

5-2009

## 2009 May-Newsletter

Nancy Rockey

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# Life Renewal Institute Newsletter

Vol. 29

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May 2009

*"Being a full-time mother is one of the highest salaried jobs ...since the payment is pure love." ~Mildred B. Vermont*



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## Editor's Corner

The clock struck 5 a.m. as I walked out of the girl's dorm. There was nothing unusual about girls leaving the dorm at 5 a.m. since the first shift at the sanitarium started at 5:30. I wasn't on the rotation this week though. I had another destination in mind. Billy really wanted to cook breakfast for his Mom and surprise her for Mother's Day. He had asked for my help. She usually got up early, so we had to hurry if he expected to serve her breakfast in bed. He was watching for me when I arrived and quietly opened the door so I wouldn't knock. After hanging my coat across the back of a kitchen chair, we began our preparations. But then we heard it. His Mom was stirring in the bedroom. We grabbed the stuff on the counter, turned off the lights and found a place to hide in hopes she would go back to bed. She appeared in the kitchen, got a drink of water, and returned to the bedroom. After a few minutes with no more stirrings, we decided to get back to business. With no more interruptions, breakfast was soon ready, the tray set, and I was off to begin my day while Billy headed into his Mom's room with excitement that he had pulled it off and it was still a surprise.

We both forgot that when we hid, we didn't grab my coat hanging on the kitchen chair. Smart Mom that she was, didn't let on and dutifully went back to bed and pretended to be asleep until her son knocked on the door with a cheery greeting of "Happy Mother's Day". What a wise mother.

For next month's newsletter, I would like to include some of your stories. Do you have a fond memory of Mother's Day or Father's Day that you would be willing to share? What did you used to do for your parents when you were young? What do your kids do for you now? Send them to [audrey@yourlri.com](mailto:audrey@yourlri.com) by May 22.

*Audrey Woods*



## Mother's Aren't Perfect, but.....

*By: Ron and Nancy Rocky*

I remember it well. It was 3:15 AM, July 6, 1968, an extremely important day in my life! I had just been wheeled into the recovery room at the famous Boston Hospital for Women. I was the patient who had just delivered a five pound, 10 ounce baby girl. She was the most beautiful sight I had seen until that moment.



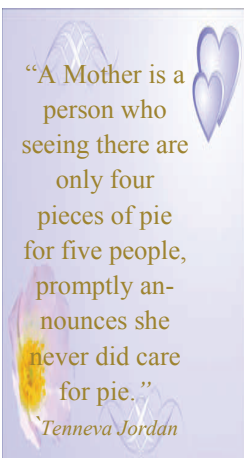
Ron was allowed to come into recovery room to see me, and we celebrated ecstatically the safe birth of our firstborn. Even though she came six weeks early, all seemed to be well with her, and for me the delivery had been comparatively easy.

Instantly, there was an overwhelming desire to phone my mother. I had successfully completed the joyous task of womanhood's fulfilling. I had given birth to her first grandchild, and just HAD to tell her! It was a long distance call, but the nurses brought me a phone and let me call. Of course, there was great joy on the other end of the line. Ron wanted a daughter and so did I, so we were blessed, but I was concerned that my father would be disappointed that the child wasn't a boy. That was a short-lived fear!

Three hours later, my parents appeared, Mother donned in a hot pink dress, "so that my grandchild can see me," she said. They had driven a two plus hour drive from Connecticut and had taken the time on their end to shower and dress up for the grand occasion. In that room were many hugs and kisses, two very proud grandparents, and Ron and I feeling pride and wonder at this creation of God who had been given to us as a gift.

Mothers have a very powerful impact on our lives! In my case, perhaps her influence was "over the top" because of World War II and my father's absence those first few years. I saw her as fragile, because of her health in my beginning years, yet there was a side of her that was powerfully strong too.

