

Sacred Woman Book

A Manhood Manual, compact Reference Guide. Quoting modern day master teachers, on the spirit, mind & body balance of a new type of evolving warrior. An urban polymath, a conscious renaissance man - A Sacred Man. Full colour book/eBook with over 300 images. Addressing issues on: Male holistic health, Sacred Sex, Spiritual growth, Masculine vitality, Herbs and fitness, Defining purpose, Self-development, Rites of passage and more... A Bookshelf essential for: young men, fathers, mothers of son's, men... and the women who love them.

Priestess is a spiritual guide and companion that will enable you to explore what it means to be a modern spiritual leader and priestess.

A new volume of poems by the award-winning author of October Palace.

Sacred WomanA Guide to Healing the Feminine Body, Mind, and SpiritOne World

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

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.

A 84 Day Journal for Body, Mind & Spirit.

Simple Soulful Sacred is a guidebook for the modern woman who seeks clarity and guidance on how to live the life of her dreams, on her own terms. It's for the women of our time-the mothers, teachers, healers, light workers, dreamers, creators, leaders-who are ready to find their voice, speak their truth and own their power, whilst living life with less hustle and more flow. For modern women wanting more for their lives, it's the now age definition of having it all. Women are rising; ready to step out of the cloak of masculine traits that keep them striving for a version of success that is not their own. Ready to stop hiding their light and playing the comparison game. And ready to fully embody their feminine power. Because whilst the feminine may have been disowned and devalued for centuries, we are so done with that story now. But it's still a paradox. Because within this very rising, women are longing to step out of the noise and chaos, to live more simply. They want time and space for what's most important to them; and the comfort, consciousness and connection that often gets lost in the busyness and distractions of daily life. This book is the bridge women have been seeking. Written with the time-poor reader in mind, this book includes 200 short-form chapters, the perfect length for dipping into while commuting; during a lunch break or at the end of the day. The perfect gift, or self-gift, for women of all ages.

Here, archaeologically documented,is the story of the religion of the Goddess. Under her, women's roles were far more prominent than in patriarchal Judeo-Christian cultures. Stone describes this ancient system and, with its disintegration, the decline in women's status.

Sacred Women: Images of Power and Wisdom is a treasure house of art dedicated to the feminine power. A full colour collection of paintings by the renowned British artist Stuart Littlejohn.

These 13 workshop-based papers critique ecofeminist assumptions about traditional societies viewing women as closer to nature and more spiritual than men. Following an overview by Low (history, Open U.) and Tremayne (social and cultural anthropology, U. of Oxford), the first contribution frames the debate over gender politics and environmentalism. Next, case studies illustrate sacred landscape (not intrinsically ecologically-oriented) in such societies past and present. Part III treats nature and gender in several major world religions. The final paper discusses contemporary paganism's quest for wholeness. The cover title reads Women as sacred custodians of the earth? Annotation copyrighted by Book News, Inc., Portland, OR

In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. Sacred Pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby. Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional

photos that correspond to each topic, Sacred Pregnancy also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one." —Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website.

"Amazzone's voice is strong and clear. Goddess Durga promises the transformation, empowerment, and dignity that is our birthright."-Marisa Tomei, Academy Award-winning actor.

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.

This is a woman’s book of sensual enlightenment - a sacred revolution that returns her body, heart, sexuality and power back to love. Women are incredible creatures and the female body is exquisite in design. Naturally intuitive, highly sensual and magical, with a great ability to create abundance and heal life. This makes every woman’s body a portal to enlightenment. No longer can you live in loneliness, insecurity, self-doubt, shame or the fear of not ‘being enough.’ No longer can you hide or deny your unique aliveness. Sacred Revolution is a transformational guide. It teaches each woman to be unshakable with love so she can master her life. This journey begins once you claim your sexual energy as a sacred life force - vital for the dynamic experience of love. Only then can the revolution begin. You will learn: • The six principles of sensual enlightenment. • The thirteen virtues of love that can heal, transform and revolutionize your life. • How to channel your sexual energy to be a sacred fuel of empowerment and attraction. • Movement exercises that awaken your orgasmic potential to create heightened states of love. • The ultimate anti -ageing and beauty secrets every woman needs to know. • The 20+ different soul mate experiences you can have. • The consent options that empower your intimate connections and master love in relationships. • The heartbreak remedy that ensures your sovereignty and motivates you to up level your standards. • The superpowers of an evolved woman. Sacred Revolution is a rite of passage for all women who are ready to feel whole, complete and powerful. It is for every woman in all phases of life - maiden, mother, priestess, queen, diva, yogini and goddess. As you take this journey, every aspect of your female identity will be awakened. This book is the missing piece on your female spiritual path.

