

3-2008

2008 March-Newsletter

Nancy Rockey

Follow this and additional works at: <https://digitalcommons.andrews.edu/life-renewal>

 Part of the [Counseling Commons](#)



Life Renewal Institute Newsletter

Vol. 15

251 Stenton Ave., Plymouth Meeting, PA 19462

March 2008

" Sometimes the best thing (in fact the only thing) to do is just sit down and laugh." – Mary Anne m.b.l.radmacher



Editor's Corner

In This Issue:

[Editor's Corner](#)
[A Cheerful Heart](#)
[The Heart Speaks](#)
[The Heart's Code](#)
[The Truth](#)
[LRI Connect](#)
[Last Chance](#)
[Upcoming Events](#)
[Blog Titles](#)
[Bargain Corner](#)
[Register Early](#)
[Order Forms](#)

A few weeks ago I was in Ventura with Ron and Nancy for the "Attachment" seminar. Being from Portland, OR where they say a person grows web toes from all the rain in the winter, I had been looking forward to getting to spend some time in sunny Southern CA. To my disappointment Southern CA wasn't sunny and warm. In fact on the day I left to drive home, One would have thought I was in Portland already by looking outside at the low clouds and drizzle. I had chosen to drive up the coast as there was 2-3 ft of snow forecasted in the Siskiyou. The ocean is my place to go for peace, tranquility, and rejuvenation and the thought of being close to it for 2 days was very appealing.

Upon leaving Ventura, the clouds were so heavy and the mist so thick I couldn't see the ocean even though at times the beach was almost right next to the road. Envisioning driving for two days up the coast in this weather was very disappointing. Might as well be going over the Siskiyou and wrestling with putting chains on.

I began conversing with God, "Do you think you could maybe raise the clouds just a little so I could at least see the ocean as I'm driving by?" Almost immediately the clouds lifted a little. A few minutes later, it stopped raining altogether. Within half an hour I was driving with beautiful blue sky and bright sunlight overhead. I was ecstatic. There were clouds, to be sure, on the sides of the road. I could even see it raining in spots as I went past, but the road stayed dry and the sun shone for two days. I felt so blessed and definitely rejuvenated by the time I arrived home.

What do you do to de-stress and be rejuvenated? In this issue, Ron and Nancy tell us how much our mind set affects our physical health. According to the U.S. Centers for Disease Control and Prevention, stress accounts for around 75% of all doctor visits.

If you would like to find emotional health, we at LRI will be happy to help you get started. Contact me at Audrey@yourlri.com with questions, or visit <http://www.yourlri.com> for resources.

Audrey Woods

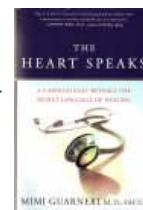


A Cheerful Heart

A very wise man wrote many, many years ago in a book entitled Proverbs, *"A cheerful heart is good medicine, but a crushed spirit dries up the bones."* This passage is spoken in many languages and in many circumstances, but usually only the first half of the statement is relayed.

Writer, Norman Wright has written extensively of the importance of laughter to the recovery from illness. He has encouraged cancer patients to watch slapstick comedies and their resulting laughter seems to aid in the healing process. If this is really true, why is it so, and is there any scientific evidence that attitude and emotional freedom enhances one's chances of good physical health and well-being? Could it be that surroundings, friends, loved ones and state of mind can actually aid in a patient's recovery?

Mimi Guarneri, M.D., a cardiologist and surgeon by Profession, testifies to the benefits of a stress free life for the recovery of patients in whom she has placed stents to improve cardiac blood flow. In her book, *"The Heart Speaks"*, she actually relates that patients who return home after a procedure to a poor marriage or a stressful life, are sure to return for another stent within five years.



Dr. Paul Pearsall, a psycho-neuro-immunologist relates his story in his book, *"The Heart's Code"*. After a soccer ball sized malignant



Who to Contact:

Editor:

Audrey Woods
audrey@yourlri.com

Product Orders:

Chana Kostenko
1-888-800-0574

General Info:

liferenewal@comcast.net

Planning a Live

Seminar:

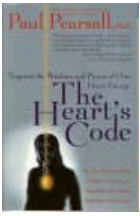
Audrey Woods,
audrey@yourlri.com

Vic Kostenko,

vic@yourlri.com

Visit Ron and Nancy's





tumor was removed from his hip, he feels that his year-long recovery can be, in a major part, credited to his wife and children, and the love he felt coming from them to him during his recovery.

