

FREEDOM  
SEMINARS, INC.



# Freedom Flier

“Find Your Dreams and Make Them Reality.”

## SAVE THE DATE

VOLUME 2, ISSUE 3

APRIL 2011

### Roots & Wings

\* June 8-12, 2011  
Columbia, MO  
*Register by June 1,  
May 1 for discount.*

### Flight 1

\* June 10-12, 2011  
Columbia, MO  
*June R&W and Flight  
will take place at  
Stoney Creek Inn &  
Conference Center*

### Free Workshop

\* April 16, 2011  
Fulton, MO  
8:30 a.m. - 11:30 a.m.  
(Callaway Electric Co-Op,  
Just off Hwy-54 in Fulton)  
  
Above workshop is  
free and open to all.

## Early Birds Get the Deal!

Registrations are now being received for the June session of Roots & Wings and Flight I. And we have a special deal for the Early Birds!

You will receive **\$100 off** your Roots & Wing tuition when your registration and deposit (\$100) are completed and received by **May 1, 2011.**

For a quick re-cap of the pricing... (hotel not included)  
Roots & Wings training \$795  
Freedom Graduates \$695  
Couples \$695 each  
Family \$650 each  
(group of 3 or more)



## Going Vertical!

The alternative to horizontal thinking is vertical thinking ... **working** toward excellence in your life. Did you notice the word ‘working’? It is not working extra hard on what someone else wants or has told you to do. It is taking initiative to do the work you have decided that is worth doing.

Avoidance is the watchword of horizontal thinking. By avoiding that idea or action that strikes fear in your heart you become boring, mediocre and invisible.

Rather than allowing fear to dominate your actions, allow fear to be that indicator of the importance of the work that you have chosen. In truth the work that really matters is scary!

Excellence is a pattern more than a destination. Each moment, each hour and each day we decide to follow mass mindedness (**Horizontal thinking**) or trust our own internal guidance system (**Vertical thinking**). I challenge you to **Go Vertical!**

~ Russ



*“A solid foundation is often built on trust. It’s also a place where abundance and love can flow freely to and from.”*



## Freedom Tool Bag : I Trust You

One of the exercises we practice in Roots & Wings is “I trust you.”, “I don’t trust you.” or “I’ll wait to decide if I trust you.” Do you remember doing this?

It’s actually something each of us practices every day in our interactions with others, often on a subconscious level without even knowing that we are playing the game. Sometimes with my actions, I find myself questioning those I love and sending them the message that “I don’t trust you” or “I’ll wait to decide if I trust you.” In reality, I trust them with my life and the lives of my children. In such circumstances the outcome of this brief yet significant interaction is not something which creates value but instead puts a small chink in the armor of that relationship.

Recently I had a new level of awareness with this exercise during my devotional time. In prayer I said, “I trust you.” It just flew into my thoughts, I wasn’t

even thinking along those lines. However, it solidified yet again my belief system and had an immediate and positive effect on my spiritual being. I *believed* that trust was there, but actually saying it was reassuring and created a more *Real* experience. Trust is to commit with confidence. A solid foundation is often built on trust. It’s also a place where abundance and love can flow freely to and from. Immediately I thought about what it would be like if this were practiced on a regular basis in every part of my life: Personal, physical (your body), family, work, spiritual, etc. It would be reassuring to me and those I love to know “I trust you.”

~ Amy Craighead (Hardesty)  
I am a Complete  
& Powerful Woman!



# On a Scale of 1 - 10

On a scale of 1-10 with 10 being the worst, what is your level of pain right now? That is a phrase I have become very familiar with the past couple of years. I have become an advocate for my parents as they have had several different procedures in hospital. It is a fairly effective and simple way to communicate a very important piece of information. Health care givers have learned the significance of treating pain and discomfort before they reach a high level. By asking this simple question regularly they are able to keep the patient comfortable and the healing process speeds up. Patients get to go home sooner. It is a result that both the physician and patient want.

In Roots and Wings we work with a similar question. On a scale of 1-10, with 10 being the **best possible life you can imagine**, how would you rate your life right now? Let's say it's a 6. What do you know about what you could do to make your life a 10... right now? What would the 10 be like for you? These questions form the skeleton for what Roots and Wings is about.

The concepts and experiential processes are designed to help you get to your 10. I don't know anyone who would not have something they would like to address and improve on to have more of what they have envisioned their life to be. Most people have some things working really well, yet if they felt safe enough to reveal it, there is a wish, a hope waiting

quietly for the "right time" to emerge.

The Roots and Wings training is based on a belief in *Urgency*. The "right time" is here and now, in the present. I don't have a guarantee that I will be here next month or next year, but I do have Right Now!

Is there someone in your life who deserves to be living their life at a 10? I hope you just said "Everyone in my life, who I care about and love deserves that!" When you are living your life as a 10 others will want it! Live your 10 and put someone in the chair to share this WOW with.

The next opportunity for this experience is June 8-12 in Columbia, Missouri

~ Pat

## Find Freedom On-Line!

Website : <http://www.lifesuccessassociates.com>

Facebook : Request friend to the Freedom Seminars group

Blog : <http://freedomseminars.blogspot.com/>



Freedom Seminars, Inc.

4091 County Road 210

Fulton, MO 65251

**Find Your Dreams  
and Make Them Reality**

Phone: 573-808-1371

E-mail: [freedom@lifesuccessassociates.com](mailto:freedom@lifesuccessassociates.com)

# Freedom Seminar, Inc.

## Registration Card : Roots & Wings / Flight I

Name \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Phone (home) \_\_\_\_\_

(Cell) \_\_\_\_\_

**I will be attending:**

- Roots & Wings, June 8-12, 2011
- Flight I, June 10-12, 2011

**Payment Options (\$100 deposit)**

- Check is enclosed
- Credit Card via PayPal  
([www.lifesuccessassociates.com](http://www.lifesuccessassociates.com))
- Other \_\_\_\_\_

Please contact with any questions you have. (573) 808-1371  
[freedom@lifesuccessassociates.com](mailto:freedom@lifesuccessassociates.com)

Mail Payment and Registration to: 4091 Co. Rd. 210, Fulton, MO 65251