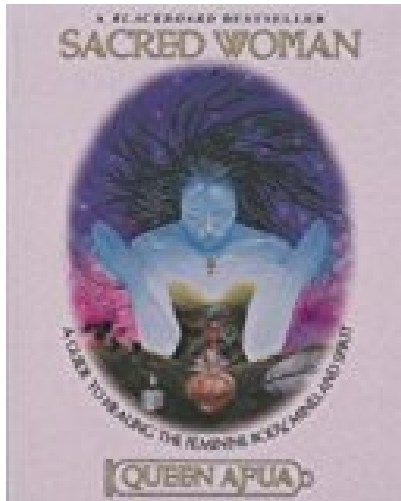


Sacred Woman A Guide to Healing the Feminine Body Mind and Spirit



BOOK DETAILS

- Author : Queen Afua
- Pages : 416 Pages
- Publisher : One World
- Language : English
- ISBN : 0345434862

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

Queen Afua is a nationally renowned herbalist, natural health and nutrition 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-anness"--and to honor the womb as the center of our consciousness and creativity. Whether we are conceiving babies or businesses, ideas or art, Queen Afua illuminates the importance of cultivating our Womb Wisdom. After teaching us to transcend the taboos of growing up female, she outlines the full circle of womb wellness from menstruation to childbirth to menopause, and gives us a twenty-eight-day program for womb spirit rejuvenation and purification. Once our optimal womb wellness has been firmly established, we are ready for our initiation into Sacred Womanhood. "Only a whole woman can be a Sacred Woman," says Queen Afua, and 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 guides us through the nine portals of initiation. She 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 divine 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. From the Hardcover edition.

SACRED WOMAN A GUIDE TO HEALING THE FEMININE BODY MIND AND SPIRIT - Are you looking for Ebook *Sacred Woman A Guide To Healing The Feminine Body Mind And Spirit*? You will be glad to know that right now *Sacred Woman A Guide To Healing The Feminine Body Mind And Spirit* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *Sacred Woman A Guide To Healing The Feminine Body Mind And Spirit* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *Sacred Woman A Guide To Healing The Feminine Body Mind And Spirit* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *Sacred Woman A Guide To Healing The Feminine Body Mind And Spirit*. To get started finding *Sacred Woman A Guide To Healing The Feminine Body Mind And Spirit*, you are right to find our website which has a comprehensive collection of manuals listed.