

Sacred Woman Queen Afua

Tap into your inner power with this mind-opening guide to vibrational-based living from Instagram star and self-help pioneer behind the internet community Vibrate Higher Daily. "There is another way of being in the world. There is a better way to exist, rise, move beyond, and take our power back." Too often we feel pulled down by circumstances or the negativity of others. We think we have no control over the things that are hurting us and holding us back from realizing our truest selves. But according to Lalah Delia, we have more power within us than we know: listen to your unique inner voice and trust your instincts. By doing so, you're already experiencing the transformative power of vibrational-based living. Vibrating higher daily is about making intentional day-to-day choices that lift us out of mindsets, habits, and lifestyles that don't serve us and into ones that do. This book is an invitation to engage with everything that feeds our soul and raises our vibration, and to simultaneously let go of the things bringing our energy down. Through poetry, mantras, and affirmations, Lalah Delia empowers us to live with higher potential and quality of being. Vibrate Higher Daily is a manifesto unlike any other for stepping into our power.

Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys

The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb

Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

Peter Kay's unerring gift for observing the absurdities and eccentricities of family life has earned himself a widespread, everyman appeal. These vivid observations coupled with a kind of nostalgia that never fails to grab his audience's shared understanding, have earned him comparisons with Alan Bennett and Ronnie Barker. In his award winning TV series' he creates worlds populated by degenerate, bitter, useless, endearing and always recognisable characters which have attracted a huge and loyal following. In many ways he's an old fashioned kind of comedian and the scope and enormity of his fanbase reflects this. He doesn't tell jokes about politics or sex, but rather rejoices in the far funnier areas of life: elderly relatives and answering machines, dads dancing badly at weddings, garlic bread and cheesecake, your mum's HRT... His autobiography is full of this kind of humour and nostalgia, beginning with Kay's first ever driving lesson, taking him back through his Bolton childhood, the numerous jobs he held after school and leading up until the time he passed his driving test and found fame.

A revised and expanded edition of a best-selling divination system, based on ancient Native American traditions, uses fifty-two power animals to help heal the body, mind, and spirit, featuring beautifully designed cards and an informative handbook. 75,000 first printing.

The key to good wholesome living is living a clean wholesome life, this is the philosophy of The Heal Thyself Natural Living Center and it begins with eating clean wholesome food. This cookbook is written for and dedicated to those who want to cook and eat clean wholesome food.

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.

Reissue of the legendary 3,500-year-old Papyrus of Ani, the most beautiful of the ornately illustrated Egyptian funerary scrolls ever discovered, restored in its original sequences of text and artwork.

In *After the Rain*, celebrated self-care storyteller Alexandra Elle delivers 15 lessons on how to overcome obstacles, build

confidence, and cultivate abundance. Part memoir and part guide, Elle shares stirring stories from her own remarkable journey from self-doubt to self-love. This soulful collection is filled with illuminating reflections on loss, fear, bravery, healing, love, acceptance, and more. • Readers follow along her journey as she transforms challenging experiences—a difficult childhood, painful romantic relationships, and single parenting as a young mom—into fuel for her career as a successful entrepreneur and author driven by purpose and passion • Filled with Elle's signature candor and warmth • Includes empowering affirmations and meditations for readers to practice in their own lives After the Rain is a soulful guide to help you embrace all the beauty, love, and opportunity life has to offer. • Presented in luminous package with a foil case and gold accents • A beautiful gift for anyone on the path to self-discovery, and an uplifting reminder that there is always sunshine after the rain • Perfect for the friend who loves meditating, self-care, journaling, or seeking personal transformation and empowerment • Great for those who loved Present Over Perfect by Shauna Niequist, 100 Days to Brave by Annie F. Downs, and anything written by Brené Brown, Rupi Kaur, Rachel Hollis, and Elizabeth Gilbert

