Find Your Dreams and Make Them Reality

Freedom Flier

Volume 1, Issue 4 August 2010

Take Flight!!!

Reason or Results - Move from your old habit of giving Reasons for why you are the way you are and why you don't get what we want out of life to WOW! Results!

What patterns do you find yourself repeating? In relationships? In your work? In your personal life? What tapes and beliefs are connected to these patterns that seem to get you nowhere? What is unique about your personality that causes you to make the choices that you make?

Do you believe that your choices are limited?

Flight is for you!

Create Immediate Results in your life...results that you want! Become aware of the patterns that limit your success! Take action to create new patterns that consistently get you results! Discover your Core Tape...the message that you tell yourself that keeps you stuck! Create an Action Plan that will get you moving! Become aware of the strengths of your personality that will assist in your success and growth!

Flight is a particular value because!

It takes what you have created in Roots and Wings and gives it Action and Intentional Movement. You are not required to stay at the hotel. You get to give back to the Roots and Wings training by assisting with Stretches on Saturday. You begin experiencing Immediate Results, Intermediate Results and make commitment to Long Term Results that you want!

It is training for being a TA in the room for Roots and Wings.

It gets you back in touch with a group of people that are committed to growth, honesty, accountability and integrity.

It gives you energy and resolve!

Get yourself signed up now! Call now...don't wait to let us know that you are giving yourself this opportunity to Fly!!!

Mark Your Calendar!

Roots & Wings

* **September 15-19, 2010**
(registration deadline Sept. 1)

* **November 10-14, 2010**
(registration deadline Oct. 25)

* **January 12-16, 2011**
(registration deadline Dec 30)

Flight I

* **September 17-19, 2010**
(registration deadline Sept. 1)

* **November 12-14, 2010**
(registration deadline Oct. 25)

* **January 14-16, 2011**
(registration deadline Dec 30)

Don't wait to register.

TAKE ACTION!

*** All events above will take place at Stoney Creek Inn, Columbia, MO**

Contact Amy at (573) 808-1371 for info or to register.

Freedom Tool Bag: Hugs

After the completion of the June 2010 session of Freedom Seminars, I arrived home to house guests which had arrived from Florida earlier that day, one of which was my Grandma. She's getting older and the realization of that has taken hold as I cherish the times we have together, which isn't very often. Most of my family have always given hugs, but often it's the "tent hug" or the "granny hug", when your patted on the back until you want to burp. I welcomed her with a big "Freedom Hug" which I could tell surprised and touched her heart. She didn't want to let go and neither did I, what a wonderful way to start our visit. I had made a mental list of the things I wanted to do with her during the brief 36 hour stay and we managed to check everything off in rapid succession. As she left, we embraced once more; this time initiated by my Grandma, neither of us ready to say good-bye to the other.

When I was a young teenager, I remember when my Grandpa Hardesty completed the Roots & Wings training. It was unusual to have him here in Missouri; we were often the ones making our annual summer pilgrimage to Oklahoma. I hopped in the car with Dad to take Grandpa to the airport, which was weird anyways, and then Grandpa held on to me the *entire* time. I can remember thinking "OK, Grandpa, you're going to miss your plane if you don't let go". I was a willing

participant, a little confused, but willing to hold his hand and give him a big Freedom Hug before boarding the plane. I didn't realize the full significance of that moment in time, but now as a grown woman I will cherish that experience forever.

Giving someone a proper hug is not only a way of greeting or saying good-bye, it's a way of letting them know that you love and cherish them, that you care deeply about who they are. For some,
I believe it can be a way of feeling vulnerable and therefore they are reluctant to share that experience with others. It opens one up to what each has to offer the other in becoming more "in-to-me-I-see" (intimate) with them. It's amazing how such a seemingly small act can be so powerful and one of the greatest gifts you can ever give another human being.

Do you remember learning what a Freedom Hug was in the Hug Line during your first Freedom Seminar training? When was the last time you gave or received a good Freedom Hug? You can take action in creating meaningful relationships with those you care for by sharing this simple yet powerful tool with them. It's not necessary to explain the reason behind your actions; just let it be, and see what happens!

~ Amy Craighead

I am a Loving and Caring Woman.

"A hug for love, a hug for happiness, a hug to support in times of need, a hug to show that you care, a hug to demonstrate that human compassion is more about freely giving to those in need, and a hug to show that your heart feels more than just through words." ~Byron Pulsifer

What Part Do You Sing?

I was either born to interview people or I'm just plain nosey. I haven't decided which but many times when I do an interview with someone, they tell me things that they wouldn't tell anyone else. It's because I'm asking them to talk about themselves and people rarely get an audience to do that. I learned a long time ago, when I was publishing a Christian newspaper that I don't tell everything in an article. If I put everything people told me in the articles I published, I would have been in deep trouble. I printed the things that were relevant to our readership, the good things.

I love the image of being worked into a harmony, almost like a part has been written just for me. I'm not that great a singer but I did sing in the choir. I think I sing somewhere between alto and tenor. Maybe I'm a second alto but those parts are hard to hear and stay on pitch while everyone else is singing other parts. It was only when the choir director stopped everything and worked directly with the two or three second altos that I could hear the part and then sing it and blend with the other parts.

My point is, sometimes we have to sing out about who we are and allow our lives to harmonize with those around us. Sometimes we have to share who we are in an authentic way and trust others to only publish the best and not the worst. In my articles I wrote what I heard them say, the meaning behind the words. It might not have always been word for

word but it was heart for heart. The truth is not only the words we say but the feeling behind the words. It might be by adding information about what the person does for a living, what type of home they live in, the ages of their children, even their pets. All that information gives a picture as to who that person is rather than just what words have come out of their mouths.

If someone were to write a story about your life, what would it say? What are the things that make you, you? How are you living your story today? What adjustments might you make to make your story more "true, noble, reputable, authentic, compelling, gracious"? How does your story harmonize with those around you? What do you sing in your life story?

So live your story with energy and life so that the world around you will know, you are alive. You matter. You care. You love. You make the song better. You make harmony.

~Teresa Parker

I am a Whole, Healthy, Happy Woman of God.

Freedom Family Gathering
December 3-4, 2010
Please R.S.V.P by Nov. 25th
Look for more info in upcoming newsletters!

Freedom Seminars

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Living Your Contract!

Before attending Roots and Wings I was completely consumed with trying to figure out who and what everyone wanted me to be….my family, my church, my community. I was so overwhelmed with all of the volunteering that I had gotten myself into and the role I was playing as a parent that I found little time for myself and not much joy in my life. I was thriving on "awfullism" and negativity. Freedom Seminar changed all of that. The knowledge I gained about myself and the tools I learned to rely on have given me permission to Be and Do what I want and to experience joy in even the simplest tasks. I am now able to accept that what I choose to participate in and at what level is my choice and it's enough. I'm finding that positive thoughts are far outweighing the negative which is allowing me to experience more energy to enjoy the fun things in life and ultimately be a better wife, mother, friend, and volunteer. If I want to dance when I hear my stretch song, then I dance and it feels so good to just enjoy the fun without thinking or even caring what others think. I like myself and I'm still working on who I want to be but I know I will continue to grow in that respect. I am a confident, strong, and powerful woman. I thank Freedom Seminar for helping me realize that and to be that.

~Ginny McMains

I am a Confident, Strong and Powerful woman.

Ginny is a June 2010 Roots & Wings graduate, living out her contract daily !