

Ashes Transformed Healing From Trauma

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Prayer guidance follows each story and leads the readers into their own awareness of God's grace and of personal struggles.

Kathy Morris takes us on a healing journey of childhood sexual trauma, domestic violence, and addictions. Her transformation from victim to healer is a living testimony of the power of human ability to overcome all adversities. Her story demonstrates how you can redefine your life and live with joy and unconditional love no matter what tragedies you have experienced.

In the eerie, classic television show The Twilight Zone, characters caught in the zone wanted nothing more than to return to normal life. Similarly, survivors of severe trauma fall into the trauma zone--place they want to escape from, but can't. Some cannot move forward, feeling stuck and victimized by their past. Some cannot see the present, living in denial of what has happened. And others cannot learn from the past, repeating the same mistakes over and over. All of them find they can't cope with the overwhelming emotions that accompany trauma. Collins, a licensed psychologist with over 25 years experience in the healthcare field, believes there is a way out of the trauma zone and back to emotional health, a path he outlines in this practical, encouraging book.

Will Smith in I Am Legend. Leonardo DiCaprio in Titanic. Charlton Heston in just about everything. Viewers of Hollywood action films are no doubt familiar with the sacrificial victim-hero, the male protagonist who nobly gives up his life so that others may be saved. Washed in Blood argues that such sacrificial films are especially prominent in eras when the nation-and American manhood-is thought to be in crisis. The sacrificial victim-hero, continually imperiled and frequently exhibiting classic symptoms of post-traumatic stress disorder, thus bears the trauma of the nation. Claire Sisco King offers an in-depth study of three prominent cycles of Hollywood films that follow the sacrificial narrative: the early-to-mid 1970s, the mid-to-late 1990s, and the mid-to-late 2000s. From Vietnam-era disaster movies to post-9/11 apocalyptic thrillers, she examines how each film represents traumatized American masculinity and national identity. What she uncovers is a cinematic tendency to position straight white men as America's most valuable citizens-and its noblest victims.

How can the church honor a person's profound experience of struggle, change or celebration? How can corporate worship link to the unique and real-life needs of the people in the pews? God wants us to be whole. One of the purposes of the church is to encourage that. However, in seeking to provide something for everyone, corporate worship traditions may have lost a personal touch that members need. Perhaps your most dedicated parishioner, for whatever reason, looks outside the congregation for support or growth. Positive change comes from these efforts, but often the much needed spiritual element is left unaddressed. In Gathered Together: Creating Personal Liturgies for Healing and Transformation, Norberg offers ideas for creating tailor-made liturgies that connect daily life with the rituals of worship. "Individualized healing liturgies are not psychotherapy but a wonderful adjunct to an inner journey that may include therapy," Norberg writes. "Personal liturgies can bring a vital component to the life of the church. [They] offer an exciting, affective, even necessary, contribution to personal growth-a natural addition to healing ministries." Norberg details more than two dozen custom liturgies she has designed and led among the "ad hoc church," honoring such specific events as finding a vocation, recovering from illness, giving up false hopes and receiving first car keys. These liturgies are truly faith in action-intimate, honest and deeply transformative-as a congregation of close friends participate with the celebrant in a service uniquely designed around a personal need. Her wise, creative guidance will inspire pastors to widen the scope of the liturgy and encourage laypeople to seek an authentic bridge between the personal journey and church life.

A simple fun holistic and non-analytical way to let dreams speak. Dreams are a nightly school that challenges us to grow emotionally and spiritually. This book will lead readers to a new way of growing, of praying, of spiritual discovery. Dreams are a nightly school challenging us to grow emotionally and spiritually. Find a new way of growing, of praying, of spiritual discovery. This process isn't therapy but a way to explore our own dreams and open us to the Holy One in a new way. The Chocolate-Covered Umbrella contains personal examples and stories, and features step-by-step instructions on how to decode your dreams.