In our work of supplying people with information and tools for emotional recovery, we have seen many who were gravely ill regain physical health as they were relieved of the emotional baggage they had carried for years. A woman who was almost always bedridden and unable to perform her duties gained the strength to return to her daily tasks and even take on additional creative pursuits. A man, dying in a hospital on a remote island off the coast of Russia, who was given two weeks to live, read about the effects of early childhood wounds and determined he would recover. Eight months of emotional healing later he traveled across Russia to tell us his story. Several who have struggled to keep their heads above water physically, find themselves figuratively swimming to shore with renewed strength and power because they have chosen to recover emotionally. They are becoming over comers, and in the process, are finding renewed health and zest for life.

The famous psychoanalyst Carl Jung was one of the first modern day physicians to observe the connection between mind and body. In speaking with his patients, he paid close attention to the language they used in describing their emotional pains. He found in many cases he could make accurate predictions about the physical health of a patient based on the emotional stress the patient was experiencing. For example, someone who described himself as "brokenhearted" could develop cardiac symptoms. Little did he know that his observations in the 1920s were yielding fruit for hard research in the 1990s. For example, a study at the Johns Hopkins School of Public Health established a link between depression and heart attacks. Physicians found that **people who have had major depression may be four times as likely to have a heart attack** as those who have not been depressed.

There have been many studies which show that certain personality characteristics are connected with both heart disease and cancer. For example, one study found a link between carotid atherosclerosis and cynical distrust.

Hans Eysenck, a well-known researcher in this area, collected data from a 40-year study on coronary heart disease which also unexpectedly yielded a connection with cancer. He states that the Type C personality tends to:

- Suppress emotions such as anxiety and anger;
- Suppress appropriate assertiveness and confidence;
- Cope poorly with stress; and
- Feel hopeless, helpless and depressed under stress.

Eysenck further states that these personality traits do not cause cancer, but rather underlie other known risk factors

such as smoking, drinking, bad eating habits and other behavior which indicate lack of self care.

In the book, "*Love, Medicine and Miracles*", Bernie S. Siegel, MD, takes the mind-body connection to a higher level. As a surgeon and oncologist who has worked with cancer patients for years, Bernie is a firm believer in what the human spirit can do in the face of life-threatening cancers. He describes the healing effects of love, both self-love and love from others, in the lives of his patients. In the 1970s, he began his ECaP (Exceptional Cancer Patients) groups to help patients deal with the effects of their disease, and share their experiences with each other. He found that patients who experienced the most love in their lives and took control over the emotions of their disease, seemed to experience more frequent recoveries and remissions. Dr. Siegel talks openly to his patients about fear and depression, and encourages them to demonstrate control over their disease through expressive art therapy. He feels cancer is a disease of the spirit as well as the body, and the whole patient should be treated.

In another study, which was designed to equate worry and stress with the risk of developing Alzheimer's disease, 1000 people were asked about their tendencies to experience bouts of worry and stress. In 3-6 years these people were evaluated to determine if they had developed Alzheimer's Disease.

The study revealed two key findings:

- The participants who were more prone to feelings of stress were more than twice as likely to develop Alzheimer's disease
- The link between stress and Alzheimer's was more predominant in white participants

Researchers advise that if you know a loved one who seems to be unhappy on a regular basis, urge them to seek out a qualified mental health professional.

40,000 people in the US are over 100 years old. What they have in common are:

1. Connection (sense of being connected)
2. Meaningfulness (purpose)
3. Freedom from Shame & Guilt.
4. An ability to bond forever regardless of physical loss.
5. Regular use of the body to remain active.

Looking at the above list, and hearing modern statistics regarding the importance of emotional health to one's physical health, it is easy to ascertain why having healthy emotions, satisfying relationships and a life free of undue stress contributes greatly to vital physical health and longevity.

According to the U.S. Centers for Disease Control and Prevention, **stress accounts for around 75% of all doctor visits.** This involves an extremely wide span of physical complaints including, but not limited to: headache; back pain; heart problems; upset stomach; stomach ulcer; sleep problems; tiredness; inability to overcome disease; accidents.

Other studies have found that up to 90% of all visits to primary care physicians are for stress-related complaints. (Occupational Health and Safety news and the National Council on compensation Insurance)

Emotional Stress is a **major contributing factor to the six leading causes of death in the United States:** cancer, coronary artery disease, accidental injuries, respiratory disorders, cirrhosis of the liver and suicide. According to statistics from Meridian Stress Management Consultancy in the UK, **almost 180,000 people in the UK die each year from some form of stress-related illness.**

Optimists live about 20% longer than pessimists. (Research study by Donald D. Hensrud, M.D., Director of the Mayo Clinic Executive Health Program)

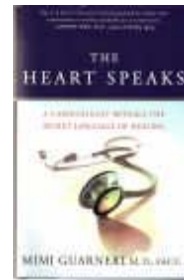
Stress reduction and relaxation training techniques are now considered to be an important adjunct to many medical therapies for the treatment of a variety of illnesses. Teaching patients to take care of themselves by expressing their emotions and developing good health habits is tantamount to encouraging self-love. When someone begins to love himself, he or she is more likely to be able to love others, and in turn becomes more lovable by others. Love, care, joy and peace are healthy habits to practice and integrate into one's personality. They are antidotes for stress, and the prescription for a healthier life.

