

# The Sacred Woman in the Making



## Orientation Manual



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*"I am The Woman who Lightens the Darkness..."*

"Welcome into the Sacred Woman Rites of Passage Training. Prepare yourself and your family for a life-changing and life-transformative journey. As your spiritual guide and teacher on this journey I charge each of you to re-envision your life and make it so! May you come into your own as a mother, daughter, wife, and Sacred Woman. May this journey guide you out of the mud so you can fully blossom into the lotus woman you truly are".

*Queen Afiya*



# The Sacred Woman Support Team

Our team is here to support throughout all aspects of this healing journey. Feel free to reach out to us with questions or concerns you may have along the way.

Sacred Women Founder & Master Teacher  
Queen Afua

Sacred Women Dean & Spiritual Guide  
Queen Esther  
[Sacredwoman@queenafua.com](mailto:Sacredwoman@queenafua.com)

QAWU Student Liaison  
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QAWU Guidance Counselor  
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[www.Queenafua.com](http://www.Queenafua.com)  
[www.Sacredwoman.us](http://www.Sacredwoman.us)

## Sacred Woman Rites of Passage

2017 Fall Schedule

*Transform from a wounded woman into a healed Sacred Woman*

Week No.	Date	Spiritual Guardian	Gateway
	Sunday, September 10, 2017	<b>The Sacred Woman Gathering Reception</b>	
<b>1</b>	Sunday, September 24, 2017	<b>Nut</b>	0. Sacred Womb
<b>2</b>	Sunday, October 1, 2017	<b>Tehuti</b>	1. Sacred Words
<b>3</b>	Sunday, October 8, 2017	<b>Ta Urt</b>	2. Sacred Food - 7 day detox begins
<b>4</b>	Sunday, October 15, 2017	<b>Bes</b>	3. Sacred Movement
<b>5</b>	Sunday, October 22, 2017	<b>Het Heru</b>	4. Sacred Beauty
<b>6</b>	Sunday, October 29, 2017	<b>Nebt Het</b>	5. Sacred Space
<b>7</b>	Sunday, November 5, 2017	<b>Sekhmet</b>	6. Sacred Healing
<b>8</b>	Sunday, November 12, 2017	<b>Ma'at</b>	7. Sacred Relationships
<b>9</b>	Sunday, November 19, 2017	<b>Ast</b>	8. Sacred Union
<b>10</b>	Sunday, November 26, 2017	<b>Nefer Atum</b>	9. The Sacred Lotus Initiation
<b>11</b>	Sunday, December 3, 2017	<b>Seshat</b>	10. Sacred Time
<b>12</b>	Sunday, December 10, 2017	<b>Meshkenet</b>	11. Sacred Work
<b>13</b>	Tuesday, December 12, 2017	Sacred Woman Gateway Drama Rehearsal via Live-Stream	
<b>14</b>	Friday, December 15, 2017	<b>Sacred Woman in the Making Ascension Reception</b> with vegan dinner and tonic 6:00 – 9:00 pm	
<b>15</b>	Saturday, December 16, 2017	<b>Sacred Woman in the Making Ocean Purification</b> 4:00 – 7:00 am (prompt departure at 4:00 am) <b>Soul Sweat at The Bathhouse</b> 8:00 – 11:00 am <b>Botanical Garden Herbal Walk &amp; Lotus Meditation</b> 2:00 pm Vegan Brunch 3:00 – 7:00pm Gateway Rehearsal with Gateway Sisters	
<b>16</b>	Sunday, December 17, 2017	<b>Ascension Graduation</b> 2:00 PM to 6:00 PM <i>"From Death to Resurrection"</i> 6:00 PM to 10:00 PM Meshknet Marketplace	



## **Sacred Woman Rites of Passage Orientation**

These orientations will equip you with the information necessary to prepare for the upcoming class.

