



CURRICULUM MANUAL

**SACRED WOMAN
RITES OF ♀ PASSAGE**

*A Sacred Woman Work of
Art*

QUEEN AFUA

The Velvet Sword

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The Mother of The Global Sacred Woman Village

"Queen Afua has clearly established herself as the mother architect of healing." —**Yanika Vanzant**

"Just when I thought I was all alone, I found myself walking with a group of conscious women who were taking sacred steps and speaking sacred words. We were on our way to Queen Afua's Global Sacred Woman Village." — **Erykah Badu**

"Queen Afua's works represent the first step to self-healing, a template for healing, clear thinking, forgiveness and release. Yes, it is possible for holistic strategies and mainstream medical to align." —**Dr. Bernadette L. Sheridan**

Queen Afua has over **40 years experience** as a **holistic health practitioner** and wellness coach. A pioneer in the green foods movement, Queen Afua is the author of **6 books**, the creator of the **Heal Thyself product line**, and CEO of the **Queen Afua Wellness Institute**.

Queen Afua has devoted her life to fighting the overwhelmingly high rates of **hysterectomies, fibroids, hypertension, and other diseases** by teaching people **how to understand and utilize the power of food, self care, and holistic healthy choices** as an empowering lifestyle.

HIGHLIGHTS & RECOGNITIONS

- Consulted for NASA
- Essence Magazine Bestseller List Author
- Honoree with Queen Afua day in Brooklyn, NY by the Borough President
- Received proclamations from Brooklyn, Los Angeles, and Philade phia
- Honoree with recognitions by Seneca Barbara Rixe, Congresswoman Maxine Waters, Congressman Al Green, and Senator Shirley Kitchens

Queen Afua has inspired over 1,000,000 women, men and children throughout the **United States and the Virgin Islands, Canada, the Caribbean, Africa and Europe** with her workshops, books, products, and presentations.

Queen Afua's renowned **21 Day Detox and Rejuvenation Program** has been clinically tried and tested in partnerships with medical doctors to show proven results in lowered blood pressure, decrease in medication dosage, and weight loss.

www.QueenAfua.com



DISCLAIMER

Notice: this text is intended as a reference volume only, not as a medical text. The information provided herein is designated to help you make informed decisions about your health. It is not intended to be a substitute for any treatment that may have been prescribed by your doctor. It is given with the understanding that the publisher is not engaged in rendering medical advice. If you have a medical problem, continue to seek competent medical help.

Sacred Woman Rites of Passage Curriculum Manual by Queen Afua ©2016

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The Sacred Woman Holy Grail

Dedicated To The Royal Original Holistic Healers From Antiquity to Now

The Journey as a Recipient of the Sacred Holy Grail Text

The Sacred Woman Rites of Passage Transformation Curriculum manual was developed over three decades for women who will holistically -- in body, mind, and spirit -- transform self, families, communities, and the world.

THE JOURNEY: PORTALS I - IV	
PORTAL I:	Sacred Woman Rites Of Passage Registration Sacred Woman Sunday Orientation Workshops
PORTAL II:	Sacred Woman Reception
PORTAL III:	Sacred Woman Online Portal* Sacred Woman Rites of Passage Begins
PORTAL IV:	Sacred Woman Practitioner Mentorship Begins Sacred Woman Tune Up
*Includes downloadable chapters of the 100-page Sacred Woman Rites of Passage Transformation Curriculum Manual by Queen Afua for Sacred Woman in the Making within the Global Sacred Woman Healing Village	

INTRODUCTION

They say our way is dead. They say our way is no more and that the Nile Valley legacy ended thousands of years ago, but we are here and we do remember.

I AM the Shrine. I AM the temple. I AM the sanctuary.
I AM the Church. I AM the mosque. I AM the cathedral.
I AM holy land. I AM the altar. It is lodged in our DNA,
tapped down deep in our melanin, our KamUr.

So we travel deep within and we fasted and we prayed
and then one day, one by one Jah Rastafari. Shalom.
Hamdullilah. Hari Krishna Hari Bol. Then two by two,
Nam-Myoho-Renge-Kyo. Halleluyah. AHO. Asé.
Then thousands began to wake up to the
Ancient Healing Nile Valley Legacy.

