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"Patience is the ability to idle your motor when you feel like stripping your gears"

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Editor's Corner:

Spring is my favorite time of year with the Daffodils, Redbuds, Cherry blossoms, Dogwoods, etc. It has always been amazing to me how much beauty has been lying dormant over the winter months. Everything appears "dead" and drab. And then one day, the sun is shining (yes, even in Portland from time to time), and the world again is full of beautiful color and abundant life.

Our journey through life's experiences is much like the cycle of seasons. We have times of the "dead" and drab of Winter and long for the beauty of Spring, not thinking there is any possibility of ever finding it again. I can speak from personal experience. There have been two significant times in my journey, when I couldn't imagine "Spring" would ever come again. My life as I knew it was over and I couldn't see past the end, but through the information from Life Renewal Institute (LRI) I am finding life to be abundant and exciting. Winter may come again at times along my journey, but I am confident that Spring will follow.

I am particularly excited and blessed to be able to be a part of Life Renewal Institute and have the opportunity to keep in touch with all of you through the newsletter. Our goal is to keep you informed and up to date on the happenings at LRI on a regular basis. Please check out all our great articles and features in this edition. I would love to hear from you with feedback, testimonies, or questions. Email me at: audrey@yourlri.com

Announcements

Life Renewal Institute is excited to present the newest program developed by Dr.'s Ron and Nancy Rockey that will provide you with Quality Tools for a Quality Life. See our feature article, [The Journey](#), for an in depth explanation of this program.

A Note From Ron and Nancy

While we have taught a few seminars in 2006, the bulk of our time has been spent in the creation, writing and filming of our new series, [The Journey](#). Our seminar schedule has been light to accommodate that work.

Now however, we are feeling somewhat lonely for you, our supporters and audience members, and are anxious to begin our seminar teaching again. While we will not be available for every weekend of the year, we are available for you to schedule and plan an event on a date acceptable to you and us.

We have five new seminars that support [The Journey](#) program. These seminars cover the material presented in the program and additional information that isn't covered in the 10-week Journey segments. The seminar that coordinates with the first segment of [The Journey](#), [The Passenger](#) is entitled [Attachment](#). The second segment, [The Mode](#) is [Acceptance](#). The third, [The Route](#) is called [Abuse](#), and the fourth, [The Destination](#) is called [Application](#).

These seminars are 8-9 hours of teaching. that a Friday-Saturday, or a Saturday-Sunday combination works best.

Also available is a seminar designed as an overview of the entire program of [The Journey](#). Because it covers significantly more material, it is a 14-hour classroom presentation and is a weekend experience: with a Saturday-Sunday combination. These are our recommendations based on our experience.

These seminars can be presented two ways. For the church, a spiritual approach is one method of presentation, and for the community at large we leave out chapter and verse and religious language.

We look forward to working with you to schedule and plan a seminar. To inquire about more detail, feel free to call Chana at 1-888-8000LRI. Looking forward to hearing from you soon!

Ron and Nancy

Introducing....

We are privileged to announce that Life Renewal Institute has a new team member! Audrey Woods was introduced to our ministry many years ago (1995), back in its infancy, and has, with her children, benefited from it. As a result of her changes, she chose to reach out to her community to facilitate recovery groups and then to plan and sponsor seminars in her area of residence, Portland, Oregon. She and her daughter, with a team of supporters, continue to facilitate the new program, *The Journey*, in the greater Portland area.

As of March 19th, Audrey has been employed as Program Coordinator of Life Renewal Institute. Her responsibilities are many and varied, and include the coordination and construction of the LRI newsletter.

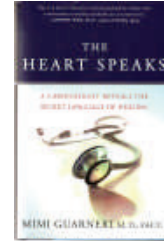
Audrey is an actively involved mother and grandmother as well as an expert organizer and community leader. Her enthusiasm and expertise will add a positive influence and much-needed assistance to the LRI team. We are thrilled that she has chosen to be an active part of our team, and look forward to our future with her.

What's New?



