physiological response that went with the image.

Millions of response patterns went into creating what you are experiencing. But since you did not possess the awareness or skill consciously to use these intentions for your benefit, your body contains stored impressions of traumas and stresses that remain “stuck” and cause illness over time or speed up the aging process.

We are accustomed to look upon the universe with a lens of five senses and from these experiences our anthropomorphic conceptions originate; but true conceptions are only secured by spiritual insight. This insight requires a quickening of the vibrations of the mind and is only secured when the mind is continuously concentrated in a given direction.

An intention is a signal sent from you to the universe. When two people want the same thing, they don't always get the same result; this is because the quality of intention changes as it is sent into the field and then reflected back as a result. For example, if you have a strong desire to be loved, the love you want and will receive is highly conditioned by your experience: The love of Mother Theresa

is totally different from the love known to an abused child. Nevertheless, whenever a desire comes true, the mechanics have certain similarities for every person:

- ☞ A certain outcome is intended.
- ☞ The intention is specific and definite; the person is certain about what he or she wants.
- ☞ Little or no attention is paid to the details of the physiological processes involved. Indeed, paying attention to the details inhibits the flow of the impulses of intelligence that produce the outcome, slowing down or preventing success. In other words, the person takes an attitude of noninterference.
- ☞ The person expects a result and has confidence in the outcome. There is no anxious attachment to a result. (If you are anxious about falling asleep, for example, that prevents the very outcome you desire). Worry, uncertainty, and doubt are the three primary obstacles that prevent us from making efficient use of the power contained in every intention. The power is still there, but we turn it against itself. In other words, when you doubt that a desire will come true, essentially you are sending out a self-defeating intention, which the field computes as canceling your first desire.
- ☞ There is a self-referring feedback involved. In other words, every fulfilled intention teaches you how to fulfill the next intention even better. When the result occurs, it confirms the power of intention at a conscious level, increases confidence, and makes success stronger — the effect is self-reinforcing. This changes doubt to certainty. (People whose desires don't come true also experience feedback, but it reinforces failure.)
- ☞ At the end of the process, there is no doubt that the outcome was obtained by a definite, conscious process that extends be-

yond the individual to a larger reality. The material world is an expression of an un-manifest, overriding intelligence that responds to our desires.

☞ The vibration that underlies all things is thought amplified by divine love. Your empowerment comes from the recognition of your unity with the universal and a willful harmonizing of your intent and action with the universal (Be, Do, Have). This is accomplished in the stillness and silence of meditation, in a relaxed concentration of your mental and spiritual output towards a specific outcome.

If you concentrate on a matter of importance, the intuitive power is set in operation. Intuition arrives at conclusions without the aid of experience or memory. Intuition often solves problems that are beyond the grasp of reasoning power. It comes with a suddenness that is startling, an Ah-Ha! It reveals the truth for which we are searching so directly that it seems to come from a higher power.

We have learned that the very first step is in the conceptualizing and idealization of your desires. The error that many people commit is that they define what they want by describing and focusing on that which they do not want. They build their ideals on the lack of the opposite and as a result, they end up with the opposite.

For example, many people will describe peace as being the absence of war, or describe abundance as being the lack of poverty, or even describe (consciously or subconsciously) love as being the opposite of hatred or indifference. Listen to the languaging of their ideals and you will clearly see that the focus of their attention is on the idealization of the opposite of that which they do not want.

Listen to people's attitude about prosperity, for example. You will hear constant affirmation of lack and limitation, struggle and unworthiness. They are focusing on what they don't have instead of what they do have. (Be, Do, Have). Being focused on abundance will bring us more of the same.

Natural Laws

There are laws and principles of the universe affecting our lives every minute of the day. For example, we are generally aware of the law of gravity. If you lose your grip on a bowling ball and it falls only your big toe, you are soon reminded of that law. We also observe what gravity does to old houses and old people; they sag and sometimes fall down. We also accept that laws govern the orbiting of the planets, the cycle of the tides and the changes of the seasons.

Everything is vibration. Thought is vibration. Emotion is vibration. Energy is vibration. Light is vibration. Sound is vibration. Matter is vibration. We are vibration.

Utilizing the understanding from modern science and quantum physics, we see the simplicity and elegance of the laws of vibration and attraction at work in every aspect of creation. If we poke our fingers into a light socket we become particularly aware of electricity. We may not see it but there is a strong evidence to suggest its existence. Magnetism is a similar story in that we accept it although we don't see it. Principles, which are invisible, assist to shape our lives.

Many people believe that everything in the universe is governed by universal laws except when it comes to their own lives and their own success or lack of it, and then they talk of fate, chance and "the breaks."

Well, you are a part of the universe and your life is governed by laws — as absolutely as the moon and the stars and the weeds in your front garden. And you are a cause of what happens in your life. You are a cause by your own thoughts.

Physicists tell us that the world isn't really the way it looks. When we break down the material world around us into its smallest “building blocks”, we get atoms and subatomic particles. These pieces of matter, vibrating at enormous speed, are actually packets of energy. The material world is made of energy. Nothing is really solid, and the speed of the vibration of these packets of energy determines whether a “piece of stuff” is a brick or a blob of toothpaste. In simple terms, the solid material world you think you know is actually a mass of energies vibrating at various speeds.

Guess what your brain produces when you have a thought? Energy! Vibrations. Now, science tells us that for every action there is an equal and opposite reaction (The principle of Cause and Effect). So, for every time you produce a thought with its own unique vibration, you must also be producing a reaction or consequence. As you may have around fifty thousand thoughts a day, you're sending out a lot of vibrations and producing a lot of consequences. Thoughts are real forces. We're dealing with energy.

Plato spoke of these forces when he said, “Reality is created by the mind. We can change our reality by changing our mind.” The Roman, Marcus Aurelius, wrote, “A man's life is what his thoughts make of it.” The Bible said, “Man is what he thinks about all day long.” Throughout history, those people with awareness have spoken of the power of the mind.

In dealing with these universal principles, sometimes there appear to be exceptions to the rule. Nevertheless, there is an order

about this complex spinning planet and that having some awareness of the laws at work will make our stay here a smoother and happier one.

You could spend years gathering self-knowledge and self-awareness, but in order to change things you must learn the skill of directed thought. Self-knowledge without the ability to consciously create with thought renders the knowledge impotent. Self-discovery and self-creation go hand in hand. The growth process brings these two together.

Life is all about growth, change and flow. These are natural aspects of beingness – to manifest visions and love.

The Principles of Manifestation

There are three major principles of manifesting with thought:

- ☞ Our thoughts and beliefs create everything that happens in our life. Nothing happens in our life without a preexisting belief that brings that thing to pass. To be able to create the new we must first clear out the old. What manifests is what we really believe, not what we would like to believe.
- ☞ If you want to change an image, a belief, simply change your thought, your vibratory output. Desecrates wrote, “I think, therefore I am.” It can also be said, “I think, therefore my world is.”
- ☞ In order to manifest we must have a clear vision of what we want to create. The clearer the vision, the more we will be attracted towards it, and the less we will need to hold on to our limiting beliefs.

The process of manifesting our thoughts is the most natural thing we do. We are always doing it. Our life today reflects what we have been thinking about in the past. Our future will be a reflection of what we are thinking about now.

Conscious creation requires a powerful intention or desire, and a specific image of the results. Begin to build from right now. This very moment has all the power you need to create the future.

Once a Zen master received a university professor who came to inquire about Zen. It was obvious to the master from the start of the conversation that the professor was not so much interested in learning about Zen as he was in impressing the master with his own opinions and knowledge. The master listened patiently and finally suggested they have tea. The master poured his visitor's cup full and then kept on pouring. The professor watched the cup overflowing until he could no longer restrain himself. "The cup is overfill, no more will go in." Like this cup," the master said, "you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?"

There is no limit to the things that we can do when we have a desire to act. Our degree of success is determined by our desires. By keeping the thought in mind, it will gradually take tangible form. Let the thought dwell upon the object of your desire until it has completely identified with it, and it will eventually manifest in form. It will come as fast as your degree of concentration and belief. This is sometimes called faith. (Be, Do, Have)

by Ranae Johnson

- ☞ Be and live the intention in your mind.
- ☞ Do what shows up for you for your part.
- ☞ You get to have your manifestations in gratitude.
- ☞ Gratitude keeps the abundance flowing.

Beginnings

*How they frighten me.
Beginnings live at the bottom
and everything looks too big from the bottom.
Beginnings are clumpy and bumpy, awkward and halting
too loud and boisterous, or too quiet and shy.*

*Beginnings are adolescents.
Big hands and feet that stride ahead,
and hearts that skitter and dart in fear and panic,
desperately looking for a fairy godmother,
who will turn them into comfortable smooth middles
or well-remembered ends.*

*Beginnings, I wish I could avoid you,
Ignore you, pretend I don't need you.
I feel insecure, unsure of myself around you.
And yet, when I have rushed on past you,
I often look back and see how important, how exciting,
how dear you are to me.*

*For I need you, my beginnings,
to keep me growing — you are a part of me.
And if you all should leave me one day,
Then my life would have less meaning.*

*Beginnings,
You are so full of life.*

—Author Unknown

Skills for Life

The Principle of Perception

“If you bring forth what is inside you, what you bring forth will save you. If you don’t bring forth what is inside you, what you don’t bring forth will destroy you.”

Gospel of Thomas.

To represent the world in our head, we must detect physical energy from the environment and encode it as neural signals or sensations. We also must select, organize, and interpret our sensations. This process is called perception. In our everyday experiences, sensation and perception blend into one continuous process. We construct perceptions drawing not only on sensations coming up to the brain but also on our unique experiences and expectations.

Awareness comes to us moment by moment, one perception vanishing as the next appears. Our conscious attention is selective. At any moment we focus our awareness on only a limited aspect of all that we are capable of experiencing. Until reading this sentence you have been unaware that your shoes are pressing against your feet or that your nose is in your line of vision. Now suddenly your attention shifts and you feel your feet encased, your nose intrudes on the page before you. At the level of conscious awareness, whatever has your attention has your undivided attention.

When you direct your attention and awareness within yourself, you gain access to your being. It is only fear that leads you to the limitations of perception. One of the most common (mostly unspo-

ken) agreements held among people is the perception that physical things are real and the imaginary world is illusionary. Perhaps it is time to see that it is the other way around.

No instruction manuals were provided as we entered into this life experience — we've had to discover our own truths. By consciously choosing to increase our awareness, we can use both our internal and external resources far more effectively.

You are influenced more by what you **think** is so, than by what is

What concerns me is not the way things are, but rather the way people think things are.” —Epictetus

“Decree a thing and it shall be established unto thee.” — Job 22:28

actually so. Your perceptions of reality do more to govern your behavior than reality itself. You see what you expect and you expect what you invite. Perception is the result of some level of your experience coming back at you. As you look without, you will see within. Just because we experience the world in a certain form does not mean that the world actually exists that way.

Perception forms the basis of our opinions, our position in an argument, the quality of our relationships, our feelings, and even the quality of our life. Learning to pay attention to your perceptions and awareness levels lets you switch you from passive to active awareness, and you can now be instrumental in making a positive life difference for yourself and those around you.

Reframing

Each individual's perceptions are filtered through such factors as their history, culture, values, desires, education and awareness. When two people experience the same event, each will have a different result based on their individual perceptions. Given our perceptions and filtering system, we begin to have a clearer understanding of why people struggle with understanding reality.

Reframing is an intentional process of viewing the same situation from a different perspective, with the goal of going within and reclaiming our perfect self. Reframing can be a powerful tool for enhancing awareness. Life experiences present many reframing opportunities. When we are open to the learning and receptive to other possibilities, we can discover a whole new world.

There are two ways to increase our awareness. One way is when a significant emotional event persuades you to view things differently. These occasional life events may appear in different ways, but they all have one thing in common — they momentarily force us to interrupt the thought and behavior patterns we normally practice. These awareness shifts can lead to transformation. Some more traumatic ways to call attention to important issues could be divorce, getting fired, a major illness, losing a client or friend, flunking an examination. Even though these situations may feel traumatic, each contains a gift.

As humans we are tempted to label life situations as either positive or negative. By putting categories on them, we limit the learning opportunities they may have for us. Life events are actually just neutral until we give them meaning.

Centuries ago, a farmer began his early morning chores only to discover that his prize horse had run away through a broken fence. A neighbor later said to him, “It’s too bad that your prize horse ran away.” The farmer replied, “Too bad? How do I know it is bad?”

Several days later, the prize horse returned—but not alone. With him were nearly a dozen of the finest wild horses that roam the plains. Seeing the return of the prize horse together with the other horses, the neighbor came over and said to the farmer, “What good fortune you have experienced!” The farmer then replied, “Good fortune? How do I know that having all these horses is good fortune?”

