

FINDING MY LIGHT

Kathryn Ann Webster was seven when she read a passage from a book that was to change the entire trajectory of her life. Her family life may have been littered with trauma, alcoholism, abuse, neglect, and abandonment but according to the pages Kathryn held in her hands, heaven was a place she was free to create with the power of her mind. Her quest for this knowledge of inner peace and acceptance transformed her, taking her over oceans and across continents to Peru, Africa, India and finally settling in Spain where she devoted her life to studying, teaching and imparting the timeless wisdom of yoga that is available to every single human being at any time.

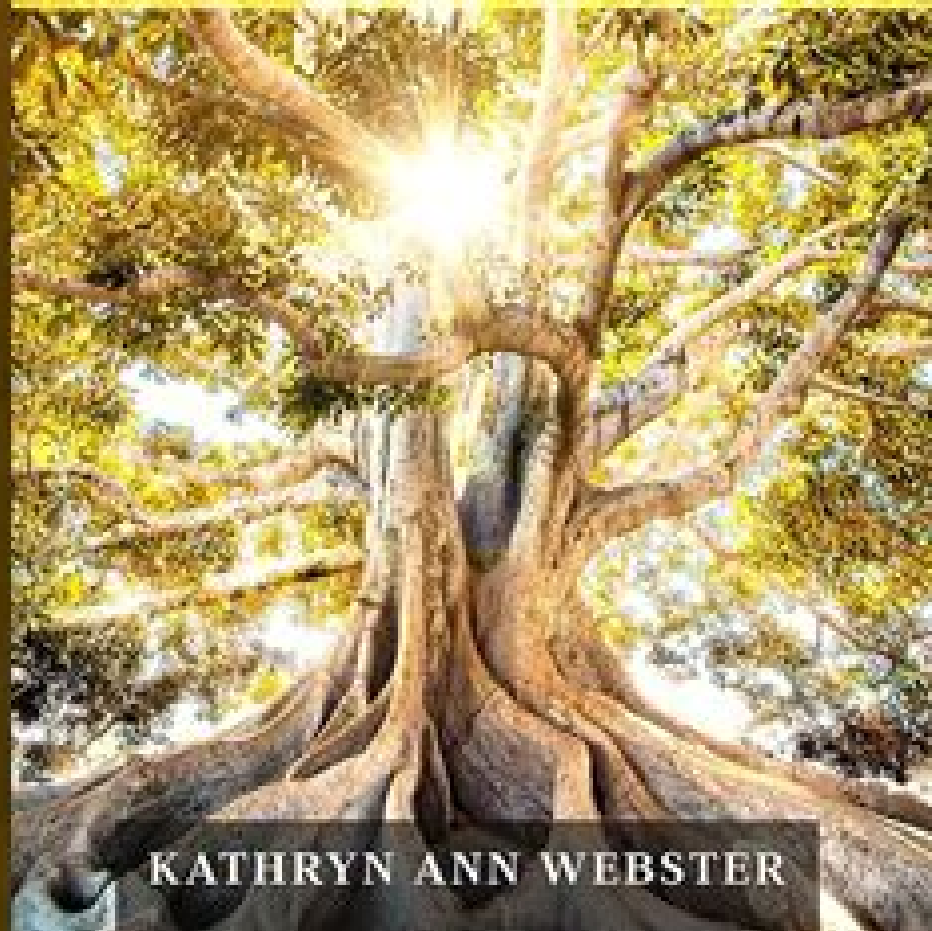
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A YOGI'S MEMOIR & GUIDEBOOK



KATHRYN ANN WEBSTER

Finding My Light

Guideposts



Finding My Light:

Finding My Light in the Darkness Pasquale De Marco, 2025-05-11 In this profound and inspiring book Pasquale De Marco shares a personal journey of self discovery and enlightenment offering a guiding light for anyone seeking to find their way through the darkness Through a series of introspective essays Pasquale De Marco explores the challenges and triumphs of finding light in the darkest of times Drawing from personal experiences and ancient wisdom Pasquale De Marco provides practical tools and insights to help readers Overcome self doubt and embrace their inner strength Find clarity and purpose in their lives Cultivate resilience and face adversity with courage Build meaningful relationships and create a fulfilling life Discover the power of mindfulness and self awareness Finding My Light in the Darkness is a beacon of hope for anyone who is seeking to illuminate their path and find their way through the darkness Whether you are facing personal struggles seeking spiritual growth or simply looking to live a more meaningful life this book will provide you with the guidance and inspiration you need to find your light within Throughout this journey of self discovery Pasquale De Marco encourages readers to embrace the unknown trust their intuition and never give up on their dreams With each step forward no matter how small you will come closer to finding your true purpose and living a life filled with joy and fulfillment Remember the light within you is always there even when it feels like it has been extinguished With courage self compassion and a willingness to explore the depths of your being you can rediscover your inner light and illuminate the path ahead If you like this book write a review on google books

