

FREEDOM
SEMINARS, INC.



Freedom Flier

“Find Your Dreams and Make Them Reality.”

VOLUME 2, ISSUE 4

MAY 2011

SAVE THE DATE

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

Which Door?

Are you where you wanted to be? You have spent your entire life for this place and time. Maybe you have just been a tourist, observing the environment and lives of others - silently wishing for something different.

A cartoon from the New Yorker shows a perplexed-looking person is standing in front of two closed doors. One door says “heaven” and the other says “Books

about heaven.”

It seems so much easier to read books or watch the

lives of others than to open the door. To go through the door of heaven requires commitment to reality, not what I think reality should be. It is pretty scary to be what we were meant to be. I become totally naked and transparent, being responsible for the gifts and talents that have been provided for this journey.

Success is finding our true self and it's voice. Our fear of such success is a form of resistance, which increases as we come closer to the door. This fear quietly seeps into every aspect of our lives and limits our full

joy and capacity. I invite you to open the door, not just read about it. Move from being a tourist to the arena - there will be challenges, defeats and victories - no longer sidelined.

June 8 -12 is an opportunity to begin to open that door! Roots and Wings provide the tools to move from the sidelines to the arena. Many folks that have completed Roots and Wings in the past can amplify their experience by attending again.

~ Russ





“There are many times in life when I have one opportunity. Some times there is one more opportunity.”



Freedom Tool Bag : Urgency

Urgency is Not Panic

The word for me this year is Urgency! The year started with a loss of massive proportions for me. I could have chosen to give up, “throw in the towel”. Instead I took some time to “heal up”, then refocused and moved forward. I had new resolve and energy! I had learned that I could not put off things that are important to me. I might not be here if I waited. My first thought is what more do I want to do! But what lies beneath that is what more do I want to be! If I give my energy to being the kind of person I want to BE the DO falls into place!

What I want to BE is JOYFUL! And so each day, no matter what the circumstance, I am joyful! Some of the circumstances are not what I would choose. But I can be Joyful even then, especially then! A Joyful woman celebrates, and this year in particular, I have an abundance of events and people to anticipate and celebrate! A new baby, two college grads, scores of birthdays, a son getting married, another buying a new home. The family is such a big one, I know there is more.

Urgency is not Panic! If I watch the news and dwell on the forecasted shortages and losses I would once again want to quit. I have chosen to watch the news sparingly. I stand at the fuel island and joyfully put fuel in my tank! I don’t like the price, but I am grateful that I have a car and I don’t have to walk and carry my purchases on my head! I don’t like the price of food! But I choose carefully and am joyful that Russ and I can still eat well. I could have much less and be quite joyful!

There are many times in life when I have one opportunity. Some times there is one more opportunity. If Freedom has made a difference in your life, I challenge you to share that with one more person. There is a world full of people that would benefit. Which one will you choose to share it with? Give them the gift of knowing the difference between Urgency and Panic!

~ Pat

Throwing In The Towel

As I reflected on my day filled with a sad situation, I was getting ready to go out to an event. I washed my face and hands using a towel. I picked up the towel and looked at it, I didn't just "lay" it down but instead looked in the mirror and angrily threw down the towel. My upbringing whispered that you can't be mean or mad or angry. But as I moved through the evening, I gave myself permission to be angry and "throw in the towel". The image of throwing in the towel for a boxer is giving up the fight or to give up the struggle. I wonder if the next day that boxer picks up the towel again and goes back into the ring to fight again? Yes, I think the best of the boxer picks up the towel and goes to the ring and fights to WIN!

My day ended with surprise! The surprise and goodness surpasses the struggles and gives me hope for a new day. Tomorrow I will wake up, move along, using the towel, respecting its purpose. And know that I could "throw in the towel", but as usual will decide to Hope, to WIN, and to look up!

~ Pam Fitzmaurice



After a very sleepless night with the children, we finally woke up to the perfect day to "sleep-in". I had the thought of going out to work in the yard if the rain wasn't falling too hard, so after everyone was fed and set for the day I headed out the door. One of my favorite situations to work in, almost like I was in England with clouds of impending rain above. I set about pruning ... I was in the mood and enjoying my quiet time alone with the plants. The piles of debris were piling up and the feeling of accomplishment was too. Since I had made it this far, I started eye-balling the quince by the front drive. It had been absolutely wonderful this spring, full of blooms and lush foliage. However, it was simply getting too large and overcrowding

Self Pruning

other beauties that would be in full show before long. I really disliked pruning this critter; large thorns lurk in the shadows of the older growth.

As I continued pruning this thorny quince bush, I started digging deeper and deeper into the brush. It was like a whole other bush was hiding inside! The foliage was lush and vibrant, just waiting to spring forth when provided with the sunlight needed for growth. I started getting excited, no longer afraid to chop off all the older callused growth.

This is where I started to realize how much our lives can be like this bush.

Each person has a treasure inside; often covered up with the overgrowth of the day to day life over the years. One of the amazing things that

Freedom Seminars can do is to provide a safe place for one to

do some "self-pruning". Evaluate what your working with (yourself), start shedding all of the overgrowth and exposing the jewel inside to the sunlight. One thing that I know in pruning is that most of the time plants really like and appreciate it; just like people! I know that the new undergrowth that was waiting to spring forth has now been given permission to do so! How exciting it would be if each one of us could do some self-pruning! In turn giving the lushness inside the permission to be released and see where it takes us! I look forward to seeing what the next seasons of growth looks like. What an amazing gift we have each been given: the ability to self-evaluate, prune and then give ourselves permission to grow and bloom!

~ Amy Craighead



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**Find Your Dreams
and Make Them Reality**

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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)
- Other _____

Please contact with any questions you have. (573) 808-1371
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