



Life  
Renewal  
Institute

LRI Newsletter

September 2006

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## **Introduction**

Here we are, Newsletter # 2! You may remember me from last time – I'm Karen, the editor of the Life Renewal Institute (LRI) newsletter. First of all, thanks for the great response to our first edition. I hope you enjoyed our effort. We're working hard to keep this communication timely and useful for all of you. Second, please remember that we continue to ask for your input. We're really working to improve our web site. One weak area is the testimonies. So many of you have told us stories over the years but they were often in person or on the phone. Would you be willing to write your story for other to read? Others are encouraged with what they read about people just like them. You can bring hope to many others. Send your story to [Karen@yourlri.com](mailto:Karen@yourlri.com).

We've been busy! As you recall, Drs. Ron and Nancy Rockey were asked to speak at the prestigious the International Congress on Parental Acceptance and Rejection that was held in Istanbul, Turkey, June 22-24, 2006, to present their program for recovering from damage done to us during our early years. Some of us had wonderful childhoods, and some were otherwise, but we all manifest the effects of the circumstances surrounding our conception, birth, and how our needs were *(or were not)* met. This was an exciting chance for Ron and Nancy to share information with other professional researchers on the effects of parenting and rejection. Ron and Nancy offered insight into our new program, "The Journey", to show how one can not only identify the issues affecting our lives, but most importantly, what we can do to correct the course of our

lives going forward. I often remind myself of Ron's mantra, "IF YOU ARE TEACHABLE, YOU ARE FIXABLE".

Remember, our seminars fill up quickly! EIDO, especially, has limited seating. *If you're in the greater Philadelphia, PA area in November, call us @ 888-yourlri (888-800-0574) to register now!*

## **News from Nancy**

I think that we are finally "coming around" after this whirlwind trip to the other side of the world. It was fabulous! Exhausting! Exhilarating! We experienced so much of Turkish and Russian culture. WOW! The greatest thrill was to see how desperate the Russians are for healing and recovery, and how willing they were to sit through a three day seminar, ask questions through an interpreter, and be very willing to enter the follow-up recovery process. We are in the throws of getting supplies to Russia for translation, so that recovery can begin there. We do have many pictures and varied stories. I am working at writing about all of our experiences, and will bring more in future updates.

For now, I want to tell you about the importance of human touch. The warmth of human touch is something that we all think we understand. Many of us have warm memories of cuddling with Mom, rough-housing with Dad, and hugs and cheek-pinches from relatives at holiday dinners. Not all of us, however, share those experiences, and may not truly know how to reach others with a loving touch.

Tiffany Field, Director of Touch Research at the University Of Miami School Of Medicine, and her team of researchers, have made an extensive study of touch, or lack of it, and its effect on human beings. Read the full article by clicking here... <http://www.yourlri.com/blog.cfm>.

## **What's New at LRI**

We're re-working our Products section, so that you can search by topic as well as by the category. For example, you can now scroll through "Marriage and Relationships", "Abuse", etc. If you prefer, you can still view materials presented by category, i.e., type of media format (books, CDs, etc).

See for yourself! <http://www.yourlri.com/store/products.cfm>

Check out our new book – "Why You Do the Things You Do", by Dr. Tim Clinton and Dr. Gary Sibcy. This is it – the book that explains in more detail how we form various types of attachments to others as children, and how that results in different relationship styles in our adult lives. Learn more about how you can understand and change your style of interaction – learn the secret to healthy relationships.

Click here... <http://www.yourlri.com/store/category.cfm?type=cat&id=6>

Visit the Products section on our website to see our complete selection of books, CD's, DVD's, and other training materials available to help educate yourself in the process of recovering from the damage and wounds received in your early life. Start your new life today!

## Upcoming Events

September 29 – 30	Nashville, TN	The Passenger Seminar
October 27 – 28	Manassas, VA	The Passenger Seminar
November 3 – 5	Walla Walla, WA	The Passenger Seminar
November 12 – 18	Philadelphia, PA	EIDO
January 27 – 28	Calistoga, CA	The Passenger Seminar
February 2 – 3	Portland, OR	The Passenger Seminar
Early 2007	Arizona	EIDO – stay tuned

Get more details about these exciting programs at our website:  
[www.yourlri.com/seminars.htm](http://www.yourlri.com/seminars.htm) and [www.yourlri.com/images/e-brochure.pdf](http://www.yourlri.com/images/e-brochure.pdf)

## LRI Connect

Share your thoughts and questions with others on the conversation part of our website. You'll see a variety of topics available for discussion, or add your own! A simple log-in takes you to the forum to share, ask questions, and learn from others.

LRI Connect was created by you, for you, and needs your input to continue to grow! Please help us expand our discussions by visiting frequently, and posting replies. We've started with four general categories to help start the discussions - feel free to jump in where you have something to add, or even start your own topic and get a new discussion going!

This is where we need to hear from you – what changes have you seen in your life since you started the process of recovering from the wounding you received? What do you need help with, or still have questions about?

If you're new to this type of discussion forum, you will need to register. Please be assured that everything is completely confidential – the only identifying info that appears online is the screen name that you have chosen for yourself – not your name or e-mail address. Your screen name also serves as your password.

If you've registered previously, and forgotten your screen name, we can help you with that as well, following the instructions provided.

Follow me to LRI Connect: [www.yourlri.com/lricconnect.htm](http://www.yourlri.com/lricconnect.htm)

**Contact me** with your comments or questions on the LRI Newsletter – I'd love to feature your experiences in upcoming editions. Hit "Contact Us" on our website, [www.yourlri.com](http://www.yourlri.com), or e-mail me directly at [Karen@yourLRI.com](mailto:Karen@yourLRI.com).

## **Coming next time...**

Latest research from the scientific world of research into parenting and rejection, and how we can get past our problems...

EIDO – what is it? What can it do for you? How can you get involved? Hear from those you have experienced this life-changing event! We've got two EIDO sessions coming up on the schedule – stay tuned! Registration is limited, and filling up quickly!

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