

The Healing Wisdom Of Africa Finding Life Purpose Through Nature Ritual And Community Malidoma Patrice Some

Fans around the world adore the bestselling No. 1 Ladies' Detective Agency series and its proprietor, Precious Ramotswe, Botswana's premier lady detective. In this charming series, Mma Ramotswe—with help from her loyal associate, Grace Makutsi—navigates her cases and her personal life with wisdom, good humor, and the occasional cup of tea. Mma Makutsi, who has recently been promoted to co-director, has been encouraging Mma Ramotswe to update to more modern office practices. An unusual case, however, will require both of them to turn their attention firmly to the past. A young Canadian woman who spent her early childhood in Botswana requests the agency's help in recalling her life there. Precious and Grace set out to locate the house that the woman lived in and the caretaker who looked after her many years ago. But when the journey takes an unexpected turn, they are forced to consider whether some things are better left in the past. Mma Ramotswe dispenses help and sympathy with the graciousness and warmth for which she is so well known, and everyone involved is led to surprising insights into the healing power of compassion, forgiveness, and new beginnings. Oprah Winfrey says Super Soul Sunday is the television show she was born to do. "I see it as an offering," she explains. "If you want to be more fully present and live your life with a wide-open heart, this is the place to come to." Now, for the first time, the aha moments of inspiration

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and soul-expanding insight that have enlightened millions on the two-time Emmy Award-winning Super Soul Sunday are collected in *The Wisdom of Sundays*, a beautiful, cherishable, deeply-affecting book. Organized into ten chapters—each one representing a powerful step in Oprah’s own spiritual journey and introduced with an intimate, personal essay by Oprah herself—the *Wisdom of Sundays* features selections from the most meaningful conversations between Oprah and some of today’s most-admired thought-leaders. Visionaries like Tony Robbins, Arianna Huffington, and Shonda Rhimes share their lessons in finding purpose through mindfulness and intention. World renowned authors and teachers like Eckhart Tolle, Thich Nhat Hahn, Marianne Williamson and Wayne Dyer, explain our complex relationship with the ego and the healing powers of love and connection; and award-winning and bestselling writers like Cheryl Strayed, Elizabeth Gilbert, and Elizabeth Lesser explore the beauty of forgiveness and spirituality. Paired with beautiful photographs, including many from Oprah’s private property in California where each episode of Super Soul Sunday is filmed, *The Wisdom of Sundays* promises to be a timeless keepsake that will help readers awaken to life’s wondrous possibilities and discover a deeper connection to the natural world around them. This book is the first volume in a series written from an Afrocentric perspective, especially for use in forming young visionary leaders for the emerging postmodern Global Civilization. It invites young leaders and all people to study humanity's African roots and the ancient and healing wisdom of African traditions. Within the contemporary intellectual-spiritual renaissance of African roots, the book highlights the creation-oriented spirituality of Africa, so full of joy and praise. It summarizes the scientific story of our human family's birth in ancient Africa, and our human family's subsequent migratory journey across the entire planet. It points out the African

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roots of civilization, of spirituality, and of the roles of women and men, all of which may still be partially reflected across today's human cultures. The book argues that we humans form a single human family guided by common philosophical-ethical truths seminally present in ancient African wisdom. It argues that these truths are grounded in the nature and purpose of everything in the created world, including humanity. We humans are not separated into radically different races. Nor are we separated from the rest of Nature. Rather, we form one human family within the natural world and we seek a common Global Ethics for ourselves and for the natural world of which we are an organic part. The book invites young leaders and all people to work together in healing the great spiritual, ecological, and social breakdowns that have developed from following the false philosophical wisdom of the mechanical-utilitarian cosmology at the foundation of modern Western industrial-colonial civilization. This misguided cosmology constitutes the deep intellectual root of late modern Western culture's promotion of selfish individualism, ecological destruction, and spiritual emptiness. Drawing on African wisdom, the book seeks to help young leaders, and others, to develop a healing global vision for ecological, social, and spiritual regeneration. The book may be used for college and high-school classes, for adult study groups, or for individual study. JOE HOLLAND, the author, is Professor of Philosophy at St. Thomas University in Miami Gardens, Florida, in the United States. He also serves as President of the Pacem in Terris Global Leadership Initiative. He holds a Ph.D. in the field of Social Ethics from the University of Chicago and has published twelve other books.