We lived with my grandparents (Mother's parents) because Mom and Dad had no time to set up housekeeping after their wedding. The draft notice they found after a week's honeymoon, spoiled that. I was conceived during a 24 hour furlough while my father was still in Maine's Fort Preble, taking Medic Training. My mother's parents continued to house her and me until my father returned from the war. Mother became pregnant again just before my father was shipped to Europe. Those nine months were difficult as she was ill and there were no short 24 hour furloughs from the front lines for a few hours together.



When my brother was born, there was another problem. Mother was quite ill and baby brother was born early. An accident in the hospital ended his life on day 10.

Mother was weak, to be sure, but it was in times of stress like this experience, that her internal fortitude emerged. Of course there was grieving in our family, but somehow she held herself together through the sad, lonely hours. Grandma and Grandpa were a blessing, but could not take the place of her army sergeant husband. I was 2 ½ and not capable of being much comfort to her.

As I grew, I studied my mother carefully. I remember thinking that she was the most beautiful creature I'd ever seen, and while she was physically attractive, I believe that her character – her loving ways - was the main reason for my adoration of her.

She worked five days a week at a taxing nursing job, she lovingly cared for her aging parents, protecting and providing a wonderful home for them. She cooked (too well!), she cleaned (a whole lot!) and kept an immaculate home. How I loved the springtime when, after she spent hours starching and ironing those organdy ruffled curtains, they were hung in the living and dining rooms. When they were hanging, our home looked like a doll house.

High School was not an easy experience for me, but Mother made it ever-so-much better by her constant support and caring, and by the special things she did to create special moments.

I saw her loose her beloved father in death. While it was a difficult experience, she weathered it well and cared for my grieving grandmother very sensitively. I watched her nearly fall apart when my father lay dead in my arms. The love of her life was gone, far too soon, and she was devastated. With a fortitude born from all she had already endured, she pulled herself together and with our help, planned an awesome funeral. When health issues necessitated a move to the drier climate of the southwest for me, she packed herself, her mother and her possessions and moved to the southwest to be near her only child and her family. "Just a hen with one chick," she used to say of herself. And when Grandma was afraid of the mountains in the southwest, she packed their possessions again and took Grandma home to familiar New England for her last days.



Was she perfect? Absolutely not - no one is! Were there times I felt frustrated by her and her ways? Yes! Would I give most anything to have her back again? Without a doubt!

Once a mother, always a mother!

There is something in the heart of an emotionally healthy woman, planted there by God that is compassionate, caring and concerned for her child! No matter what her age, my Grandmother was always concerned for her daughter. No matter what her age, my

Upcoming Live Events		
2009		
Date	Place	Seminar
May 4-9	Milton Freewater, OR	EIDO
Aug. 2-5	Atlantic Union Conference	Workers Retreat
Oct. 26-31	Portland, OR	EIDO

mother was always compassionate toward me. And no matter what age, I am always caring and concerned about my girls. These are the qualities that God endows upon a woman and the love that He plants in her heart.

Always, from conception to her daughter's death, emotionally healthy mothers remain the model of womanhood that the daughter emulates. Again, that's the way God designed it to be. As women, our sense of self begins its formation as we observe, hear, taste, touch and feel the love and the care of our mothers. For many, the model is far less than perfect. The effects of the wounds a woman has experienced are passed on in her attitudes and behaviors to her daughters. Many times I wish that I had been more emotionally mature when our girls were in their character-forming years!

We have a friend whose Mother endured a very troubled marriage to a violent husband, and produced a number of children with him. Much of the time, this overly burdened mother was grieving the loss of her dream of a happy marriage, working both outside and inside the home to provide for her children, while enduring the physical and emotional pain of a violent husband. Women like this, who choose "to make the best of a bad bargain," as my grandmother would say, pass on messages to their own daughters that are far less than perfect. Those messages, "stay with the man and allow him to disrespect and abuse you and your daughters," "abuse is what you are worth," and the emotional distance from her children because of her internal emotional upheaval – are NOT lessons a young girl should learn.



