5-2008

2008 May Newsletter

Nancy Rockey

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Editor’s Corner

Growing up my Mom wasn’t always good at expressing her love and affection for us 4 kids, or saying what she REALLY wanted to say. Now that she is in the beginning stages of Dementia it is that much more difficult for her and she sometimes gets very frustrated not being able to communicate what is in her thoughts.

As I look back I realize that I was the same way while my kids were growing up. Putting my thoughts of love and appreciation into words was sometimes very hard for me and I came across angry instead.

As I was thinking about Mother’s Day coming up and was going through my files to find content for this newsletter, I came across a poem that my Mom gave to me sometime through the years with her signature, “Love Mama”. I believe this poem said what she wanted to say but didn’t know how. It for sure expresses my thoughts and feelings about being a Mom. Look for it in this newsletter, “Through Mother’s Eyes”.

I am thankful that my Mom did the VERY BEST she knew how to care for her children with the tools she had been given in her growing up years. Was she perfect? No, not by a long shot. None of us are. We live in a sinful world. I do know now though beyond a shadow of a doubt that she loved us more than life itself and showed us that the best she knew how.

Take a moment this Mother’s Day to tell your Mom you appreciate her.

Audrey Woods

Have We Arrived?

Life Renewal Institute is proud and grateful to be able to announce the publishing of the fourth segment of The Journey! To us as the authors it seems like it has been a very long time in the writing, and there are several reasons this is so. You will notice a difference between it and the other segments of The Journey just as soon as you open its green cover. Its layout is somewhat different from Segments 1-3. You will find that there are icons which direct you and sentences that are highlighted, accenting a defin...
organized religion. Others claim that religion has come to represent war, pain, or personal wounding while proclaiming it to be the way to peace, happiness and eternal bliss. Those who have created a separation between themselves and religion have most often done so because of some unresolved wound or unmet expectation that occurred during their childhood. That pain could be directly related to an organized church or to their upbringing in a rigid or controlling religious home. It becomes easy for such a person to blame God and those who are supposed to be representing Him for all of the misery they experienced.

Some declare that spirituality is about relationship with one another and with a Higher Power, perhaps God as He is known to the Judeo-Christian world. Still others consider that behaviors such as regularly scheduled prayers, distance from the “world”, church attendance or daily religious rituals are necessary for one to be spiritual.

In all of the research, we have found that one thread seems to run through all definitions - that when one is spiritual, self is put aside for the good of others. It is active commitment rather than a state at which one has arrived – in other words, it is an ongoing, evolving emotional growth process, not an arrival at some static achievement. In this progression, we aim toward becoming mature (other-centered) in our thoughts and behaviors, we rely more and more on a Higher Power for the grace, the strength for it to happen. And as we do, our relationships with others improve, we feel at peace even in the midst of a storm, and love springs outward from us as we receive it from God by faith.

The process of *The Journey* is one of rather intense internal scrutiny – an examination of self to determine what has contributed to who we have become and the baggage we have carried.

*The Passenger* deals with the style of attachment adopted in the womb and the first two years of life, and ends with the tools to form a secure attachment with others now.

*The Mode* focuses on the most severe wound, one that creates a sense of helplessness and hopelessness in an individual – rejection. It offers the method to move from being hampered by rejection to being freed to experience acceptance.

*The Route* takes participants on the road well traveled in life - through the detours, potholes and roadblocks of physical, sexual and emotional abuse. At each of the stops, methods are offered for finding the path back to a better route, offers fillers for the potholes and removes the roadblocks that abuses erect.

*The Destination*, rather than being the end of the road, is just the beginning of discovering the beauty that you joined *The Journey* to experience. You look at:

- Emotional maturity and where you are on its continuum,
- Growth and relationships - the importance of maturity to your relationships
- The gifted brain – identifying yours
- What was in the past and what it became in you,
- The heart and its ability to connect,
- How and why to leave fear behind,
- An overview of a previous graphic – The Y Factor
- How to put together the new you

You know, when you head out from home on a vacation, your plane or train ticket or even the name of a city you’ve circled on a map may be identified as your destination. But usually the fun, the enjoyment doesn’t really begin until you have arrived at that city, have found where you are staying, perhaps unpacked a bit, (and don’t you know that we always take too much baggage?) and then you can begin to discover the sights and events that caused you to choose that spot for a vacation. You can’t wait to don your bathing suit and head for the waves or perhaps take a taxi or your rental car to the first place on your itinerary, and leave the baggage behind.

The same is true for your emotional journey. It is only as you have arrived at an understanding of yourself by examining the impact that your history has had on your life as a whole, that you begin to enjoy the benefits that come by unloading your baggage and reaching *The Destination*. Your view has changed, you begin to notice new and exciting things around you, relationships gradually switch to being enjoyable and fulfilling and a sense of peaceful relaxation warms you with hope and love.

