



# Life Renewal Institute Newsletter

Vol. 7

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*"Friends are angels who lift us to our feet when our wings have trouble remembering how to fly"*

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## Editor's Corner:

True freedom - the ability to make choices based on right and wrong. I watch my daughter and son-in-law with their children and marvel at how well they are teaching them how to make choices. Their three year old knows when given two choices, he must decide and then bear the "consequences" of his choice and the majority of the time, chooses wisely. He is developing his own individuality with their guidance. Why do they do such a good job at it? Sad to say, certainly not because they were raised that way. At least not my daughter. She was given very few choices in her early years, but has worked diligently on her recovery and is breaking the cycle with her children.

Ron and Nancy explain more in their article, "True Freedom" below. Also, check out our upcoming events, LRI Connect, Announcements, Facilitator's Corner and more in this edition of the newsletter. I would love to hear back from you with comments, questions, or suggestions. Please email me at: [audrey@yourLRI.com](mailto:audrey@yourLRI.com)

*Audrey Woods*

## Coming Soon

- More personal testimonies
- Event planning tips and materials
- Group discussion aides
- On the web – how to contact a facilitator in your area.

## A Note....

Dear new New Mexico Friends;

What a wonderful time we enjoyed with you at the Texico Campmeeting in Glorieta. It was great to meet "old" friends and to make new ones, as we shared together in the 3-Day seminar with Dan Matthews. For us, working with Dan again felt like "Old Home Week" and was very enjoyable.

Be sure to refer to your notes, your bookmarks with the phone number, Life Renewal Institute's [website](#) and your list of recommended reading and products available to you from us at [Life Renewal Institute](#).

Remember, you are definitely worth [The Journey](#) of healing that will take you and your relationships to a place of wholeness and fulfillment. Let us hear from you! And be sure to check us out on [MySpace](#).



Blessings!

*Ron and Nancy Roeky*

**\*\*\*Note:** We would like to welcome our new friends from [My Space](#) and thank you for adding us. We enjoy meeting new people. 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.

*"Courage does not always roar.  
Sometimes courage is the quiet voice  
at the end of the day saying,  
"I will try again tomorrow.""*

*-Mary A. Radmacher*

## Announcements

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Want to keep up with Ron and Nancy and what they are doing? Check out the weekly [blog](#) postings. Blogs for this past month were:

- Friends
- A Pocket in the Sky
- Together Again
- Life Puzzles

Are you a big fan of You Tube? [Watch our video](#) there.

## True Freedom

*By: Ron and Nancy Rocky*

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Fireworks, burgers and hotdogs, potato salad, watermelon and ice cream – remind you of anything? It should remind you of a holiday that we as Americans celebrate in the summertime, and often combine with another celebration – a vacation (freedom from the daily routine) What is the reason that this particular festival is celebrated with the bang and spectacular sight of fireworks? Apparently, families, towns, organizations and even countries feel that this particular holiday is worthy of a great expenditure of money and a great deal of planning!

I remember taking our girls along with another family to downtown Boston's Charles River Esplanade for the Boston Pops 4th of July concert. Music accompanied fireworks at the concert's end. We sat on a blanket along with thousands of others who had come to belt out the Star Spangled Banner, wave and cheer the American flag, and be thankful for our freedom from the old tyranny of England. What better place to celebrate that particular holiday than the city where English tea was dumped into the harbor in defiance of the British restrictions.

**Freedom has always been sought after.** At the time of Christ, the Jews were in bondage to the Roman Empire, and sought to be free of the restrictions imposed by that government. When the pilgrims left England in search of America, they did so because they wanted to be free from the religious restrictions in their homeland. During Communism, Russians and all others living under that regime, were bound by authoritarian governmental rule, watched and pursued by the Gestapo

twenty four hours a day. Christians were persecuted and restricted from meeting together. They dreamed of freedom to come and go and to worship as their hearts dictated, rather than having to meet in a clandestine manner.