Malidoma Patrice Some was born in a Dagara Village, however he was soon to be abducted to a Jesuit school, where he remained for the next fifteen years, being harshly indoctrinated

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into European ways of thought and worship. The story tells of his return to his people, his hard initiation back into those people, which lead to his desire to convey their knowledge to the world. *Of Water and the Spirit* is the result of that desire; it is a sharing of living African traditions, offered in compassion for those struggling with our contemporary crisis of the spirit. The author relates the spiritual traditions and wisdom of his people, a West African tribe known for its healing powers, and shows readers how to use them to discover their own purpose and connect with their communities. 17,500 first printing. Tour.

In the personal story of internationally acclaimed drummer Yaya Diallo we see the power of music as a sacred, healing force in West African culture.

Relates the spiritual traditions and wisdom of a West African tribe known for its healing powers, and shows readers how to use them to discover their own purpose and connect with their communities

The moving story of an expatriate coming to terms with her country's history, and her joyous spiritual and emotional rebirth as an African healer. • One of the first accounts of the mysterious sangomas, the healers of South Africa's black population. • A mystical journey that will appeal to those wishing to reunite with their roots and a more spiritual life. Set against the stirring backdrop of a crumbling apartheid regime, *African Spirits Speak* is the lyrical account of white South African Nicky Arden's journey into the world of the sangomas, the diviners, doctors, psychologists, and priests of South Africa's black population. While in her early twenties Nicky fled South Africa with her husband as the stranglehold of apartheid tightened on her native land. For twenty-two years they lived in California as expatriates--never once returning to their homeland--until a deep depression, followed by a spiritual awakening in the

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California desert, compelled Nicky to return to South Africa. During her visit, while exploring deep in the bush, she unexpectedly met an old black medicine woman--a sangoma. This meeting would change her life. Few white South Africans are even aware of the world of the sangomas, but this prophetic old woman saw in Nicky the spirit of a fellow healer and set the author on a mystical journey that would reunite her soul with its African roots. Thus began her astonishing and complex initiation into a nearly unknown world and her quest to discover the truth about herself and her heritage.

Available electronically in an open-access, full-text edition from the Texas A&M University Libraries' Digital Repository at <http://hdl.handle.net/1969.1/146845>. Child psychiatrist and psychoanalyst Astrid Berg states in her introduction that "South Africa is a microcosm." It is a modern nation, yet many of its inhabitants follow ancient traditions. It is a nation with a colonial past marked by periods of violence, yet it has managed to make a largely peaceful transition to majority rule. It is a nation with eleven official languages embracing a great diversity of cultures and customs, and yet it is also a land where public debate is vigorous, free, and ongoing. In short, South Africa is a place where connections are being built and maintained—both those among people with long kinship and common culture, and those that reach across historical, racial, and class divides. "The western world is undeniably more advanced in certain areas of science and economic development," Berg states, "but in other areas it seems to lag behind and could learn from" places like South Africa. In her work with children and infants, Berg has become instrumental in building connections with and among her fellow South Africans of all ethnicities. Based upon Berg's 2010 Fay Lectures in Analytical Psychology at Texas A&M University, *Connecting with South Africa: Cultural Communication and Understanding* is both a

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self-reflective, subjective account and a scientific discourse on human development and intercultural communication. This volume will be warmly welcomed not only by psychoanalysts and those interested in Jungian thought and practice but also by anyone seeking more effective ways to learn from other cultures. Connecting with South Africa provides sensitive direction for those wishing to find healing and connection in a fractured society.

This volume advances a uniquely Afro-centric, sociocultural understanding of health maintenance and risk reduction in African cultural heritage populations. It unites a diverse group of leading African and Africanist scholars in an exploration of common cultural values in African heritage communities and their practical applications in contemporary counseling. The chapters highlight the prominent health issues faced in Africanist settings today and use real-world experiences to illustrate core lessons for effective community action. The approach spans complex cultural milieus, from diversity counseling to conflict resolution. Each chapter includes field-based experiential tasks, discussion boxes, research boxes and case studies, which serve as valuable resources in both coursework and casework. *Counseling People of African Ancestry* is an essential primer for community health workers, counselors and educators seeking a better understanding of African cultural heritage settings to promote community health, well-being and development.

