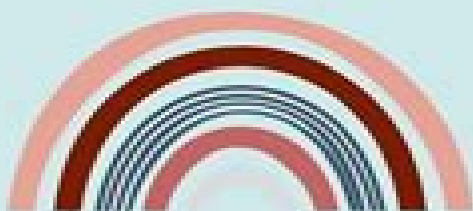


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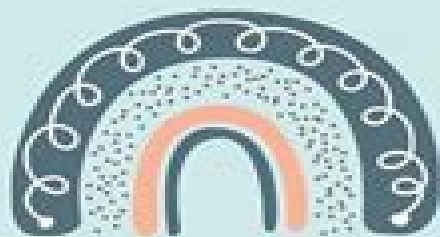
the times you
didn't stand up
for yourself



not
prioritizing
yourself



the things you
said to yourself
in anger



for every time
you belittled
yourself



not being
your
home



being harsh
on yourself

Loving Self Freeing Others Relating From Choice Not Need

Léo Pomar



Loving Self Freeing Others Relating From Choice Not Need:

Liberated Love Mark Groves, Kylie McBeath, 2024-04-16 We all desire great love Yet there seems to be a lot in the way when it comes to cultivating a relationship we crave Why is that It s time for a new template one rooted in choice truth safety and respect To get us there Mark Groves and Kylie McBeath champions of positive philosophy provide us a roadmap one they walked themselves to step out of protection mode and into connection mode Groves and McBeath s work through their Create the Love seminars workbooks and consultation programs have educated a new generation of relationship seekers on the best ways to practice and cultivate love In *Liberated Love* you ll explore your original relationship blueprint and learn how it informs your current relationships spoiler alert it s often a pretty direct line and discover how limitation can be the key to finding freedom and experiencing full fully realized love with another person Equipped with real life situations and stories exercises rituals and tools that lead to productive self examination Groves and McBeath illuminate how to be aware of our most instinctual defenses survival strategies and coping mechanisms how to have conversations about relationships without turning them into relationship conversations and how to date in a way that protects your heart as you open it up to new possibilities In these pages in a format you ll want to turn to again and again you ll learn how to begin and maintain relationships that allow true self expression to feel safe and to feel real involving sustaining love **Loving Self - Freeing**

Others Linda Sheppard, 2000 This work encourages us to take more responsibility for our own psychological and emotional development and not to be driven by the collective myth that it s unhealthy to be single or alone A practical book on how to achieve mature relationships [Liberating Sociology: From Newtonian Toward Quantum Imaginations: Volume 1:](#)

[Unriddling the Quantum Enigma](#) Mohammad H. Tamdgidi, 2020-01-20 In this major new study in the sociology of scientific knowledge social theorist Mohammad H Tamdgidi reports having unriddled the so called quantum enigma This book opens the lid of the Schr dinger s Cat box of the quantum enigma after decades and finds something both odd and familiar Not only the cat is both alive and dead it has morphed into an elephant in the room in whose interpretation Einstein Bohr Bohm and others were each both right and wrong because the enigma has acquired both localized and spread out features whose unriddling requires both physics and sociology amid both transdisciplinary and transcultural contexts The book offers in a transdisciplinary and transcultural sociology of self knowledge framework a relativistic interpretation to advance a liberating quantum sociology Deeper methodological grounding to further advance the sociological imagination requires investigating whether and how relativistic and quantum scientific revolutions can induce a liberating reinvention of sociology in favor of creative research and a just global society This however necessarily leads us to confront an elephant in the room the quantum enigma In *Unriddling the Quantum Enigma* the first volume of the series commonly titled *Liberating Sociology From Newtonian toward Quantum Imaginations* sociologist Mohammad H Tamdgidi argues that unriddling the quantum enigma depends on whether and how we succeed in dehabituating ourselves in favor of unified relativistic and quantum