How do you achieve great things? How do you create unstoppable momentum in your life and business? By doing. ERIK KRUGER is a high-performance coach and founder of the Mental Performance Lab. He writes an email early each morning which he sends to many thousands of subscribers. The aim of his daily message is to inspire people, asking them to reflect and act. Packed with more than 160 thoughtful reflections on what it takes to live a life of action and not words, Acta Non Verba's purpose is to get people moving, creating, and generating an unstoppable drive in both their business and personal journeys. The words Acta Non Verba is the sign-off Erik uses in all his emails. This simple Latin phrase, meaning 'Actions Not Words', has started a movement. It's a plea; a call to create your life instead of living it by default, a call to show your intentions instead of merely speaking about them. It's a call to live to your fullest potential. This is not a book to read from cover to cover, in one sitting. Each day there is a new chapter waiting to be read. Put your e.reader on your bedside table, and read a new chapter with your first cup of coffee every morning. Each message is short so you can read it quickly, in the moment, and then reflect and act on it for the entire day. It's a book that demands action. ACTIONS, NOT WORDS Remember, it's not about the words on these pages; it's about what you do with them.

In Mama Glow, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your "bun." Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes: • Illustrated exercises for a fit, fabulous, and comfortable pregnancy • Fleshed-out cleansing programs to boost fertility • A simple formula for deconstructing those crazy cravings • Yoga sequences designed for prepregnancy, each trimester, and postpartum • Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag • Glow foods to help you snap back to your fab prebaby body As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

Find your route to natural wellness with Neal's Yard Remedies' expert guide to using medicinal herbs. Essential Herbs offers expert advice and know-how you can trust in this detailed guide, which features an illustrated directory of 100 key herbs, including hemp, lavender, thyme, aloe vera, and lemongrass. Discover the treatment potential for each plant, and how you can prepare and use them to best effect. Alongside the directory, the book features more than 70 recipes designed to heal the body from the inside out, all of which can be prepared in your own kitchen. Try a fennel and chamomile tea to aid digestion, a cranberry and apricot power bar to boost energy levels, or a beeswax and calendula balm to combat stretch marks. With this easy-to-use treatment guides to help you find the herbs you need at a glance, Essential Herbs is a comprehensive guide to staying healthy the natural way.

A sacred feminine initiation of self-love and soul care rituals, tools, and exercises. Spiritual teacher, intuitive coach, and award-winning author, Abiola Abrams invites you to activate African goddess magic to transmute your fears and limiting beliefs, so that you can create more happiness, abundance, and self-acceptance. Africa is a continent of 54+ countries, and her children are global. There is no one African spiritual tradition. Our ancestors who were trafficked in "The New World" hid the secrets of our orishas, abosom, Iwas, álúsí, and god/desses behind saints, angels, and legendary characters. From South Africa to Egypt, Brazil to Haiti, Guyana to Louisiana, goddess wisdom still empowers us. Writes Abiola, "Spirit told me, "We choose who shows up." And if you are holding this book, then this sacred medicine is meant for you. In this book, you will meet ancient goddesses and divine feminine energy ancestors, legendary queens, and mystical spirits. As you complete their powerful rituals, and ascend through their temples, you will: . Awaken generational healing in the Temple of Ancestors; . Manifest your miracles in the Temple of Conjurers; . Release the struggle in the Temple of Warriors; . Embrace your dark goddess self in the Temple of Shadows; . Heal your primal wounds in the Temple of Lovers; . Liberate your voice in the Temple of Griots; . Open your third eye intuition in the Temple of Queens; and . Surrender, meditate, and rise in the Temple of High Priestesses. Welcome to your goddess circle!

"Conjure Women is a sweeping story that brings the world of the South before and after the Civil War vividly to life. Spanning eras and generations, it tells of the lives of three unforgettable women: Miss May Belle, a wise healing woman; her precocious and observant daughter Rue, who is reluctant to follow in her mother's footsteps as a midwife; and their master's daughter Varina. The secrets and bonds among these women and their community come to a head at the beginning of a war and at the birth of an accursed child, who sets the townspeople alight with fear and a spreading superstition that threatens their newly won, tenuous freedom."--Publisher's description.

****55% OFF for Bookstores!! LAST DAYS**** Whiting all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple, beginner-friendly exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Chakra Healing features: A variety of techniques?Connect with your chakras using everything from meditation to crystals, essential oils, yoga, focused breathing, and even diet. Helpful illustrations?Detailed photos and drawings make the tools and exercises even easier to understand. Beginner-

friendly approach? Find accessible, bite-size advice that requires no previous knowledge. Discover the power of balancing your chakras to help you heal and feel your best.

