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2008 January-Newsletter

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Life Renewal Institute Newsletter

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"Whoever acquires knowledge and does not practice it resembles him who ploughs his land and leaves it unsown." – Gulistan



New Year's Resolutions



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"Got any fudge left from Christmas? Maybe some of those frosted Christmas cookies? she inquired."

"Wait a minute! I thought that you were going to give up sweets as one of your New Year's Resolutions," I responded. "What happened to your commitment?"

"Oh, it lasted until I got to your place and remembered the fudge I ate here on Christmas Eve. I'll start again tomorrow," she promised herself.

Sound familiar? If you're anything like me, it's all too familiar! It's fairly easy to make a resolution and even write it down on a list, but keeping it is another matter entirely! So why do we find it next to impossible to keep those promises we make to ourselves? We believe there's reason, and part of it is that most of us have lied to ourselves and/or denied our history for our lifetime. We fear telling ourselves the truth about the emptiness we are filling with fudge, cookies, or addictions of any kind? – "Too painful," you say? We say, "No pain, no gain!"

Something is driving us to repeat the behavior we want/need to change. Change requires that we examine the reason we need to make a resolution and why we are stuck.

Let's say that you want to give up a behavior that is causing you a problem. Perhaps you snip at your wife or make put-down comments to your husband. Now these are behaviors that need to stop, but the question is, why do you do it and why is it difficult at best, to stop? What is the underlying feeling, what memories of your childhood years are you replicating? Who taught you to be caustic?

You may have resolved to stop the sarcasm and the biting remarks, but how long does your resolve last? Most people say that it lasts until the next time they blow up or send out a barb, and that might be ten minutes away!

What to do:

Give yourself a few minutes or maybe a few hours, to **look back to your beginnings** and recall from early childhood onward, who in your experience had a short fuse and a biting tongue. **How did it make you feel when you were the butt of their nastiness? How did you cope with the hurt?** Are you noticing that this is requiring more time than just making a resolution list? It's OK – just keep going . . .



Write a letter to that person or those persons who hurt you. Mind you, this is not a letter for sending, but one that will empty the feelings you've been carrying around. You see, the truth is that those who hurt you in the past did so because they had been hurt in their past – and on and on it goes, generation to generation as far back as you can imagine. Make sure that you include how you felt when they hurt you and the effect that behavior has had on **your** subsequent behaviors. Doing this work in order to eliminate a behavior that hurts yourself and others, definitely shows that you love and care for the one you hurt too often, and are committed to change. Simply making a resolution without doing the work of cleaning up your past is pure lip-service.



Once you have done the writing (The hand will write what the mouth cannot speak) share your letter by reading it out loud to a trusted friend, pastor, counselor or your spouse. Also, please note that this work can be done very well in a supportive small group like

The Journey or *Binding the Wounds*. This step will give the message back to your mind that you have in fact dealt with all the details of the old hurt. As a result, you no longer have to react or behave through the filter of your old pain, because the pain is gone!



Burn, shred, flush or destroy the letter or keep it in a locked place – away from view. This symbolizes

that you have dealt with the old issue and are choosing to let the resentments burn or flush with the letter. The hurtful behaviors you've adopted will be destroyed too – not all at once – but you

will find that they are no longer necessary for your survival, and will drop off gradually, as your view changes.

YOU WILL WANT TO TAKE THE ABOVE STEPS FOR ALL THOSE WHO HAVE HURT YOU.

Now consider this: Instead of making this resolution, this resolve (changing from dissonance or disagreement between beliefs and practices to consonance or harmony between components) as a yearly event, why not make the resolve a lifestyle? We usually make resolutions at the ending of one year and the onset of a new one, because it's the thing to do as a new year commences – it's an event. But, if we **really** want to create harmony out of disharmony, why not begin the process of understanding why and how the dissonance occurred and determine to make the needed changes toward harmony permanent? This is a process, not an event.

Of course the process of resolution requires a decision, but more than just a decision to change a behavior.

Resolve requires:

- A willingness to examine one's current thoughts, feelings, behaviors and motives
- An in-depth look at the origin of them (your history) being honest with yourself
- Identification of the behaviors that are causing disease in the body, discord in relationships and lack of harmony in the life as a whole.
- Willingness to be open to change.
- Willingness to be accountable to others

Another reason that we fail in keeping those resolutions is that we set our goals far to “pie in the sky” high! Sure you might wish you could give up something to which you are addicted – “cold turkey” – but is that even sensible? The problem that took months or years to create, will not be repaired “overnight!” Believing that it can be changed with a wave of some magic wand, is setting yourself up for failure. The process may not look like leaps and bounds forward, but it is thorough and lasting!

