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2010 March-Newsletter

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“I don’t have to attend every argument I’m invited to.” ~Author Unknown



March 2010

Volume 38

Editor's Corner

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SPRING!!! When I first see the tiniest shoots coming out of the ground in my flower beds, I get excited and immediately start expecting the weather to be warm and sunny. Then when my Daffodils are 2 1/2 ft. tall and in full bloom, I don't see any reason why the wind should still blow and I have to put on a jacket.

I tend to want instant gratification not only in the weather, but in every aspect of my life. It used

to be if I started something and couldn't see immediate results, I would quit with the excuse, it doesn't work.

Fortunately for me, in starting the healing process, I was desperate enough that I didn't quit. Even though I couldn't see any changes at first, I knew what I had been doing wasn't working and I needed something different. NOW, I am so glad I stuck with it. It's been scary at times along the way, but when the



“blooming” started to take place, then I knew it was Spring in my heart. Doesn't mean life is ideal and Winter won't come at times, but I am learning when it does how to get back to Spring in a shorter amount of time. Let me tell you, it is SO worth it!

Audrey Woods
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New Beginnings

“*March winds do blow and we shall have snow, and what will poor robin do?*” My grandfather used to recite this first part of an old poem when it was windy in March and the threat of yet another New England snow was in the air.

Here in the New Mexico Mountains it's March, windy, and the threat of

snow is in the air and on the news forecast too. And you know what? It's OK! For quite some time (10 years) we lived in Phoenix and didn't see snow. Actually, we would rather see beautiful snow than rain, but tonight, surprisingly enough at 7300 feet elevation, it is raining. Whatever the precipita-

tion, we are assured that very soon, the grass will begin to spring up and the flowers of spring will appear. The daffodils are already peeking through the soil, and today I saw three tulips popping through the winter soil. Perhaps tomorrow, there will be another tulip inch showing – and perhaps

“Success doesn't come to you. You go to it”

~Marva Collins

through an inch or two of snow, by morning.

That's the way it is in God's universe. The four seasons are predictable, not necessarily by exact date, but definitely in order. The stars appear at night and the sun comes up every daybreak and naps (so it appears to us) at dusk. Springtime summons the birth of lambs and baby goats, ducks, chicks and bunnies, but not all things of nature are as predictable as the seasons or newborn animals.

Take for example, tornados, earthquakes, tsunamis, fires and floods. – or the snow in the mountains. Oh we know that it's supposed to snow in the winter, but one cannot always predict when and how much will accumulate. We know too that there are certain areas in our planet that scientists caution are susceptible for earthquakes, but unless we are watching highly specialized instruments, we have no clue when they will occur.

Human beings are similar. There are certain signs in the body or in the behaviors of mankind, that predict what is going on in the body or mind and what will come next in bodily function or emotional behaviors. And in some cases, predictability is nearly impossible, except if they are examined by finely tuned instruments and highly trained specialists.

One thing that we know for sure is that human beings are complicated because it is nearly impossible to know all of the genes that go into making up the human being. WHY? This is so because the Bible and science now agree that each of us carry characteristics from four generations before us. Looking back, most people can recall their parents and grandparents. You may know the physical illness from which your parents and perhaps even your grandparents have suffered, but very few would know detailed information about great-grandparents or great-great-grandparents on both paternal and maternal sides. What we do know is that our genes carry physical and emotional characteristics from thirty ancestors.

In my case, looking back through my history in detail has helped me to understand my mother, my grandmother, and my great-grandmother. Even though I have a picture of my great-great grandmother, I know nothing about her except that she frequently wore a cameo broach which has been handed down to me through all these generations. I know that my great-

If Only.....

Many choose the convalescent homes of the heart. Healthy bodies. Sharp minds. But retired dreams. Back and forth they rock in the chair of regret, repeating the terms of surrender. Lean closely and you will hear them: "If only..." The white flag of the heart.

Max Lucado

grandmother was a rather courageous woman who came to America from England during World War I, fighting at sea and all, on a wooden cattle boat. Her husband had died, and her sister (my great-aunt Nancy) had left her husband, who she married rather late in life, not knowing that he was a closet alcoholic. Because her life with him was difficult, she decided to leave him and come to America with her sister on that cattle boat.

Physically speaking, I know that my Great aunt died of breast cancer and that my great-grandmother had palsy. Both were slightly overweight (pleasingly plump) and both were warm and loving women. I also know that my great-grandma gave birth to my grandma when she was in her early forties and had one other daughter who was already married at the time of grandma's birth. I know also that my grandmother was given to her older sister as a baby, because great-grandma was too ill to care for her, but from what illness we do not know – perhaps a difficult menopause.