A 84 Day Journal for Body, Mind & Spirit.

Circles of Wellness: A Guide to Planting, Cultivating & Harvesting Wellness This wellness guide for You, Your Family, Your Community, Your Planet is a formula for gaining vibrant, healthy living for all humanity and our global circles. The text is presented in 5 chapters as 5 paradigm shifts. Five is the number for balance, freedom and grace. This guide teaches how to make paradigm shifts to rethink and redo our personal and planetary health care. Learn to plant seeds of wellness and shift your consciousness from accepting suffering to expecting wellness. Learn to activate the teachings in Queen Afua's forty-year body of work as you shift to heal Thyself and become Citizens on the Global Community of Wellness. Continue to grow and cultivate your family and community. Circles of Wellness is based on natural, holistic Emerald Green Lifestyle. By shifting to wellness thinking and wellness acting, you - Your Family - Your Community - your planet can begin harvesting collective greatness, 360, full circle. With 50 Million people in the United States without Health Insurance Circles of Wellness is a Must Read - All Power to the People!

Bestselling author and mystic Lorna Byrne teaches us how to have more compassion for both ourselves and others and to see all the love around us in this powerful and moving book—perfect for fans of Louise Hay and Doreen Virtue. Lorna Byrne, an Irish mystic, has been seeing angels since she was a baby, but she sees even more than that. In *Love from Heaven*, she reveals for the first time that she sees love as a physical force. Lorna first became conscious that the angels were teaching her about love when she was five years old, and today she can see how love manifests in each of us. She sees that newborn babies are full of pure love and that many teenagers and adults seem surrounded at the heart level by a transparent but ironlike band, which restricts that love. We are all pure love, but nine out of ten of us have locked away most of this love within ourselves. This love remains there, though—indestructible and ready to be released, if only we can learn to love ourselves first. *Love from Heaven* will transform the way you think about love, stir up the love within, and make you more compassionate, leading to a happier life for you and those around you.

A refreshed edition of *Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals*—updated with a note from the author sharing the changes that have occurred in the 30 years since its original publication. "A book of startling remembrances, revelations, directives, and imperatives, filled with the mysticism, wisdom, and common sense of the African religion of the Mother. It should be read with the same open-minded love with which it was written."—Alice Walker, author of *The Color Purple* Since its original publication in 1985, *Jambalaya* has become a classic among Women's Spirituality Educators, practitioners of traditional Africana religions, environmental activists, and cultural creatives. A mix of memoir, spiritual teachings, and practices from Afro-American traditions such as Ifa/Orisha, and New Orleans Voodoo, it offers a fascinating introduction to the world of nature-based spirituality, Goddess worship, and rituals from the African diaspora. More relevant today than it was 36 years ago, the wisdom of *Jambalaya* reconnects us to the natural and spiritual world, and the centuries-old traditions of African ancestors, whose voices echo through time, guiding us and blending with our own.

"Lisa Lister is an uber-goddess of humour, wisdom, fun and cheek. She's just what THIS doctor ordered." — Dr Christiane Northrup, author of *Goddesses Never Age* and *Making Life Easy* A witch is a wise woman, a healer. Yet for so long the word "witch" has had negative connotations. In this book, third generation hereditary witch Lisa Lister explains the history behind witchcraft, why identifying as a healer in past centuries led women to be burned at the stake, and why the witch is reawakening in women across the world today. All women are witches, and when they connect to source, trust their intuition, and use their magic, they can make medicine to heal themselves and the world. This book is a re-telling of Herstory, an overview of the different schools of witchcraft and the core principles and practices within them. Discover ancient wisdom made relevant for modern witches:

- The wheel of the year, the sabbats, the cycles of the moon.
- Tools to enhance your intuition, including oracle cards and dowsing, so that you can make decisions quickly and comfortably.
- Understanding the ancient use of the word "medicine".
- How to work with herbs, crystals, and power animals so that you have support in your spiritual work.
- How to build and use a home altar to focus your intentions and align you with seasonal cycles, the moon cycles, and your own intentions for growth.
- Cleanse, purify, and create sacred space.
- Work with the elements to achieve deep connection with the world around you.

