

# Client Self-Care

*with*

*Rapid Eye Technology, Inc.*



# Rapid Eye Technology is...

- A technical, educational, and spiritual model of releasing trapped trauma and stress.
- *RET* facilitates release through a safe, natural process of emotional discharge that seems to simulate REM sleep while the client remains awake.
- Rapid Eye Technology addresses the physical, emotional, mental, and spiritual levels.
- Rapid Eye Technicians do not counsel or diagnose. We simply do a process of movement of eyes with verbal input to release the trauma.
- Anyone can be trained to be a Rapid Eye Technician.
- *RET* works in conjunction with client's doctor or therapist.
- Our natural ability to discharge emotional issues with our eyes has only recently become accepted by the medical community.
- Joseph Tecce of Boston College, a neuropsychologist and expert on blinking, states that, "The more uncomfortable or unpleasant the situation the more often we blink."
- Research suggests that when we feel emotional upset, we begin to blink at a different rate.
- Rapid blinking in a *RET* session puts a client in a state of balance – light/dark/light/dark.
- When the body is in a state of balance, everything out of balance begins to release. The eyes are truly the windows to the soul.

# Your RET Sessions



Your first several sessions provide an opportunity for you to release the emotional stress around different kinds of issues.

The following sessions assist you to identify your sponsoring beliefs that continue to form the uncomfortable patterns in your life. A pattern is simply a strategy developed to deal with situations in order to survive. Some patterns have served you well.

You can tie your shoes and brush your teeth. These are patterns. You now have the opportunity to deal with the patterns that are uncomfortable or not working well for you.

In a few sessions of Rapid Eye Technology, you can release the emotional stress and triggers that may be connected with any noneffective patterns.

Stress release is one of two components of Rapid Eye Technology. The other component is the *Skills For Life*.

*Skills For Life* produces the cognitive part of the technology. If you always do what you have always done, you will always get what you have always gotten from life. Thinking and behaving in the same way as you did in the past will produce the same results in the future.

*Skills For Life* allow you to create your life from a new perspective. As you experience your *RET* sessions, you will also be working in a *Skills For Life* workbook. The workbook describes general principles and provides self-exploration opportunities. You can find new ways to look at your life.

With the emotional stresses released and some new *Skills For Life*, you can then consciously create effective patterns. You can have everything you choose to experience.

# After Your RET Sessions

Communicate with your technician. Feel free to call with questions or concerns.

**Grounding:** You may feel a little disoriented or dizzy after being in a session. Grounding is the process we use to reorient you to the present moment and to your body. Before driving home, amplify the grounding done by your technician by doing something else physical i.e., drink water, eat something, take a walk...



**Physical Support:** Drink lots of water. Ideally, the body requires at least eight 8 oz. glasses of water for a 120 lb. person per day. (An additional 8 oz. for every 20 lbs. above 120) Water assists the body to release toxins. *If you have had heart failure or your doctor has told you not to use salt then disregard the following:* Add ¼ teaspoon Sea Salt per quart of water to assist the body in distributing the water and oxygen to the cells. Also adding it to foods as seasoning will assist in keeping your body in balance.

Also, for a quick pain release, asthma, or allergy attack, drink one glass of water and then place ¼ teaspoon Sea Salt on the tongue and follow with another glass of water. Sea Salt is a natural antihistamine. *USE SEA SALT ONLY IF YOU DRINK LOTS OF WATER.*

Eat foods that nourish and support your body. Vitamin B strengthens the nervous system and increases the body's ability to manage stress. A warm ginger bath promotes physical and emotional release. (3 Tbsp. ginger per tub of bath water)

At The Rapid Eye Institute, we recommend QMax from **QSciences**... this supplement gets the gut working to absorb, and the brain gets additional nutrition and many feel it helps balance mental health.