"**Connecting**", is a 9-CD audio live seminar from Walla Walla, WA. It explains the influence of parents upon the physical, emotional, intellectual, and moral development of children. This seminar will provide you with the tools for recovery from the negative effects of childhood damage, received by a parent and then passed on to the next generation. You will learn the skills you need to pass on positive qualities and have satisfying relationships with your own children. Includes a seminar printed outline.

**\$89 + S&H** [Order online here](#) or call 1-888-800-0574

My friend suffered the consequences of both her parents, to be sure. Now however, as her mother is aging (her father died long ago) she is looking at her mother with renewed eyes. When we are together, we look at our mothers, she and I, and we marvel at what they endured and at the strong women they were all along. It takes women who are getting beyond the pain of their childhood wounds and slights, to be able to be aware of the truth behind what they saw and experience from mother in their youth.

Amazingly, the words, "I love you!" longed for in childhood, were not heard until my friend was well on her recovery road. Having begun that Journey, she is able to see her mother through the eyes of God, who tells us all:

"You are not perfect, but I know your frame, I know you are dust, and I take that into account when I look at you."

Another friend is still enduring the rejection she has felt from her mother all of her life. Her mother, not a warm and affectionate person, prefers to be alone, to relate to another younger woman outside her family, and basically ignore her two daughters. Her own girls are kept at an emotional distance, and the needed care is disregarded and pushed away.

Regardless of the many things my friend does for her mother, who lives on the other side of the continent, enough is never enough. Offers to move Mother closer, to provide housing and loving care for her are emphatically refused, leaving daughter to feel unwanted, rejected and discarded - as though she just doesn't belong.

Why? One has only to look at her mother's history to understand. She was abandoned by her parents who moved to another country for a few years before bringing her to live with them. As a result, in her childhood, this woman detached permanently from close family. Never would she establish a warm and affectionate relationship with anyone again.

How does my friend handle this? Not easily! It's never easy to have your love rejected, your caring dismissed and your support discarded. It's doubly hard when she sends money every month, but is rejected anyway. In this economic downturn, extra money out the window is quite a sacrifice! As a result, my friend has several close friends. She spends time with each, giving and receiving time, attention, love and caring – the things she missed and still misses from the mother who will not mother her. It is her own emotional healing that allows her to go on without the anger and bitterness that would normally accompany a situation such as this. But, no matter what, it still hurts! Mothers and daughters aren't supposed to relate like this!

As Mother's Day rolls around this month, why don't you take the opportunity to look at your mother again – maybe in a whole new way? Mine is in a Connecticut grave, but her gifts to me and her presence remain in my heart. I'm told that I am more and more like her as time ages me. I am definitely OK with that! I can tell you, that I have counted it to be quite a privilege to have written this article, as it gave me opportunity to look at her picture, recall my childhood and teen years and the years until her death four years ago, and be ever-so-grateful for the woman she was!

Why don't you investigate your Mother's beginnings? No doubt you will find compassion in your heart for her as you come to understand what she endured. And as you look in the mirror to comb your hair, find her reflected in the image that comes back to you, and be proud of the woman she has helped you to become!

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## Reflection

I always hoped I'd look like Mom  
Some day when I grew old,  
With rosy cheeks so finely lined,  
Exactly in her mold.

I wished my hair would turn like hers,  
The auburn streaked with gray,  
Crowning me with dignity  
A little more each day.

Then suddenly, this morning, as I  
Brushed my hair in place,  
"Mom" peered out from the mirror  
And we stood there, face to face!

God heard my prayer and fashioned me  
An image from the past.  
I only wish—this once—He hadn't  
Answered me so fast.