The farmer’s oldest son, obviously pleased with the new horses, selected one for his own. On his first attempt to ride bareback, however, the horse bucked violently, throwing the young man off and breaking his leg. Learning of the situation, the neighbor came over and said to the farmer, “What a terrible experience to have happened to your son.” The farmer replied, “Terrible experience? How do I know that my son breaking his leg is a terrible experience?”

A week later, the army came storming through the countryside —forcibly enlisting every able-bodied young man to fight in bloody battles. The farmer’s son was passed over. And so it goes.

How many times has something happened to you in your life that you thought was terrible, and it turned out to be the mechanism to deeper learning and enrichment? By looking beyond the immediate circumstances and being open to even more significant discovery, we can be our own internal resource for transformational learning.

Systematic or conscious growth (commitment to lifelong learning) is another way to make a positive difference in our outer and inner world. In the experience of education, those who invest in themselves experience a greater return through career fulfillment and quality of life. We accelerate growth as we consciously are awake, aware, open, and willing to risk.

There is no substitute for direct personal application. Information alone will not change your life. Wishful thinking or daydreaming will not change your life. It is through the application of knowledge that power is first secured and then exercised.

Take charge of who you are becoming by changing your method of

“The significant problems we face cannot be solved at the same level of thinking we were at when we created them.”

Albert Einstein

thinking through conscious choice. It is as simple as becoming proactive instead of reactive. Change yourself and change your world, just by changing the way you think. Nothing in the universe is stagnant. It is either in the process of becoming or in the process of dying. It is impossible to stay the same. You are either enhancing yourself or in the pro-

cess of degrading yourself. You can take control of your personal power and create your own destiny.

Victims complain about the hand that life has dealt them — they focus their attention on externals in the world. Enlightened individuals focus their attention on the world within themselves and go about making the world a better place.

Without a perception or a belief you are afloat in a meaningless sea. Without a belief system, nothing makes any sense. Your beliefs allow you to face the unknown; they enable you to find courage, purpose and meaning in your life. Beliefs can change as you gain more information.

We build beliefs and intellectual concepts based on ignorance. 95% of our beliefs come from someone else or what's going on around us. It's important that you have your own belief system, not second-hand or leftover beliefs from abuse and old programming. When you operate on someone else's beliefs, you live in fear that something might appear to question their value. You wear them with this comfort and live in the fear.

If you have formed your own beliefs from experience and discernment, you are not afraid of any new material. You trust your own power of discernment and live in spirit, faith and love.

Skills for Life

The Principle of Choice and Accountability

*“It’s not what happens to you; it’s what you do about it
that makes the difference.”*

W. Mitchell

Life is an ongoing process of creation. You are creating your reality every minute. The decision you make today is often not the choice you make tomorrow. Yet here is a secret of all Masters: keep choosing the same thing. Over and over until your will is made manifest in your reality. For some that could take years. For some — months. For others — weeks; for those approaching mastery — days, hours, or even minutes. For Masters, creation is instantaneous. You can tell you are on your way to Mastery when you see the gap closing between “Willing” and “Experiencing”. Keep focused. Stay centered.

Remember that with each change of mind comes a change in the direction of the whole universe. When you “make up your mind” about something, you set the Universe into motion. Forces beyond your ability to comprehend — far more subtle and complex than you could imagine — are engaged in a process, the intricate dynamics of which you are only just now beginning to understand. A life lived by choice is a life of conscious action. A life lived by chance is a life of unconscious reaction.

Reaction is just that — an action you have taken before. When you “react,” what you do is assess the incoming data, search your memory bank for the same or nearly the same experience, and act the way you did before. This is all the work of the mind, not of your spirit.

You may choose to think a thought, idealize its existence, visualize it or see it as real, and by the act of seeing it or observing it, it becomes real. It is made manifest. Your senses tell you it exists and you have realized your power to create. This is the same process or natural law that brings anything into creation.

Your spirit would have you search its “memory” to see how you might create a truly genuine experience of YOU in the NOW. This is the experience of “soul searching” of which you have so often heard, but you have to be literally “out of your mind” to do it. When you spend your time trying to figure out what’s “best” for you, you are doing just that — spending your time. Better to save your time than to spend it wastefully.

It is a great time-saver to be out of your mind. Decisions are reached quickly and choices are activated rapidly, because your soul creates out of present experience only, without review, analysis, or criticism of past encounters.

The spirit knows in its wisdom that the experience you are having in

The spirit creates; the mind reacts.

This Moment is an experience sent to you by the Universe before you had any conscious awareness of it. This is what is meant by a “present” experience. It’s already on the way to you even as you are seeking it — for even before you ask, I shall have answered you. Every Now

Moment is a glorious gift from God. That's why it is called the present.

The spirit intuitively seeks the perfect circumstance and situation needed to heal wrong thought and bring you the rightful experience of WHO YOU REALLY ARE. It is the spirit's intention to know itself experientially — and thus to know our Higher Power. For the spirit understands that you and your higher power are ONE, even as the mind denies this truth and the body acts out this denial. In moments of great decision, be out of your mind, and do some soul searching instead.

The spirit understands what the mind cannot conceive. If you spend your time trying to figure out what's "best" for you, your choices will be cautious, your decisions will take forever, and your journey will be launched on a sea of expectations. If you are not careful, you will drown in your expectations.

“What is my intention in thinking what I am thinking?” What are the consequences of thinking what I am thinking? What is my intention in believing what I believe?” What are the consequences of that I believe? What is my intention in feeling what I feel? What are the consequences of those feelings? What is my intention in doing what I am doing? What are the consequences of doing what I am doing?”

You choose your thoughts, beliefs, feelings and actions and these choices will determine the quality and character of your life. It is your power to choose and exercise your will. Choose to think the things that are in support of the person you would like to become. Choose to believe those things that support your personal power. Choose to feel emotions that support your joy and fulfillment. Choose to do those things that support your success and the success of others. Happiness and health will be the result.

I Choose the World in Which I Live

Of all the gifts you have been given, your ability to **choose** is the most precious. Through the use of your free will, you are called to participate with the Infinite in the act of creation. You are called to be a co-creator with God.

Being a creator enables you to experience the consequences of your choices. This is the primary way to grow and to evolve toward a higher awareness. When you make choices that are in alignment with your highest good and that of others, you experience pleasurable consequences. If, however, you go against the grain of your Divine nature, you experience painful results. Through this process of trial and error, you gradually learn to choose only the good.

Look around at the condition of your world (your health, finances, relationships, vocation) and you will see the results of the choices you have made. If you are dissatisfied with these conditions, you have the power to change them. There is no one else who can assume that responsibility for you.

The most important aspect of exercising choice is the ability to **choose how to respond** to a given situation. Perhaps you have experienced a personal loss, an unexpected illness, or some other apparent setback. Choose now to bless the situation, and see it as contributing to your highest good. Search out its meaning, and you will discover a spiritual teaching that will more than compensate for your present pain.

Life is all about growth. Growth is change, abundance and flow. It is inescapable. It is a natural aspect of beingness utilizing the law of growth to manifest vision and love.

Natural laws operate to our advantage and all conditions and experiences that come to us are for our benefit. We can cooperate with natural law designed solely for our advantage. These laws are immutable and we cannot escape from their operation. You can choose to be ignorant of the operation of natural law or you can act in accordance with it. It is an ever-unfolding event.

A simple seed planted in your garden will only grow when it lets go of the safety of its shell. It must feel secure, buried safely in the ground. Then it reaches out to the air and the sun, and in this reaching out it will blossom and reproduce more of its own kind. We must be safe to let go of our restrictions, limiting beliefs, thought patterns, and behaviors in order to grow.

Allowing Success

Choose to speak the language of love, gratitude and abundance. Choose to eliminate the language of fear, resentment and limitation. How you express yourself leads to the inevitable conclusion of your success.

What you have and where you are today is the result of all the choices and decisions you have made. Many of your choices have been passive, made without conscious examination. Many have been based on your past programming rather than on your new unlimited thinking. You can begin now to make more conscious, aware choices.

Acknowledge that where you are today is a result of your past choices, and realize that at every moment you are truly creating your reality. If you are not happy with what you have created so far, you can learn to make different choices and change your life into one that brings you joy, aliveness, or whatever else you want.

Some choices are subtle, but there is usually one alternative that carries more light — that will put you on a slightly higher path and assist you express your essence more clearly than the others. By choosing your higher path you will accelerate your growth, aliveness, and abundance. It is important to develop your ability to discriminate and choose the path of most light to create abundance in your life.

When you have a choice to make and the highest option is not immediately obvious, ask yourself a series of questions. If all choices look equally good, ask, “Which choice holds the most joy for me? Which seems to call to my heart as something I would love to do?” Then pick the option that brings you the most joy. Even if the joyful path does not appear to promise you as much money, in the long run it will be far more profitable than the choice that isn’t as joyful. Following the path of your heart will always bring you more abundance.

If all choices seem equally joyful, ask, “Which choice makes the most sense to follow and is the most practical for me right now?” Your highest path will always make practical sense. If the choices are still equal, ask, “Which choice makes the greatest contribution to mankind or allows me the greatest opportunity to serve others?” If both choices still look equal, think of the higher qualities you want to create in your life, such as well being, love, and aliveness. Which choice allows you to express these qualities more fully?

It is wise to not put yourself in a position where you have to make immediate choices without having time to thoroughly think things out. If you do find yourself in a situation where you need to make a decision quickly, imagine that you are holding one choice in your right hand and one in your left hand. Ask the hand that holds the higher choice to raise itself.

How you choose to grow and create is of utmost importance. Since what you are and what you will become is the product of your own imagination, you will always reap what you sow. And you will always reap more, as the law of growth is always in operation. Every thought, every word, every emotion, every act is a seed sown.

Accountability

Accountability claims your own power and is used for your own resources to create even better results in your life. It asks you to go into new situations with a conscious focus on what you can do right now that will make a positive difference. Through accountability, you take charge of your thoughts, feelings and actions regardless of what others do, and you create your own reality.

Practicing accountability makes a difference. Integrating the spirit of accountability into daily living becomes a fundamental factor in experiencing life at a higher level. Accountable people take charge of their life and look inward, not outward, for results. They take responsibility for both their successes and their “failures.” These people are not an effect; they are the cause.

You may choose the most elegant and beautiful ideal clearly defined by thought, and then make the mistake of attaching fear to it. The result will be destructive and you will believe that this principle does not work. Insight is therefore absolutely essential for the development of any great achievement and is developed in silence and meditation as well as practice and application.

Your life is like a movie. You are the star, the director and the screenwriter. You can therefore choose how it unfolds and can write and rewrite the script. You can direct it anyway you choose. If you

choose to make it real, you will tie your identity to the illusion of the movie and get lost in your pretend character. You will forget the real you.

The real you is the character you are playing as well as a multidimensional being. The illusion is your belief about yourself that you are a body only, and you are denying the other aspects of yourself. You are choosing the illusion or the perception instead of the illumination of yourself.

“Perception is a mirror, not a fact, and what I look on is my state of mind, reflected outward.” –A Course in Miracles

Skills for Life

The Principle of Cause and Effect

“Every response you make is determined by what you think you are, and what you want to be is what you think you are. What you want to be, then, must determine every response you make.”

– A Course in Miracles

This principle states that we cause everything that happens to us. There is no such thing as an accident. This principle mandates that we take responsibility for everything in our lives. It is a powerful principle and we gain enormous benefit, when we believe it.

One way of describing the law of cause and effect is to say that everything that we have is what we want. Another way to is to use the concept of energy. Energy flows out of our bodies like a signal length from a radio station. Each of us emits a very precise signal. Everyone and everything in our environment picks up these signals. Only those who are on the same wavelength respond to them, as only those radios that are tuned to a particular station will pick up the signal of the station or channel.

The result then is that we attract into our lives those people and those situations that are in alignment with the energy signals we emit. If we are emitting signals of anger, we attract people and situations that bring anger into our lives. If we emit signals of happiness, we attract

people and situations that bring happiness into our lives. And it works that way all of the time, with no exceptions.

The law of cause and effect states that we always receive what we want. The tricky part is that most of our wants are on a less than conscious level. Remember, wants are a result of beliefs. Many of our beliefs are acquired under situations that cause us to suppress them immediately after we adopt them.

In seeking the truth we are always seeking the ultimate cause, since we know that every human experience is an effect. If we understand the cause and it is one that we can consciously control, then the effect or experience will be within our control as well.