If you have not taken the previous three segments of *The Journey*, we would encourage you to make the reservation that will guarantee your place on the trip of a lifetime, and as you arrive at *The Destination*, you can anticipate an exciting vacation for the rest of your life.
"Through Mother’s Eyes"

Would I give up the comforts I have earned---
Time for myself, the early-evening bed---
And quit the present day and be returned
To one now far removed and gone instead?
If I were offered choice, could I elect
To live again with raucousness and noise,
And will myself no moment to reflect,
No respite from the claims of girls and boys?
Remembering the cold and drafty stair
I used to climb at midnight, lamp in hand,
I wonder I had heart to plait my hair
Or life to wind the clock or strength to stand.
Would I go back to all this if I could?
I search my heart – and, oh, I would, I would!
--Pearl Atkins Christy

Announcements

New Web Resources:

“Channels Only” – Many of you have heard Ron talk about getting the “cheese out of the macaroni”. The old song “Channels Only” goes well with that description. [Click here](#) for the words and music for this song.

“The Y Factor” – Have you always wished you had a copy of the Y Factor other than the notes you took at a seminar? [Click here](#) to download a copy of the graphic with explanation.

The Destination – Beta copies are available immediately while the final edits are being done on the full version. If you purchase a Beta copy, it will be replaced with the full version when completed. If you are not familiar with “The Destination” see the main article, “Have We Arrived” in this newsletter for an explanation. [Click here](#) to order your copy.

Why Worry About My Beginnings?

The first time I had the opportunity to attend a Rockey Seminar, I chose to stay away. What did I need to learn? After all, I had my life together.

- Unlike most of my friends and acquaintances, I was still married to my first wife.
- I had a job that was more than a job. I was giving back. I had been a teacher in a parochial school. I was working in health care. I was volunteering at my church.
- My kids were doing OK.
- I assumed the program was about figuring out how your parents messed you up and them dealing with them. I wasn’t about to cause my terminally ill, 84 year old mother any more angst.
- I had a pretty good childhood. I had everything I needed. I was never abused.
- I always did great in school and every job.

Why should I worry about my beginnings?

A year later due to arm-twisting by my friends, I joined a small group. What I learned was that I was living in self-delusion. It wasn’t about what was wrong with my parents but it was what was wrong with me. I discovered way too many holes in my life. I didn’t even know I had them because I worked so hard to keep them filled so I wouldn’t have to deal with them. I didn’t use alcohol. Instead I used socially acceptable “drugs” such as hard work and achievement to fill the holes.

Before I got involved, one of my friends who was a year ahead of me in learning asked me, “how do you want us to look at you? What do you want us to think / feel when we’re around you?” I don’t know where the answer came from and I especially don’t know why this one time I was able to be totally honest – that wasn’t like me to be vulnerable. At the time I didn’t know how true my answer was.

I replied, “I want to be seen as valuable. I want to contribute to your life.” I didn’t even have a hint of where that response came from. It was a spur of the moment feeling.

This is how I grew up.

- I didn’t hate my mom but she was just there. I don’t remember any cuddles and kisses. She worked all through my childhood, often as a night nurse so she was sleeping during the day. I learned at her funeral that she almost died giving birth to me. I never knew that. What a blatant sign that we had no real relationship since she never once shared the dramatic story of my first days. We were not bonded.
I didn’t hate my dad but the household revolved around his opinion. I complied with every verbalized and assumed demand, be it school or chores and never questioned anything. I didn’t even understand what it was like to have a two sided conversation. I remember well the first time he told me he loved me – I was forty. There was no connection. I can’t remember ever, even to today, having a meaningful discussion.

In school my teachers loved me. I was the perfect student. My work was always early and if not perfect, close to it. I was never in trouble. It wasn’t until I was one week from high school graduation that I was called into the principal’s office for the first time.

On the job I was a great worker. I was not only on time but usually an hour early. I was the perpetual volunteer to accomplish anything. And those many “anythings” were always a success.

My adult friends thought I was great because I learned to cook their favorite food. I looked for opportunities to do stuff for them. Many a Sunday was spent helping out a friend plant a garden, build a garage, move or ….

I have *The Journey* to thank for helping me understand why I was so driven, why I had the need to succeed at everything. Up till now, I was never brave enough to really look at myself. And more important than that, I didn’t know how. I didn’t even have the tools to learn what I needed to know about myself.

Remember my response to my friend – “I want to be valued.” How true that was. Once I really looked in the mirror I discovered that at the core of my being I didn’t believe I had any value or worth. (kind of pathetic for an overachiever!) I unconsciously believed that the only way you might like me or accept me was if I did lots of “somethings” for you. After all, how could you be a friend with someone as worthless as me? But there was a slim chance that you might let me hang out with you if you appreciated all the stuff I could accomplish……….