I guess that old Solomon, author of the Proverbs, was right. A crushed spirit does dry up the bones and cause many physical illnesses. The weight of emotional baggage produces stress which causes us to be crushed, trodden and trampled beneath their heavy load, but a cheerful spirit does as good as a medicine.



Putting on a happy face won't do, because a mask does not change one's spirit. The spirit must be created from the inside out. First comes the recognizing of the need, then a reaching for help, applying the information for recovery to yourself, using the tools for recovery, emptying the baggage and then, at last, feeling the joy. You owe it to yourself and to those who love you. Think about it, you'll be around longer to feel their love and to give it out to them and to others.

The Heart Speaks

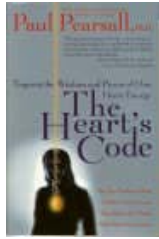


Every day, 2,600 Americans die of cardiovascular disease—one person every thirty-three seconds. Ten times more women die of heart disease than breast cancer. Despite remarkable interventional and surgical procedures, over 650,000 new heart attacks occur annually: With groundbreaking new research, Dr. Guarneri skillfully blends the science and drama of the heart's unfolding. She reveals the heart as a multi-layered, complex organ and explores the new science that indicates the heart acts as a powerhouse of its own, possessing intelligence, memory, and decision-making abilities that are separate from the mind.

One reviewer wrote: "This is an excellent, fascinating and insightful read. Dr Guarneri knows her stuff and has written this book well. She wrote it because obviously we need to think about nutrition, cholesterol and exercise, but there are deeper issues too like peoples emotions. She believes that heart problems can be caused by the stress's in our lives and our emotions - we could literally die of a broken heart. Emotional events can weaken heart muscles. You produce stress hormones when you are upset which raise blood sugars and blood pressure etc which ultimately weaken or can destroy the heart. She talks about this in the book and on the flip side, talks about happy people too and how positive emotions and feelings do good for our hearts. When we are happy, our hearts beat in a coherent rhythm. She says we have to look at our hearts in various ways. We need to look at it as a pump to keep us alive but to also look at the emotional heart, the mental heart and the spiritual heart in order to keep us healthy...If you have a healthy and happy outlook on life, you will also have a happy and healthy heart."

[Click here](#) to get your copy of this book.

The Heart's Code



You know that the heart loves and feels, but did you know that the heart also thinks, remembers, communicates with other hearts, helps regulate immunity, and contains stored information that continually pulses through your body? In *"The Heart's Code"*, 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.*

What others are saying about this book: "The subject of this book will resonate differently with a variety of readers. Some will reject the theories presented as preposterous. But, for those who have experienced this "heart" connection it will be the "aha!" or "yes!" that makes sense to their own experience. As unusual as it sounds to hear the language of the body used, as Pearsall does, to describe this heart to heart dialogue, the heart metaphor is a language that has been used to communicate love and human relations throughout the ages. Those who know the power of prayer and of letting go will have an easy time following Pearsall's logic...His proposition is that the heart has a code and each cell is imprinted with memories. He goes further to say that the heart (not the brain) is the link between mind, body and spirit. He supports his L-energy theory (or fifth force) with research results, ancient wisdom, examples from his own practice and personal experience...I urge all to consider reading this book (and begin to use its wisdom) with a "heart" open to the incredible possibilities that it suggests!"

[Click here](#) to get your copy of this book.

LRI Connect

If you haven't visited [LRI Connect](#) lately, you are missing out. Join in the discussion today with your stories, ideas, questions, and suggestions.

If you are a first time user, you will need to register with your email address and a user name to protect your privacy. Your info will not be given out to any 3rd party at any time.

The Truth

The truth
about our childhood
is stored up in our bodies,
and although
we can repress it,
we can never alter it.
our intellect
can be deceived,
our feelings manipulated,
our perception confused,
and our body
tricked with medications,
but some day
the body will present its bill,
for it is as
incorruptible as a child,
who, still whole in spirit,
will accept no compromises or excuses,
and it will not
stop tormenting us
until we stop
evading the truth.

Author: Unknown

Last Chance to Register

The Journey – Segment 3

AFFIRMATION

The Route to Freedom

LIFE RENEWAL INSTITUTE
PRESENTS:

Have you experienced...

anger?

fear?

exploitation?

incredible sadness?

neglect?

manipulation?