Unfortunately, we don't always remember where the cause came from — in fact, we aren't even consciously aware of many of them. There is only one foolproof way to know what we believe, and that is to look at the results that we achieve. Then we can know exactly what our beliefs are.

Is It Working or Not Working?

Our rational society has taught us to judge, analyze, or evaluate virtually everything we experience. So ingrained is this certification, that we feel incomplete when we haven't processed each experience in this way. Yet judging, evaluating or analyzing anybody inhibits our ability to respond to the real self of that person. People are not their thoughts and actions. People are their essences — which are always perfect.

Once we evaluate, judge or analyze anything, we immediately stop the flow of energy through us. This creates discomfort in our bodies. We are then literally *stuck* with an experience the way we perceive it

regardless of how it really is. Until we let go of our judgment of an experience, it ceases to be its true self and it continues to cause us discomfort.

The Universal principle involved is that there is no such thing as right or wrong or good or bad. We are just having experiences to express our soul's journey. Everything that occurs in the Universe is just another event. By judging something, it becomes the way we judge it. The only way to experience the inherent perfection of anything is to see and feel that perfection.

Let's consider the following example. You stub your toe. If you view that as a bad event and become angry with yourself for your carelessness, you miss the whole point. It is wonderful that your toe hurts when you cut it. This clear signal from the Universe enables you to keep your toes intact. It also tells you that there is a part of you, obviously on a subconscious level, that is self-destructive and wants to cause you pain. By having that called to your attention, you can change it. If however, you make a judgment, you insure that you shall keep re-experiencing similar events until you learn that you are creating them.

The fact that there is nothing right or wrong, good or bad — just experiences — applies equally to positive experiences. It is fine to notice that we can allow joy in our lives and it is fine to prefer joy to anxiety. But joy isn't necessarily good. It is just more fun. Each of us is entitled to a life of total joy. Let's permit ourselves to have it right now!

The principle of cause and effect is one of many natural laws, and these natural laws govern in the physical world. All power is not physical power, however. There is also a mental power and there is a moral and spiritual power.

The common mistake made by many people is that creative thinking is reasoning, and that for something to be made manifest in the objective world there must be a specific logical plan of action. This is limitation at its core. This is not creative thinking or natural manifestation. It is the forced and limited evolution of an idea into a preconceived mold. It will harmonize with its own kind to increase in intensity and as a natural consequence it will be made real and solid in the physical world.

The true creative method is to idealize something entirely new and allow the process of natural law to bring it into manifestation. This is working at the causal level, just as the infinite does. This is being abundant and creating abundance. This is making use of the infinite power you have available with you.

The Hundredth Monkey

The Japanese monkey has been observed in the wild for a period of over 30 years. In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkeys liked the taste of the raw sweet potatoes, but found the dirt unpleasant.

An 18-month old female named Imo found that she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way and they taught their mothers, too. This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists. Between 1952 and 1958, all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only

the adults that imitated their children benefited from this social improvement. Other adults kept eating the dirty potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes — the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

Then it happened! By that evening, almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice. A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over sea. Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes!

Thus when a certain critical number achieves an awareness, the new awareness may be communicated from mind to mind. Although the exact number may vary, the Hundredth Monkey Phenomenon means that when only a limited number of people know of a new way, it may remain the conscious property of these people. But there is a point at which if only one more person tunes into a new awareness, a field is strengthened so that this awareness is picked up by almost everyone!

The Power of Words

What you say is what you get. As our thoughts affect our circumstances, so do the words we say. Our words build our attitude and they determine what we will attract and experience.

When we get serious about being happy, we stand guard over our mouth. We choose to speak positively about ourselves and avoid running ourselves down. This is not to pretend that we are perfect, but rather a part of realizing that you can't feel good about yourself when you are grizzling about yourself, your job, your friends and family and everyone else about you.

A fellow once said, "I'm tired of being miserable and depressed. I'm tired of being a burden to my family. I want to happy! How do I do it?" The first thing you can do is to open your mouth only when you have something positive and constructive to say. You will appreciate the change and so will your family! It is very simple.

When anybody has really, really had enough of being miserable, they change their attitude. They change the way they talk. It takes discipline, it takes effort, but it is still very simple. To discipline what we allow ourselves to think and say requires us to be different than the crowd. Excellence always does.

Some may adopt the attitude, "I'll do anything to be happier as long as I don't have to change anything about myself." Unfortunately, that usually isn't a big enough commitment to improvement!

Too often, the issue of mental health is made too complex. Patients go to the doctor or the psychiatrist and get their condition labeled. Now they have something to blame — their "condition". Now there is a monster, almost with a life of its own — their "sickness." The client may have experienced a lot of trauma and pain and frustration up until now. The person no doubt deserves our love and support and empathy. However, the kindest thing that anyone can do for them is to assist

them recognize their own responsibility. The issue remains, what is the person going to do starting tomorrow to become a happy person?

Words affect our personal power. The words that we use are always filtering into our subconscious mind and becoming a part of our character and our make-up. They tell others exactly how serious and how committed we are to getting results.

There are some words, which will generally undermine our progress. Every time we use the word “try”, we indicate that we are not in control. If you are going to *try* and do a good job, *try* and arrive on time, *try* and be happy, you are suggesting that you may do it or you may not. Substituting a word like “will” for “try” is challenging and confronting, and will get us much better results.

This may seem like a small detail, yet it is important in shaping the way others see us and the way we see ourselves. Using the words “I can’t” can also undermine your personal power. Saying, “won’t” instead of “can’t” will usually be closer to the truth. For example, “I won’t see you tomorrow,” indicates that you are in control and you have made the decision. “I won’t learn to swim,” means you are not prepared to put in the effort. You can if you really, really want to!

Truth is simple. Truth is elegant. Truth is plain to see. The truth is that you are at cause and what’s showing up in your life is the effect.

You are your own true power, and it is the recognition of your individuality that is the source of your power. Your own wisdom comes when you are at one with the universal laws and principles.

Mind is creative and the principle upon which this law is based is sound and legitimate and inherent in the nature of creation. This cre-

ative power does not originate in the individual, but in the universal, or God, which is the source and the fountain of all energy and substance. The individual is simply the channel for the distribution of this energy that results in our creations.

*“You will identify with what you think will make you safe.
Whatever it may be,
you will believe that it is one with you.*

*Your safety lies in truth, and not in lies.
Love is your safety. Fear does not exist.*

*Identify with love, and you are safe.
Identify with love, and you are home.
Identify with love, and find yourself.”*

– A Course in Miracles

Skills for Life

The Principle of Abundance and Gratitude

*“Miracles are natural. When they do not occur,
something has gone wrong.”*

– A Course in Miracles

Abundance means more than having quantities of things; it means having things that fulfill us as well. As we become more skilled at manifesting, we will learn to consciously choose what we want to create and then draw it to us. Situations and objects will come into life simultaneously with our need for them. We can learn to master money rather than being mastered by it.

Through mastery we will also allow situations and objects to leave our life gently and easily when we no longer need them, creating room for the next things that will serve us. There will be a natural flow of money, people, and things into and out of life and each will serve a higher purpose and appear at exactly the right time.

Because you are a conscious person that is aware of being conscious and because you are capable of original thought, you are able to participate in the process of your own growth. You are capable of utilizing the natural laws to bring about abundance in the world around you. You are always creating abundance, either negative or positive.

Natural laws operate to our advantage and all conditions and experiences that come to us are for our benefit. The laws are designed solely for our advantage. These laws are immutable and we cannot

escape from their operation. You can choose to be ignorant of the operation of natural law or choose to act in accord with them.

We can join the new energies and align with our higher self by acting on our feelings and moving with the current, learning when to be an active force and when to surrender. We can increase the flow of money, objects, and things into our life by operating with more clarity, joy, harmony, and integrity, trusting that everything that happens is for our higher good. As we identify and let go of old situations that no longer serve us, as we open to new opportunities, thoughts, perceptions, and feelings, we will allow the higher energy of our soul to flow through us. Then money and abundance will come naturally and easily, without effort or struggle. The things we will create can bring growth, expansion, renewal, and aliveness.

Finding and creating your life's work will bring you more abundance than any other single action. Our life's work will involve doing what we love to do and will in some way make a contribution to the greater good of mankind. Money will be a by-product of doing what we love and will flow effortlessly into our life, without even much thought.

Many of us shun the path of our greatest creativity, joy, and aliveness, thinking that we will not be able to make enough money from it. When we believe that we can have an abundance of money doing what we love to do, we will recognize that we do not have to stay in jobs that do not serve us. We can look at how to make the transition between where we are now and where we want to be.

Many of us are trying to reconcile the idea of being on a spiritual path with having money. We may want the money in our life to reflect our integrity, compassion, and love for others through the way we earn and spend it. We can have money and follow spiritual principles. Money

will come from attuning to our soul's wisdom, serving others, and putting the energy around us into higher order, greater harmony, and a more beautiful state. Let prosperity be based on the amount of good you contribute to the world. It is not "higher" to be poor, for it often takes money to accomplish your life's work.

The degree to which you are open and loving is the degree to which miracles will come your way.

You may have seen the parents of a child with physical or mental problems produce miraculous results through their love for the child, overcoming handicaps that were supposedly not medically curable. Miracles happen when you are willing to receive and give love. A miracle is demonstration from the universe and your soul of their love for you. If there is anything you want, use your mind to visualize it, and then open your heart.

Our world is a world of duality, a world of comparatives or opposition. This perception is a matter of choice. Some will choose to look at life and see abundance of lack and problems; others will see an abundance of plenty for all. It is our birthright from God to have all things. What we do with the abundance He has provided is our choice. There is infinite potentiality.

Go within, enter into the stillness and silence and connect to infinite potentiality. When you are at harmony you will begin to create a life of plenty. The world without is a reflection of the world within.

In order to have abundance, BE abundant. Act the part. The law of abundance is that all things are possible and all things are created by thought.

Demonstrate Love Everyday

When you spend and give with love, you create even more ways for money to come to you. A state of love is a state of receptivity to the abundance of the universe. The more love sent out to the world, the more abundance and miracles will be received in return. Every time we pay a bill or receive money, see it as a gift of love. Make every exchange of money an opportunity to radiate love to those around you.

Sometimes your mind stands in the way of miracles. The mind is good for planning, setting goals, and visualizing. To speed up the process and create miracles after you have magnetized something, open your heart. Trust and believe in yourself, love others, and demonstrate that love with action every day.

Give people as much love as you can. Be gentle and kind, speak loving words, extend forgiveness to those who haven't honored you, and hold loving thoughts about others and honor them in all you do. Do not judge or criticize. Instead, at every moment, find a new opportunity to love. Remember, it is easy to be loving when people around you are loving; the challenge is to be loving when those around you are not. As you treat others with love and compassion, you draw to yourself opportunities, money, people, miracles, and even more love. Love puts you in a higher flow and draws good things to you. As you open your heart in new areas, you become magnetic to increased good and abundance.

Miracles are unexpected occurrences that bring you far more than you expect. They are synchronistic events that usually occur when you let go of attachment and trust your inner guidance. Often they come because of a call to the deepest part of your being for assist. Crisis

frequently creates miracles, for it calls the deepest part of your soul into consciousness.

Your soul is always looking over you, sending you love and guidance. As you get quiet and go inward, you connect to that part of you which has the answers. When you go inward, reach your spirit and ask for assist, answers come and miracles happen. You want to learn how to go to the depth of your being without crisis. Miracles are the result of reaching inward to your soul.

If you want something, ask your spirit to provide you with a demonstration of its faith in and love for you. Then, open to receive and be willing to recognize your request when it comes. Every time you accept love from others, every time you open to receive love from the universe, you set in motion the creation of miracles in your life.

By exercising this power you will add to your strength and power; you will enable yourself to be more creative and more powerful. You will begin to understand the laws of cause and effect and learn to live in the cause. You are a creator of circumstance. Become self-reliant and cease to be a victim.

The law of abundance is that it replicates after its own kind. Like is attracted to like. If you want more wealth, meditate on wealth, think thoughts of abundance and wealth. Remind yourself daily that thought is the vibratory pattern and all vibratory patterns harmonize and attract similar vibratory patterns.

Prosperity is being attuned to the ultimate cause of all things and being aware of your unity with the universal consciousness. Prosperity consciousness must be exercised and combined with desire and grati-

tude and then carried out with passion. Choose what you want and claim it today as your birthright.

Choose to be abundant. It is simple cause and effect. You are the cause. Live in abundance and gratitude.

