

A PRESCRIPTION FOR HEALING
BODY, SOUL AND SPIRIT

EMOTIONALLY

Free

GRANT MULLEN, M.D.

Foreword by Dr. Neil T. Anderson

Emotionally Free A Prescription For Healing Body Soul And Spirit

Karen M. O'Leary



Emotionally Free A Prescription For Healing Body Soul And Spirit:

Emotionally Free G. W. Mullen, 2003-09 Depression has become so prevalent that it is known as the common cold of psychological disorders This book explains the fundamentals of three God given treatment paths medication deliverance and inner healing It also helps you understand not only how to begin your own journey to emotional freedom but how to assist others in that journey

Praying the Scriptures for Your Adult Children Jodie Berndt, 2017-12-05 OVER 500 000 SOLD IN THE PRAYING THE SCRIPTURES SERIES As parents of adult children we often worry about whether our children will make good choices when they re on their own Praying the Scriptures for Your Adult Children provides you with biblically based prayers and encouraging stories to guide you as you pray for your adult children through anything they face Parent and author Jodie Berndt understands what it s like to release children into the world and still care deeply about them and everything they re up against in life In Praying the Scriptures for Your Adult Children Jodie shares prayers designed with your adult children in mind whether they re just leaving the nest flying well on their own or struggling to take off at all Jodie shares advice on navigating all aspects of adulthood with encouraging stories from experienced parents who are praying their children through real life issues like leaving the church struggling with health concerns navigating broken marriages fighting addiction dealing with financial problems and more In Praying the Scriptures for Your Adult Children Jodie addresses some of the most difficult questions that confront parents How can I support my children when they make decisions I disagree with Is it too late to start praying for my children What does the Bible teach us about praying for our children With the grace and wisdom of someone who s been there Jodie shares the tools and encouragement you need to find the strength to keep praying even as you doubt yourself and grieve over your children s choices Whatever you re praying for Praying the Scriptures for Your Adult Children will help you find confidence and peace taken straight from Scripture guiding you to the bedrock of God s promises as you release your children to God s shepherding care

My Big Bottom Blessing Teasi Cannon, 2025-04-08 The media feeds us distorted images of beauty and what an ideal woman should look like In My Big Bottom Blessing author Teasi Cannon offers a way out of distorted body images and the pain of self rejection She says My obsession with fat and failure robbed me of a lot of the good in my life I have been miraculously set free from the lie that being thin equals being beautiful My Big Bottom Blessing offers Teasi s story and real life solutions for the millions of young women who struggle with poor self esteem and feelings of inadequacy Whatever it is that you despise most about yourself it doesn t have to be weight can become the catalyst for serious life change Teasi s story proves that emotional pain can be healed and real self confidence found from knowing that beauty comes in all shapes and sizes My Big Bottom Blessing is a joyful and wise guide to exchanging the limitations of a merely human body image for the liberty of knowing that we are made in the image of God Every woman will find herself and a new way of seeing in this life changing book Wynonna Judd Regardless of what you weigh or the crazy diets you may have tried My Big Bottom Blessing will set you free Constance

Rhodes If you are tired of being defined by your pant size or three little numbers on a scale this book is for you Allison Allen

Parenting Brett Ullman, 2020-07-31 After more than two decades and over two thousand presentations my interactions with parents reveal that although most want to learn and parent their best they feel ill equipped Kids don't come with manuals The goal of this book is to equip and empower you as a parent grandparent or youth leader to help kids navigate all aspects of life in the current culture How do we sift through the unending philosophies on parenting and be intentional in how we choose what's best for our family The number of voices is overwhelming This book distills the essential elements of parenting so you can apply them in your own home It approaches parenting from a Christian perspective and is filled with practical advice that is applicable to everyone As we explore the foundations of parenting we will look at Parenting What are the stages of parenting What is the current state of parenting What is the purpose of parenting Parenting styles What are they and which ones should I be using What might I need to alter about my current parenting style Progression of parenting What are the skills our children need to learn Time What does quality time and being present with my kids look like Communication How can I gain better communication skills so that I can more effectively connect with my kids Discipline How do I effectively discipline my children Family discipleship Why is our worldview important and how we can raise kids with a Christian worldview Mental Health How do we address issues like anxiety panic attacks and depression Engaging the Culture How do we empower our kids to engage the culture around us without compromising their faith Media How can we help our kids navigate technology Sexuality How do we direct our kids towards healthy sexuality Pornography What is the prevalence of pornography and how do we address its impact on our kids Dating How do we best avoid pitfalls in dating Finances and education How can we help our children make sound financial and education choices Drugs and alcohol What tools are available to assist in drug proofing our kids Loneliness How do we prevent disconnection in our kids and help them to create community