*We are Here. And We Do Remember.
Hetepu to the returning Lotus Woman within you.*



SACRED WOMAN MISSION STATEMENT

May we, Sacred Woman, no longer be prisoners and casualties of life's war as we fervently seek our full liberation. Sacred Woman is a path and journey of inner freedom, a road map to Divinity. It is the road of emancipation sparked and headed by the first mothers of the earth, the African woman. Sacred Woman consciousness is ultimately an answer to planetary healing. The journey we take is liberating and the destination is freedom. The price for freedom may be high but the price that one pays for being imprisoned and cut off from the very breath of life is even higher still.

If one expects to sort out freedom and move from a dead to a living existence, one must have the courage to be willing to sacrifice one's old worn out ineffective self. The tapestry that we as Sacred Woman boldly make through the Sacred Woman Gateways emerges and weaves itself into a Seneb Freedom Blanket, a patchwork quilt, that we wrap ourselves into to re-create our destinies, as self healers and self emancipators.

As we ascend and grow into a Sacred Woman we will heal in numerous, unlimited dimensions by way of prayer, affirmations, visualizations, sacred movements, purification rites, fasting, live food eating, altar work, holistic nutrition and nature cures. Sacred Woman offers us the legacy of our most ancient Afrikan traditions and legacy of power, beauty and healing through the Gateways of Illumination. As we ascend as a Sacred Woman, we will meet and greet our inner healer, who hold the keys to Heaven on Earth. Our state of consciousness will soar as we journey on to uproot and purge out the deteriorated, dilapidated part of ourselves.

As an already healed woman, we will be inspired to grow immeasurable. As a healed woman you will go from a frightened, withdrawn woman into a courageous one. We will go from a state of confusion to a state of serenity; from a mistrusting state to a trusting state; from a spiteful woman to a compassionate, loving woman; from a weak to an empowered woman; from an unconscious woman to a wise woman, from an insane mind to a right, divine mind; from restlessness to contentment; from a bored being to a creative soul; from a suppressive to an expressive woman; We will rise from a deflated to an inspired state; from a depressed to a joyful woman; from a dis-ease infested to a dis-ease free woman; from a dishonest to an honest woman; from a follower to a leader who is a free thinker; from a pessimist to an optimist and like a Lotus we will blossom.

As we, Sacred Woman, travel through each gateway we will finally reach our sacred seat of Ast, Great Mother of wisdom, power, and healing. Now that we are on our divine seat of higher mind, body, and spirit, we are fully charged to be crowned by Nefer Atum, the Divine Lotus" who has made an end of her failings". She will aid and guide man to reach out to others that too are seeking Planetary Healing. As Sacred Woman in the making we are constantly unfolding and reinventing ourselves through the many doorways into our Divine Body Temple. As awakened Wellness Warriors we will overcome diseases of body, mind, spirit and relationships, thereby causing freedom to erupt within. For after all, Sacred Woman, your destination is FREEDOM and your quest, LIBERATION! Welcome Home!



SACRED WOMAN CURRICULUM

GATEWAY 0 – NUT – SACRED WOMB

Overcome the Womb Diseased Woman

BECOME AN ADVANCED WOMB WELLNESS WORKER

Our womb is the Gateway to life. Women's wombs are a reflection of the condition of the world. The conditions of our wombs directly reflect the conditions of our minds, spirits and actions. Women, as we heal our wombs and we will heal this planet.

Spiritual Anatomy: Uterus

GATEWAY 1 – TEHUTI – SACRED WORD

Overcome the Gossiping Woman

BECOME THE COMMUNICATION WOMAN OF WISDOM

The medicine in our words has the power to heal, reawaken the being and liberate the soul. Learn how to open up into your wholeness as a woman by applying the power of Sacred Word to your life.

Spiritual Anatomy: Throat / Lungs

GATEWAY 2 – TA-URT – SACRED FOODS

Overcome the Emotional Eating Woman

BECOME THE MASTER OF FOOD AS MEDICINE

Explore the 21st century Kitchen Healing Lab in the most holistic natural way. Learn to integrate "Food As Medicine" by using natural whole foods from nature's garden to achieve complete wellness. Learn how to set up a comprehensive Kitchen Healing Laboratory, in which you can prepare rejuvenating meals for yourself and your family.

Spiritual Anatomy: Digestive System

GATEWAY 3 – BES – SACRED MOVEMENT

Overcome The Stagnant Woman

BECOME A DEVOTEE OF SACRED MOVEMENT

Get unstuck, be creative and reawaken your soul. Gain the ability to use movement to creatively release harmful patterns. Learn 108 Womb Yoga Dance poses.

