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A transformative journey of physical and ancestral healing from a renowned herbalist, natural health expert, and dedicated healer of women's bodies and women's souls "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 Queen Afua practices a uniquely Afrocentric spirituality. Her classic bestseller, *Heal Thyself for Health and Longevity*, forever changed the way African Americans practice holistic health. Now, with *Sacred Woman*, she restores 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 Ancient 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. Praise for *Sacred Woman* "Sacred Woman flings open the gates of understanding the feminine essence. It is the return of the soul force to women."—Jewel Pookrum, MD, PhD (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 "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

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