

You can set  
yourself  
free  
at any  
moment.



# Set Yourself Free

**Sarah Delamere Hurding**



## **Set Yourself Free:**

Set yourself free and fly away Amanda Lou,2021-12-12 Set yourself free spread out your wings all that you need is already within yourself Divided into three chapters Set yourself free and fly away is a poetry book about mindfulness emotions and about noticing the calm and restless ups and downs of life The intention is to encourage you and give you a little more to think about and a little less to worry about If those poems make you feel understood while you re feeling down or cheer you up while you re looking for motivation I hope you can make good use of it Oh and since this is my only chance to ever write something like this This is my debut book     The Human Experiment Gabi Gal,2023-06-19 The Human Experiment is a state of the art book about human life channeled by Gabi Gal In the book you will find out about the Earth at macrolevel as well as quantum level in the realm of energies develop your intuitive and telepathic gifts as well as raise your own spiritual awareness The book helps you as well to heal and to overcome challenges understand more about yourself family members your societies and world changes You can use the book for personal development as well as for spiritual enlightenment May the book offer you important vibrations to help you upgrade your journey of full potential and abundance in your life time as well as help others do the same If you are interested in learning more about dr Gabi Gal s work you are welcome to check [www.gabigal.se](http://www.gabigal.se) and her program Reconnect with your Light on [www.leadershiphub.se](http://www.leadershiphub.se) You can also find her on social media and music stores where she shares her meditations channeled art and healing music to the public No one has written about the depths of human life as Gabi channels in this book J Char I have never seen the way she describes about the human Earth simple things resolved big problems I have had during many years I started to have a deeper understanding about my relationships soul mates and twinflame connections as well as my journey of spiritual awakening Victor A Lots of wisdom and knowledge from another world to the Earth I have learned to really embrace my life to the most as well as my gifts A lot of blocks have been released as I read the book Linda T Connect [www.gabigal.se](http://www.gabigal.se)     **3 Dimensional Prayer** Grace Swift,2012-01-04 Learn the Strategies of Prayer and affect all three realms things in heaven things on the earth and the powers of darkness Help launch your prayer life into a powerful new dimension Answer such questions as How often should I pray for the same thing Why aren t my prayers answered What is the difference between intercession warfare travailing wrestling and groaning Three Dimensional Prayer is an excellent source for Bible study new Christians Youth meetings prayer groups and corporate prayerfilled with daily prayers and proclamations and totally scriptural     **Free from Jealousy** T.S Avini,2025-08-15 Free from Jealousy Heal the Root of Insecurity in Love is a transformative guide for anyone struggling with jealousy in their relationships Unravel the complex threads of insecurity and cultivate stronger connections through compassion self awareness and actionable strategies This book delves deep into the origins of jealousy helping you understand its roots in early experiences and societal influences Discover how self perception and past relationships shape your jealousy triggers Learn effective communication and trust building tactics to create a secure loving partnership This