The establishment of South Africa's Truth and Reconciliation Commission was a pioneering international event. Never had any country sought to move forward from despotism to democracy both by exposing the atrocities committed in the past and achieving reconciliation with its former oppressors. At the center of this unprecedented attempt at healing a nation has been Archbishop Desmond Tutu, whom President Nelson Mandela named as Chairman of the

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Truth and Reconciliation Commission. With the final report of the Commission just published, Archbishop Tutu offers his reflections on the profound wisdom he has gained by helping usher South Africa through this painful experience. In *No Future Without Forgiveness*, Tutu argues that true reconciliation cannot be achieved by denying the past. But nor is it easy to reconcile when a nation "looks the beast in the eye." Rather than repeat platitudes about forgiveness, he presents a bold spirituality that recognizes the horrors people can inflict upon one another, and yet retains a sense of idealism about reconciliation. With a clarity of pitch born out of decades of experience, Tutu shows readers how to move forward with honesty and compassion to build a newer and more humane world.

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

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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!

"This vibrant book of wonders speaks true and dreams deep. Writing with blazing honesty she tells of her hard-won knowledge of many of the world's spiritual and healing traditions, while hold the Sacred Hoop of Natie Amreicanwisdom. This magnificent teacher becomes for us a new embodiment of White Buffalo Woman." Jean Houston Author of THE SEARCH FOR THE BELOVED BUFFALO WOMAN COMES SINGING explores fascinating uses of traditions like the Medicine Wheel; healing through ritual action; dreamtime; and the moon lodge -- the woman's place of retreat and visioning. These powerful personal tools integrate ancient wisdom with contemporary experience, as Buffalo Woman calls each spiritual warrior to her own true place in the dance of life.

This amazing book consolidates African spiritual science and holistic healing into something comprehensive and usable to help you achieve total holistic health. African medicine clearly explains the principles and practical applications of an ancient West African healing system developed by the Yoruba people. It discusses the history, philosophy, Diagnostics, treatments, and medicinal usage of African and Caribbean herbs, Roots, gemstones, numerology, and sound to cure cancer, sickle cell anemia, diabetes, high blood pressure, flu, arthritis, rheumatism, HIV-AIDS, and other chronic diseases. Using a fascinating blend of Science and West African spirituality, Dr Tariq Sawandi Bridges the separation between mind, body, and spirit by the use of charts, diagrams, and tables.

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• A celebration of the journey of African-American women toward a new spirituality grounded in social awareness, black American tradition, metaphysics, and heightened creativity. • Features illuminating insights from Alice Walker, Toni Cade Bambara, Lucille Clifton, Dolores Kendrick, Sonia Sanchez, Michele Gibbs, Geraldine McIntosh, Masani Alexis DeVeaux and Namonyah Soipan. • By a widely published scholar, poet, and activist who has been interviewed by the press, television, and National Public Radio's All Things Considered From the last part of the twentieth century through today, African-American women have experienced a revival of spirituality and creative force, fashioning a uniquely African-American way to connect with the divine. In *Soul Talk*, Akasha Gloria Hull examines this multifaceted spirituality that has both fostered personal healing and functioned as a formidable weapon against racism and social injustice. Through fascinating and heartfelt conversations with some of today's most creative and powerful women--women whose spirituality encompasses, among others, traditional Christianity, Tibetan Buddhism, Native American teachings, meditation, the I Ching, and African-derived ancestral reverence--the author explores how this new spiritual consciousness is manifested, how it affects the women who practice it, and how its effects can be carried to others. Using a unique and readable blend of interviews, storytelling, literary critique, and practical suggestions of ways readers can incorporate similar renewal into their daily lives, *Soul Talk* shows how personal and social change are possible through reconnection with the spirit.