*“The mind that serves the Holy Spirit is
unlimited forever, in all ways,
beyond the laws of time and space,
unbound by any preconceptions,
and with the strength and power to do
whatever it is asked.”*

– A Course in Miracles

Skills for Life

The Principle of Health and Healing

“Through contemplation we realize that our own power proves inadequate and we learn to trust a power that is beyond ourselves.”

Jim Wallis (1948)

The Link between Belief and Biology

Although awareness gets programmed in thousands of ways, the most convincing are what we call beliefs. A belief is something you hold on to because you think it is true. But unlike a thought, which actively forms words or images in your brain, a belief is generally silent.

A person suffering from claustrophobia doesn't need to think, “This room is too small,” or, “There are too many people in this crowd.” Put into a small, crowded room, his body reacts automatically.

Somewhere in his awareness is a hidden belief that generates all the physical symptoms of fear without his having to think about it. The flow of adrenaline that causes his pounding heart, sweaty palms, panting breath, and dizziness is triggered at a level deeper than the thinking mind.

People with phobias struggle desperately to use thoughts to thwart their fear, but to no avail. The habit of fear has sunk so deep that the body remembers to carry it out, even when the mind is resisting with all its might.

The thoughts of a claustrophobic—“There’s no reason to be afraid, small rooms aren’t dangerous, everyone else looks perfectly normal, why can’t I get over this?” – are rational objections, but the body acts on commands that override thought.

Using the Power of Awareness

It has been proven that you can consciously direct the flow of energy and information in your body. There are major benefits to be gained once you begin to consciously use your awareness:

- ☞ You can tap into subtler levels of information in the form of bodily cues you have been ignoring. Your body will tell you what it needs when it needs it — this is the exact opposite of being driven by habit, which will never precisely fit the body’s actual wants. (Tapping pressure points while aligning energy works wonderful in releasing fear phobias see **RET** process).
- ☞ You can focus attention on parts of the body that are expressing discomfort. Simply by localizing your awareness on a source of pain, you can cause healing to begin, for the body naturally sends healing energy wherever attention is drawn.
- ☞ You can activate desires and intentions to fulfill them more efficiently. An intention is basically a disguised need, and the mind-body system is set up to meet all needs directly and spontaneously. (This is very different from the addictive or compulsive desires that our old programming has built into us.)

When all three of these areas are operating properly, conditioning starts to dissolve at the deepest cellular levels. This has to happen to prevent the body from growing old. There are numerous spiritual teachings in all areas related to the power of awareness, and the

techniques of Native American Shamans might differ extremely from those of Tibetan monks or Hindu yogis. In general, however, awareness is used as a healing power: It restores balance wherever it is allowed to flow freely.

Bringing awareness into contact with frozen patterns of old conditioning starts to melt those patterns, for ultimately everything we can sense or think about is simply an aspect of our awareness. The discomfort the body manifests as pain, numbness, spasm, inflexibility, and trauma are all knots that awareness can undo by itself. Through practice and dedication, you can heal any imbalance in the mind-body system through awareness, once the appropriate techniques of relaxation, release, and insight are learned.

- ☞ Practice reprogramming your conscious and subconscious mind to replace nonproductive thoughts with intentional and constructive thoughts. Rapid eye sessions will assist quickly.
- ☞ Practice placing yourself in alignment with natural law by walking and talking these principles.
- ☞ Practice going within to enter the stillness and silence of the world within and infinite potentiality for health and healing.
- ☞ Practice choosing to apply this knowledge with discipline, diligence, discernment and determination. It can be as simple as when a negative emotion comes up replace it with a positive memory.
- ☞ Practice choosing to become healthy, to achieve more and to attain more health. Whatever you choose, you now know that you are responsible. You are the creator of circumstance and are no longer the creature of circumstance.

You are a personage of spirit, of mental activity, of emotional current, of physical expression — a person of free will to make choices and express that will. You are divine. You exist in love and have nothing to fear,

Making It Happen on a Physical Level

Lester Breslow, now dean of public health at UCLA, decided to follow the aging patterns of people in Alameda County. A twenty-three-page lifestyle questionnaire was handed out to almost seven thousand subjects asking them in great detail about their health status and lifestyle.

After five and a half years, 371 subjects had died. By looking back at the original response to these questionnaires, researchers discovered that the most important distinguishing feature of those who survived was not their income, physical condition, or genetic inheritance, but a handful of extremely simple lifestyle habits:

- ☞ Sleeping seven or eight hours a night
- ☞ Eating breakfast almost every day
- ☞ Not eating between meals
- ☞ Normal weight — i.e., not more than 5 percent underweight, and no more than 10 to 20 percent overweight (the lower number was for women, the higher for men)
- ☞ Regular physical activity — i.e., engaging often in active sports, long walks, gardening, or other exercise.

The Body as Information

If you bite into a lemon, the juice instantly makes your mouth water as salivary glands under your tongue start secreting two digestive en-

zymes called salivary amylase and maltase. These enzymes begin digesting the fruit sugar found in the lemon juice before passing it along to the more complex gastric juices in the stomach. There is little mystery involved; the presence of food in our mouths automatically triggers digestion.

But what happens if you merely visualize a lemon or think the word lemon three times to yourself? Again your mouth waters and the same salivary enzymes are produced, even though there is nothing to digest. The message sent from the brain is more important than the presence of actual food. Words and images function just as well as “real” molecules to trigger the ongoing process of life.

A message is not a thing, yet your body turns it into a thing. This is how nature operates behind the illusion of physical reality. Our materialistic bias forces us to keep looking at molecules as the source of life (disregarding the obvious fact that a newly deceased body contains precisely the same molecules as it did before it died, including a full complement of DNA.)

We assume that lemon juice is the real thing, while the word lemon is a fake. Saliva does not digest words, after all. But we in fact are digesting messages all the time. The molecules of lemon juice trigger salivation by fitting into receptors on the taste buds, which send a message to the brain, activating return messages to the salivary glands.

Our Bodies Are Composed of Energy and Information

To transform the patterns of the past you must know what they are made of. Your body appears to be composed of solid matter that can be broken down into molecules and atoms, but quantum physics

tells us that every atom is more than 99.9999 percent empty space, and the subatomic particles moving at lightning speed through this space are actually bundles of vibrating energy.

These vibrations aren't random and meaningless, however — they carry information. Thus, one bundle of vibrations is coded as a hydrogen atom, another as oxygen; each element is in fact its own unique code.

Codes are abstract, and so ultimately is our universe and everything in it. Chasing the physical structure of the body down to its ultimate source dead-ends as molecules give way to atoms, atoms to subatomic particles, and these particles to ghosts of energy dissolving into an empty void.

This void is mysteriously imprinted with information even before any information is expressed. Just as thousands of words exist silently in your memory without being spoken, the quantum field holds the entire universe in unexpressed form; it has been that way since the beginning of time, when billions of galaxies were compressed into a space millions of times smaller than the period at the end of this sentence.

Yet even before that infinitesimal dot, the structure of the Universe existed in un-manifest form.

The essential stuff of the Universe, including your body, is non-stuff, but it isn't ordinary non-stuff. It is thinking non-stuff. The void inside every atom is pulsating with unseen intelligence. Geneticists locate this intelligence primarily inside DNA, but that is only for the sake of convenience.

Life unfolds as DNA imparts its coded intelligence to its active twin, RNA, which in turn goes out into the cell and imparts bits of intelligence to thousands of enzymes, which then use their specific bit of

intelligence to make proteins. At every point in this sequence, energy and information have to be exchanged or there could be no building life from lifeless matter.

Mind and Body are Inseparable

Intelligence is much more flexible than the mask of matter that hides it. Intelligence can express itself either as thoughts or as molecules. A basic emotion such as fear can be described as an abstract feeling or as a tangible molecule of the hormone adrenaline. Without the feeling there is no hormone; without the hormone there is no feeling.

Intention is the active partner of attention; it is the way we convert automatic processes into conscious ones. Using simple mind-body exercises, almost any person can learn in a few sessions to convert a racing heartbeat, asthmatic wheezing, or free-floating anxiety into a more normal response. What seems out of control can be brought back into control with the proper technique.

The implications for aging are enormous. By inserting an intention into your thought processes, such as, "I am improving my energy and vigor every day," you can begin to assert control over those brain centers that determine how much energy will be expressed in activity and gratitude, such as "Thank you God, I am increasing in energy and vigor each day." This becomes even more powerful when you add gratitude.

The decline of vigor in old age is largely the result of people expecting to decline; they have unwittingly implanted a self-defeating intention in the form of a strong belief, and the mind-body connection automatically carries out this intention.

Some Positive Factors Shown to Slow Aging:

Practice getting energy from source instead of depleting your own system by going within and meditating and putting this on automatic to activate it every day.

- ☞ Satisfying long-term relationships
- ☞ Being able to create at your workplace
- ☞ Feeling of personal happiness, ability to laugh easily, a satisfactory sex life, and ability to make and keep close friends
- ☞ Regular daily and work routine
- ☞ At least one week's vacation every year
- ☞ Feeling in control of personal life, enjoyable leisure time, satisfying hobbies
- ☞ Ability to express feelings easily and are optimistic about the future
- ☞ Feeling financially secure, living within your means

“Ask not to be forgiven, for this has already been accomplished. Ask, rather, to learn how to forgive.

*Forgive the world, and you will understand
that everything that God created
cannot have an end, and nothing
He did not create is real.”*

– A Course in Miracles

Skills for Life

The Principle of Harmony and Rhythm

“The significant problems we face cannot be solved at the same level of thinking we were at when we created them.”

Albert Einstein

A Sense of Rhythm

We live in a time of great change; a time of transformation of the human psyche; a time of transition from the material to the spiritual; a time of the shift from illusion to truth; a time for harmony and rhythm. This is the time for you to recognize and claim your power that stems from the infinite.

As long as people regard the spiritual power as a power non-human and alien to humanity, it will be comparatively easy for a supposed privileged few to rule. To recognize that all power is from within — that love and harmony must begin with ourselves — is the beginning of peace on Earth.

Realize that the truth shall set you free; that there is nothing that can stand in the way of your perfect success, of happiness and abundance. The truth is that you are the truth; that you make the choice to accept your power to create.

Take the light that you are and begin to imagine new forms, ideas to create new patterns and new cycles. Transform yourself into a conscious creative being. By so doing you are glorifying your creator.

Most parents realize after a year or two of raising a child that human development does not happen on a set schedule. Since each person possess her or his own unique biological clock, a gradual unfolding takes place. Great variety exists from one child to the next, yet each individual eventually embodies a general pattern that is more universal.

The first step in this pattern is physical—the baby showing extraordinary receptivity to physical stimuli and needing protection against excesses of noise, heat, and cold. At this time parents begin “Traditioning” spirituality by presenting zones of quiet — protective filters where holding and rocking provide peace.

When speech arrives, a child will take hold of the rhythms of its own body and speech and then bring both its physical capacities and its speaking capacities to the great work of learning to play. This is the time when parents can assist enormously through the rituals of bedtime, mealtime, story time and bath time, where children need the stability of repetition.

Eventually the child goes off to school and its playing becomes playing with ideas, numbers, and symbols — as well as playing with life. Now the child develops fascination with whatever exists, and if she is not impeded, her mind can roam over a wide field of interest.

This is a time when she or he may love to memorize: poetry, prayers, parts in plays, and lyrics of songs. And this is also a time when parents can love through listening, aware that another step in the rhythm is now emerging. Soon enough this fascination will give way to still another, as the child now becomes dogmatic, forceful, and often right about everything — fascinated with its own point of view. This can be a tough time in the family, but the good news is it will not last forever. Still for a while the young person will need to follow this path in order to get a sense of who she or he is and what she or he thinks.

Parents, however, should realize that their children are moving to another place during the course of these years. A sense of self begins to be strong enough to let them be wrong now and then. And being their own boss or having their own children modifies earlier notions, bringing them to a kind of conversion where they are willing to retrace steps, and even pick up elements they had not allowed in at earlier times.

The point is that the family is the place that either fosters or hampers this development. If a sense of rhythm is present, the unfolding can go at its own pace; if it is not, the young person can be pushed too carelessly into a false mold. In fostering this rhythm, parents can be guided by two general principles: (1) the movement through life takes exactly that — a lifetime and (2) there are times when the only thing to do is treat our child as we would a clam.

If we have ever tried to open clams that refuse to cooperate, we know the often-fruitless effort that is expended. We search for a too sharp implement, or bang on the floor, or do violence to the shell. The alternative is simpler. Instead of probing, banging, or violating, put the clams outside in the noonday sun. The heat and the warmth will open them in their own time. A “Traditioning” family, living with a sense of rhythm, knows that life unfolds in similar circumstances. People also unfold in the warmth of the sun.

