

7-2008

2008 July-Newsletter

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"Perhaps our eyes need to be washed by our tears once in awhile, so that we can see Life with a clearer view again". ~Alex Tan



Editor's Corner

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"Freedom is that instant between when someone tells you to do something and when you decide how to respond"

— Jeffrey Borenstein

This last weekend, I spent some time going through old home movies. The kind that you forgot you had and haven't seen for years. Nineteen years ago seems like a lifetime. Usually when I watch old home movies I marvel at how much the kids have changed. This time I found myself marveling at how much I have changed while at the same time being appalled at my interactions with family members back then.

When contemplating marriage, I had vowed to myself that I would be a great Wife and Mom. Somehow things didn't go quite according to my plan throughout the years even though I worked HARD at it. What I didn't know was that my dysfunctions were getting in my way. I could see others dysfunctions so much easier than mine.

When I first began my journey of recovery 8 years ago, I did so to find tools to fix other family members, not understanding that I had a whole list of things that needed work. Even though I began with the wrong motive, I slowly began to focus on **my** issues and what **I** needed to work through. As I began to work on my stuff, life took on a whole new look. I was getting out of the muck I hadn't understood I was in.

A couple years later the comments started. "Mom you are so much different than you used to be. I like the new you way better. Thank you for changing." I knew I was changing, but had not been faced with a true picture of what it used to be like for them until this past weekend. I am so thankful that I took the opportunity when it arose and now have even more incentive to continue my process.

You can make the changes too. Take the plunge even if you aren't sure you need it.

Audrey Woods



Is Freedom Free?

By Ron and Nancy Rockey

DECLARATION OF INDEPENDENCE: We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

US CONSTITUTION: We the people of the United States, in order to form a more perfect union,... promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.

LIBERTY: the freedom to think or act without being constrained by necessity or force

FREEDOM:

- A state in which somebody is able to act and live as he or she chooses, without being subject to any undue restraints or restrictions.
- Release or rescue from being physically bound, or from being confined, enslaved, captured or imprisoned.
- The right to speak or act without restriction, interference or fear.
- The state of being unaffected by, or not subject to something unpleasant or unwanted.

As the United States election draws near, and candidates speak eloquently about their platform and their practices when elected as President of the United States, no speech is given, no audience addressed without the use of the above two defined words, Freedom and Liberty. Of course, these words are used in the context of seeking votes so that they can occupy the White House and claim the title of the "Most powerful Man in the World." They are used because they address the desire of every man and woman to experience autonomy, self-rule, decision-making on one's own, and the freedom to cooperate with the dictates of their own hearts and minds.



No one wants to be bound to the dictates of another. Even children, at the age of two, begin to assert their authority. "No!," the two year olds favorite and oft used word, is

their expression of independence, autonomy. "I want to be my own boss, do my own thing, do it my way."

The pilgrims left England because they wanted to be free to practice their religious beliefs "their way." Compassionate men and women set the slaves free from bondage to the inhumane hardship and treatment of their "Massa". Prisoners of War, men and women taken captive because they are considered to be the enemy, long for the day when the war ends so they are free to go home. Criminals, guilty of the most heinous crimes, want and even attempt to escape the confines of today's more humane prisons.

It is said that you can put a fly into a jar, and place a lid on the opening, and after three days of confinement, the fly will not even attempt to escape from the jar. WHY? He doesn't know that there is a way of escape! He has become a prisoner of his own thinking - if a fly thinks, that is. What is true for the fly in a jar is also true of human beings caught in a prison of their minds. Many do not even know that they are in a prison, that they are bound by the lies they have believed and the thoughts and feelings that control them. Having been taken captive by God's enemy, and wounded at his dictates, they remain his slaves for a lifetime. Even when escape from pain and fear, sadness and anger, loneliness and isolation is presented, slaves often do not believe that such freedom is possible, and choose to remain stuck in muck, rather than reaching out a hand to one who offers help.

