



The Freedom Project

We're so happy that you've chosen to go to the 2 day Freedom Project: a process created to help in healing your life.

In order to touch wounds and release COMPULSIVE SELF DEFEATING BEHAVIOR AND PAIN, we will be engaging in deep emotional expression through writing, art, music, and by crushing the destructive life patterns we have adopted from our primary caretakers.

The process will be held from 8:30-5:00 pm on both Saturday and Sunday.

We encourage you to bring several photos from your childhood (as an infant, an adolescent and a family picture) and any other special mementoes from that time of your life (blanket, stuffed animal...).

Please review the pre work and complete it at least 5 days before the process begins. You may email it to Pam at vaughan.pamela@yahoo.com so that it can be reviewed.

Please make a check out for ½ of the fee as a deposit to hold your spot. The intensive fee is \$500 (\$300 for returnees). This includes tuition, materials and meals. No other fees will be charged.

FREEDOM PROJECT

THE FREEDOM PROJECT is designed to identify and work through destructive life patterns. Throughout our childhood, we adopt patterns of belief and expression from our parents and caretakers that continue to take us into dysfunctional relationships with others and ourselves. (Example - we absorb shame in childhood and recreate a shaming self concept, shame others, and/or connect with shaming people and situations.)

Often, we spend years in talk therapy and/or use powerful meds in an effort to get relief. We may also self medicate through addictions and addictive behavior. Since these destructive life patterns are absorbed on an emotional as well as an intellectual level, they are seldom healed with intellect alone. Until we are able to connect with the knowledge of the source of these patterns and sadness or anger around the damage they cause, there is little relief and lost hope.

During the two-day intensive there will be experiential opportunities to identify and “work through” these patterns and create a future free of the habitual destruction that they cause. We must develop a conscious awareness of their impact on others and ourselves. There is a focus on developing consciousness and personal responsibility.

UNDERSTANDING DESTRUCTIVE LIFE PATTERNS

We come into this world full of love, light, and vitality. This is our true nature. Because our parents/caretakers did not receive the unconditional love they needed from their parents in order to develop into whole, self-aware beings, they were not able to give us the love we needed. As a result and despite our parents' best intentions, we became fear and shame based people, growing up in families and in a culture infused with woundedness, abuse, and addiction. (E.g. alcohol, co-dependency, food, work, spending) This is not to say that our parents were evil or intended to harm us. Rather, they passed on to us what they received and learned from their parents. For many of us, the dysfunction is so woven into the fabric of our lives that it often goes unnoticed: much like the fish that doesn't know it's swimming in water.

We adopt destructive life patterns in 3 ways:

- 1. Copy the patterns exactly as our parents expressed it and either do it to our self or act it out upon others. (Mother was controlling. I control others and myself)**
- 2. Get into relationships with someone who expresses the same destructive pattern. (Father was an alcoholic so you date or marry an alcoholic)**
- 3. Act out the opposite of the patterns through rebellion. (Mother was super responsible therefore, I am often unreliable)**

Much of how we behave, feel and think in present time is in response to the past. We learn the family of origin script so well we don't even know we are acting it out in

our adult life. The Freedom Project allows us to begin to see and feel the truth of what happened in the past and to remember and connect with whom we really are.

We discover that WE ARE NOT WHAT WE LEARNED: WE ARE NOT OUR DESTRUCTIVE LIFE PATTERNS...WE ARE SO MUCH MORE!

This process is not about blaming our caretakers. We need to think of it as: We are all guilty; but not to blame.

The Freedom Project is about making a choice to live life more fully in the present moment by breaking the chain of dysfunction handed down from generation to generation. It is about becoming conscious, taking action, and developing compassion and understanding. Through this process, we learn to reconnect with the SPIRIT, LOVE, AND LIGHT that has always been inside of us.

AUTOBIOGRAPHY

Please write your autobiography and fill out 3 destructive trait sheets (attached at the end) and send to us 5 days before the project. You can either hand write it or type it.

Tell us about your life...both as a child and an adult. You will benefit if it is at least 12-15 pages. Exhaust your wellspring of memory. In addition, please draw a picture of your family and of your childhood home. (As much detail as possible) Here are some thought starters.

- 1. Overall, what was your childhood like?**
- 2. What metaphor would you use to describe it?**
- 3. How did your caretakers behave when they were angry, depressed, etc?**
- 4. What forms of punishment did they use? Who set the boundaries and reinforced them. What and how?**
- 5. Describe a scene in which you were angry with them, hurt by them, rejected by them.**
- 6. What were the dynamics between you and your parents or siblings?**
- 7. What was your parent's relationship like with each other?**
- 8. How were problems approached and/or solved?**

9. Describe any type of abuse or other trauma that you've experienced. Share any positive memories that you have of your childhood/family.

10. What has your life been like as an adult?

Spend as much time as possible with your pre- work. You will receive benefit in direct proportion to your effort. We will review your work in an atmosphere of sacred respect and support you throughout the weekend to achieve freedom. Become willing to DO WHATEVER IT TAKES TO BE FREE.

