

Healing is Freedom: Setting People Free From The Struggle with Tammy Melton

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

An ordained minister and Licensed Professional Counselor, Tammy Melton's passion and purpose are to equip the saints for the work of the ministry, for the edifying of the body of Christ. In this episode, she shares how she uses her spiritual gifts to help people break free from the bondage of their emotional wounds so they can live in true emotional freedom. Tammy and Connie dive deep into what it is to live in bondage to pain based lies and how life changes with healing and freedom. If you're ready to live in true freedom so you can thrive in every area of life, including your calling, this episode is for you!

In this Episode, Tammy:

- Shares how inner healing sets people free from emotional wounds and lies that keep them in bondage and pain.
- Discusses the power and importance of counseling to heal lie based pain.
- Shares her wisdom and encouragement with people who are stuck and struggling.

Tammy is a Licensed Professional Counselor with the state of Georgia and an ordained minister with Harvest Network, International. She started Legacy Ministries for Christ, a non-profit Christian-based organization with the theme verse, "...equipping the saints for the work of the ministry, for the edifying of the body of Christ," (Ephesians 4:12, NKJV). They have a counseling and training center that offers professional and ministerial counseling as well as training for lay people in ministry. Tammy also started an LLC entitled Legacy Freedom for her speaking and writing. She is a Christian speaker and has authored two books, Loving God with All Five Senses and Refining Relationships with God, Self, and Others.

Quotes from this Episode:

"There is a stirring in you to do something for God and make a difference." - Tammy Melton

"So whatever it is that you're called to, I just have this desire to help you get there." - Tammy Melton

"I believe it is getting God's perspective because God's perspective always brings peace and calm."
- Tammy Melton

"The Lord does not want us to have tension in our lives." - Tammy Melton

"Faith is not faith until it's tested." - Tammy Melton

Resources:

Website:

<https://www.legacyministries.info/>

<http://www.legacyfreedom.net/>

<http://www.tammymelton.com/>

Facebook:

www.facebook.com/LegacyMinistries

www.facebook.com/LegacyFreedomLLC

Golden Timestamp:

23:47-24:37 - Shares how she educates people about what is going on in this world and that we have God.

43:16-43:59 - Talks about God's perspective and that it always brings peace and calm in us.

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