How amazing it is that even the Bible speaks of this in 1 Corinthians 10. Beginning in verse one, the Apostle Paul is warning the saints and using their history, the history of Israel, as an example. He speaks of Israel's sin and then of the consequences paid for those sins. Then he counsels them that these things

"happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come. So if you think you are standing firm, be careful that you don't fall. No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out (of escape from the bondage of sin) so that you can stand up under it."

In the Pulpit Commentary words written about the previous verse read:

"Sin leads down to servitude - to a bondage of which all bodily slaveries and imprisonments are only types and shadows. For to be held in the bars of a spiritual captivity of an unholy lust, of a depraved habit, of an irresistible tendency of mind, to struggle more and more feebly and ineffectually against this, and at last

for the soul to surrender itself a hopeless captive, - this is a degradation beyond and beneath which it is impossible for man to pass. But we have the promise of Divine Restoration. "I have called thee... to open the blind eyes, to bring out the prisoners," etc. (vers. 6, 7). Jesus Christ came "to preach deliverance to the captives" Luke 4:18). This he does by (1) his enlightening truth; (2) his renewing and redeeming Spirit."

Life Renewal Institute was founded to provide a way out of confinement. Walking the streets, working at their jobs, raising families and living their lives unsuccessfully, people have no idea that they are bound by the untrue messages they heard and the hurtful wounds they experienced, when their character was being formed. They do not comprehend that their personal view of their worth and value chains them to a certain way of feeling and thinking. Unaware that they are stuck in the muck of their beginnings, they sink further and further, as if in Quicksand. The more they squirm to be free, to have answers, the deeper they sink. LRI acts as a lifesaver for the drowning.

The Biblical book of Hosea makes it clear. In chapter four, beginning in verse one, the situation is laid out - there is no truth, no mercy, no knowledge of God . . . There is lying, stealing, killing, committing adultery . . . the land wastes away . . . bloodshed follows bloodshed. And finally God declares, *"My people die for lack of knowledge."* What we don't know about ourselves and the lies we have believed about our value are doing us in!

Scripture tells us in 1 Corinthians 11:28 and in Galatians 6:4 that each one should examine themselves to determine where he stands. Life Renewal Institute has prepared the tool for an organized examination of oneself and a process of turning away from the hold that our past has upon us, so that we are FREE to live life joyfully - freed from the confines of the jar in which our wounds have placed us. We no longer have to be prisoners of the past, thinking and behaving like a victim or a perpetrator, repeating what we have experienced. We can take The Journey out from despair and despondency to a life of peace, love and joy.



A gospel singer who was popular in Christian circles years ago, Doug Oldham, sings a song that I have been humming ever since I began this article. It is in reference to those who defend our country - our soldiers, but I believe it has a double meaning.



Freedom isn't free, can't you see?
 It has always been the soldier
 Who has made the sacrifice.
 Standing strong and proud in battle,
 Willing to lay down his life,
 It has always been the soldier,
 On the land, in the air and sea,
 Fighting for our liberty

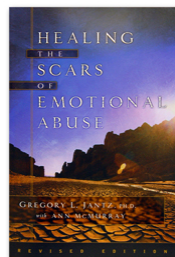
Each one of us can be a soldier - defending our lives and the lives of others against the long term effects of our enemy's fight against us. We at Life Renewal Institute are strong in battle against the one who would keep mankind confined to a jar, imprisoned by thoughts and feelings that eventually destroy us. Won't you enlist as a soldier in God's army - a soldier whose fight is for mankind's freedom to live and love, unmolested by the events of the past?



***Next month we will address the imaginary lid on our jar, the buzzing around in the confines of a life controlled by internal anger. We will look at its origins, its affect on our behaviors and our health. We will examine the way out of the prison house of our minds. Be sure that you're tuned in!

