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2011 July Newsletter

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ROCKEY'S NEW BOOK

Heart Connection

is causing quite a stir and changing lives. Small groups of couples and singles have formed to begin transforming their connections to wildly alive and full of passion and God's vibrant love! Heart Connection workbook is available to download.

Go to www.heartconnectionbook.com to read excerpts.

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ROCKEYS PUBLISH NEW BOOK!

Heart Connection

Science Reveals The Secrets of True Intimacy

The long-awaited book that can jump-start your relationships to a new and more exciting place, is now available!

ALSO—A workbook is available for small group or at-home positive growth



Cell phones, iPods, and texting, just aren't cutting it - and we live in an age when people are desperate to find intimate connection. What we need is intimacy (in-to-me-see) – human moments when hearts connect, creating the splendor that couples wish for. But how do we get there?

Heart Connection is a powerful combination of gripping true-life stories, fascinating cutting-edge research that explains why we feel and act the way we do, and practical principles and theories that can transform your relationships from messy and mundane to ones that are wildly alive and beating with human passion and God's vibrant love; the kind of sacrificial love that makes dreams come true. It doesn't mystically happen in marriage when a couple says, "I do." But it can be yours if you're willing to clean up the junk the Devil has dumped on you, so you can express and receive God's unfiltered abundant love through the tender words, meaningful touch, and adoring gaze of your lifelong partner.

"Great ! There is nothing on the market like it. God said He would give us our heart's desire (Ps. 37:4) but not until you read and re-read Heart Connection will you truly understand how that is possible."

Dr. Kay Kuzma

Available at:

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EDITORS PAGE



I gripped the horn as my left foot found its hold, putting my weight into it I swung my right leg up and over the back of my biggest fear and sat down with a confident whump.... I looked over at Heather who was already mounted on her trusty steed Riata. Pronounced (ree-ahh-tah) and got comfortably seated on a good size horse named Roger.

For most people on the planet this small achievement is no big deal, but for me it was. The last time I sat on a horse was when I was 18 years old.... Cue wavy dream scene...I had been on a wonderful horse ride with a girl I liked, on her ranch. When we were about ¼ mile away from the barnyard my horse took off at a dead run. No big deal, I'll just pull back on the reins and make it stop...it didn't work! I tried pulling harder but I'm certain the horse laughed and sped up as I performed the cling & cringe technique. There were a couple of random poles sticking up in the pasture and the horse got within inches of them as I prayed to God one of them wouldn't take off my leg as we sped by.

It seemed like a split second later we hit the barn entrance, literally... my head played musical rafters before the horse came to a complete stop. I sat there bleeding from my forehead as about 15 people came running over to see if I was ok. Nope, I told them with both hands covering my face and blood running through my fingers onto the ground, my eyeball fell out! This sent half of the girls screaming as I chuckled to myself and then winced. The truth was that I had a gash in my forehead requiring a trip to the hospital and 8 or so stitches.

As I was laying there in the hospital I began to notice a pattern emerge having to do with horses. When I was 4, my cousin (ignoring both our protests) put me and my

brother Paul up on the back of a large horse. Moments later as we descended a rocky terrain we both slipped off and hit the ground hard! Bruised and bloodied neither of us was really impressed. Several more painful experiences, (one involving the ol' squish the riders leg against the tree trick) with horses proved I had no real use for them. When I was 12 another cousin told me to give her horse a try. Wanting to impress her I did. I was immediately bucked off. The resulting backache was very serious and took a long time to heal. It was then I decided this was the last time I would be hurt by something I couldn't control. That was the problem after all, wasn't it? Being out of control?

I determined that if I'm out of control then I will get hurt somehow. So for the next 19 years of my life I protected myself from being hurt by a horse, and I was right. If I don't ride horses I don't get hurt by them. But what was I missing by shutting myself off? Being purposely vulnerable to a large and powerful animal is like being vulnerable in relationships, I could get hurt. I am discovering that I would rather go where the horse and life take me rather than stay in complete control. Being right and safe has emptied my heart's wallet of relationship and adventure, Today I am in the process of healing and beginning to enjoy the relationships in my life, and perhaps the occasional horse, just to keep things interesting.

Eric

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FREEDOM

Ron & Nancy Rocky



Liberty, Autonomy, Self-Determination, Independence, Choice, Lack of Restriction – these are synonyms for the word FREEDOM, but what do they really mean? And, why do we care so much about it? What is there in the human spirit that longs for relationship, but without restriction? Why do we want to be able to choose, but have no idea how to do it?