**Emotional Support:** If uncomfortable emotions surface, acknowledge them by carrying a notebook and making an entry under issues to be run

for the next session. Let the emotions surface with acceptance and release them with intention. You can facilitate this by doing an *RET Emergency Process*, tapping, or eye patching.

Practice letting your mind be totally still by visualizing yourself floating on a raft down the river or go to another relaxing scene. Allow your thoughts to go to different parts of your body and acknowledge how grateful you are for their functions and services and grant your permission for the body to rest.

A clean, uncluttered bedroom allows the mind to rest, instead of cataloging. The Chi life force energy can move freely. Open a window slightly to allow old stale energy processed during sleep to escape. This promotes a restful sleep cycle, and you awake feeling refreshed.

We also recommend Peace and Calming essential oils from Young Living.



## **Teach Your Body How to Express**

Experiment with crayons, paints, clay, and other means of expression. This assists in developing a clear idea on your particular source of your depression and ways to release it.

This is a great way to express your issues without fear of judgement. One way to do this is to acknowledge every emotion that comes up and notice where you feel it in your body. Allow it to express and release itself instead of stuffing it. Thank your body for showing you that it has been out of balance.

## **Pain Buster**

Focus on the center of the physical or emotional pain in your body. When you get to the center imagine it bursting. Then go to the center of what is left and imagine it bursting again. Continue going to the center of what is left and bursting it until there is nothing left to burst. Imagine light pouring into that area filling it with love.

## RET 4-Step Self-Care Protocol – Client Homework

### *\*(Step 1) Energy Realignment*

When tapping, tap approximately 10X on each point while saying **“Release, release, release.”** Only when you are tapping on the side of the eye (temple) you say, **“Stop it, stop it, stop it.”** (Everything you say out loud is in **“BOLD and QUOTES”**).


*Release on the meridian points by tapping on –*

~ Tap above both eyebrows, say **“Release, Release, Release.”**

~Temples, say **“Stop it, stop it, stop it.”**

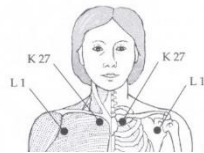
~Top of cheek bones under eye, **“Release, Release, Release.”**

~Under nose and under bottom lip (use both hands to do both places as the same time.) **“Release, Release, Release.”**

~Karate chop (tap outer sides of the hands together), **“Release, Release, Release.”** 

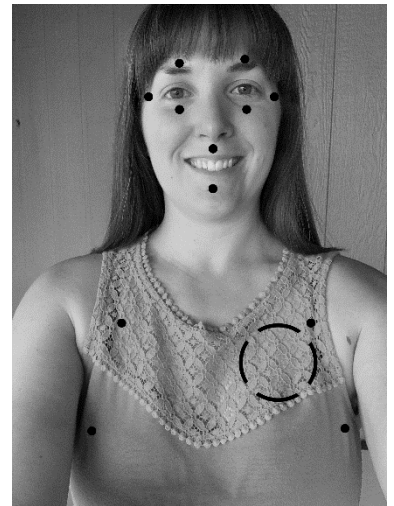
~Gamut points (Left hand always first then right hand, tap between little and ring finger knuckles), **“Release, Release, Release.”** 

~One inch below the collar bone on the L-1 meridian points, **“Release, Release, Release.”**



~Under arm (find the tender spot in the armpit), **“Release, Release, Release.”**

Then do the reframe on next page:



## Reframe

When finished with the meridian tapping put your right hand into a soft fist over your heart (like saying the pledge of allegiance) rubbing in a clockwise circle while saying the reframe.

- A. ***“Even Though I have felt \_\_\_\_\_, (say whatever you want to release and trade out) I deeply and completely love and accept myself.”*** (Past)
- B. ***“Especially When \_\_\_\_\_, (say whatever you want to release and trade out) I choose to love and accept myself.”*** (Present)
- C. ***“From this point on and into the Future, I create \_\_\_\_\_.”*** (say whatever you would like to create instead) (Future)

## *\*(Step 2) IRT (Immediate Release Technique)*

**I trade in MY \_\_\_\_\_ (use strongest negative)  
for \_\_\_\_\_.** (strongest positive)

Tap on all meridians again saying while tapping,  
**“I trade in MY \_\_\_\_\_ for \_\_\_\_\_.”**  
repeating 3X.