ABANDONING	DISINTERESTED	MANIPULATES	SELF PITYING
ACCOMODATING	DISHONEST	MARTYR	SELF RIGHTEOUS
ALCOHOLIC	DISTANT	MATERIALISTIC	SEXUALLY ABUSIVE
ALOOF	DON'T FUCK UP	MEAN	SEX ADDICT
ALWAYS LATE	DON'T SHINE	MENTALLY ILL	SEXUALLY DEAD
ALWAYS RIGHT	DRAMA ADDICT	MINIMIZING	SHAMING
AMBIVALENT	DRUG ADDICT	MONEY ADDICT	SHUT DOWN
ANGRY	ENGULFMENT	MOODY	SILENT
ANTICIPATES WORST	ENMESHMENT	NARCISSISTIC	SKEPTICAL
ANXIOUS	FAILURE	NEEDY	SLAVE
ARGUMENTATIVE	FANTASIZES	NEGLECTFUL	SMOKING
ARROGANT	FEARFUL	NEVER SATISFIED	SPENDING/SHOPPING
ATTENTION GETTING	FOOD ADDICT	NITPICKER	SPOILED
AVOIDANCE	FROZEN	NO BOUNDARIES	STINGY
BLACK & WHITE THINKING	GAMBLING ADDICT	NON-COMMITTAL	STUBBORN
BLAMING	GLOOMY	NON-SUPPORTIVE	STUCK
BULLYING	GRANDIOSE	NUMB	SUBMISSIVE
BUSYAHOLIC	GRANDSTANDING	OBSESSING	SUFFERER
CARETAKING	GUARDED	OPINIONATED	SULKING
CHILDISH	GUILTY	OPPOSITIONAL	SUPERFICIAL
CLEANING ADDICT	HELPLESS	OVER INDULGENT	THERE BUT NOT THERE
CLINGY	HOSTILE	PASSIVE-AGGRESSIVE	TOO SENSITIVE
CLOSED	HUMILIATING	PEOPLE PLEASING	TV ADDICT
CODEPENDENT	HYPOCHONDRIAC	PERFECTIONISTIC	UNAVAILABLE
COLD/HARD	HYSTERICAL	PERSONALIZES	UNCARING
COLLAPSED	IMPATIENT	PESSIMISTIC	UNCOMMUNICATIVE
COMPARING	INAPPROPRIATE	PHYSICALLY ABUSIVE	UNFRIENDLY
COMPLAINING	INCESTUOUS	PROCRASTINATOR	UNLOVING
COMPLIANT	INCONSISTENT	RAGING	UNPREDICTABLE
COMPUTER ADDICT	INDECENT	RATIONALIZES	UNTRUSTWORTHY
CON ARTIST	INDIRECT	READING ADDICT	UNWORTHY
CONDITIONAL LOVE	INEPT	REBELLIOUS	USES PEOPLE
CONFUSED	INSECURE	REJECTING	USES GUILT
CONTEMPTOUS	INSENSITIVE	RELATIONSHIP ADDICT	VERBALLY ABUSIVE
CONTROLLING	INSULTING	RELIGIOUS ADDICT	VICTIM
CRITICAL	INTELLECTUALIZING	RESCUER	VINDICTIVE
CRUEL	IMAGE MANAGEMENT	RESISTANT	VIOLENT
CYNICAL	IRRITABLE	RIGID	VOYEUR
DEADENED	ISOLATES	RISK TAKER	WAITS FOR OTHERS
DECEPTIVE	JOKESTER	SABOTAGING	WEAK
DEFENSIVE	JUDGMENTAL	SADISTIC	WHINING
DENIAL	KNOW IT ALL	SARCASTIC	WITHHOLDING
DEPENDENT	LAZY	SECRETIVE	WITHDRAWN
DEPRESSED	LIAR	SEDUCTIVE	WORKAHOLIC
DEPRIVING	LIVES BY OTHERS	SELF ABUSE	WORRIER
DICTATOR	MALICIOUS	SELF CENTERED	ZOMBIE

INSTRUCTIONS – Step 1 – Using the first as a thought starter, circle at least 35 patterns for your mother, father and self on 3 separate forms. (Please note that if you had other caretakers for example, grandparents, stepparents, aunts, uncles, print additional forms). Feel free to add to this list of negative patterns. **Step 2 –** On both your mother’s and father’s forms, identify which of the 3 ways you have adopted their patterns by choosing one of the following numbers and placing it next to each of their marked patterns. 1) You have copied the pattern exactly the way your caretakers expressed it and either do it to yourself or act it out on others) the same way your parents did) in your adult today. 2) You create relationships with people who express the pattern, and/or 3) you act out the opposite of this pattern through rebellion. (See Understanding Destructive Life Patterns for more information and an example).

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Suggested Reading Material

To prepare even deeper for this intensive, we recommend (however not required) that you read:

- 1. The Drama of the Gifted Child - Alice Miller**
- 2. Healing The Same That Binds You - John Bradshaw**
- 3. Pema Chodron: When Things Fall Apart**
- 4. Parker Palmer: Let Your Life Speak**

Please contact us with any questions you may have. We look forward to spending quality time with you as you work on healing your inner child and make decisions for a healthy future. If you have any dietary needs please let us know in advance.

Namaste

PAM (vaughan.pamela@yahoo.com) and