It was that way in the very beginning – in the Garden of Eden when Adam and Eve were given a huge Garden home – one loaded with incredible beauty and choices. Abundant fruit hung from the trees, and vegetables for the picking grew in abundance for life sustenance and palate savoring. So what was so appealing; what caused Eve to be curious about the one tiny restriction God gave with the gift? Was it the beauty of the forbidden fruit, was it a tiny seed of rebellion found in her otherwise perfect heart, or was it that God's enemy transformed himself into such beauty as a serpent, that she couldn't resist his appeal and the cunning lies with which he convinced her that God didn't mean she would really die? And anyway, what was death to her? She had never seen nor experienced it!

Look for a moment at the Children of Israel who were enslaved in Egypt. Back-breaking work and harsh treatment by their captors had discouraged them. They must have longed for someone to rise up who could lead them from slavery, from captivity, from lack of personal achievement. Do you suppose that they thought it "to good to be true" when Moses came along? And then to find themselves trapped at the Red Sea – what a disappointment!

What about the British who longed for religious freedom; who longed to worship God in their own way, rather than government dictating their practices. Oppression has been the mother of invention, of creative thinking and of daring journeys in years past - the pilgrims, the puritans who crossed three thousand miles of ocean so that they could worship as they chose. The pure defiance of danger, of the elements and of the authorities who had prevented them from leaving in times past, were experienced and obsta-

cles overcome so that liberty, the object of their great desire could be experienced.

Bringing the subject a bit closer to us, is the memory of the three generations or the two before us, who fought obstacles to be able to survive and to succeed where they were free to live and work, and out of the box of restrictions placed on them by life's circumstances. I think of my Great-grandmother, a widow, and of my great-aunt (married to an abusive alcoholic) and of my eighteen year old grandmother who opted to brave the same three thousand miles of ocean. They came, those three women, on a wooden cattle boat right after the Lusitania had been sunk by a German torpedo during World War I! Talk about courageous! Why? (see picture of Great-grandma



and Great-aunt on the boat)

Lusitania

All three were escaping – leaving their homeland that had been devastated by the war, and journeying to a land where they could obtain work and freedom from fear. Auntie was escaping the prison of abuse and disconnection and both were journeying, bringing my grandmother to a place with the promise of a brighter future. Even the experience at Ellis Island, while difficult at best, was more hopeful to them than the circumstances of England at that time. Ah, freedom!

There are those who today are free to come and go as they please, but who are imprisoned by ideas that were imposed upon them when their characters were being formed. Convinced by rejection and/or abandonment of

their poor worth and value, these are restricted into a box, a way of thinking, that entraps them into a set of

behaviors based on their self-perception. Abused physically, emotionally or sexually, they are fenced into a set of behaviors, dictated by their “survival brains” that distances them from the emotional connections that could help to heal their wounds. This, of course, even prevents them from the full security and joy that a relationship with God offers.

In the book of Isaiah, we are counseled to heal the broken hearted, and to set at liberty those who are captive. Think of the joy that must have been experienced by those who helped Jews to escape during the time of the holocaust; who at their own peril hid from their predators men, women and children whose birth was of Hebrew ancestry. Similar joy is experienced by those of us who have been given the mandate and the responsibility to assist God’s children to be freed from the prison-houses of their minds. It really doesn’t take a rocket scientist or a psychologist to do this work – just a person with an open and willing heart.

In secure relationships, men and women are free to be just who God made them to be. While such relationships are, unfortunately, few and far between, they are still coveted by most people. In a secure relationship with God, we are not only free to be as we were created: creative, harmonious, organized, and productive, but we are free to not be perfect. We are assured that He accepts us, “warts and all,” as Eric would say. We are also FREE to allow others to not be perfect, just as God does. We are promised that He will and has given us the power to become “the sons of God” and improved in our experience of earthly behavior and relationship. However, men and women all around

us are trapped physical, and emotional blows, chains of age with they wrapped children.



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Dur- of loyal of ed cele- their try’s



ing this month July, when citizens the United States celebrate their country’s found-

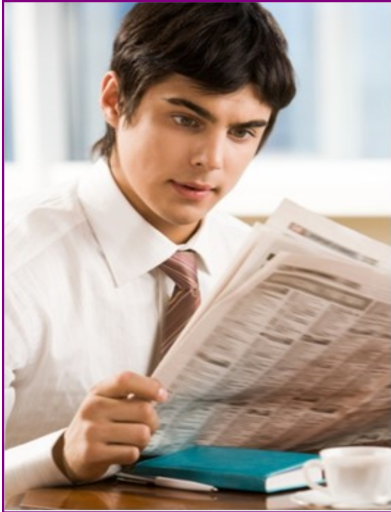
ing, when in many places those celebrations include shooting fireworks into the heavens as if raising hands in praise and adoration of the God who gave them this freedom, this liberty, it is wise to re-visit what actual freedom is.