Shows how dance, the highest expression of spirituality in cultures and traditions all over the world, is being integrated into the lives of women today • The first book to explore women's spiritual expression--women's ways--through a study of dance • Investigates how dance came to be excluded from worship, and reveals how dance is once again being brought into spiritual practices • Includes resources for further instruction in sacred dance Today we primarily think of dance as a form of entertainment or as a way to exercise or socialize. There was a time, however, when dance was considered the way to commune with the divine, a part of life's journey, celebrating the seasons and rhythms of the year and the rhythms of our lives. Dance is a language that reunites the body, mind, and soul. While the role of women's sacred dance was most valued in goddess-worshipping cultures where women served as priestesses and healers, dance was once an integral part of religious ritual and ceremonial expression in cultures all over the world, including Judaism and Christianity. In this book the author investigates how dance came to be excluded from worship and reveals how dance is once again being integrated into spiritual practices. Sacred Woman, Sacred Dance is the first book to explore women's spiritual expression--women's ways--through a study of dance. It describes sacred circles, birth rituals, ecstatic dances, and dances of loss and grief (in groups and individually) that allow women to integrate the movements of faith, healing, and power into their daily life. For this remarkable book, best-selling writer/artist Suzy Toronto focuses on one of her most popular topics: the bold spirit of women and the remarkable strength of the bonds between them. "Who are these Wonderful Wacky Women?" she asks. "You know them. They are your friends, your sisters, your mothers, and grandmothers. They are even you and me! They are the women who rise above all obstacles to turn tragedy into triumph and who answer the call to make a difference in the world." This new softcover edition of one of Suzy's most beloved works gathers poems about women, their friendships, and their various roles in life with personal essays about the wonderful wacky women in her own life--and a few recipes sprinkled in for good measure. A celebration of "ordinary women who have accomplished extraordinary things," The Sacred Sisterhood of Wonderful Wacky Women is an inspiring and empowering collection for all women who recognize greatness in the women in their lives and in themselves.

This is a series of 128 meditations that help women connect more deeply to themselves and the divine in a way that comfortably fits with today's lifestyles. Each of the ten sections have ten to fifteen meditations. The sections are: Nourishing our souls Intertwining soul-strand Honoring sacred rights and responsibilities Creating spiritual touchstones Awakening wisdom Embodying heart energy This is an inspiration pick-me-up for women, meant to read over and over again throughout the course of a year.

An epic tale of freedom and slavery, love and war, and the potential futures of humankind tells of a twenty-first century California clan caught between two clashing worlds, one based on tolerance, the other on repression. Declaration of the Four Sacred Things The earth is a living, conscious being. In company with cultures of many different times and places, we name these things as sacred: air, fire, water, and earth. Whether we see them as the breath, energy, blood, and body of the Mother, or as the blessed gifts of a Creator, or as symbols of the interconnected systems that sustain life, we know that nothing can live without them. To call these things sacred is to say that they have a value beyond their usefulness for human ends, that they themselves became the standards by which our acts, our economics, our laws, and our purposes must be judged. no one has

