

6-2006

## 2006 June-Newsletter

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### Recommended Citation

Rockey, Nancy, "2006 June-Newsletter" (2006). *Life Renewal Archive*. 2.  
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# LRI Newsletter

June 2006

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## Introduction

Hi! My name is Karen, and I'm the editor of the newly-launched Life Renewal Institute (LRI) newsletter. We at LRI will be reaching out to you, keeping you informed of the latest research findings, tips you can use, articles of interest, upcoming events and other services we have to offer. We hope that you will reach out to us as well – questions, comments, what's working for you, and what's not.

What is Life Renewal all about? Most of you that have subscribed to this newsletter have had some experience with LRI – participating in seminars, discussion groups, etc. I've heard Ron and Nancy speak, following with the small-group discussions (more than once), and I'm still sorting things out.

I do know this much – I knew that while I didn't have the worst life experience that a person could have, I also knew that I wasn't as happy as I thought I could be. What was missing?

I've been happily (mostly) married for eight years, and my husband and I had probably been very typical, with our share of disagreements and arguments. Something's changed – not sure how or when changes occurred, but the evidence is there. Here's an example: after feeling the stress of spending too much time and too much money on

home improvement projects, we were drawing to a close on our plans for remodeling inside the house. Having high needs for the approval of others, and believing that people only like me based on the image that I project, I have trouble seeing the beauty of the changes we have made inside the house, and see only the problems where now the outside of the house needs help. What I thought would be a casual and fun conversation with my husband on potential ways to re-do our patio and walkways, turned quickly into a “heated” discussion. Yes, I mean a huge, ugly, painful argument – just waiting to happen.

A few years ago, a disagreement on what and when to work on the house would have turned into a serious argument that would have brought to the surface everything that we don’t like about each other. Instead, by taking a look at our beginnings, how we were raised, and how that affected why we are the way we are now, we were able to realize how we were only playing the tapes that were programmed into our heads as kids, and that those tapes don’t apply to our lives today.

What does that mean? I say, “Let’s talk about doing something with that ugly patio”. He hears me saying, “I had too much time on my hands today, and thought of a project that you can do in your spare time”. (He has no spare time!) He hears, “I’m not interested in what your plans were for the next umpteen weekends, I don’t care if we have the money or not, I want what I want and I want it now.” He hears, “You don’t really matter, it’s about what I want”.

I hear from him, “I don’t care about the house. If I don’t care about the house, I don’t care about you - or our family - or our life together.” “Aren’t you ever satisfied?” “Why can’t you ever be happy?”

See the problem here? What could have been a simple conversation about paving a patio had the potential to bring on an argument leaving both of us feeling unimportant, unloved, frustrated, angry, and resentful, . ***Especially when neither of us actually said those things! We think we heard those attacking statements – but they were never actually said! Nonetheless, we each react to what we thought we heard, regardless of whether the words were actually spoken!***

See the beauty here? Because of the work of Life Renewal, we caught ourselves in time. We realized that we were reacting on some sort of auto-pilot. We really didn’t hear the words that each other spoke. We heard only a word, a phrase, some trigger to launch a response from some deep level in ourselves, which makes us react inappropriately. These responses come from how we were programmed – how we were raised as kids – our beginnings. What could have been a horrible argument turned into a positive learning experience for both of us!

Did I mention that my husband has not participated in any seminars, discussion groups, read books, etc.? I’ve been the lone student here, yet our family has reaped the benefits of the education that I am receiving. He is much more aware, and is catching himself changing for the better as well!

Sorry, that's kind of a long story – I just feel so strongly about the value of what the Life Renewal Institute has to offer. I hope that this new newsletter will help you access the vast resources available to you through LRI.

## News from Nancy

Those of you who have been to a seminar or two will recall our repeated offers for anyone who wants our vast library of books on sexuality, to “come and get 'em.” Well, no one has come, so we decided to renovate our family room, and, in the process, get rid of all those excess books. As we were going through two small cupboards, looking at all of the items in them, we re-discovered a letter that had been sent to us in 1997. Its content is such a story of healing and hope that we decided to share pieces of it with you.

The author has given permission to tell her story. We are reminded as we re-read it, how much people hurt and long for help and healing, and how important it is that this message of understanding and hope is given to others who may be in despair.

The female author tells of being raised on a farm, the oldest daughter of eleven children and the “apple of her father's eye.” Mother had “chosen” the eldest son as her favorite, but was jealous of the fact that her husband had chosen his first daughter. As a young girl, Mary (a pseudonym) was sexually molested by her older brother, and having been threatened by him to not tell, never shared the abuse with parents or anyone else.

When Mary was a married adult, her father suffered a mild stroke, from which he recovered physically, but not psychologically. He became mean-spirited toward Mary's mother and spoke of plans to take her life. As a result, Mary made plans for a psychological evaluation, and he was sent to an institution for the process. Mary and her husband bought a little house five hours away, and moved Mother into it to protect her from her husband. While in the hospital, the father hired an attorney, and was released after 120 days of confinement, still determined to “get” his wife.

In the family upheaval caused by father's institutionalization, a long-hidden secret was revealed. Mary's father had molested every one of his grandchildren, including Mary's daughter. Shortly after this was discovered, Mary's father had a massive stroke and died.

