



# Life Renewal Institute Newsletter

Vol. 13

251 Stenton Ave., Plymouth Meeting, PA 19462

January 2008

*"Whoever acquires knowledge and does not practice it resembles him who ploughs his land and leaves it unsown." – Gulistan*



## New Year's Resolutions



### In This Issue:

- [Editor's Corner](#)
- [Blog Titles](#)
- [Upcoming Events 2008](#)
- [Why Small Groups Work](#)
- [Who to Contact](#)

**50% OFF SALE**

[Order Form](#)



**Sale Price: \$99.50**



**Sale Price: \$34.50**



**Sale Price: \$49.50**



**Sale Price: \$44.50**

"Got any fudge left from Christmas? Maybe some of those frosted Christmas cookies? she inquired."

"Wait a minute! I thought that you were going to give up sweets as one of your New Year's Resolutions," I responded. "What happened to your commitment?"

"Oh, it lasted until I got to your place and remembered the fudge I ate here on Christmas Eve. I'll start again tomorrow," she promised herself.

Sound familiar? If you're anything like me, it's all too familiar! It's fairly easy to make a resolution and even write it down on a list, but keeping it is another matter entirely! So why do we find it next to impossible to keep those promises we make to ourselves? We believe there's reason, and part of it is that most of us have lied to ourselves and/or denied our history for our lifetime. We fear telling ourselves the truth about the emptiness we are filling with fudge, cookies, or addictions of any kind? – "Too painful," you say? We say, "No pain, no gain!"

**Something is driving us to repeat the behavior we want/need to change. Change requires that we examine the reason we need to make a resolution and why we are stuck.**

Let's say that you want to give up a behavior that is causing you a problem. Perhaps you snip at your wife or make put-down comments to your husband. Now these are behaviors that need to stop, but the question is, why do you do it and why is it difficult at best, to stop? What is the underlying feeling, what memories of your childhood years are you replicating? Who taught you to be caustic?

You may have resolved to stop the sarcasm and the biting remarks, but how long does your resolve last? Most people say that it lasts until the next time they blow up or send out a barb, and that might be ten minutes away!

### What to do:

Give yourself a few minutes or maybe a few hours, to **look back to your beginnings** and recall from early childhood onward, who in your experience had a short fuse and a biting tongue. **How did it make you feel when you were the butt of their nastiness? How did you cope with the hurt?** Are you noticing that this is requiring more time than just making a resolution list? It's OK – just keep going . . .



**Write a letter to that person or those persons who hurt you.** Mind you, this is not a letter for sending, but one that will empty the feelings you've been carrying around. You see, the truth is that those who hurt you in the past did so because they had been hurt in their past – and on and on it goes, generation to generation as far back as you can imagine. Make sure that you include how you felt when they hurt you and the effect that behavior has had on **your** subsequent behaviors. Doing this work in order to eliminate a behavior that hurts yourself and others, definitely shows that you love and care for the one you hurt too often, and are committed to change. Simply making a resolution without doing the work of cleaning up your past is pure lip-service.



**Once you have done the writing (The hand will write what the mouth cannot speak) share your letter by reading it out loud to a trusted friend, pastor, counselor or your spouse.** Also, please note that this work can be done very well in a supportive small group like

*The Journey* or *Binding the Wounds*. This step will give the message back to your mind that you have in fact dealt with all the details of the old hurt. As a result, you no longer have to react or behave through the filter of your old pain, because the pain is gone!



**Burn, shred, flush or destroy the letter or keep it in a locked place – away from view.** This symbolizes that you have dealt with the old issue and are choosing to let the resentments burn or flush with the letter. The hurtful behaviors you've adopted will be destroyed too – not all at once – but you

will find that they are no longer necessary for your survival, and will drop off gradually, as your view changes.

## **YOU WILL WANT TO TAKE THE ABOVE STEPS FOR ALL THOSE WHO HAVE HURT YOU.**

**Now consider this:** Instead of making this resolution, this resolve (changing from dissonance or disagreement between beliefs and practices to consonance or harmony between components) as a yearly event, why not make the resolve a lifestyle? We usually make resolutions at the ending of one year and the onset of a new one, because it's the thing to do as a new year commences – it's an event. But, if we **really** want to create harmony out of disharmony, why not begin the process of understanding why and how the dissonance occurred and determine to make the needed changes toward harmony permanent? This is a process, not an event.

Of course the process of resolution requires a decision, but more than just a decision to change a behavior.