In addition, Lisa teaches personal, hands-on rituals and spells from her family lineage of gypsy witch magic to help you heal, manifest, and rediscover your powers. Above all, Lisa shows that we really are "the granddaughters of the witches that they couldn't burn".

The author of *Heal Thyself* instructs readers in the nine gateways of selfawareness and selfmastery, using ancient African traditions, foods, words, and ideas to invoke sacredness in all aspects of life.

In the brilliant visionary tradition of Carlos Castaneda, anthropologist Hank Wesselman first documented his spiritual journey in the acclaimed account *Spiritwalker*. Now he continues his travels through the spirit world in this astonishing book, leading us into the heart of one of the greatest mysteries of existence. Dr. Wesselman's inspiring quest began with a dramatic encounter on the island of Hawaii. Though he had feared his connection to Nainoa, a kahuna initiate and fellow mystic traveler, would be severed when he moved to San Diego, Wesselman would continue to merge minds with Nainoa. Over the next five years, the true purpose of their profound yet cryptic contact took shape.

Wesselman had gained access to some inner doorway, putting him in the presence of a transcendent life force and intelligence. On the threshold of a dazzling new understanding of nature, he was a shaman in training, an initiate into the sacred, secret healing powers of the spirit world. This remarkable book gives us an unprecedented glimpse into the origin and the destiny of our species. Hank Wesselman has brought back from his extraordinary travels an extraordinary message: the keys to personal power and to the healing of all humankind.

"The most powerful spiritual healer, fixer, teacher on the planet." —Oprah Winfrey In this companion volume to her bestselling book *Acts of Faith*, bestselling author and star of "Iyanla: Fix My Life" discusses the "valleys" that cause stress and imbalance for women and explains how women can cleanse their minds and promote a healthy foundation for living in the modern world. A Note from Iyanla Vanzant Beloved friend, When this little book was first published many years ago, it became a beacon of light for many people who found themselves time and time again in one valley or another. Valleys are nothing new for any of us. Some of you may be in a valley right now, or, since you never know what's around the corner, you may be on the brink of tottering into yet another valley. Or maybe you've just survived a valley that you swear you'll never revisit—but guess what? That's precisely the valley you'll probably see again. And again. Being in a valley can be a lonely and bewildering experience. This book was written to help you feel less lonely by reminding you that you really aren't ever alone since God is always by your side, but more important, you are always by your own side. No matter how dire the situation may seem, no matter how dark and bleak the valley may be, you have all you need within you to survive the valley—any valley. Even though you may not know how you got into the valley in the first place, you do know, deep inside yourself, how to get through and out and free. You just need a little faith in yourself and a little guidance to find that faith within yourself. When you are at your wit's end, take this little book and let it guide you toward the ever-present but often elusive light at the end of the tunnel. *Faith in the Valley* is designed to help you find the light when you need it most—when you're in that damn tunnel. When you're most confused and in the dark and clueless as to how you got there (again!) and when you're trying to figure out not just how to get out, but stay out. For good. *Faith in the Valley* has helped so many through so much that we felt it only fitting to issue this lovely gift edition to acknowledge the special place it holds in many hearts. Please share it with a friend who has served as your beacon in the past, or offer it to yourself as a reminder of the strength and wisdom you possess and can offer to others. Iyanla If you long for your dream life but feel trapped in mediocrity & disappointment then keep reading... Are you sick and tired of missing out in life