Ifa Orisa Spirituality is an ancestral wisdom tradition steeped in nature and West African history . Isese (Ee Shay Shay) refers to tradition in Ifa spirituality and refers to the wisdom passed down from our ancestors and spiritual progenitors. Descendants from the African Diaspora

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displaced during the Trans-Atlantic Slave trade are seeking to return back to our indigenous nature based roots for empowerment and spiritual transformation. The Isele Workbook offers a wealth of information, personal rituals, and exercises that can be done right now to begin to tap this expansive spiritual system whether or not a mentor has been found. It will also offer new practical tools for those who are already devotees of the tradition to deepen their understanding. The workbook is specifically designed for inner work including exercises and rites drawn from traditional practices in Africa but also embraces the evolution of that understanding to be useful and relevant for the 21st Century African Diaspora population. In the Isele Spirituality Workbook, you will learn: * About your unique spiritual anatomy and physiology based on Isele and Ifa * The power of your Ori and its influence in shaping your destiny. * The Pillars of Isele foundations in Ori, Egun, and Egbe. * The role in Iwa or Character in spiritual evolution and healing. * About Asaro meditation and how to use it to cultivate inner peace and healing. * How to cultivate a relationship with your ancestors & healing generational trauma. * About Egbe, your spiritual support system ,soul family & multidimensional worlds * The role of divination in securing answers and how to use a simple method to gain immediate direction and guidance. * Sacred verses in the Ancient Ifa literary corpus to give us timeless guidance. * Sacred technology using Ewe and easy to find items. * Frequently Asked Questions of Beginners * How to begin the practice of Isele, Ifa Orisa Spirituality in the West and more.

Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, Plant Spirit Medicine has passed hand-to-hand among countless readers drawn to indigenous spirituality and all things alive and green. In this

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updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties, but the deeper wisdom and gifts that they offer. Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us, including: Plant spirit medicine's five-element view of healing Ways to assess our own states of health and balance Receiving guidance from plants, including those found within herbal preparations New passages on community and sacred plants such as peyote, marijuana, and tobacco Additional interviews with plant shamans across diverse traditions, and more Using the Akan in Ghana as a paradigmatic African representative group, this book offers a unique African developmental praxis to eternal life immortality and delves into spirituality, religion, developmental psychological theory, what it means to achieve perfection as an elder on earth, and join the esteemed company of the Ancestors in death.

"I read @tomi_adeyemi's brilliant novel Children of Blood and Bone while I was on vacation. It was an exhilarating read on many levels--a thrilling page-turner that's also deeply moving and incisive." John Green author of Looking for Alaska and The Fault in Our Stars The most anticipated fantasy of the year, soon to be a major motion picture They killed my mother. They took our magic. They tried to bury us. NOW WE RISE. Zélie Adebola remembers when the soil of Orīsha hummed with magic. Burners ignited flames, Tiders beckoned waves, and Zélie's Reaper mother summoned forth souls. But everything changed the night magic disappeared. Under the orders of a ruthless king, maji were targeted and killed, leaving Zélie without a mother and her people without hope. Now Zélie has one chance to bring back magic and strike

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against the monarchy. With the help of a rogue princess, Zélie must outwit and outrun the crown prince, who is hell-bent on eradicating magic for good. Danger lurks in Orïsha, where snow leoponaires prowl, and vengeful spirits wait in the waters. Yet the greatest danger may be Zélie herself as she struggles to control her powers - and her growing feelings for an enemy. As seen on Jimmy Fallon's The Tonight Show Book Club PRAISE FOR CHILDREN OF BLOOD AND BONE "Storms the boundaries of imagination" The New York Times "A brutal, beautiful tale of revolution, faith, and star-crossed love" Publisher's Weekly "Epic fantasy YA debut of magic and war" Guardian "A luxe tale of magic, adventure, and forbidden love... Fans of Leigh Bardugo and Game of Thrones will gobble this up" BuzzFeed "Adeyemi's lush world-building and consummate plotting breathes new life into a YA fantasy epic" Observer "A masterful debut." Melinda Salisbury, author of The Sin Eater's Daughter "Epic" Marie Lu, author of Legend "A phenomenon" Entertainment Weekly "A fantasy that promises to be enthralling and to totally ensnare you within its world, plot, and characters" BookRiot "Poised to be this year's big fantasy breakout... [an] epic story of family, love and magic" Stylist "A timely study on race, colorism, and power and injustice" Kirkus "Epic in scale and size... it's a whirlwind read" The Bookseller