visions from the historically and ideologically inherited classical Newtonian modes of imagining reality that have subconsciously persisted in the ways we have gone about posing and interpreting or not the enigma itself for more than a century. Once this veil is lifted and the enigma unriddled, he argues, it becomes possible to reinterpret the relativistic and quantum ways of imagining reality, including social reality, in terms of a unified nonreductive creative dialectic of part and whole that fosters quantum sociological imaginations, methods, theories, and practices favoring liberating and just social outcomes. The essays in this volume develop a set of relativistic interpretive solutions to the quantum enigma. Following a survey of relevant studies and an introduction to the transdisciplinary and transcultural sociology of self-knowledge, framing the study, overviews of Newtonianism, relativity, and quantum scientific revolutions, the quantum enigma, and its main interpretations to date are offered. They are followed by a study of the notion of the wave-particle duality of light and the various experiments associated with the quantum enigma in order to arrive at a relativistic interpretation of the enigma, one that is shown to be capable of critically cohering other offered interpretations. The book concludes with a heuristic presentation of the ontology, epistemology, and methodology of what Tamdgidi calls the creative dialectics of reality. The volume's essays involve critical comparative integrative reflections on the relevant works of founding and contemporary scientists and scholars in the field. This study is the first in the monograph series *Tayyebeh Series in East-West Research and Translation of Human Architecture*, Journal of the Sociology of Self-Knowledge, XIII, 2020, published by OKCIR. Omar Khayyam Center for Integrative Research in Utopia, Mysticism, and Science, Utopistics. OKCIR is dedicated to exploring, in a simultaneously world-historical and self-reflective framework, the human search for a just global society. It aims to develop new conceptual, methodological, theoretical, historical, practical, pedagogical, inspirational, and disseminative structures of knowledge whereby the individual can radically understand and determine how world history and her/his selves constitute one another.

Reviews: Mohammad H. Tamdgidi's *Liberating Sociology: From Newtonian Toward Quantum Imaginations*, Volume 1, *Unriddling the Quantum Enigma*, hits the proverbial nail on the head of an ongoing problem not only in sociology but also much social science: namely, many practitioners' allegiance, consciously or otherwise, to persisting conceptions of science that get in the way of scientific and other forms of theoretical advancement. Newtonianism has achieved the status of an idol, and its methodology, a fetish, the consequence of which is an ongoing failure to think through important problems of uncertainty, indeterminacy, multivariation, multidisciplinaryity, and false dilemmas of individual agency versus structure, among many others. Tamdgidi has done great service to social thought by bringing to the fore this problem of disciplinary decadence and offering, in effect, a call for its teleological suspension, thinking beyond disciplinaryity through drawing upon and communicating with the resources of quantum theory, not as a fetish but instead as an opening for other possibilities of social, including human, understanding. The implications are far-reaching as they offer, as the main title attests, liberating sociology from persistent epistemic shackles and thus many disciplines and fields connected to things social. This is exciting work. A triumph. The reader

is left with enthusiasm for the second volume and theorists of many kinds with proverbial work to be done Professor Lewis R Gordon Honorary President of the Global Center for Advanced Studies and author of *Disciplinary Decadence Living Thought in Trying Times* Routledge Paradigm 2006 and *Freedom Justice and Decolonization* Routledge forthcoming 2020 Social sciences are still using metatheoretical models of science based on 19th century newtonian concepts of time and space Mohammad H Tamdgidi has produced a tour de force in social theory leaving behind the old newtonian worldview that still informs the social sciences towards a 21st century non dualistic non reductionist transcultural transdisciplinary post Einsteinian quantum concept of TimeSpace Tamdgidi goes beyond previous efforts done by titans of social theory such as Immanuel Wallerstein and Kyriakos Kontopoulos This book is a quantum leap in the social sciences at large Tamdgidi decolonizes the social sciences away from its Eurocentric colonial foundations bringing it closer not only to contemporary natural sciences but also to its convergence with the old Eastern philosophical and mystical worldviews This book is a masterpiece in social theory for a 21st century decolonial social science A must read Professor Ramon Grosfoguel University of California at Berkeley Tamdgidi's *Liberating Sociology* succeeds in adding physical structures to the breadth of the world changing vision of C Wright Mills the man who mentored me at Columbia Relativity theory and quantum mechanics can help us to understand the human universe no less than the physical universe Just as my *Creating Life Before Death* challenges bureaucracy's conformist orientation so does *Liberating Sociology* liberate the infinite possibilities inherent in us Given our isolation in the Coronavirus era we have time to follow Tamdgidi in his journey into the depth of inner space where few men have gone before It is there that we can gain emotional strength just as Churchill Roosevelt and Mandela empowered themselves That personal development was needed to address not only their own personal problems but also the mammoth problems of their societies We must learn to do the same Bernard Phillips Emeritus Sociology Professor Boston University

