



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

*Queen Afua*

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

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

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-an-ness"--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.

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