*Release on the meridian points of the —*

~ Tap above each eyebrow, move your eyes back and forth and repeat statement 3 times.

~Temples (**“Stop it, stop it, stop it”**), move your eyes back and forth and repeat 3 times.

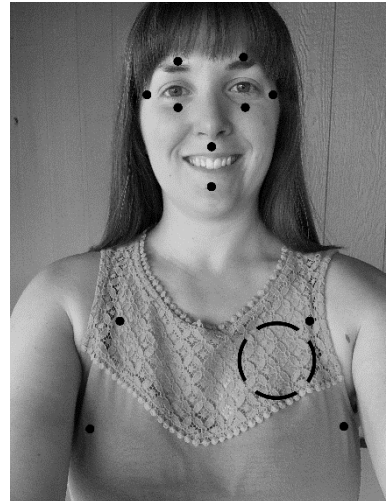
~Top of cheek bones under eye, move your eyes back and forth and repeat statement 3 times.

~Under nose and under bottom lip (use both hands to do both places at the same time), move your eyes back and forth and repeat statement 3 times.

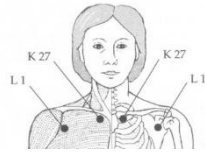
~Karate chop (tap outer sides of the hands together,) move your eyes back and forth and repeat statement 3 times.



~Gamut points (Left hand always first then right hand, tap between little and ring finger knuckles), move your eyes back and forth and repeat statement 3 times.



~One inch below the collar bone on the L-1 meridian points, move your eyes back and forth and repeat statement 3 times.



~Under arm (find the tender spot), move your eyes back and forth and repeat statement 3 times.

Then do the reframe below:

### Reframe

When finished with the meridian tapping put your right hand into a soft fist over your heart (like saying the pledge of allegiance) rubbing in a clockwise circle while saying the reframe.

- A. "Even Though I have felt \_\_\_\_\_, (say whatever you want to release and trade out) **I deeply and completely love and accept myself.**" (Past)
- B. "Especially When \_\_\_\_\_, (say whatever you want to release and trade out) **I choose to love and accept myself.**" (Present)
- C. "From this point on and into the Future, I create \_\_\_\_\_." (say whatever you would like to create instead) (Future)

### *\*(Step 3) Emergency Process*

This gets everything left in your field out of your energy field.

- A. While holding your head still, looking back and forth ear to ear, repeat saying 10 to 20 times, "**Release, release, release,** etc."  
This allows communication between *Left and Right brain modes*.
- B. Close your eyes tight, open, tight, open, tight, open 3 times only.
- C. Take a deep breath in through your nose. Exhale through your mouth open wide while toning. Do this 3 times.



### \*(Step 4) Eye Patching

- There are two types of Eye Patching. One is *therapeutic for brain balancing*. This is where you patch at least 15 minutes per day on each eye. Hopefully, you will want to patch twice daily working up to 30 minutes on each eye, letting one side of the brain do all the “heavy lifting.”
- The second type of eye patching is used to *calm yourself when feeling triggered*. If this is the first time you are using Eye Patching, start by putting the patch on your eye for 5 minutes then switching to the other eye. You will find that one of your eyes will feel more comfortable with the patch on. It may take a few times of patching to discover which is your comfortable eye. If you never feel a difference, then patch the right eye when using it as self-care.
- When you use it to calm down your thoughts such as anxiety and need to break state, put the patch on the comfortable eye.

For more information contact:

RET Technician

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

The Rapid Eye Institute

503-399-1181

[www.rapideyetechnology.com](http://www.rapideyetechnology.com)