Holistic Nursing Barbara Montgomery Dossey, Lynn Keegan, Cathie E. Guzzetta, 2005 *Holistic Nursing A Handbook for Practice* guides nurses in the art and science of holistic nursing and offers ways of thinking practicing and responding to bring healing to the forefront of healthcare Using self assessments relaxation imagery nutrition and exercise it presents expanded strategies for enhancing psychophysiology The Fourth Edition addresses both basic and advanced strategies for integrating complementary and alternative interventions into the clinical practice *Ethics and the Between* William Desmond, 2001-02-01 Articulates the necessity for a comprehensive reconstructive thinking about the meaning of being good

Family Politics Paul Ginsborg, 2014-01-01 An exploration of the convulsive history of the 20th century's first five decades seen through the lens of families and family life In this masterly twentieth century history Paul Ginsborg places the family at center stage a novel perspective from which to examine key moments of revolution and dictatorship His groundbreaking book spans 1900 to 1950 and encompasses five nation states in the throes of dramatic transition Russia in revolutionary passage from Empire to Soviet Union Turkey in transition from Ottoman Empire to modern Republic Italy from

liberalism to fascism Spain during the Second Republic and Civil War and Germany from the failure of the Weimar Republic to the National Socialist state Ginsborg explores the effects of political upheaval and radical social policies on family life and in turn the impact of families on revolutionary change itself Families he shows do not simply experience the effects of political power but are themselves actors in the historical process The author brings human and personal elements to the fore with biographical details and individual family histories along with a fascinating selection of family photographs and portraits From WWI an indelible backdrop and imprinting force on the first half of the twentieth century to post war dictatorial power and family engineering initiatives to the conclusion of WWII this book shines new light on the profound relations among revolution dictatorship and family

Life's Healing Choices John Baker, 2007-08-21 Promising freedom from life's hurts hang ups and habits this life changing book assures readers that true happiness can be theirs if they choose it Baker provides eight encouraging biblically based principles to help readers make better choices

Mapping the Great Irish Famine Liam Kennedy, 1999 This book represents cartographically the dramatic impact that the Great Potato Famine had on Ireland Based largely on the enormous body of statistics contained in the Database of Irish Historical Statistics at the Queen's University of Belfast the authors present a picture of Ireland before during and after the Great Famine

A Reader in New Religious Movements George D. Chrystides, Margaret Wilkins, Margaret Z. Wilkins, 2006-05-10 There are over 600 New Religious Movements NRMs in Great Britain alone and more than 2000 in the United States A Reader in New Religious Movements provides an introduction to the main teachings of a selection of these organizations focusing on those that are well established in the West The contemporary and in some cases controversial NRMs covered include the Unification Church the International Society for Krishna Consciousness the Family Osho Soka Gakkai International and the Western Buddhist Order

Empath and Narcissist Isabelle Wells, 2024-08-07 Do you feel like you're always tired because of your relationships Do you give more than you get Are you confused about why you end up with people who care more about themselves than about you Do you feel like you're being tricked unappreciated or even invisible in your relationship Have you thought that you might be an empath stuck with a narcissist These feelings are normal and it's not your fault You want answers healing and a way to get out of this toxic and manipulative cycle This book will help you with that Does any of this sound like you You feel emotionally tired like your partner is taking all your energy Your needs and feelings are often ignored You're scared of making your partner angry or upset You start to doubt your own thoughts and feelings thinking it's your fault You feel alone and cut off from friends and family Your partner is sometimes nice but can be very cold You feel anxious or sad because of your relationship You hold on to the good times hoping for change even though it hurts Now imagine if you could Feel good about yourself and confident without being overshadowed by your partner Set healthy boundaries to protect your feelings Understand why these relationships happen and how to avoid them Heal from the pain of narcissistic abuse and become stronger Trust your own thoughts and feelings again Learn how to stay away from toxic relationships in the future