Grandma was also a courageous woman who took the task of raising her only child (my mother) who was a 2 ½ pound preemie born 3 ½ months too soon while grandma was convulsing. Against all odds, eighty-five years ago, she raised that tiny creature to adulthood, and that woman was my mother. I know that I come from a long line of courageous women, who fought the odds to sustain life – to survive. I know that I come from a long line of women whose reproductive systems were compromised, so it should have been no surprise

"Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day."

that mine was also. My mother fought to live as a newborn, she fought to survive the loss of a son while my father fought overseas during World War II. She fought severe asthma, and a heart attack at age fifty-one that would have taken the life of most women. She survived three husbands and lived valiantly until age eighty-five. I know that the women on my mother's side were strong and courageous, and struggled for survival and good quality of life.

While I don't know so much about the women on my father's side, I do know that they must have had hard lives, and struggled for survival in the face of loss, alcoholism of partners and parents, and that they were not always so pleasant in the face of adversity. While I might wish to have only the positive characteristics of those who came before me, I do know that as humans, we get the bad along with the good.

What can we do about our history? It's for certain that we cannot change it. We cannot, by the whoosh of a magic wand, replace negative qualities with admirable ones, nor can we exchange questionable relatives for kind and loving ones. There's only one person we can change, and that is ourselves. Knowing the history from which we come will allow us to be able to predict at least some of our behaviors or at least identify how we got them. Knowledge is power!

Rather than becoming discouraged by the feelings, thoughts and behaviors that we despise in ourselves, it is wise to look back and ascertain how we got them and from whom. For each weakness we see in ourselves, there is usually a strength, we need to strengthen. "*Accentuate the positive and eliminate the negative,*" the old song says. You know, for years I thought that my determination and courage in some frightening situations was a fault, but as I have examined the women on my mother's side of my family, I am grateful for the heritage they gave me. I look at our daughters and am amazed at the determination they both possess, and their courage in the face of trying circumstances. At age 42, one daughter who is a nurse, decided to return to college to become a Physician's Assistant, specializing in cardiology. Not only did she make the decision, but she enrolled in the class she most dreaded – statistics – and is doing so well! Our other daughter has

worked so faithfully and well in the insurance industry, starting at a meager desk job, and rising to a managerial, broker position with an office of her own. Both girls married abusive husbands, but in the desperation of facing life as a single parent, they took the challenge, and each were rewarded with husbands who adore and admire them. Now let's see, how many generations of women is that? Six, isn't it? And I can assure you, that the granddaughters God has given us are both stalwart and courageous young women! That would be generation seven!

So the point is, that by looking back and examining the previous generations, looking at our histories, not only can our physicians predict what illnesses we might have weaknesses for, but we can predict and understand some of our positive and negative characteristics. We are the ones who can make the changes in our lives that will undo the negative stuff, so that subsequent generations will not suffer the same emotional earthquakes and tidal waves we may have faced. Just think, the changes that you choose to make, will impact the next four generations for good. Don't you think that this would be a great legacy to pass on to your children, and grandchildren?

Spring is just around the corner. It is a time for beginning again. The grass will come up, the trees will bud and leaf, the animals will bear their young, and you can start over again. Why not plan on doing just that this spring? Take a long look at your history and choose to make a positive change to your story!

Free DVD

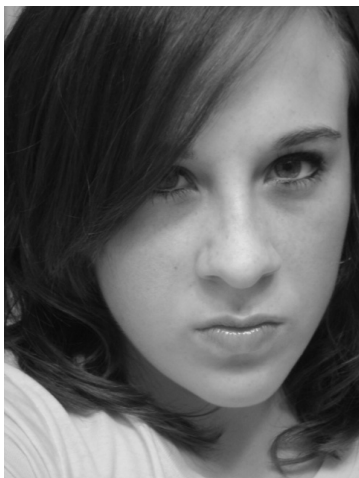
An introduction to *Binding the Wounds*, and *The Journey* with a sample clip from each segment of *The Journey*.

It is great for use in explaining to someone what these programs are all about.

To get your **FREE** copy, send your mailing address to Rockeyes@itsfixable.com.

Subject line— "Free Intro DVD".