Whether people are heading to the altar, suffering in an unhappy marriage, divorced, or simply want to bring more satisfaction and intimacy into their relationship, Dr. Smith shows couples how to create Truth—the secret ingredient of great marriages. *Lies at the Altar* shows every couple how to take the wedding vows they made in earnest and in innocence, and turn them into a promise to build a happy,

healthy, satisfying, and long-lasting marriage. With moving stories and personal journeys, Dr. Smith reveals why it's important to have one's "eyes wide open" in a marriage; how to write true vows to live by; and why it's never too late to rewrite your vows.



From the racing heartbeats of cardiac emergencies to the gentle rhythms of healing touch, Dr. Guarneri draws us into the intimate moments of life and death. She leads us on a riveting exploration of the heart's mysteries, such as why heart transplant recipients may suddenly display unique characteristics of their donor. For it is only by knowing the whole heart—the mental heart, affected by hostility, stress and depression; the emotional heart, able to be crushed by loss; the intelligent heart, with a nervous system all its own; and the universal heart, which communicates with others—that we can truly heal.



Dr. Paul Pearsall explains the theory and science behind energy cardiology, the emerging field that is uncovering one of the most significant medical, social, and spiritual discoveries of our time: The heart is more than just a pump; it conducts the cellular symphony that is the very essence of our being. *The Heart's Code* presents the latest research on cellular memory, the power of the heart's energy and explores what these breakthroughs mean about how we should live our lives. By unlocking The Heart's Code we can discover new ways of understanding human healing and consciousness and create a new model for living that leads to better health, happiness, and self-knowledge.

The Journey

By: Nancy Rocky

Remember the song “Over the river and through the woods to Grandmother’s house we go?” As we recall, the trip was made by horse and sleigh, “through the white and drifting snow.” Actually that trip sounds like fun – no complications!

Recently, some good friends of ours made a trip to grandmother and grandfather’s house. The sleigh was an airplane trip over the mountains and white snow to sunny Arizona; however, it was far less exciting than the one sung about in that old song! It seems that whatever could go wrong did go wrong. Doesn’t that phrase sound familiar?

It began in Lisbon, North Dakota with a three-hour drive to Bismarck, the place at which they were to depart by air. Now, mind you, this young couple was toting luggage and three children under the age of five. They carried the “blankies”, the snacks and all of the items to amuse them on the flight. As needed, their luggage included two umbrella strollers for the 2-year-old twins.

The plane was over an hour delayed in departing Bismarck (something about the crew didn’t show up). When finally airborne, the great concern was meeting their connection in Denver to fly to Phoenix. Sure enough, they arrived in Denver **after** the hour of departure for plane number two. It was pouring rain. The strollers were left out in the rain for the parents to retrieve, so Dad went out in the rain twice; once for his own two strollers and once for a young woman who carried a newborn. The airport personnel were not only uncooperative but rude as well.

In Denver they were told that they had been rebooked for the next morning and would have to spend the night in the airport. However, suddenly there came an announcement over the loud speaker that the Phoenix bound plane had been held for the 36 passengers coming from Bismarck. The trip by plane to Phoenix was uneventful, but the “fun” was NOT over yet. After arrival in Phoenix, they discovered that their luggage had not followed them, and the company with whom they had made rental car reservations, had no cars.

Perhaps that trip sums up your journey – your life. Detours, breakdowns, potholes and delays along the way put dampers on our experience, and sabotage the enjoyment that life should have. Most people do experience inconveniences but life’s mishaps and wounds overwhelm

some. Our friends talked about their hair-raising experience but soon let it’s negative impact go as they enjoyed the Arizona sunshine and the company of family and friends. Some folk get stuck and find it hard to find their way out of life’s dilemmas. That is why Life Renewal Institute has created *The Journey*, an open door and a path toward emotional healing and life enjoyment.

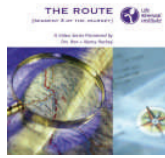
The Journey, just over a year in the making, is an experience designed to not only supply participants with scientific, psychological and life-renewing information, but in addition, to take you on a journey with traveling companions – the folk in your gender-specific group.



The Journey begins with *The Passenger*, a ten-session experience of becoming acquainted with your own style of attachment, developed in the womb and the first few years of life. Here you will identify the way you connect with others and allow yourself to be attached to them or aloof from them, and why you unconsciously chose that style of connecting. Then you will be given the method to create secure and fulfilling attachments.