Teleconference #: 267.930.4000

Student Access Code: 845-208-881#

Sundays from 8:00 – 9:00 pm Eastern Standard Time

***Be sure to have this orientation package available for review during the session***

## **Sacred Woman New Student Reception**

*~ Welcome our New Sacred Women in the Making~*

*~ Celebrate our New Sacred Woman Practitioners~*

*~ Spirit Charge our Sacred Woman Graduates ~*

*~ Meet Sacred Woman Members & Sacred Woman Renaissance Elders ~*

Our new student reception will be our official class launch before traveling on the journey of the 12 sacred woman gateways. Students will also meet their Sacred Woman Mentors, and Support Team as well as connect with one another face to face. Friends and family are also welcome to our communal reception. Vegan, plant-based catering will be provided on-site from our own Nutrition Kitchen.

## **Sacred Woman Pre-Class Checklist**

- ☐ Step 1: Enroll in the Sacred Woman Rites of Passage
- ☐ Step 2: Receive access to the online portal and Orientation info
- ☐ Step 3: Attend Orientation online or by teleconference
- ☐ Step 3: Schedule 10-Min Wellness Tune-Up energy readings with bursar department
- ☐ Step 4: Receive mentor guide assignments
- ☐ Step 5: Begin mandatory cleansing and purification process
- ☐ Step 6: Join Facebook Support Group
- ☐ Step 7: Complete all Tuition & Fees
- ☐ Step 8: Attend New Student Reception
- ☐ Step 9: Class begins!



## **Dress Code**

Students are to observe the following dress code during each session of the 12 week course:

All white attire (Top, Skirt and socks]

We ask that you wear skirts, lapas, & wraps to strengthen one's Het-Hru (Sacred Beauty)

You may wear the color of the gateway as an accent, i.e. shawl, scarf or headwrap

## **Sacred Curriculum**

This will be made accessible through our online portal: <https://www.QAWU.teachable.com> once the class begins. All students will receive the next week's curriculum the Friday before the next gateway at 6pm. Each student is required to retrieve and print their electronic training manual and place the corresponding paperwork within a purple binder. A white binder will suffice. This binder must accompany the student at each workshop and master class throughout the training.

## **Sacred Woman Academy**

The Global Sacred Woman Academy is taught by guest elder teachers whose mastered their craft and whose lifestyle and teachings correspond to the various Sacred Women Gateways. This serves as extra support throughout the gateways. These live talks take place once a week and are available for download through the online portal.

## **Sacred Mentorship**

The Sacred Woman Mentoring Program was designed to strengthen the new students coming onboard. Each student is assigned to a certified Sacred Woman Practitioners to ensure that any questions, concerns or suggestions they have are answered on a personal and direct level. Once enrolled you will be assigned a mentor and specific day to meet with your mentor group. These weekly sessions will help you to connect with other sisters in your geographic region. You will be able to communicate with your mentor by phone, email and/ or text message. Please feel free to reach out to them if you ever need assistance or support. Mentorship is done on a volunteer basis so please respect your mentor's time and respond to your mentors when they reach out to you. We encourage you to use this resource to strengthen the success of your training.



## Sacred Woman Rites of Passage Ambassador

Referral | Exchange Program

*“You are your sisters Keeper...”*

### **Referral | Exchange Program**

*“To lift up your sister is to lift up yourself to come one step closer to healing families, communities, cities & planet earth”* If you bring in 4 or more friends into the program you will be awarded a Sacred Woman Ambassador gift. For every 4 people recommend to our Rites of Passage programs, a complimentary seat is given.



## Sacred Woman in the Making Pre-Training Detox

It is highly suggested for each student to prepare their Body, Mind, and Spirit for this training by submerging in at least three [3] healing baths prior to the Sacred Woman Reception:

### Detox Healing Bath

1 to 2 cups of dead sea salt

2 to 3 drops of Premium Quality Essential oil

- Frankincense and myrrh can be used for purification
- Lavender for harmonization
- Lotus oil for spiritual ascension
- Rose oil for heart healing and mending

Turn off the lights, light a white candle for clairvoyance, karma and clear vision

Soak in the tub for 30 minutes, soak to a new life, release layers of pain, mentally physically and spiritually. With each bath you go higher and higher in frequency

When you come out of the tub, take a shower; Cleanse over your first eye for clarity of vision, over your heart to clean up emotional heartache, and over the womb to birth a new you.