Deep Impact A.E. Gillies, Ph. D. , 2016-07-12 Fear As humans we experience fear repeatedly throughout our lives This book goes beyond these times of fear to explore the realm of terror Terror creates a psychological and spiritual disconnect that has the ability to affect individuals and groups for their entire lives This is a book about the symptoms and effects of such terror In this book A E Gillies seeks to educate the Christian church both professionals and laity to identify the wounded warriors who have suffered such terror in order to hear their stories and to expand our understanding of how repeated terrorization can create complex traumatic stress It is a book that looks at the psychological and spiritual nature of human attachment and how insecure attachment can develop in childhood due to traumatic experiences The author's ultimate goal is to further motivate the church to recognize comfort and care for traumatized individuals Ultimately it is through relationships with God and compassionate individuals that restoration can be accomplished

The Role of a Community Chaplain in a Marginalised Urban Community Noah O. Okiror, 2017-12-19 This book presents findings of further research into the concept I started in my previous book the importance of dying to self

and its implications for outreach to unchurched children in isolated communities It was centered on our Lord Jesus's call for all to deny themselves in order to follow him If anyone would come after me he must deny himself and take up his cross daily and follow me Luke 9:23 God's ways are not our ways Isaiah 55:8 We have to lose in order to gain Philippians 3:7-8 we have to lose ourselves in order to find ourselves Matthew 10:39 we have to die in order to live John 12:24 and if you want victory you have to first surrender watch the War Room movie This book delves deeper into the practical aspects of reaching a specific demographic of unchurched children in Jane Finch **Charisma and Christian Life** ,2003 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 **American Book Publishing Record** ,2003 **I Am a Soul Champion** Rachael White,2016-09-13 It is not unusual for families to face health issues Most will turn to conventional medicine to at least treat if not cure them But what happens when those methods don't work In fact instead of getting better they get worse This is what happened to author Rachael White and her family In her book I AM a Soul Champion How to live a spiritually guided life through Manifestation Intuition Positivity and Archangel Aromatherapy she provides an account of her extraordinary life changing journey to heal her family's so called incurable illnesses She shares the knowledge and wisdom she gained after she opened up to living a spiritually guided life I AM a Soul Champion is a practical guide for using intuition healing and manifesting along with archangel aromatherapy The author has distilled the information into a combination of healing guides teachings and easy to use daily practices and rituals A soul champion is someone who understands that he or she is more than just mind and body Rachael believes that everyone has the ability to access healing and guidance from angels and spiritual guides in order to heal co create and manifest in every aspect of life Are you ready to let go of ego driven fear negativity mental and physical illness out of the driver's seat and let the soul be the champion driver of your life *The Book of Self-Care* Mary Beth Janssen,2017-11-07 Heal mind body and soul with this collection of self care rituals and tips Never has the idea of mindfully checking in with ourselves and creating a whole body health health that is more than simply the absence of illness been so appealing In this guide to self care wellness and beauty educator Mary Beth Janssen reveals how introspection ritual and love can help cure existential woes She profiles a wide range of activities and exercises including Karma Cleanse How to cultivate give lovingkindness compassion and forgiveness in yourself and then pay it forward Intention meditation and breathwork techniques Exercises for calm and centered living Emotional Housecleaning How to deal with unprocessed emotions stuck within yourself Setting Healthy Boundaries Check in exercises for relationships that will help you reevaluate and build your support network Tips for nourishing yourself deep sleep and beauty rituals to celebrate your body *Cannabis for Chronic Pain* Rav Ivker,2017-09-12 The first authoritative and comprehensive guide for treating chronic pain with medical marijuana from a holistic family physician who has treated more than six thousand chronic pain patients with cannabis While the number of patients using medical marijuana increases every year misconceptions about cannabis and whether it's harmful or dangerous still exist In Cannabis for Chronic Pain Dr Rav explains the potential of

