



Find Your Dreams and
Make Them Reality

Freedom Flier

Volume 1, Issue 6 October 2010

The Key to Happiness

Mark Your Calendar!

Roots & Wings

* **November 10-14, 2010**
(registration deadline Nov. 1)

* **January 12-16, 2011**
(registration deadline Jan. 1)

Flight I

* **November 12-14, 2010**
(registration deadline Nov. 1)

* **January 14-16, 2011**
(registration deadline Jan. 1)

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.

Any moment is an opportunity for happiness. "Smile, breathe and go slowly" is a formula given by the Vietnamese monk, Thich Nhat Hanh. When one is focused on being, simple activities allow a state of happiness. A walk in nature, sitting near water or in the woods, talking with a good friend, or playing with a child can become the opportunity for happiness.

Often people believe happiness is something that will come later in life. One can easily spend their life waiting for happiness – getting a better job, getting out of debt, retrieving, getting married. When striving for the next thing, happiness is easily forgotten.

Focusing on the future or dwelling in the past – worry, reviewing conversations in one's mind, thinking about things that aren't occurring in the present are all sources for stress, depression and other draining emotions. Attending to negativity and criticism is a sure formula for unhappiness. Energy given to the 'then and there' robs us of joy and peace.

Interestingly, the small things in life bring happiness. Living in the here and now is being present. Playing with small children is a great opportunity for living in the here and now. Focusing on the positive is a sure means to having happiness.

Happiness occurs when wanting what you have is your focus rather than having what you want. Wanting what you have is a definition of gratitude.

What are some of the small things that allow you to be in the moment?
What do you have already that you could be grateful for?

Let's hear from you!

~Russ Hardesty



Freedom Tool Bag : “I See You”

(Here’s a new tool for your Tool Bag!)

“I have set all of my judgments of you aside, and am ready to learn what you would like for me to know about you. Please teach me.”



My family and I are movie buffs of a certain kind. We have our favorite movies that we view numerous times... but not just for entertainment. We study movies. We study movies for content, dialogue, ideas. We study actors and characters. It’s just what we do! This last weekend Russ and I watched Avatar for a second or third time. We always let our thoughts mull for a couple of days and then have conversation about our experiences and insights. Avatar is a favorite for several reasons, but what I gleaned from this viewing is a concept that still wows me.

In the movie the natives of Pandora have a greeting for one another that is simple, yet it makes me sit up and pay particu-

lar attention each time I hear it. “I see you!” It is used as we might say “Hi There! How are you?” But it is so much more than a greeting. The natives of Pandora have a very unique and particular connection to one another. They are connected to their world, and all the creatures in it, just as they are connected to one another.

“I see you” is a greeting that gains meaning as you follow this story. In the beginning the main character, Jake Sulley, witnesses the Pandorans using it among themselves. He is curious about it but does not understand the full meaning. As the story continues, this greeting becomes one that lets him know he is included and regarded as important and vital. And in the end it is a greeting that restores him to the Pandorans as a leader and the fulfillment of a long held prophecy (like his contract?).

Every time I watch this movie, I think, we should include this greeting in our Freedom training somewhere! It is so appropriate for the work we do. It is more than saying that I see your outer person, I see your clothes, your hair, your physical body. Its meaning would be something like “I have set all of my judg-

ments of you aside, and am ready to learn what you would like for me to know about you. Please teach me.”

This is in a nutshell, what we teach in Roots and Wings. “I see you” is a greeting of honor, acknowledgement, acceptance, and discovery. It is a very loving greeting. Imagine what it might allow with you in your relationship with your children. Most of us believe that we are the owners of our children and know everything there is to know about them. There is nothing left to discover! What a limiting belief that is... and so hard for those we love the most. This greeting would also unlock a new level of intimacy and connection with a partner or spouse.

There is so much more to be discovered within these three words. I challenge you to take them inside of you and learn as much as you can from them. And check out the movie. There are many great lessons within its story line if one chooses to study it.

**“I see you”! Love ,
Pat Hardesty**

Revolving Doors

Remember those revolving doors at department stores? As a kid from Columbia, MO, I would always hesitate when we'd visit a larger city and have to go through one of those doors especially when there were a lot of people going in and out. When do you step in? When do you step out? Is the door going to smash me into little pieces if I even attempt it? Luckily, there was always my mom or dad nearby to take me by the hand and help me get in the door and then come out into an entirely new location.

I admit there has been times when my life seems to be stuck either outside one of those doors or in one of those doors. Stuck on the outside would be times when I was too timid to even try to attempt doing or being anything other than what I was at the time. It sounded a little like the poor me syndrome. You know how it goes, "Nothing good ever happens to me. I guess I'll always be poor. I guess I'll never have a new car. I guess I'll never have the good job..."

This is usually said while looking from the outside into the bright, shiny department store knowing that the only way in was through that scary revolving door. Afraid of being shredded by the door and mob, you would simply look through the window and cower in fear. It is the fear

of getting outside your comfort zone. That fear entraps you in a victim, or even, survivor mentality. You would like to go to the next level, but something holds you back.

I think Elvis might have felt the same way. In the song, "If I Can Dream," he says, "If I can dream of a warmer sun where hope keeps shining on every man, tell why, oh why, won't that sun appear?"

Elvis was quite the philosopher because he tells us in the next verse; "We're lost in a cloud with too much rain." Standing on the outside of the revolving door is a little like that feeling. You can't risk stepping inside because you are scared about what might happen to you. You think, "I'm too slow. I'm too young. I'm too old. I don't know how. I have too many kids. I don't have any kids." The excuses can take any form. We all know our own.

Then, Elvis also had something to say to the person getting dizzy inside the revolving door, never finding a way out. "We're trapped in a world that's troubled with pain." Man, is that ever true. I'm sure in your life there is pain somewhere. Sometimes circumstances seem like pain and simply overwhelm us.

Elvis knew the answer, although I don't really think he ever listened



to his own songs or he might really still be alive

today. He would be 85. (I looked it up as I'm not really a trivia pro). Still in this song he tells us, "But as long as a man has the strength to dream He can redeem his soul and fly."

The key word here, to me, is "dream." What do you dream of? What are your excuses for not being able to get there? What is one step you can take to come closer to your dream?

Could it be as simple as thinking of yourself as a victor rather than a victim or survivor? Could it be as simple as knowing you can live in abundance today? Maybe it's as easy as seeing that "out there in the dark, there's a beckoning candle."

One last thought for those trying to get in the door, there are friends at Freedom Seminar who want to help you step through that door or past the tangled maze of excuses to the point where you can start living your dream today.

If you are tired of either being in a revolving door or standing outside afraid of one, join us for Roots and Wings, Nov. 10 -14!

~ Teresa Parker

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

Freedom Seminars

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or find us on the web at
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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!

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