The second volume of Jina-ratna's thirteenth-century The Epitome of Queen Lilávati completes his story. Embodied souls undergo all too human adventures in a succession of lives, as they advance to final release. The primary purpose of Jain narrative literature was to edify lay people through amusement; consequently the stories are racy, and in some cases the moralizing element is rather tenuous. Co-published by New York University Press and the JJC Foundation For more on this title and other titles in the Clay Sanskrit series, please visit

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<http://www.claysanskritlibrary.org>

The Healing Wisdom of Africa Finding Life Purpose Through Nature, Ritual, and Community Tarcher Perigee

Archbishop Desmond Tutu, Nobel Peace Prize winner, Chair of The Elders, and Chair of South Africa's Truth and Reconciliation Commission, along with his daughter, the Reverend Mpho Tutu, offer a manual on the art of forgiveness—helping us to realize that we are all capable of healing and transformation. Tutu's role as the Chair of the Truth and Reconciliation Commission taught him much about forgiveness. If you asked anyone what they thought was going to happen to South Africa after apartheid, almost universally it was predicted that the country would be devastated by a comprehensive bloodbath. Yet, instead of revenge and retribution, this new nation chose to tread the difficult path of confession, forgiveness, and reconciliation. Each of us has a deep need to forgive and to be forgiven. After much reflection on the process of forgiveness, Tutu has seen that there are four important steps to healing: Admitting the wrong and acknowledging the harm; Telling one's story and witnessing the anguish; Asking for forgiveness and granting forgiveness; and renewing or releasing the relationship. Forgiveness is hard work. Sometimes it even feels like an impossible task. But it is only through walking this fourfold path that Tutu says we can free ourselves of the endless and unyielding cycle of pain and retribution. The Book of Forgiving is both a touchstone and a tool, offering Tutu's wise advice and showing the way to experience forgiveness. Ultimately, forgiving is the only means we have to heal ourselves and our aching world.

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

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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.

Through *The Healing Wisdom of Africa*, readers can come to understand that the life of indigenous and traditional people is a paradigm for an intimate relationship with the natural world that both surrounds us and is within us. The book is the most complete study of the role ritual plays in the lives of African people--and the role it can play for seekers in the West. Mohammed Girma is international advocacy officer at the International Bible Advocacy Centre, visiting lecturer of intercultural studies at London School of Theology, and research associate at the University of Pretoria.

Capturing the narratives of indigenes, this book presents a unique anthology on global Indigenous peoples' wisdoms and ways of knowing. Covering issues of religion, cultural self-determination, philosophy, spirituality, sacred sites, oppression, gender and the suppressed voices of women, the diverse global contexts across Africa, Asia, the Middle East, North and South America, and Oceania are highlighted. The contributions

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represent heart-felt expressions of Indigenous peoples from various contexts - their triumphs and struggles, their gains and losses, their reflections on the past, present, and future - telling their accounts in their own voices. Opening new vistas for understanding historical ancient knowledge, preserved and practiced by Indigenous people for millennia, this innovative anthology illuminates areas of philosophy, science, medicine, health, architecture, and botany to reveal knowledge suppressed by Western academic studies.

Connecting modern psychology to its Indigenous roots to enhance the healing process and psychology itself • Shares the healing wisdom of Indigenous people the author has worked with, including the Ju/'hoansi of the Kalahari Desert, the Fijians of the South Pacific, Sicangu Lakota people, and Cree and Anishnabe First Nations people • Explains how Indigenous perspectives can help create a more effective model of best practices in psychology • Explores the vital role of spirituality in the practice of psychology and the shift of emphasis that occurs when one understands that all beings are interconnected Wherever the first inhabitants of the world gathered together, they engaged in the human concerns of community building, interpersonal relations, and spiritual understanding. As such these earliest people became our "first psychologists." Their wisdom lives on through the teachings of contemporary Indigenous elders and healers, offering unique insights and practices to help us revision the self-limiting approaches of modern psychology and enhance the processes of healing and social