marijuana's capacity for healing anyone afflicted with chronic pain Medical marijuana is a safe non-addictive alternative to dangerous opiate pain pills Without a doubt there is a great need for a reliable source on information regarding the safe and effective use of cannabis Well here it is I can think of no other person who embodies such authority than Dr Ivker Michael Finkelstein MD FACP ABIHM author of *Slow Medicine* Along with sharing his own story of using medical marijuana to heal from a severe case of shingles Dr Rav guides you through the cannabis and holistic treatment for your specific chronic pain condition If you are suffering from arthritis back pain migraines fibromyalgia menstrual cramps IBS Crohn's Disease anxiety depression or pain from cancer or its treatment this may be the book for you An excellent source of objective information about medical marijuana Library Journal Cannabis for Chronic Pain is the new definitive guide for anyone who suffers from chronic pain *Do Your Tears Belong to Me?* Karen M. O'Leary, 2006-10 **Body & Soul (Watertown, Mass.)**, 2004

Breaking Soul Ties Dr. Dennis Clark, Dr. Jennifer Clark, 2019-05-21 True and lasting change is possible There are countless self-help plans that promise to break bad habits While some are effective at changing harmful patterns true transformation is more than just avoiding destructive behaviors What is the key to lasting life change The answer lies in your soul and the things to which your soul *Spirituality, Religion, and Aging* Holly Nelson-Becker, 2017-02-01 Spirituality Religion and Aging Illuminations for Therapeutic Practice by Holly Nelson Becker is a highly integrative book written for students professionals in aging ministers and older adults themselves Readers will gain the knowledge and skills they need to assess engage and address the spiritual and religious needs of older persons Taking a fresh approach that breaks new ground in the field the author discusses eight major world religions and covers values and ethics theories interventions health and caregiving depression and anxiety dementia and the end of life Meditations and exercises throughout the book allow readers to expand and explore their personal understanding of spirituality Referencing the latest research the book includes assessments and skill-based tools designed to help practitioners enhance the mental health of older people

Shamanic Healing Itzhak Beery, 2017-05-25 A story-based guide to the techniques of shamanic healing Details indigenous medicine tools and soul healing techniques including diagnosis and energy cleansing with plants stones fire flower essences and sound Offers protection and self-defense techniques for confronting negative energies such as spirit attachment and possession Shares healing stories that each address a specific condition such as panic attacks PTSD depression cancer chronic pain grief and relationship problems Shamanic healing is making an astonishing comeback all over the modern technology-driven and consumerist world Millions of people have felt called to integrate both ancient and modern healing systems into a new model of healthcare But what makes shamanic healing so powerful Why have indigenous healers kept it alive for thousands of years Revealing his personal journey and stories from his more than 20 years as a shamanic healer Itzhak Beery explains who a shaman is and how he or she works demystifying and destigmatizing the shamanic healing worldview He shares shamanic wisdom from two of his teachers a Yachak from Ecuador and a well-known Brazilian

Pag He details indigenous medicine tools and soul healing techniques that you can practice with your own clients or in your own personal healing including diagnosis and energy cleansing with plants stones fire rum eggs flower essences and sound He shares protection and self defense techniques for confronting negative energies such as spirit attachment and possession Sharing healing stories that each address a specific condition such as panic attacks PTSD depression cancer chronic pain grief and relationship problems Beery explains how a shaman is not responsible for curing everyone and will consult with the patient s soul to determine its needs which sometimes includes learning from the illness experience By sharing these healing methods Beery reveals the importance of shamanic practices in resolving our 21st century emotional and physical problems and their importance to the future of humanity and the planet **Multidimensional Healing** Carol Dignam,2024-12-06