Enjoy a relationship that respects and supports you Get the knowledge and tools to thrive in your relationships But remember This book isn't a quick fix It needs effort honesty and looking inside yourself Healing from narcissistic abuse and breaking free from toxic cycles takes work If you're ready to face the truth and put in the effort this book will guide you to real change and healing Here's a little sneak peek at what's inside Understanding Empathic People Recognizing Narcissistic Behavior The Empathy and Energy Connection Controlling Your Empathy Strategies for Empathic Extroverts Detaching from Toxic Surroundings Overcoming Fear Positive Affirmations for Empaths Managing Toxic Relationships Spotting Gaslighting Protecting Yourself from Narcissistic Abuse Building Mental Toughness Recognizing Self Sabotage Helping Narcissists Recover Are you ready to move past toxic relationships and start a new chapter of empowerment and self discovery This book is your guide your friend and your strength The journey to a healthier happier future begins with a single step Take yours now your future self will thank you

Exploring Health Psychology Spencer A. Rathus, Jeffrey S. Nevid, 2021-03-09 Exploring Health Psychology provides comprehensive yet student friendly coverage of both traditional topics in the field and important contemporary issues relating to reproductive sexual and psychological health Using an informal sometimes humorous narrative the authors engage students of all interest levels abilities and learning styles by emphasizing the application of health and wellbeing psychology in their daily lives Balancing depth and accessibility each chapter describes the body systems relevant to a particular topic incorporates up to date information and research and contains relatable examples real world applications compelling discussion and review questions personal stories and vignettes a running glossary and more Broad in scope Exploring Health Psychology examines the interactions between biological psychological and sociocultural factors in psychological disorders and discusses their psychological and medical treatment Critical psychological health issues such as anxiety and depression the health of sexual and gender minorities and the psychological dangers and pitfalls of the digital age are addressed to meet the needs of today's students An array of active learning features based on the SQ4R pedagogy Survey Question Read Recite Reflect and Review enables students to take an active role in the learning process develop effective study habits strengthen critical and scientific thinking and comprehend retain and apply the material

The Inner Workout Colleen Hoffman Smith, 2010-04-20 Feel peace and love in your heart and your life Create a strong and healthy self worth through a daily exercise called The Inner Workout Developed by author Colleen Hoffman Smith this daily mental regimen can help keep you emotionally fit In this her third self help book Smith provides instruction and a workbook to help you move through negative emotional pain to reach a natural state of pure love Each day this exercise is used to connect to your emotions as you Acknowledge your feelings Speak the voice of your feelings See the truth of what the experience and person is showing Release any thought that creates negativity Let go of anyone's love and approval Forgive the other person and yourself Open your heart to love and peace Feel your compassionate heart and breathe fully The Inner Workout creates a daily support system to keep you connected to your personal strength and it shows you how to create healthy relationships

communication self worth and life purpose It s a complete guide supporting your journey to inner peace taking you from A to BE

Liberate Yourself from Karma Rae Chandran,2020-06-10 Surprisingly there have been few updates on the subject of karma Advances in new technology have helped spirituality also advance as it is more accessible In this book Rae Chandran channels various masters and the Creator downloading new wisdom about karma including how it affects humanity even though we are not aware of it The purpose of this book is to help you awaken to a new understanding about karma Learn how to balance it with easy exercises sacred geometry and sound This newly channeled material reveals much information unknown before now Earth is not the only planet in the solar system and we should take advantage of the wisdom from highly evolved beings to reduce our suffering Many concepts are new and they are supported by advanced human beings Read this book with an open mind to understand this new wisdom It might help you shed unnecessary burdens so that you can move more quickly toward ascension

