

Loving & Letting Go



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Loving And Letting Go

Joshua J. Knabb



Loving And Letting Go:

Living, Loving, Letting Go . . . Poems on Life by Rahman Johnson Rahman Johnson, 2020-06-30 Living Loving Letting Go is a collection of poetry is compiled the through the prism of life s three major movements This collection is an intimate look at moments in the life of Journalist and Thought Leader Rahman Johnson His poems solicit introspection self reflection and joy *Love Let Go* Truax & Campbell, 2017 Displays the amazing power of generosity to transform people and communities When LaSalle Street Church in Chicago received an unexpected windfall its leaders made the wild counterintuitive decision to give it away Each church member received a check for 500 with the instruction to go out and do good in God s world In *Love Let Go* readers witness how a church community was transformed by the startling truth that money can buy happiness when we give it away Laura Sumner Truax and Amalya Campbell show how this radical generosity shaped their community exploring the reverberating impact of each act of generosity and ultimately revealing how LaSalle s faith filled risk snowballed into a movement beyond itself Throughout the book Truax and Campbell probe the connection of human flourishing to generosity and offer tools to help us reclaim our giver identities and live generously to love and let go

Loving People John Townsend, 2010-05-17 Your personal guide to learning how to love When you say or hear the words I love you it can change your life forever Love is one of God s most important gifts to anyone yet there are many misunderstandings about how to make love work in our families friendships marriages and dating relationships In *Loving People* best selling author Dr John Townsend shows you that love can actually be learned and gives you the steps and tools to become skilled in love Using his trademark stories and illustrations to flesh out the important principles Dr Townsend covers receiving love connecting love healing love confronting love romantic love surrendering love Through his teaching readers will discover and start enjoying the words actions and experiences of authentic love *The Power of Soul Loving* Rebecca Gabrielle, 2019-07-25 Life is full of challenges that provide us with an opportunity to reflect on the choices that have brought us this far on our soul journey Despite desiring answers to our deepest most introspective questions we may hesitate to look inward for the answers perhaps fearful of what we will hear within our soul Yet even after we choose avoidance our soul can be persistent encouraging us to listen to the call of the Divine that urges us toward greater love In an enlightening uplifting presentation Rebecca Gabrielle details her spiritual journey as she learned to acknowledge and accept the call of her soul to change the course of her life While inviting others to walk with her on the path to true love Rebecca reveals how her heart was opened to face her shadows and inner truths eventually compelling her to take a leap of faith towards a life of deeper love and spiritual awakening *The Power of Soul Loving* is a spiritual guide for anyone ready to embrace personal transformation and soul growth In sharing her story Rebecca shines a light on how to face our fears manage the discomfort of change and shift towards compassion and self love for a more fulfilling and purposeful life One woman s journey from despair to inner freedom reveals the wisdom of our soul s transformative power to unveil a life of true love *Poems of Love*

and Letting Go Jocelyn Soriano,2019-12-11 I see now that no person who has ever loved has ever been spared from tears Tears of joy and tears of sorrow Of the most intimate union and of letting go Poignant timeless and true This book is a personal collection of poems about love and letting go Whether it be a newfound love a love that endures a lifetime or a love that will soon be saying goodbye one can find in these pages something like a mirror that tells the story of one s own heart Are you in sorrow because of a broken heart Are you in grief because your are mourning the death of a loved one Dying is painful but so is the loss of a love that broke your heart Yet in all these if one has loved true one has found meaning in life Healing is never far away for as long as hope is kept alive in one s heart Let these poems of love comfort you inspire you and remind you of the beauty of love To love is to be rapt in bliss to be torn asunder and to be healed and made whole again My Heart s Deepest Wound I guess you will always be my heart s deepest wound The kind that aches terribly The kind that time could never heal I glimpse a memory of you and I feel it I feel both the joy and the pain of loving you Yes loving you For I have never really forgotten How could the heart forget Had I not loved you I d have moved on already Had I not loved you You wouldn t have been able to cause me pain But I did I loved you then and I love you now You will always be the deepest wound in me That s how strongly you are etched upon my heart **It's not What You Do, It's How You Become** Deborah