the right to appropriate them or profit from them at the expense of others. Any government that fails to protect them forfeits its legitimacy. All people, all living things, are part of the earth life, and so are sacred. No one of us stands higher or lower than any other. Only justice can assure balance: only ecological balance can sustain freedom. Only in freedom can that fifth sacred thing we call spirit flourish in its full diversity. To honor the sacred is to create conditions in which nourishment, sustenance, habitat, knowledge, freedom, and beauty can thrive. To honor the sacred is to make love possible. To this we dedicate our curiosity, our will, our courage, our silences, and our voices. To this we dedicate our lives. Praise for *The Fifth Sacred Thing* “This is wisdom wrapped in drama.”—Tom Hayden, California state senator “Starhawk makes the jump to fiction quite smoothly with this memorable first novel.”—Locus “Totally captivating . . . a vision of the paradigm shift that is essential for our very survival as a species on this planet.”—Elinor Gadon, author of *The Once and Future Goddess* “This strong debut fits well against feminist futuristic, utopic, and dystopic works by the likes of Charlotte Perkins Gilman, Ursula LeGuin, and Margaret Atwood.”—Library Journal

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!

Winner of a 2017 NAACP Image Award for Outstanding Literary Work, this moving manifesto “empowers women to access a fearlessness that will enable community progress” (Essence). Through one incredible woman’s journey from a small Zimbabwe village to becoming one of the world’s most recognizable voices in women’s empowerment and education, this book “can help any woman achieve her full potential” (Kirkus Reviews). Before Tererai Trent landed on Oprah’s stage as her “favorite guest of all time,” she was a woman with a forgotten dream. As a young girl in a cattle-herding village in Zimbabwe, she dreamed of receiving an education but instead was married young and by eighteen, without a high school graduation, she was already a mother of three. Tererai encountered a visiting American woman who assured her that anything was possible, reawakening her sacred dream. Tererai planted her dreams deep in the earth and prayed they would grow. They did, and now not only has she earned her PhD but she has also built schools for girls in Zimbabwe, with funding from Oprah. *The Awakened Woman: A Guide for Remembering & Igniting Your Sacred Dreams* is her accessible, intimate, and evocative guide that teaches nine essential lessons to encourage all women to reexamine their dreams and uncover the power hidden within them—power that can recreate our world for the better. Tererai points out that there is a massive, untapped, global resource in women who have, for one reason or another, set aside their wisdom, their skills, and their dreams in order to take care of the personal business of their lives. Not only is this a type of invisible suffering experienced by countless women, this rich resource is a secret weapon for improving our world. Women have the capacity to inspire, to create, to transform—and Tererai’s call to action “shines as a beacon of hope to women everywhere” (Danica McKellar, actress and New York Times bestselling author).

WINNER OF THE SCOTIABANK GILLER PRIZE • From the widely acclaimed, best-selling author of *American War*, a new novel—beautifully written, unrelentingly dramatic, and profoundly moving—that looks at the global refugee crisis through the eyes of a child. “It is one thing to put a human face on a migrant crisis and another to do so in so compelling a way that a reader simply cannot put your book down.” —Gish Jen, author of *The Resisters* More bodies have washed up on the shores of a small island. Another overfilled, ill-equipped, dilapidated ship has sunk under the weight of its too many passengers: Syrians, Ethiopians, Egyptians, Lebanese, Palestinians, all of them desperate to escape untenable lives back in their homelands. But miraculously, someone has survived the passage: nine-year-old Amir, a Syrian boy who is soon rescued by Vänna. Vänna is a teenage girl, who, despite being native to the island, experiences her own sense of homelessness in a place and among people she has come to disdain. And though Vänna and Amir are complete strangers, though they don’t speak a common language, Vänna is determined to do whatever it takes to save the boy. In alternating chapters, we learn about Amir’s life and how he came to be on the boat, and we follow him and the girl as they make their way toward safety. *What Strange Paradise* is the story of two children finding their way through a hostile world. But it is also a story of empathy and indifference, of hope and despair—and about the way each of those things can blind us to reality.