The Royal Law of Liberty Darwin Chandler,2003 This book is a frontal assault on all law based obedience oriented religion Most Christians carry a load of spiritual bondage condemnation guilt and shame Some are deeply despondent and depressed because this load is too heavy for them to bear Few Christians are truly confident in their personal relationship with God This situation exists because 1 Christians are generally unable to distinguish between actual sin versus mere human opinion about sin 2 Christians do not understand that Jesus set them free from obedience based religion 3 Christians do not know how to decide for themselves what is truly moral 4 Christians have no real experience of Christian Liberty These issues are examined in sufficient detail to enable one to understand the radical nature of the freedom for which Christ set us free Gal 5 1 The author s goal is to destroy the roots of religious legalism so Christian believers can live the life of freedom which is their spiritual blood right Beginning with a development of the Master Key to Biblical morality the nature and implications of Christ s Law of Love are thoroughly explored Next the author discusses the true nature of morality answering the question What exactly makes a thing sinful Careful attention is given to the concept of defilement or uncleanness with a bold look at Paul s revolutionary statement that nothing is unclean of itself Rom 14 14 20 In Part Three Legalism is exposed in all its ugliness This section details the Biblical method for determining what is truly sin and what is merely human opinion Part Four destroys the bitter root of Legalism with persistent emphasis on the fact that Jesus Christ ended the rule of law by His life death and resurrection Part Five looks at the theology of Galatians the Christian s Emancipation Proclamation closing with pointed illustration of how this all affects a Christian s liberty to exercise personal choice in what s he will or won t do Five appendices explore several specific issues raised by the preceding study These include Conclusions About Christian Liberty Contradictory Scriptures Christian Liberty and Sexual Issues The Necessity Of Experiencing Freedom The Non Negotiables of Bible Study This is the only book on Christian Freedom written by an ex Fundamentalist The author was raised in an atmosphere of extreme legalism The first half of his Christian ministry was spent preaching defending and even debating the concepts that he now seeks to destroy The author

lived in legalism forty years He understands legalism He therefore knows how to attack its vulnerable spots His goal was not to write a book but to give to anyone who is interested information that will set them free from bondage to legalism and open the pathway to self government under the rule of love For more information on spiritual freedom visit the author s website www.freedomguide.net

Restoring Myself to the Love that I Am Christina Jacobsen,2025-05-16 Christina Jacobsen wrote her book in the hopes of healing others by sharing her story The pain that her great grandmother grandmother mother and herself endured needed to serve a purpose Her story defines the approaches that she took to heal and overcome the pain she inherited from others and created for herself because of not feeling loved She believes that if she could heal herself that you too could heal Her book takes you through the journey of her life and how she went from no self worth and feeling unloved to discovering that she is love Christina has been a Design Engineer at Boeing since 1996 She has three children and two grandchildren that she just adores Her main passion is helping others find their way back to who they are love After her healing experience she was determined to start helping others Christina studied at Morris Pratt Institute in the subject of Religion and Spirituality as well as taking up studies on Poverty She is a Certified Emotion Code Practitioner Certified Sound Healing Practitioner and Energy Healer with Reiki Certification Christina obtained these training certifications after starting her healing journey Her dream is to heal one person one relationship one family and one community at a time We can all find our way back to our true self by releasing all the darkness around us that our pains have caused

Paradigm Revolution?

Sign Me Up! Paul Winger,2024-10-29 What life do you want to live What country do you want to live in On the left hand you have nothing someone makes all the decisions regarding your life On the right hand you have everything including your life and choice That freedom of choice brings responsibility wherein you have to put effort into your life and your freedom That brings us to honesty truth compassion love and responsibility those together make a fist to include penalty Why is it those six words are not included in our US Constitution When their child is leaving home to live their life every parent will think and hope their child has ample amounts of honesty truth compassion love and responsibility in their character You do what you can so your child has what I call the big five plus one You feel better knowing your child has the qualities just mentioned Why would we launch an infant country without the same Why have we amended our Constitution twenty seven times without including the big five I have rewritten the Constitution to include the big five plus one If you think you live in a democracy or representative government then you are wrong You may have gotten used to the life you are living but is your life and your country what you want You can put effort into achieving goals or not If there is no effort then it will never happen It is up to you Are you a person who stands upon the shoulders of others or are you a person who feels comfortable enough that you can stand by yourself