comprehensive guide also explores the neuroscience behind jealousy and offers mindfulness techniques for emotional regulation With a focus on fostering self love and confidence *Free from Jealousy* equips you with the tools needed to maintain personal growth and relationship harmony Break free from the confines of jealousy and embark on a journey toward a fulfilling jealousy free life Take the first step towards emotional liberation and healing Embrace the future with renewed clarity and love      *Share My Soul* Yosipa,2013-04-10 For the poet Yosipa her spiritual journey has been like that of a child jumping up and trying to touch that overhanging branch on a tree to swipe the tips of its leaves He or she doesn't give up but continues to try knowing that one day it will be possible And then suddenly the child is grown he or she no longer needs to jump to reach the tree and instead can just be one with the tree and everything else effortlessly Yosipa's journey began twenty years ago in Sydney Australia Riding the bus home as a young woman she saw a crystal shop and felt compelled to leave the bus and go inside She did so and found a world of discovery through self help books At the age of twenty three Yosipa moved to Byron Bay where the inspiration and wisdom came from to write *Share My Soul* and to share it with the world She presents this collection of spiritual emotionally evocative poetry that draws you into the inner world of life love and discovery based upon Yosipa's life experiences      **The Book of Hope** Carley Centen,2021-01-12 Infuse your day with positivity and possibility with these 250 empowering activities encouraging quotes and uplifting meditations to live with each day filled with optimism and hope Hope is more than a feeling or moment It's an outlook belief and way of being that can bring strength and resilience whenever times are tough But sometimes it can be hard to find hope in everyday life Filled with inspiring ways to help you develop and nourish a mindset full of potential optimism each and every day *The Book of Hope* is here when you need it most Now you can discover the practical skills habits thoughts and actions you need to cultivate strong relationships with yourself and others and find a connection with your larger purpose and meaning These 250 activities and inspirational quotes will help you stay grounded find positivity and perceive new possibilities no matter what you're facing      *Mermaid In The Kitchen* Sarah Delamere Hurding,2017-12-06 Meet The Bridget Jones of the Spiritual World *Mermaid in The Kitchen* is a curious fusion of Harry Potter and Bridget Jones This fun informative fast moving and comprehensive memoir has many layers to beguile amuse and entice you Sarah De La Mer was a hostess at U2's nightclub The Kitchen for many years *Mermaid in The Kitchen* charts Sarah's rite of passage from young intuitive via three academic degrees to feted status as a celebrity psychic Scan the pages of this fishy tale for celebrity encounters illicit adventures star crossed romances psychic development lashings of Mermaid Magic Sarah shows you how to develop your intuition harness the power of Synchronicity Cosmic tips abound throughout this magical story Add another dimension to your life enter the world of The Mermaid *Mermaid in The Kitchen* is Sarah's story You could not make it up if you tried This mermaidly adventure has many interesting sub plots and a lot of fun celebrity detail The tag of Mermaid has followed Sarah throughout her life *Mermaid in The Kitchen* is not just about Hollywood stars and rock bands It also charts an honest and empathetic

challenging journey that many people will relate to Domestic abuse is covered along with tricky subjects like depression personal relationships financial difficulties leaving home etc Mermaid In The Kitchen is entertaining informative and thought provoking The impulse of publishing this raw revealing story is to HELP people as well as hopefully inspire them Mermaid in The Kitchen is a page turner

**Million Dollar Habits** Brian Tracy, 2017-09-12 95% of what people think feel and do is determined by habits Habits are ingrained but not unchangeable new positive habits can be learned to replace worn out ineffective practices with optimal behaviors that can cause dramatic immediate benefits to the bottom line In Million Dollar Habits Tracy teaches readers how to develop the habits of successful men and women so they too can think more effectively make better decisions and ultimately double or triple their income Readers will learn how to organize their finances increase health and vitality sustain loving relationships build financial independence and take a leadership role to turn visions into reality

**Yoga Journal** , 1993-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**AabiLynn's Dragon Rite #5 Dragoon'Essenere, Demon Slayers and Dragon Eaters** Kristie Lynn Higgins, 2017-11-24 draft

**AabiLynn's Dragon Rite Collection #2** Kristie Lynn Higgins, 2020-02-20 AabiLynn s Dragon Rite Collection 2 is book two of two AabiLynn s Dragon Rite is the story of Cara a girl her family doesn t want She is seen as worthless because she was born crippled Unwanted by her father Cara is sold off as a slave to pay for his debt Alone emotionally and familyless Cara travels with her master as he takes his son to participate in the Dragon Rite The Dragon Rite is where children of Man are paired with young dragon hatchlings to form a bond of friendship and family like no other Cara has a chance at a new life if only she can seize it AabiLynn s Dragon Rite Collection 2 is book two of two This series consists of novellas AabiLynn s Dragon Rite Collection 2 includes books 4 5 and 6 of the series Start this fantasy action adventure novella series and travel where dragons have been part of the world for millenniums Enter a realm where riders are paired with dragon hatchlings to raise and care for them and to form a bond like no other 4 AabiLynn s Dragon Rite 4 Cleave The Infection As With A Sword Cara and her dragon are caught in a deadly trap that threatens to cleave their bond 5 AabiLynn s Dragon Rite 5 Dragoon Essenere Demon Slayers and Dragon Eaters Cara is betrayed by someone she loves and the Dragoon Esseneres demon hunters and dragon eaters move for the dragon nest of Firedrake 6 AabiLynn s Dragon Rite 6 Battle For Firedrake And The Final Act Cara moves forward with the final acts of the Dragon Rite while forces move to destroy her and all who would protect her at Firedrake If you love stories with dragons or stories about dragons like Anne McCaffery s Dragonriders of Pern Cressida Cowell s How To Train Your Dragon or George R R Martin s A Song of Ice and Fire a k a Game of Thrones you ll love this series about a bond of friendship and family like no other I Love Dragons

