



Find Your Dreams and
Make them Reality

Freedom Flier

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In Full Bloom!

Mark the Calendar

Roots & Wings

- * June 16-20, 2010
- * July 28-August 1, 2010
- * September 15-19, 2010
- * November 10-14, 2010

Flight I

- * June 18-20, 2010
- * July 30-Aug. 1, 2010
- * September 17-19, 2010
- * November 12-16, 2010

Flight II

- * July 30-Aug. 1, 2010
- * September 17-19, 2010
- * November 12-16, 2010

All of the above events will take place at the [Stoney Creek Inn](#), Columbia, MO ([map](#))

Alive & Free

- * May 2, 2010 ; 1-4 p.m.
- * Brookfield, MO
- * First Christian Church

Contact Amy:
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Two weeks ago it seemed that winter was going to last forever. Wow! What a difference a few days will make. All living things had been dormant, waiting for the perfect moment to spring forth, all out! There is nothing in the natural world that does anything 'sorta' or 99% - its 100%! The trees have gone from their leaf-less expression to becoming fully adorned. Just one month ago Roots and Wings began. The Group calling themselves the 17 Amigos accomplished a powerful transformation in five days. Each one had been preparing for this special time in their lives. Although the transformation took place in just a few hours, they had been preparing for this special time in their lives!

Each day, everyone, has the opportunity for



greater expression of our inherent capacity. These opportunities occur in the smallest moments of time and don't seem to make much of a difference but the accumulative impact is tremendous - just as the one can't see the change in the trees and grass in the moment. In the way that the oak tree is an expression of the genetic pattern contained in the acorn so our lives contain the pattern imprinted at conception. As we reach out, giving and receiving, we are able to reach our fullest expression in the same way of all living things. Each tree, flower, grass unfolds "all out" keeping nothing back. It opens itself to the surrounding world making its beauty known.

I am excited for the opportunity to share my purpose and meaning as a trainer with Roots and Wings. As I give and receive, I have a fuller expression of my reason for being here. I look forward

to the next Roots and Wings, June 16-20 when the next group experiences their transformation! Your life too is enriched with each person that has this transformative opportunity.

Our new version of Flight also begins June 18-20. I encourage all Freedom Grads to enroll - It will be a great way to be renewed and take another step in your personal growth. The new format has replaced goal setting activities with new challenges and experiences. The cost is very reasonable, and the value is tremendous! Some Freedom Grads took advantage of the last Roots and Wings to revisit and renew their Freedom Experience. They reported that they were able to understand and do work that wasn't possible because of their life experiences over the past years! Contact Amy for details.

~ Russ Hardesty

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Freedom Family Gathering December 3-4, 2010

We will have a Freedom Family Gathering at the Callaway Electric Cooperative just off of Hwy-54 in Fulton, MO.

There will be a carry-in dinner, with meat & drink provided, on Friday, the 3rd from 6-9 p.m., we'll eat about 6:30. Families are welcome for this time of celebration and fellowship.

On Saturday, the 4th, you will have an opportunity to "sharpen" your Freedom tools. We will have a workshop from 9:00 a.m. to 3:00 p.m. with lunch on your own. This portion of the gathering will be reserved for both Freedom graduates and those who are interested in attending Roots & Wings. The only charge for attending is your energy & love!

R.S.V.P by Nov. 25th

The Tool I Used This Week Is...

A lot of new "tools" are practiced in Roots and Wings. In general, the tools are new ways to look at or think about circumstances in our lives and the way we respond to them. Some tools are really obvious and stand out as pivotal experiences in the training. Others are learned and practiced without sufficient recognition.

The tool I used this week was the word "I". In Roots and Wings the word "I" is used many times. It signifies that I personally have heard, or I am making a commitment that I am fully aware of. Some of the "I" statements used in Roots and Wings are:

- I am a WOW!
- I'm Right!

- I acknowledge your position and promise to weigh it carefully!
- I experience you as....
- I am angry because....
- I cast into the pit....
- I am a loving and compassionate woman! e.g.
- I am so happy and grateful now that ...

The word "I" is acknowledgment of accountability. At work this week, I had a definite opportunity to practice it. The blame game was swirling around madly! So while standing in a group of employees who were trying to decide who was at fault, I raised my hand and said, "You know what, I'll be "IT" today. Everything that anyone wants to blame

someone else for can blame me." I was not sarcastic or hateful when I said it. It was a declarative statement. I just walked away from the group and I haven't heard anyone playing the game since.

The word "I" is a tool in the toolbox of any person who wants more Personal Power. Personal Power will help you have what you want, on a moment to moment basis.

I am so happy and grateful now that I have the opportunity to learn and share with others in a way that will make a significant difference for us both.

~ Pat Hardesty