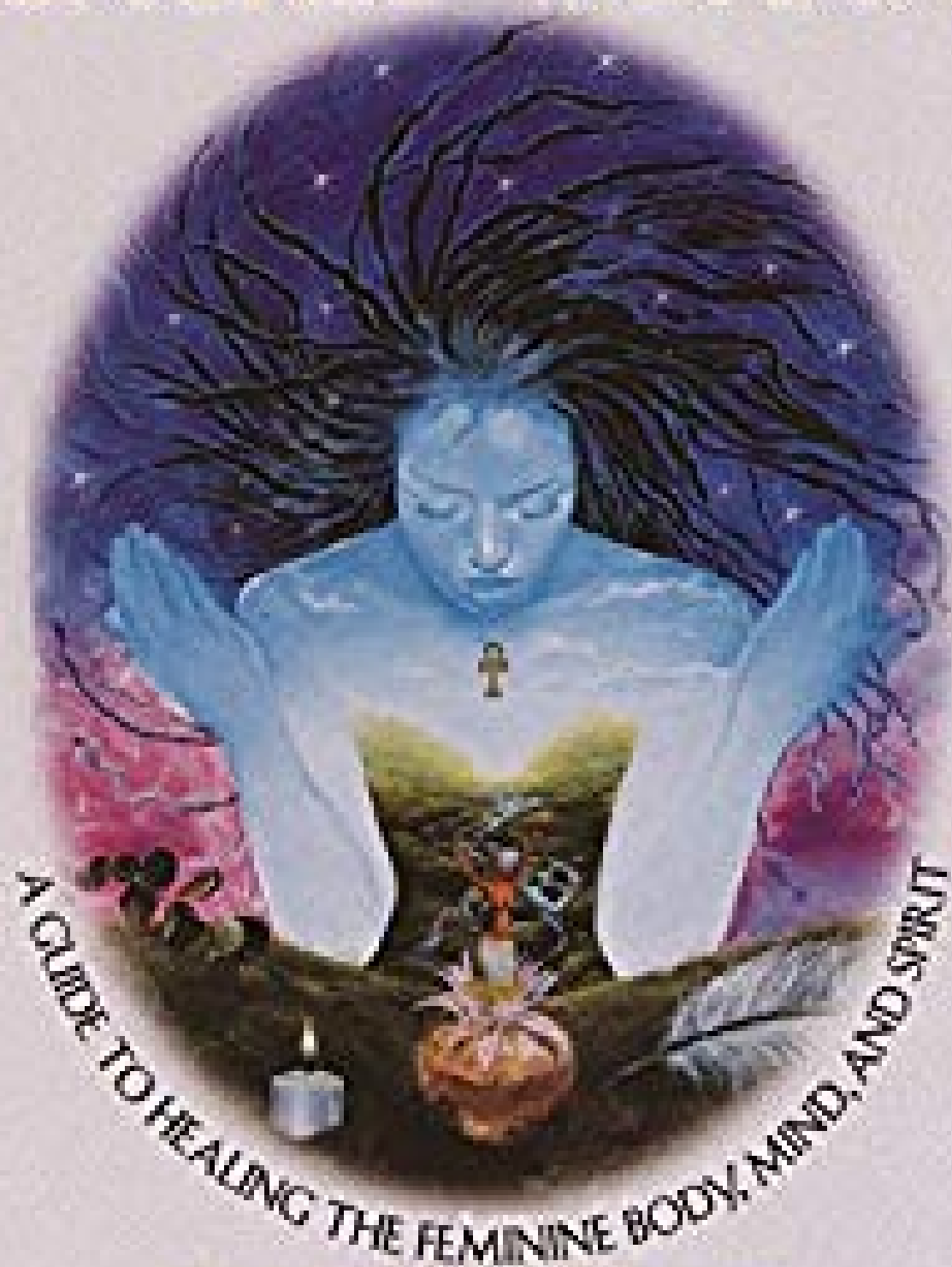


A BLACKBOARD BESTSELLER

# SACRED WOMAN



A GUIDE TO HEALING THE FEMININE BODY, MIND, AND SPIRIT

QUEEN AFUA

Queen Afua

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



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A transformative journey of physical and ancestral recovery from a renowned herbalist, natural wellness expert, and dedicated healer of women's bodies and women's souls the curing energy we transmit to self and others; the human relationships we nurture; Queen Afua practices a uniquely Afrocentric spirituality. Erykah Badu the foods we eat; Maat balance and order there." "s Global Sacred Girl Village. We were on our method to Queen Afua' Queen Afua is normally a national treasure. Today, with Sacred Girl, she restores the magnificence of our spirits through sacred initiation. " Queen Afua begins by helping us to discover our exclusive " " " After that Queen Afua summons us to enter the Nine Gateways of Initiation, where she blesses us with the precise tools we have to bring our beings into true harmony with the planet earth and the cosmos. the provider we offer; Include us, there' the spaces we live and work in; the wonder we create inside our lives; "Simply when I thought I was alone, I came across myself walking with a group of conscious women who were taking sacred steps and speaking sacred phrases. Through extraordinary meditations, affirmations, and rituals rooted in Old Egyptian temple teachings, Queen Afua teaches us how exactly to like and rejoice inside our bodies by spiritualizing the words we speak; and the transcendent girl spirit we manifest. With appreciate, wisdom, and passion, Queen Afua manuals us to accept our objective 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 Bob Law, writer, radio personality, and vice president of WWRL It's the come back of the soul power to women." Jewel Pookrum, MD, PhD (Sunut Arit) womb-an-ness"Queen Afua is an extraordinary healer, instructor, mom, and keeper of our legacy. Through Sacred Woman, she has given us the sacred tools we have to live our lives in this new century. Sacred Woman gives profound wisdom to all who seek healing and transformation. Her classic bestseller, Heal Thyself for Health and Longevity, permanently changed the way African Us citizens practice holistic health.also to honor the womb as the guts of our consciousness and creativity, offering us a twenty-one-day system for womb purification and spirit rejuvenation.Hazelle Goodman, actress "Sacred Girl flings open up the gates of understanding the feminine essence.



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Reader beware, this reserve might challenge your assumptions. This is not a read through book. This book is fantastic I followed most except the alter because I simply . Etc. This is my initial Afrocentric homeopathic healing book. I usually read websites and books about medicinal herbal treatments. I garden. I eat a mainly plant based diet. Men. Great reserve for growth. I really enjoyed this book. Therefore, some of the information in the publication I've heard about in passing. Using the dishes, meditation techniques and so forth. Not sure if this is ok but this is where I am. As a publication store I've ordered that one off and on for years. I understand that everyone originates from differing educational backgrounds and lifestyles but I came across it surprising for females to lack knowledge of their monthly menstrual period. I was also almost offended by a couple of statements in the book about background but hey, facts are facts and because I am 'over' history doesn't mean it didn't happen. I did so the journey with a friend and for the last four years, I have