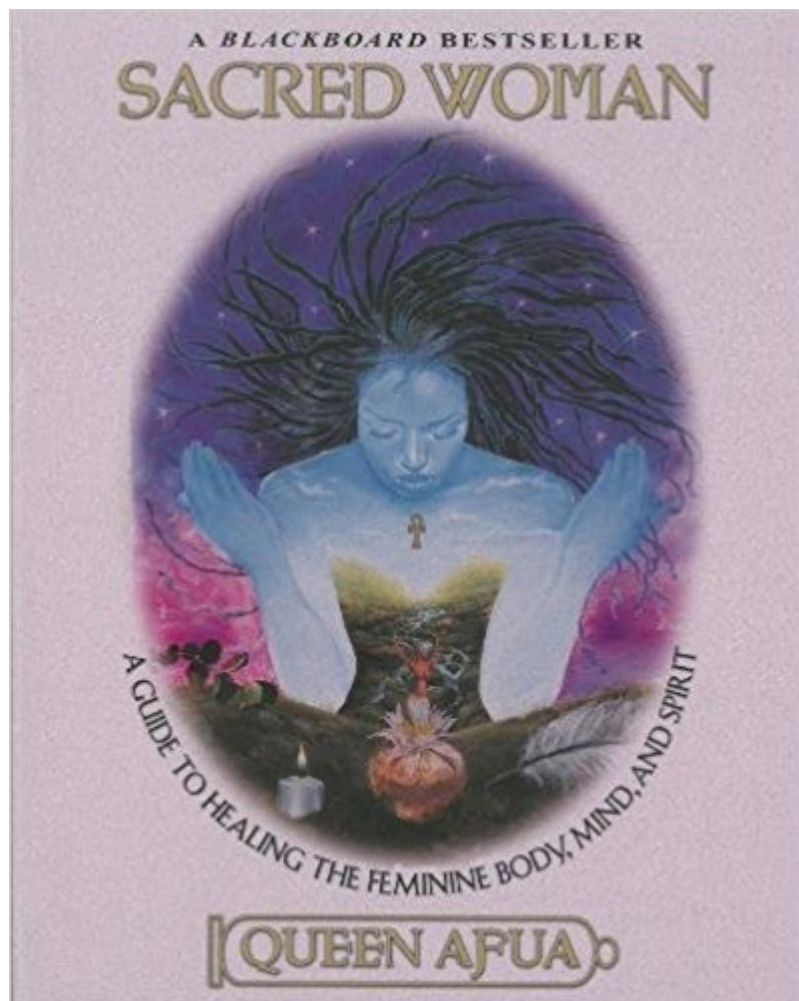




The book was found

Sacred Woman: A Guide To Healing The Feminine Body, Mind, And Spirit



Synopsis

Queen Afua is a nationally renowned herbalist, natural health expert, and dedicated healer of women's bodies and women's souls who practices a uniquely Afrocentric spirituality. Her classic bestseller, *Heal Thyself*, forever changed the way African Americans practice holistic health. Now, with *Sacred Woman*, she takes us on a transforming journey of physical and ancestral healing that will restore the magnificence of our spirits through sacred initiation. Queen Afua begins by helping us to discover our unique "womb-an-ness" "and to honor the womb as the center of our consciousness and creativity, giving us a twenty-one-day program for womb purification and spirit rejuvenation. Then Queen Afua summons us to enter the Nine Gateways of Initiation, where she blesses us with the exact tools we need to bring our beings into true harmony with the earth and the cosmos. Through extraordinary meditations, affirmations, and rituals rooted in ancient Egyptian temple teachings, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak; the foods we eat; the spaces we live and work in; the beauty we create in our lives; the healing energy we transmit to self and others; the relationships we nurture; the service we offer; and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women "to heal ourselves, the generations of women in our families, our communities, and our world.

Book Information

Paperback: 416 pages

Publisher: One World; 9/30/01 edition (October 30, 2001)

Language: English

ISBN-10: 0345434862

ISBN-13: 978-0345434869

Product Dimensions: 7.3 x 0.8 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 227 customer reviews

Best Sellers Rank: #7,832 in Books (See Top 100 in Books) #1 in Books > Sports & Outdoors > Individual Sports > Billiards & Pool #1 in Books > Religion & Spirituality > New Age & Spirituality > Sacred Sexuality #19 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism

Customer Reviews

parenting Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Priestess of Neb-Het, an ancient Afrakan order, and a holistic healer, Queen Afua here guides women to spiritual and physical health. Librarians heard her speak at BookExpo America at the joint LJ/Random House breakfast. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Love the book. This book gives full details on how to heal the body naturally through Afrikan rituals. I felt as if it took me into a journey to reuniting me with my heritage which also help me release a lot of hurt. I have recommended this book to my daughters and friends. It is very extensive to be ready to change your life.

This is a great reference book for the SPIRITUALLY advanced

Brand new and shipped perfect; well written, extensive information with easy to follow instructions. Written a few decades ago yet still very relevant, may need some updating on product and food suggestions. A must have for ANYONE looking to know themselves or partners intimately and spiritually. There are sections for the entire family.

Amazing book. I helped me through my womb healing.

This book is very informative. You take what you need from the book and leave the rest for someone else.

This book is amazing. It has helped guide me through life's roughness with ease.

It is amazing what I have been innately accomplishing! This book has been therapy for me and I have also learned about Afrakan ancestry and history. Must read for every Afrakan woman!

This book is a must have. This book is giving me to tool that allow me to let go of my past and become a more powerful woman.

[Download to continue reading...](#)

Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Healing:

Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1)
Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Wild Feminine: Finding Power, Spirit & Joy in the Female Body
The Seven Spiritual Laws of Yoga: A Practical Guide to Healing Body, Mind, and Spirit
Healing Secrets of the Native Americans: Herbs, Remedies, and Practices That Restore the Body, Refresh the Mind, and Rebuild the Spirit
Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1)
The Touch of Healing: Energizing the Body, Mind, and Spirit With Jin Shin Jyutsu
Waking the Spirit: A Musician's Journey Healing Body, Mind, and Soul
Healing Meditation (Nourish Mind Body and Spirit)
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ...
Energy Healing for Beginners Book 1)
Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone)
Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2)
Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1)
Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras)
Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best
Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