*The Book of Secrets* Deepak Chopra, M.D., 2005-09-27 The Book of

Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here. Ken Wilber, author of *A Brief History of Everything*. We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. *The Book of Secrets* is a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time. It provides an exquisite new tool for achieving just that. Every life is a book of secrets ready to be opened. The secret of perfect love is found there along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book and of our lives. From *The World Is in You* and *What You Seek You Already Are* to *Evil Is Not Your Enemy* and *You Are Truly Free When You Are Not a Person*, *The Book of Secrets* is rich with insights. It is a priceless treasure that can transport us beyond change to transformation and from there to a sacred place where we can savor the nectar of enlightenment.

*A Thousand Scattered Moments* Beegee Elder, Chad Elder, Dallas Cowne, Ellen Cowne, Keith Cowne, 2015-10-22. *A Thousand Scattered Moments* is a book of poetry collected by a family of educators: four English teachers and a band director. Even though some of us left the classroom to become administrators, we all remain teachers and writers at heart. Originally planned as a joint publication by Keith and Ellen, it became a family project after Keith's death in March of 2015. The central paradigm here is that our memories are built in homes, and we invite you to come into ours through various kinds of doors. We open the doors to you, our reader, inviting you to share in the moments that we have lived or imagined. The book is divided into six sections. The first one, *Gathering the Heart*, is comprised of basically stories of love, passion, and all matters of the heart. The second section, *Gathering the Moments*, is a group of poems written on ideas from the imagination. Though some are based on real moments, most are just the imaginings of the poet. The third group, *Gathering the Wreck*, is a collection of poems about people going through hard times in their lives, and the fourth section is made up of poems written about family and the importance of memories of generations. The fifth part of this book of poetry is made up of verses based on the readings of the first books of the Bible and is titled *Gathering the Book*. The last division is not poetry at all but short stories and are purely fiction. This book is our gift to ourselves, to our aunts, uncles, cousins, children, and grandchildren. It is a gift to you, the reader, meant for you to enjoy but also to encourage you to put in writing your own stories in whatever form you choose for your own writing. Memories are precious. Make yours a gift to others.

*The Wisdom of The Council* Sara Landon, 2022-11-01. An entirely channeled book of messages from The Council, a group of ascended master beings that communicate to us that we have the power to be the Creators of our lives. *The Wisdom*

of the Council is an entirely channeled book of messages by The Council a group of ascended master beings Their messages are both empowering and gentle and guide you towards ascending to a new level of consciousness stepping into the greatest version of you and recognizing that you have the ability to create your own Heaven on Earth a new way of perceiving your human experience The Council assures us that we have the power to be the Creators of our lives And from the Council's perspective it's all done already we already have this Creator energy within us and it's just a matter of aligning with that frequency The Council encourages us to expand our consciousness and awareness so we can go beyond our thinking mind Only then can we expand our potential come into alignment with who we truly are manifest from a place of wholeness rather than lack and ultimately live out our destiny

**RISE AGAIN** ASHISH KUMAR DHIMAN,2025-05-02 When a human falls within himself he falls everywhere in his life He becomes a slave of circumstances and other people a prisoner to his tragedies and miseries and completely hopeless about redemption life spirit and happiness The author explains how addictions sexuality misconceptions and illusions cause a human to fall in his life how he makes wrong decisions and commits crimes and sins The author reveals the secrets of the consciousness and The Nature how the consciousness gets in sync with the nature itself how an ordinary human becomes a superhuman and how the person could rise again from lifelong pathetic enslavement and out of control unending miseries