Healing the Scars of Emotional Abuse

This has been such a great book for me. It was such a big eye opener. I knew that my life as a child left me scarred, but without any physical signs of abuse I felt that maybe it was all in my head. It was hard to read and realize that the emotional abuse I have suffered still has a great impact on me today. I loved how they spoke of God and seeking Him in your road to recovery. This book is so well written and it's easy to understand. It has identified the different types of abuse and I can see the type I myself have suffered from. Even if you have never suffered emotional abuse I would still recommend this book. —Ali



Want freedom from emotional abuse? Order your copy today at www.yourlri.com or call 1-888-800-0574

Carolyn W.

"*The Destination*" has been awesome. Our group has found it to be the deepest part of "*The Journey*" yet. I have seen some very significant spiritual growth and relational growth. I've been doing "*The Journey*" or "*Binding The Wounds*" for over 5 years now as a facilitator and I've definitely benefited with new insights. We actually took two weeks on several lessons because there was so much to digest.

I would definitely recommend "*The Destination*" to anyone who has been through at least 2 segments of "*The Journey*". Some of the parts about understanding where your brain functioned best was very useful to several people in the group. One young woman had done only one segment and still benefited. The men's group could never seem to quit talking...

Jim W.

Thinking with the heart is God's way of communicating in His kingdom. It was proposed in class that the heart governs the brain, so changing the way I think (process). Putting the heart first as the primary and the mind (Brain) as the secondary was an exciting change in my life. This has allowed me to become what God wants me to become, which is complete fulfillment in my life. It has allowed me to connect with God and have the ability to have a relationship with Him. I can receive God's love so I can give love to others and am learning to trust God in all things (This is the Journey to Infinity.)

Connie W.

The heart-mind connection has been a revelation to me. Also, the connection to the body; illness tied to the state of the heart.

Most enjoying is that God created us with a heart programmed to connect with Him.

Michelle S

The Journey has changed my life in many beautiful ways. First of all, it has given me, me. I know I still have to learn so much more, but at this point in my life I am gathering information to build on.

I feel my group has allowed me to express my feelings with knowledge. Years ago I would have never expressed my feelings nor allowed myself to feel.

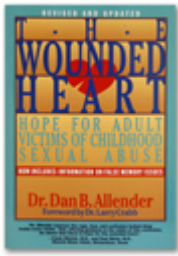
In my recovery, I have learned a lot about rejection and the old me. I have been able to see just how damaged I was and still am, but willing to change.

This will be a journey that will take me a lifetime. It is a long road for me to travel. I know I have many more miles to walk; I am willing to take the chance to have a spiritual relationship with god and learn to be the best that I can be.

Thank you for your help. You have changed my life forever.

Thank you

The Wounded Heart



Last year, I worked my way through the book and study guide. When I first began reading the book, I wanted to throw it across the room, and was angry that the author would even insinuate that I was sinning. Well, he was right. I was so filled with self-contempt and rage, and so chained up in the prison of abuse, that I would almost rather rail at him and run,

than admit that I was existing in a state that was eating me up, inside and out. I had been holding myself separate from God, not allowing Him to bring healing for the past horrors in my life, dead from the numbness I had created to protect myself from pain. Through this study, and the pain, tears and difficult struggles that accompanied it, great healing has been taking place in my life. I am thankful for Dr. Allender's obedience in writing this study, and I am grateful to our Lord for using it to begin my journey of restoration and healing. I can highly recommend this book to someone who is tired of living a life behind the prison walls of childhood sexual abuse, someone who is willing to go through the pain of 'looking at' the abuse one last time and grieving for the child that was destroyed inside himself/herself. If you are willing to finally lay all of the pain and hurt and shame and rage down on God's altar, this book may be what you are looking for.

--Barb

Order this book and the corresponding workbook at www.yourLRI.com or call 1-888-800-0574 and begin finding your freedom from sexual abuse.

Audrey G.

I don't know where to start. My life is so different. I started all this shortly after my ex-husband and I separated 8 years ago and I've been in this journey ever since. It has brought joy and peace into my life. This last segment "*The Destination*", has been especially helpful. The information on the heart vs. the mind has really been important for me. I feel it is the first time in my life when I have been aware of my heart's need and functions and emotion. I have always worked out of the brain. I don't have to live that way any longer.

