



# RISING ABOVE PORNOGRAPHY

Rebecca Lomas

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## **Rising Above Pornography:**

**Rising Above Pornography** Rebecca Lomas, 2002-07-01 Rebecca Lomas well articulated work brings to the fore the real issues behind the hype and points the finger at the media too for failing in its duty to create consciousness This is a must read for all people who value the dignity of our mothers sisters wives and daughters **Rising Above** Jerry Wilde, 1996

Rise Above the Story Karena Kilcoyne, 2024-01-23 USA Today Bestseller Publishers Weekly Bestseller A well reasoned and highly accessible manual for overcoming past trauma and attaining truly unlimited lives Kirkus Reviews Prepare to be captivated moved and ultimately uplifted by a tale that reminds us that we are stronger than we think Suzi Weiss Fischmann author and OPI co founder Karena shows us how to liberate ourselves from the grip of those experiences that all too often limit our chances to live life to the fullest This book is truly a gift of love Mike Love lead singer and lyricist of The Beach Boys The ultimate guidebook on how to heal from trauma Karena s early life had been defined by stories of shame and abandonment but as an adult she wondered who could she be without those stories Who would she be without her past defining her present After years of working to heal herself she wrote Rise Above the Story as a guidebook to help others free themselves from past pain and trauma Part memoir and part self help this book uses a 3 part evidence based formula to ease the fear and overwhelm we can feel when we re trying to heal our old wounds Everyone has a story Our emotional brain subconsciously writes our stories and anyone who has experienced trauma can have a story about how their trauma defined them including the author Before Karena Kilcoyne was a successful criminal defense attorney trauma defined her early life Her mother tried to give her away at birth Her father went to a federal penitentiary when she was 12 leaving the family poverty stricken and Karena to care for her siblings and her mentally unstable mother After her mother died she adopted her 9 year old brother and graduated from law school at the age of 24 She fought for the freedom of others while imprisoning herself in self doubt depression and anxiety Existing only in survival mode she repeatedly recounted the stories she d written about herself that she would never be enough that she could never be happy In Rise Above the Story Karena shares with raw vulnerability how she rose above her stories of abandonment worthlessness and shame She ll help you let go of your own past by embracing every beautiful imperfect piece of yourself no matter what your story looks like This healing journey is packaged into three parts Part 1 Acknowledge Your Story Get honest about the stories you re telling yourself and how they ve limited you your life and your dreams By the end of this section you ll be excitedly wondering who you could be if you left your story behind Part 2 Untangle Your Story We ll explore how you got tangled up in your story in the first place and how it took control of your life Through exercises spiritual tools and journal prompts you ll unearth past traumas and set yourself free once and for all Part 3 Rise Above Your Story We ll unearth lessons and wisdom found in the traumas we ve endured and dive deeply into self love In this part of the book you ll learn to embrace every part of yourself even the past traumas you ve cast away in shame Rising above your story will empower you to live the life of your dreams Karena s beautifully simple yet