***Inversion Prayer:*** *I have commanded my seat. I rule it by my mouth, speaking and in silence. I maintain an exact balance. My form is inverted. Season from season I am one coming from one. I am in udjat.*

***\*Please Note: We will utilize the 7 day detox kit the week that we observe the Gateway Ta-Urt to draw on the collective energy of the sisterhood. This is the 3rd week of class\****

Prior to starting your detox kit, please avoid the following contaminants:

- white flour products - *causes chronic constipation and bloating*
- sugar - *depletes the bones and the brains, nervous system*
- dairy - *release to prevent tumors from growing*
- flesh - *prevent cancer causing conditions*
- microwave use
- GMO foods
- fried foods
- junk food
- fast food
- processed/packaged food
- Frozen food

Please study your electronic copy of the Lifestyle Training Manual with menu plan, shopping list and daily check list. Also read Queen Afua's books, Heal Thyself: For Health and Longevity or Circles of Wellness: Restoring Your Health Through The Seven Kitchens of Consciousness, for deeper holistic lifestyle support.

## **Prepare Your Home for Your Sacred Journey**

Please Nebt-Het Your House (Clean out, Wash Up, Scrub, & Purge Your Home). Make Your Home on this Journey Your Healing Home!

The Kitchen becomes your Nutrition Kitchen Pharmacy

The bathroom becomes your surgery by water room for hydrotherapy.

The living room becomes the live in room, a place for meditation, family vision work, healing movements and freedom fighting wellness discussions

The Bedroom becomes the regeneration chamber where you perform your inversion

For further information: Study Queen Afua's Book, Circles of Wellness: A Guide to Planting, Cultivating & Harvesting Wellness [chapter 4]

## Heal Thyself Products

*“May I be Protected by 70 Purifications...”*

Due to high volume, our retail Heal Thyself product inventory depletes quite frequently. In order to receive your kit \$200 of your course fees must be paid by the 2nd week of class. This will allow for your order to be ready in time for our collective detox. All registered students are also required to have their book, Sacred Woman: A Guide To Healing The Feminine Body, Mind & Spirit, in advance. This book is not included in the training.



Each registered student will receive one [1] **7 Day Detox™ Starter Kit** which is to be used starting the 3rd week of the class in a group detox..The kit includes:

Green Life	Master Herbal
Herbal Laxative	Colon Inner Ease
Rejuvenation Clay	Breath of Life
Nutrition Kitchen Chart	Sacred Woman Scroll
Lifestyle Training Manual*	Sacred Woman Journal**

\*Electronic Copy Only

\*\*Online Enrollees Only

## How to use your 7 Day Detox Kit

(Take alongside a 7 Day Vegan Live Food or Juice Cleanse)

### Formula I      Green Life Nutritional Formula

- **General Directions:** Mix 1 Tbsp with 8-16 oz of fruit or vegetable juice 3 times a day. This formula is to be taken every day.
- **Pregnant women & Breast-feeding mothers:** Blend 2 tablespoons of Green Life, 3x per day with 16 ounces of fresh organic juice or water. Include Vitamin C 500 mg 3x a day and Vitamin B complex 50 -100mg, 3x per day.
- **Benefits:** Rejuvenates the body, builds the immune system and helps to eliminate excessive hunger.

### Formula II      Master Herbal Detox Formula

- **General Directions:** Boil 4-5 cups of water in the evening, turn off the flame, add 4-5 Tbsp of Formula II to the water and steep overnight. Strain herbs from the water first thing in the morning. Keep Formula II tea in a Thermos jug or dark bottle and drink from morning up until sundown. This formula is to be taken daily.
- **Pregnant women & Breast-feeding mothers:** Do not drink. Instead add to bath water and soak for 30 minutes and then shower.
- **Benefits:** Purifies and restores all of the bodily organs. Also cleanses the bloodstream, rejuvenates the brain, lungs, bones, etc.