I no longer feel the rejection I have always felt. I now understand it was my problem and I wasn't really being rejected a lot of the time. Through 25 years of marriage I seldom felt loved even though it was voiced regularly and shown to me. I feel differently now. I now can accept myself and feel acceptance from others. I denied my own needs and feeling all my life. No longer.

I have also been able to forgive others who have hurt me in my life that I have had resentments against for years., because I can now understand why they did what they did.

I always come away from group with renewed energy and hope. I feel like I have come out of a shell into the light. Knowledge is a key that opens the door to light, peace, and joy.

Upcoming Live Events

Date	Place	Seminar
Aug. 16-17	Chicago, IL	The Journey
Aug. 18-20	N New England	Worker Mtg.
Sept. 5-7	Ventura, CA	Affirmation
Sept. 19-20	Newman Lake, WA	Attachment
Oct. 25-26	Walla Walla, WA	Acceptance
Nov. 8-9	Orlando, FL	Attachment
Nov. 15-16	Miami, FL	Acceptance
<u>2009</u>	<u>2009</u>	<u>2009</u>
Jan. 16-18	Columbus, Ohio	Evangelism Retreat
Feb. 21-22	Santa Rosa, CA	Affirmation

Freedom From the Grip of Fear

I can't say enough good things about this book. I have struggled with various fears for the majority of my life. I have read several books on fear, but this book stands out from the rest.

Dr Wright not only provides the tools to understand and identify your fears, but also to overcome them. I have found that most books on fear are heavy on the identification of fear, but say almost nothing about overcoming it. I saw myself over and over again in the examples given by Dr Wright.

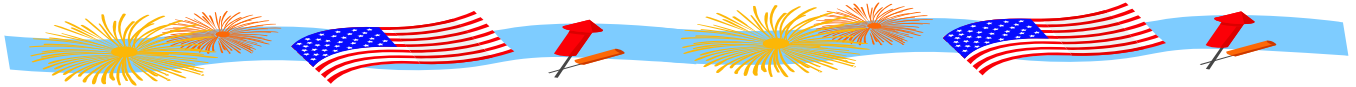
Also, the principles he gives are practical and more important, biblical. These are principles that are easy to implement.



Lastly, this book gave me something else. Hope. For the first time, I have hope that I can (with the Lord's help) conquer my fears. Dr Wright correctly calls fear a prison. I can tell you from firsthand experience, that is exactly what it is. I would highly recommend this book to anyone who is struggling with fear of any kind. Whether it's phobias or relational fears. This book has been life-changing for me.

--Anonymous

To order your copy, [click here](http://www.yourLRI.com) or call 1-888-800-0574 and discover your freedom from fear.



Belonging

I've been in the darkness of the dungeon,
 A 4 X 6 X 6 cold damp box;
 Naked and alone—very alone;
 In solitary confinement behind thick cement walls
 And miles of barbed wire at the state penitentiary.
 I understand the torture of prejudice
 And the brutality of power.

Days blurred into unending nights;
 Hope faltered and died.
 Release from the hole seemed impossible.

I desperately wanted out.
 But someone else had the key.
 I'd been stripped of my dignity,
 Naked and ashamed.

My strength was ebbing from poor nutrition;
 My muscles flaccid with disuse.

I curled myself into a fetal position,
 Yearning to return to the safety of the womb.

My thoughts condemned me.
 My selfhood was gone,
 And although I existed—my spirit was dead!

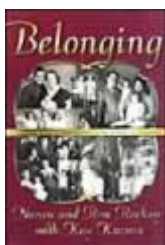
I've been out in the sunlight married to the woman I adore,
 My daughters laughing and playing beside me.
 I've fulfilled my dream of finishing graduate studies
 And practicing my chosen profession,

But all the while feeling more desperate
 Than I did in the hole.

