

SACRED WOMAN BOOK

SACRED WOMAN THE SACRED WOMAN JOURNAL SUMMARY OF SACRED WOMAN THE HEALING POWER OF THE SACRED WOMAN SACRED WOMAN SACRED WOMAN SACRED WOMAN: 84 DAY HEALING JOURNAL SACRED WOMAN THAT TIME WHEN I DECIDED TO MAKE PEACE (ONCE AND FOR ALL) WITH MY EMOTIONALLY UNSTABLE VAGINA SACRED WOMAN HOLISTIC HEALING SACRED WOMEN BEHIND BARS SACRED WOMAN, SACRED DANCE LIFE'S SACRED ASPECT SISTAH VEGAN GODEY'S LADY'S BOOK DOING NUTRITION DIFFERENTLY SACRED WOMAN HOLISTIC HEALING SACRED WOMAN ENLIGHTENMENT DANCE SACRED WOMAN MAGAZINE QUEEN AFUA QUEEN AFUA READS FIRESIDE (AUTHOR) CHRISTINE R. PAGE QUEEN AFUA KARA LAWRENCE QUEEN AFUA CYNTHIA E. KAZALIA SABRINA MOELLA KATIE WHITE BETTY LENORA IRIS J. STEWART SACRED WOMAN ABENA A. BREEZE HARPER ALLISON HAYES-CONROY SUSAN BOJE QUEEN OF ALL WOMEN ROSANE GIBSON SARA FOSTER

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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

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

HOW TO ENHANCE WELL BEING BY RECONNECTING TO SACRED WOMANHOOD SHARES WAYS TO EMBODY THE POWER WISDOM AND COMPASSION OF THE GREAT MOTHER REVEALS A WOMAN S PURPOSE IS TO GIVE BIRTH NOT ONLY TO NEW LIFE BUT ALSO TO NEW LEVELS OF CONSCIOUSNESS SHOWS HOW FEMALE ILLNESSES REPRESENT A DISCONNECTION FROM OUR TRUE IDENTITY AS WOMEN FOUR THOUSAND YEARS AGO WOMEN WERE SEEN AS LIVING REPRESENTATIVES OF THE GREAT MOTHER WHOSE CYCLICAL AND POTENT ENERGY GAVE BIRTH TO ALL EXISTENCE TODAY THIS SACRED AWARENESS HAS BEEN LOST OR DISTORTED CAUSING A COLLECTIVE AMNESIA AMONG WOMEN AROUND THE WORLD HOWEVER THERE IS ONE SYMBOL OF THE GREAT MOTHER S LOVING PRESENCE THAT HAS REMAINED UNCHANGED FOR TENS OF THOUSANDS OF YEARS THE PHYSICAL BODY ITS CURVES SENSUALITY SOFTNESS AND MONTHLY FLOW ARE CONSTANT REMINDERS OF THIS DEEP LOVING CONNECTION WHEN ILLNESS APPEARS ESPECIALLY WITHIN THE BREASTS AND FERTILITY ORGANS A WOMAN IS BEING REMINDED TO RETURN TO HER PURE AND SACRED IDENTITY WHERE DEATH AND BIRTH ARE ESSENTIAL FOR GROWTH AND LOVE FLOWS WITHOUT EXPECTATIONS COMBINING MORE THAN 30 YEARS EXPERIENCE IN HEALTH CARE WITH IN DEPTH RESEARCH INTO THE HISTORY AND MYTHOLOGY OF THE DIVINE FEMININE CHRISTINE R PAGE M D REVEALS THAT WOMEN ARE THE FOUNDATION OF THE BIRTH OF NEW LEVELS OF CONSCIOUSNESS WITHOUT WHICH THE EVOLUTION OF HUMANITY WILL BECOME BARREN AND DRY YET SUCH BIRTH CAN OCCUR ONLY WHEN WOMEN HAVE THE COURAGE TO REJECT THE BELIEFS AND IMAGES OF THE FEMININE IMPOSED UPON THEM FOUR THOUSAND YEARS AGO AND RECLAIM THEIR TRUE IDENTITY THROUGH A FASCINATING JOURNEY INTO THE BODY DR PAGE SHOWS THE IMPORTANCE OF SELF LOVE AND SELF RESPECT AND EXPLAINS HOW SEX IS A NATURAL PROCESS OF UNIFICATION WHERE WOMEN TAKE THE LEAD SIMILAR TO THE ANCIENT SACRED PRIESTESSES DR PAGE REMINDS WOMEN TO RECONNECT TO THE POTENT AND CREATIVE ENERGY OF MOTHER EARTH WHICH GIVES POWER TO THE INTUITIVE VOICE OF THE HEART AND NURTURES NEW SEEDS OF INSPIRATION AND ENLIGHTENMENT THROUGH THE WOMB