### Formula III      Colon Inner Ease De-blocker Formula

- **General Directions:** Take Kidney /Liver Flush (2 Tbsp Inner Ease with juice of 1 lemon, 1 pinch of Cayenne Pepper, or 1 clove of garlic in 8oz warm water) upon rising in the morning. **(Refer to Heal Thyself Book pages 99 – 101)**
- **Pregnant women & Breast-feeding mothers:** Massage breast daily. Also massage abdomen (belly) in a clockwise direction daily.
- **Benefits:** Lubricates the colon to ease elimination of old impacted waste from the large and small intestines.

### Formula IV      Herbal Laxatives Formula

- **General Directions:** Take 1--2 capsules each or every other night with 12-16oz of warm water.
- **Pregnant women & Breast-feeding mothers:** Avoid laxatives. Eat okra 3x per week.
- **Benefits:** Gently draws 1-2 lbs of impacted waste out of the colon on a daily basis.

**Formula V**     **Queen Afua's Rejuvenation Clay**

- **General Directions:** Apply 1 inch thick or more of clay over gauze then place gauze over the area of treatment. Keep it on overnight. Take warm shower in the morning.
- **Pregnant women & Breast-feeding mothers:** Brush teeth and gums with clay daily to help maintain calcium level in teeth
- **Benefits:** For swollen joints, painful areas of the body.

**Formula VI**     **Breath of Life Formula**

- **General Directions:** Take 1-2 drops under your tongue and then drink lemon and warm water once in the morning, and once at night every day..
- **Pregnant women & Breast-feeding mothers:** Do not ingest. Boil a pot of water. Turn off flame. Add a few drops to water. Create a tent with a towel. Cover head and steam for a few minutes.
- **Benefits:** Assists in alleviating: asthma, hay fever, colds, snoring, sinus, lung, ear, eye decongestion, breath freshener.

## Sacred Woman Ascension Rings In Collaboration w/ Studio of Ptah

### Ast & Nebt-Het Sacred Woman Class Rings

The Ast and Nebt-Het Graduation Rings are fashioned by Sen-ur Heru Ankh Ra Semahj Se Ptah, of Studio of Ptah, the historical advisor and research consultant of Sacred Woman: A Guide To Healing The Feminine Body, Mind & Spirit. With a choice of silver, gold, or a mix of silver and gold with or without a birthstone.

Arm bands and pendants are also available for your sacred adornment.

**The Sacred Woman** ring ceremony will be performed at the Ascension Ceremony.

*Call the studio directly to provide ring size and to discuss ring metal and stone specifications.*

Studio of Ptah  
(212) 343-9706

### Ast & Nebt-Het Sacred Woman Class Ring Samples



SILVER



SILVER



ROSE GOLD



**GOLD**



**SILVER**

*If you have any questions about the Sacred Woman Rites of Passage please call  
888.344.4325.*



