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2011 August Newsletter

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Fixable Life, Inc.



August 2011

New Inventory! It's Free!



**This inventory helps you
to determine
if you are
living and relating from your
self-protective, survival brain
or from your heart of love.**

Click here to take
the inventory and receive immediate
results.

IN THIS ISSUE

Page 1—Intro Page

Page 2 -- Editor's Page

Page 3-4—Rockey's article

EVENTS

Oct. 13— MindPrint Seminar in PA (Private)

Oct. 14-16—New Jersey Singles Retreat

Oct. 23-28—KardiaKare in Ruidoso, NM

Nov. 13-18—KardiaKare in Ruidoso, NM

Dec. 4-9—KardiaKare in Ruidoso, NM

EDITORS PAGE



As I'm nearing another milestone of age I started thinking of how it feels to be getting older in body but my mind still has me believing that I'm younger than my peers. I found a poem I had written in 2003 and I would like to share it with you just in case anyone else is dealing with the same issue.

The Eye of The Beholder

The beauty of youth is fresh and untouched. No worry or sadness mars the brow or wrinkles the face. Dewey vitality shines from every pore. The beatific smile comes from a naiveté that experience and sorrow haven't touched. The perfect skin and youthful body has known no pain, agony or gravity. The perfection though beautiful to look at, leaves you knowing it was given not gotten.

The beauty of maturity is quiet and mellow. Though eyes still sparkle, they're tempered with a thoughtful sadness and simple knowing. Her face is a map of where she's been; longing, joy, love, pain. A map of dignity and honor. Her body bears the scars of war. A war against pain, time and love. She's born burdens that can't be erased and an anger against the unfairness of life and time. Her beauty is a badge of courage, perfect no longer but earned.

I know as I reach this milestone it is with much trepidation and curiosity of what's next. I did my youth rashly and boldly yet with little thought to consequence or action.

I spent my mid years growing an edit button and learning to listen and respond appropriately to others while still being bold and taking risks.

I only hope as I continue to grow, learn and age (gracefully I hope) that I will never cease to laugh, love and live with as much fervor as my mind tells me I am still young....Future, here I come with rash abandon and zest for life as if I had it all to do over again and do it better!!!

Karan

OFFERING GRACE

Ron & Nancy Rocky

Have you ever felt devastated by a phone call, letter, e-mail or face to face experience with another individual? Hurts, doesn't it? Even if that person is not someone close to you, it's still painful to experience a written or verbal attack. Somehow, the feeling that comes is a heaviness in your chest – a heart aching.

Recently I received an e-mail from a friend who wrote about an interaction with a loved one. Sadly, miscommunication had set up the whole ugly incident, but once the e-mail was created and the "send" button clicked, it couldn't be retracted. Someone was really going to get hurt, and that someone was my friend. What should she do? How would you react or respond? What would Jesus do?



Remember the Biblical text that states "a soft answer turns away wrath?" Wrath is anger, fury, rage. So what did my friend do? After all, this was a family member who had dissed, belittled her by e-mail. Such an experience turns a person into introspection, or it should. "What could I have done differently from what I did that caused this upset? Is there a way that I can hope to repair the angst that my loved one is feeling?

A soft answer? – yes. But why would she not just blast back with a nastier e-mail? The answer is that she knows there's always internal pain of some sort on the part of an offender that causes them to be offensive.

Remember how the mind works? The mind records every experience it has ever had – good, bad and indifferent. It is a giant filing cabinet located within a bony structure - the skull. Each memory is somehow categorized, and negative memories seem to be starred! Talk about microchips! Some memories, the ones that would cause the greatest terror when recalled, are magically placed in a locked file draw, and we believe that only God has that key! Only when

He sees fit will that draw be opened and a memory released to consciousness – and that time would be when remembering could cause us to take a giant healing step.



When something happens to us in the present, the mind goes through its unlocked drawers at or beyond the speed of light and pulls out memories similar to the current one. So let's say that our friend's loved one just had a disappointment. Automatically she would go through her memory bank, and every other disappointment she ever had would be tagged. In an instant or after seething a while, she lashes out at the person who just disappointed her with a vehemence she wasn't aware that she had! That lashing out was fueled by every other disappointment in her life!

And then there's extenuating circumstances to consider: Perhaps the offender is in some form of physical pain and is taking strong medicine that could alter thinking and feeling style, is overworked, or is carrying large amounts of resentment to some of the people in his/her life. Add to that the life-truism – *With every period of exhaustion there is a corresponding period of depression, which goes to our weakest point at that moment.*

Often, no matter how well we think we know a person, we do not know ALL of the ins and outs of their life, of their earliest experiences. We do not comprehend the four generations of characteristics and physical illnesses or strengths that each of us carry. So do we REALLY know the person? Most often, they don't truly know themselves. But then, how many of us truly know ourselves?

So in an attempt to "fix" the issue or misunderstanding between you and another person, what should you do?

The word GRACE is a common one, but most people don't really understand its meaning. Good old Daniel Webster claims that "Grace is the unmerited, divine assistance of God for the regeneration and sanctification of mankind." ___ Unmerited – we didn't do anything to deserve it.

___ Divine – Godly, Heavenly

___ Assistance – help

___ Regeneration – restoration, renewal

___ Sanctification – to make holy, to elevate

In Paul's writing in the New Testament, he opens a letter to a particular Christian church with: "Grace to you." He was announcing to the people that God's heavenly help to become set apart for a Holy purpose, even though they didn't deserve it, was theirs!

When we extend GRACE to another human being, regardless of the fact that we might think they don't deserve it, we are offering them what God offers to all of us. Offering it to others is part of the experience of accepting it ourselves from God. If I receive it and never give it out to others, it's because I never truly received it – accepted it from God. Regeneration and sanctification are gifts we receive when we are open to receive them.



The greatest gift ever given to mankind is GRACE in the form of Christ on the cross. God doesn't ask us to physically put ourselves on a cross for others, but he does ask us to examine ourselves in such a way that we can then acknowledge our own lack of perfection and of our responsibility or part we played in a misunderstanding. Sometimes we have to give up an opinion or a rightness, in order to maintain peace. This is not a compromising of principle, but a sacrificing of our need to be right in order to benefit another person. Remember, our reaction to a lashing out by someone close or not-so-close, is based on our stack of memories too. Everybody has a stack! And a reaction similar to the tone of the hurt that came our way, is reacting from the self-

centered, self-protecting, survival brain – certainly not from a heart of love.

How very easy it is for us to be critical and judgmental of others. Did we learn that in childhood too? Absolutely! If we heard our parents being critical of others often or if others were critical of us, even though we hated it, it could become a way of life for us. "Judge not lest you be judged, Scripture counsels – judged not only by God but also by ourselves – you know, one finger pointing out and three pointing back at self.

Grace is a beautiful thing! God's grace is the very best grace there is, but remember, when we give out grace to others, we are giving it to ourselves as well. And when we give it out from a heart of love and compassion, we are touching others with the heart of God.

"Incline us O God! to think humbly of ourselves, to be saved only in the examination of our own conduct, (thoughts too) to consider our fellow-creatures with kindness, and to judge of all they say and do with the charity which we would desire from them ourselves."

Jane Austin