~Charlotte Koss



## What Others Are Saying

*After being certified by Dr. Ron and Dr. Nancy Rockey here in Singapore, I have conducted two recovery programs in East Malaysia. The responses are overwhelming and there is a request that they would like to continue the program in our Churches. Plans are underway to have a facilitator training towards the end of the year. Please do let Dr. Nancy and Dr. Ron Rockey know that their contributions have been a blessing to this part of the world as well. .  
~ Pastor Gratian Perera*

*I thank you again just now for being Spirit-led agents of wholeness who entered my world just ten years ago! I remind myself often that understanding and healing are gifts of Jesus that came through <your> transparency. I praise God daily for His gifts of acceptance, power, and freedom. Oh yes, I led one BTW seminar with your DVDs here in Porterville about three years ago. A 70-yr-old widow was the star of that series. Having never, ever heard her mother say "I love you," she found mother acceptance in God's love and healing power for her emotions. She died shortly after, a beaming giant of a disciple of Christ. `Ken Lockwood*

## The Healthy Mother

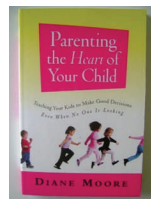
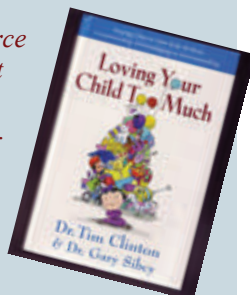
Excerpt from the “Connecting” CD’s Handout

1. Creates a bond of safety and protection, and then as the child accomplishes and develops, gradually lets the child go.
2. Listens, hears and responds to the child as the child is, not to her vision or dream of the child.
3. Shows and tells the child that he/she is and always will be loved unconditionally—no strings attached!
4. Celebrates all the child’s efforts as magnificent achievements.
5. Communicates that it is safe to make needs and wants known, achieve satisfaction and assert power.
6. Encourages attempts at independence, never threatening to remove her love.
7. Validates hopes and dreams, even if they are different from hers.
8. Comfort, safety and love are always offered, regardless of child’s behaviors.
9. Stands up for her beliefs without undermining or demeaning the child.
10. Respects the child’s individuality, space, goals and struggles—called connecting!
11. Assists her child to accept its position as not being the center of the universe, but a supportive part of it.
12. Admits her fallibility and failures.
13. Encourages the child to aim high, explore, experiment, make friends, and become successful and comfortable in life.
14. Offers wings and support for flight.

**“Loving Your Child Too Much”.** Author: Drs. Tim Clinton and Gary Sibcy. As parents, we yearn to show our children how much we love them. We want a close relationship. How do we show love in a healthy, balanced way? How do you support and encourage without spoiling? How do you protect your child from the world, yet help them grow into strong, independent adults, trusting others and making good decisions? How do you help your child take ownership of their own behavior and learn to live within limits without squelching individualism? Dr. Tim Clinton and Dr. Gary Sibcy offer a powerful tool to help you raise happy, well-balanced, and fully-loved kids.

**\$21.99 + S&H** [Order online here](#) or call 1-888-800-0574

**Reader’s Thoughts:** *This is a great resource with a Christian background! It is aimed at raising a well-balanced child, and gives parents many new perspectives to consider. It is a quick read and easy to pick up and start in where you left off. Highly recommended (coming from a Librarian and Christian mother’s point of view!)*



**“Parenting the Heart of Your Child”** - Teaching your kids to make good decisions even when no one is looking. A unique approach to parenting that shapes character, not just behavior. Author: Diane Moore

**\$13.99 + S&H** [Order online here](#) or call 1-888-

## The “Binding” Mother

### Defined:

- ♡ Mothers insecure about their own lives and choices.
- ♡ Mothers who have difficulty letting their daughters go.
- ♡ Hold their daughters too closely.
- ♡ May interfere with or attempt to prevent the daughter from developing autonomy (ability to make decisions by one’s self).
- ♡ Wants the daughter to be “like her”.
- ♡ Wants the daughter to remain within the perimeters of her own life.
- ♡ May threaten to withdraw her love, support, or become “ill” or threaten to “disown” and feel guilty, if daughter leaves prescribed course mother has chosen for her.

