



Find Your Dreams and
Make Them Reality

Freedom Flier

Volume 1, Issue 5 September 2010

Reasons or Results!

Mark Your Calendar!

Roots & Wings

* September 15-19, 2010
(registration deadline Sept. 2)

* 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.

One of the most useful tools presented in the Freedom Seminar Flight I training is this effective measuring tool. Two questions can be asked in using this tool.

First, "Am I getting the Results I want in my life?"

And second, "What are the Reasons that I tell myself and others that I am not getting the Results that I want?"

In my own life it is very tempting to offer Reasons for not having the life I know that I can have. "I'm too old." "I'm too young." "I don't know how!" "I'm not smart enough." "I don't have enough money." "I don't have the right connections." And I could go on and on.



When I make myself pay attention to the Reasons that I give for the 99% that I'm getting, I am embarrassed. "Really?" I say to myself, "This is the excuse I'm giving for not being the woman that I know I can be?"

The Reasons we offer are our limitations... connected to our Core Tapes and Core Beliefs. These trap us into believing that we must settle for what seems easier and safer. We live at an Unconscious level, and at that level, we do not really make Choices. We just go with the flow.

Conscious Living involves paying attention so that every time we give a Reason for our poor self esteem, or lack of initiative, etc, a warning signal goes off. And we stop and in the place of the Reason we create plan of action that will give us immediate Results.

Are you ready for Immediate Results in your life? Or are you satisfied with the Reasons you are used to giving? Be as Powerful As You Are!!!

Come Fly with us on September 17th!

~ Pat Hardesty

Freedom Tool Bag : Self-Defeating Games Got Your Game On?



Do you remember when you went through Roots and Wings and we looked at the **Self-Defeating Games** we played? I can't remember all of them but these are some that I do remember: **Don't Participate (Quit), Get them before they get me; Get angry; Start a fight: I'm Right; Judge (criticize, complain, condemn); NIGYYSOB; Be a problem; Use alcohol, drugs.** You may recall that the way we learned about the game is by sharing about a specific disagreement that happened, usually between you and someone else. Then, from the list, you identified one or more of the games that you played. You talked about what you really want in the relationship with that person. For example, if the incident happened between you and your spouse or child, in the big picture of the relationship many people say they want a more loving, respectful, or trusting relationship. Going back to the incident, you realized that by playing

the self-defeating game it was a Lose-Lose – you both lost the very thing you wanted.

One of the things we discuss in Flight is that our self-defeating games are triggered by our tapes. The sequence is like this: an event happens, one or more tapes fire, and then we launch into a self-defeating game. We end up losing the very thing we want. The problem is that it all happens in the blink of an eye. If we are not aware of the sequence, it is difficult to stop the tape, to choose not to play the game and to end up with the hurtful outcome.

I was thinking about Self-defeating Games the other day and realized that I've been playing one pretty consistently over the past several months. The game that I've been playing, though, does not directly involve anyone else. I'd like to work with young people from about grades eight-twelve to guide them in thinking about the dreams they have for their lives, the steps they would need to take, and identify the barriers that would keep them from making their dreams a reality. I've got the program all worked out in my head. I think I know how I would do it, the contacts I need to make, and the actions I need to

take. But, I'm not doing anything about it. A few days ago it occurred to me that I'm playing the self-defeating game of "Get them before they get me." If I begin to take action then "they" might "get me" because "they" might not like it; "they" might think it's a stupid idea; "they" might reject me. So I "get" them by not moving forward. I am not creating an opportunity for young people to really begin to live their lives with purpose and intention. Big picture, what I want for me to is to feel that I'm making a difference for these children. My sequence is: My tapes fire: "I'm not smart enough or capable enough to pull this off." So, I play the game. I won't even give them a chance to reject me. The outcome is that I'm stuck doing nothing. It really is a Lose-Lose. I lose my chance to make a difference and the kids lose a chance to clearly identify their dreams. Gotta stop the tapes, stop the games, and take action. It's time I played a different game... ..a game I play to win not a game that I play not to lose... a big difference. Game on!

~ Marsha Medcalf

I am a Free and Loving Woman.

Change Starts When Someone Sees the Next Step

Thomas Drayton, member of the Continental Congress, spoke these words to Thomas Jefferson regarding additional funding for the war effort. Along with other men and women they decided to take a stand against the tyranny of a greedy monarch. This decision entailed many risks and the inertia of our comfort zone living constantly challenges our higher self; the part that dreams, imagines and knows of our greater potential. Our creative self, the dreamer, is aware of the next step...an action against inertia.

"When faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof." This statement by John Kenneth, Harvard economist, reminds us that our marvelous capacity for creativity and giving is most of-

ten directed toward being right about remaining in the safety of our comfort zone. Another way to express this is, **"I'd rather be right than happy!"** and **"I would rather give a great reason than have results that I desire."** The truth is that it's your life and it is up to you to make the most of it!

The next step is action! True freedom results when you and I take real responsibility for our actions. This choice creates change! It requires utilizing our consciousness and becoming physically, emotionally and spiritually present. You are responsible for your level of consciousness and the results in your life. Actions are the results of decisions. Many substitute talking, studying, reading and discussing what would be nice to be, do or have as a substitute for decision and action.

We have all the information we

need for the next step.

Everyone of us can experience the dream of William Drayton and Thomas Jefferson. They were willing to have what they wanted. Are you? Are you willing to have what you want? What action can you take? Here is an exercise that will move you in that direction - every morning for a week, write 3 endings to each of the following sentences.

- 1) Today, being fully conscious and responsible for what is in my life, I will ...
- 2) Today, being fully conscious and responsible in my relationships, I will...
- 3) Today, being fully conscious and responsible for my personal growth, I will...

~ Russ Hardesty



**Freedom Family Gathering
December 3-4, 2010**

**Look for more info in
upcoming newsletters!**

Freedom Seminars

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TA = Training Again!

We are making our list of TA's for the next three Roots and Wings seminars and want you to be a part of the training in this way. TAing is a great opportunity to "Train Again". You bring energy with you as a TA, but you also gain invaluable insights and breakthroughs for yourself. You will form new and powerful connections. And you will witness change work that is awe inspiring.

TAing requires a commitment of 5 days, Wednesday through Sunday. We will assist you with finding a place to stay and will provide several of your meals.

You will work closely with a new "gang" of special people, all meant to be there with you in the training room.

Come be in the room with us as we focus our energy on an amazing group of people, the next group of Freedom Grads.

Contact Amy, Pat or Russ to let us know you are ready to TA!

(573) 808-1371

"Let's Have Some Sharing..."

If you are a Freedom graduate, I know that you've heard this before ... We want to hear your personal story about how Freedom Seminars has impacted your life and your relationships.

Please email Amy your personal thoughts, short or long, to share with the group. We're excited to hear your update!