Spiritual Anatomy: Circulatory System

GATEWAY 4 – HET HRU – SACRED BEAUTY

Overcome The Wounded Child

RESTORE YOUR INNER CHILD & MAGNIFY YOUR BEAUTY

Build your self-esteem and grow your inner beauty. Learn how to naturally pamper, beautify and nurture yourself from head to toe. Use herbs, clay, water and foods to enhance natural hair, skin and eye care. Become a sacred living breathing alter as you adorn yourself in cosmic dress and etiquette for divinity.

Spiritual Anatomy: Young Heart

GATEWAY 5 – NEBT HET – SACRED SPACE

Overcome The Intuitively Blocked Woman

BECOME AN INTUITIVE WOMAN

Develop the principles for maintaining a spiritually charged home so as to bring peace and healing to all those who enter therein. Learn formulas for spiritual house cleaning and candle blessing. Learn to open your spiritual eye of intuition for protection & guidance.

Spiritual Anatomy: Sub-consciousness / Consciousness

GATEWAY 6 – SEKHMET– SACRED HEALING

Overcome the Broken Woman

BECOME A MENDED WHOLE WOMAN

Sacred Woman, establish your powers as the primary healer of the home. This gateway is a call out to sacred ancient medicine women to come forth to heal the family by applying natural holistic techniques.

Spiritual Anatomy: Blood

GATEWAY 7 – MA'AT – SACRED RELATIONSHIPS

Overcome the Hurt Woman

BECOME THE LOVER WOMAN OF MA'AT HARMONY

Learn to heal yourself & family. Our relationships are extensions of ourselves. Learn how to make our relationships work! Learn ancient ways to heal and energize our relationships for more loving and supportive unions.

Spiritual Anatomy: Heart / Mature Woman

GATEWAY 8 – AST – SACRED UNION

Overcome the Mad/Angry Woman

BECOME THE LOVER WOMAN OF MEANS AND POWER

Learn to create and maintain a healthy, balanced union with a divine mate. Establish your seat as a profound upright, whole woman. Learn how to release wounded relationships.

Spiritual Anatomy: Heart / Mature Woman

GATEWAY 9 – AST & NEFER ATUM (The Divine Lotus)

Overcome the Visionless Woman

BECOME THE VISIONARY

The final destination of Sacred Woman reflects the ultimate in balance, beauty and wellness. Nefer Atum offers realignment to world vision, higher mind and unlimited consciousness. Ast reborn as a Divine Sacred Woman, sits on her seat of power. Reflect your divine self, Sacred Woman. May you blossom into Nefer Atum, the Lotus Woman.

Spiritual Anatomy: Crown

GATEWAY 10 – SESHAT – SACRED TIME

Overcome the Procrastinating Woman

BECOME A MANIFESTOR

Learn the power and use of sacred time. Learn how to use your inner spiritual time clock to strengthen your life walk. Your life is empowered by how you measure your time from sunrise to sunset.