Rae Hall,2025-03-26 Deborah Hall s book *How You Become* is the result of a writing partnership with Star Beings from the Pleiades who have been communicating with her since 1999 This book is an amazing handbook of love with lessons in learning to love your self along with challenges to put your love into action for the benefit of Mother Earth and others struggling to survive Organized as a daybook with an essay to read each day the words will uplift you and hold your spirit high while helping you open your heart There are 52 exercises which are as inspiring and full of love as the essays They will stretch your heart muscles until you find the love you have been searching for Listen to your heart and let this book find you

Loving Deliberately Steve Bannow,2019-05-14 What does loving deliberately mean to you It may take a lot of thinking soul searching and introspection to develop your own answer to this question and even then it could be difficult to spell out your thoughts into words *Loving Deliberately* is a collection of what scores of individuals some famous some not have written on the subject The responses vary widely but each has an importance all of its own First in *Traveling Deliberately* then in *Aging Deliberately* and now in *Loving Deliberately* Steve Bannow has completed his task of helping us truly understand the importance of being thoughtful in the moment and living life well deliberately *Loving deliberately* must be discovered over time and in stages Getting there requires a true desire to do so It requires experience learning and growth Steve s wish is that all who read this book will come away with a greater sense of who they are what is most important to them and why

It's All About Love Fran Wellgood,2019-04-25 What if we loved ourselves more than we could imagine We are told to love ourselves but we don t know how or even why What if we learned actual techniques that helped us love ourselves and align our energy with our Higher Self and the Universe for a more joyous life It s possible and it just takes willingness and practice

When we learn and use real tools we are better able to surf the waves of life and meet life with grace When we learn how we are resisting loving ourselves and learn how to allow the love we are to flow through us we utilize the buoyant loving energy of the Universe to flow more smoothly and joyously through life Everything is energy including us When our energy is in balance and flows smoothly we feel harmonious peaceful and aligned with our true nature our Higher Self part of the Universe This is our natural state Daily life often seems to interrupt our connection with our true state of being By working with our energy and metaphysical principles we can remember who we really are we realign with our true self which is pure Love and experience the ease peace and joy that results Metaphysics is about using the energy we are beyond our body in a practical way while we are in this body By understanding that we are both human and Divine and having compassion for how challenging it is to live in this world we begin to understand Love the most powerful force in the Universe This is not mysterious this is very real and very available to each of us The keys to healing are Love and Willingness The keys are yours for the taking

Is True Love Just a Myth? Margaret Light,2024-07-26 The concept of true love has captivated human imagination for centuries often depicted as a profound unbreakable bond between individuals Yet the question remains Is true love a genuine phenomenon or merely an elaborate myth This inquiry delves into the heart of romantic idealism and examines the factors that contribute to our understanding of love Some argue that true love is an unrealistic expectation a fairy tale spun to meet societal ideals or emotional desires Critics suggest that the pursuit of such an ideal can lead to dissatisfaction and disillusionment as it often fails to align with the complexities of real life relationships On the other hand many believe that true love does exist and is characterized by deep connection mutual respect and unwavering commitment This discussion explores whether true love is a meaningful reality or a myth perpetuated by cultural narratives and individual aspirations

Let Thy Kingdom Come Wilma Fogleman,2012-05-23 Let Thy Kingdom Come is a door that enters into the Kingdom of Heaven It is my truth I offer this only as my truth It is a new look at the Holy Scriptures a new look as a path into spirituality a door into the kingdom of Heaven It is not a plan for salvation but rather a plan for living openly to the joy of the kingdom of heaven now in this life You are a creature to whom the Creator has given freedom of choice with the ability to choose joy This book will help you become God's partner in putting your life in order if you are tired of living in a world held in bondage by fear by evil by a lack of love this book is for you I am sure that the secrets revealed in this book works in my life I am equally sure that there is some truth hidden within these pages that can transform your life Take only what is true for you in the NOW the remaining truths may not be intended for you at this moment This book contains many secrets and when read with prayer and an open seeking heart will transform your pain into joy your worry into faith and death into everlasting life Forever is going to start tonight

