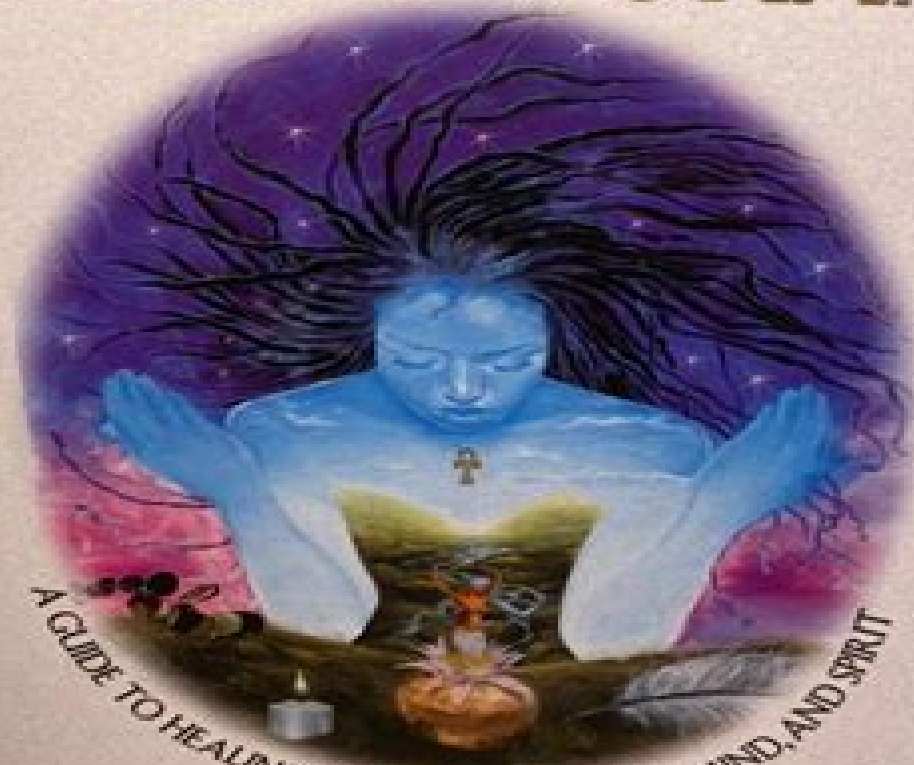


A BLACKBOARD BESTSELLER

SACRED WOMAN



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

QUEEN APUA

Sacred Woman Queen Afua

Queen Afua



Sacred Woman Queen Afua:

Sacred Woman Queen Afua, 2001-10-30 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 The Sacred Woman Journal Queen Afua, 2023-07-18 From the author of the ever popular and celebrated Sacred Woman This beautifully formatted life changing interactive journal welcomes all women to explore a blueprint for healing by connecting their inner vision to daily actionable steps The Sacred Woman Journal is a prompted guide to practicing the principles of Queen Afua's Sacred Woman and serves as a perfect accompaniment and extension to the enduring classic Richly expanded from the original self published edition The Sacred Woman Journal features mantras checklists meditations and prayers to inspire a reader's journey through twelve healing gateways Over a twelve week period this guided journal provides a tailored canvas of profound possibilities revelations visions and lessons learned and offers a road map to self enlightenment designed to not only reset and recharge the body but to realize the purpose held within the heart and reclaim the full transformative power of the mind and the spirit *Summary of Sacred Woman* Reads Fireside (author), 1901 *Summary of Queen Afua's Sacred Woman* Milkyway Media, 2024-01-24 Get the Summary of Queen Afua's Sacred Woman in 20 minutes Please note This is a summary not the original book Sacred Woman by Queen Afua is a spiritual guide rooted in the ancient Maatian culture of the Nile Valley Africans specifically the Khamitic Nubian people The book emphasizes the importance of purification and holistic living drawing on the wisdom of the Khamitic spiritual leaders and the Forty two Laws of Maat Queen Afua shares her personal journey of spiritual rediscovery and the teachings of her husband Hru Ankh Ra Semahj who challenges conventional Egyptology narratives Sacred Woman Queen Afua, 2012-06-20 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 Sacred Woman: 84 Day Healing Journal Queen Afua,2016-04-22 A 84 Day Journal for Body Mind Spirit

Sistah Vegan A. Breeze Harper,2012-03 Sistah Vegan is a series of narratives critical essays poems and reflections from a diverse community of North American black identified vegans Collectively these activists are de colonizing their bodies and minds via whole foods veganism By kicking junk food habits the more than thirty contributors all show the way toward longer stronger and healthier lives Suffering from type 2 diabetes hypertension high blood pressure and overweight need not be the way women of color are doomed to be victimized and live out their mature lives There are healthy alternatives Sistah Vegan is not about preaching veganism or vegan fundamentalism Rather the book is about how a group of black identified female vegans perceive nutrition food ecological sustainability health and healing animal rights parenting social justice spirituality hair care race gender identification womanism and liberation that all go against the refined and bleached grain of our dysfunctional society Thought provoking for the identification and dismantling of environmental racism ecological devastation and other social injustices Sistah Vegan is an in your face handbook for our time It calls upon all of us to make radical changes for the betterment of ourselves our planet and by extension everyone *That time when I decided to make peace (once and for all) with my emotionally unstable vagina* Sabrina Moella,2021-12-31 During the summer of 2013 Afro Canadian writer Sabrina Moella made a life changing trip to Brooklyn New York Unbeknownst to her at the time what started as a simple long weekend in the Big Apple to attend a concert at BAM quickly turned into a healing journey full of surprises and plot twists In this non fiction essay where spirituality meets serendipity way more than once the author narrates her incredible adventures while paying a vibrant homage to neo soul music the streets of Brooklyn and the magic of Black womanhood Awaken the Mind Sean Liburd,2008-05-08 These words are the thoughts and offerings inspired by a man s communication and interaction with his community A Listener s voice reflecting the challenges encountered on the journey of self knowledge A fiery truth that beckons to all African people to celebrate their ancestry while continuing the tradition of building upon the foundation for the benefit of unborn generations Awaken the Mind Communion with Sean Liburd the Sharing of Thoughts and Emotions an Intimate Communication Between a People is a revealing collection of experiences and lessons that stimulate critical thinking **Decolonizing and Feminizing Freedom** Denise Noble,2017-02-17 This book traces the powerful discourses and embodied practices through which Black Caribbean women have been imagined and produced as subjects of British liberal rule and modern freedom It argues that in seeking to escape liberalism s gendered and racialised governmentalities Black women s everyday self making practices construct decolonising and feminising epistemologies of freedom These in turn repeatedly interrogate the colonial logics of liberalism and Britishness Genealogically structured the book begins with the narratives of freedom and identity presented by Black British Caribbean women It then analyses critical moments of crisis in British racial rule at home and abroad in which gender and Caribbean

women figure as points of concern Post war Caribbean immigration to the UK decolonisation of the British Caribbean and the post emancipation reconstruction of the British Caribbean loom large in these considerations In doing all of this the author unravels the colonial legacies that continue to underwrite contemporary British multicultural anxieties This thought provoking work will appeal to students and scholars of social and cultural history politics feminism race and postcoloniality

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