& seeing everyone around you succeed, while you're left behind: broke in a job you hate, in a toxic relationship, or trapped in a body you're unhappy with? Perhaps you often close off parts of yourself you wish you could express, judge yourself, & feel ashamed? Society has conditioned you to suppress & shame the divine sensual part of yourself. Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? You see, Manifesting all of your wants & desires doesn't have to be difficult, even if you feel like you've tried every other manifesting book & YouTube video already. Here's just a tiny fraction of what you'll discover!: The ridiculously easy way to hack your brain, boost performance, & release blocks holding you back from greatness (that you can do from home!) The fatal mistakes to avoid when attracting the partner of your dreams Scripting done for you! New easy to fill in powerful scripting templates Why modesty is harming you & attracting a mediocre life How you can easily release your whole life's trauma from your body at home & skyrocket your vibration What is preventing you from contacting your divine energy & what you must heal to fix it How you're unknowingly damaging your karma (& how to clear it) Why wasting your time spending every moment thinking of what you desire is hurting you A powerful EFT tapping guide to easily manifest your true love The mistakes to avoid & how to keep the relationship after you have manifested it This powerful secret to manipulate your vibration & attract that specific person These 20 new power affirmations that will have that specific person falling into your arms How to drive men wild with these divine feminine secrets Amazing daily manifestation ritual done for you! Simply rinse & repeat at home! How to create a supercharged manifesting potion with items that are in your kitchen *BONUS* Secret Formula Manifesting Toolkit Download Inside! Includes EFT Tapping Video, Journal, supercharged guided meditation MP3, & More! & much, much more! Take a second to imagine how you'll feel once you can effortlessly manifest your dreams into reality. Imagine your friend's & families' faces when they see your beautiful new life unfold! Even if you're broke, at rock bottom, or haven't been able to manifest in the past, you can mold your dream life starting today with the amazing secrets inside. You're holding the key to unlock literally anything you have ever dreamed of in life. It's time to take action! So if you're DONE with settling for a mediocre life, wasting precious time, & ready to live your wildest fantasies then click "Buy Now"... It's potty time for superheroes, firefighters, ninjas, soldiers, and kids! This funny, rhyming board book teaches great bathroom habits with the promise that all their heroes use the potty, too.

Spirit Healing: How to Make Your Life Work, is a comprehensively researched book of holistic methods for healing the body, mind, and spirit. Dr. Atwood offers a wide range of techniques--from ancient Native American methods of divination to the new theories of manifesting your desired reality using positive thoughts. This gold mine of information includes herbal remedies and nutritious foods as well as mystical exercises to help one transcend everyday life experiences. An original chapter: Attracting Bird and Animal Spirit Helpers, derives from the author's ability to interpret events through observing the actions of birds and animals. Included in the book are ways to contact your guardian angel or spirit guide and rituals for self-empowerment. Important in today's world are suggestions for removing negative energy from your body and home and a list of toxic free products. This book is the third in a series that has sold over 120,000 copies. Due to the sheer number of Wicca 101 books on the market, many newcomers to the Craft find themselves piecing together their Wiccan education by reading a chapter from one book, a few pages from another. Rather than depending on snippets of wisdom to build a new faith, Wicca for Beginners provides a solid foundation to Wicca without limiting the reader to one tradition or path. Embracing both the spiritual and the practical, Wicca for Beginners is a primer on the philosophies, culture, and beliefs behind the religion, without losing the mystery that draws many students to want to learn. Detailing practices such as grounding, raising energy, visualization, and meditation, this book offers exercises for core techniques before launching into more complicated rituals and spellwork. Finalist for the Coalition of Visionary Resources Award for Best Wiccan/Pagan Book "In her first book-length work, Sabin presents a first-rate, fresh, and thorough addition to the burgeoning field of earth-based spiritual practice volumes...written in a light, informative style that magically mines depth, breadth and brevity."—Publishers Weekly (starred review)

Feminine Empowerment Path of the Goddess: At the dawn of religion, God was a Woman. The Divine Feminine is known by innumerable names and symbol-rich manifestations across the world's cultures. Throughout the ages the Goddess has been honored and worshiped as the Virgin Mary, Isis, Inanna, Asherah, Diana, Kuan Yin, Kali, Oshun, Athena, Pele, Sarasvati, Demeter, and White Buffalo Calf Woman, to mention just a few. Many conceptions of the Goddess are mysterious and seemingly paradoxical. Yet at its source, the Divine Feminine is one. I Am (With) Her takes you on a fascinating and, at times, surprising journey into the enduring essence of the Divine Feminine. Inside this book you will learn: • How the Goddess path offers an empowering message and inspiration • The importance of re-establishing a healthy balance and integration of both the "masculine" and the "feminine" archetypes • That the notion of God as archetypal "Sky-Father" is fairly recent in Western culture • Why the wisdom of the Goddess/Sacred Feminine has been ignored, distorted, and oppressed for centuries • How archetypes, mythic narratives, and qualities of Goddesses are alive within you and how they reveal intimate truths about yourself and others • How Goddesses can serve as empowering guides in your personal and professional life • Why especially black Goddesses/dark-skinned Mothers (e.g., Kali or Black Madonna) are a powerful symbol and catalyst for change in our times, both individually and collectively • And much, much more!