The Butterfly

I remember one morning when I discovered a cocoon in the bark of a tree, just as the butterfly was making a hole in the case and preparing to come out. I waited a while, but it was too long appearing and I was impatient. I bent over it and breathed on it to warm it. I warmed

it as fast as I could and the miracle began to happen before my eyes, faster than life.

The case opened, the butterfly started slowly crawling out and I shall never forget my horror when I saw how its wings were folded back and crumpled; the wretched butterfly tried with its whole trembling body to unfold them. Bending over it, I tried to assist with my breath. All in vain. It needed to be hatched out patiently, and the unfolding of the wings should have been a gradual process in the sun. Now it was too late. My breath had forced the butterfly to appear, all crumpled, before its time. It struggled desperately, and, a few seconds later, died in the palm of my hand.

That little body, I do believe, is the greatest weight I have on my conscience. For I realize today that it is a mortal sin to violate the great laws of nature. We should not hurry, we should not be impatient, but we should confidently obey the eternal rhythm. I sat on a rock to absorb this New Year's thought. Ah, if only that little butterfly could always flutter before me to show me the way.

The Music of the Body

Deepak Chopra asks, "How can a person sustain a nurturing life?" This is a broad, daunting question, given the harsh conditions of our environment. No two people lead identical lives or contain the same information inside their mind-body systems. Nevertheless, there are some basic rules governing everyone's inner intelligence:

- ☞ Intelligence is meant to flow.
- ☞ Every impulse of intelligence has a physical correlate.
- ☞ The body keeps in balance through complex rhythms and

cycles. These biorhythms are our connecting link to the larger rhythms of Nature.

- ☞ When the body is in balance, it sends out signals of comfort; when it is out of balance, it sends out signals of discomfort. Comfort indicates that a person is in harmonious relationship to his environment; discomfort indicates that some kind of disharmony has arisen.
- ☞ Living in harmony with the body's rhythms overcomes entropy by allowing a frictionless flow of biological information. Living in opposition to the body's rhythms produces an increase in entropy, leading to disorder.

If your intention is to live in harmony with your environment, your single best indicator of success is your body's feelings of comfort. We are experiencing so many things all the time in life; it's difficult to determine the actual cause or basis for comfort. So many physical and psychological factors are in play in every moment of life. But nature has programmed us biologically with rhythms and cycles. This is our internal music that we can and should tune into.

After extensive testing of many critical functions at various times of day, chronobiologists have derived a timetable for peak efficiency:

- ☞ *Morning*—alertness gets increasingly sharp, short-term memory is at its best, sensitivity to allergens dips, and sex hormones peak.
- ☞ *Noon*—body temperature peaks, heightening vigilance and alertness.
- ☞ *Afternoon*—manual dexterity peaks, flexibility is at its height; long-term memory is at its best.
- ☞ *Late Afternoon/Early Evening*—best time for easy repetitive tasks, best time for physical workout, taste and smell are at their sharpest, and worst time for allergies.

- ☞ *Evening*—Worst time to eat large meal if you want to lose weight; metabolism at its lowest.
- ☞ *Midnight to Dawn*—alertness at worst between 3:00 and 6:00 am, most accident-prone period, and most common time to give birth.

Life is an eternal dance. The movements of the dance are choreographed through your awareness. Your desires and attentions guide the path of your growth. Because attention is always flowing, the dance never ends. This is the essence of living. Every movement is part of the dance; therefore, every space-time event is meaningful and necessary. It is the order within the chaos.

Learning From Nature

We are part of the universe and our lives are governed by the same laws that govern the rest of the cosmos. We need to keep a balance, as does the rest of nature. We take time to grow and time to heal. Our lives will always move in cycles because that is the universal law. We need time to rest and recuperate, as do all other living things.

Taking Time

Nature always takes her time. Great oaks don't become great overnight. They also lose a lot of leaves, branches and bark in the process of becoming great. Diamonds aren't formed in a week either. Everything of value, of beauty, of majesty in the universe took time to become so.

So it will be with our own growth and development. Let us recognize the way things work down here, and so be gentler on ourselves when assessing our own progress. It takes time to build confidence, to build a healthy body or positive outlook. It takes time to build a business of value or to create our own financial independence. In the real world there are very few instant, overnight successes.

As sure as the earth revolves around the sun and winter follows the spring, so must our life move in cycles. There will always be easy times and there will be hard times, as sure as one season follows another. One of the great challenges of life is dealing with the winter while you are waiting for things to get better. Things will get better. They always do. The trouble is that many people give up and go home too early. The tide will always turn.

Nature has a rest from time to time. The soil needs a rest, bears and snakes hibernate; even fish sleep with their eyes open. We can learn from this approach. We need to take time out — to rest, to review, to ponder, to be. If you decide that you are indispensable and that you must always have your nose to the grindstone, then you can live your life like that.

Your belief that you can never rest will be your reality until such time as you choose differently. When we do make rest a part of our lifestyle, like the soil we become so much more productive when we work. As Rohn says, “Make rest a necessity, not an objective!”

Your Next Steps

- ∞ Identify your potential to be free
- ∞ Achieve clarity of purpose for this freedom.
- ∞ Focus your intention and be the part for transformation.
- ∞ Utilize proven techniques as well as following intuition and spirit to create the new. *Practice, practice.*
- ∞ Believe, be passionate, be persistent.
- ∞ Be of service — giving and receiving are the same.
- ∞ Be forgiveness and live in gratitude.

*“A fantasy of life, a choice.
Such is the world you see, a voice.
A cry of agony, a question why?
There must be an answer, a sigh.
Perceptions pass, new information here
An instant when love makes it all disappear.
You look beyond illusion it can seem,
that God always had an ending to the dream.”*
— Ranae Johnson

Rapid Eye Technology – Results!

A Cross-Section of Individual Stories

When I first met her, Jo was in intensive care. She called and asked me to come assist her and said that God had given her my name. She was suffering from infection in her lower abdominal area and was not expected to live. The poison from the infection was systematically shutting down vital organs. The doctors had to perform a colostomy and surgically remove a portion of her intestine. Jo was on medications that were causing her to hallucinate, and she was consumed with fear that she was going to die and not be able to finish raising her son.

Over a period of a couple of months, I went to the hospital every day and began teaching her to image, to see herself as whole and healed. I surrounded her with my love and the belief that she could be completely healed according to her faith. I taught her to bring in the healing light of unconditional love that her creator had for her.

She gradually was able to understand how to stay in the light and trust that her body could heal itself. She began to improve with imagery and daily Reiki treatments. The doctors were so amazed with the progress that they allowed me to be with her at any time in order to do the Reiki sessions. As she continued to improve, the doctors were convinced the change must be from some higher power. They could hardly believe the progress she made.

When she left the hospital, I continued to see her daily. When she was strong enough, we began **RET** in conjunction with Reiki (working in the energy field). They had surgically stitched her intestines shut, and somehow the stitching had come undone. By the end of that year, she began having normal bowel movements, which was

considered medically impossible. She went back into surgery and they reconnected her bowels, removing the colostomy opening, and she continues to have normal bowel movements. Rapid Eye, Reiki, unconditional love, and her own faith assisted her in regaining most of her health. We lovingly refer to Jo as our “miracle lady”.

Marcie is a thirty-nine-year-old woman who stated that her problems started shortly after her divorce. She had been living in fear and panic since her husband had received custody of their three children. She stated that she was making mistakes at work and had begun hesitating in her decision making, afraid to take action because she feared doing the wrong thing. She could not afford to lose her job because of the child support she had to pay.

Marcie’s incapacitating fears were interfering with her work, her relationships with her family, and with her relationship with her boyfriend. She was terrified to be in a group of people because she feared she would do something wrong and be judged. She would lie awake at night, continually reviewing the events in her life. She felt tense, nervous, irritated, and easily distracted. She complained of headaches, annoying body pains, and a constant feeling of fatigue. She described feelings of inadequacy, panic attacks, and anger about losing her children.

Marcie participated in twelve sessions of **RET** (going through the inner child stages) before she felt she had her emotions under control. Her body pains subsided to a level of insignificance, her anxiety and panic attacks disappeared, and she is now attending Skills for Life classes to learn new methods of approaching life. Traumatic memories began lifting in layers, each one processed and released as it came up. Once the underlying cause of her emotional distress was discovered

and released, the physical pain left as well. Marcie's case is indicative of hundreds of cases involving stress-related anxiety and panic attacks successfully treated with Rapid Eye Technology.



Amy is twenty-five and the mother of three children. Her mother literally carried her into the center. She was suffering from debilitating chronic fatigue and anxiety. She could say only a few words before she felt too tired to speak. Her mother related that she had been deteriorating physically for the past three months, since she had survived a serious car crash with apparently only minor injuries. Amy had been spending more and more time in bed with various infections and colds, fevers, flu, aches and pains, and chronic fatigue. Her monthly periods had become erratic.

During the initial Rapid Eye session, I discovered that she had never been treated for shock at the hospital. She was checked and released that evening.

After releasing the emotional trauma of the car crash and the resulting shock, her neural pathways took her to the traumatic memory of being in a car crash at three years old. As a result of that car crash, her mother had been immediately taken to the hospital where she remained for several months. Little Amy had thought her mother had died. Everyone thought she was too young to understand, so they had not told her what was going on. Nor had anyone taken her to see her mom. After Amy's first session of **RET**, she was able to walk to her car, drive home, and return to work the next day. Because of the great success of her first visit, Amy has returned to work on other issues.



Molly is a young wife and mother married to a successful lawyer. She had a new home and four healthy children. She and her husband were well respected in their community, contributing to many service organizations and active in PTA and their church. Molly is well educated and works according to her own schedule. Suddenly after the birth of her fourth child, she began experiencing severe depression. She was unable to care for her newborn. She was fatigued, listless, and very sad. Her family suggested she see a physician to get antidepressant drugs. She resisted the idea.

Molly had grown up in what she terms “an ideal family.” She was the youngest of four children. She and her siblings have always been close and her parents are supportive. Molly began **RET** dealing with birth issues in treatment for postpartum depression. Her trigger took her back to being in the womb of her own birth where the sadness was transferred from her mother. Through the next few sessions she continued to clear sadness that was perceived throughout her life.

The next time she saw her mother she shared her birth experience with her. Her mother told her that while pregnant with Molly (her 4th child), she had learned of her own adoption. This information was very traumatic to her and put her into a tailspin of depression and sadness. Molly as a fetus had taken her mother’s sadness into her own psyche. This intense sadness and depression were later triggered in Molly by the birth of her own fourth child. Molly has recovered completely from her depression and has returned to her normally productive, loving life.

She took the **RET** certification herself and returned home where her first client was her own mother!

A very distressed Randy called late one night, at the insistence of her sister Sharon, who had received two sessions of **RET** for her own fears and depression. Randy was talking about suicide because she “could not hold on to a job, a boyfriend, anything.”

Over the phone, I guided her through an emergency process. After

*Molly’s case is representative of many cases of depression. Depression is epidemic in America and many nations. The potential of **RET** to relieve depression is impressive.*

a few minutes she said she was feeling better and could make it through the night. I saw her the next morning. She said she felt foolish for calling me, yet we proceeded with a full session of **RET**. Randy’s connection was to her birth when her mother was told by the doctor to “hold on, hold on, not yet...hold on.” While her mother screamed, “I can’t hold on! I can’t hold on anymore.”

When Randy discovered this important piece of personal information and realized how it was connected to her ongoing feelings of not being able to hold on, she was elated! With **RET**, the emotional trauma was released and the information came freely to her. Randy released her excessive weight as she released her trapped messages. She has held on to a job for the last year.



June was having difficulty in her relationships and was unable to keep a boyfriend long enough to even call her experiences relationships. She felt fear in the company of a man. She attended one of the Skills for Life classes. Soon after that she chose to try Rapid Eye sessions. As she processed her fears of men and dating, she discovered an early childhood rape by a male baby-sitter. She relived her rape every time she dated a man, finding herself terrorized from the trigger of her date. She also connected with why she carried so much guilt and shame.

From her **RET** sessions, June was able to release the rape trauma and reframe her life. This allowed her to enjoy her dates free of fear. She experienced forgiveness for both her perpetrator and herself for feeling guilty for so long.

June continued her **RET** sessions. Skills for Life classes assisted her to form a new pattern for herself. She is now in college and dating.



For years, Susan fought a battle of the bulge. She was seriously overweight and seemed to be perpetually on an ineffective diet program. She tried exercising, herbal dieting, milkshake diets, and exercise machines. She had been working with a hypnotherapist with some success, yet as soon as the weight was shed, it came back. She said, “I feel like a fat roller coaster.”

