

Easier & Lighter

Healing From Sexual Abuse

By Sonya Cerise Curtis

Easier And Lighter Healing From Sexual Abuse

Caroline Kaufman



Easier And Lighter Healing From Sexual Abuse:

Easier and Lighter - Healing from Sexual Abuse Sonya Cerise Curtis,2011-07-02

Shine the Light Rachel Lev,2003

Table of contents **Healing Light of the Tao** Mantak Chia,2008-05-27 The guide to engaging and directing the three primordial forces of Earth Heaven and Higher Self to achieve enlightenment and immortality Explains how to circulate the life force or chi by balancing yang male and yin female currents of bioenergy Includes an overview of the complete Taoist body mind spirit system along with newly refined methods of activating the life force The sequel to the classic Awaken Healing Energy Through the Tao In 1983 Mantak Chia introduced the Microcosmic Orbit to the West Prior to that time most of the Eastern energy practices transmitted to the West were incomplete dealing only with the ascending yang masculine channel which shoots life force energy up the spine The Microcosmic Orbit showed practitioners how to establish the descending yin feminine channel of the life force energy loop Within Taoist systems cultivating feminine energy has always been seen as the key to gaining balance and wholeness Healing Light of the Tao presents the more advanced methods of chi cultivation in the Microcosmic Orbit offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body mind spirit system The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force Cosmic Force and Universal Force Heavenly chi into the basic orbit It establishes a spiritual science that not only emphasizes practical benefits to health sexual vitality and emotional balance but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality

Awaken the Light Within Your Heart Susan Kennard,2022-10-10 We are in the midst of massive global change And while so many unknowns lie ahead for humanity it s clear we all have an opportunity to heal and step fully into the life we came to lead In fact it s necessary for us to do this inner work so that we can show up and create the monumental change this world is craving and needing In a transformative guide Susan Kennard relies on her experience as a therapist and medium to lead others through profound yet easy to follow processes to release blocks from the past that include unwanted childhood trauma limiting beliefs and old energies in order to awaken the light within and align with a destiny and true identity Kennard shares stories of her own personal awakening and healing journey offers insight from her guides about relationships money freedom and even animals and how they help us heal and provides guidance on how to clear past traumas and open a path to healing *Awaken the Light within Your Heart* shares personal stories insight from spiritual guides and a transformative process that encourages healing on a deep level *Washed Away: From Darkness to Light* Nikki DuBose,James Johanson,2016-09-30

Washed Away From Darkness to Light is a memoir that recounts the experiences of model Nikki DuBose as she overcomes a more than seventeen year battle with abuse child sexual victimization eating disorders psychosis alcoholism drugs depression suicide attempts body dysmorphic disorder and various other mental health issues all while trying to navigate through the dark side of the fashion industry Her journey began as a young introverted child with a florid imagination growing up in

Charleston South Carolina By the age of eight she had been sexually physically and emotionally abused and had developed an eating disorder The abuse warped Nikki s self perception and sparked patterns of psychosis depression and destructive behavior that stayed with her into adulthood In her early twenties she began working as a television host and started a career in modeling Eventually Nikki attained success appearing on the covers of magazines such as Maxim shooting for editorials like Vanity Fair Glamour and FHM and appearing in campaigns for Perry Ellis Cast into a world of excess superficiality and vanity Nikki traveled the globe and experienced the finest that the material world had to offer all while feeling empty inside Her disorders addictions and mental health issues took her to the brink of mortality and only through a deeply painful inner battle and her mother s death was she able to reconnect the lost pieces of her soul and see the person she had so long rejected Her recovery from a nearly lifelong struggle with PTSD psychosis addictions and eating disorders has left Nikki with a passionate longing to help others who are also suffering by advocating for mental health and self acceptance In America more than sixty one million individuals are affected by mental illness Child sexual abuse affects more than forty five million people in the United States alone yet it is still regarded as one of the most shameful issues to date Eating disorders affect millions and are one of the most destructive and life threatening mental afflictions today anorexia nervosa has the highest mortality rate of any psychological illness Despite the extent of the suffering eating disorders and mental health issues are poorly understood in popular culture and are often stigmatized mocked or even glorified because of misconceptions and ignorance over the seriousness of the manner Although the modeling industry has made strides towards body diversity in the past couple of years there is a lack of education and awareness surrounding eating disorders and other mental health issues We believe that through the recent societal trends and improved sharing of information we are beginning to break this paradigm therefore another aim of this book will be to educate the public Washed Away From Darkness to Light will serve as a testimony to others to let them know that they are not alone in their fears doubts and frustrations and that through recovery all things are possible A compelling and educational read about the dark side of the fashion business and its effect on mental health Nikki draws upon her experiences of overcoming a life threatening eating disorder as she navigates through the industry all while wrestling with a broken home life and struggling to discover her inner voice Nikki s story is truly remarkable and will serve as a beacon to anyone who has ever doubted their own intrinsic value I highly recommend Washed Away From Darkness to Light Brian Cuban Attorney Author Shattered Image My Triumph Over Body Dysmorphic Disorder Activist I was truly amazed by her determination to live life I saw a woman that had every reason to quit and remain silent but she chose to break through every obstacle that challenged her I am very grateful that she has taken on the challenge to not only speak about her experience but to fight for change in laws that will empower children and survivors to protect themselves We all need to learn from Nikki and use our voices to create positive change It is no longer okay for the silence to outweigh the tough discussion Ignorance will not stop child sex predators from harming