## Ascension Weekend Schedule

DATE	FACE-TO-FACE: AT THE MOTHERSHIP	FACE-TO-FACE PRICE	ONLINE: IN HOMETOWN	ONLINE PRICE
Friday, Dec. 15, 2017	<b>Sacred Woman in the Making Meet &amp; Greet Reception</b> <i>Includes Vegan Meal &amp; Tonic</i> 6:00 – 9:00 pm	<b>\$15</b> Includes vegan meal and tonic	<b>Sacred Woman in the Making Meet &amp; Greet Reception Online</b>	<i>Based on Location</i>
Saturday, Dec. 16, 2017	<p><b>Sacred Woman in the Making Ocean Purification</b> 4:00 – 7:00 am (prompt departure at 4:00 am)</p> <p><b>Soul Sweat at The Bathhouse</b> <i>Includes Eucalyptus sauna, lavender steam bath, detox tonics &amp; yoga with breathing work. Healing songs &amp; prayers</i> 8:00 – 11:00 am</p> <p><b>Botanical Garden Herbal Walk &amp; Lotus Meditation</b> 11:30 - 1:30 pm 2:00 pm <i>Includes Vegan Brunch &amp; Tonic</i> 3:00 – 7:00pm Gateway Rehearsal with Gateway Sisters</p>	<p><b>\$85</b> Includes vegan meal and drink, Ocean Purification Ceremony, Bathhouse Entry, Shuttle Bus transportation</p>	<p><b>Sacred Woman in the Making Ocean Purification</b> <i>Visit Ocean to purify in your town</i></p> <p><b>Soul Sweat at The Bathhouse</b> <i>Visit Spa or Bathhouse in your town</i></p> <p><b>Botanical Garden Herbal Walk &amp; Lotus Meditation</b> <i>Visit Botanical Garden in your Town for Garden Meditation.</i></p>	<i>Based on Location</i>
Sunday, Dec. 17, 2017	<b>Sacred Woman Ascension Ceremony &amp; Sacred Drama Rehearsal</b> <i>Includes vegan brunch &amp; dinner with drinks</i>	<b>\$100</b> Includes 2 vegan meals, 3 tickets for guest, and <b>\$25 Graduation Dues</b>	<b>Sacred Woman Ascension Ceremony &amp; Sacred Drama Rehearsal 1</b> <i>Log on to watch the Ascension ceremony live</i> Certificates will be mailed and your name will be called during the Ascension ceremony.	<b>\$30 Graduation Dues</b>
<b>Total Week-End Healing Ascension Costs</b>		<b>\$200</b>	<b>Total Week-End Healing Ascension Costs</b>	<b>\$30</b>

*\*Please process the Week-End Sacred Woman Ascension Fee no later than November 17, 2017.*





## About the Graduation | Ascension Weekend

*Take the Bus, Plane, Train or Carpool...It's Graduation Time*

Once students have successfully completed the 12 Week Training curriculum, they are strongly encouraged to journey deeper to optimal wellness by joining Queen Afua and The Global Sacred Woman Village in a Soul Sweat and Ocean Purification prior to the Ascension Graduation Ceremony. These services are offered at an additional charge and require transportation to and from the respective locations.

The Soul Sweat™ consists of observing Sacred Silence while indulging in an invigorating and healing eucalyptus sauna & lavender steam experience. Sacred Woman in the Making are also encouraged to accompany Queen Afua to the Riis Beach Ocean Purification ceremony. This auspicious and powerful ceremony allows the graduating students to officially begin their ascension to becoming a Sacred Woman. This service will empower students from over 20 cities that will be enrolled in the Rites of Passage to physically meet and greet their sisters and alumni through The Ascension Week-End. Online students are highly encouraged to take this opportunity to join, participate and attend the Graduation Ceremony Weekend Activities in Person.

## The Graduation | Ascension Ceremony

Date: December 17th, 2017

Time: 2pm-6pm

**Part I: Sacred Drama, "From Death to Resurrection"**

Part II: The Ascension Walk

Rings Ceremony & Certificate of Completion

Time: 6pm-10pm

Food Reception & Meshket Marketplace

## Graduation Dues

Online students are not required to purchase any tickets

Face to Face Students are required to purchase 3 tickets.

## Sacred Woman Meshket Marketplace Vending Opportunity

*Sacred Woman In Business*

The Sacred Woman Meshket Marketplace will be a vending opportunity for entrepreneurs in the sister circle. Students will be able to birth and share their Meshket (Sacred Work) with their friends family and community at the Graduation | Ascension Ceremony.

**Vending Price: \$50 for half of a 6ft Table**

**Spaces are limited**



Whether visiting for our Sacred Ascension Graduation, Fasting Shut Ins, FAMILY events &/or for your GENERAL TRAVEL S, ALL are Welcomed to BOOK TRAVEL with us...