Shine Allison Allen, 2017-09-05 It s time you stepped into the light of God s role for you Actors aren t the only ones who play characters Many of us do much of the time We walk into a room figure out who we re supposed to be in this context slip into character and say the lines we know we should say We become someone else Maybe we tell ourselves it s some version of us but deep down we know this inauthentic character is not what God wants for our lives and it s not what we want either With fascinating personal stories and sharp insight into human nature former actor Allison Allen calls you to drop the brave act and step into the role of a lifetime being your real self in Christ no matter what the critics might say She gives you permission to talk about rather than around the things you feel freeing you to step out of the shadows and into the light of God s true calling The life giving content on these pages has the power to fill your sails with holy wind and literally change the trajectory of your story Lisa Harper bestselling author and Bible teacher In this book Allison shares stories of conquering fear pain and rejection that uniquely paved the way toward growth joy and wisdom She teaches us to rise above it all and experience God s beautiful light You will most definitely be inspired Scott Hamilton Olympic figure skating champion sports commentator inspirational speaker cancer survivor Through Allison s beautifully transparent story you and I are encouraged to step out of the shadows of fear and self doubt and in Jesus s name shine Sheila Walsh bestselling author of In the Middle of the Mess co host of LIFE Today

Finding Voice William B. Kincaid, 2012-11-30 In Finding Voice Kincaid employs an often used but somewhat elusive metaphor voice as a way of speaking of pastoral

identity and contends that a lively imaginative pastoral voice emerges from a thorough grasp of context theology pastoral roles personal journey and systemic dynamics Designed as a text for the field education contextual education and supervised ministry experiences of seminary students and others preparing for congregational leadership Finding Voice examines in depth how people are experiencing each of these constituent parts of pastoral voice at their student ministry sites not only to learn about each of the areas but also to recognize and understand what is being called forth in the students as they engage these five key experiences and begin to visualize their future ministry The book further explores the opportunities created when the five aspects of pastoral identity are in conflict with one another In the absence of any one of these or the imbalance of them pastoral voice gets skewed and vibrant effective ministry is undermined Finding Voice urges students to begin now with field education to engage a practice of ministry that is imaginative courageous nimble and faithful

Finding My Way Home Sara Bennett Brodzinski, 2022-08-30 Finding My Way Home shares personal testimonies of hardship and triumph that will remind you that you are not alone In a world that can leave you feeling hopeless you will discover the answer to the void that lives inside each of us The empty space that can only be filled with one thing Jesus Come on this journey with others and experience the joy this author found while learning to praise in the storms of life Hear about a relentless God who longs to call you His A God who wants to join you as you find your way home

Finding Polaris Cynthia Tyler, 2011-04-04 Christine Cameron is at a crossroads Again She has survived the murder of her lover and found new romance She has won the challenge of a hostile takeover of her company and made it thrive Now all she has to do is repeat the process all over again But this time her life will hang in the balance Evidence suggests her girlfriend is cheating At work an evil power monger is trying to cut Chris out of power Chris decides after nearly dying on a hiking trip in the Mojave Desert that she needs to hone her survival skills and reflect on her relationship And she wants to do it in the company of an exciting new woman she meets while recovering from her accident Little does she know the secrets that will be uncovered in a modern day ghost town and the danger that waits as she seeks a compass for her life Finding Polaris is about adventure love integrity and survival Borrowing from recent history the novel is set in the rugged desert bordering Joshua Tree National Park and is loosely based on events that happened to the one time flourishing town of Eagle Mountain now an abandoned monument to the ambition of a pioneer in the art of corporate profiteering

