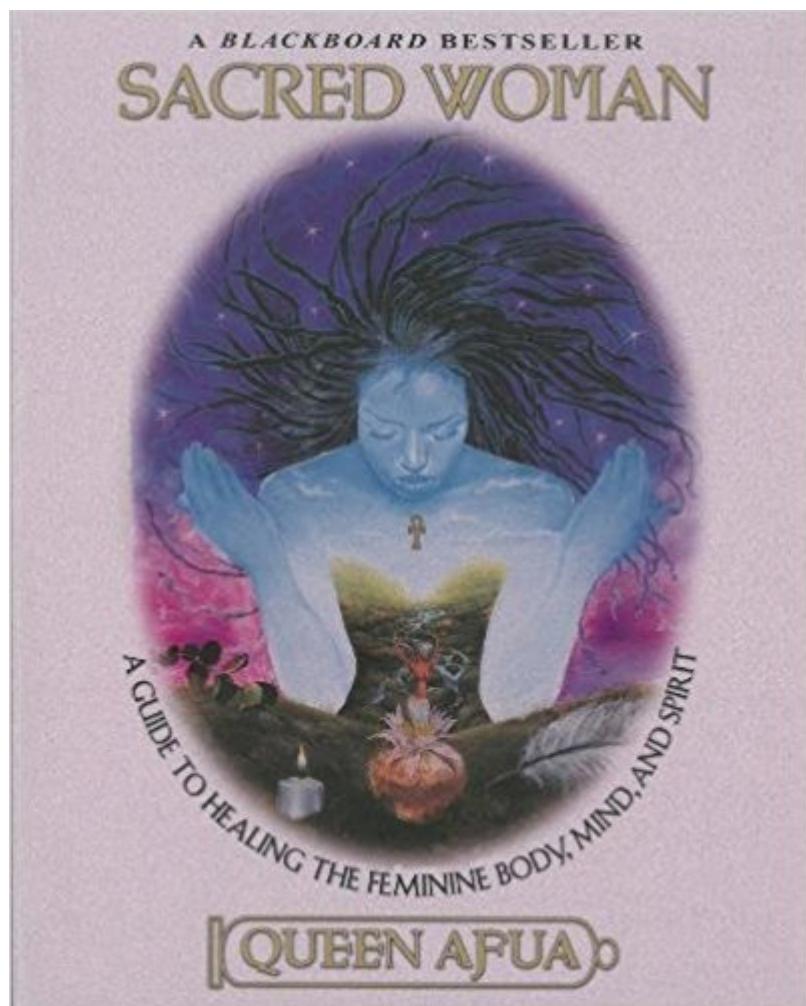


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# Sacred Woman: A Guide To Healing The Feminine Body, Mind, And Spirit



## 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 "œwomb-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

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## Customer Reviews

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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.

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