powerful formula offers emotional freedom and unfettered joy when you're ready to embrace the vibrant worthy and lovable person you truly are *Sex Matters* Osho,2003-07-11 One of the greatest spiritual thinkers of the twentieth century explores the physical and emotional intimacies of men and women in *Sex Matters* *Sex to Superconsciousness* Sex matters to us all The Osho approach to sex begins with an understanding of how important love is in our lives while at the same time acknowledges that the journey into love cannot exclude our innate biological energies With this perspective it becomes clear that the tendency for religions and for society in general to associate sex with sin and morality has been a great misfortune *Sex Matters* begins by deconstructing the layers of sexual repression that the condemnation of sex has inflicted on humans Throughout the book in response to questions about everything from jealousy to premature ejaculation the role of intimacy and the differences between men and women Osho proposes a vision that embraces sex as a fundamental gift from nature We learn how orgasm offers a glimpse of timelessness thoughtlessness and pure awareness biology's way of pointing toward the consciousness that helps us to understand ourselves Finally we are presented with a clear choice a repressed sexuality that leads to pornography perversion and a stunted humanity or a playful respectful and relaxed innocence that supports us in becoming fulfilled and whole as nature intended Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness He has been described by the Sunday Times of London as one of the 1000 Makers of the 20th Century and by Sunday Mid Day India as one of the ten people along with Gandhi Nehru and Buddha who have changed the destiny of India Since his death in 1990 the influence of his teachings continues to expand reaching seekers of all ages in virtually every country of the world **Sex, Slavery and the Trafficked Woman** Ramona Vijayarasa,2016-03-03 *Sex Slavery and the Trafficked Woman* is a go to text for readers who seek a comprehensive overview of the meaning of human trafficking and current debates and perspectives on the issue It presents a more nuanced understanding of human trafficking and its victims by examining and challenging the conventional assumptions that sit at the heart of mainstream approaches to the topic A pioneering study the arguments made in this book are largely drawn from the author's fieldwork in Ukraine Vietnam and Ghana The author demonstrates to readers how a law enforcement and criminal justice oriented approach to trafficking has developed at the expense of a migration and human rights perspective She highlights the importance of viewing trafficking within a broad spectrum of migratory movement The author contests the coerced female victim archetype as stereotypical and challenges the reader to understand trafficking in an alternative manner introducing the counterintuitive concept of the voluntary victim Overall this text provides readers of migration and development gender studies women's rights and international law a comprehensive and multidisciplinary analysis of the concept of trafficking **From Sex to Superconsciousness** Osho,2002 Extemporaneous talks given by the author in Mumbai India **Unbroken by Porn** Ashley Ramos,2023-02-21 Having a spouse with a porn addiction is something that can break a marriage What do you do when you find out your husband has been looking at porn How do you

forgive How do you move forward What does the Bible say about a situation like this Maybe you re wondering if it is your fault Why doesn t he have self control Can my marriage be saved Does he still love me He looked got hooked and now you re hurt Unbroken by Porn tackles the tough questions that every woman asks when she realizes her husband has been looking at porn While it is easy to play the victim this book inspires women to fight the real enemy behind this addiction not their husbands With practical tips as well as spiritual insight women will be equipped to stand firm in their relationship with the Lord to see their spouse be free from this addiction They too will be able to say they are unbroken by porn **The American Theosophist** ,1912 **Yoga Gems** Georg Feuerstein, Ph.D.,2008-12-10 Here is an inspirational and accessible introduction to the deep inner wisdom of yoga gathered from sources both ancient and modern by one of America s most respected yoga scholars YOGA GEMS For the millions of Americans who now practice yoga regularly here is the perfect introduction to the rich philosophical and spiritual tradition behind the exercises George Feuerstein has drawn short memorable quotations from the key texts of this five thousand year old legacy with an emphasis on the wisdom of modern yoga masters The quotations have been selected and arranged to address the needs of yoga practitioners in the twenty first century Among the many themes touched on in this treasure of a book the process of inner growth the value of silence how to meditate how to infuse everyday life with joy universal kinship overcoming suffering dealing with grief loss anger and jealousy remembering and cultivating one s true inner self developing self discipline and bringing out the good in all you say and do For both new and experienced yoga students alike Yoga Gems is the perfect travel companion on the road to inner peace **Napoleon and the Fair Sex** Frédéric Masson,1894 *The Conquest of Death* Abbot Kinney,1893 **Census of India, 1891** ,1893 **The Proceedings of the Scientific Meetings of the Zoological Society of London** Zoological Society of London,1876 De Rerum Natura Libri Sex Titus Lucretius Carus,1873 *The Rebellious Enlightened Master* Osho Swami Jñānabhedā,2006 On the life and visions of Osho 1931 1990 Indian spiritual leader **Creator and Creation** Laurens Perseus Hickok,1872 **Proceedings of the Zoological Society of London** ,1876 **P. Vergilii Maronis Aeneidos: libri priores sex, ed. with notes by L. Schmitz** Publius Vergilius Maro,1879 *Outlines of Men, Women, and Things* Mary Clemmer,1873 **The Dramatic Works of Molière** Molière,1889

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