Backslide Carl Kenney, 2010-09-23 THE JOURNEY OF A MAN AND THREE WOMEN FINDING FREEDOM IN THE TRINITY Backslide I always held Pastors to such high standards To me they were the closest thing to GOD I have actually left churches for mistakes that Pastors had made How hypercritical of me After reading the book Backslide my thoughts have changed The first think I realized is that Pastors are human They have the same trials and tribulations if not more than the congregation they minister o I appreciate the authors honesty and willingness to share life experiences to educate others Backslide is a definite read Tanisha Bagley author of The Price of Love Culturally literate morally sophisticated socially compassionate and poitically conscious Reverend Carl Kenney has long proven himself to be a

man of the people and of the spirit Reverend Kenney is a constant reminder that there are no boundaries to the spiritual worlds we are all destined to inhabit Mark Anthony Neal author of *New Black Man Rethinking Black Masculinity* This book is a truly emotional piece of fiction It is a story comes from some very real places Shinning a bright light on some very dark corners A raw piece of art imitating life YahZarah ABOUT THE AUTHOR Affectionately known as Kenney the voice of many Carl grew up in Columbia Missouri He received his Bachelor s degree in Journalism from the University of Missouri Columbia He furthered his education at Duke University and attached a Master of Divinity He was named a Fellow in Pastoral Leadership Development at the Princeton Theological Seminary on May 14 2005 He is a freelance writer with his commentary appearing in the News Observer The Independent Weekly The Durham Herald Sun Tribes Magazine Spectacular Magazine The Triangle Tribune and The Zion Herald Carl is the author of the novel *Preacha Man* He resides in Durham North Carolina where is Pastor of Compassion Ministries of Durham an American Baptist Church founded under his leadership in 2002 Cover design and illustration by Pandora Frazier

Finding Grace Eiman Al Zaabi,2019-10-28 We humans have always found life to be uncertain even under the best of circumstances Today we are facing not only daily individual challenges but also a profound shared anxiety brought on by political polarization economic inequality climate change and the toxic effects of social media The turbulence can be exhausting We may wonder How can I go on Responding to the challenges of the modern world is an endurance event not a sprint It s essential that we learn how to swim through the dark waves to reach the light In *Finding Grace* Eiman Al Zaabi offers 365 inspirations that gently guide us toward connecting with our greatest resource the loving support of the Divine She shows us that the chaos of today s reality is a force for personal growth and the evolution of human society and the antidote to uncertainty is not certainty but rather surrender to the Divine power who guides and cares for his creation Change is inevitable and its speed is exhausting but we can feel secure in the knowledge that our connection with the Divine will allow us to ride the waves realize our true destiny and make our contribution on planet Earth

Finding My Frequency Saye Z. B. Zonen,2013-11-19 If your current situation is not the ultimate condition envisioned for your life are you contemplating change While our internal being experiences metamorphosis constantly our view of what is possible externally gets corrupted very early on in life We adopt a routine out of fear never attempting to try out the ideas we ponder daily Why should you and how will you change The truth about who we are and what we can do is instinctively known to each and everyone of us but we settle for what comes standard paychecks perks and pension We all have buried deep within us mediocrity and mightiness co existing side by side The power to push ourselves from the orbit of the ordinary to the place of our fullest potential lies dormant in each and every one of us We however see the climb as cumbersome and so we yield with the masses on the path of least resistance This book s dual purpose is firstly to explain and affirm that YES it is possible to change course even when our responsibilities or obligations seem insurmountable It shows how one man s courage to stick his existence on finding where he comes alive was made