Liberty, autonomy, independence, choice – these are all words that denote our country's freedom as well as the individual freedom to which each human is entitled. God gave it to us at creation, but down through the ages, selfish and greedy men and women have asserted their "right" to control each other, thus stripping mankind of choice – freedom.

Because of cultural, religious and family traditions, passed down through the generations, layer upon layer, we have come to the place where true freedom is again in question. **Are you really free to be who God designed you to be** or are you bound by the experiences and mindsets of those who came before you – especially those who had direct influence on your life?

Are you aware that by age three, the part of your brain that contains and stores emotions (the amygdala) is set in place? The myelination of the neurons in that component of the brain causes what was laid into the amygdala in those first three years, to be permanently placed there. According to Joseph Chilton Pearce, author of *Magical Child*: *"Throughout the first three years of a child's life, the amygdala lays down its resonance repertoire of negative experience, and at around age three this selective storehouse myelinates, its function becoming permanent. For the rest of the child's life it will quietly compare current events with its negative template, informing the brain as needed. The vast sweep of this watchdog censorship and signaling goes on below our awareness. . . much amygdala activity is subtle, functioning through automatic, habitual patterns of thought or behaviors of which we are hardly conscious until those responses are upset."*

Our instincts are set there in the amygdala based on the experiences and interactions we have had in the womb and those first three years of life. We react out of those memories rather than out of the present moment, so the question is, are we really free? Wouldn't actual freedom be the state of making decisions based on what is right and good rather than what previous generations of dysfunction have dictated?

Do you recall the story about the woman who was preparing a roast and was about to cut the two ends off before putting it in the pot? Stopping for a moment, she asked herself just why she needed to remove both ends. She remembered her mother doing it, so she called her mother. Mother said that her mother had always done it this way, so she agreed to ask her mother why. Finally when Grandmother was contacted, her reply was, "I cut

off the ends in order to make the roast fit into my pot.” Here in this story, two succeeding generations of women had been doing what they saw done in childhood, without sensible reason. They were just copying the previous generation.

True freedom, the ability to make choices based on right and wrong, dictated through the conscience and based on solid healthy principles, is the “right” of all men and women. Those who have been through a process of looking at how life experiences and previous generations have orchestrated or dictated their thoughts, feelings and behaviors, are the ones who can truly be free. For sure, we cannot change history, and just blaming others does not serve us well, but we can change our responses and reactions to the past. We do not have to continue living under the circumstances in which we find ourselves.

Just like the pilgrims of old who crossed the ocean to find freedom and the brave men and women who escaped from the governmental control of communism, we can break free. Knowledge of what created our circumstances and what formed our thought patterns and resulting behaviors can give us what we need to be free – choice. We can choose to remain enslaved by the control we allow others or the past to exert over us, or we can chose to break free, living the life of selfless service to each other for which we were designed.

That’s cause for a giant picnic – watermelon, ice cream and all! So when you gather with family and friends to party on the 4th, celebrate the freedom you attained through recovery as well as America’s Day of Independence. And if you have not attained emotional freedom, get involved in a group who are on The Journey. On that adventure, you can become free indeed!

## Upcoming Events

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
Oct 12-14	Jacksonville, FL	Attachment
Nov. 3-4	Walla Walla, WA	Abuse
<u>Coming 2008</u>		
Jan. 26-27	Santa Rosa, CA	Acceptance
Feb. 9-10	Portland, OR	Abuse

[Click here](#) for more details or to register.


## Facilitator's Corner

*Excerpts from Karie Klim*

“I have some tips on motivation. This is my third year running the Rockey’s program—two years of Binding the Wounds and one of The Journey. We hold our meetings at the church on Saturday afternoons, watch the video in the sanctuary, split for classes, and come back to the sanctuary for a wrap up.