Susan came to **RET** for relief of anxiety attacks that plagued her. She had told us that as a child she was the victim of ritualistic satanic cult abuse. Her case became very intense indeed and over the period

of sessions, she released the traumatic memories of years of severe abuse and near-death experiences. Gradually Susan successfully released the weight with her diets and exercise programs. **RET** opened the door to making the weight loss programs effective.

Susan has lost over 100 pounds and has kept it off for over a year. Susan's life, her marriage and her career seem like miracles to her since the effects of the abuse, and the excess weight is gone.



Raul had a \$100-a-day cocaine habit that developed out of an addiction to a prescription drug after an injury sustained in a car wreck. He was often in pain and felt the need for something to make him feel “right.” He knew he was hooked and could see how the cocaine was affecting his work, his marriage, and his self-esteem. Besides guilt, he felt a deep underlying feeling of worthlessness that was spiraling down into depression. He had a sense of helplessness that was consuming him.

His wife, Maria, had received four sessions of **RET** and convinced him to try it. In his first session, Raul found he enjoyed the light and sound technology offered with the **RET** and was able to let go of the cocaine rather easily. It surprised him how easily he could stop. **RET** assisted him in releasing the negative emotions associated with the addiction. The light and sound technology gave him a drugless replacement for the “high” he felt he needed, and the Skills for Life classes helped him change the beliefs and behaviors that had kept him using cocaine.



PJ is a forty-year-old mother of three. She has been married over twenty years and when she came for **RET** she was experiencing mari-

*We have found drug addiction is extremely difficult to overcome while the client is still involved with the drug. Ordinarily, we refuse to accept a client until he/she has dried out in another program. **RET** will allow him/her to lose the emotional dependence on the substance or behavior, thus making the other program much more effective and long lasting.*

tal difficulties. She weighed 330 pounds and felt afraid of everything. She had been seeing a psychologist who had diagnosed her as having multiple personalities. Her psychologist told her that it would take her about eleven years to integrate and become one person again. In 1992, she was referred to a **RET** technician.

PJ reported she often lost all memory of incidents and places. Large blocks of her life were inaccessible to her. She kept lists to remind her of everything. When she was diagnosed with multiple personalities, she began to notice the personalities within her and gave them names. She came to refer to herself as “PJ and Company.” She would experience a different reality with each personality that appeared. Sometimes she was suicidal, sometimes sexually provocative, and sometimes she could not stand to be touched.

Her family was becoming increasingly confused with her behavior. PJ reported she had had a traumatic and incestuous childhood. Her per-

personalities protected and assisted her in her times of need. They all performed a very necessary survival function for PJ.

PJ's **RET** session began by relieving her present-day stress. Time in sessions was spent getting to know each personality individually. Rapport was constantly being developed and unconditional love expressed no matter which personality or issue emerged. **RET** was coupled with hypnotherapy and NLP techniques to bring similar personalities together so PJ would stop switching personalities.

PJ was not sure if she wanted to integrate all her personalities, because they had served useful purposes in assisting her to cope with life. Many of the individual personalities expressed fear of integration, because they felt they would die if they integrated.

As processing progressed, capable, dominant personalities were put in charge of younger, less capable and sometimes suicidal personalities. Almost a year after beginning **RET**, three major personalities came together and all the little-girl personalities joined. Her personalities began to take care of each other. (Some personalities come together right away and others choose not to).

The little-children personalities were given treats, listened to, read to, played with, and loved. A time came when the personalities began changing their names. Baby Hippo changed her name to Illusion and PJ began to lose weight. Rage changed his name to Protector.

PJ had a strong commitment to healing. She faithfully attended the Skills for Life classes and made major changes in her life. She began to incorporate the Skills for Life in her family and social life. In the classes she met other people who provided new role models. She learned how to relate to men and women on a positive basis without fear. She realized she had the strength and ability to heal.

As her family began to notice her progress, they also became interested in **RET**. PJ's father, mother, husband, children, and many members of her extended family received assistance from PJ herself and her **RET** technician.

It took one year of intense **RET** and classwork for PJ to get her major personalities to integrate, and her life to become functional. She also began attending church services again after fifteen years. PJ is continuing in **RET** and wants to assist other people like herself to heal. She is now a technician and is working with her own clientele.



Johnny, an eleven year-old, was experiencing episodes of anger at home and at school. His mother said she had tried many other resources before calling an **RET** technician. Johnny's mother was concerned about putting him on medication. His behavior seemed to coincide with the departure of his father. He seemed to feel the need to protect and defend his mother, and had developed a strong attachment to her. His attachment grew so fearful and so intense that he appeared to hate his mother for showing too much attention to his siblings.

In his first session, Johnny flew into a fit of rage, screaming and kicking and throwing his body around the room. This was his pattern at home and at school. His mother tried to restrain him, as she always did. We encouraged him to keep screaming to release his anger. We encouraged him to yell it out louder and louder, all the while telling him how much we loved him. Gradually his anger seemed to drain away and we were able to begin **RET** processing with him.

No one had ever let him scream and say what he wanted to say. He had always been shut off. Once he was able to release his anger at his father for abandoning him, he didn't scream again. We worked with his whole family until they released all the underlying anger and fear. The single-parent family system Johnny participates in is well on its way to completeness and healing.



When Shaun was fifteen, she was having difficulty in high school. She was often afraid of her teachers and some of the students. Her grades were failing and she considered dropping out of school, although she feared what her parents would do if she dropped out. Shaun received several sessions of **RET** before she was ready to let go of the fear and anxiety about her experience at school.

*Johnny's anger was simply a fearful response to his environmental stress. **RET** is especially suited to stress relief in children.*

The first session was spent primarily in building rapport with her so she could trust her technician. The results of her sessions seemed to be immediate. She improved her grades and began enjoying school again. Her relationship with her parents improved, although she still required continuing work in this area. The greatest improvements with Shaun came when her parents also got involved, creating a common goal to heal.



Tim came for **RET** because he was afraid to ride in airplanes or elevators, or even to cross bridges. He felt as if he would fall. He also felt closed in and had a great need to get out or get away. His fears had grown through the years. His phobias were interfering with his personal and business life. Whenever he experienced heights or felt closed in, he

Stress is shared by families as a whole and will best be treated on that basis. Dysfunctional relationships foster co-dependent behaviors that create destructive behavior cycles.

suffered fear, dread, anxiety, and physical symptoms including neck and shoulder pain, sweating, and heart palpitations. When he felt panicked, he heard a voice say, “Watch it, he’ll fall.” He felt that this fear patterned his whole life.

With **RET**, Tim was able to quickly relieve the panic symptoms and begin to make the connections between the cause and the effect of his phobia. Soon, he found himself able to release the dread and the intense fear. His physical ailments began to subside. The key to his case was in the phrase, “Watch it, he’ll fall.”

That phrase was frozen into his mind-body at birth. His birth trauma was accompanied by a trigger statement made by the attending physician when the nurse nearly dropped the newborn Tim. This statement, associated as it was with his physical survival, had caused Tim to live his life in fearful anticipation of losing his sight (“Watch it!”) and an intense fear of falling (“he’ll fall!”).

by *Ranae Johnson*

Tim has overcome the phobic symptoms, including the anxiety, sweating, and neck and shoulder pains. He was very excited about **RET**. It allowed him to process his fears rapidly. The sessions left him feeling safe. He rides elevators and has had his first airplane ride without feeling any of the previous symptoms. His vision has improved.



Stephen came to the Rapid Eye Institute at his wife's insistence. He felt that he was justifiably afraid of heights and that his wife was overly sensitive. He felt the issue was her problem, not his. Stephen was very resistant but agreed to go through a Rapid Eye session **RET**.

In the first session we attempted to build rapport, but Stephen flatly refused to cooperate in the process. Before his second session, his wife

*Rapid Eye is particularly suited to the job of relieving the symptoms (by relieving the cause) of fears and phobias. Any traumatic emotion can be released with **RET**. Many clients wonder if **RET** is really working because they expect it to be a painful experience. They expect the "cure" to be as painful as the traumatic memories had been.*

conducted a proxy session for him. Stephen agreed to come in for a second session.

Afterward, Stephen said he would not return because he didn't believe **RET** would do any good. Stephen's wife, however, related to us that he was now able to climb stairs and stand on ladders. He had

even gone to the top floor of an apartment building to look at TV sets! Clearly, Stephen's fear of heights had been relieved, regardless of what he said to the contrary. The proxy work his wife performed had made a difference in his life.



Tom was a Vietnam veteran. He came to us with a diagnosis of suffering from posttraumatic stress disorder. He came to **RET** on a referral from his doctor. Whenever his traumatic memories were triggered, he would flee from his family and solicit a prostitute, using sex as a way to escape any kind of trauma. In Vietnam, Tom had been ordered to destroy whole villages. He carried trapped guilt and shame and suffered greatly from insomnia.

After about fourteen sessions, he began to sleep nights and his nightmares stopped. He no longer felt the compulsion to act-out sexually because he was releasing with **RET** and light/sound technology.



Lindy came to us with a diagnosis of suffering from Chronic Fatigue Syndrome (CFS) and severe insomnia. It was easy for her to be negative. Anytime her energy dropped too low she viewed life in a negative, despairing way.

Lindy's Chronic Fatigue developed from her allergic reaction to chemicals. Her program for healing included nutritional support, essential oils, Reiki, light/sound technology, and of course lots of Rapid Eye

sessions. The results were powerful for her. After six months of her program, she is over her chronic fatigue and insomnia.



David suffered from tremendous guilt and shame. His unconscious belief system was, “I don’t deserve anything. Everything I do is for someone else.” He was always broke and couldn’t make a living for his family. He came to Rapid Eye at the insistence of his wife. She had told him, “Get better or leave.” She had blamed David for the years he had created poverty.

It is not uncommon for people with CFS to think and say “I am tired,” “I am sick,” “Nobody believes I am not lazy, I am just tired.” Because thoughts create, the body works overtime to validate those thoughts.

During David’s **RET** sessions, he connected with his ten year-old inner child who had found his father after committing suicide. Underneath his trapped emotions of grief and anguish, he felt responsible for his father’s death. His father had criticized him throughout his childhood. Little David perceived “If I had been a better boy, my dad would be alive.”

Today, David knows that he is not responsible for his father’s suicide. Once he cleared his trapped pain, he had a powerful spiritual connection with God. He felt that God was holding him in his arms in pure love. David is now creating an abundant life for himself and his family.



George was an atheist who questioned me at length whether **RET** had anything to do with religion. I assured him that whatever happened to him in his sessions was his own journey. He spent half of his first session unfolding incidents of living with his minister father. His abusive father scheduled a time in the woodshed every day to “beat the devil out of him.” His father administered the abuse with boards, whips and belts. He believed the harder he beat George the more devils he got out.

As George talked, I rapidly moved the wand in front of his eyes to keep him in alpha state. Emotions started to clear that he never knew were buried. As a child, George had forced himself not to cry, stuffing emotion and building walls for protection. As an adult, he had shut down within and felt dead inside. He came to Rapid Eye because he wanted to feel alive again.

Because of the many times his father screamed about devils, it anchored the belief in devils and that he was evil in the neural pathways of his brain. This allowed the creation of dark energy within him. As a result of his **RET** sessions, significant pain and darkness was lifted. At the end of one of his sessions, George imagined going into the light. Here Christ met him, held him, and took him to his God and he was received in love. This was a profound experience for George, who had professed to be an atheist.

Through his spiritual experience, he more fully understood why he went through such trauma as a child. George became a technician and is much more compassionate and understanding of others who have experienced religious abuse.



Julie learned about Rapid Eye from a family member who had had successful results. From the time she heard of Rapid Eye Technology, she knew she was going to take the certification. Her words were, “I have been looking all my life for my mission.”

Julie’s sessions were predictable until we had gone through the layers of her birth for the fifth time. During this process, she went into the light and had a profound spiritual experience. She knew at once that she had chosen her parents and her life experiences and was aware of many other agreements with others that had not yet been fulfilled. As she left the light she wept in joy and said, “I can hear the angels singing.”

Rapid Eye assisted her in removing the blocks of pain that had kept her from her spiritual awakening. Julie is a certified technician.



Jill had been working in the healing arts for several years. The experience of her own childhood trauma had led her to this path. Two years before she tried Rapid Eye, she had been told about our therapy and was skeptical. At the time, her perception was that healing is painful and takes a long time. She didn’t understand how healing could occur so quickly.