manifest We must endeavor to find that unique place where we can distribute our true talent overtime Until we operate on our center frequency we will never find our ultimate condition The Breatharian Jason Zeitler,2024-01-01 Nine engaging stories involving varying degrees of madness and despair with occasional doses of the grotesque and the macabre Spanning three continents these stories take the reader all over the map from Sri Lanka to the UK to the United States and back again The plotlines are as diverse as the settings and range from coming of age stories to borderline horror stories A Sri Lankan living in Boston visits a distant relative in London against his will A psychiatrist has a new refrigerator delivered to his house and one thing after another goes wrong A Tucson teacher combats ground squirrels in his subdivision A businessman goes to Denver to save his career and gets more than he bargained for In the title story The Breatharian a fifteen year old Sri Lankan boy obsesses over the appearance of a stranger in his village He cannot rest until he discovers the truth Is the breatharian a saint a madman or something else entirely Read to find out Nine brilliant renderings of psychological realism If you re not a fan of stories with happy or pat endings then this collection is for you Maximillian Quidproquo author of How to Get Published in Today s Market and a close personal friend of the author s **Self-Care for Moms: Finding Your Moment of Peace** Morgan Dalmolin,2023-01-13 Self Care for Moms Finding Your Moment of Peace by Morgan Dalmolin She holds it all together until she doesn t Self Care for Moms is not another to do list disguised as wellness It s a quiet luxurious reset written for the woman who s done settling for scraps of rest for chaotic mornings for a life that doesn t match her spirit Written by bestselling author and mother of three Morgan Dalmolin this book is a sanctuary in digital form Inside you ll find Soft truths for the mom who s been surviving in silence Journal style chapters that feel like coffee with your future self Stories mindset shifts and subtle power moves that change everything This isn t about becoming someone else It s about remembering who you were before you forgot yourself Welcome to DalmolinHaus curated for the woman you re becoming DalmolinHaus MorganDalmolin The comeback is always personal **Daily Words of Encouragement to Live by** Jim Bostic,Jim Bostic Th. Ds.,2012-12 Life for many people does not offer much to be celebrated Finances are tight relationships have gone badly health concerns have risen children are becoming unmanageable and it has caused many people to feel defeated The Daily Words of Encouragement will lift the broken hearted give hope to the hopeless and bring healing for your soul *Songs of My Heart* Beshera,2015-03-11 I truly love God and all that He is with every part of me I hope that these Songs of my Heart touch and bless every heart who reads this book **Living Flowy** Josefine Gaude,2020-11-01 Are you rushing through life Trying to fit in and get the home and the things you desire yet you still feel that something is missing Josefine Gaude hurried from the interior design firm to pick up her 2 5 year old daughter from kindergarten The little girl usually the only child left looked up from the puzzle with sadness in her eyes Mom you came That moment was crucial for the author of this book It was the beginning of a spiritual awakening and a new vision of life Living Flowy Living Flowy is a modern interior design and lifestyle technique which will give you inspiration and knowledge to create a home for love and

safety A place where the energy of the home is intertwined with the energy inside of you Living Flowy will help you to enhance the love peace and joy in your life Josefine Gaude is the creator of Living Flowy a unique combination of knowledge from interior design reiki healing and the power of crystals I AM a Lovable ME! Sharon Penchina,2003-01-06 I AM a Lovable ME Award Winning Children s Self Empowerment Series The I AM a Lovable ME series delivers the A B C s of self empowerment tools to last a lifetime and is aimed at the preschool audience where the greatest impact on child development takes place Laying the foundation for a child s self worth and self confidence an adorable enlightening bug named Lovable helps deliver the message of self love and self empowerment as children learn to develop a positive internal dialog use breathing as a coping mechanism care for their bodies deepen their compassion and kindness towards others and discover that their true sense of self resides deep within them And finally the story of Lovable and her crew of colorful critters that overcome obstacles and daily challenges by teaching them to use their strength and skills The Lovable ME series is praised by a host of notable authors child development specialists educators and parents and is a winner of the Mom s Choice award Parent to Parent Award only award program recognized by Disney for Best Children s Series and the CNE Award of Excellence as well as a coveted 1 Bestseller status on Amazon com I love this book Positive habit building beginning at an early age has a dramatic effect on the sub conscious mind The beautiful affirmations accompanied by brilliant illustrations in this book will draw parents and children to want to read this again and again Let this story and these affirmations become a magical and joyful part of your child s memories Mark Victor Hansen Co creator 1 New York Times best selling series Chicken Soup for the Soul Co author The One Minute Millionaire Wow I am amazed with this affirmation book The affirmation you included touch upon EVERYTHING in such a real way for the kids I laughed a lot of times too Jodi B Komitor MA Author of The Complete Idiot s Guide to Yoga with Kids Remind your child every evening just how special and loved they are as you read to them or with them and share these uplifting affirmations that will become a part of their internal dialog I AM a Lovable Me will make a positive loving lasting impression that your child can drift off to sleep by Jack Canfield Co author Chicken Soup for the Kid s Soul There is always a need for a well written book that delivers positive messages to children This one will become a favorite with the captivating bug that delivers catchy rhymes about the wonderful person they need to believe they are It s a great read aloud and one that children will soon be reciting themselves Ms Marty Rice retired teacher and children s book specialist for 10 years at Borders Books Music Caf **THE MYSTERY OF THE PORTAL** Trevor Dance,2022-04-11 The philosopher and educationalist Rudolf Steiner was also a radical dramatist who wrote four lengthy and complex plays The first of these The Portal of Initiation is rich in content and artistically presented but leaves us with questions Why is the first scene so long and many speeches so lengthy Why are our usual expectations of drama not met Was Steiner really a competent dramatist In this essential guide Trevor Dance suggests that the first step to appreciating The Portal of Initiation is to understand Steiner s methods The play belongs to the tradition of Mystery Dramas