All of the years we’ve had the program running, we have had late arriving people and those who leave prior to the wrap-up, no matter how much we emphasize to be there on time or to stay for the complete session. This year, with the event of the new program, I started a theme of door prizes. For those who arrive on time, they put their name into a container for a drawing at the wrap-up. This in itself has helped tremendously. I struck on a theme of inexpensive door prizes that take our participants back to childhood and there is an object lesson with each item that is given away. Each week I give away 2-4 door prizes. Here’s a list of simple items and the object lesson of each that people hang around for:



- **Jelly Beans:** You must taste what is good before you can give it away. We had good tasting jelly beans and Bertie Botts jelly beans (terrible tasting candies that have flavors such as...ear wax, dirt, rotten eggs, etc.). If you taste more of what is good, that is what you can give more and more of to others. If you eat that which tastes awful and causes pain, that is what you share with others. You can’t give what you don’t have or have never experienced. God wants you to have tasty experiences. Take care of your emotional “sweet tooth” and be happy. Don’t deprive yourself of the treats of life: love, respect, attention, appreciation, belonging, etc.
- **Animal Crackers:** Be aware of inner hunger and take care of it right away. Listen for cries for need of emotional nourishment....
- **Canned Baby Food:** Again, feed yourself and take care of the hunger pains.
- **Baby Wipes:** If you mess up, there are resources to help clean up.
- **Yard-long Bubble Gum:** It’s not a necessary item for life, but can be a lot of fun. Try to take a break from seriousness for the fun of blowing a bubble that breaks across your entire face. Laugh! 

Just take a look down the aisles with products for children and there are plenty of items that are very cheap and keep people excited to stay until the last minute. The products in the store prepared for the needs of a baby show the validity of taking care of the baby, so why not take care of yourself and avail yourself of the resources God has provided for your needs to be met?!!

The class has been having so much fun anticipating what the door prize for the next week is....The activity may seem rather superficial, but it has given the whole group a chance to bond, learn how to relate to each other socially, and brings in lessons on having fun together and loosening up after the vulnerability of the class sessions. What we have also noticed is that people have arrived on time and stay until the class is over.

## Inner Peace

By: Suzanne C.



*From the corner of my darkness*

*I can see a glimpse of light.*

*A beam of hope begins to feed*

*~my hungered freedom~*

*Freedom from the broken spirit*

*that haunts me.*

*Struggling to escape from my bondage*

*~yearning to soar again~*

*I open my eyes wide~~*

*allowing every glorious ray*

*to consume me.*

*My heart strengthens by the intensity*

*And my spirit is reborn~*

*~~I am back~~*

*and I love my reflection.*

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## Your Turn

Do you have a personal testimony you would be willing to share?

How has working on your recovery changed the way you live?




How long have you been in recovery or are you new to the process?

Any advice or suggestions for others working on their recovery?

Click on any of the questions above to answer it. If you have any other comments, suggestions, questions, etc. please send them to me at: [audrey@yourLRI.com](mailto:audrey@yourLRI.com)

## LRI Connect

Want to get involved with an online discussion/support group? Want to meet others who are going through some of the same things as you? Join [LRI Connect](#); a discussion forum where you can voice concerns about life issues, and receive advice and feedback from other LRI participants. If you haven't joined us there yet, please do so. There are 5 forums with multiple topics under each:

	Forum	Topics
	Relationships	7
	Rejection	5
	Abuses	2
	Recovery Programs	4
	Blog Responses	3

**Some of the topics include:** marriage, friendships, major depression, ended relationship, drug abuse and addiction, divorced/forgiven, rebellious children, verbal abuse, physical abuse, for women only, for men only, and more.

If you don't see the topic you are interested in, you can post a new topic in one of the 5 categories. You will need to register the first time. For privacy and confidentiality of all LRI members, please sign up with a username other than your real name. [Click here](#) to get started.



\*\*\*\* Want to put a link and small banner like this on your My Space Page? Copy this code and paste into your profile where you want the link to appear.

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<A  
HREF="http://www.msplinks.com/MDFodHRwOi8vd3d3LnlnvdXJscm  
kuY29t"TARGET="_blank"></a>  
<br>Where knowledge merges with understanding, creating hope and  
change.<br>
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