Spiritual Anatomy: Skeletal / Muscular / Joints

GATEWAY 11 – Meshkenet – SACRED WORK

Overcome the Common & Professional Empty Woman

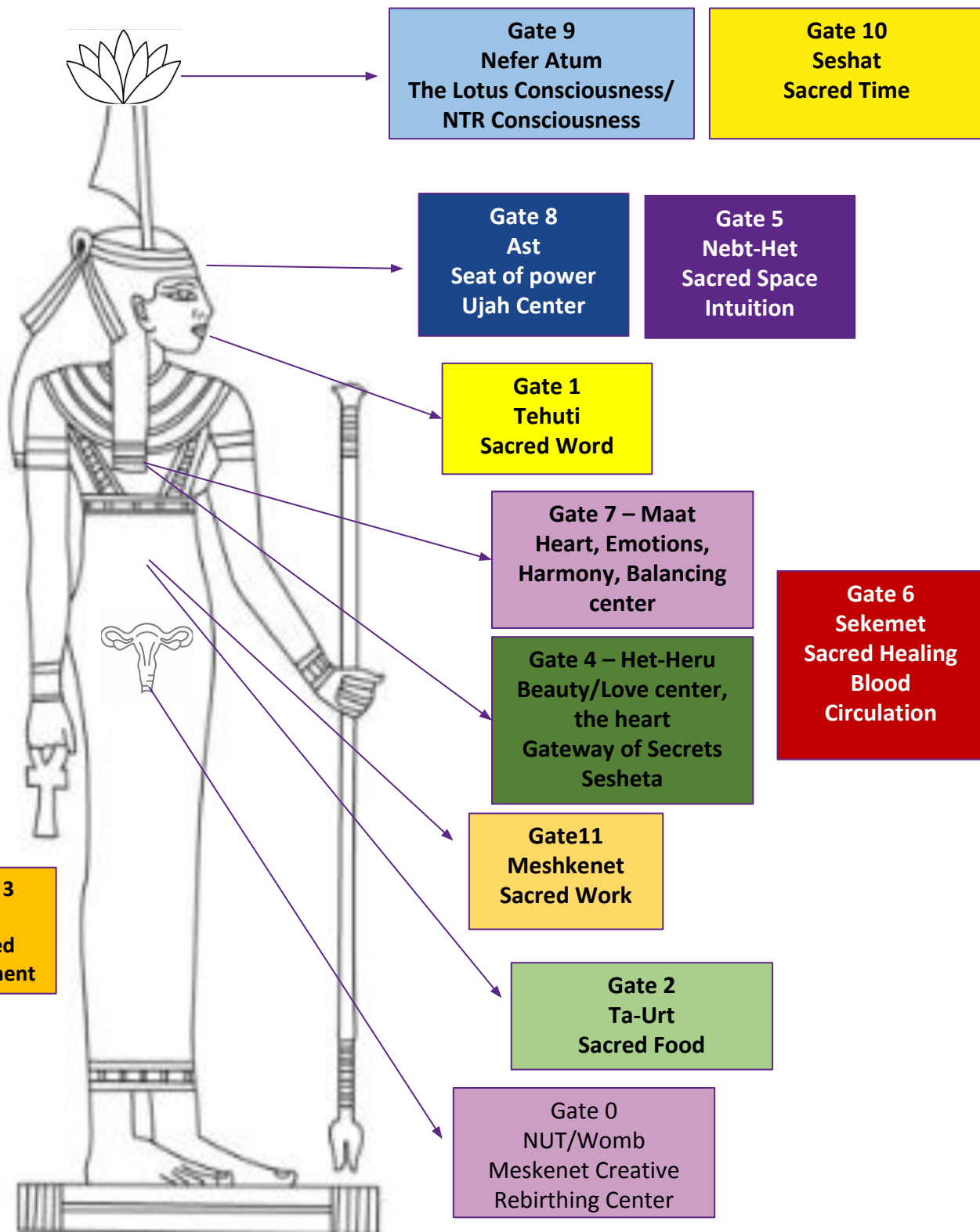
BECOME A WOMAN OF PURPOSE

Learn a systematic approach to birthing your sacred work through the spirit of Meshkenet (Sacred Work). Learn how to overcome the birthing blues that block your purpose.

Spiritual Anatomy: Vision Womb

Spiritual Anatomy of the Gateways of Sacred Woman

Spiritual Science: Open your Inner Gateways That the Light Will Shine Through



Sacred Woman Daily Spirit Prayer



Sacred Spirit, hold me near

Close to your bosom

Protect me from all harm and fear beneath the stones of life

*Direct my steps in the right way as I journey through this
vision*

Sacred Spirit surround me in your most absolute perfect light

Anoint me in your Sacred Purity,

Give me peace and Divine Insight

Bless me, truly bless me, as I share this Sacred Life

Teach me Sacred Spirit to be in tune with the Universe

Teach me how to heal with the inner and outer elements of

Air, Fire, Water and Earth

TUA NTR

Sacred Woman Rites Of Passage

I AM – NUK PU DAILY AFFIRMATIONS

I AM A HEALER

I am the woman who lightens the darkness. I've come to lighten the darkness. It is lightened. I have overcome the destroyers. I am there for those who weep. Who hide their faces. Who sunk down. They looked upon me then. I am a Woman. I am a Healer.

-Papyrus of Ani of The Nile Valley of Kmt.

I AM A SHINING BEING

I Am The Temple. I Am The Shrine. I Am The Mosque.
I Am The Church. I Am The Cathedral. I Am The Alter.
I Am Holy Land. I Am Sacred Ground.

"I Am That I Am. A Shining Being Dwelling In Light. And I Come From The Limbs of The Divine."

-Papyrus of Ani

DIVINE PROTECTION

"May I be protected be 70 purifications. I purify myself at the galaxy and that which is wrong within me and on the earth are washed away. I come that I may purify myself in the most high degree."