Offers ways in which women on-the-go can pamper themselves in quick and inexpensive ways in an attempt to keep balance and stability in their lives through either relaxation or a session of quiet meditation. Tour.

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 NEW KIND OF SEX ED. Pussy Prayers is about rekindling the connection to your pleasure center - the space through which you manifest worlds - regardless of the body parts you do or don't have. These pages speak to the unique sexual experiences of Black women and femmes in order to help them heal from trauma and miseducation while learning how to powerfully conjure up a life that is dripping with sweetness - all by getting in touch with the one part of yourself that was divinely designed for pleasure. Here, you'll find stories, sister-girl-talk, and practical, easy-to-do rituals to begin your personal journey of understanding the importance of pleasure, its connection to manifestation, and ways to increase your personal power so you can enjoy #EverydayDeliciousness. BLACK GIRL BLISS is an educational platform dedicated to cultivating the spiritual, sexual, and self-care practices of Black women and femmes. Learn more at BlackGirlBliss.com

Sacred Woman A Guide to Healing the Feminine Body, Mind, and Spirit One World

Includes a preview of Mothering from Your Center, the next book from Tami Lynn Kent. Wild Feminine: Finding Power, Spirit, & Joy in the Female Body offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

From the creator of Splat! comes more playful, irreverent, kid-empowering fun--with a rhyming twist. In this buoyant rhyming romp, words have gone mysteriously missing: Who stole Marlow's happy smile, and replaced it with a crocodile? Who swiped Dingle's sneeze--aaaaachooo!--and left a stinky cheese? The thief took Tumble's orange, and switched it with a . . . with a . . . Hey, does anything rhyme with orange? No? Aha! Could this be the rhyming robber's undoing? Guided by bright, clever artwork, kids are empowered to put the final clues together for themselves to solve this silly rhyme crime, then guess at the name-nabber's next sneaky move. Splendid, satisfying, inspiring. "Rhyming wordplay. . . [and] even more hysterical laughter." --Kirkus "The creator of Splat! offers more page-turn-based tomfoolery" --Booklist

Acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. This updated edition celebrates the 10th anniversary of Urban Tantra, and is revised to include more inclusive gender pronouns and language, new science and safe sex information, and an updated reference section. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide reveals the delicious worlds of ecstasy available to all, no matter one's gender, sexual preference, or erotic tastes. Urban Tantra expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment.

Want to feel empowered when asked: What would you do to heal planet Earth? Queen Afua, an internationally renowned author and holistic practitioner has gathered 70+ global contributing authors who have provided key answers to this urgent and provocative question. Cover to cover this diverse collection of essays is submitted from first-rate healers with centuries of combined experience. Each essay includes thoughts and practices for personal and global healing. Along the way you are invited to participate in wellness of mind, body and spirit for both yourself and generations to come. See the Healers' Directory listed in the back of the book. All contributors are available on a one-to-one basis. Their services and contact information are contained within. Be informed -What would you do to heal planet Earth?

A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life, with family structures, spiritual practices, and methods of living that have been in place for more than ten thousand years. In The Spirit of Intimacy, Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. Somi generously applies the subtle knowledge from her West African culture to this one. Simply and beautifully, she reveals the role of spirit in every marriage, friendship, relationship, and community. She shares ancient ways to make our intimate lives more fulfilling and secure and offers powerful insights into the "illusion of romance," divorce, and loss. Her important and fascinating lessons from the heart include the sacred meaning of pleasure, preparing a ritual space for intimacy, and the connection between sex and spirituality. Her ideas are intuitively persuasive, provocative, and healing--and supported by sound practical advice, along with specific rituals and ceremonies based on those used for thousands of years. With this book, the spiritual insights of indigenous Africa take their place alongside those of native America, ancient Europe, and Asia as important influences on Western readers. A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was

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