Would you like to know how this story turns out? Go to our testimonies page to read the conclusion to this story and many others like it.

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**Magnets vs. Mothers**

A teacher gave her class of second graders a lesson on the magnet and what it does. The next day in a written test, she included this question: "My full name has six letters. The first one is M. I pick up things. What am I?" When the test papers were turned in, the teacher was astonished to find that almost 50 percent of the students answered the question with the word Mother

- Unknown

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**The Destination**

**Chapter 1:**
Identify the steps to emotional maturity and assess where you are in your emotional development.

**Chapter 2:**
Your earliest connections set the stage for your ability to relate to others and a Supreme Being.

**Chapter 3:**
Begin to understand how the development of the brain’s quadrants impact who we become.

**Chapter 4:**
When childhood is out of control, we develop survival techniques to stay in control.

**Chapter 5:**
Understand and accept how generational damage leads to a lack of emotional and spiritual health.

**Chapter 6:**
The physical heart rather than being just the pump that circulates life-giving blood throughout the body, is also an
initiator of connection with others and with a Supreme Being. It’s cohesive connection with the brain creates a sense of peacefulness and internal calm.

**Chapter 7:**
Discover the importance of letting go of harbored negative emotions in order to benefit physical, emotional, social, relational, and spiritual well-being.

**Chapter 8:**
Helps you understand the impact of fear and love on the emotions and the physical body so that you can apply that knowledge towards a more satisfying life.

**Chapter 9:**
Identify the specific battle(s) that rage within you and determine it’s connection to self-centeredness and other centeredness.

**Chapter 10:**
Gives you a look at the new you, the spiritual you, living in the peace, rest, and love of a sanctuary – a safe haven.

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**"When God Created Mothers..."**

When the good Lord was creating mothers, He was into His sixth day of “overtime” when the angel appeared and said, “You’re doing a lot of fiddling around on this one.” And the Lord said, “Have you read the specs on this order?” She has to be completely washable, but not plastic; Have 180 moveable parts...all replaceable; Run on black coffee and leftovers; Have a lap that disappears when she stands up; A kiss that can cure anything from a broken leg to a disappointed love affair; And six pairs of hands” The angel shook her head slowly and said, “Six pairs of hands...no way.” “It’s not the hands that are causing me problems;: said the Lord. “It’s the three pairs of eyes that mothers have to have.” “That’s on the standard model?” asked the angel. The Lord nodded. “One pair that sees through closed doors when she asks, ‘What are you kids doing in there?’ when she already knows. Another here in the back of her head that sees what she shouldn’t but what she has to know, and of course the ones here in front that can look at a child when he goofs up and say, ‘I understand and I love you’ without so much as uttering a word.” “Lord,” said the angel, touching His sleeve gently, “come to bed, Tomorrow...” “I can’t,” said the Lord, “I’m so close to creating something so close to myself. Already I have one who heals herself when she is sick...can feed a family of six on one pound of hamburger...and can get a nine-year old to stand under a shower.” The angel circled the model of a mother very slowly. “It’s too soft.” She sighed. “But tough!” said the Lord excitedly. “You cannot imagine what this mother can do or endure.” “Can it think?” “Not only can it think, but it can reason and compromise.” Said the Creator. Finally, the angel bent over and ran her finger across the cheek. “There’s a leak,” she pronounced. “I told You You were trying to put too much into this model.” “It’s not a leak,” said the Lord, “it’s a tear.” “What’s it for?” “It’s for joy, sadness, disappointment, pain, loneliness and pride.” “You are a genius,” said the angel. The Lord looked somber. “I didn’t put it there.”

--Erma Bombeck

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The heart has its own memory like the mind and in it is enshrined precious keepsakes.

- Unknown
Register Now to Attend

ATTACHMENT

LIFE RENEWAL INSTITUTE

Wanting more out of your relationship?
Unable to connect?
Not feeling like you belong?

Feeling detached?

Summit Northwest Ministries
8311 N Idaho Rd.,
Newman Lake, WA 99025

Sept. 19
6:30 – 9:30 pm

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

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

TO REGISTER:
http://www.yourlri.com
http://www.summitnorthwest.org
1-888-8000LRI ($74)

Register by Aug. 15
$79
After Aug. 15
$89

Local Contact:
208-762-9304

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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.

Local Contact:
Fricta @ 509-301-2435
Alex @ 509-301-6149

Oct. 25
9 a.m. – 5 p.m.
(includes lunch)

Oct 26
9 a.m. – 3 p.m.

$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

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Bargain Corner

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Orders over $100=Free Shipping - or - add $6 for first item and $2 for each additional item

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