



AWARENESS - ACCEPTANCE - ACTION



**Love & Lighten Up**

**Positive Living Strategist, *Kellina Martin***

**Mission statement:**

- ❖ INSIGHTS Foundation [I.F.] is a non-profit, non-denominational support organization, working to establishing positive perspective and personal empowerment through awareness, acceptance and action.
- ❖ I.F. is dedicated to the process of HEALTH, a state of optimal mental, emotional, social and physical well-being, and a condition of wholeness. Happiness, Peace, the enrichment of ones life.

Our system of 5-branches for balance & wellness includes - self-discovery – focus-exercise – nutrition and coaching alliances. Education and application of life tools, utilizing a variety of methods to fit individual needs, enabling everyone to grow.

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## Love & Lighten Up

### Junior Birdman

Up in the air, Junior Birdman, up in the air, upside down,

Up in the air, Junior Birdman, turn yourself around.

When you hear the doorbells ringing

And you see the sign of 10

You'll know the Junior Birdmen

Have turned their box tops in.

B-i-r-d-m-a-n!-Birdman!, Birdman-Rah!



This little ditty comes with a free, instant face mask to be worn while you sing it.

My dear friends Patti and Bryon were having a rough go of it. Betrayal, identity theft and complete financial ruin were orchestrated and composed by Patti's daughter, Dawn. It is bad enough when a stranger does it. The feelings of guilt, shame and overwhelming loss were too great, my friend and her husband were going to kill themselves, they could see no way out. A fortunate sequence of events began to unfold for them, providence, divine intervention, a 'God' thing'? They were discovered in the nick of time. Phone calls were made and Insights Foundation sent a positive living strategist out to them (*that would be me*) to do an intensive 5-day workshop on stress-anxiety-depression-relief techniques, mind-body energy work and humor therapy.

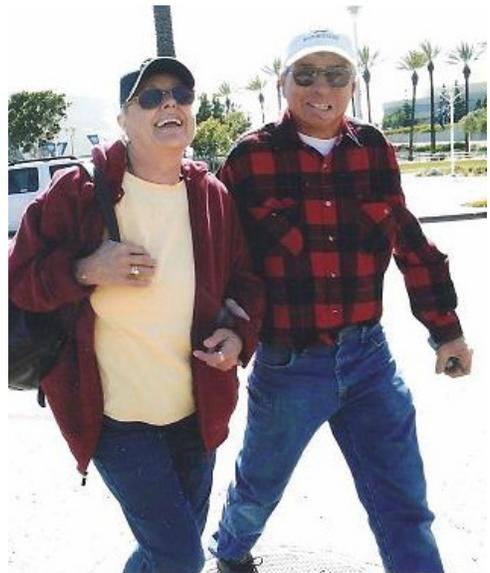
The relief was profound. They slowly began to laugh again, to be able to eat, and move and finally sleep some. They moved out of their paralyzed state into one of purposeful motion in the direction of working through solutions, one painful step at a time. The whole problem was too big and at first that is all they could see. It took someone outside of the emotions to point out to them where to begin, one small piece at a time, something that they could get their hands on. Just looking at the boxes of paperwork was daunting, so I sat on the floor with Patti, we looked through the files and started a new one.

Things like this can rip a couple apart. They went through hell, and they did it together.

Many couples would do well to follow their example. Nietzsche said, "It is not a lack of love, but a lack of friendship that makes unhappy marriages." Patti and Bryon are friends.

Today they are the new, improved Patti and Byron!

Dynamic, vibrant and alive, enjoying their life, rolling with the ups and downs. You see, they got to experience that life is richer than riches, that your family is larger than you knew, and that we are never alone.



Life's ups and downs? After the dust was settling from the 'D' bomb, Patti was diagnosed with breast cancer. Shock, fear, anger, you name it. Throw in the kitchen sink and the bathroom sink while you're at it. She hung on to the Insights Foundation tools for dear life, to be able to maintain equilibrium. We practiced the 'tapping' and other body balancing exercises. One day, as to be expected when dealing with such a frightening prospect as cancer, she was having a moment of sheer panic and focus on her condition, spiraling into the fear, and then recycling it over and over. I said, "Patti, look at me, focus!" I stood in front of her. "Patti, you have to watch this!" She looked at me, slightly bewildered. Her eyes looked like a child who was lost. "Focus on this!"

