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2007 May-Newsletter

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Life Renewal Institute Newsletter

Vol. 6

251 Stenton Ave., Plymouth Meeting, PA 19462

May 2007

"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed"- Storm Jameson

Features:

[Editor's Corner](#)

[Process](#)

[Announcements](#)

[Getting to the Heart of It](#)

[What's New?](#)

[Coming Soon](#)

[Facilitator's Corner](#)

[Upcoming Events](#)

[Your Turn](#)

[LRI Connect](#)

Editor's Corner:

The movie, *Return to Me*, is one of my all time favorites. Bob Rueland, a Chicago building contractor, cherishes life with his veterinarian wife until she is tragically killed in an automobile accident. Meanwhile the family and friends of Grace Biggs, a waitress at her father's Italian Restaurant, are overjoyed when they learn that Grace will finally get a replacement heart (the heart of Bob's wife). Both Bob and Grace struggle to maintain normal lives after these traumatic events, until fate intervenes and brings them together. Something about Grace attracts Bob although he can't quite figure it out. Grace takes a trip to the zoo and is puzzled by the reaction from the Gorilla, who Bob's wife had worked closely with for years.

What attracted Bob to Grace? He didn't know she was the recipient of his wife's heart.

According to an article by The Institute of HeartMath, *"The electromagnetic field produced by the heart changes dramatically during different emotional states. This field affects not only yourself but also the people around you. An institute of Heartmath study shows that when two people are touching or simply standing near each other, it is possible to measure the heartbeat of one person being registered in the other's brain waves."*

In this newsletter you will read more about The Institute of HeartMath, and the power of the heart brain connection.

Audrey Woods

Contact me at audrey@yourLRI.com

Process

By: Priscilla S. Perry

There are walls timed
to fall, exposing
us, the walking wounded,
bearing within
our own clocks;
unaware, we wait
for the wake-alarm, set
on oblivion.

Then, some sparking
sense, sharp flare
of comprehension, sears
our souls with potent
clarity, forever altering
perceptions of past truth,
and present necessity.

Did you feel that
shivering shimmer?
The ripples pace
ever outward
from the weighty word dropped
into awareness, eternally
disturbing false peace.

Announcements

Do you have a profile on [My Space](#)? Ron and Nancy do. [Click here](#) to view their profile. Send them a friend request, read their blog, send messages, and read and post comments. Meet other friends who are interested in recovery. Tell your friends about their profile.

Check out our new [blog](#) postings. Read about Ron and Nancy's great adventure with the bus.

The [Facilitator Forum](#) is up and running. You must be a registered facilitator to participate in this forum. Here you will be able to connect with other facilitators, share tips, post questions, answer someone else's questions, etc. In short, support one another in the facilitation process. There are 5 forums you can post to: General Issues, The Destination Issues, The Mode Issues, The Passenger Issues, and The Route Issues.

[The Route Workbook](#) is back from the printer and ready to order.

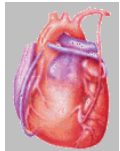
New resources posted on the web this month, include the following for use in advertising groups starting in your area:



- [The Passenger - Poster #1](#)
- [The Passenger - Poster #2](#)
- [The Passenger - Half Page Flyer/Insert](#)
- [The Mode - Poster #1](#)
- [The Mode - Poster #2](#)
- [The Mode - Half Page Flyer/Insert](#)

Getting to the Heart of It

By: Nancy Rockey



The February 2007 issue of National Geographic, in an extensive article entitled *Mending Broken Hearts*, reports that *“The human heart beats 100,000 times a day, propelling six quarts of blood through 60,000 miles of vessels – 20 times the distance across the U.S. from coast to coast. The blood flows briskly, surging out of a ten-ounce heart so forcefully that large arteries, when severed, can send a jet of blood several feet into the air.”* However recent studies by cardiologists and great researchers tell us that the human heart is far more than a strong, long-lasting pump. They tell us that it is a powerful first responder in crisis and the seat of emotions, both positive and negative.