You can set yourself up for success from January of 2008 onward, by deciding to begin a life-long program of telling yourself the truth, dealing honestly with others,

and recovering from and letting go of past injustices received that cause you to react in destructive or self-defeating ways. We would recommend The Journey for your resolve and its process.

Bottom Line:

The turning of disharmony into harmony is a process, not an event. Those who make it an event inevitably fail, but those who resolve to change life around by character reformation, begin a successful process that will last a lifetime. Granted the results may not be immediate, but they are guaranteed, especially if you have help in the process. That's what the small group for recovery is about. There you have direction, a plan, guidance and support to see to it that you arrive at your destination – and isn't your destination the experience of peacefulness, harmony and love?

Contact us at www.yourLRI.com, and we'll do what we can to plug you into a small group for The Journey of a lifetime.

Bon Voyage!

Editor's Corner

Where did 2007 go? It seems just yesterday that it was New Year's Day 2007. As I look back over the past year and evaluate, it has been a good year with many challenges, changes, growing pains, exciting times, adventures, etc. Most of all it has been my 8th year of discovering why I could never keep my resolutions to be a better wife, mother, friend, employee, co-worker, etc. My New Year's resolution for this year is to continue on the path to wholeness that God planned for me from the beginning.

We at LRI would like to wish each of you a Happy New Year and invite you to join us on the Journey to wholeness. Contact us and we would be happy to help you acquire the tools and support you in any way we can on your Journey. Contact me at audrey@yourlri.com with questions, comments, and suggestions.

Audrey Woods

December blog titles:

- “Over the River and Through the Woods...”
- “Grandmother's House—We Go”
- “Love Can Turn the World”
- “Sometimes Love Hurts”

Upcoming Live 2008 Events

Date	Place	Seminar
Jan. 19—20	Miami, FL	Attachment
Jan. 26 – 27	Santa Rosa, CA	Acceptance
Feb. 1— 2	Ventura, CA	Attachment
March 22— 23	Portland, OR	Abuse
April 12—13	Chattanooga, TN	Attachment
April 18—19	Ventura, CA	Acceptance
May 26—30	Apopka, FL	Camp meeting
June 9—15	Mt. Vernon, OH	Camp meeting
Sept. 5—6	Ventura, CA	Abuse

WHY SMALL GROUPS WORK

- BOND WITH OTHERS
- ACCOUNTABILITY
- SUPPORT
- DEEPER RELATIONSHIPS



Have you thought about joining a small group, but not sure if it would be a good idea? Small groups are a safe and supportive environment in which to grow emotionally and spiritually. [Click here](#) to find a group in your area.

Ever thought about facilitating a small group, but don't know how or are afraid you can't do it? [Download](#) our facilitator training videos+ other written training materials from the facilitator's resources page. You will need to [register](#) first as a facilitator to be able to access these pages. Personal info is never shared outside of LRI without your specific permission.

Who to Contact:

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Planning a Live

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	Changes That Heal	\$12.99		
	Changes that Heal – Workbook	\$12.99		
	Chosen	\$12.99		
	En Casa – Belonging translated to Spanish	\$12.99		
	For Men Only	\$14.99		
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	For Young Women Only	\$13.99		
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	Unbreakable Bonds	\$16.99		
	Why You Do the Things You Do	\$13.99		
	Wounded Heart	\$14.99		
	Wounded Heart - Workbook	\$15.99		
	Subtotal of Books	\$		
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#	Title	Amount	Taken	B/O
	22 Week Notebook - Binding The Wounds	\$25		
	22 Week Notebook in Spanish - Binding The Wounds	\$25		
	22 Week Small Group – Binding The Wounds – DVD + 2 Notebooks	\$249		
	22 Week Small Group in Spanish - BTW – DVD + 2 Notebooks	\$249		
	Belonging – CD	\$69		
	Binding The Wounds – CD – audio seminar	\$99		
	Binding The Wounds – DVD – video seminar	\$199		
	Connecting – CD	\$89		
	Created for Success – DVD – with 2 workbooks	\$199		
	Journey to NAI – facilitator copy	\$30		
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	Passenger Lesson Guide DVD	\$149		
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