When she heard about **RET** for the second time, she responded much differently. Her own personal growth had brought her to place where she was ready to receive spiritual healing. She knew without a

doubt that she was to train and assist take **RET** to the world. She called the center and signed up for the next certification. She shared, “Rapid Eye has changed me, my future, and my family.” Because of her success with clients and the increasing demand for her services, her husband also became a technician. He shared, “She told me she was ready to move on to her spiritual path. She was going with me or without me. I chose to go along.”

Jill also shares, “Friends ask me what we do when our children are upset or out of control. I tell them that I get my wand to assist them blink it out. It works every time.” Her children are growing up to take responsibility for their own creations.



Joe had finished dinner and was about to leave a local restaurant. Before he stood up, he noticed a brochure stuck in the seat cushion. Thinking he had lost something, he pulled it out and read it. The brochure was all about Rapid Eye Technology and certification. He received a spiritual impression as he read and knew at once he was to come to the certification. It was the path he was looking for. Although he did all of the required **RET** sessions, the most significant experience of his certification was his own spiritual transformation.



Rapid Eye Technology – Results!

Young Adults Assisting Young Adults

In Salem, Oregon, where the Rapid Eye Institute and the Youth Center are located, **RET** has become popular with young adults. When they get together at Skills for Life classes, **RET** is a common topic of conversation. There are typically as many as forty teenagers at these classes every week. The youth are excited about their education from the weekly classes, and also excited to know they can find and release their issues with Rapid Eye sessions. Their excitement grows when they see that they can assist others in the same way.

It began with Sharlene Young, a Rapid Eye Technician. She wanted to create a space where her teenage children could experience Skills for Life classes. Many of her clients had also requested that there be a program for young people. Her original intention to hold a Skills for Life class has grown to be the “Positive Touch Youth Center.”

Young people who have been involved with drugs and or alcohol, teenage pregnancy, suicidal patterns, and gang activities have all been supported in their healing with Rapid Eye Technology.



By age 15, Sally was using drugs, alcohol, and had become a teenage mother. After the birth of her child she managed to stop using drugs. By age 16, she was still involved with her boyfriend who was a drug addict.

She was cut off from her emotions and when triggered, she became hysterical. After seeing a psychotherapist without much relief, **RET** was introduced to her by her mother who had earlier been helped with **RET** sessions. Sally refused for several months, before she agreed to try Rapid Eye.

At first she engaged in **RET** sporadically. The more progress she made, the more regularly she came for sessions. Her core issues were abandonment, depression, and inwardly directed anger. Her mother had also been severely depressed. Her father had been emotionally absent and Sally had experienced a lack of closeness with males. She had turned to drugs and acting-out sexually.

By age 18, Sally has learned to love herself. As she cleared her false beliefs with **RET**, she began taking care of herself and her relationships. She has a good job, attends college, and has a healthy and honest relationship with the father of her child. Her experience has also led her to assist other teens. She is a Reiki practitioner and is an active Rapid Eye Technician.



Kent was 19 and had been addicted to drugs for several years. He had lost his job and his apartment, and his family would not let him come home. He was a parent at the age of 17. His girlfriend, Sally, was participating in **RET**. Kent had attempted recovery with in-house drug and suicide treatment programs, but with no support or follow-up offered in the community after drug rehabilitation, Kent had returned to the old suicidal pattern. Sally suggested that he see her technician, Sharlene, and begin his own therapy. He then began coming to Skills for Life

classes which was a tremendous support for him. For the first time in his life he felt loved and accepted.

Doing Rapid Eye Therapy required a commitment on Kent's part and he was committed to heal. After a successful program of five sessions a week for three weeks, he stopped using drugs. After one and a half months he had found a job and an apartment, and started to take care of himself and create a functional life. By the second month he was able to start healing his relationship with his girlfriend and his infant daughter.

Kent approached Sharlene and expressed his gratitude and his vision about helping other teenagers recover from the destructive world he had existed in for so long. He wanted to know what he could do to make a difference. Sharlene told him that he could become a Rapid Eye Technician if he met all the requirements.

It was about this time that Sharlene created and developed the working scholarship program for recovering youth, offered by the Rapid Eye Institute. The working scholarship program assists teenagers by paying a portion of their certification tuition. In return, the individual agrees to teach Skills for Life classes and/or conduct Rapid Eye sessions with other youths until the scholarship is paid off.

Kent was the first working scholarship recipient and is now assisting other youths to become self-empowered and heal their lives. Many youths in Oregon and other states have since been through the program and are sponsored technicians.



Valerie, a thirteen-year-old, was skipping school, using drugs, and running away from home frequently. She kept all her friends secret from

her parents. Her boyfriend was a member of a gang and Valerie herself was getting involved in gang activities. By the time she was fourteen she was heavily involved in the gangs. Valerie disappeared, and a week later she called her frightened, emotionally worn-out parents from three states away, wanting them to come get her. Her family supported her all the way.

Valerie's mother had been doing Rapid Eye sessions for herself and was also a trained technician. She felt that the best way to assist Valerie was to do proxy work.

Valerie's mother has said, "The support and the principles learned in the Skills for Life classes have had as much of an influence in assisting Valerie and my family to heal as the **RET** sessions did. Daily application of the principles helped my daughter come back home. I am grateful for what Valerie created. Our whole family has been through a lot because of Valerie. There were times when I didn't think we were going to make it."

Most of Valerie's friends have served time in correctional facilities and one even chose to end her life. Valerie has completely turned her life around. She lives at home and goes to college, and she is a teenage technician at the Youth Center where she assists youths and adults with sessions as well as Skills for Life.

Through Valerie's experience of choosing to heal, her father and her sisters are now being assisted by **RET** and Skills for Life. Many of her friends are following her path and are beginning to heal their lives, with Rapid Eye Technology assisting them.



Roger was twenty-four and homeless when he was introduced to **RET**. He had been jobless and living in shelters off and on for eight years. He was depressed and always thought he was ill.

When he was thirteen, Roger's parents had divorced. He had become emotionally and mentally shut down at this young age. He was convinced his parents' divorce had had no effect on him, but the divorce came up repeatedly in his sessions.

A major breakthrough occurred when he was finally able to admit that the divorce had had an impact on him. He realized that he had lived his life from that point on as a wounded thirteen-year-old boy looking for someone to take care of him.

After eight sessions, Roger was able to clear much of his trauma around his parent's divorce. He is now working and has his own apartment, and he intends to assist others in the homeless community by becoming a certified Rapid Eye technician through the youth scholarship program.



Sharlene Young and the Rapid Eye Institute have a vision to have youth centers in every city worldwide. At the Rapid Eye Institute, a scholarship fund has been set up to assist youths in the certification of other youths. It begins with Skills for Life classes for youth from sixteen to twenty-four years of age. The great news is that it is making a difference in many lives. Locking youth up isn't the answer. Loving them is.

Youth Centers could offer temporary on-sight housing, **RET** sessions to clear drug addictions, job search assistance, and Skills for Life

classes with an emphasis on energy work and healing. Skills for Life classes encourage new ways of functioning in the community. Centers could be completely funded by grants, donations, and youth and adult volunteers giving their time. What really makes this work is to have the young adults running their own program with sponsorship and assistance from adult organizations.

As this youth program is successful it could be expanded to many other groups in a similar way. People would be reached quickly this way, because people who have had similar experiences best understand how to assist another.



Rapid Eye Technology – Results!

Testimonials

- ☞ “Thank you for Rapid Eye Therapy. It has changed my life. I now have let go of fear and stress. My health, mental, emotional and physical has improved so much. Keep up the good work!” H.L.

- ☞ “The love and encouragement given to me at The Rapid Eye Institute assisted my healing as much as **RET**. I’m so thankful that everyone taking the certification for **RET** must first do their own work. I never dreamed how much better I would feel.” M.G.

- ☞ “It is directly due to **RET** and Skills for Life Classes that I am off the street. I feel ready and able to move forward in all areas of my life.” B.T.

- ☞ “Thank you for the courage it took to listen to the Spirit and for the work you are doing. I can’t believe how it has changed my life. I can’t wait until I can assist others!” S.H.

- ☞ “I prayed for assistance, the doors were opened, and I appreciate you and the growth in me that **RET** has facilitated.” K.G.

- ☞ “Only someone who has experienced a true release could appreciate how **RET** has released me from bondage! Understanding just keeps coming to me!” A.S.

- ☞ “Each day I live now is so new and fulfilling! It’s so wonderful to see people heal and grow. Thanks for **RET** and the Skills for Life. It changes lives. I hope you feel the love I radiate towards all of you.” F.S.

- ☞ “A Miracle! I’m communicating with my family. Thank you for **RET** and proxy work. Thank you for certification, my therapist! I’m feeling again!” J.B.

- ☞ “Your flow of wisdom has encouraged me to go within and acknowledge my own wisdom and worth. Namasté” W.B.

- ☞ “My beautiful sister of light, I will never forget my therapy and certification. I am so grateful. My life has changed. I have come from being suicidal to bliss. You are wonderful!” J.M.

- ☞ “Because of **RET** I have let go of my sex abuse after years of pain and a broken marriage. I feel whole and healed. I can only repay this by taking the certification and helping others trapped in pain.” J. B.

- ☞ “I have a record of abusing and have served time in jail. After a year of **RET** and cognitive class work, I felt I could be on my own. It’s been two years now since I last felt the compulsion to abuse. I still have a session once in a while to relieve present day stress. I am eternally grateful for **RET**. It’s a miracle in my life.” A.J.

- ☞ “Thanks to **RET**, my arm is recovered enough to get off disability. When I forgave and released the abuse from my father, my arm healed. You should see me swing my hammer now!” J.O.

- ☞ “Rapid Eye Technology save my marriage and my life. I knew I had to get trained to assist my family and others. I love it!” T.O.

- ☞ “The more clients that I process the more excited I get about healing. I have seen miracles occur in my clients lives. Thanks Ranae.” C.B.

- ☞ “I used to spend my life being upset because I didn’t get what I wanted. Now thanks to releasing old programming through **RET** and using the tools I got from Skills for Life I have taken back my power of choice and now create life in harmony with my hearts desire. What a gift! Now I teach others to do the same and learn in the presence of miracles each day in my life’s work, getting paid well is just a bonus.” P.J.

- ☞ “Rapid Eye has been a miracle with the foster children that we have in our home that were in institutions their entire life and no one else would take them. They are now off medication and have become functioning young adults. Without Rapid Eye these children would not have had a chance.” C.G & D.G

Rapid Eye Technology

The Rapid Eye Institute of Salem

Ranae Johnson, Founder

“**RET** is a gift from Spirit to the world. Rapid Eye Institute was created to make a difference in peoples lives. It was created through the process of **RET** to strengthen families and assist them in fulfilling their dreams, by releasing stress and trauma and gaining new ways of considering life.

We believe that we are all related if we go back far enough, and we have a responsibility to open our hearts and minds to educate and encourage each other. The Rapid Eye Institute was created for research and development and to certify new students. We like to think of all of our technicians as one family of Lightworkers. It is our hope that each will have the following values and visions, and will take these same values and visions to others in the world.

We work toward being a support and an example for technicians that they may duplicate these values in their own business. We also acknowledge that we learn from our technicians. Everyone that comes to the Institute has a piece of the great puzzle called Rapid Eye Technology, and we all share in the stewardship of taking it to the world.”

Vision Statement

In a spirit of gratitude we call forth Lightworkers NOW, who choose to enhance the planetary evolution through the gift of Rapid Eye Technology. We provide an environment for positive change through unconditional love, honor, education, and One Community.

Mission Statement

It is our mission to assist clients in releasing pain, stress and trauma, to love unconditionally and to provide new skills for living. It is our intention to give clients the greatest gift we can give them, by sending them to certification and inspiring them to assist their friends, family and clients in the same way that they were assisted. Each of us can then choose the quality of our lives by choosing how we process our life. We heal by healing.

Value Statement

It is our intention to present value to each person that comes to the Rapid Eye Institute. They are perfect just as God created them — God’s special gift to the world. Each person has a place and value in the world. Our purpose is to assist each one to love and honor themselves, as they are not their behavior or their experiences. Each person deserves to feel they are of value to themselves and to their world.

Atmosphere Statement

We work to create a peaceful, loving, safe atmosphere in which people may heal and learn. We offer unconditional love to all who come, providing an environment in which they can be themselves. From within that space they know they have ‘permission’ to heal, and they gain confidence to share it with others. It is our intention that we all remember the beautiful light beings that we already are.

Good Ethics

We care about others; we put people first to the best of our ability. We build our business on the principles of a fair energy exchange, both with sessions and certifications. We create value by giving the best sessions, service and certifications we can.