Discover the Goddess energies that lie within you through nine Goddess archetypes—an empowering guide on finding healing, strength, and transformation, for readers of *Warrior Goddess Training* *The Goddess is guiding your life . . . You know 'the Goddess' as a divine feminine figure of myth, art and faith—but are you aware that, in truth, the Goddess is a life force that lives in you? Did you know that your multi-faceted experiences of life as a woman are influenced by Goddess consciousness? Do you sense that you have a hidden feminine energy that longs to be seen, accepted, valued—and used for a healing purpose? In this highly engaging and stirring book, leading intuitive Sophie Bashford takes you on a journey to meet nine Goddess archetypes, which will help you to:* • Understand the many ups and downs, emotions and cycles of your life through the ‘eyes of the

Goddess' • Discover how the Goddesses can ignite your spiritual growth and uncover your feminine healing gifts • Learn how to work with each Goddess for self-healing, positive inner change and empowerment • Get in touch with a divine feminine support and healing system comprising nine archetypes, including Kali, Mary Magdalene, Aphrodite and Isis Sharing intuitively channeled messages, beautiful guided meditations and moving personal experiences, Sophie leads you into safe territories where your darkest fears can be healed, your deepest dreams awakened and your entire life transformed.

We're told that if we care about our health—or our planet—eliminating red meat from our diets is crucial. That beef is bad for us and cattle farming is horrible for the environment. But science says otherwise. Beef is framed as the most environmentally destructive and least healthy of meats. We're often told that the only solution is to reduce or quit red meat entirely. But despite what anti-meat groups, vegan celebrities, and some health experts say, plant-based agriculture is far from a perfect solution. In *Sacred Cow*, registered dietitian Diana Rodgers and former research biochemist and New York Times bestselling author Robb Wolf explore the quandaries we face in raising and eating animals—focusing on the largest (and most maligned) of farmed animals, the cow. Taking a critical look at the assumptions and misinformation about meat, *Sacred Cow* points out the flaws in our current food system and in the proposed "solutions." Inside, Rodgers and Wolf reveal contrarian but science-based findings, such as: • Meat and animal fat are essential for our bodies. • A sustainable food system cannot exist without animals. • A vegan diet may destroy more life than sustainable cattle farming. • Regenerative cattle ranching is one of our best tools at mitigating climate change. You'll also find practical guidance on how to support sustainable farms and a 30-day challenge to help you transition to a healthful and conscientious diet. With scientific rigor, deep compassion, and wit, Rodgers and Wolf argue unequivocally that meat (done right) should have a place on the table. It's not the cow, it's the how!

A practical guide for inviting the wisdom of Mary Magdalene into everyday life • Provides a unique workbook for use in the spiritual pathwork of Magdalene Circles • Includes wisdom stories, guided meditations, journaling questions, and essays by Margaret Starbird, author of *The Woman with the Alabaster Jar* • Designed for those involved in Magdalene Circles and those interested in applying the sacred feminine wisdom of the Goddess to their lives Women's circles have been called a "revolutionary-evolutionary movement hidden in plain sight" by Jean Shinoda Bolen and have been hailed as capable of affecting global change. Magdalene Circles are groups of women who focus their shared energies on the wisdom of Mary Magdalene to gain insight into the role of the sacred feminine in their own lives and to help them advance on their spiritual paths. This book offers 14 lessons to help understand the wisdom offered by Mary Magdalene's story and mythos. Among the lessons are prophecies of the bride, why we need the bride, Magdalene's archetypal pattern of descent, and how modern women carry the Grail. Well-suited for the individual reader as well as a group, each lesson includes an introduction, guided meditation, questions for journaling, and an essay by Margaret Starbird as well as suggestions for group sharing. Placing Mary Magdalene within the pattern of "cyclic renewal" of earth-based religions, this book offers the chance to incorporate the sacred feminine wisdom of Mary Magdalene into everyday life for Christians and spiritual feminists alike.

Sacred Woman Guiding light on an eternal journey, Of this world, yet spirit-filled. Dancing to the Earth's 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 heroine's 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 life's 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. You'll 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!