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justice. Reconnecting psychology to its ancient roots, Richard Katz, Ph.D., sensitively shares the healing wisdom of Indigenous peoples he has worked with, including the Ju/'hoansi of the Kalahari Desert, Fijians native to the Fiji Islands, Lakota people of the Rosebud Reservation, and Cree and Anishnabe First Nations people from Saskatchewan. Through stories about the profoundly spiritual ceremonies and everyday practices he engaged in, he seeks to fulfill the responsibility he was given: build a foundation of reciprocity so Indigenous teachings can create a path toward healing psychology. Also drawing on his experience as a Harvard-trained psychologist, the author reveals how modern psychological approaches focus too heavily on labels and categories and fail to recognize the benefits of enhanced states of consciousness. Exploring the vital role of spirituality in the practice of psychology, Katz explains how the Indigenous approach offers a way to understand challenges and opportunities, from inside lived truths, and treat mental illness at its source. Acknowledging the diversity of Indigenous approaches, he shows how Indigenous perspectives can help create a more effective model of best practices in psychology as well as guide us to a more holistic existence where we can once again assume full responsibility in the creation of our lives.

A practical guide to chakras explores their importance to the ancient Africans and Egyptians, reveals the ancient mysteries of the Aura and Chakra system, and illustrates their common roots with India's yogic traditions

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An in-depth study of the heart-centered teachings of Mary Magdalene • Explains how the Fourth Gospel of the New Testament, specifically the Gospel of Signs, is actually a direct transcription of Mary Magdalene's oral teachings • Reveals Mary Magdalene as a gifted visionary teacher and the best qualified disciple to lead the Jesus movement after his death • Details how the Gospel of Signs outlines 7 key steps for personal transformation and healing The discovery and translation of the Gnostic Gospels have revealed Mary Magdalene to be a gifted visionary teacher and the best qualified disciple to lead the Jesus movement following his death. Yet, according to most scholars, only a few fragments of her actual teachings have survived. Sharing more than 20 years of research, inspired by a profound experience at the cave in southern France where Mary Magdalene is reputed to have spent her final years, Jack Angelo reveals that the Fourth Gospel of the New Testament, traditionally attributed to John, is actually a direct transcription of Mary Magdalene's oral teachings. He explains how the Fourth Gospel was recast by more conservative members of the Jesus movement, such as Peter and Andrew, to hide Mary's authorship and suppress her role as head disciple. Delving deeply into the many layers of meaning within the "Gospel of Signs"--the first 11 chapters of the Fourth Gospel which describe seven of Jesus' miracles--he shows how Mary's teachings outline seven key steps for personal transformation and profound healing. For example, the sixth sign describes the shamanic healing of a blind man when Jesus spits on clay and smears the paste over

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the man's eyes. Angelo explains how the deeper meaning of this sign is about perceiving with the "eyes of the heart." Beyond the beauty and simplicity of Mary's wisdom for personal transformation and healing, Angelo also shows how Mary's heart-centered teachings embody the resurgence of feminine energy that is vitally needed to restore balance to the psyche and health of humanity as well as to Earth.

Fiction. African Studies. THE HEALERS tells a story of the conflict and regeneration focused on replacing toxic ignorance with the healing knowledge of African unity.

This collection makes a unique contribution towards the amplification of indigenous knowledge and learning by adopting an inter/trans-disciplinary approach to the subject that considers a variety of spaces of engagement around knowledge in Asia and Africa.

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

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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 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. 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*

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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.

For many Americans the mention of Africa immediately conjures up images of safaris, ferocious animals, strangely dressed "tribesmen," and impenetrable jungles. Although the occasional newspaper headline mentions authoritarian rule, corruption, genocide, devastating illnesses, or civil war in Africa, the collective American consciousness still carries strong mental images of Africa that are reflected in advertising, movies, amusement parks, cartoons, and many other corners of society. Few think to question these perceptions or how they came to be so deeply lodged in American minds. Mistaking Africa looks at the historical evolution of this mind-set and examines the role that popular media plays in its creation. The authors address

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the most prevalent myths and preconceptions and demonstrate how these prevent a true understanding of the enormously diverse peoples and cultures of Africa. Updated throughout, the fourth edition covers the entire continent (North and sub-Saharan Africa) and provides new analysis of topics such as social media and the Internet, the Ebola crisis, celebrity aid, and the Arab Spring. *Mistaking Africa* is an important book for African studies courses and for anyone interested in unravelling American misperceptions about the continent.