How to Rebuild and Maintain Confidence in Love Margaret Light,2024-12-20 How to Rebuild and Maintain Confidence in Love is an empowering guide that explores the journey of rediscovering self worth and fostering meaningful relationships after heartbreak or emotional setbacks Through insightful

chapters it delves into overcoming fear embracing vulnerability and setting healthy boundaries Readers learn to build resilience cultivate self love and communicate openly while creating fulfilling connections This book encourages personal growth offering tools to navigate challenges and celebrate the beauty of imperfection in love With practical advice and inspiring messages it reassures readers that confidence in love begins within and grows through authenticity mutual respect and self discovery

The Internal Struggle Antonio D. Guiden Sr, 2013-01-10 Its amazing how we take the little things in life for granted being able to walk to see to hear and to talk Some people are not able to do one or a multiple combinations of these things And what do we do with these basic but blessed abilities turn a blind eye to the things we dont want to believe not give a second thought to listen to what others have to say in their defense but invite in the negative tongue that speaks on another to diminish ones character Why Why is it that in this society we are so quick to believe or fall into that negative influence instead of standing tall and finding out for ourselves before we lash out and slander our own tongue on a word that may not have any value of truth behind it A persons character should always be put into consideration before even opening your mind to allow such words to be spoken from their lips Its time to step aside and throw away all the nonsense everyone is so eager to feed off of I refuse to try to sway another into feeling a certain way about another I let the facts speak for themselves Im done feeding off the nonsense and baring a false tongue Its time to stand up and grow out of these habits I know some people are so stuck in their ways that they dont see any room for change or believe anything they do isnt wrong but there is this essence of karma we all know that will forever be in their midst There is only a few who will own up to changing and without this change the only thing left for us to do is destroy one another

The Palliative Care and Hospice Caregiver's Workbook Lura L Pethtel, John D Engel, 2017-11-22 This educational workbook helps people who build compassionate relationships with dying people Accompanied by its trainer s guide it presents a comprehensive sequential learning program for caregivers in non medical capacities covering everything from self understanding to spiritual issues listening skills and expressive activities developing the skills awareness and resilience needed for this privileged and sensitive role The program includes a variety of learning experiences including large and small group activities discussion close reading creative writing self exploration and skill development and practice This is an invaluable resource for small groups of individuals who wish to volunteer in hospice or palliative care settings A copy of the guide for trainers is included in each pack of workbooks and is also freely available online The best resource I have seen to guide teachers and learners in this complex training process I predict that those of you who try it with your staffs and trainees will find that it bears fruit both for your patients and their families but also for the sustenance and personal development of the staff members themselves

Timothy Quill M D in his Foreword

Love's Curriculum Jenny Hogg Ashwell, 2015-11-11 As our companions through the current spiritual Awakening Jesus the archangels and other spiritual teachers have gathered as the High Council and now share with us in Love s Curriculum their messages of enlightenment These Divine messages have a clear goal To

awaken us to the Love that connects all You hold in your hands the High Council's gift to you a guidebook for this journey Through Divine grace and enormous trust Jenny Hogg Ashwell travelled a path from lawyer to student of spirituality and mother of three to spiritual counselor and intuitive to learn of her soul's assignment to scribe Love's Curriculum for the High Council and bring forth their messages to the world It is with great humility courage and gratitude that she has done just this Now it is your turn Let Love's Curriculum gently awaken within you the memory of Love as you uncover your soul's Divine purpose Let it guide you to ignite Love in the world The time has come to join in the Awakening We wish for you to read Love's Curriculum Within its pages you will find the Bounty of Love and Light to which you have been called for which you have been dreaming and desiring to fill within you the void Within its pages are the answers contained the magic brought forth the truth illuminated for all to hear and see Let Love's Curriculum help you on your journey to awaken to Love It is time The High Council