In an attempt to help her daughter, Mary asked her mother to write a letter to her already-married grandchild, telling her that she loved her and was so sorry for what Grandpa had done. Mother would have none of it. Blowing up at Mary, she screamed, “This is not my fault.” Again, Mary was discounted and demeaned by her mother, as she had been throughout childhood.

After this visit, Mary's mother called another daughter, and convinced her that Mary was “cracking up” and they needed to get her committed to a mental institution. Messages were left on Mary's sibling's answering machines, and, fortunately, a brother came to Mary's defense, confronting his mother, who denied her part in the evil plan. At this

point, Mary shared with her mother that she had been molested by her oldest brother, and therefore understood the pain her daughters and nieces were suffering. "I wish you hadn't told me that!" was mother's response. No sympathy, no understanding.

Betrayed by her oldest brother, her father, and her mother, Mary suffered with resentment, hatred and bitterness for a long time. However, at two women's retreats she attended, she got the help she needed to begin to understand her feelings and those of her daughter and nieces. She came to sense her need for forgiveness for her attitudes and her need to offer forgiveness to those who had betrayed her. Her healing took a couple of years, but with it, a burden carried far too long, was finally lifted.

"Child abuse must be addressed", Mary says. If the statistics are so high, if so many men and women have been thus abused, they must be treated with the love and compassion of caring people who will walk alongside them in the process of recovery. They need to know that their feelings and their behaviors are expected, considering the depth of pain they carry, and that they can and will diminish or disappear with proper care or treatment.

Consider Mary, and the thousands upon thousands like her, who long for emotional health and happiness and know not how to find it. Suffering in silence can and will cause physical as well as psychological wounds. Perhaps you and your testimony can be "just the thing needed" for someone who is in pain today. Your willingness to share can provide hope for the hopeless. Let us suggest that whenever you can, you point the hurting to [www.yourLRI.com](http://www.yourLRI.com) where hope and help is available.

### **Turkey, Russia and Romania?**

We have decided that when it comes to human interaction and a work of healing that needs to be done for those who suffer emotionally, there are no accidents!

Several months ago, while doing research for "*The Journey*", we found a couple living about 12 miles from where Nancy grew up, who have studied Parental Rejection for some 45 years, in over 200 different cultures. The amusing thing about this couple is that their names are Ron and Nancy Rohner. When we contacted them, introducing ourselves as Ron and Nancy Rockey, Dr. Rohner was also amazed at the name similarities and the interest we share in the science of rejection, and how it affects our lives.

Long story short, we decided to take a train ride from Philadelphia to New London, Connecticut, and then rent a car and make the drive to the University of Connecticut in Storrs. By appointment, we met Ron and Nancy Rohner, and enjoyed a delightful afternoon, dinner, and evening with them, comparing notes and acquiring their research.

As a result of this meeting, we have been asked to speak at the International Congress on Parental Acceptance and Rejection being held in Istanbul, Turkey, June 22-24, 2006. We are to present our recovery program there. What a thrill to meet with professionals from all over the world and to make available to them our new program, "*The Journey*".

After our time in Turkey, we will travel to Moscow, Russia, to conduct seminars in Moscow and another Russian city. We will be accompanied by The Director and the Assistant Director of the Media Center, and their spouses.

Just this week we received an invitation to go to Romania for a day or two while in Russia. We are not sure that this can be arranged at this late date, but understand that there is a great work going on in Romania with our materials. The workbook of "Binding the Wounds" has been translated into that language and they have asked to translate our book, "Belonging" as well.

How exciting it is for us to see that a message of hope and healing is traveling around the world! And, by the way, about 120 people in Singapore are in recovery classes as a result of our time there. WOW!

## What's New at LRI

Finally – *"For Men Only"*, the long-awaited sequel to Shaunti Feldhahn's extremely popular, *"For Women Only"*. In *"For Men Only"*, Shaunti teams with her husband to address the inner workings of the female mind. What makes her tick? How to know when it is, or is not, about you. This quick, easy-to-read, approach contains very specific tips you can use right away to start improving your relationship.

Also, check out, *"The New Brain (How the Modern Age is Rewiring Your Mind)"* by Richard Restak, M.D. The author of the companion books to the PBS special, *"The Secret Life of the Brain"*, offers insight into modern brain science that only a few decades ago would have been thought of as science fiction. We can now study the brain and how it functions as we experience an emotion, make a decision, or even tell a lie. Dr. Restak says that in the era of the New Brain, it will be necessary to tread carefully, lest we imprison ourselves in concepts that diminish, rather than enhance, our freedom.

Visit the Products section on our website:

<http://69.20.113.203/index.asp?PageAction=VIEWCATS&Category=10>

We offer a 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  
October 27 – 28

Nashville, TN  
Manassas, VA

The Journey  
The Journey

November 3 – 4      Walla Walla, WA      The Journey  
November 12 – 18      Philadelphia, PA      EIDO (more on this to follow!!!)

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 take off! Please help us launch our discussions by visiting frequently, and posting replies. We've started with four general categories to help start the discussions, so feel free to jump in where you have something to say, 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...**

Nancy's story about her amazing encounter with woman and child in Singapore caught between a Hindu culture and a desire for Christianity. See how you can help this family...

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 for how you can register.

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