*How to Unite Catholic - Protestant Church As One* Dante Michael Soiu,2011-06-23

Can You Keep a Secret? Millisa C. Thomas,2009-11-03 Millisa C Thomas is a multifaceted woman To her friends she is passionate about life courageous giving pure and full of infectious strength and resolve To her children she is simply the world To her coworkers and employers she has proven herself time and time again to be resourceful reliable intelligent and invaluable and to her family of origin she is a crazy and insignificant whistle blower who threatens to expose the venerated family secrets Ms Thomas was born in Wilmington Delaware and now resides in Southern California with her three remarkable children and her faithful Shepherd Collie mix Angel One of her greatest accomplishments includes the birth of her three precious children Other accomplishments include a successful twenty two year long career in the medical field completing a college degree surviving healing and now telling the story She still does not like Valentine's Day tulips are still her favorite flower and Christmas is still her favorite holiday

Decoded Mai Jia,2014-03-18 Translation originally published London Allen Lane 2014

**Meditate** Matt Spencer,2023-02-20 Meditate comes to you slowly and calmly from the unseen realm of Consciousness Consciousness is the essence of Life It is the realm of intelligence space and energy out of which and within which the universe exists And if you haven't discovered Consciousness it is what you are looking for The aim of meditation is a quiet mind A quiet mind takes us beyond the suffering we have experienced in our lives so far It leads us to enlightenment and unity with Consciousness The key to this new paradigm of reality is Meditate

**Lead Us Not into Temptation** Raymond Arroyo Jr.,2010-06-07 Lead Us Not Into Temptation is a spiritual book as given to me by God This book is different from other spiritual books in that it connects man with his sole link to God and that is through his own soul

Regardless of ones religion or persuasion this book is for all people to find their way back to God For secularism religion and intellectualism have failed miserably in bringing true peace and love into this world be it in the past our present and probably in our future also Jesus once said truly truly you must be born again of the spirit For that which is of water is water the body and that which is of spirit is spirit For the Father is spirit and for us to worship Him we must worship in spirit and in truth This is a universal law the same for all people all over the world regardless of their religious beliefs For we all worship the same one God and He must be worshipped in spirit and in truth The purpose of this book is to help people change from their secular life to a spiritual life and to develop a closer walk with God in their daily lives By which we then begin to worship God the Father in spirit and in truth This is the one pathway never chosen by man and is the pathway to peace on earth and good will towards all men It is the pathway to the salvation for all mankind Part One Lead Us Not Into Temptation explores the history of man back to the Garden of Eden and the first temptation where man falls from grace Man after that incident embarks on a journey of secularism worldliness and materiality which only separates him more and more from God Although man has had the opportunity to live in the time of the great prophets of God and with Jesus himself he has still maintained a steady course in his secular worldly lifestyle constantly refusing to follow the spiritual path of God This stubbornness of man has brought him to where we find our world today in the grips of a huge recession and probably a depression and world tensions and terrorism threatening the peace of the world Part Two Deliver Us From Evil teaches how one can develop a life of spirituality and redemption from both God and from oneself I begin with the prophecies of God as given to us in the Holy Bible and in the Bible codes I explain how these prophecies line up with our generation living on Earth right now and are 100% accurate and have all been fulfilled to date They are Gods warning to us that we cannot go on living worldly secularly lives for we are reaching the end of the road the End Times as predicted in the bible It is a warning meaning we can change the future from doom and gloom to eternal bliss but it is up to each of us That unless we are willing to make some very fundamental changes in our lives towards one another and to God we wont survive as a civilization That without faith hope and love in God we are doomed to repeat our mistakes I teach the power of prayer and how that through prayer with God one will find the answer and changes for their lives I show how a prayer life is the only link we have to God the Father Through daily prayer one will begin the process of recreating a life of spirituality I teach the principles of a spiritual life and the fruits of Gods Holy Spirit How God works the fruits into your life changing you from your former self imperfections and dislikes into the new person filled with the wonderful fruits of Gods Holy Spirit I explain that the key of life is love for without love there could be no God no universe no us This book is for all people of all races all religions to find the cure to life that has escaped them all through the years It will unite the reader to a one to one relation with God and a healing and rebirth for their souls

## Whispering the Secrets of Language: An Psychological Quest through **Set Yourself Free**

In a digitally-driven world where displays reign great and immediate communication drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases often move unheard. However, set within the pages of **Set Yourself Free** a fascinating literary prize pulsing with natural feelings, lies a fantastic quest waiting to be undertaken. Penned by a talented wordsmith, this enchanting opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the mental depths of this emotional review, we can embark upon a sincere exploration of the book is core subjects, dissect its charming publishing model, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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