

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Rapid Eye Technology

July 1, 2009

Have you had the experience of treating a disease and “*doing all the right things*” yet not seeing the results? There may be an element that is missing. To achieve *wholeness* in healing, all aspects of our being (physical, mental, emotional and spiritual) must be addressed. These aspects are inseparably connected and influence each other. In striving for wholeness, it is important to recognize that an imbalance in any one of these aspects directly affects the others. For instance when the physical body manifests discomfort or disease (“dis-ease”), it is often sending a message that there is a need to balance or eliminate some belief or feeling that resides in the spiritual, emotional and/or mental aspects.

At the leading edge of treatment for emotional stress and personal growth is a complementary healing process called Rapid Eye Technology. Rapid Eye Technology, often called RET, provides a natural, safe way to release stress and trauma. RET simulates REM sleep, your body’s own natural release system. This powerful quick release happens without reliving the trauma. RET accesses the whole body/mind/spirit system while in an awake state.



RET uses blinking, breathing and eye movement techniques along with rapid verbal communication and special imageries that affect a release of stressful emotions on many levels. RET provides education based upon simple universal principles for successfully managing and understanding life. These principles empower individuals to live a happy productive life by releasing negative beliefs, thoughts and emotions - all of which contribute to stress and dis-ease.

To watch a 31 minute video presentation introducing Rapid Eye Technology, click the link below. The presentation includes an interview with Ranae Johnson, founder of RET and owner of the Rapid Eye Institute in Salem, OR.

<http://www.rapideyetechnology.com/videos.htm>

I will be conducting a workshop on RET at the Dr. Christopher Centennial Celebration, August 1, 2009. I hope to see you there. For further information contact me at m_knuteson@snh.cc

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