

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

By Queen Afua

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Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit
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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 ncient 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.

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Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit By Queen Afua Bibliography

- Sales Rank: #6173 in Books
- Brand: Afua, Queen
- Published on: 2001-10-30
- Released on: 2001-10-30
- Original language: English
- Number of items: 1
- Dimensions: 9.18" h x .87" w x 7.30" l, 1.10 pounds
- Binding: Paperback
- 416 pages

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Editorial Review

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From Library Journal
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.
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Review
"*Sacred Woman* flings open the gates of understanding the feminine essence. . . . It is the return of the soul force to women."
–JEWEL POOKRUM, M.D., PH.D. (Sunut Arit)

"Queen Afua is an extraordinary healer, teacher, mother, and keeper of our legacy. Through *Sacred Woman*, she has given us the sacred tools we need to live our lives in this new century."
–HAZELLE GOODMAN
Actress

"Just when I thought I was all alone, I found myself walking with a group of conscious women who were taking sacred steps and speaking sacred words. We were on our way to Queen Afua's Global Sacred Woman Village. Come with us, there's Maat–balance and order–there."
–ERYKAH BADU

"*Sacred Woman* offers profound wisdom to all who seek healing and transformation. . . . Queen Afua is a national treasure."
–BOB LAW
Author, radio personality,
and vice president of WWRL

Users Review

From reader reviews:

Larry Swartz:

Do you have favorite book? When you have, what is your favorite's book? Guide is very important thing for us to learn everything in the world. Each guide has different aim or even goal; it means that guide has different type. Some people really feel enjoy to spend their the perfect time to read a book. They can be reading whatever they acquire because their hobby is actually reading a book. Why not the person who don't like reading a book? Sometime, man or woman feel need book whenever they found difficult problem or maybe exercise. Well, probably you will require this Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit.

Donald Pate:

As people who live in the particular modest era should be revise about what going on or details even knowledge to make these people keep up with the era that is certainly always change and progress. Some of you maybe will certainly update themselves by looking at books. It is a good choice for you but the problems coming to an individual is you don't know what type you should start with. This Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit is our recommendation to make you keep up with the world. Why, because this book serves what you want and want in this era.

Michael Kenney:

Reading can called brain hangout, why? Because when you find yourself reading a book particularly book entitled Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit your head will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely will end up your mind friends. Imaging each and every word written in a guide then become one contact form conclusion and explanation which maybe you never get before. The Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit giving you yet another experience more than blown away your brain but also giving you useful data for your better life on this era. So now let us present to you the relaxing pattern the following is your body and mind will be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

Diane McCarthy:

This Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit is great publication for you because the content that is certainly full of information for you who all always deal with world and have to make decision every minute. This kind of book reveal it details accurately using great plan word or we can declare no rambling sentences inside. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but difficult core information with lovely delivering sentences. Having Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit in your hand like keeping the world in your arm, info in it is not ridiculous 1. We can say that no book that offer you world with ten or fifteen moment right but this book already do that. So , this really is good reading book. Heya Mr. and Mrs. busy do you still doubt in which?

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