### **Resolve requires:**

- A willingness to examine one's current thoughts, feelings, behaviors and motives
- An in-depth look at the origin of them (your history) being honest with yourself
- Identification of the behaviors that are causing disease in the body, discord in relationships and lack of harmony in the life as a whole.
- Willingness to be open to change.
- Willingness to be accountable to others

**Another reason that we fail in keeping those resolutions is that we set our goals far to "pie in the sky" high!** Sure you might wish you could give up something to which you are addicted – "cold turkey" – but is that even sensible? The problem that took months or years to create, will not be repaired "overnight!" Believing that it can be changed with a wave of some magic wand, is setting yourself up for failure. The process may not look like leaps and bounds forward, but it is thorough and lasting!

You can set yourself up for success from January of 2008 onward, by deciding to begin a life-long program of telling yourself the truth, dealing honestly with others,

and recovering from and letting go of past injustices received that cause you to react in destructive or self-defeating ways. We would recommend The Journey for your resolve and its process.

### **Bottom Line:**

The turning of disharmony into harmony is a process, not an event. Those who make it an event inevitably fail, but those who resolve to change life around by character reformation, begin a successful process that will last a lifetime. Granted the results may not be immediate, but they are guaranteed, especially if you have help in the process. That's what the small group for recovery is about. There you have direction, a plan, guidance and support to see to it that you arrive at your destination – and isn't your destination the experience of peacefulness, harmony and love?

Contact us at [www.yourLRI.com](http://www.yourLRI.com), and we'll do what we can to plug you into a small group for The Journey of a lifetime.

Bon Voyage!

## **Editor's Corner**

---

Where did 2007 go? It seems just yesterday that it was New Year's Day 2007. As I look back over the past year and evaluate, it has been a good year with many challenges, changes, growing pains, exciting times, adventures, etc. Most of all it has been my 8th year of discovering why I could never keep my resolutions to be a better wife, mother, friend, employee, co-worker, etc. My New Year's resolution for this year is to continue on the path to wholeness that God planned for me from the beginning.

We at LRI would like to wish each of you a Happy New Year and invite you to join us on the Journey to wholeness. Contact us and we would be happy to help you acquire the tools and support you in any way we can on your Journey. Contact me at [audrey@yourlri.com](mailto:audrey@yourlri.com) with questions, comments, and suggestions.

*Audrey Woods*

### **December blog titles:**

- "Over the River and Through the Woods..."
- "Grandmother's House—We Go"
- "Love Can Turn the World"
- "Sometimes Love Hurts"

## Upcoming Live 2008 Events

Date	Place	Seminar
Jan. 19—20	Miami, FL	Attachment
Jan. 26 – 27	Santa Rosa, CA	Acceptance
Feb. 1— 2	Ventura, CA	Attachment
March 22— 23	Portland, OR	Abuse
April 12—13	Chattanooga, TN	Attachment
April 18—19	Ventura, CA	Acceptance
May 26—30	Apopka, FL	Camp meeting
June 9—15	Mt. Vernon, OH	Camp meeting
Sept. 5—6	Ventura, CA	Abuse

## WHY SMALL GROUPS WORK

- BOND WITH OTHERS
- ACCOUNTABILITY
- SUPPORT
- DEEPER RELATIONSHIPS



Have you thought about joining a small group, but not sure if it would be a good idea? Small groups are a safe and supportive environment in which to grow emotionally and spiritually. [Click here](#) to find a group in your area.

Ever thought about facilitating a small group, but don't know how or are afraid you can't do it? [Download](#) our facilitator training videos+ other written training materials from the facilitator's resources page. You will need to [register](#) first as a facilitator to be able to access these pages. Personal info is never shared outside of LRI without your specific permission.

### Who to Contact:

#### Editor:

Audrey Woods  
[audrey@yourlri.com](mailto:audrey@yourlri.com)

#### Product Orders:

Chana Kostenko  
 1-888-800-0574

#### General Info:

[liferenewal@comcast.net](mailto:liferenewal@comcast.net)

#### Planning a Live

##### Seminar:

Audrey Woods,  
[audrey@yourlri.com](mailto:audrey@yourlri.com)

Vic Kostenko,  
[vic@yourlri.com](mailto:vic@yourlri.com)



**WELCOME:** to our new friends from [My Space](#). Thank you for adding us. If you have a profile on My Space but haven't added us yet, we would love to have you as one of our friends. Send us a friend request. On our profile you can read [our blog](#), watch videos, send us messages, read and post comments, and meet other friends who are interested in recovery. Help us meet new people. Tell your friends about our profile.