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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

DO YOU SUSPECT THAT THE ANSWERS TO ALL YOUR CURRENT PROBLEMS CAN BE FOUND WITHIN THE HEALING PROPERTIES ALREADY INHERENT INSIDE YOU ARE YOU A WOMAN LOOKING TO RECONNECT WITH YOURSELF ARE YOU SEEKING A WAY TO EXPERIENCE A NEW LEVEL OF PERSONAL GROWTH AND PERSONAL HEALING WOULD YOU LIKE TO FINALLY LEARN ALL ABOUT THE POWER OF MEDITATION AND THE BENEFIT IT OFFERS AND ARE YOU PREPARED TO RECLAIM AND FEEL PROUD OF YOUR WOMANHOOD IF YOU HAVE ANSWERED YES TO THE FOLLOWING STATEMENTS THEN SACRED WOMAN A WOMAN S GUIDE TO HOLISTIC HEALING RECONNECTING WITH YOUR BODY AND UNBINDING YOUR FEMININE SPIRIT IS THE BOOK FOR YOU TO ENJOY MY BOOK ONE DOES NOT HAVE TO IDENTIFY AS A SPECIFIC RELIGION OR BELIEF BECAUSE SACRED WOMAN IS ABOUT SPIRITUALITY AND THE DIVINE MY BOOK IS MEANT TO BE A GUIDE FOR ANY WOMAN SEEKING TO EXPLORE THEIR POWER AND POTENTIAL THE POWER OF FEMININITY HAS SOMETIMES BEEN UNDERMINED HOWEVER I PROVIDE CONCEPTS AND THE NECESSARY FOUNDATIONS TO HARNESS ONE S SPIRITUALITY WHILE UNLEASHING ITS POWER WE ARE SO OFTEN BOGGED DOWN BY SOCIETAL PRESSURES AND EXPECTATIONS STOP AND TAKE A STEP BACK SEE HOW YOU CAN STILL BE A FORCE TO BE RECKONED WITH WHILE STILL RESPECTING YOUR MIND BODY AND SPIRIT ARE YOU READY FOR THE CHALLENGE ARE YOU READY TO LEARN HOW TO LOOK INTERNALLY AND RECLAIM CONTROL OVER YOUR WELL BEING AND HAPPINESS I HOPE THAT THROUGH THIS TEXT YOU WILL REGAIN THE CONFIDENCE YOU MAY HAVE LOST AND RECOGNIZE AUTHENTICITY IN YOUR LIFE TREAT YOUR BODY LIKE A TEMPLE BECAUSE IT IS IT IS YOUR TEMPLE UNCERTAIN HOW MY BOOK CAN HELP WITH EACH TURNING PAGE YOU WILL LEARN REVIVING THE FEMININE SPIRIT UNDERSTANDING TOXICITY AND ITS IMPACT ON YOU RECLAIMING OWNERSHIP OVER YOUR MIND BODY AND SPIRIT THE LINK BETWEEN EMOTIONAL HEALTH AND THE RELATION TO OUR WELL BEING HOW TO HEAL WHEN YOU HAVE EXPERIENCED AN EMOTIONAL OR SPIRITUAL TRAUMA EVERYDAY REINFORCING PRACTICES THAT WILL ALLOW YOU TO MAINTAIN AND PRESERVE THE INNER GODDESS IN YOU AND SO MUCH MORE TAKE A MOMENT REALIZE THAT YOU HAVE AN UNDENIABLE POWER THERE ARE TIMES IN YOUR LIFE THAT THE PEOPLE YOU THINK WANT TO SUPPORT YOU MAY BE HOLDING YOU BACK YOU HAVE COURAGE TALENT AND SKILLS THAT CAN HELP YOU REACH YOUR FULL POTENTIAL IF YOU HAVE NOT ALREADY FOR THOSE WHO FEEL THEY HAVE REACHED THEIR POTENTIAL MY BOOK PROVIDES USEFUL TIPS TO MAINTAIN THIS MENTALITY IN YOUR DAY TO DAY LIFE YOU DESERVE TO FEEL HAPPINESS DO YOU NOT DESERVE TO FEEL POWERFUL AND PROUD OF YOUR WOMANHOOD UNLEASH THE WOMAN IN YOU NEVER LET YOUR POTENTIAL BE MUZZLED OR OVERSHADOWED CLICK ADD TO CART AND SEE FOR YOURSELF HOW SACRED WOMAN A WOMAN S GUIDE TO HOLISTIC HEALING RECONNECTING WITH YOUR BODY AND UNBINDING YOUR FEMININE SPIRIT IS GOING TO BE THE