Forgiveness: Learning How to Forgive by Julia Frazier White is a book for people who have been deeply hurt and caught in a vortex of anger, depression, and resentment. Julia White shares how forgiveness can reduce anxiety and depression while increasing self esteem and hopefulness toward ones future. This fresh new work demonstrates how forgiveness, approached in the correct manner, benefits the forgiver far more than the forgiven. Filled with wisdom and warm encouragement, the book leads the reader on a path that will bring clarity and peace. The act of forgiving is itself an exercise in restoring oneself to wholeness. When a heinous act is committed, sometimes one wonders if forgiveness is even possible. In this ground-breaking book, Dr. White gives us the seven steps that are taken in the forgiveness process. When we forgive, she says, we set a prisoner free and discover that the prisoner we set free is us. In an easy-to-read yet astute analysis of the meaning and value of forgiveness, Dr. White teaches the reader that forgiveness is a way of healing. She takes as her model sound biblical principles and outlines the many subtleties involved in forgiveness, such as distinguishing anger from hate, and noting that we only forgive those we blame (including ourselves). Forgetting may be more difficult, but at least Forgiveness: Learning How to Forgive can help us along the path toward release and healing.

Our stories are a gift to you. In a world where victims of trauma continue to silently struggle, Healing Hearts: Shatterproof makes the truth audible. Each of the fourteen authors in this anthology reach into painful memories not for the sake of reliving them, but rather to share how in places of great sorrow and suffering, a most noble courage can awaken. To demonstrate that joy can be found even after the darkest of days. To show how truth-telling can break a person free from pain and lead to healing of heart and soul. In these pages, you'll encounter stories of discrimination, abuse, loss, mental health struggles, and addiction, stories of people forced into secrecy and invisibility. Despite the best efforts of circumstances, abusers, or a culture that would have them stay silent, the writers in this collection did not disappear. Instead, they found themselves to be courageous, resilient and powerful. They also found a true and essential part of themselves that could not be destroyed, a part that is, as it turns out, shatterproof. These stories are their gift to you and a reminder of the essential, indestructible heart in each of us.

Sixty-Eight percent of children are abused by a family member in the United States according to the National Statistics on Child Abuse. Child Abuse can have a lasting effect on into Adulthood whether it was Neglect, Psychological, Physical or Sexual. As a Therapist for the last Eighteen Years, I have counseled with Adults, Youth and families who have experienced some type of Trauma in their childhood or present day lives. Beauty from the Ashes will examine in detail Celebrity Case Studies of Trauma and Abuse as well as dysfunctional character traits like Codependency, Attachment Disruption and Abandonment Syndrome. Beauty from the Ashes will provide several roads to healing and self-affirmation. Many of the Celebrities discussed in this book rose from the ashes of their past and created something beautiful from it and we Celebrate their accomplishments. One can choose to remain a victim and allow pain to transform you into a bitter resentful individual who harbors self-hatred. The guilt, humiliation and shame from abuse especially sexual abuse causes you to blame yourself but it is not your fault. In essence, you try to rationalize with yourself thinking maybe I could have stopped them or told someone and my life would have turned out differently. Beauty from the Ashes will expose all the insecurities experienced as a result of childhood Trauma and abuse and help the reader begin a path of wholeness and healing. Something Beautiful can be birthed from your pain if you decide to become a victor instead of a victim. God has given you the power to transform and live out your purpose on Earth.

Discover a way to authentic Christian spirituality in this sixth title in the Companions in Christ series. By shining the light of God's Word into the darkness of our lives, Hudson will lead you to a pathway of discovery and growth. Explore the markers of the journey: * Knowing Who You Are * Changing from the Inside * Listening to the Groans * Experiencing the God Who Heals * Discovering Community Together Join this journey to experience more deeply what it means to live as a follower of Christ. Understand the meaning of spiritual formation and how it leads to a spirituality that's authentic and grace-filled. Reflect on what your faith means in terms of who you are, how you must change, how you deal with pain, and how you relate to others. Be challenged to live the whole gospel by authentically connecting spirituality with discipleship.

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