

Sacred Woman A Guide To Healing The Feminine Body Mind And Spirit By Queen Afua

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~~Sacred Woman A Guide To~~

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. Praise for Sacred Woman "Sacred Woman flings open the gates of understanding the feminine essence. It is the return of the soul force to women."

~~Sacred Woman: A Guide to Healing the Feminine Body, Mind~~

Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit. by. Queen Afua. 4.35 · Rating details · 830 ratings · 60 reviews. 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.

~~Sacred Woman: A Guide to Healing the Feminine Body, Mind~~

From the Back Cover. 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.

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~~Sacred Woman: A Guide to Healing the Feminine Body, Mind~~

Sacred Woman is a path and journey for inner freedom, a road map to Divinity. It is the road of emancipation, led by the First Mothers of the earth, Afrakan women. Sacred Woman consciousness is the ultimate answer to planetary healing. We are embarking upon a journey of liberation and our destination is freedom.

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~~Sacred Woman: A Guide to Healing the Feminine Body, Mind~~

Find many great new & used options and get the best deals for Sacred Woman : A Guide to Healing the Feminine Body, Mind, and Spirit by Queen Afua (2001, Trade Paperback, Reprint) at the best online prices at eBay! Free delivery for many products!

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, 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.

A spiritual healer and teacher guides women through the nine gateways of initiation, offering her plan for achieving balance and health in life.

The author of Heal Thyself instructs readers in the nine gateways of selfawareness and selfmastery, using ancient African traditions, foods, words, and ideas to invoke sacredness in all aspects of life.

A 84 Day Journal for Body, Mind & Spirit.

Sacred Lady is a term coined by Connie Omari that emphasizes the highest degree to which a woman creates her best self. Connie begins the sacred journey by inviting her readers to understand the ways in which a lack of a rite of passage for women in the United States severely hinders our emotional and psychological welfare. Recognizing the absence of such a formal ritual, Connie models the concept of a Sacred Lady by utilizing her clinical, educational, international, and spiritual experiences to create a rite of passage specififi c to the needs of women in the United States. The concepts included along this journey are selfconfidence, intimate relationships, intuition, family, personal identity, and spirituality. By utilizing these themes, Connie incorporates her knowledge of evidence-based practices and her relationship with God to educate and empower her readers. In doing so, Connie dares to challenge societal norms and expectations, uncovers avenues for embarking upon personal healing, and creates a pathway for her readers to empower themselves, their families, their communities, and the greater world. Interested readers, Connie welcomes you to join the Sacred Journey to Ladyhood.

How to enhance well-being by reconnecting to sacred womanhood • Shares ways to embody the power, wisdom, and compassion of the Great Mother • Reveals a woman’s purpose is to give birth not only to new life but also to new levels of consciousness • Shows how female illnesses represent a disconnection from our true identity as women Four thousand years ago, women were seen as living representatives of the Great Mother, whose cyclical and potent energy gave birth to all existence. Today, this sacred awareness has been lost or distorted, causing a collective amnesia among women around the world. However, there is one symbol of the Great Mother’s loving presence that has remained unchanged for tens of thousands of years: the physical body. Its curves, sensuality, softness, and monthly flow are constant reminders of this deep loving connection. When illness appears, especially within the breasts and fertility organs, a woman is being reminded to return to her pure and sacred identity, where death and birth are essential for growth and love flows without expectations. Combining more than 30 years’ experience in health care with in-depth research into the history and mythology of the divine feminine, Christine R. Page, M.D., reveals that women are the foundation of the birth of new levels of consciousness, without which the evolution of humanity will become barren and dry. Yet, such birth can occur only when women have the courage to reject the beliefs and images of the feminine imposed upon them four thousand years ago and reclaim their true identity. Through a fascinating journey into the body, Dr. Page shows the importance of self-love and self-respect and explains how sex is a natural process of unification where women take the lead, similar to the ancient sacred priestesses. Dr. Page reminds women to reconnect to the potent and creative energy of Mother Earth, which gives power to the intuitive voice of the heart and nurtures new seeds of inspiration and enlightenment through the womb.

Do you suspect that the answers to all your current problems can be found within the healing properties already inherent inside you? Are you a woman looking to reconnect with yourself? Are you seeking a way to experience a new level of personal growth and personal healing? Would you like to finally learn all about the power of meditation and the benefit it offers? And are you prepared to reclaim and feel proud of your womanhood? If you have answered yes to the following statements, then Sacred Woman: A Woman's Guide to Holistic Healing, Reconnecting with Your Body, and Unbinding Your Feminine Spirit is the book for you. To enjoy my book, one does not have to identify as a specific religion or belief because Sacred Woman is about spirituality and the divine. My book is meant to be a guide for any woman seeking to explore their power and potential. The power of femininity has sometimes been undermined; however, I provide concepts and the necessary foundations to harness one's spirituality while unleashing its power. We are so often bogged down by societal pressures and expectations. Stop, and take a step back; see how you can still be a force to be reckoned with while still respecting your mind, body, and spirit. Are you ready for the challenge? Are you ready to learn how to look internally and reclaim control over your well-being and happiness? I hope that through this text, you will regain the confidence you may have lost and recognize authenticity in your life. Treat your body like a temple, because it is: it is YOUR temple. Uncertain how my book can help? With each turning page, you will learn: Reviving the feminine spirit Understanding toxicity and its impact on you Reclaiming ownership over your mind, body, and spirit The link between emotional health and the relation to our well-being How to heal when you have experienced an emotional or spiritual trauma Everyday reinforcing practices that will allow you to maintain and preserve the inner goddess in you And so much more! Take a moment; realize that you have an undeniable power. There are times in your life that the people you think want to support you may be holding you back. You have courage, talent, and skills that can help you reach your full potential if you have not already. For those who feel they have reached their potential, my book provides useful tips to maintain this mentality in your day-to-day life. You deserve to feel happiness. Do you not deserve to feel powerful and proud of your womanhood? Unleash the woman in you. Never let your potential be muzzled or overshadowed. Click "Add to Cart" and see for yourself how Sacred Woman: A Woman's Guide to Holistic Healing, Reconnecting with Your Body, and Unbinding Your Feminine Spirit is going to be the key to your success!

Shows how dance, the highest expression of spirituality in cultures and traditions all over the world, is being integrated into the lives of women today • The first book to explore women's spiritual expression--women's ways--through a study of dance • Investigates how dance came to be excluded from worship, and reveals how dance is once again being brought into spiritual practices • Includes resources for further instruction in sacred dance Today we primarily think of dance as a form of entertainment or as a way to exercise or socialize. There was a time, however, when dance was considered the way to commune with the divine, a part of life's journey, celebrating the seasons and rhythms of the year and the rhythms of our lives. Dance is a language that reunites the body, mind, and soul. While the role of women's sacred dance was most valued in goddess-worshipping cultures where women served as priestesses and healers, dance was once an integral part of religious ritual and ceremonial expression in cultures all over the world, including Judaism and Christianity. In this book the author investigates how dance came to be excluded from worship and reveals how dance is once again being integrated into spiritual practices. Sacred Woman, Sacred Dance is the first book to explore women's spiritual expression--women's ways--through a study of dance. It describes sacred circles, birth rituals, ecstatic dances, and dances of loss and grief (in groups and individually) that allow women to integrate the movements of faith, healing, and power into their daily life.