enjoyed following teaching I discovered in heal thyself and sacred girl trip. I can't imagine doing all that the author suggests. I wish other traditions did therefore. I added post its after post its to the publication. So happy I came across the paperback, I purchased the Kindle version a calendar year ago but it's therefore much better to have a copy in my hands. LOL) that I understand this publication can be invaluable. What I finally realized is usually that, like Christianity and segments of the Bible this publication is like a complete manual to a life-style and (relatively? My sacred baths we're at night or anytime I could manage. When I 1st opened the book I acquired no idea what the Khamit/Khamitic ways of thinking revolved around self-healing. By the finish of the publication I found myself properly reading those sections. Finding the period to work in this book w/small kids. Hopefully this can help someone. Queen Afua's higher power offers multiple parts- Maat, Het-Hru, Nefer Atum, Heru, and Tehuti. This may bother a reader that comes from another religious custom. EXCELLENT! My final thought was "this is indeed much function " I am available to introspection, self-care, self-healing, and meditation however, not exactly prepared to set up my own altar but I thought about it hard. I respect Queen Afua's evaluation and explanation of the way the tenets of her faith can result in a womens' self-recovery. I don't think I possibly could go to function easily followed her guidelines. Many in the United States, as it is normally a supposed Christian nation, could reap the benefits of such an examination instead of blind dependence on physicians, pills, and medical care program as our gods. I understand that this book is meant to be an almost all inclusive instruction but I just don't think I am on a path to becoming a sacred woman as organized by Queen Afua. Few examine their faith. I am a black woman. A She is an excellent teacher and visionary We are currently taking sacred female in the making classes by Queen Afua in BK, NY. I feel the necessity to continue in gate 0. Its wonderful for black women looking for a new path to wholeness. She has many plans for all of us in 2017.! Recommend It's worth it Very informative and detailed. youthful and old have benefited out of this reserve. Without this book I wouldn't have the courage to incorporate many of the writer's suggestions into my life. I've seen first hand the improvements. A. They are interesting... But I figured I shouldn't because I don't have to convert to these changes overnight, I can just do it at my own speed. There are so many teas, food suggestions, relaxation ideas, suggested healing remedies (for ailments I don't have even! Let the healing begin. (Again.) So here's what happened.. Things began to be revealed if you ask me about myself which is actually amazing. I were only available in gate 0 and technically I'm still there. The recommendations would just obtain filed in the rear of my brain like, "yeah, I will add Epsom salts to my bath or drops of lavender essential oil". Anyways, I was really slower to begin the process because there were items I needed to collect and additional time to get for myself. I have two small kids and I'm building my business therefore finding the time for it to do points is difficult however the time I did have I used.) religious thought process. I did things to work within my schedule because I required the healing. It's a challenge for time but whatever period I make for myself I'm always thinking, "I will have done this sooner. I bought the paperback to remind me to continue. EXCELLENT! She actually is teaching my sacred sisters and I how to heal with the internal and