FOR THOSE THAT ARE, THOSE THAT HAVE AND THOSE WHO HAVE DIED SERVING WE SALUTE AND THANK YOU!!!!



NEWSWORTHY ITEMS...

B
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Kardia Kare

How to know and be known by our deepest love...You and/or you and your spouse could experience a deeper love and understanding of each other and God. Spend 5 days in an intensive workshop environment consulting one on one with Drs. Ron and Nancy Rockey.

SEE PAGE 6...

HAPPY FOURTH OF JULY!!!!!!!

Check out Nancy's new blog!!!

at www.fixablelife.com.

Her blogs are interesting tidbits with the Heading of: "Reflections on Life"

We would love to see your comments on the blogs - add them right there where it says "Comments"

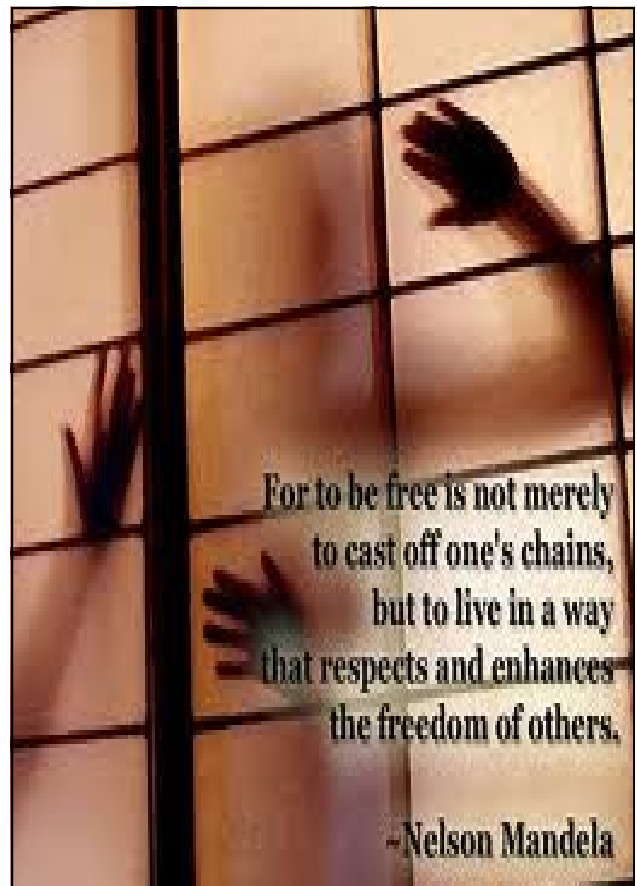
When you comment, others will too. We need your help. There's a new BLOG each week.

ALSO

CHECK US OUT AT FACEBOOK...

**SEARCH: FIXABLE LIFE OR
NANCY ROCKEY**

ALSO



UPCOMING EVENTS

**July-August - Local Summer Projects (writing, filming, prep for new deep experience—
watch website and newsletter,) local seminars**

September—OPEN

October - OPEN

November - OPEN

December—OPEN

KARDIA KARE COMING MONTHLY...SEE PAGE 6

NEW CLASSES STARTING...

We are currently on week 3 of The Mode. We expect to be starting The Route approximately Aug 9 or 16. We meet on Tuesdays at 6:30. Contact info is Carolyn @ (360)423-3994 or email at jwinchell@yahoo.com (needs to be labeled "The Journey" or I may delete it as spam. We have men's and women's groups.

CONTACT US ABOUT ANY GROUPS YOU MIGHT BE STARTING!!!!

Just want to let you know I am a facilitator. My address is: Fresno, CA my telephone number is (559) 433-6896 I do not have a group at the moment but would like to help or assist someone in this area. Emilie

Share Your Story of recovery with us. We'll publish it, with or without your name. Send it to karan@fixablelife.com

Got Questions?

If you have one , no doubt someone else has the same one!

Ask it here and we'll be happy to answer it in the newsletter.