Visit Ron and Nancy's



Copy this code and paste into you're My Space profile where you want the Life Renewal Institute banner and link to appear.  
`<a href="http://www.yourlri.com" target="_blank"></a><br>Where knowledge merges with understanding, creating hope and change.<br>`

\*\*Note: All pictures used with permission

**50% OFF SALE**

**50% OFF SALE**

**50% OFF**

**50% OFF**

**50% OFF SALE**

**50% OFF SALE**

**50% OFF SALE**



**\$34.50**

6 CD Set. Live Seminar (Audio). Why we need to attach to others, and how we do it. Includes a printed outline.



**\$99.50**

Experience this Live Seminar on DVD as if you were there with the Rokeys and the audience. Includes seminar outline booklets.



**\$49.50**

6 CD audio of seminar to assist you in identifying the experiences of your past that cause your thoughts, feelings, and behaviors today. Includes a printed outline.



**\$44.50**

9 CD audio seminar explaining parent/child relationships and provides tools to recover from the damage done in our early years. Includes a printed outline.

Get a head start on your Christmas shopping. Phone orders only. Call 1-888-800-0574. Price listed reflects discount.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Visa/MasterCard \_\_\_\_\_ Expiration Date \_\_\_\_\_  Check attached # \_\_\_\_\_

**Orders over \$100=Free Shipping - or - add \$6 for first item and \$2 for each additional item**

#	Title	Amount	Taken	B/O
	Belonging	\$12.99		
	Bold Love	\$13.99		
	Boy Who Was Raised as a Dog	\$26.00		
	Breaking the Cycle of Divorce	\$19.99		
	Changes That Heal	\$12.99		
	Changes that Heal – Workbook	\$12.99		
	Chosen	\$12.99		
	En Casa – Belonging translated to Spanish	\$12.99		
	For Men Only	\$14.99		
	For Women Only	\$14.99		
	For Young Women Only	\$13.99		
	Freedom from the Grip of Fear	\$12.99		
	Gift of Forgiveness	\$12.99		
	Healing the Scars of Emotional Abuse	\$12.99		
	Heart Speaks	\$14.00		
	Hearts Code	\$14.95		
	His Needs – Her Needs	\$19.99		
	His Needs – Her Needs (audio book)	\$39.99		
	Inside Story	\$5.95		
	Invisible Bond	\$12.99		
	Lies at the Alter	\$24.95		
	Living Successfully with Screwed-Up People	\$12.99		
	Loving Your Child too Much	\$21.99		
	Magical Child	\$15.00		
	Magical Parent – Magical Child	\$17.96		
	Managing Emotions	\$9.95		
	New Brain	\$14.95		
	Nurturing the Unborn Child	\$15.95		
	Parenting the Heart of Your Child	\$13.95		
	Pre-Parenting – Nurturing your Child from Conception	\$14.00		
	Sheet Music	\$12.99		
	To Be Told	\$18.99		
	To Be Told – Workbook	\$11.99		
	Unbreakable Bonds	\$16.99		
	Why You Do the Things You Do	\$13.99		
	Wounded Heart	\$14.99		
	Wounded Heart - Workbook	\$15.99		
	<b>Subtotal of Books</b>	<b>\$</b>		
	<b>Subtotal of Workbooks and AV from Reverse</b>	<b>\$</b>		
	<b>TOTAL DUE</b>	<b>\$</b>		

#	Title	Amount	Taken	B/O
	22 Week Notebook - Binding The Wounds	\$25		
	22 Week Notebook in Spanish - Binding The Wounds	\$25		
	22 Week Small Group – Binding The Wounds – DVD + 2 Notebooks	\$249		
	22 Week Small Group in Spanish - BTW – DVD + 2 Notebooks	\$249		
	Belonging – CD	\$69		
	Binding The Wounds – CD – audio seminar	\$99		
	Binding The Wounds – DVD – video seminar	\$199		
	Connecting – CD	\$89		
	Created for Success – DVD – with 2 workbooks	\$199		
	Journey to NAI – facilitator copy	\$30		
	Journey to NAI – student copy	\$10		
	Passenger Lesson Guide DVD	\$149		
	Passenger Notebook	\$49		
	Mode Lesson Guide DVD	\$149		
	Mode Notebook	\$49		
	Route Lesson Guide DVD	\$149		
	Route Notebook	\$49		
	Macaroni Pin	\$4		
	<b>Subtotal of Workbooks and AV</b>			
	<b>Enter Amount on Front</b>	\$		

**Life Renewal Institute**  
**251 Stenton Avenue**  
**Plymouth Meeting, PA 19462**