A woman, whom we know well and will rename for the sake of her privacy, endured a rather dramatic cardiac event ten years ago, requiring that a stint be placed in a vessel close to the heart in order for her to survive. For eight years following that event, her heart struggled to keep beating and as she describes it looked like a “flopping around half dead fish.” In the last two years however, there has been a rather dramatic change in her heart’s functioning. On her last visit, her doctor said, “You know, the heart isn’t supposed to heal itself, but whatever you’re doing different, keep it up! Your heart is amazingly healthy. Sure you have some scar tissue

from the attacks ten years ago, but it doesn’t seem to be hampering your heart at all.”

At this point, your asking what made the difference or maybe what created the problem in the first place?

Jeanne had been married for nearly twenty years and given birth to two children, when she heard from her daughter, that her husband had been committing incest with her since early childhood. Jeanne’s own history of sexual abuse tied to her daughter’s pain sent Jeanne “over the edge” physically and psychologically. A bitter divorce ensued.

Her daughter’s first marriage ended in divorce, with subsequent disastrous relationships. Finally in another marriage, her daughter was able to fulfill her dream, become pregnant and bear a child, but in a short time that marriage became intensely dysfunctional. Jeanne had remarried a kind and caring man and together they suffered the stress of her daughter’s pain. Multiple attempts at suicide finally sent her daughter into counseling and recovery.

Major positive changes came into the daughter’s life, creating untold joy for Jeanne. And then the disaster that was the “straw to break the camel’s back” – the accidental death of that precious daughter, leaving behind a motherless grandchild, whose father fought to keep Jeanne away from the child. With an already compromised heart, Jeanne’s health deteriorated. Between the stress of her losses and her self-imposed guilt, she had no desire to live, and her heart demonstrated her thoughts.

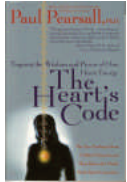
Much emotional recovery and many prayers later, Jeanne awakened one morning two years ago, and announced to her husband – “I think I want to live!” She was 72. They have spent the last couple of years traveling together, connecting with their grandchild whenever allowed, and going from place to place being of help to whomever they meet. Both she and Tom are Life Renewal Institute facilitators who have found a mission – to bring knowledge of healing and the love of God to others. Theirs is a life of enjoyable service. “I am lovin’ life!” Jeanne told us just yesterday.

Is the heart really sensitive to emotional stress? Was Jeanne’s doctor wrong about the heart’s ability to heal?

In recent years, the Institute of HeartMath in Bolder Creek, California has conducted research into the many facets of the heart, and the following is reported in their publication, *The Energetic Heart*.

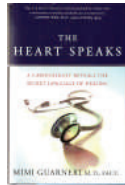
“The heart generates the largest electromagnetic field in the body. The electrical field as measured in an

electrocardiogram (ECG) is about 60 times greater in amplitude than the brain waves recorded in an electroencephalogram. The magnetic component of the heart's field, which is around 5000 times stronger than that produced by the brain, is not impeded by tissues and can be measured several feet away from the body with super-conducting Quantum Interference Device based magnetometers. We have also found that the clear rhythmic patterns in beat to beat heart rate variability are distinctly altered when different emotions are experienced." Page 1



The Institute of HeartMath has gained prominence in today's understanding of cardiology and the impact of emotional states on the heart and the heart's impact on the physiology (functioning) of the body. Several books made available by Life Renewal Institute reference the work of HeartMath, such as *The Heart's Code* by Paul Pearsall, a psychoneuroimmunologist and *The Heart Speaks*, by cardiologist Mimi Guarneri. Also made available by LRI are several HeartMath items. (See our "products" page)

Quoting from *The Heart Speaks'* Introduction, where Dr. Guarneri speaks of her work as a cardiologist: *"I was taught that other parts of my patient's body were for different specialists to manage. Renal, pulmonary and neuro doctors all had their own regions of expertise."*



"The mind and spirit were no one's territory. Ministers, psychologists, massage therapists – professionals in the outside world – would be the ones to deal with whatever trauma, heartache, grief, or other emotions plagued my heart patients."

"No one spoke of the other layers of the heart that didn't appear on a stress test: 'the emotional heart that could be crushed by loss, the intelligent heart that has a nervous system of its own and communicates with the brain and other parts of the body. No one lectured about the spiritual heart that yearns for a higher purpose, the universal heart that communicates with others, or the original heart that beats in the unborn fetus before the brain is formed."