Send your questions to karan@fixablelife.org

CALLING ALL FACILITATORS

WE NEED TO SHARE INFORMATION to perspective students about small groups— both *BINDING THE WOUNDS AND THE JOURNEY.*

PLEASE SEND:

- . YOUR NAME,**
- . PHONE NUMBER,**
- . CITY, STATE,**
- . TIME and DAY of Your Class,**
- . WHICH SMALL GROUP YOU'RE FACILITATING,**
- . WHICH SECTION AND WEEK YOU'RE ON.**

We have so many people wanting to get into groups and don't have your information to benefit them.

PLEASE HELP OTHERS TO GET CONNECTED!

SEND YOUR INFORMATION TO:

Rockey@itsfixable.com

THANKS FROM ALL OF US FOR ALL YOU DO!

Name _____

Address _____

Phone _____ Email _____

[] Visa/Mastercard # _____ Expiration Date _____

[] Check Attached # _____ Security Code: _____

Orders over \$100 = free shipping - or - add \$6 for first item and \$2 for ea. Additional item

Title	Qty.	Price ea.	Total	B/O
BOOKS				
Belonging - Drs Ron and Nancy Rockey		\$12.99		
Bold Love - Dr. Dan Allender		\$13.99		
Boy Who Was Raised as a Dog - Dr. Bruce Perry		\$15.95		
Breaking the Cycle of Divorce - John Trent		\$19.99		
Changes That Heal - Dr Henry Cloud		\$12.99		
Changes that Heal – Workbook		\$12.99		
Chosen - Drs Ron and Nancy Rockey		\$12.99		
En Casa – Belonging (Spanish edition)		\$12.99		
For Men Only - Shaunti and Jeff Feldhahn		\$14.99		
For Parents Only - Shaunti Feldhahn		\$14.99		
For Women Only - Shaunti Feldhahn		\$14.99		
For Young Men Only - Jeff Feldhahn & Eric Rice		\$13.99		
For Young Women Only - Shaunti Feldhahn		\$13.99		
Freedom from the Grip of Fear - Dr Norman Wright		\$12.99		
Gift of Forgiveness - Charles Stanley		\$12.99		
Healing the Scars of Emotional Abuse - Dr Gregory Jantz		\$12.99		
Hearts Code - Paul Pearsall		\$14.95		
Heart Speaks - Dr Guarneri		\$14.00		
His Needs – Her Needs - Willard E Harley		\$19.99		
His Needs – Her Needs (audio book CDs)		\$39.00		
His Needs – Her Needs (audio book Cassettes)		\$24.99		
Inside Story - Heartmath Institute		\$5.95		
Invisible Bond - Barbara Wilson		\$12.99		
Lies at the Alter (Paperback) - Dr. Robin Smith		\$14.99		
Loving Your Child too Much - Dr Tim Clinton		\$21.99		
Magical Child - Michael Mendizza and Joseph Clinton Pearce		\$15.00		
Magical Parent – Magical Child - Author same as above		\$17.95		
Managing Emotions - Heartmath Institute		\$9.95		
New Brain - Richard Restak M.D.		\$15.95		
Nurturing the Unborn Child - Dr Thomas Verny		\$15.95		
Parenting the Heart of Your Child - Diane Moore		\$13.99		
Pre-Parenting – From Conception - Dr. Thomas Verny		\$14.00		
Sheet Music - Dr Kevin Leman		\$12.99		
To Be Told - Dr. Dan Allender		\$13.99		
To Be Told – Workbook		\$11.99		
Unbreakable Bonds - Drs Cheryl and Paul Meier		\$16.99		
Why You Do the Things You Do - Dr Tim Clinton and Gary Sibcy		\$13.99		
Wounded Heart - Dr Dan Allender		\$16.00		
Wounded Heart - Workbook		\$15.99		
Subtotal of Books (enter on reverse side)				

	Title	Qty.	Price ea.	Total	B/O
Audio/Visual - Authors Drs Ron and Nancy Rocky					
	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		
	22 Week Small Group – BTW (Spanish) – DVD + 2 Notebooks		\$249		
	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		\$35		
	Journey to NAI – student copy		\$10		
The Journey Small Group Recovery Program - Authors Drs Ron and Nancy Rocky					
	Passenger Lesson Guide DVD		\$149		
	Passenger Notebook		\$49		
	Mode Lesson Guide DVD		\$149		
	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		
Subtotal of Audio/Visual and The Journey Program					
Subtotal of Books (from front)					
TOTAL					



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We are a team, working together to provide information and materials for life improvement.