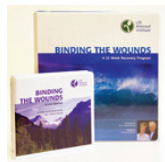
Participants are then invited to move along *The Journey*, in the next ten-session segment called *The Mode* or the method of transportation. This segment focuses on rejection, the experience of life, which all too often becomes the method or filter through which we experience all other relationships. Those who felt rejected by parents or primary caregivers early in life expect and/or create rejection from others. This creates sadness, anger, fear and a host of other negative and dysfunctional thoughts, feelings and behaviors. A 45-year study of parental rejection in over 200 cultures adds impact to this segment. Participants will be supplied with tools and experience to remove the rejection filter in order to be able to see and relate clearly with others.



Segment three of *The Journey*, is *The Route* – the path we frequently take through wounds and abuse received when character (thoughts and feelings) is being formed -during the first seven years of life. This ten-session segment covers the ins’ and outs’ of emotional, physical and sexual abuse and encourages participants to work through their pain to freedom from it. Having done so, participants will be relieved of the heavy baggage that has weighed them down in the past.

The final segment of *The Journey*, is entitled *The Destination* – the place where everyone wants to arrive. In this segment, participants will become acquainted with the components of their nature. Among other things, they will learn about brain giftedness, the powerful impact of the human heart, mind-heart coherence, and the development of the spiritual nature (having to do with emotional and relational growth and enjoyment). The late-breaking science contained in this segment is both exciting and challenging!

The Journey, is best experienced in the sequence described above, but that is not required. However, to experience *The Destination*, one must have completed at least one of the previous segments.



Unlike *Binding the Wounds*, *The Journey*, does not incorporate Biblical chapter and verse. It was written for the secular mind – the post-modern individual who might be turned away by a Christian or Biblical approach. However, for those individuals who request it, Biblical texts or inspirational comments are available which coincide with *The Journey*, materials.

If you have participated in a small group and studied *Binding the Wounds*, you would still learn a great deal more and find your life enhanced by the experience of *The Journey*. Each lesson has a half-hour video and a full chapter of research, science and other pertinent information. In a class, the video is watched, the chapter discussed and the lesson completed and shared in the group. It can be used in a school, a prison, a corporation, a church or any secular organization as well as in a home-study group.

Your *Journey* can be so very different and ever so much smoother than that of our young friends and their children. You can avoid the detours, potholes and breakdowns along the way, so long as you have the tools for the trip – and they **are** available in *The Journey*!

Facilitator's Corner

Who presents a tougher challenge to the facilitator: the participant who talks too much, or the one who talks too little? It is easier to ignore the silent ones than the excessive talkers.

Encouraging the silent types to talk will help insure a much more inclusive group. Also, it will set a model for equal participation from everyone. The success of each participant depends on his or her level of participation.

Here are some suggestions for dealing with participant's who don't participate:

- Direct questions to the silent participant, calling them by name. They may need a little encouragement or recognition to feel comfortable.
- Ask the silent participant to react to someone else's statement.
- Reinforce comments from the silent participant (without appearing to be patronizing).
- Before the meeting, assign the role of identifying and drawing out the reluctant participant to another group member.

Upcoming Events

Date	Place	Seminar
April 2-7	Simi Valley, CA	Eido
May 12-13	Dallas, Texas	The Journey (Details to come)
Oct. 12-14	Jacksonville, FL	Attachment

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

Your Turn

It is your turn. We would like to hear from you. What have you learned recently? Do you have a testimony you would like to share with others? Are you starting a new group in your area? Where/when did you first hear the Rockeys and how has life changed since then for you? Do you have suggestions or comments? Please send them to me at: audrey@yourlri.com

Coming Soon

New testimonies
A new web page just for facilitators
"Managing Your Emotions" - new book
"The Inside Story" - new book
Tips for planning events
The Route Workbook - April 2007

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Copy this code and paste into your profile where you want the link to appear.

Life Renewal Institute Where knowledge merges with understanding, creating hope and change.

LRI Connect

Let me invite you to LRI Connect; a discussion forum where you can voice concerns about life issues, and receive advice and feedback from other LRI participants. There are 4 forums with multiple topics under each:

- Relationships
- Rejection
- Abuses
- Recovery Programs

If you don't see the topic you are interested in, please post a new topic in one of these categories.