The Paradox of Love Pascal Bruckner,2012-02-13 A provocative reflection on the dilemmas of modern love The sexual revolution is justly celebrated for the freedoms it brought birth control the decriminalization of abortion the liberalization of divorce greater equality between the sexes women s massive entry into the workforce and more

tolerance of homosexuality But as Pascal Bruckner one of France's leading writers argues in this lively and provocative reflection on the contradictions of modern love our new freedoms have also brought new burdens and rules without however wiping out the old rules emotions desires and arrangements the couple marriage jealousy the demand for fidelity the war between constancy and inconstancy It is no wonder that love sex and relationships today are so confusing so difficult and so paradoxical Drawing on history politics psychology literature pop culture and current events this book a best seller in France exposes and dissects these paradoxes With his customary brilliance and wit Bruckner traces the roots of sexual liberation back to the Enlightenment in order to explain love's supreme paradox epitomized by the 1960s oxymoron of free love the tension between freedom which separates and love which attaches Ashamed that our sex lives fail to live up to such liberated ideals we have traded neuroses of repression for neuroses of inadequacy and we overcompensate Our parents lied about their morality Bruckner writes but we lie about our immorality Mixing irony and optimism Bruckner argues that when it comes to love we should side neither with the revolutionaries nor the reactionaries Rather taking love and ourselves as we are we should realize that love makes no progress and that its messiness surprises and paradoxes are not merely the sources of its pain but also of its pleasure and glory

God and the Between William Desmond, 2008-04-15 An original work which rethinks the question of God in a constructive spirit drawing its conclusions by considering ideas received from both philosophy and religion Makes an important new contribution to the ongoing scholarly debates surrounding the intersection of philosophy and religion Suggests that this junction is not just dictated by religion having to prove its credentials to rational philosophy but that it is also a matter of philosophy wondering if religion is the ultimate partner in dialogue Includes discussion of a wide range of significant thinkers both traditional and contemporary such as Plotinus Spinoza Kant Hegel and Nietzsche and his successors Completes a trilogy of works by William Desmond complementing its companion volumes *Being and the Between* and *Ethics and the Between*

Marion and Derrida on The Gift and Desire: Debating the Generosity of Things Jason Alvis, 2016-01-13 This book examines the various encounters between Jean Luc Marion and Jacques Derrida on the gift considers their many differences on desire and demonstrates how these topics hold the keys to some of phenomenology's most pressing structural questions especially regarding deconstructive approaches within the field The book claims that the topic of desire is a central lynchpin to understanding the two thinkers conflict over the gift for the gift is reducible to the desire to give which initiates a turn to the topic of generosity To what degree might loving also imply giving How far might it be suggested that love is reducible to desire and intentionality It is demonstrated how Derrida the generative father of deconstruction rejects the possibility of any potential relation between the gift and desire on the account that desire is bound to calculative repetition economical appropriation and subject centered interests that hinder deconstruction Whereas Marion a representative of the phenomenological tradition demands a unique union between the gift and desire which are both represented in his reduction to givenness and erotic reduction The book is the first extensive

attempt to contextualize the stark differences between Marion and Derrida within the phenomenological legacy Husserl Heidegger Kant supplies readers with in depth accounts of the topics of the gift love and desire and demonstrates another means through which the appearing of phenomena might be understood namely according to the generosity of things

Religion in Psychodynamic Perspective P. W. Pruyser, 1991-08-15 At his death in 1987 Paul W Pruyser of the Menninger Foundation was widely recognized as one of America s foremost authorities on the psychology of religion His book A Dynamic Psychology of Religion set the stage for creative dialogue on the subject In this volume two leading practitioners in the field present a compilation of Pruyser s seminal articles providing an overview of the major themes in Pruyser s thought Newton Malony and Bernard Spilka evaluate Pruyser s viewpoint and suggest how his position continues to influence the psychology of religion

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