KEY TO YOUR SUCCESS

A 84 DAY JOURNAL FOR BODY MIND SPIRIT

SACRED WOMAN GUIDING LIGHT ON AN ETERNAL JOURNEY OF THIS WORLD YET SPIRIT FILLED DANCING TO THE EARTHS RICH RHYTHMS DIVINE CELEBRATION OF CELESTIAL LOVE ENLIGHTENED MASTER TEACHER TO ALL SEEKER OF IMMORTAL TRUTHS SACRED THE WOMAN WHO DWELLS WITHIN ME HOW CAN A WOMAN OVERCOME SEEMINGLY INSURMOUNTABLE ADVERSITY AND DISCOVER HER AUTHENTIC SELF AUTHOR CYNTHIA E KAZALIA DELIVERS A COMPELLING WORK INFUSED WITH THE WISDOM OF THE AGES IN THIS FICTIONAL TALE YOU JOURNEY WITH ADANYA IN HER QUEST FOR AN ELUSIVE GODDESS AS WELL AS THE TREASURE WHICH IS OUR HEROINES DIVINE BIRTHRIGHT OUR SEEKER EXPLORES THE DARK ARTS EXOTIC FARAWAY LANDS AND THE ARMS OF A CAPTIVATING MORTAL WHO IS HER FATHER HER SACRED MOTHER THIS TIMELESS STORY EMPOWERS EVERY READER FROM TEEN TO COLLEGE STUDENT TO MIDDLE AGED MOTHER AND BEYOND IF YOU OR SOMEONE YOU LOVE FACES LIFES CHALLENGES LOSS PAIN ABUSE DIVORCE ILLNESS ANXIETY SELF ESTEEM THIS BOOK SPEAKS DIRECTLY TO YOU IT OUTLINES THE TWELVE 12 SACRED WOMAN PRINCIPLES SPIRITUAL TRUTHS THAT TRANSFORM LIVES YOULL EXPLORE YOUR OWN INNER VOICE AS WELL AS HOW TO ACCEPT FORGIVE AND MOVE FORWARD INTO YOUR LIFE LISTEN TO THE INNER WHISPER OF YOUR SOUL EMBRACE THE DIVINE THAT DWELLS WITHIN IT SPEAKS THE TRUTH YOU JOURNEY CONNECTED TO THE POWER OF THE UNIVERSE THERE IS A BETTER WAY LIKE ADANYA YOU CAN OVERCOME HARDSHIP AND WALK WITH GREATER AWARENESS INCREASED VIBRANCY THE TIME IS NOW RISE UP AND MEET YOUR DESTINY