The stories within these books have the poignancy of new discoveries as well as the unworn imagination of the ancestors. The commentary has the sharp edge of modern thought and the intricacy which results from the intellect being woven through the ritual complexities of tribal life. The purpose of constructing thresholds that bring this world together is to find the powers that can heal the rends in tribal as well as modern communities.

A Teaching Memoir That Crosses the Barriers Between Worlds A shaman is one who has learned to move between two worlds: our physical reality and the realm of spirits. For John Lockley, shamanic training also meant learning to cross the immense divide of race and culture in South Africa. As a medic drafted into the South African military in 1990, John Lockley had a powerful dream. "Even though I am a white man of Irish and English descent, I knew in my bones that I had received my calling to become a sangoma, a traditional South African shaman," John writes. "I felt blessed by the ancient spirit of Africa, and I knew that I had started on a journey filled with magic and danger." His path took him from the hills of South Korea, where he trained as a student under Zen Master Su Bong, to the rural African landscape of the Eastern Cape and the world of the sangoma mystic healers, where he found his teacher in the medicine woman called MaMngwevu. In *Leopard Warrior*, John shares a

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gripping account of his experiences and the wisdom he learned over years of training. Here he invites you to discover:

- Powerful insights into the spiritual tradition of the Xhosa lineage of South Africa—the tribe of Nelson Mandela and Desmond Tutu
- Ubuntu—a core concept for recognizing and embracing our deep interconnection with all living things
- Ancestor medicine—how we can learn to honor the blood in our veins, the heritage of our soul, and our shared humanity
- Recovering our forgotten knowledge about the wisdom of our dreams, the spirits of plants and animals, and the power of the unseen world

In traditional African healing circles, the leopard represents intuition, instinct, and harmony with nature and the spirit world. As John Lockley writes, “A leopard warrior is a spiritual soldier who mirrors the natural world and directs their gaze inward to answer the call of their spirit.” With *Leopard Warrior*, he brings us an inspiring call to action—showing how we can bridge the barriers that divide us, embrace the gifts of our ancestors, and reclaim our rightful place as compassionate caretakers of our world.

"*African Religions and Philosophy*" is a systematic study of the attitudes of mind and belief that have evolved in the many societies of Africa. In this second edition, Dr Mbiti has updated his material to include the involvement of women in religion, and the potential unity to be found in what was once thought to be a mass of quite separate religions. Mbiti adds a new dimension to the understanding of the history, thinking, and life throughout the African continent. Religion is approached from an African point of view but is as accessible to readers who belong to non-African societies as it is to those who have grown up in African nations. Since its first publication, this book has become acknowledged as the standard work in the field of study, and it is essential reading for anyone concerned with African religion, history, philosophy,

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anthropology or general African studies.

Tens of thousands of spiritual seekers around the world have been touched by James Weeks's online essays and affirmations. Now in book form for the first time, *Meditations Across The King's River* is inspired by James's travels throughout the Caribbean and West Africa as an Ifa priest. Here, readers will find hope, encouragement, and wisdom to sustain them on their soul's journey.

It takes a whole village to raise a child. If you wash yourself with anger you never have clean hands. These are just a few of the more than 100 inspiring proverbs contained in this book. Many people, unfortunately, merely associate the continent of Africa with poverty, disease, and conflict. In so doing they miss out on much of the wisdom that is waiting to be discovered from the motherland of civilization. By and large, it is a wisdom rooted in strong community bonds. The author helps readers discover many previously hidden treasures. His inspiring reflections after each proverb point to overlapping themes to be found in African and in biblical spirituality. Retells the ancient legends of Africa, reveals their universal messages, and draws parallels between the symbols of Africa and those of other cultures.

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