## The “Banishing” Mother

### Defined:

- ♡ Often unable to bond with daughter—own damage. Did not receive adequate nurturing as a child or is the product of an extremely “binding” mother, and has decided to not do that to her daughter.
- ♡ Push their daughter to be on their own—too much.
- ♡ Unable to allow for intimacy or closeness with the daughter.
- ♡ Daughter is propelled into precocious self-sufficiency and independence.
- ♡ May insist that daughter take the mother role in the family.
- ♡ May make daughter responsible for siblings, father, or the mother herself. Mother instructs her not to cry, show feelings or be needy. (Ends up being a woman who does not know her own limits, works too much, is fiercely independent, takes on too many responsibilities and is generally a “superwoman”.

***“The healthy mother’s physical and emotional presence provide a refuge within which one could come apart temporarily, release one’s feelings, and be safely returned to normal life.”***



Although consumed by fury, you still loved us.  
 At least that is the knowledge of my heart.  
 Screaming like a child, you would beat us  
 Until you snapped, and then the tears would start.  
 "You know I love you," you would cry, demanding  
 More of us through tears than with your fist.  
 And we, through tears, would nod our understanding,  
 Too bullied in our pain to dare resist.  
 Yet now that you've been dead for many years,  
 And I have wandered through my own vast hell,  
 I see the desperate anguish in your tears  
 And hope at last that I can love you well.  
 For only in my love can your love be  
 The love that once, I think, you had for me.

Used with permission from <http://www.poemsforfree.com/altho4.html>

## Announcements

- **NOW REGISTERING** - for the Portland, Oregon EIDO. Dates—Oct. 26-31. **First 18 to register with a \$500 non-refundable deposit will attend.** Total cost - \$1500. Phone or mail registration only. If you cannot attend but would like to be put on a waiting list to be notified of the next date, please email name, email address, location, and phone number to [audrey@yourlri.com](mailto:audrey@yourlri.com). Mark the subject line, "EIDO waiting list".
- **BLOGS** - Keep up with Ron and Nancy through Nancy's weekly [blogs posted here](#). They always enjoy and appreciate feedback and comments.
- **FACEBOOK** - Are you on Facebook? Become a fan of the Life Renewal Institute page. Invite your friends also. This is a good place to meet and interact with others interested in emotional healing. [Visit us here](#), and become a fan. Let's aim for at least 250 new fans in the next month.



"EIDO" is a 6-day educational and experiential intensive seminar that combines lecture, small group and corporate experience.



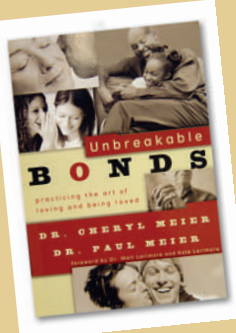
Portland, OR—Oct. 26-31

First 18 to register for each seminar with a \$500 non-refundable deposit will attend. Total seminar cost—\$1500 (includes lunch daily). Lodging and other meal costs separate. To register call 888-800-0574. For more info [audrey@yourlri.com](mailto:audrey@yourlri.com)

## Women With Mother Wounds

- ♥ Take on the "caretaker" or "mother" role themselves.
- ♥ Become very sensitive to the "lonely little boy" in husband or lover.
- ♥ Transfer their own neediness to him, and nourish it there.
- ♥ Have children herself, enjoy the mothering and by meeting her children's needs, attempts to "fix" her own emptiness.
- ♥ "Need to be needed." Tendency would be to keep her children infants so that she can stay in touch with that side of herself, which needs to be mothered.
- ♥ Work in the helping professions. However, if these women are not in their own healing process, it is difficult for them to allow patients or clients to grow beyond their own childish level of need.
- ♥ Try to find a mother in a man. They want the man to take care of them, as a mother would.
- ♥ Totally deny their own needs Dependence on another or whatever they see as "regression", is strictly taboo to them.

**"Unbreakable Bonds".** The causes for broken relationships are many, but all have the potential to be healed. Drs. Paul and Cheryl Meier show you how to reconnect with yourself, friends, family and a loving God. If you're longing for something more in your relationships, you'll find everything you need in this practical, perceptive book to bring about lasting change.