from ancient times artistic works intended as vehicles for inner development Steiner thus combines aspects of Goethe's alchemical fable *The Green Snake and the Beautiful Lily* with the spiritual growth of contemporary individuals all in the broader context of reincarnation and karma With accessibility in mind the author provides a clear synopsis of each scene and introduces us to the characters a collection of rustics sophisticates hierophants and spiritual entities Their dilemmas and challenges take place on many layers of reality from a room in Sophia's house to the exalted Sun Temple Revealing the enigmas behind the creation and content of *The Portal of Initiation Dance* enables us not only to enjoy the play but also to love it His lucid guide the first of its kind is an ideal introduction for both individual readers and study groups *Two Little Boys* Melbourne W. Peat, 2014-06-02 This book is written for my two grandsons from my heart May you always remember the words

Daily Guideposts 2018 Guideposts, 2017-10-03 Daily Guideposts America's bestselling annual devotional is a 365 day devotional from the Editors of Guideposts that will help readers grow in their faith every day of the year Daily Guideposts 2018 centers on the theme Unfailing Love from Psalm 33:22 and is filled with brand new devotions from 49 writers Each day readers will enjoy a Scripture verse a true first person story told in an informal conversational style which shares the ways God speaks to us in the ordinary events of life and a brief prayer to help focus the reader to apply the day's message For those who wish for more Digging Deeper provides additional Bible references that relate to the day's reading Enjoy favorite writers like Debbie Macomber Edward Grinnan Elizabeth Sherrill Patricia Lorenz Julia Attaway Karen Barber Sabra Ciancanelli Marion Bond West Brian Doyle and Rick Hamlin In just five minutes a day Daily Guideposts helps readers find the spiritual richness in their own lives and welcomes them into a remarkable family of over one million people brought together by a desire to grow every day of the year *Paws and Listen* Jenny Shone, 2010-11 I decided to write this book to share some of the most memorable experiences I've had with the animals that have crossed my path over the years My greatest desire is to improve the lives of all animals and our relationships with them Everyone has the ability to achieve their greatest desires no matter what they are just as I have done I look forward to sharing with you some of the amazing stories the animals have shared with me Enjoy Jenny Shone Johannesburg October 2005 *In the Mind of Something Greater* Lisa C. Hynes, 2014-09-10 An unseen world of magic lies behind our thoughts and emotions The words inside this book explain how to look within your mind to find an unseen world that only you hold Do you dare to look into your thoughts Do you dare to find a world that brings you a voice Do you sit inside the corner of your mind Take a journey with this book and see what you will find There is a voice that speaks to you if you listen It will tell you who you are inside It will bring you happiness and ultimately love It will pull your world around and change you inside Look into the place that lies between your thoughts and emotions It will shine through your desperation You will be upon your knees when you find a world that touches your heart and bursts out for everyone to see The sun will shine just for you and the magic will appear in your day Do you dare to see how *In the Mind of Something Greater* can work for you *Archangels Speak* Margaret Doner, 2008-03 Are angels real or

imaginary Can they really save your life or intervene in your destiny If they are real can we talk to them like we would a good friend Do they hear our thoughts and know our every deed Do angels have opinions or judge us Archangels Speak answers these and many other questions The best way to use angels in your life is to think of them as a means to bring you into alignment with your Higher Truth and Higher Self When we get stuck in defensive points of view operating primarily from the defended ego we often get ourselves into ruts and patterns that make us miserable With the angel s words this book helps to bump us out of that ego mind and into something grander It asks us to consider Love before hate and challenges us to think in new ways

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