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

WE LIVE IN A WORLD WHERE NO ONE TRULY KNOWS WHAT IT MEANS TO BE A WOMAN FOR CENTURIES WE'VE HAD TO FIGHT FOR OUR RIGHTS AND OUR PLACE IN SOCIETY WE CONSTANTLY HAVE TO STRIVE TO BE RESPECTED AND RECOGNIZED FOR OUR SUCCESSES AND ABILITIES AS WE GROW UP MANY WOMEN ARE SHAMED FOR WHATEVER THEY DO THEY ARE TOLD TO LOSE WEIGHT TO LOOK MORE FLATTERING GAIN WEIGHT TO LOOK MORE FEMININE BECOME SMARTER TO EARN A PLACE IN SOCIETY PLAY DUMB BECAUSE MALES FEEL THREATENED AND THE LIST GOES ON MANY OF US FEEL LIKE WE ALWAYS HAVE TO TWEAK OUR APPEARANCE OR BEHAVIOR TO BECOME MORE LIKABLE AND APPEALING THE WORST PART IS THAT NO ONE SEEMS TO REALIZE OR ACCEPT THAT WE WOULD STILL BE CALLED OUT NO MATTER WHAT WE DO FEMININE IN OUR SOCIETY IS OFTEN PERCEIVED AS LESS WE ALLOW EVERYONE'S EXPECTATIONS PERCEPTIONS AND BEHAVIOR TO TEAR RIGHT THROUGH US THOUGH THAT'S BECAUSE NO ONE REALIZES THE POWER THAT COMES WITH BEING A WOMAN A MAGNIFICENT FORCE LIES INSIDE EVERY WOMAN KNOWN AS THE DIVINE

FEMININE OR THE SACRED FEMININE THIS FORCE IS A REPRESENTATION OF THE CONNECTION WE HAVE WITH THE MOTHER GODDESS IT IS AN INNER POWER THAT CALLS US TO THE MOTHER GODDESS AND BREATHES LIFE INTO US

WE ARE SACRED EVERYTHING ON EARTH IS SACRED THIS TRUTH HAS BEEN FORGOTTEN HUNGER AND SORROW ARE VISITING THE EARTH BECAUSE OF THIS FORGOTTEN KNOWLEDGE IT WILL ONLY CEASE WHEN WE REMEMBER THE ONLY LESSON WORTHY OF REMEMBERING IS HOW TO LOVE AND CARE FOR THE EARTH IT IS WRITTEN ON THE HEARTS OF THE WOMEN OF THIS PLANET THE EARTH MOTHER IS WAITING FOR HER DAUGHTERS TO BRING BALANCE ONCE MORE TO THE PHYSICAL WORLD AND YOUR FEMININE ENERGY IS NEEDED WOMEN ARE THE KEY THAT UNLOCKS THE DOOR TO THE EVOLUTIONARY LEAP THAT WILL DANCE AND AWAKEN THE GOLDEN DREAM ON EARTH

SACRED WOMAN SACRED DANCE IS THE FIRST BOOK TO EXPLORE WOMEN S SPIRITUAL EXPRESSION THROUGH A STUDY OF DANCE IT SHOWS HOW DANCE CAME TO BE EXCLUDED FROM WORSHIP AND REVEALS HOW DANCE IS ONCE AGAIN BEING INTEGRATED INTO SPIRITUAL PRACTICES