**\$16.99 + S&H** [Order online here](#) or

# The Journey

“*The Journey*” is a road map that is easily read and designed to get you around the detours of life and the bumps in your personal experience and relationships. Beginning the journey requires that you take a serious look at how you arrived at your present position – an examination of your days from conception onward. The understanding of these early connections will be your compass for the rest of your journey as you identify your own personal routes, obstacles, and destination. This journey will lead you down the road to personal understanding, fulfillment and relational success.

There are four segments to “*The Journey*” small group series consisting of 10 weeks each: Recommended for use with gender specific groups. [Facilitator training is available online here](#) if you choose to start a group in your area. These segments can be done individually if no group is available. Click on each picture below for more info or to order.



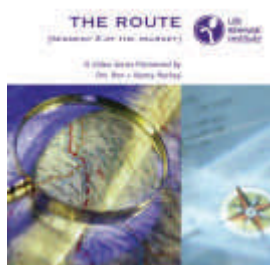
## The Passenger

Discovering your personal attachment styles and how they developed from your time in your mother’s womb and forward. Gain an understanding of how your beginnings impact your life today.



## The Mode

Understanding rejection and being released from its grip. All of us have experienced rejection in many different forms which drives today’s behavior.



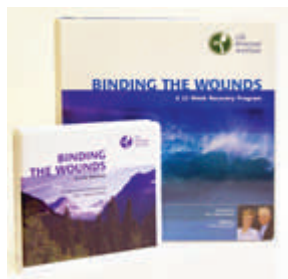
## The Route

Seeking to identify the various forms of abuse and their effect on our lives today. Abuses discussed include verbal, emotional, physical and sexual. Tools will be provided to allow you to recover from the negative emotions connected to the abuse you received.



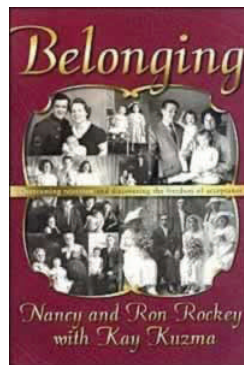
## The Destination

Experiencing complete recovery and the promise for a brighter future. You can know and relate to the power available to you for healing and for developing healthy relationships.



## Binding the Wounds

A 22 week course recommended for use with gender-specific small groups. A process is taught whereby one can recover from the wounds received in childhood which plague our thoughts, feelings and behaviors and sabotage our relationships and success.



## Belonging

In their lifelong search for truth and emotional healing, Drs. Ron and Nancy Rockey confronted their greatest fears from the past and discovered the courage to break free of the chaos and suffering they had endured. In this book, they share their amazingly effective techniques for overcoming abuse and rejection.



Contact us or sign up for our monthly e-newsletter [here](#).

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## Healing the Mother Wound

- ♡ Identify personal needs—and recognize them as legitimate.
- ♡ Allow memories of “old pain” and unmet needs to surface. Feel them.
- ♡ Grieve the losses, pain, deprivations and unfulfilled longings.
- ♡ Accept the history—it was what it was.
- ♡ Recognize that mother can’t “make it better”.
- ♡ Learn to be responsible to fill own needs.
- ♡ Develop a friendship with an older woman who will serve as surrogate mother.
- ♡ Study/Discover the motherly qualities of the Heavenly Father.

Life Renewal Institute recommends these books to use in your journey to wholeness. [Click here](#) for more information or to order.



Ron and Nancy are available for live seminars in your area. The seminars are typically 12—18 hours in length and are usually held on a weekend. They travel internationally, and prefer to work in a classroom setting. Their unique style includes team lecturing , interacting with each other and the audience and modeling healthy conflict resolution. If you would like to have Ron and Nancy present a weekend seminar in your area, please contact Audrey, [audrey@yourLRI.com](mailto:audrey@yourLRI.com)

## Available Live Seminars

### Attachment:



Your emotions do not come to you from "out of the blue" but each has an origin, an instigating experience that produces within you thoughts and feelings about yourself and others. Your "software" was programmed by responses to your mother while developing in her womb and early interactions with your birth parents and primary caregivers. It is from these early experiences of abandonment, abuse, neglect, security or love that you developed your personal attachment style.

