

“The Butterfly Flyer”

Abundant Nursing, Inc. - 45 East Main Street - Mount Joy, Pa. 17552 - (717) 653-1662 - fax (717) 653-7117

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What's fluttering this month

“Notes from Lisa”

Greetings Everyone:

The past month has been one of great growth and change for me in business and my own personal life. It is funny how much we resist change. Change seems to be one of the most difficult things for us as human beings. Staying in the comfort zone seems much easier; in fact, the resistance to change is really the only problem. Resistance is pain. Once we make the leap, we can look back and see the only problem really was, me fighting the seeming changes. We want everything to stay the same. It seems safer. But change is growth, and if we are not willing to change, we stay stuck in the past. Oh, how God needs us to hold his hand, through this seeming darkness. If in your heart you know that you need to do or say something and you resist it, either be it in leaving a relationship, leaving your job, leaving something behind, it will ache till you jump. Jumping into the unknown, ahhhh. Each time I have done this there is always a beautiful gift around the corner. It still does not mean I don't resist, to the end. We pretend that everything is ok. We paint a smile on to cover the pain and fear. We shove it down; cover it up with whatever seems to work. Some people use food, alcohol, sex, work and even affirmations, whatever can drown out the still small voice that continues to nag us. One of the greatest gifts that we have been given on this journey is ability to communicate with each other.

Communication is the key to our salvation. If we keep everything penned up inside we become blocked. It is not our natural state. You can feel it. It is like a knot in your gut, you know the knot. Our past has taught us to push this out of the way, but it won't go away, it will just resurface again and again until we deal with it. We have been taught to stuff it. Keep a lid on it. We have been taught that unless it not something positive, we should not say it. You know the "Think Positive" routine, it works for awhile, and then we continue to shove the negative out of the way. What if we just started to be honest and REALLY look at the negative, don't you feel the fear already, this is a block to the awareness of Love's presence. If you are on this Journey, there are definitely negative situations that we all find ourselves in. You will experience the good and the bad. It is much easier to deal with the good. I have been seeking the Truth for some time now and I have learned to REALLY grow we must stop pretending and become Honest with ourselves and other people. We must stop pretending and walk through the darkness to get to the light. The light is in us now, it is just covered

up. Until we are willing to face these demons in our own minds we will continue to be in turmoil. They won't disappear without facing them and handing them over to Truth. Taking a lid off of our fear, our pain, our shame, our guilt our unforgiveness, our hate, and attack thoughts exposes our true self. I remember a time when I used affirmations to cover these ugly feelings. I put on the smiley face, this is what I thought was the way to be "Enlightened". It worked for awhile, then the darkness started to surface again, oh God I thought, get out the affirmations, but the affirmations were not working anymore. Damn, here we go again, but I am determined to reach my goal. I want Freedom, I want Peace, and I want Joy. This is my inheritance and I will Trust and hold the Holy Spirit's hand to face the demons of guilt, fear, shame, judgment and all the seeming bad feelings that are all in my own mind. When we make this commitment to really be Honest, and look at what is still in our own minds, the Holy Spirit is invited to work through us, to expose Truth. Now the Journey becomes some work, this is the hard part, most people are not willing to look at our own self, it is much easier for us to point our finger at someone else's faults instead of facing the real problem, that exists in our own thinking. Each person that shows up, that shows us something we don't like, our past has taught us to avoid them. We are uncomfortable with these feelings. What if we started to Really look at them? The people that bug us, agitate us, or rub us the wrong way are the one's who are holding our Salvation in there hands. They become Angels



with wings holding out what still is in my own mind, that I refuse to forgive. This is being Honest, if it shows up, and it becomes a witness to your own mind. As I traveled around the country going to different gatherings it amazed me that the same people seemed to be showing up. They were in different bodies, but they carried the same message, that was still in my own mind. Instead of ignoring them like I had been taught to do, I started walking towards them, and looking for Real. These witness's carried my own unforgiveness within myself; my own fear and my own judgment, that was still within. Until we become willing to really look, we will continue the dance of Avoidance. The ego loves that we refuse to look, because if we looked we would see the Cause of the problem, and it WOULD dispel it. They stop showing up, we have no idea the power of our own thoughts, and if we did we would start paying attention to what we are actually thinking. Let us clean the Alter, so Christ can live within us and shine through us. This is Healing, for Real. All pain is in our own minds. Now every witness that shows up is holding a silver tray, with all that is still in my own mind. Let us take a look at what they are holding out, for us and to lift it up to Truth. Forgive it. Release it Sweet Child, they are holding the key to your Salvation. There is no other way out of this. Jesus Christ saw the Truth in Everyone, because he saw the Truth in himself first. He accepted the Truth for us. He is our Teacher. Love your brother and if you don't, find out why. Heaven is gained with you holding your brother's hand. There is no other way. See the Love of God in your brother, if not he is the one holding the Key. Oh praise Sweet Jesus, for this release, it is not always pretty, actually it can get very ugly, to expose these thoughts. Our Judgment of our Brother is the Judgment of ourselves, stop blaming your brother, start rejoicing. He has come to release you. If you are not willing to be Honest and look at your own self, these witness's will just continue to show up again and again. God is Patient, he will wait

forever. We can save so much time if we just stop the Dance. Now I can become "Enlightened". I share this knowledge with you for my own release. I praise God to be able to write these newsletters to take a lid off my own thoughts, in sharing we become one. Amen.

Love and Joy Lisa

EMPLOYEE FOR THE MONTH OF AUGUST



“Debra S. Painter, CNA”

Congratulations to Deb for an outstanding job with our homecare clients. Deb has been with Abundant Nursing, Inc. since November 2001. She lives in Elizabethtown with her husband and children. Deb takes a personal interest in her homecare clients and shows dedication and caring. Despite the unique challenges of providing care in client's homes, Deb provides quality care and displays trustworthiness and kindness towards her clients. Thank you Deb for all you do.



August Happy Birthday wishes go out to the following employees:

Dawn M. Eichelberger, LPN
Melody A. Kissinger, CNA

Congratulations and Welcome aboard to our New Hires

Connie M. Roye, LPN



Stars Program

The following employees were recognized for doing an outstanding job!

Homecare

Debra S. Painter, CNA
Kim S. Stoutzenberger, CNA

Thanks to everyone who attended the staff meeting July 24th. We appreciate all of your dedication to our purpose. If you were unable to attend, please see Heather to discuss the issues reviewed at the staff meeting.

Forgiveness from the Heart, Does Prevent Heart Attacks

From Spirituality and Health Magazine August 2003

What can you learn from unforgiving people who nurse grudges? Maybe a way to decrease your risk of heart attack.

In a study presented at the recent annual meeting of the American Psycho-Somatic Society, patients with coronary artery disease who showed high levels of anger and an unforgiving attitude toward a specific person, were recruited to take part in a 10-week forgiveness training program. To start, the patients were asked to recall their painful events while their reactions to stress, including decreased in blood flow to the heart were measured through heart scans. The tests were repeated at the end of the 10 weeks and 10 weeks later. Patients who completed the forgiveness intervention showed smaller decreases in coronary blood flow while recalling their events that those in the control group. "It is not only a reduction of anger that diminishes the cardiovascular reaction to stress, but rather a change of attitude, characterized by more positive feelings, thoughts and behavior toward the person who inflicted the hurt," the researchers reported.

(To learn more about how to forgive and take a self test see [www.SpiritualityHealth.com/forgive/.](http://www.SpiritualityHealth.com/forgive/))