THE AFFIRMATIONS PRESENTED HERE ARE SACRED PROVERBS THAT STRENGTHEN A SPIRITFILLED IDENTITY HELPING ALLEVIATE WOUNDS THAT MAY RESULT FROM SELF SABOTAGING BEHAVIOR WHETHER LIFE PRESENTS ONE WITH CHALLENGES OR WITH OPPORTUNITIES YOU DON T HAVE TO PUSH THE PANIC BUTTON OUR FOREMOTHERS AND FATHERS HAD A STRONG SENSE OF SELF INDEED THEY FACED UNTHINKABLE ODDS I AM I EXIST I MATTER AND I CAN FACE AND HEAL WHATEVER SAILS MY WAY WAS THE CONSCIOUSNESS THAT GOT US THROUGH UNTHINKABLE LIFE SITUATIONS FROM A BUDDING HUMANITY TO SLAVERY AND BEYOND QUEEN MAAT ANKH HET HERU SHINUAB WHEN HEALING MYSELF FROM THE WOUNDING TIME INFILTS OVER AND OVER AGAIN I REMAIN CONNECTED WITH THE ANCESTORS THEIR WISDOM AND MAN S FOOLISHNESS AND UNDERSTAND THE PLACE THAT RITUAL PRAYER AND CEREMONIES HAVE IN PROTECTING US FROM THE HIDDEN ASPECTS WE JUST CAN NOT CONTROL IN LIFE FOR ME LIFE IS A GOD GODDESS AND THE HAPPY HEALTHY AND WHOLE HUMAN IS THE ONE WHO UNDERSTANDS THIS VERY REAL TRUTH AND BEGINS TO FULFILL ONE S PURPOSE IN RELATION TO THEIR GOD GODDESS CALLED LIFE THE GREAT ONE KNOWING LIFE IS A PURPOSE OF ALL OF EXISTENCE MY BOOKS GIVE YOU AFRICAN PROVERBS COMPILED AS SIMPLE DAILY GUIDELINES FOR KNOWING LIFE AND DEEPENING YOUR CONNECTION WITH ITS SACRED ASPECT SACRED WOMAN ABENA

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

HEGEMONIC NUTRITION IS PRODUCED AND PROLIFERATED BY A WIDE VARIETY OF SOCIAL INSTITUTIONS SUCH AS MAINSTREAM NUTRITION SCIENCE CLINICAL NUTRITION AS WELL AS THOSE LESS CLASSICALLY LINKED SUCH

AS LIFE SCIENCE AGRO FOOD COMPANIES THE MEDIA FAMILY EDUCATION RELIGION AND THE LAW THE COLLECTIVE RESULT IS AN APPROACH TO AND PRACTICE OF NUTRITION THAT ALLEGES NOT ONLY ONE SINGLE CLEAR CUT AND CONSENTED UPON SET OF RULES FOR HEALTHY EATING BUT ALSO TACIT CRITERIA FOR DETERMINING INDIVIDUAL FAULT USUALLY SOME COMBINATION OF LACK OF EDUCATION MOTIVATION AND UNWILLINGNESS TO COMPLY OFFERING A COLLECTION OF CRITICAL INTERDISCIPLINARY REPLIES AND RESPONSES TO THE MATTER OF HEGEMONIC NUTRITION THIS BOOK PRESENTS CONTRIBUTIONS FROM A WIDE VARIETY OF PERSPECTIVES NUTRITION PROFESSIONALS AND LAY PEOPLE ACADEMICS AND ACTIVISTS ADULTS AND YOUTH INDIGENOUS CHICANA O LATINA O ENVIRONMENTALIST FEMINIST AND MORE THE CRITICAL COMMENTARY COLLECTIVELY ASKS FOR A DIFFERENT MORE ATTENTIVE AND MORE HOLISTIC PRACTICE OF NUTRITION MOST IMPORTANTLY THIS VOLUME DEMONSTRATES HOW THIS NEW NUTRITION IS ACTUALLY ALREADY BEING PERFORMED IN SMALL WAYS ACROSS THE AMERICAN CONTINENT IN DOING SO THE VOLUME EMPOWERS DIVERSE KNOWLEDGES HISTORIES AND PRACTICES OF NUTRITION THAT HAVE BEEN MARGINALIZED RE CASTS THE OBJECTIVES OF DIETARY INTERVENTION AND MOST BROADLY ATTEMPTS TO REVOLUTIONIZE THE WAY THAT NUTRITION IS DONE

