

*Inhale*  
COMFORT,  
*Exhale*  
HOPE!



10 FUNERAL HOMILIES

MARK R. POWELL

# Inhale Comfort Exhale Hope

**Sherianna Boyle, MEd, CAGS**



## **Inhale Comfort Exhale Hope:**

**Reconstructing the Rubble** Kevin Jack, 2020-12-01 The lead pastor of Be Hope Church offers a guide for those who are questioning their faith and those who want to rebuild it Questioning our long held beliefs and assumptions can be a good thing But deconstructing your faith can also lead to dismantling it completely When one's childlike faith is not sturdy enough to handle the doubts and struggles of adulthood it needs rebuilt In *Reconstructing the Rubble* Kevin Jack walks readers through a spiritually healthy process of deconstruction and reconstruction Jack helps readers understand what is happening with friends or family members who are suddenly questioning everything And he offers advice on how to help loved ones rebuild their faith

*A Verse a Day for the Anxious Soul* Becky Keife, 2025-10-28 Find the relief you've been longing for calm your racing thoughts soothe your anxious soul and experience the peace of Jesus through 100 transformative devotions A lifeline from someone who truly understands what it's like to live with anxiety Her words are tender and theologically rich free of shame or spiritual striving Jennifer Dukes Lee author of *Growing Slow* and *It's All Under Control* Anxiety can make you feel stuck restless and overwhelmed your thoughts spinning your chest tight your prayers coming up empty But God hasn't abandoned you in your struggle He's inviting you into His unshakable peace *A Verse a Day for the Anxious Soul* is your daily companion to help you quiet the chaos within and anchor your heart in God's truth Through Scripture honest reflections and simple peace practices Bible teacher Becky Keife draws from her own experience with anxiety disorder to offer you a path to settle your mental storms even at three in the morning connect with God through prayer when words feel impossible recognize you're not alone in your struggle develop healthy rhythms for managing daily anxiety rest securely in the unchanging faithfulness of God You don't need to numb out push through or figure this out alone These transformative devotions will help you discover true freedom and see that even in your anxiety God is near *A Verse a Day for the Anxious Soul* makes a thoughtful and meaningful gift for Anyone seeking calm in the chaos of stress anxiety or overwhelm Friends walking through seasons of grief or uncertainty Small groups focused on prayer encouragement or mental health support Women and men ready for a fresh way to connect with God daily Teens and young adults navigating the pressures of an anxious world Pastors teachers and caregivers who hold the anxieties of others

*The Mother Wave* Andrea O'Reilly, Fiona Joy Green, 2024-09-01 Matricentric feminism seeks to make motherhood the business of feminism by positioning mothers' needs and concerns as the starting point for a theory and political on and for the empowerment of women as mothers Based on the conviction that mothering is a verb it understands that becoming and being a mother is not limited to biological mothers or cisgender women but rather to anyone who does the work of mothering as a central part of their life *The Mother Wave* the first ever book on the topic compellingly explores how mothers need a matricentric mode of feminism organized from and for their particular identity and work as mothers and because mothers remain disempowered despite sixty years of feminism The anthology makes visible the power of matricentric feminism as it is theorized enacted and represented to realize and achieve

the subversive potential of mothers and their contributions to feminist theory and activism Contributors share the impact and influence of matricentric feminism on families and children culture art literature education public policy social media and workplace practices through personal reflections scholarly essays memoir creative non fiction poetry and photography The mother wave of matricentric feminism invites conversations with others and offers a praxis of feminism that aims to coexist overlap and intersect with others

**Mindfulness in Multicultural Education** Kathryn Esther McIntosh,2022-08-15 Grounded in critical race feminism this book explores mindfulness as an empowering approach in multicultural education The author explores how learners of multicultural education by re centering the body through mindfulness with concrete strategies and scaffolded practice can be empowered to handle the activated emotions and deep self inquiry that come with the work of social justice liberation and anti racism This book includes counter stories of students of colors and offers both an epistemological and a curricular approach to mindfulness in multicultural education including discussion of theory and key principles in addition to ten modules with practices to engage learners These modules can be directly applied as the basis for curricular changes in teacher education and university wide social justice courses or they can be independently read by learners interested in enhancing their wellbeing and social justice Written for teacher preparation and university social justice courses this book encourages educators to contextualize their mindfulness practice within a critique of systems of oppression and ask questions about how mindfulness can empower action towards a more just society