Instant amazement as **I broke into my Birdman song and dance for her.** I pranced, and flapped and wore my mask. Since most people have never seen anything like me in my Junior Birdman mode, it is amazing, if I do say so myself. I then sang it again for Bryon. You cannot overestimate the hilarity factor of someone who is willing to make a complete fool of themselves just for the fun of it. Like jumping on the grocery cart and riding it through the parking lot, who cares who's watching? On a professional note, Anthony Robbins flicks water in his clients face to get them to stop the cycle, I use Junior Birdman, less messy & you don't need a towel. Life is a continual cycle of many events, we can become stuck in any part of it. Past sorrows, present fears, tomorrows anxiety, all of these are stuck places. I could throw water in your face, but Junior Birdman is a lot more fun. Besides, making a fool of myself is part of my job.

*Love and Lighten Up, Kelli*

## PRACTICE - AWARENESS, ACCEPTANCE, ACTION

Personal Review - How this effects your life?

A time for action, when you are in motion to deal with a problem.  
A time for planning the steps necessary to carry this out. This is awareness.  
These two things work towards a **solution**.

Many factors come into play when carrying out these 2 steps, it can get complicated. Remember when you are confused, befuddled stymied, etc., which of these steps you are doing, or not doing? The point is you cannot work on a problem with a heavy heart and clouded mind, this is acceptance. If you need me, someday, I may come sing the Junior Birdman song to you. In the meantime, I want you to read the Birdman song to yourself. When no one is watching, make the mask. It is silly and will remind you of being a kid again. It helps you to **lighten up**, I promise. When you see a friend stuck in a 'muddle' all you have to do is make the mask for them, or even hold your hands out in preparation and they will crack-up, picturing you doing the rest of it. The birdman is quite an act, so take action and try it out!

### FEEDBACK – Time to contemplate:

This song is from my childhood, and I had great fun with it then. Do you remember any silly rhymes or songs from when you were a kid?

Sometimes we grow up and forget our sense of play. Children laugh 50-times a day. Adults only 1 Or 2. can you use this fun method with your friends to just laugh?

When Patti and Bryon were going through the hardest time, I used 'tapping' and other mind-body balancing processes to calm their emotions. Would you like to learn more about this way to handle stress?

When Patti was recycling her fears, it was appropriate to use humor. Can you see the difference of the situations dictating which process to use?

Also we have a history of working together, it built up trust. Trust and mutual respect lead to a safe environment to honestly share what you are feeling. Sometimes this can be very heavy and needs to be addressed seriously. This is the time for listening, then mind-body work, tapping. Can you notice when you feel you are at this place for yourself?

Please let us know how you feel about this article.



Patti & Bryon Hatch

Positive Living Strategist, patrons

Anything, anything at all that Bryon and I might do for insights would be such an honor. Neither of us would be here right now where it not for this program and all of you who participate. I personally still struggle on a daily basis, however the point being, I am still here and so is Bryon.

Dearest Insights Family,

Insights found us just 18 short months ago at the brink of suicide and with your help and guidance we made it through to the other side of that tragedy that took us there and now we are going through Breast Cancer (well we avoided Thyroid Cancer) and all that we have learned through Insights is taking us through this experience as well.

Insights was founded by a group of hard working young women it is our (my husband Bryon & myself) honor and privilege to know. Bryon and I would not honestly be alive today let alone facing what we have in the last year and a half were it not for this program. Ours is truly an amazing story and our lives continue to be on a day to day basis. We would not be here if it were not for you all. Thank you so very much for your time, kindness, love, care and guidance. Insights not only saved our lives but Insights continues to care for us and will be with us until we leave this life physical life and we

will be with you spiritually forever. May it be a very long partnership. "Thank You", seems so little to say, acknowledgment would never be enough or properly expressed. You all are my heroes. I carry you constantly in my heart and so does Bryon.

The journey has been a very rewarding one to say the least. I am just so thrilled that through Insights I was able to receive the message of love, hope and light. Through sharing the gifts I have been able to receive and the pain I have lived through and now am able to begin working through is truly a God given gift. I now understand so much more. Thank you so much for your participation in the miracle. I am truly blessed. I am looking forward now not to just the journey but to the rest of the trip or life actually.

I pray for the courage to live it well and do what ever I can to expand the healing powers of Insights Foundation and the devoted dreamers who have given so much to see that it has continued to exist.

Thank You, Patti Hatch

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Make a personal commitment - allot time for Personal Growth

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