Multidimensional Healing offers a holistic physical psycho spiritual model of healing While the current global healthcare system biomedical allopathy is well suited to support physical healing using objective methods such as drugs it ceased to be well suited to support subtle energetic psycho spiritual healing when its subjective method of psychoanalytic regression was displaced by drugs The author Carol Dignam discovered an ancient narrative describing both physical and psycho spiritual healing in traditional myths When Hero myths describe men using weapons to kill bad guys to heal the kingdom they are describing how allopathic doctors use drugs to kill germs to heal the body When Heroine myths describe weavers meditatively ravelling and unravelling disharmonious threads until the weaving is magical they are describing how meditators unravel psychic trauma until the psyche is harmonious When both myths describe magical beings supporting the journey they are describing the psychic and spiritual parts supporting healing In search of a meditation supporting holistic physical psycho spiritual healing like the heroines of old the author began weaving together the cross cultural subjective healing methods of shamanic journeying meditation prayer and regression until a universal somatic meditation shone through Likewise in search of an archetypal system that accurately described the psychic parts supporting psychic integration the author wove together the cross cultural archetypal systems until the second golden thread of a universal archetypal system shone through Like the Greek myth of Ariadne whose golden thread led Theseus safely through the labyrinth of his psyche the first golden thread was designed to lead the reader through their psychic labyrinth while the second illuminates the psychic parts therein supporting healing Ad/Hd Generation Cecilia Zuniga,2010-02

This holistic parenting book is aligned with current research and with the shifts that are apparent today in support of healthier living a greener planet and a peaceful world It not only honors children s individuality and wholeness it is filled with safe effective and reliable facts and holistic parenting tools that honor all aspects of children s being their physical mental emotional spiritual and energetic bodies This easy to read guidebook also has step by step do able practices that can be used immediately to strengthen overall family relationships so that parents and kids can settle into an open flowing and more loving space with each other In AD HD Generation Dr Lopez Zuniga challenges modern society s medical approach to

children's functioning proposing that its heavy reliance on intrusive drugs is both insufficient and dangerous for developing youngsters. Given the risks of stimulants and other prescription drugs, it is time to recognize the value of a holistic approach that includes a nurturing parent-child relationship, healthy lifestyle choices, and full support for children to grow into well-balanced adults.

BOOK SUMMARY Part One of the AD/HD Generation guidebook sifts through the history, causes, treatment issues, and controversies surrounding the AD/HD diagnosis today and reviews the history and benefits of a more holistic approach to health and wellness. Part Two of the AD/HD Generation guidebook provides valid, practical facts and information about holistic options. PLUS easy-to-use tools, charts, tables, and guidance for better understanding holistic parenting and supporting ALL children's wholeness and wellness. Here you find answers to decide which tools and options might be supportive and doable with your child right now. You get up-to-date, accurate information so you can make the best decisions for your family. Every chapter covers the history, safety, effectiveness, how to, who to, and/or where to for each approach, plus handy tools that you can use with your child immediately. You will find both well-known and less-known approaches, plus appendices and lists of resources with additional information.

In Part Two of AD/HD Generation, you get ten chapters and well over 200 pages with facts, tangible and practical tools, and resources for fine-tuning your parenting in nine key areas for positive change: addressing challenging behaviors in ways that teach children to make responsible choices; how to support children in learning; recognizing foods/additives; the true impact of relaxation; understanding/balancing children's bodies; plus exploring the influence of visual system/sensory scrambling; stabilizing children's body/brain moods; harmonizing children's body/brain moods; plus ten tips for raising children to become healthy, conscientious, responsible adults.

AD/HD Generation: Holistic Ways to Support Children is an incredible fact-filled, comprehensive, easy-to-read guidebook and resource that you can use over and over again in support of your parenting and your children. *New York State Journal of Medicine*, 1997

Decoding **Emotionally Free A Prescription For Healing Body Soul And Spirit**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Emotionally Free A Prescription For Healing Body Soul And Spirit**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Emotionally Free A Prescription For Healing Body Soul And Spirit Introduction

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