The Five Laws of Love Dr. Judith Stay Moore, 2018-10-15 Inspiring riveting and unflinching author Dr Judith Moore takes the reader on an epic emotional journey with a Hopi girl and her brother from the mesas of northern Arizona to the Pueblo de Los Angeles Moore weaves a tale of diverse cultures religions and beliefs while the characters learn through their experiences how to increase in love forgiveness joy and gratitude In The Five Laws of Love Moore offers a juxtaposition of memoir fiction psychology and religion to show there is more about each of us that is the same than that which is different By knowing how we are the same and honoring our differences she teaches how we can grow more in our love for ourselves and others Through meditations which can be downloaded the reader can learn more deeply how to live the Five Laws of Love and find greater joy and peace in this life

The Angels Healing Love--Abundant Blessings from Above Laura L. Smith, 2012-01-06 Life is about living as a LOVING and purpose driven soul guided by GOD and our ANGELS LOVE It is also about knowing that love is the key to survival in the soul's spiritual universal plan This book offers spiritual information answers guidance and tools on how to awaken to our life purpose and heal our bruised spirit with GOD'S and our ANGEL'S LOVE Along with CUTE CAT captioned photos topics include How we planned our life purpose before birth Letting go of ego pride and fear How the universe views the life people live on earth Why we choose who are parents and siblings will be How poor health is related to past lives Understanding that childhood abuse poverty and hunger are chosen lessons and how to SPIRITUALLY heal from its negative effects How GOD'S LOVE can stop the never ending and expensive merry go round ride of dysfunctional love How GOD'S ANGELS and spirit guides are with us 24/7 so we are never alone and how we can hear what they are telling us When we learn to love we let go of the fears anger and negative ego so the blessings of the universe will manifest

The Heart of Grief Thomas Attig, 2002-07-15 In The Heart of Grief Attig gives us an inspiring and profoundly insightful meditation on the meaning of grief showing how it can be the path toward a lasting love of those who have died Recounting dozens of stories of people who have struggled with deaths in their lives he describes grieving as a transition from loving in presence to loving in separation The thing we long for most the return of the one who is missing is

the very thing that we can never have kindling the intense pain of our loss But Attig argues that we can in fact build an enduring even reciprocal love a love that tempers our pain He tells stories for instance of a young girl taking some of her dead sister s practical advice as she enters high school a widower realizing how much intimate life with his wife has colored his character and an athlete drawing inspiration from his dead brother and achieving what they had dreamed of together Far from forgetting our loved ones Attig urges us to explore ways in which our memories of the departed can be sustained our understanding of them enhanced and their legacies embraced so they continue to play active roles in our everyday and inner lives Groundbreaking and original inspiring and compassionate The Heart of Grief offers guidance comfort and a new understanding of how we grieve

THE LANGUAGE AND KEYS OF LOVE Stacy M. Amewoyi, 2021-05-25 THE LANGUAGE AND KEYS OF LOVE is an in depth exploration of the many faceted aspects of the modern day love relationship and marriage Biblical and non biblical thoughts of love are also investigated This book is entertaining riveting educational and inspirational It is a must read for all those who desire to have richer love relationships and marriages It also offers solutions to those who are caught in the stagnancy of routine relationships

Faith-Based ACT for Christian Clients Joshua J. Knabb, 2022-07-12 Faith Based ACT for Christian Clients balances empirical evidence with theology to give mental health professionals a deep understanding of both the why and how of acceptance and commitment therapy ACT for Christians The new edition includes updated discussions in each chapter more than 20 new and updated exercises and new chapters on couples and trauma The book includes a detailed exploration of the overlap between ACT and the Christian faith case studies and techniques that are explicitly designed to be accessible to both non Christian and Christian including evangelical Christian counselors and therapists Chapters also present the established research on Buddhist influenced mindfulness meditation and newer research on Christian derived meditative and contemplative practices and lay a firm theological foundation through the use of engaging biblical stories and metaphors

Love from the Inside Out Robert Mack, 2022-03-29 Find True Love Inside and Out 1 New Release in Television Reality Game Shows A Return to Love by Marianne Williamson Loveability by Robert Holden or Love Freedom and Aloneness by Osho You will love Robert Mack s uplifting profoundly practical message in Love from the Inside Out

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