Woman in Sacred History Harriet Beecher Stowe

"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 do not have to push the 'panic' button. Our ancestors had a strong sense of self and 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 from the wounding time inflicts repeatedly, I remain connected with the ancestors, their wisdom (and man's foolishness) and understand the place that ritual, prayer, and community have in protecting us from the hidden aspects we just cannot 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 book gives you African proverbs compiled as simple daily guidelines for knowing life and deepening your connection with its sacred aspect."-Sacred Woman Abena

In *The Grandmother of Time*, Zsuzsanna Budapest teaches both beginners and experienced practitioners how to integrate wiccan spirituality into their everyday lives. Here are new

approaches to today's rituals, from birthdays and dedications of newborn babies to purifying our homes and protecting us in travel.

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!

Tools to awaken the creative powers of the womb • Contains exercises to open the womb's energetic pathways, release toxic emotions, and harness creative potential •

Reveals how the womb's energies are crucial for the spiritual shift of 2012: birthing a new civilization • Shows how the awakened womb can also bring about male spiritual transformation In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers, personal healing, spirituality, and relationships. However, because the womb stores the energetic imprint of every intimate encounter--loving or not--the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships. Drawing on sacred traditions from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. The authors include exercises to clear the past, release toxic emotions, open the womb's energetic pathways, activate the sacred sensual self, bring balance to relationships, and harness creative potential. Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the womb's energies are crucial to birth a new civilization in the spiritual shift of 2012.

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.

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.

"An honest, compelling, surprising, and vastly reassuring book about the spiritual life of women . . . This landmark book is spiritual precisely because it is authentic."—Joan

Borysenko, Ph.D., author of *Minding the Body, Mending the Mind* With a foreword by Jean Shinoda Bolen, M.D. For many contemporary women, the old patriarchal models of religion are no longer relevant, forming a need to look beyond the male-oriented past to a wider, more fulfilling spiritual horizon. In this fascinating and thought-provoking book, Sherry Anderson and Patricia Hopkins show how many women have redefined traditional beliefs and rediscovered their own unique spiritual heritage—*The Feminine Face of God*. Anderson and Hopkins guide you through the sacred garden of: • Childhood—seedbed of life's sacred passage • Leaving home—finding your own inner authority • Relationships—new perspectives on intimacy • Spiritual practice—the importance of guidance and discipline • Sexuality—a wild card constantly cracking open the heart • And much more As women enter their sacred garden and learn the art of inner listening, they acquire the tools for living, loving, and praying authentically. In *The Feminine Face of God* there are seeds for growth: for creating and sustaining intimacy and love in a new way; for a new understanding of sexuality; for a new vision of family, a family of choice in a community of love.

"A masterpiece of women's wisdom."—Christiane Northrup, M.D. "The journey to capture her feminine soul and live authentically . . . makes a fascinating, well-researched and well-written story."—Publishers Weekly In celebration of the twentieth anniversary of its publication, a newly reissued edition of the bestselling author's classic work of feminine spiritual discovery, with a new introduction by the author. "I was amazed to find that I had no idea how to unfold my spiritual life in a feminine way. I was surprised, and, in fact, a little terrified, when I found myself in the middle of a feminist spiritual reawakening."—Sue Monk Kidd For years, Sue Monk Kidd was a conventionally religious woman. Then, in the late 1980s, she experienced an unexpected awakening, and began a journey toward a feminine spirituality. With the exceptional storytelling skills that have helped make her name, Kidd tells her very personal story of the fear, anger, healing, and freedom she experienced on the path toward the wholeness that many women have lost in the church. From a jarring encounter with sexism in a suburban drugstore, to monastery retreats and to rituals in the caves of Crete, she reveals a new level of feminine spiritual consciousness for all women—one that retains a meaningful connection with the "deep song of Christianity," embraces the sacredness of ordinary women's experience, and has the power to transform in the most positive ways every fundamental relationship in a woman's life—her marriage, her career, and her religion.

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