Further on in her introduction, Dr. Guarneri concludes: *"... the total heart in all its complexity and power cannot ever be fully fathomed by simply looking at a screen."*

"Clearly perceiving the heart involves more than studying an echocardiogram; listening to it requires more than a stethoscope."

"Each heart has its own biography, language and method of revealing its truth, if we know how to listen."

Her book is a fabulous piece on the powerful and precious heart, and is an easy read for medical novices, as is Paul Pearsall's *The Heart's Code*. In Pearsall's view, *"the heart possesses its own unique intelligence, processing data about the body and the outside world."*

In *The Coherent Heart*, the Institute of HeartMath reports, *"over the last few decades, several lines of scientific evidence have established that, far more than a mechanical pump, the heart functions as a sensory organ and as a complex information encoding and processing center. Groundbreaking research in the relatively new field of neurocardiology has demonstrated that the heart has an extensive intrinsic nervous system that is sufficiently sophisticated to qualify as a "little brain" in its own right."* Pg.47

According to HeartMath, it is possible for the heart and the brain to be coherent with each other, creating a state of peace and optimal heart-brain function. Wouldn't you love for that to be the case in your experience? Emotional health is a major component to this healthy coherence – that's a great reason to participate in **The Journey!** And once accomplished, Life Renewal Institute makes available to you, HeartMath's device, which will measure your heart-brain coherence and train you to live in the peace and physical health that such coherence affords.

What's New?

The emwave PC Stress Relief System is a hardware and software program which collects pulse data through a finger or ear sensor which plugs into your computer. It is the computer software version of the smaller Emwave Personal Stress Reliever. It accomplishes the same great stress relieving functions which allow for greater health, more energy and more emotional balance. The PC system adds to your ability to manage and learn the techniques and tools for greater heart rhythm variability by translating the information from your heart rhythms into user friendly graphics displayed on your computer screen.



- Watch your heart rhythms in real time.
- See how emotions affect your heart rhythms.
- Discover which emotions you can activate to more effectively manage stress and boost vitality.

This software and hardware system uses your computer to help you reduce the negative effects of stress and

“em”power you to experience greater health, more energy, improved emotional balance and mental clarity. It is based on hard science and is being used by corporations, schools and health professionals all over the world.

By using a finger or ear sensor, the emwave PC Stress Relief System measures subtle changes in your heart rhythms or your heart rate variability (HRV). Scientists have found that these heart rhythms are particularly sensitive to emotional state. When these heart rhythms are produced in a steady even pattern, this is connected with emotional states of love, appreciation and joy. When the pattern is irregular and erratic this is associated with negative feelings of anger, stress, and anxiety. Simply stated, more coherence or harmony equals more energy and less wear and tear from stress.

The emwave PC Stress Relief System not only shows you your emotional state through this heart rhythm harmony but it can also reduce stress by showing you how to get into this harmonious or “coherent” state of mind, body and soul. This state is one in which your nervous system, cardiovascular, hormonal and immune systems are all in harmony. Athletes describe this state as being in “the zone”. In today’s hectic world it is difficult to maintain this state for prolonged periods of time. The emwave PC Stress Relief System is a supplemental tool in *The Journey* towards the goal of greater quality of life.



The emWave Personal Stress Reliever as seen on national television shows such as The Dr. Phil Show! Life Renewal Institute has partnered with the scientists at the renowned Institute of Heartmath

to bring you a supplemental tool to improve your quality of life. This small handheld device helps the user become aware of feelings of stress, anxiety and anger and teaches how to manage and control these negative stressful emotions to produce greater health, more energy and improved emotional balance. A large tricolor LED shows you when you are in low (red), medium (blue), or high (green) coherence.

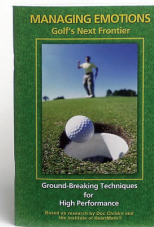


The emWave Personal Stress Reliever also comes with the Coherence Coach™ CD, an entertaining stress relief software application that teaches HeartMath's Quick

Coherence® technique for stress relief and increasing performance. Step-by-step, through narration, animations and music, the Coherence Coach gives you the stress relief training to increase coherence levels while using

your emWave Personal Stress Reliever. This small handheld tool will help you reduce the negative effects of stress and “em”power you to experience greater health, more energy, improved emotional balance and mental clarity. It is based on hard science and is being used by corporations, schools and health professionals all over the world.