The Adult Adolescent



1. You want to prove you are an adult whenever possible, especially in the company of people you consider superior to you.
2. You go out of your way to court danger, just to prove you are not afraid of anything.
3. You sacrifice intimacy with family and others in order to accomplish professional goals you believe consciously or unconsciously, will give you security in the world.
4. You are addicted to work, alcohol, drugs, relationships and/or sex.
5. You approach new friends or partners in your life with extremes of longing and terror. You tell them and others your most intimate secrets, wish you hadn't and then turn away.
6. You are unable to commit to intimate relationships for more than a few months.
7. You constantly explain yourself, especially your emotional actions and reactions. You are constantly "cleaning up" an emotional mess or creating a crisis with a child, companion or parent.
8. You have difficulty feeling comfortable with closure in your relationships - letting go of parents, intimate partners, friends and/or children.
9. You react to others' criticisms with childish fear that you are unloved by the critic. Sometimes this leads to early termination of relationships.
10. You assume you are primarily at fault for glitches or problems in relationships.
11. You assume you are rarely/never at fault for glitches or problems in relationships.
12. You avoid: solitude, soul time, vacations, filling quiet time with TV or busy work.
13. Even if you tend to be silent, you fill your time and thoughts with activities.
14. You fulfill the tasks of everyday life out of guilt and sense of duty rather than a passion for life.
15. You have a terrible fear of death. Often this fear manifests itself as avoiding talking about it.
16. You feel that your vision is inadequate compared with the visions and ways of others. You are easily convinced that your ways of loving, being and doing are inherently flawed and inferior to others.
17. You constantly and unconsciously ask others (especially mates) to show you that you are OK.
18. If you are the child of divorced parents, you still feel guilty for your parents problems, unable to extricate yourself from being in a triangle with them.
19. You expect your partner to do most of the changing to accommodate problems in your relationship.
20. Your feelings for your intimate partner(s) vacillate between resentment and affection, with very small things pushing your anger buttons more than you would like them to.

If three or more of the above statements feel quite familiar, you are probably operating out of more fear of life than you ought or need to. You were probably not adequately initiated into adulthood, and are operating out of an adolescent pattern.

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\$24.99



Comments



Hi, I took the **"Binding the Wounds"** course as well as others about 11 years ago. I would really like to become a facilitator of **"Binding the Wounds"**. I think it is fantastic!!!! God Bless, Monica

For me these DVD are a blessing from God, I would like to help other people who need this, because I know they need the information.

Binding the Wounds

This video series contains 22 thirty minute lessons to be used with the accompanying Workbook in a small group. Participants view a session and then do the corresponding work in their workbook and share in their group. The "Binding the Wounds Video Series" is recommended for use by gender-specific small groups although it can also be adapted for use by couples in meaningful relationships. This set of psycho-educational DVDs and 2 workbooks teach a process whereby one can recover from the wounds received in childhood which plague our thoughts, feelings and behaviors and sabotaged our relationships and success. When participants fully invest themselves in the process, positive results are life changing.



"Success comes not from the avoidance of failure. Most of the time, success is achieved only when there has been enough failure."

~ Unknown Author -

You can find facilitator training on the web. [Click here to download 4 training videos.](#)



"Binding the Wounds" recovery program is the precursor to "The Journey" – Fixable Life's psycho-educational flagship program. "The Journey" contains the latest in science based psychological information and is designed for participants of all spiritual walks as well as those who hold no particular beliefs about religion or God. "Binding the Wounds Video Series" has a Christian point of view and includes quotes and exercises which include the Bible as their basis.

\$249 + S&H (incl. 2 wkbks.)

[Order online here](#) or call 1-888-800-0574



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 Rockeys@itsfixable.com

Schedule of Live Events 2010

- April 13 - 14 Devonshire, Bermuda - *Why?* seminar at Devonshire SDA Church
- May 15 - 16 El Paso, TX - *Why?*
- Sept. 11 - 12 Springfield, Illinois - More info TBA
- Oct. 2 - 3 Simi Valley, CA - *Why?*
- Nov. 6 - 7 **Available**
- Dec. 4 - 5 **Available**



2011

- Jan. 8 - 9 **Available**

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Life . . . It's Fixable is a 501-C3, Educational, not-for-profit corporation. Our team offers educational information and processes to enhance life for those who have been traumatized, abused and live with daily dysfunction or unhappiness. We offer an alternative to psychotherapy, helping people to repair and take control of their thoughts, feelings and behaviors, thus enhancing careers, relationships and personal joy.

“Our strength often increases in proportion to the obstacles imposed upon it” ~ Paul De Rapin

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	22 Week Notebook - Binding The Wounds		\$25		
	22 Week Notebook in Spanish - Binding The Wounds		\$25		
	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
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The Journey Small Group Recovery Program - Authors Drs Ron and Nancy Rockey					
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	Mode Notebook		\$49		
	Route Lesson Guide DVD		\$149		
	Route Notebook		\$49		
	Destination Lesson Guide DVD		\$149		
	Destination Notebook		\$49		
	RING BINDERS (with purchase of The Journey Notebook)		\$0		
Misc.					
	Macaroni Pin		\$4		
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