Energy in Action Sherianna Boyle, MEd, CAGS,2023-05-02 A contemporary take on manifesting based on processing our emotions within the context of metaphysical truths to create a full life The universe responds to our feelings This idea is crucial in manifestation but when we try to put it into practice things fall flat and we feel stuck We can become afraid of what our fear is manifesting or defeated when our feelings aren t positive enough If your emotions aren t flowing and your manifestation practice just isn t working Sherianna Boyle has good news you can achieve a loving mastery of your emotions that will help you create the life you want Energy in Action explores how emotions when in flow raise your vibration to cultivate an optimal inner state for successful manifestation By applying her signature emotional detoxing and CLEANSE system Sherianna helps you get to know the spiritual laws of the universe as a guidance system for energetic alignment You ll learn to create from an inner space of discernment insight intuition and levelheadedness Here you ll explore How the universe responds to your emotional states Preparing to move energy with the CLEANSE system How to overcome the most common blockages to manifestation The spiritual laws of the universe beyond the law of attraction Practical tools to align your emotional energy for each law Emotional habits can seem tough to change says Sherianna but as you follow this process you ll discover that you re not alone the laws of the universe are supporting you each step of the way You can realize your most joyful and connected life

**And Breathe** Rebecca Dennis,2017-09-05 Boost Energy Combat Stress and Improve Heart Health Breathing is something we all know how to do And yet the majority of us lose our natural ability to breathe fully we are conditioned from

an early age to control our feelings and emotions and as a result our muscles tighten and our breathing patterns become restricted The impact on our mental and physical well being is huge Breath coach Rebecca Dennis shares the deep diaphragmatic breathing exercises that she uses with her clients to combat issues such as anxiety depression and low self esteem techniques that helped her heal from her own depression With simple exercises that can be done anywhere anytime And Breathe shows you how to harness the power of your own breath through conscious breathing which helps alleviate stress fatigue and negative emotions The result You ll feel calm yet energized focused yet relaxed Full of tips and real life testimonials the heart of And Breathe is the exercises which show you how to Conquer anxious thought patterns Relax and calm your mind Improve sleep Quell pre meeting butterflies or email overload Increase physical energy Expand your creativity By learning how to consciously connect to your breathe and encourage its natural rhythms you can let go of any unwanted patterns of emotions blockages and tension holding you back Just open the book and breathe Healing Through the Vagus Nerve Amanda Armstrong,2024-05-07 In Healing Through the Vagus Nerve join Amanda Armstrong Rise as We for a complete guide to understanding and working with your nervous system including specific exercises and strategies to improve vagal tone *Go Beyond Stress - 12 Self- Hypnotism Stress Busting Sessions* Gary Haymes,2010-09-24 Synopsis Go Beyond Stress Twelve Self Hypnotic Stress Busting Sessions Behavior and addiction modification through self hypnosis is the same as being hypnotized by a profession hypnotherapist Nearly 98 percent of all people can easily place the subconscious Inner brain into a self induced hypnotic trance Hypnosis is the state of brain everyone experiences shortly when awakening It works Can You Just Sit with Me? Natasha Smith,2023-09-26 It takes time and space to grieve well Sharing her own stories Natasha Smith invites us into a reflection on grief and how to cling to hope even in our darkest moments With practical tools and prayers that point us to God who always sits with us in our grief this book creates space for us to grieve learn and heal in healthy ways A Tail of Hope's Faith Diane Weinmann,2014-12-12 Once love blooms it never dies When traditional veterinary medicine did not offer any help one family learns the true meaning of dedication love and a promise kept by talking with their pet using the phenomenon of telepathic animal communication Learn how talking and applying holistic healing will help your pet when that heart wrenching time arrives Read this story and you will find answers to provide the best care for your furry family member A Tail of Hope s Faith proves beyond doubt that death is not an end We already know that your animal family member will always live on in your heart mind and life Be assured you will always be together as a love so strong will endure forever A Tail of Hope s Faith is a love story between a dog and her family as they experience physical and emotional healing beyond their wildest imagination which brings them full circle with life itself What would you do and how far would you go for your furry family member What could you learn if you would just listen **Chair Yoga and Gentle Exercises** Barrett Williams,ChatGPT,2025-02-23 Unlock the transformative power of movement with Chair Yoga and Gentle Exercises the ultimate guide to revitalizing both mind and body no pretzel like poses required This

accessible eBook opens the door to a world of wellness presenting chair yoga as the ideal pathway for anyone seeking an inclusive gentle and effective exercise routine Discover the fascinating history and underlying philosophy of chair yoga in Chapter 1 unraveling its profound roots and modern day relevance As you journey through the chapters you ll gain a comprehensive understanding of how these simple yet profound practices can enhance your physical health boost mental clarity and integrate seamlessly into everyday life With insights from scientific studies sprinkled throughout Chapter 2 sheds light on how chair yoga impacts your body and mind offering convincing evidence of its mental health benefits Prepare yourself for success by setting intentions and creating a soothing environment as outlined in Chapter 3 Safety first Navigate the nuances of adapting poses to your unique needs in Chapter 4 perfect for those with limited mobility Master the art of the breath in Chapter 5 and explore poses to invigorate both the upper and lower body in Chapter 6 For those seeking a bit more challenge Chapter 7 offers advanced practices focusing on strength flexibility and balance Meanwhile Chapter 9 guides you in cultivating stress relief techniques forming the bedrock of a calming relaxation ritual Beyond the movements Chapters 10 and 11 invite you to practice mindfulness and meditation turning your chair into a sanctuary of stillness and introspection Explore the holistic approach to health in Chapter 13 and connect with a supportive community of like minded practitioners in Chapter 14 Whether you re just starting or deepening your journey Chair Yoga and Gentle Exercises equips you with the tools to integrate these transformative practices into your life all while encouraging you to celebrate each step of your wellness journey Embrace a healthier more mindful you right from where you sit