TAMMY WYNETTE ONCE SANG SOMETIMES IT S HARD TO BE A WOMAN SHE COULD HAVE STOPPED RIGHT THERE AS A MATTER OF FACT IT S USUALLY HARD TO BE A WOMAN IN A SOCIETY THAT OFTEN SEEMS INTENT ON IGNORING OUR UNIQUE CHALLENGES AS HUMAN BEINGS PORTRAYED AS NURTURING HELPERS MOTHERS OR SHREWS WOMEN CONTINUE TO STRUGGLE AGAINST A CLUSTER OF STEREOTYPICAL ROLES ATTACHED TO OUR SEX WHILE MEN HAVE THEIR OWN UNIQUE CHALLENGES AND STRUGGLE UNDER SEX STEREOTYPES OF THEIR OWN MANY OF THE PROBLEMS WOMEN FACE ARE ROOTED IN OUR BIOLOGICAL REALITY AND OUR REPRODUCTIVE CAPACITY AS YOUNG GIRLS WE WATCH OUR BODIES CHANGE AND SUDDENLY COME UNDER THE MALE GAZE WE BEGIN TO MENSTRUATE EXPERIENCING THE FIRST INDICATION OF OUR OTHERNESS IN THE UNCANNY REALITY THAT WE BLEED EVERY MONTH YET DON T DIE IN THIS BOOK SACRED WOMAN HOLISTIC HEALING YOU LL FIND A SAFE HARBOR FROM THE STORM THAT RAGES ALL AROUND YOU YOU LL FIND THE HEALING THAT BRINGS YOU AND YOUR WAY OF BEING INTO THE CENTER OF THE CONVERSATION NOT AN AFTERTHOUGHT WOMEN S HEALING IS THE SUBJECT OF THIS BOOK AND WOMEN S STRUGGLES ARE WHAT WE RE ALL HEALING FROM

HEY DEAR YOUNG LADY JUST TAKE A LOOK INSIDE AND WRITE DOWN WHAT YOU CONCENTRATE ON THE BODY AND SPIRIT AS ONE WRITE ABOUT YOUR SACRED LOVE AND REJOICE IN YOUR BODIES BY SPIRITUALIZING THE WORDS WITHIN YOUR HEART THE PARTNERSHIPS YOU ATTRACT THE SPACES YOU RESIDE AND FUNCTION IN AND THE TRANSCENDENT WOMAN SPIRIT YOU MANIFEST BY EXCEPTIONAL MEDITATIONS AND WRITING DOWN YOUR FEELINGS SACRED ONES AND THE RITES OF PASSAGE GUIDANCE BE THE QUEEN AND LEAD YOUR FOLLOWERS TO EMBRACE THEIR MISSION AND MANTLE AS SACRED WOMEN TO LOVE THEMSELVES AND THE OTHER WOMEN IN FAMILIES WITH COMPASSION KNOWLEDGE AND PASSION

THIS BOOK CONTAINS INSPIRATIONAL INSIGHTS GLEANED FROM HOZUHNIS VARIED WORLD EXPERIENCES ABOUT

APPLYING THE POWERS OF AWARENESS AND POSITIVE INTENTION TO THE STRESS AND CHALLENGES OF MODERN LIFE ALONG WITH PRACTICAL INSTRUCTIONS FOR USING THE ANCIENT ART OF EXOTIC BELLY DANCE FOR CREATIVE TRANSFORMATION OF BODY MIND AND SPIRIT IT INCLUDES STEPBY STEP INSTRUCTIONS ENLIGHTENING INTERPRETATIONS AND MANY DELIGHTFUL ILLUSTRATIONS PARTICULARLY UNIQUE ARE THE AUTHORS CORRELATIONS OF ESOTERIC SYSTEMS SUCH AS THE ENERGY CHAKRAS AND THE CHINESE PLACEMENT ART OF FENG SHUI WITH EXPRESSIVE DANCE

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