I've been in the spider's web.

I found the route to escape,
 Both from the cement and barbed-wire prison,
 And from the prison of my mind.

This book is about escape,
 It's about the journey to emotional freedom.
 It's about cutting the sticky strands of the web,
 And being FREE.



“Belonging” – Overcoming rejection and discovering the freedom of acceptance. Make the choice today to seek freedom. Order your copy at www.yourlri.com or call 1-888-800-0574 . Available also in Spanish – “En Casa”

The First Step

The first few steps you take on any journey
 won't get you where you want to go.
 But without those first steps and the many more that follow,
 you would not be where you are, looking towards the future
 and wondering what it would really be like to see your world
 the way

you always dreamed it could be.

One of the greatest lessons in life is the one you learn
 about moving forward and taking steps to reach your goals.
 Life rewards those who are willing to be involved in it...
 and take chances.

Take your chance and take those first few steps,
 because a better life is just waiting for you.

At times you may expect the answers to come quickly,
 but try to be patient; some answers may take sometime to be
 revealed to you.

Admitting our weaknesses is the bravest thing we can do.
 Because with that admission, we drop our shield of pretense,
 find the courage to face reality, and reach out for the help we
 need.

Although the first step on the road to recovery is not always
 an easy one,
 recovery offers you a new chance to learn to love yourself,
 your family, and life.

It takes time to get adjusted to a new way of living
 and to learn to enjoy the peacefulness that recovery offers.

There will be times when you will feel anxious,
 and that's normal.

But you deserve to live in love and happiness,
 and there is no greater gift you could give yourself.

---Unknown





AFFIRMATION

The Route to Freedom

In this seminar learn: what precipitates emotional, physical and sexual abuse, the resulting ill-effects, tools to undo the results of early childhood wounding, and symptoms of ongoing abuse. Hear about transformed lives from former abusers and victims. Find hope to move from abuse to affirmation.



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VENTURA SDA CHURCH

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REGISTER ONLINE:
www.yourLRI.com

OR CALL:
1-888-8000LRI
1-888-800-0574

LOCAL CONTACT:
805-642-5387

Fri, Sept. 5
7 – 9 pm

Sat, Sept. 6
2 – 9 pm

Dinner included on Saturday

Sun, Sept. 7
1—5 pm

\$59



Presented by:
Drs. Ron and Nancy Rockey

ATTACHMENT

LIFE RENEWAL INSTITUTE

Feeling detached?

Wanting MORE out of your relationship?

Unable to connect?

Not feeling like you belong?

Summit Northwest Ministries

8311 N Idaho Rd.,
Newman Lake, WA 99025

Sept. 19
6:30 – 9:30 pm

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

Sept. 20
1:15 – 9:15 pm
(Dinner included)

Register by Aug. 15

\$79

After Aug. 15

\$89

TO REGISTER:

<http://www.yourLRI.com>

<http://www.summitnorthwest.org>

1-888-8000LRI (574)



Drs. Ron and Nancy Rockey



Local Contact:

208-762-9304



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LIFE RENEWAL INSTITUTE
PRESENTS:

ACCEPTANCE



angry?

bitter?

depressed?

fearful?

sad?

full of resentment?

Walla Walla University

Fine Arts Center
290 S College Ave., College Place, WA 99324

What produces feelings of rejection?
How does rejection manifest itself?
Get tools to turn rejection into acceptance.
Replace hopelessness with **hope**.

Oct. 25

9 a.m. – 5 p.m.
(includes lunch)

Oct 26

9 a.m. – 3 p.m.

Local Contact:

Freta @ 509-301-2435
Alex @ 509-301-6149



Drs. Ron and Nancy Rockey

\$75

Register by
Aug. 15 for a
\$5 discount

TO REGISTER:

<http://www.yourLRI.com>
1-888-8000LRI
1-888-800-0574



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The Journey – Segment 2

**Note: All pictures used with permission

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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		
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	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	\$		

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