### Acceptance

Understanding rejection and being released from it's grip. All of us have experienced rejection in many different forms which drives today's behaviors.



### Affirmation



Seeking to identify the various forms of abuse and their affect on our lives today. Abuses discussed include verbal, emotional, physical, and sexual. Tools will be provided to allow you to recover from the negative emotions connected to the abuse you have received.

### Why?

This seminar gives an overview of the 4 segments of the Journey, using the Y factor. Internal assurance, peace, and love in relationships with God, family and friends will be better every day. Answers questions like, “Why do I do what I do? Why does no one love me? Why can’t I get along with others? Etc.

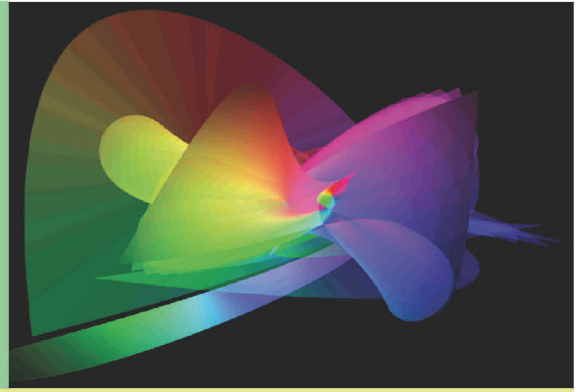
If you would like a live seminar in your area, please contact Audrey, [audrey@yourlri.com](mailto:audrey@yourlri.com) for details and scheduling.





# EIDO

*Seeing stars, it pictures the beyond.  
Hearing bird's sing, it creates a symphony.*



Deprived of such experiences of the senses, the human brain can wither and die. Given a diversity of these experiences, the brain will develop well-rounded competence and a mind capable of understanding complex ideas and forming intimate relationships.

“EIDO” is a 6-day educational and experiential intensive seminar that combines lecture, small group and corporate experience. It is designed to assist you to travel beyond the growth received in your experience of “Binding the Wounds” and/or “The Journey” to a deeper understanding of how your early years have orchestrated adult character and behaviors.

Through the use of a well-tested and proven process, your innate (inborn) specific giftedness will be identified and explored. You will learn how wounds may have caused you to “live” in an area of the brain your entire life, that is not your God-given specialty, thus draining you of vital energy and success in life. Every facet of your life is impacted by this information! Finding success in intimacy, relationships, career, health and spirituality can be yours, when you choose this life-changing experience!

Your six-day encounter will be your opportunity to discover who God made you to be, to learn how your past has detoured your path to fulfillment, and to chart your new journey to joy!

## ***What to Expect:***

**Morning (9am—12pm)** lectures will include new discoveries:

- Rejection and its affect on your entire life—specifically, how a focus on self (the result of wounds received) impacts your intimate relationships and your spirituality. This substantially expands what you learned during “Binding the Wounds” and/or “The Journey”.
- **MindPrint Inventory**—a complete explanation of theory and the impact that results have upon your every-day life. You will be instructed to take the inventory after we receive your registration. Once complete, you will return the inventory to us, and the scored inventory will be returned to you at the seminar. A complete understanding of your own mind’s functioning, the reasons for your adaptation to behaviors not God-given, and the uncovering of your specific giftedness will pave the way to success in all areas of your life.

**Afternoons (2pm—5pm)** are reserved for Small Group Experience, where processes direct you to apply the morning’s lectures to yourself.

**Evenings (7pm—9pm)** are slated for mind-enhancing Corporate Experience. This will round out theory and personal application with practical examples, helping participants to learn through the observations of others and group interaction.

Noon vegetarian meal provided daily.

Breakfast, Supper, and Motel costs are the participant’s responsibility. List of lodging options provided.



Life  
Renewal  
Institute

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with understanding, creating  
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