**Pranayama beyond the Fundamentals** Richard Rosen,2006-11-14 For serious students of yoga who have an established pranayama practice this book is a follow up to Rosen s previous book The Yoga of Breath Here he picks up where he left off offering a selection of traditional yogic techniques for those who wish to deepen their practice of pranayama and their understanding of the ancient wisdom of yoga Rosen skillfully puts forward an array of awareness disciplines breathing practices mudras and seals interspersed with anecdotes and quotes from ancient texts A free audio program available online offers a variety of guided practices so that listeners can create their own pranayama series with guidance from the author in the appendix Download instructions available in the book

*On the Path* Wayne Bergthor Arnason,1989 On the path spirituality for youth and adults is a seven to ten session structured program that explores the nature and meaning of spirituality in the lives of youth and adults It is designed for use by groups of 15 to 18 year old youths college age people and adults The program requires a minimum of six participants the ideal group size is 8 to 12 participants and two leaders Introd

[Yoga Therapy across the Cancer Care Continuum](#) Leigh Leibel,Anne Pitman,2022-12-12 Facing cancer calls for skilled equitable and compassionate support Yoga therapists are part of an evidenced informed health care team uniquely qualified to support whole person community care throughout the continuum of the cancer experience professionally and with tender hearted humanity Yoga Therapy Across the Cancer Care Continuum Describes the unique emotional mental physical and spiritual experiences of

people at each stage of the cancer care continuum including diagnosis acute treatment no evidence of disease or living with chronic disease cancer recurrence and end of life and the responsive support offered by the breadth of individualized yoga therapy care Explains the biology of cancer and the challenges associated with type and stage of malignancy as well as adverse side effects of conventional treatment surgery radiation immunotherapy hormone therapy targeted therapy and hematopoietic stem cell transplant comorbid health conditions and their impact on the whole person mind body and soul Shares the unique perspective of 40 oncology yoga therapists with exceptional expertise working with diverse cancer populations in academic medical centers hospitals clinics studios in home and via telehealth includes clinical experience and scientific research that highlights relative contraindications and clinical pearls Explores a unique model of yoga therapy that is informed by ancient yoga philosophy and modern biomedical research reinforced by skillful and compassionate therapeutic relationship intelligent yoga practice and the tender hearted humanity of co regulation and resourcing for both patient client and therapist Highlights practical and professional considerations for yoga therapists and yoga teachers working in cancer including scope of practice informed consent safety considerations and contraindications liability insurance waivers clinical notes co assessments and essential referrals to allied health care professionals integrating yoga therapy into healthcare Acknowledges disparity and inequity in cancer care worldwide and advocates for inclusive safe and accessible yoga for all people impacted by cancer Calls for the integration of yoga therapy into standard oncology care discusses barriers obstacles and suggestions for the way forward Recognizes Yoga as a time honored mind body science originating in ancient India Yogic teachings presented in this book are shared with gratitude and utmost respect Yoga Therapy Across the Cancer Care Continuum is essential reading for all oncology professionals interested in yoga as an evidence informed therapeutic intervention to improve the lives of people with cancer and for self care including physicians nurse practitioners nurses physical therapists psychologists social workers acupuncturists yoga therapists and yoga teachers and all allied health professionals as well as people with cancer and survivors their families and caregivers List of Contributors Karen Apostolina Marsha D Banks Harold Cheryl Fenner Brown Marianne Woods Cirone Amelia Coffaro Nischala Joy Devi Christa Eppinghaus Teri Gandy Richardson Chandrika Gibson Sandra Susheela Gilbert Sadie Grossman Suveena Guglani Kate Holcombe Sharon Holly Kelsey Kraemer Tonia Kulp Johanne Lauktien Jennie Lee Annette Loudon Lee Majewski Smitha Mallaiah Sanmay Mukhopadhyay Bhavani Munamarty L rien Neargarder Charlotte Nuessle Maryam Ovissi Miriam Patterson Tina Paul Tari Prinster Lois Ramondetta Kiran Shenoy Stella Snyder Doreen Stein Seroussi Michelle Stortz Jennifer Collins Taylor Robyn Tiger Satyam Tripathi Tina Walter