## Ascension Weekend

### HOTELS SUGGESTIONS (ZIP 11216)

- **The Brooklyn A Hotel**  
1199 Atlantic Ave, Brooklyn
- **Best Western Plus Arena**  
1324 Atlantic Ave, Brooklyn,
- **LaQuinta Inn & Suites Brooklyn Central**  
1229 Atlantic Ave, Brooklyn
- **Hotel Lynx**  
1420 Atlantic Ave, Brooklyn



### CONTACT US

**844-344-HEAL (4325)**

SW Imani Scott, CTA  
GSW Travel Club Director  
Call/Text 347-746-9749  
AmazingTravelAgent@gmail.com

SW Judy Jones, CTA  
Call/Text 347-539-7055  
JudySJones1@gmail.com



# GLOBAL Sacred Woman TRAVEL CLUB!

**TRAVEL** the WORLD, as a ROYAL SACRED BEING!



## Your TRAVEL BOOKINGS or PARTNERING with our GSW Travel Club, funds ongoing donations to the Queen Afua Wellness Institute! (QAWI)

Explore our options for your **Flights, Hotels, Car Rentals & MORE!**

**Option 1:** Enroll as a GSW Travel Club ASSOCIATE during the Meshkenet cycle to access Maximum Exclusive Royal Benefits, Discounts, Perks, (example: Get PAID to Travel &/or get up to 100% TAX Write OFFs on all your trips to each initiation class-thru-to your ascension weekend ceremony & BEYOND) & MORE!

**Option 2:** Request a 30-90 day FREE SAMPLE TRIAL to experience & use our discount GSW WHOLESALE BOOKING portal, or ENROLL NOW as our REWARDS Customer & GET up to 70% OFF BOOKINGS, plus EARN Rebates & TRIPLE DIP in REWARD Points on Flights, Hotel Stays, Retail Shopping & MORE!

**Option 3:** Search, Bookmark & DIRECTLY BOOK on GSW TRAVEL Portal  
Link at: [www.GlobalSacredWoman.paycationonline.com](http://www.GlobalSacredWoman.paycationonline.com)  
or [www.SacredTravels.eventbrite.com](http://www.SacredTravels.eventbrite.com)

**Option 4:** BOOK CUSTOMIZED PACKAGES &/or make SPECIAL GROUP Travel Requests with one of our CERTIFIED SW Travel Club SPECIALIST!

Get More Info &/or Register at:

[www.SacredTRAVELS.eventbrite.com](http://www.SacredTRAVELS.eventbrite.com)

ASK about our **FREE** Customer **TRIALS** & Complimentary 3 day Hotel Stays for **TWO!**

## Graduation Weekend Accommodations

**Local accommodations for those travelling for the Sacred Woman face-to-face Ascension Week-End**

Air BNB: [www.airbnb.com](http://www.airbnb.com)

Temple of Illumination

<https://www.airbnb.com/rooms/14787028>

Contact: Dr. Natural Amon Ra

(718) 783-3465

JAH ArtSpace in BedStuy

<https://www.airbnb.com/rooms/16676657>

Contact: Sacred Woman Danielle “Jazz” Noel

(646) 651-7023

The Brooklyn A Hotel

1199 Atlantic Ave, Brooklyn, NY 11216

718.789.1500

Best Western Plus Arena Hotel

1324 Atlantic Ave, Brooklyn, NY 11216

718.604.7300

LaQuinta Inn & Suites Brooklyn Centra

1229 Atlantic Ave, Brooklyn, NY 11216

718.925.4313

Hotel Lynx

1420 Atlantic Ave, Brooklyn, NY 11216

718.771.2222

Zip car

1360 Atlantic ave. Brooklyn, NY 11213

866.494.7227

[Zipcar.com](http://Zipcar.com)

Adir Car Rental

391 Empire Blvd. Brooklyn, NY 11225

718.771.4858



***“Golden are my limbs, blue my crown, and emerald my body”***

***The Papyrus of Anui***



***Your journey is just beginning.***