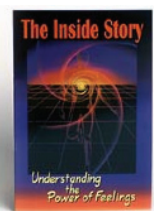
By connecting a small clip to your ear or placing your thumb on the device, the emwave Personal Stress Reliever measures subtle changes in your heart rhythms or your heart rate variability (HRV). Scientists have found that these heart rhythms are particularly sensitive to emotional state. When these heart rhythms are produced in a steady even pattern, this is connected with emotional states of love, appreciation and joy. When the pattern is irregular and erratic this is associated with negative feelings of anger, stress, and anxiety. Simply stated, more coherence or harmony equals more energy and less wear and tear from stress.



Managing Emotions: Golf's Next Frontier

based on research by Doc Childre. Take strokes off your game by applying the emotions management techniques taught in this quick read booklet. Learn to use the Freeze-Framer® technique which gives golfers

the ability to identify when their heart is racing and manage feelings while under pressure and tense. Or apply the Quick Coherence™ technique which helps calm mental chatter, release habitual anxieties and swing with better rhythm and tempo. Many golfers have experienced lowering their score by a full 8 to 10 strokes. These techniques can be applied to golf or any situation where you may feel social pressure, hurt or disappointment, frustration and anger, embarrassment, nervousness or anxiety, overwhelmed or any other disrupting emotion.



Written for teens and young adults, *The Inside Story* offers a simple explanation of the interplay between heart and brain, emotions, attitudes and performance. Based on some of the latest research in neuroscience and emotional physiology, this 32-page

booklet guides the reader through key ideas that help promote healthy awareness and behavior, demonstrated to reduce emotional turmoil, anger, hostility and depression.

“No one can make you feel inferior without your permission.” – Eleanor Roosevelt

Coming Soon

- More personal testimonies
- Tips from other facilitators
- Event planning tips and materials
- Group discussion aides
- *The Route* Workbook - May 2007
- On the web - how to contact a facilitator in your area
- Video clips on My Space

Facilitator's Corner



Have you seen the new certificate to give group members when they complete a segment of *The Journey*? Click on any of the pictures to download and print any of these certificates.

“The dictionary defines facilitate as: *to make easier or less difficult; to help forward an action or process; to assist the progress of a person.* Based on this definition, it is clear that a facilitator should have some goal, some objective in mind. Listed below are four basic, but essential, goals for the facilitator of a support group....

FEELINGS – Empathy, understanding, acceptance, self-worth, personal value...

COMMUNICATIONS – Good listening skills, emotionally supportive discussions, open/honest communications, self-disclosures, etc.

CONNECTIONS – Sense of community... belongingness, fellowship, “you’re not alone”...

OPPORTUNITIES – Personal growth (coping, adjusting, overcoming)... mutual exchanges, etc.”

--Excerpts from Self-Help Network Center for Community Support and Research, Fairmount College of Liberal Arts and Sciences/Wichita State University, Department of Psychology.

Your Turn

How has your life been affected by Life Renewal Institute’s recovery program?

How long have you been working on recovery?

Are you new to the process?

What works for you?

What doesn’t work for you?

Have you used the Group Completion Certificates?

What was the feedback from group members?

We would love to hear from you with your testimonies, suggestions, comments, etc. Please send them to me at: audrey@yourLRI.com

Upcoming Events

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
June 9	Jacksonville Mandarin Church	11 O'clock service
June 13-17	Texico Conference Campmeeting	Co-speakers with Dan Matthews
Oct. 12-14	Jacksonville, FL	Attachment
Nov. 3-4	Walla Walla, WA	Abuse

Click here for more details or to register.


Life

*Life is short
And we have not
Too much time for
Gladdening the hearts
Of those who travel
The way with us.*

*Oh, be swifter to love!
Make haste to be kind.
-Henri Amiel*

LRI Connect

Do you have questions you would like answered? Do you sometimes feel you are alone and have no one to talk to about the hard stuff? Would you like to meet and talk with others who are working on their recovery? Would you like to share what you have learned with others? 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	1

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

******** Want to put a link for LRI on your My Space Page? 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.`