We support our clients and technicians in various ways and encourage them to take responsibility for their lives and their business. Technicians honor our code of ethics by keeping the model pure and safe for people to heal in. (see **RET** code of ethics)

We believe in an abundance mentality. Each of us has agreements to assist others, and they will find us as we are ready. We are interested in everyone's success. There is always more than enough for us all. We avoid competition. We work and play together and believe in the happiness and success for all.

Rapid Eye is built on a Solid Foundation, by

- ❧ Keeping out of debt while creating abundance
- ❧ Providing easy, user friendly home study courses
- ❧ Having advisors available before and after certification
- ❧ Providing the best quality Trainers possible
- ❧ Creating support products — videos, CD's, new manuals, etc.
- ❧ Continuing research and development while keeping the model pure
- ❧ Honoring people first to the best of our ability
- ❧ Keeping life simple, walking our talk

We provide Tech support through

- ☞ International advertising
- ☞ TV
- ☞ Magazines
- ☞ Videos
- ☞ Material approved for print.
- ☞ Newsletters
- ☞ E-group - communication directly from the institute to all technicians with e-mail.
- ☞ Discussion groups - an open forum for technicians to discuss and ask questions.
- ☞ Phone and Website support.
- ☞ Referrals from International Registry and the Rapid Eye Institute
- ☞ Educating the public through book sales
- ☞ Resource center for supplies
- ☞ Continuing Education through staffing (no cost after the first staffing) building confidence, getting practicum hours, and networking with other technicians by coming to certifications as often as you wish.
- ☞ Offering support classes at the Institute, including master **RET** level and SSPT Trainer's Certification.

Building Business — We All Go Together...

Taking Risks means *Being* the part or having faith that we can make a difference in each person's life. Believing in ourselves is essential in making that happen. Striving for excellence in everything we do sets up how we want to experience the law of cause and effect (everything comes back to you multiplied).

By putting the effort and focus into our *dreams* and never giving up, we make a stand for ourselves. What used to be sacrifice and struggle now becomes privilege and excitement. Gratitude is the first key to our abundance. See good in everything and everyone we come in contact with.

It is our intention to continue the cycle by feeding our source. The Rapid Eye Institute's source is our technicians past, present and future. Our Technicians' source is the Institute and their clients.

Clients come to our technicians through the website, referrals from the institute and then directly or indirectly from session referrals. Technicians continue the cycle by giving their clients the gift that was given them.

Share with all of your clients the vision of Rapid Eye and assist those interested in becoming a Rapid Eye Technician to prepare for certification. *We all go together!*

How YOU can be a Rapid Eye Technician

- ☞ Complete personal sessions with a Rapid Eye Technician if needed
- ☞ Home Study Course (*allow at least 35-60 days to complete*)
- ☞ 4 day On-Campus Certification (*certify skills from the 12 session program*)
- ☞ The requirements are 25 hours of work on the wand techniques and processes
- ☞ Do your quiz at the end of Unit E.
- ☞ **RET** certification is a combination of the Home Study Course and the 4 day On-Campus Certification, or Certify through mail.
- ☞ Log 100 hours of practicum work in **RET** to receive your certificate (*renew every two years*)
- ☞ Continuing Education - Workshops geared to **RET**.
- ☞ Practice enrichment. Master Level available.
- ☞ State accredited continuing education for Alcohol and Drug Abuse Counselors and RNs in some states
- ☞ Returning to assist at Certifications is encouraged to keep skills updated.
- ☞ Financial assistance programs available.

DREAM IT!
MAKE IT HAPPEN!
ENJOY IT!

Rapid Eye Technology Certification in RET

Once clients catch the vision of healing the inner self, they are often motivated to experience and learn about what's offered. They understand how their families can benefit from this new technology and are excited to have **RET** as a tool. There is an opportunity to share the miracle of healing through **RET** with others. Once the skill is developed, the potential for healing is endless.

Many professionals have found that after only one session, **RET** will unlock blocks in a client that conventional methods were ineffective with over a period of months or even years! **RET** is more than therapy — it is spiritual work. It works in direct harmony with the client's intent and restores them to a healthy clarity of mind, body, and spirit.

As technicians are trained, they are qualified to staff at each certification. Returning to staff helps to reinforce what they have learned, gives them a chance to practice in more detail, and they can participate as coaches to new technicians. Staffing is an enjoyable experience. Trained **RET** technicians may return to staff as often as they wish to increase their confidence.

We also teach the importance of accessing the higher spiritual senses to assist in healing. This adds a deeper to the inherent limitations of the five senses. Technicians are taught to see their clients as whole and

***GIVE US A CALL
RAPID EYE INSTITUTE
503-399-1181***

*Many clients of **RET** become excited about the results they experience, and want to share **RET** with their family and friends by becoming technicians themselves. **RET** Certification is offered to anyone meeting the set requirements. Many therapists of other models also take **RET** certification because it discharges trauma so quickly. Certification classes are scheduled through the Rapid Eye Institute in Salem, Oregon.*

healed so they are able to assist their clients broaden their own perception of themselves.

Technicians discover there is only one genuine feeling: love. It comes in numerous guises: happiness, kindness, gentleness, empathy, trust, acceptance, understanding, compassion. All other emotions are only experienced because love is *perceived* as missing: fear, anger, jealousy, revenge, criticism, low self-image, loneliness, fear of abandonment, and so forth. Rapid Eye brings the client back to loving themselves and others.

RET technicians serve their clients better as they increase their own ability to live and understand the Skills for Life. We also encourage new technicians to continue doing their own work in clearing family patters and cell memory. It is essential for the teacher to be a living example for those being served.

A trained technician is required to go through a continuing education **RET** course once every two years after their original certification, to keep current with research and developments. It also gives the technician a chance to share their own experiences with others so that we may all grow together. It builds confidence.

The **RET** procedure is relatively simple, yet it is very important that you have certification before facilitating the process with someone else. This will keep your practice professional and give your clients the very best session possible. It is our intention to keep the Rapid Eye model pure, while leaving plenty of room for intuition to guide you in helping your client. Because each client processes experiences differently, it is necessary that the technician learn how to guide clients to access the trapped traumatic memories, and assist them as they connect to the emotion that will release the energy locked up in the distortion.

The technician learns how to use the eye-directing device by watching a video at home, learning how to access the various right/left brain quadrants as the client is rapidly blinking their eyes. The Certification is a “hands-on” learning experience — students working with other students under supervision. It is vital that the basic pattern be administered correctly to access all the senses, i.e., visual, auditory and kinesthetic. The 4 day on-campus certification offers the technician additional skills, as well as certifying that they understand the **RET** process. They may come back as often as they like.

Individuals come from many states and foreign countries to be trained as technicians. Rapid Eye Technology continues to grow as more information is recalled, received, and researched.

Years ago when I asked God how I could make a difference in

*It is safe to practice on family and friends. However, it is important to be formally trained in **RET** in order to work with others. All modalities must be cleared in a way that honors all parts of the mind.*

by Ranae Johnson

other people's lives, I was unaware of the dimension and depth of the process through which that would happen.

True to what I was told, people who have been prepared for this purpose have found Rapid Eye, and they continue to do so.

Rapid Eye Technology is a gift to the world, and each person that is attracted to and certified in **RET** seems to have a piece of the larger puzzle. We all share in the stewardship of Rapid Eye. We share the same vision to get Rapid Eye out to the world to strengthen families and teach unconditional love.

Namasté.

The light and love in me honors the light and love in you!

Ranae

Rapid Eye Technology Children of the Light

The time of the Great Awakening is come. You who have chosen to lift your eyes from darkness to the Light are blessed to see the advent of a new day on Planet Earth. Because your heart has yearned to see real peace where war has reigned, to show mercy where cruelty has dominated, and to know love where fear has frozen hearts, you are privileged to usher real healing to your world.

The Planet Earth is a blessing to you. She is your friend and your mother. Always remember and honor your relationship with her. She is a living, loving, breathing being, like unto yourself. She feels the love that you give as you walk upon her soil with a happy heart.

The Creator has chosen your hands to reach the lonely, your eyes to see innocence in the guilty, and your lips to utter words of comfort. Let pain be no more! You have wandered in dark dreams for too long now. Step into the light and send for what you know is true. The world has suffered not from evil, but from the fear of the acknowledgment of good. That fear must be ended now, forever, and it is within your power to do so.

No one can find yourself but you. All of your answers are within. Teach the lessons you have learned. Your understanding has been given not only for yourself, but to guide a sore and tired world to a place of rest in a new consciousness.

Here before you is your vision come true. Here is your answer given you, a song to soothe a weary soul and make it new again. Here is the bridge that joins you to your brothers and sisters. Here is your Self. Look gently upon your self, and allow yourself to be filled by the Light you have been seeing. True love comes from yourself, and every thought is a blessing to the entire Universe.

All areas of your life will be healed. You will shine with a golden splendor that speaks of the One who created you in wisdom and glory. The past will dissolve like a dark dream, and your joy will be so brilliant that you will have no recollection of the night

Go forth, and be a messenger of hope. Point the way to healing by walking in gratefulness. Your brothers and sisters will follow, and as you pass beyond the portal of limitation, you will be united and reunited with all who seem to be lost. There is no loss in the Creator. Choose the path of forgiveness, and you will weep tears of joy for the goodness you find in all.

Go forth and live the life of the radiant soul that you are. Glorify the Creator in your every deed. You are important; you are needed, and you are worthy. Neither allow the dark cloak of fear to hide the Light from your view. You were not born to fail; you are destined to succeed. The hope of the world has been planted in your breast, and you are assured of success as you stand for the One who created you.

This then is the healing of Planet Earth. All of your doubts and fears can be set aside as you know that the healing will come through the love in your heart. —From Spirit

Rapid Eye Technology

Consider the Possibilities . . . Again!

In the realm of possibilities there exists unlimited thought. With **RET** you can be....

- ❧ Empowered to care for your own life.
- ❧ Responsible for (able to respond to) the experiences of guilt and shame.
- ❧ Responsible for the energy you direct.
- ❧ Fully aware that perception and truth can be different.
- ❧ Aware that you may create health and wealth as you choose.
- ❧ Aware that energy follows your thought (including your emotions).
- ❧ Aware that things grow as you feed them.
- ❧ Loving and forgiving of yourself and others.
- ❧ Viewing your past in a way that you consciously choose.
- ❧ Free of genetic patterns to make your own choices in the present moment.
- ❧ Awakening the planet and its inhabitants to their true selves.
- ❧ Creating new memories chosen by you.
- ❧ A hollow reed moved by the breath of God.
- ❧ Certifying Lightworkers (family, friends, clients) to live in unconditional love and light.
- ❧ Able to *consciously* choose to be, do, and have what you choose.
- ❧ One who reaches out to the lonely, sees the innocence in the guilty, and utters words of comfort.
- ❧ A center of light and love.
- ❧ Part of a family of supportive Lightworkers.

- ☞ Seeking wisdom like you seek breath to live.
- ☞ Part of a new day on planet Earth.
- ☞ Feeling important, needed, and worthy.
- ☞ Successful in everything you choose to do.
- ☞ Grateful for everything in your life.
- ☞ Free to consciously exercise your free will.
- ☞ Aware of the love of all people for one another.
- ☞ Full of trust for yourself and God.
- ☞ Aware and grateful for the harmony and rhythm of all creation.
- ☞ Aware and grateful for all opposition.
- ☞ Peaceful and joyful every day of your life.
- ☞ The creator of your world.
- ☞ The calm in the midst of chaos.
- ☞ Directed by spirit rather than driven by circumstance or struggle.
- ☞ Assist to the helpless, the home for the homeless.
- ☞ A fully functional, loving, caring, human being connected to and exhibiting your highest potential.
- ☞ Self-empowered, self-directed, self-managed, self-duplicating, self-transforming, self-creating.
- ☞ Trained to perform **RET** with others to continue the cleansing and awakening.
- ☞ Experiencing life to its fullest, aware of the abundant beauty that surrounds us all.
- ☞ An explorer of the vast and infinite realm of possibilities for yourself and others.
- ☞ Living in lucid awareness of the *real* Self, the Source of all Light and life.

- ∞ Aware of your infinite capabilities, lovability, connectedness, and value.
- ∞ Aware of the teaching of your past, present, and future, integrated into one.
- ∞ Conscious and thankful for the mirror that life is to you.
- ∞ Present in the moment, recognizing that now is your point of power.
- ∞ Aware of your unlimited options.
- ∞ Aware of the **IAM** that **YOU ARE!**

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THE WEAVERS

*Quietly, just beneath the surface of awareness,
Those who love us in the way of oneness,
Gently, persistently,
Weave all the tattered loose ends of
Experience into a beautiful ethereal
Fabric that will be viewed only from
Beyond time and space.*
Sonja L. Hopkins

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