

What is Rapid Eye Technology:

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***Rapid Eye Technology** was developed by Dr. Ranae Johnson, and is a process designed to simulate REM sleep in a waking state so that the conscious mind is present at the same time the sub conscious mind is, allowing saved experiences to be processed, released and receive new perception of the event. The experience is still the same, but the perception or feelings have shifted, allowing you to choose again. Your future then has potentially unlimited possibilities instead of being limited from your past energy imprints.*

Rapid Eye Technology (RET) was developed in Salem, Oregon at the Rapid Eye Institute by Dr. Ranae Johnson, PhD. outside the psychological milieu; however, it is now being recognized by professionals the world over as a profound asset to psychotherapy.

Therapists have long struggled with the dilemma of breaking down the patient's repression of deeply-stored trauma in the time allotted to each session; in many cases, trauma has occurred so early as to be undetectable even to the best attempts cognitive psychotherapy can make to unearth it. Rapid Eye processing seems to take the patient neurologically to the sites where neural distortions were created during trauma and causes shifts in the neuronal connections, basically undoing the original results of trauma.

How does RET work? The technician puts the patient into a relaxed or alpha brainwave state, utilizing an eye-catching device, he or she induces patterns in the peripheral vision of the patient that further refine the search for the source material in visual, auditory and kinesthetic areas of the brain. The patient is then told to blink the eyes, which effectively creates an on/off electrical stimulus, intensifying and apparently zooming in on the target neurons, alternately focusing on and discharging the material laid down there.

It is often during the blinking segment that he or she experiences surfacing emotions as the electro-chemical debris is released from its long storage. There are often sudden insights experienced during this segment or in the subsequent rest periods, when the conscious and unconscious minds effectively agree that "Ah, that wasn't really about me after all." A sort of objectivity occurs, as if the patient can now see from a higher perspective.

Why does RET work? Studies postulate various theories, but agree that the eyes are connected intricately with the limbic system and various storage areas of the brain—indeed the entire neurological pathway system. When we look up, we're accessing visual memory or re-creation, when we look to the side we are accessing auditory data, and when we look down we are accessing feelings. Since few clients know the original source of most controlling beliefs or emotions, it is profound that Rapid Eye seems to process both the original and every successive experience on the same neuro-pathway, whether or not the client has been consciously aware of them!

Regardless of the theories behind its effectiveness, the psychological benefit of eyelid blinking during therapy is dramatic and demonstrable. When blinking is coupled with movements to access various parts of the brain and patterns to assist the release of the trapped energy, the effect is extraordinary.

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What is the Voyager (light/sound machine)? I use the Voyager in conjunction with RET because of its ability to interrupt negative emotional response loops. Examples of such "loops" include anger, worry, deep grief, sadness, irritability, depression and PTSD. Let's say that you've had a tough day at the office. On your way home a driver cuts sharply in front of you without signaling, nearly causing an accident. You arrive at home with a "short fuse", growling at your children or spouse. You realize that you are experiencing an undesirable mental state, but don't know quite how to change it. All too often, the solution may be to have a few drinks or switch on the TV. A nap can be effective, but you don't want to take the time. What are the alternatives?

Before showing you how to reduce this sort of emotional response, let's examine what happens when an event has a negative emotional impact. When the event first occurs, you respond directly. So when your boss snarls at you, you respond internally, even if you cannot voice your response directly. The problem lies in what can happen next: you mentally "act out" the exchange a number of times, and respond emotionally to each of these imaginary events. This is what we call a negative emotional response loop, because you are repeating (looping) your emotional response in a series of make-believe events that can stretch out over hours or days. Often times you may not even be aware that this process is taking place. If your boss is a real jerk, then after a number of unpleasant encounters you may become upset just by being near him or her.

An awareness of your mental process is an important step in changing your emotional response. Another step is to interrupt the feedback loop. Sleep is an effective way to do this, which is why you often wake up feeling refreshed and renewed. Nobel Prize winner, Sir Francis Crick, hypothesizes that dreaming serves a necessary function by clearing away the various loops and impressions of the day on a synaptic level.

A much faster technique is to run a session with your Voyager XL. One of the Relax or Energize sessions should do, especially in the 10-30 minute range. The trick is to run a session that is long enough to divert and refresh you, but not long enough to put you to sleep. Why is this effective? The pulsing light and sound saturates your senses and constantly directs and diverts your attention towards the rhythms and patterns of the experience.