2016 April Newsletter

Nancy Rockey
Welcome To Spring

Well, is it really Spring? I hear that Denver got 50 inches of snow on or about the 15th of April. Hmmm... Maybe things are upside down? And poor Texas is flooding and lives are being lost. The Midwest has suffered during this year so far, and poor Old New England always seems to get the blustery end of storms.

But it can be Spring in our hearts, right. New beginnings every day and sometimes every hour with the Lord. He is the Master of Springtime in our hearts, and I think it’s best to keep it that way, and to pray for those in nature’s stormy path.

Nancy
In the previous newsletter, we wrote about the scripts we develop out of the actual stories of our life experiences. Those scripts, perhaps warped by our opinions and perceptions, have the ability to control how we think, how we feel and how we act. They can and do even impact our physical being—our bodies.

The root cause of most chronic physical problems that we experience today, is our survival syndrome—a state of existence that we are all constantly living in whether we know it or not. Our survival syndrome kicks in when we are in need of adrenaline (such as to run from an angry, vicious dog), when we have a deadline at work and a thousand things interrupt to sabotage our accomplishment, when we are competing in a sporting event—or even sitting comfortably in our lazy-boy watching a close football game and yelling at the screen. This becomes a problem when our survival syndrome becomes our norm. It is then that we are headed for trouble.

Sadly, because of the advent of TV and other media, the world has broadened, and we observe what we interpret as “perfect” situations or people. Jealousy and competitiveness kicks in and our mind works overtime, causing our survival syndrome to activate.

Our need for survival opens us to FEAR—and fear actually wears out our autonomic nervous system, short-circuiting our neurons and altering our chemical balance. This can even be the case in our sleep, when we have
recurring dreams. These are usually based on snippets of early traumatic life experiences, and they heighten our anxiety, even while we are sleeping. Fear keeps the body on alert with heart racing, feeling stressed, Blood Pressure elevated and muscles tense. Fear depletes the immune system and causes disease.

Everyone has experienced their own trauma brought on by family and the reservoir of negative life experiences. These are alive and well in our sub-conscious. By rehearsing the life scripts we have created and surrounding ourselves with them, we remain in our survival syndrome filled with anger, fear and abandonment – even in our sleep. We may feel anxiety, but cannot identify where it is coming from. So even if we think we are fine and without anxiety in our waking hours, we could be behaving on a high-anxiety level in our sleep.

Dr. Vincent Feletti, author of the ACE Study (Adverse Childhood Experiences) told us of a nameless client who had been his, and her successful attempt to loose way over one hundred pounds. On a return monthly visit to the doctor, she had gained 37 pounds in the previous month. When Dr Feletti inquired if she had “gone off her diet” she said “no.” The only explanation she could give for the gain was that for the previous few weeks she had been finding her kitchen in disarray in the mornings, having left it in tip-top shape when she went to bed for the night. She explained that as a child she had been a sleep-walker and wondered if she could have returned to it and been eating at night, unaware.

Her weight loss had made her quite attractive, and at her job, she had been propositioned. Her history of childhood sexual abuse had raised its ugly head, and caused her to fear. In a short time following the proposition, she committed suicide, and left behind a note saying that she couldn’t be without her protection – her weight.

How can these past experiences be stopped from traumatizing life and causing disease to invade the body and even destroy the life? One must go to the ROOT of the issues. What experiences in my story have caused me to create a script and add to it my feelings and opinions?

This is one of the purposes of Binding the Wounds and The Journey. These recovery programs assist you to look at your beginnings in depth, and to process through the feelings and behaviors that have resulted. Without doing so, those who have trauma in their past will find it displayed in the health and certainly in their unhealthy attitudes and behaviors. In so doing, we can bring ourselves back to the place that God designed for us – to be in abundant joy and physical health.

If you live in an area where there are no groups being held that are designed for recovery, you might consider starting one yourself. You might also consider the two books with workbook that are in the “Shadow” series – Shadows of Acceptance and Shadows of Belonging. All are available by contacting Ron and Nancy Rockey at 575-336-8095. The two books are currently on special. Book and workbook are $20.00.

May the Good Lord bring you peace and comfort, is our prayer!

Ron and Nancy

Watch this Ted Talk on How Stress Affect the Brain
Thank you so much for your support and messages of “Get Well!” Ron remains “sharp as a tack, yet we pray and “work at” what is needed to keep him moving and doing fairly well. Soon we have an appointment with a world-known expert who has done good work with Parkinson’s Disease.

Your prayers are appreciated!

Nancy is recovering fairly well from her fractured hip. Recovery is slower than she would like due to her “problem” lower back. We are so grateful for your letters, notes, e-mails and kind words!
Alaska - Anchorage
- Contact: Ron Latsha
- Phone: 907-842-5653

Alaska - Fairbanks
- Leaders: Adrienne Lee

Canada - Canadian University
- Leaders: Wanda J Johnson
- Class: The Journey
- Contact: Wanda
- Phone: 403-392-7093

Canada - Nanaimo, Vancouver
- Where: Prison

Colorado - Canyon City
- Where: Canyon City SDA Church
- When: Tuesdays, 4 pm
- Leader: Fonda Harris
- Contact: email

Colorado - Denver
Colorado - Longmont (30 miles N of Denver)
- Leaders: Matt & Amy Miller
- Contact: Matt, Amy,

New Mexico - Ruidoso
- Class: The Route
- Where: Private Home
- When: Sabbath Afternoons
- Contact: 575-336-8095

Oregon - Newberg
- Leaders: Sherri Mahurin
- Contact: Sherri

Oregon - Portland
- Class: The Mode
- Where: Healing Hope SDA Fellowship
- When: Thurs, 6:30 pm
- Contact: 503-253-8595

Texas - El Paso
- Class: The Journey
- Where: St. Clements Anglican Church

Wyoming - Cheyenne

Contact the Rockeys with your questions and/or comments