Open Arms SDA Church

15150 NE Glisan, Portland, OR

Being ignored, bullied, not comforted, or touched in times of stress or receiving demeaning remarks are all forms of insidious abuse.

If you isolate, live with sadness, fear, anger or feel inadequate, register today for this seminar where healing can begin.

March 15 – 16, 2008
9am – 5pm

Local Contact:
Audrey Woods
503-252-2112

Register by March 7 for
Free lunch both days



Drs. Ron and Nancy Rockey

TO REGISTER:

<http://www.yourLRI.com>

1-888-8000LRI (1-888-800-0574)

Copyright 2007, LRI, Inc. All rights Reserved



February blog titles:

- [“The Comfort of Friendships”](#)
- [“One, Two, Three, Love”](#)
- [“Musical Love”](#)
- [“Early Spring”](#)

Upcoming Live 2008 Events		
Date	Place	Seminar
March 22— 23	Portland, OR	Abuse
April 12—13	Chattanooga, TN	Attachment
April 18—19	Ventura, CA	Acceptance
June 9—15	Mt. Vernon, OH	Camp meeting
Sept. 5—6	Ventura, CA	Abuse
Oct. 25-26	Walla Walla, WA	TBA

Bargain Corner



Slightly Damaged

**3 Available
\$6.00 ea.**

**Phone Order Only
1-888-800-0574**



Register Early

The Journey – Segment 1

ATTACHMENT

L I F E R E N E W A L I N S T I T U T E



Chattanooga Choo Choo

1400 Market St. Chattanooga, TN

Identify your style of attachment
Discover what contributed to your choice
Hear about pre-natal and early childhood influences
Acquire tools to improve your sense of belonging
Know you CAN experience a secure attachment



Drs. Ron and Nancy Rockey

April 12
8:3- a.m. – 4:30 p.m.
(lunch incl)

April 13
8:30 a.m. – 4:30 p.m.

Local Contact:
423-785-7619

TO REGISTER:
<http://www.yourLRI.com>
1-888-800LRI (0574)



Copyright 2007, LRI, Inc. All rights Reserved

Maybe the happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Copy this code and paste into you're My Space profile where you want the Life Renewal Institute banner and link to appear.

Where knowledge merges with understanding, creating hope and change.

**Note: All pictures used with permission

Name _____

Address _____

Phone _____ E-mail _____

Visa/MasterCard _____ Expiration Date _____ Check attached # _____

Orders over \$100=Free Shipping - or - add \$6 for first item and \$2 for each additional item

#	Title	Amount	Taken	B/O
	Belonging	\$12.99		
	Bold Love	\$13.99		
	Boy Who Was Raised as a Dog	\$26.00		
	Breaking the Cycle of Divorce	\$19.99		
	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		
	For Women Only	\$14.99		
	For Young Women Only	\$13.99		
	Freedom from the Grip of Fear	\$12.99		
	Gift of Forgiveness	\$12.99		
	Healing the Scars of Emotional Abuse	\$12.99		
	Heart Speaks	\$14.00		
	Hearts Code	\$14.95		
	His Needs – Her Needs	\$19.99		
	His Needs – Her Needs (audio book)	\$39.99		
	Inside Story	\$5.95		
	Invisible Bond	\$12.99		
	Lies at the Alter	\$24.95		
	Living Successfully with Screwed-Up People	\$12.99		
	Loving Your Child too Much	\$21.99		
	Magical Child	\$15.00		
	Magical Parent – Magical Child	\$17.96		
	Managing Emotions	\$9.95		
	New Brain	\$14.95		
	Nurturing the Unborn Child	\$15.95		
	Parenting the Heart of Your Child	\$13.95		
	Pre-Parenting – Nurturing your Child from Conception	\$14.00		
	Sheet Music	\$12.99		
	To Be Told	\$18.99		
	To Be Told – Workbook	\$11.99		
	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	\$		
	Subtotal of Workbooks and AV from Reverse	\$		
	TOTAL DUE	\$		

#	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		
	Journey to NAI – student copy	\$10		
	Passenger Lesson Guide DVD	\$149		
	Passenger Notebook	\$49		
	Mode Lesson Guide DVD	\$149		
	Mode Notebook	\$49		
	Route Lesson Guide DVD	\$149		
	Route Notebook	\$49		
	Macaroni Pin	\$4		
	Subtotal of Workbooks and AV			
	Enter Amount on Front	\$		

Life Renewal Institute
251 Stenton Avenue
Plymouth Meeting, PA 19462



Life
Renewal
Institute