outer components of air, drinking water, fire and earth." This healing reserve reminds me to look after myself when items get busy. Love this book This book is deep.. I thank the Most High Creator for Queen Afua! (I skim thru the chapters every once in awhile for details)Also, I don't sense that residing in a gate too much time can be problematic but if anyone out there knows it's a hazard i want to know.I am not really a regular churchgoer, but I fully believe in a higher power and accept his/her assistance in my life. This is simply not a read through book. It needs . I started the journey in gate 1 and from my experience it is extremely transformative. This book is great I followed most except the alter because I simply don't believe in that.. It needs deep thinking and lots of spiritual work. I found myself having dreams of things that I missed from carrying it out. The womb really speaks, you merely have to be open to listening and getting present to the information that she offers you.....What I didn't really like was the ritualistic nature of the complete book. Life no more passes or settings me but I live and control my entire life, destiny, health and wombS. Thank you Queen Afua.. So anyone out there thinking where the time is or you have small kids and a career to manage, just do what you can when you're able to, it's ok. She actually is a wonderful teacher and visionary! I started started gate one but I wasn't quite prepared yet. It's it's filled with so much information I almost felt overwhelmed.. Therefore don't experience overwhelmed when reading this publication, go with your personal speed and make the alterations gradually or invest in changing only the items you feel you have to change. I do yoga. This is a great book.I have to admit that some of this publication was a tiny joke to me.Buy this for the ladies You Love! Really has a ton of information , recommendations, rituals, good advice. Must have Love this book Uplifting and necessary for the community I've enjoyed this book up to now and I recommend this to females who want spiritual nuturing because of their mind, body and soul. EXCELLENT! It doesn't bother me because I recognize that religion can be a choice and the assumption of Christian belief that lots of American's have is often just blind acceptance of a forced culture. It might take me longer to total this, with my current responsibilities. The body of work is crucial Have got for all women! It's like a bible for the sacred soul! Anyways up to now this book has been really useful and lifestyle changing for me personally even the little I've read. A self care must Beautiful read! I'm on a spiritual journey and I came across the book extremely enlightening. These is a great self care book Great book for spiritual awakening Its a full and complete guide to spiritual wellness and recovery I would recommend to all women of any race A must read for women's health Great book!!! The women in my own family; One Star Not what I thought it had been.



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