

FREEDOM  
SEMINARS, INC.

SAVE THE  
DATE

### Roots & Wings

\* March 9-13  
Columbia, MO

\* March 30 -April 3  
Joplin, MO

### Flight 1

\* March 11-13  
Columbia, MO

### Free Workshops

*The Danger of  
Light and Joy*

\* February 12  
Fulton, MO

*Creating a Life of  
Abundance*

\* February 26  
Joplin, MO

\* February 27  
Nevada, MO

Above workshops are  
free and open to all.

# Freedom Flier

“Find Your Dreams and Make Them Reality.”

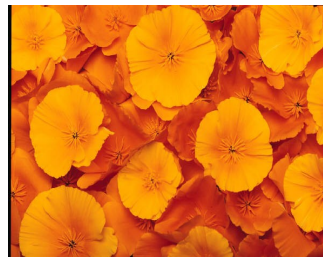
VOLUME 2, ISSUE 1

FEBRUARY 2011

## What is a good life?

Our recent loss of Marsha Hardesty Medcalf causes me to reflect on this question. A mind and heart plagued by scarcity would quickly default to fear and retreat from life... 'to tiptoe to death as safely as possible.' My reflection in this past month as been accompanied by many sighs as I see the future without my lifelong cohort. One clear memory and thought continually returns to

the abundant and exuberant life that Marsha lived. Her life was lived as an artist.



A great piece of art isn't judged as a product but by the value of the performance. The value of Marsha's life was well lived. Her life was a

performance; she had a life that she led, with a clear purpose and mission each day.

Marsha's life challenges me daily to know it is value of my choices that gives me the good life. Do you lead a good life? Isn't that what will last beyond any fame or fortune?

~Russ

## Free Workshops - 2 new topics!

We will be sponsoring three workshops this February, all are 3 hours and open to Freedom grads and non-graduates. We hope that you chose to join us for one or more. If you wish to sponsor a workshop, let us know.

You furnish the location, invite guests and we'll bring the program.

*Creating a Life of  
Abundance*

Some tools presented:  
The Language of Abundance, The Excellence Elevator and more.

*The Danger of  
Light and Joy*

During this workshop we will discover living outside the box and Asking the Powerful Question. \* The workshop on February 26th, we'll tribute to Marsha Hardesty Medcalf.



*“As we give our  
medicine to others,  
they have medicine  
to give away  
...and so on.”*



## A special dedication...

January 1st our family experienced the loss of Marsha Hardesty-Medcalf. She was a vital part of our Freedom family and gave

her medicine unselfishly. A true Giver to all. As I work on this edition of the newsletter, I am all too aware of the loss. So, in tribute to you,

Aunt Marsh, may you continue to share your medicine with us all.

~ Amy

## Freedom Tool Bag : Medicine

I had an interesting experience last week. I was dropping off some papers at the administration building of my school district and I ran into a lady who was a principal the same time I was. I hadn't seen her in about eight years and really didn't know her very well. We exchanged greetings and I asked her how she was doing, she said she was struggling with something and asked if I had time to visit with her. We found an empty room and sat down and she began to tell me that she had just resigned her position and was taking a principal's position at an inner city high school in Houston. She de-

scribed the many challenges she faced : drugs and gangs, low academic performance, low parent and community involvement, little funding, etc. She said, “Marsha, I feel physically sick. What have I done?” Having been in a similar position myself, I could relate to the felling. I just began to ask her questions about her vision, goals and purpose. As she responded to my questions, she began to relax. She began to feel excitement about the challenge she faced and realized that she was called to go there. At the end of our conversation, she hugged me and thanked me for listening. She said she

needed to talk to someone who would be objective and there I was...after all those years.

As I left, I thought about the Medicine Game we play in Roots & Wings. I realized that I had just given her medicine...I listened, asked questions, and offered No advice. I gave her my medicine. Just that easy—didn't even have to think about it. As we give our medicine to others, they have medicine to give away...and so on. Healing!

~ Marsha  
Hardesty-Medcalf

**A Worthy &  
Deserving Woman.**

# 100% Living

I ran across this the other month and it really made me stop and think .... Imagine that you had won the following prize in a contest: Each morning your bank would deposit \$86,400.00 in your private account for your use. However, this prize has rules. The first set of rules would be: Everything that you didn't spend during each day would be taken away from you. You may not simply transfer the money into some other account. You may only spend it. Each morning upon awakening, the bank opens your account with another \$86,400.00 for that day. The second set of rules: The bank can end the game without warning; at any time it can say, it's over, the game is over! It can close the account and you will not receive a new one. What would you personally do? Would you buy anything and everything you wanted?

Not only for yourself, but for all the people you love? Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every cent, and use it all? ACTUALLY, this GAME is REALITY! Each of us is in possession of such a magical bank. We just can't seem to see it. The MAGICAL BANK is TIME! Each morning we awaken to receive 86,400 seconds as a gift of life, and when we go to sleep at night, any remaining time is NOT credited to us. What we haven't lived up that day is forever lost. Each morning the account is refilled, but the bank can dissolve your account at any time....WITHOUT WARNING. SO, what will YOU do with your 86,400 seconds? When I first read this is was like Wow I never really thought of it like that. 2011 has started off with me having this urgency to live my life 100% And a 100% everyday. My 100% today may not be the same at my 100% tomorrow or my 100% yesterday. But I know I don't have to wait until I have life all figured out or until

I have everything in order before I start living 100% each day. All my life I have had a tendency to compare myself on the horizontal line. And for some reason I always liked to put myself more on the side I was not as good as someone else, I'm not smart enough, etc. I believe it was a comfort to me the hinder myself. That way I won't be noticed or have to be accountable. It is freeing to know I don't have to do that anymore, knowing who I am now. And to know that by me living 100% everyday I may make a difference in some ones life and not even be aware that I have made a difference. And more important by living 100% I make a difference in my life. Are you living 100% each day?

*“And to know that by me living 100% everyday I may make a difference in some ones life and not even be aware...”*

*~ Sarah Powers  
I am a Real Woman!*

## On Location!

There are several locations where you can find Freedom Seminar, Inc. information, writings and past newsletters. Take your pick!

### Blog

\* <http://freedomseminars.blogspot.com/>

### Website

\* <http://www.lifesuccessassociates.com>

### Facebook

\* Request friend to the Freedom Seminars group





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and Make Them Reality**

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## We're coming to Joplin!

Last November I mentioned to Russ that I would love to see several of my family members attend Roots & Wings. He said, "well let's just do one in Joplin". I replied "really, you'd do that?"

A few short weeks later, Russ and Amy made a trip to Joplin to find a place to hold a seminar. A contract has been signed with the Holiday Inn in Joplin for a Roots & Wings seminar March 30 through April 3. Also scheduled for February 26th in Joplin, and February 27th in Nevada a workshop titled: Creating a Life of Abundance.

I would like to encourage any of you who have friends and/or family in the Joplin area to tell them about the upcoming events. All you have to do is share your experience and the changes in your life.

If you would like a flyer for any of these events, please contact me via email ([nolene@cableone.net](mailto:nolene@cableone.net)). I will be happy to forward them to you.

With love,  
Nolene