our children Matthew Sandusky Founder Executive Director of Peaceful Hearts Foundation Author Undaunted Breaking My Silence to Overcome the Trauma of Child Sexual Abuse Speaker To endure what DuBose has within her first decade proves more than most could handle in a lifetime yet she looks back at her life with grace and a rare honesty As she takes us through the overly sexualized fashion industry as an international top model she gives the no holds barred account on mental illness rape and eating disorders that our society so desperately needs Neesha Arter Journalist Author Controlled Washed Away From Darkness to Light is an incredible story of one brave woman s perseverance in the face of daunting life circumstances Nikki DuBose details her chilling experiences with an eating disorder childhood sexual abuse alcoholism and drug abuse and how she found the strength to rise above and find recovery This powerful read will inspire those in their own recovery journeys Kristina Saffran Co Founder and Co Executive Director at Project HEAL **Light Emerging** Barbara Ann Brennan,2011-03-16 Barbara Ann Brennan continues her ground breaking exploration of the human energy field or aura the source of our experience of health or illness Drawing on many new developments in her teaching and practice she shows how we can be empowered as both patients and healers to understand and work with our most fundamental healing power the light that emerges from the very center of our humanity In a unique approach that encourages a cooperative effort among healer patient and other health care providers Light Emerging explains what the healer perceives visually audibly and kinesthetically and how each of us can participate in every stage of the healing process Presenting a fascinating range of research from a paradigm of healing based on the science of holography to insights into the hara level and the core star Light Emerging is at the leading edge of healing practice in our time **Domestic Abuse and the Jewish Community** Diane Gardsbane,2004 Domestic Abuse and the Jewish Community Perspectives from the First International Conference brings together an outstanding and diverse selection of notable presentations from the First International Conference on Domestic Abuse in the Jewish Community held in July 2003 in Baltimore Maryland The conference entitled Pursuing Truth Justice and Righteousness A Call to Action brought to the forefront the painful and many times hidden issue of domestic abuse within the Jewish community Respected scholars clergy social service professionals and survivors provide insightful presentations that lay an essential foundation for the building of a collaborative global Jewish movement to respond to this sensitive issue This compilation is informative eye opening reading for social workers clergy direct service providers for survivors of domestic sexual abuse directors staff of Jewish Family Service agencies Jewish Federations Jewish women s organizations and Jewish foundations *Heal to Live* Kerry Clancey,2019-03-25 This book is about enlightenment spiritual wisdom and transformation It is a tool to help you heal to live Unhappiness fear anxiety depression and grief are all cries from the soul looking for remedy and solace Learn how to build self love eradicate negative behaviours and find path to spiritual awakening with context to holistic healing science aligning with spirituality healing with affirmations chakra balancing and clearing Ayurvedic body mind and spirit balance and diet of the three doshas Pitta Vata and Kapha Learn to use your inner

wisdom and the laws of the universe to create whatever you desire Align with your purpose in life to go within and let the healing begin

Light Filters In: Poems Caroline Kaufman, 2018-05-22 In the vein of poetry collections like *Milk and Honey* and *Adulthood* this compilation of short powerful poems from teen Instagram sensation poeticpoison perfectly captures the human experience In *Light Filters In* Caroline Kaufman known as poeticpoison does what she does best reflects our own experiences back at us and makes us feel less alone one exquisite and insightful piece at a time She writes about giving up too much of yourself to someone else not fitting in endlessly Googling how to be happy and ultimately figuring out who you are This collection features completely new material plus some fan favorites from Caroline's account Filled with haunting spare pieces of original art *Light Filters In* will thrill existing fans and newcomers alike it's okay if some things are always out of reach if you could carry all the stars in the palm of your hand they wouldn't be half as breathtaking

Essential Psychic Healing Diane Stein, 2006-01-01 Author and healer Diane Stein brings to the layperson psychic healing techniques once assumed to be too esoteric to use without highly specialized knowledge years of training and a paranormal gift ESSENTIAL PSYCHIC HEALING helps us tap into the potent healing power of our own psychic energies For the beginner Diane offers theory and instruction in basic meditation visualization kundalini energy chakras and auras Those at the intermediate level will learn to utilize spirit guides and angels and how to use healing crystals hands on healing methods emotional release work and remote healing An advanced program discusses healing karma and past lives soul retrieval releasing entities spirit attachments and understanding and aiding the death process Whether you are new to or well acquainted with these principles ESSENTIAL PSYCHIC HEALING is an indispensable primer

Five Hundred Tips for Coping with Chronic Illness Pamela D. Jacobs, 1995

Healing Hidden Memories Mary Jane Williams, 1991 Within every woman who has survived childhood sexual abuse is a wounded child Mary Jane Williams herself a survivor of abuse believes that abuse is a reflection of the imbalance in our society and offers insights into ways to correct this imbalance using visualizations affirmations and new techniques for recovery

Light, 2001

CCAR Journal, 2006

Come Light Our Hearts Neil J. Draves-Arpaia, 1999 Perfect for priests deacons lay presiders and liturgy planners *Come Light Our Hearts* takes up themes of compassionate service peaceable living church unity universal human rights and the dignity of persons family and religious life respect for creation and spiritual flourishing The petitions provide opportunities for the praying assembly to intercede on behalf of the sick and dying and the faithful departed Each book comes with a computer disk that makes *Come Light Our Hearts* an easy to use resource for every parish The 3 1 2 disk is compatible with PCs Macs and most word processing programs

Origins, 2003

The Sexual Healing Journey Wendy Maltz, 1991-06-19 Some lesbian and gay relevance see index dm

Treating Abuse Today, 1996

Seeds of Light Elizabeth K. Stratton, 1997 In this stand alone companion to last season's *Touching Spirit* Stratton distills the essence of her full healing program into a series of guided meditations that help unlock the potential to heal both body and spirit *Seasons of Light* presents dozens of popular and useful meditations for deep

relaxation coping with illness and change and more

Healing is Remembering who You are Marilyn Gordon, 1991

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