**Meditation Now** Elizabeth Reninger, 2014-12-23 Ten minutes to a calmer more peaceful you From the creators of the Wall Street Journal bestseller Mindfulness Made Simple comes a new book to help busy meditators release tension relieve stress and reconnect with peace and tranquility Meditation Now A Beginner's Guide provides friendly advice step by step guidance and a range of ten minute meditations that fit easily into tight schedules Filled

with time honored practices and insightful discussions Meditation Now A Beginner s Guide makes it easy to learn meditation with Step by step instructions for 18 meditation techniques that can be practiced anytime anywhere 14 Take Ten meditations to promote mindfulness in everyday situations like traffic jams and work presentations Essential advice and guidelines for overcoming common obstacles like boredom and relating skillfully to thoughts and emotions 3 focused 28 day meditation plans for those months when you need extra emotional support happiness or relaxation Inspirational quotations and practical tips that motivate you to deepen your practice With Meditation Now A Beginner s Guide peace clarity and wisdom can be yours with just ten minutes of restful breathing a day

**Hope Again** Charles R. Swindoll,1997-11 Charles Swindoll uses the example of the apostle Peter to show readers how to find hope after pain loss or disappointment This is the paperback version of Swindoll s bestselling book

Counseling and Psychotherapy Marty Sapp,1997 This book provides a contemporary approach to counseling and psychotherapy theories Many of the chapters are brief and experiential exercises are presented that help bring the theories to life Each chapter has an overview and summary key terms are in boldface type and many chapters have glossaries Also examination questions are provided toward the end of each chapter This book also provides coverage of the DSM IV and the new ethical principles of ACA and APA Contents Overview Associated Research Counseling and Psychotherapy Efficacy Research Foundational Theories Criteria for Evaluating Counseling and Psychotherapy Theories Overview of Traditional Psychoanalytic and Other Prominent Psychoanalysts Adlerian Counseling Precursor to Cognitive Behavioral Theories Cognitive Behavioral Theories Level III Counseling Theories Bandura s and Other Social Learning Theories Ellis s Rational Emotive Behavior Therapy Multimodal Behavior Therapy Cognitive Therapy Cognitive Behavior Modification Personal Constructs Psychotherapy Transactional Analysis A Primarily Cognitive approach to Counseling Reality Therapy A Cognitive Behavioral Counseling Approach Affective Theories Existential Therapy Perl s Gestalt Therapy Affective Experiential Level III Counseling Theory Roger s Person Centered Counseling Levels I and II Counseling Theory Alcohol and Drug Counseling

Living the Christ Life Louise Mangan,Nancy Wyse,Lori Farr,2001 This valuable program resource for clergy worship planners and lay leaders offers practical tools for celebrating the Christian year at church home or school Organized around the cycles of Christmas and Easter it provides activities craft ideas prayers meditations and ways to encounter scripture Background information to origins of festivals colors symbols and art of the various seasons will help you deepen your understanding and experience of Christian faith Indexed by scripture reference and theme Includes a glossary Permission to photocopy portions of text and prayers for use in worship services

**Caregiving Through Repressed Trauma : Survival Guide For Caregivers** Kristina Jones, Caregiving Through Repressed Trauma Survival Guide For Caregivers is a compassionate and practical resource designed for caregivers who are balancing the demands of caring for loved ones while facing their own emotional challenges Drawing from personal experiences and trauma informed insights this guide provides tools strategies and support to help caregivers manage their



trauma avoid burnout and maintain their well being The book explores the complexities of caregiving while addressing topics such as recognizing the impact of trauma on caregiving roles setting healthy boundaries and implementing self care practices It emphasizes the importance of healing for the caregiver as a priority rather than an afterthought With practical advice this guide empowers caregivers to take control of their healing journey while continuing to offer care to those in need Whether you are dealing with repressed trauma or the ongoing stress of caregiving this guide offers a lifeline reminding you that your well being matters too Emotional Detox Now Sherianna Boyle, MEd, CAGS, 2022-02-08 Quick easy emotional detoxes for whatever life throws at you Feeling uninspired on a every Monday morning Cleanse it Fuming after an argument two days later Cleanse it Exhausted by drama at the office Cleanse it Author Sherianna Boyle s simple cleanse system will help you process difficult and overwhelming emotions no matter what they may be Emotional Detox Now gives you the tools to take on whatever life throws your way Covering over 135 different emotions and situations from decision making and disappointment to homesickness and heartbreak the book includes a cleanse for every situation and scenario It takes only a few minutes to move through the cleanse process but you will find that the practice transforms your attitude By checking in with your body and allowing your emotions to fully manifest instead of brushing them aside you will be able to process what you are feeling and step back into your life refreshed and empowered to confront whatever challenge you may be facing

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