The Power To Heal Is Within Me

I AM THE GATEWAYS

GATEWAY 0: NUT | WOMB

I AM A WOMAN OF WOMB ENLIGHTENMENT

GATEWAY 1: TEHUTI | THROAT

I AM A WOMAN OF DIVINE INTELLIGENCE

GATEWAY 2: TA-URT | DIGESTIVE SYSTEM

I AM A NATURE WOMAN

GATEWAY 3: BES | CIRCULATION

I AM A WOMAN OF SACRED SPIRIT DANCE

GATEWAY 4: HET HRU | HEART

I AM A WOMAN OF GRACE AND BEAUTY

GATEWAY 5: NBT HET | 1ST EYE, PINEAL GLAND

I AM A WOMAN OF INTUITIVE SKILL

GATEWAY 6: SEKEMET | BLOODSTREAM

I AM A WOMAN OF NATURAL MEDICINE

GATEWAY 7: MA'AT | HEART

I AM A WOMAN OF HARMONY & BALANCE

GATEWAY 8: AST (UNION) | 1ST EYE, PINEAL GLAND

I AM A WOMAN OF SUPREME LOVE

GATEWAY 9: NEFER ATUM | CROWN

I AM A WOMAN OF VISION

GATEWAY 10: SESHAT | CIRCULATION

I AM A WOMAN ON COSMIC TIME

GATEWAY 11: MESKENET

WOMB OF THE MIND, WOMB OF THE HEART, WOMB OF THE SACRED SEAT

I AM A WOMAN ON PURPOSE



SACRED WOMAN

DAILY NATURAL LIVING OBSERVANCES

During your Journey as a Sacred Woman Practitioner
You Must be Garbed in Your Whites as You Honor the Following Intentions:

OBSERVE NUT / SACRED WOMB

- Abstain from sexual activity. Be celibate during your Sacred Woman Initiation Training
- Ask your partner to honor your commitment of abstinence, but if there is intimacy between you and your mate, then only during the full moon and the new moon, provided he has done some degree of cleansing for 3-7 days with you, to adequately prepare himself for wholistic lovemaking.
- Fast every new moon and full moon period and during your menses.

OBSERVE TEHUTI / SACRED WORD

- Observe silence for one to four hours daily.
- Limited phone conversation both on the telephone and in person. No gossiping.
- Watch your words. No cursing, judging or criticizing. Avoid putting yourself or anyone down. Use words as medicine.
- Record your experiences -- lessons, tests and blessings -- in your Sacred Womb Journal as you travel through each Gateway.

OBSERVE TA-URT / SACRED FOOD

- Follow a total vegetarian diet. If you are still a meat-eater, you have a seven-day grace period to make your transition into a vegetarian lifestyle. All the information you need to begin is in Part II of *Sacred Woman*.
- Study the *Heal Thyself Kitchen Power* video course on natural food preparation or read *The Heal Thyself Cookbook* by Dianne Ciccone.
- Fast one day a week on vegetables and fruit juices, distilled water and herbal tea.
- Welcome transformation. Allow toxic conditions, people, things, food and work to be flushed out of your life.

OBSERVE BES / SACRED MOVEMENT

- Rise up between the hours of 4-6am and channel your sacred work daily
- At every channel, bring forth / add on another portion of your sacred work
- Perform sacred movements, exercises and dances daily.

OBSERVE HET-HERU / SACRED BEAUTY

- Beautify body and spirit in words, deeds and appearance.
- Commune with Nature once a week. Go to the park or to the beach for healing nature meditations. Nature is the mirror of your sacredness. Harmonizing with Nature will keep you in tune

OBSERVE NEBT-HET / SACRED SPACE

- Purify your home in some way daily.
- No television or video viewing unless program is of the highest vibration, that is, uplifting and inspirational.
- Release old hostilities, malice, anger, resentment, hurt or depression out of your body temple by consistently using the purification techniques found in Part II of *Sacred Woman*.
- Keep your body temple, your home and your work space purified and clean.

OBSERVE SEKEMET / SACRED HEALING

- Be totally honest, loving, patient and supportive of your woman-self. Give yourself the time you really need to heal.
- Focus on your healing purpose. Do not waste precious time.

OBSERVE MAAT / SACRED RELATIONSHIPS

- Give thanks and praise for lessons learned, and pray for the courage and strength to the ones to come as you maintain your balance.

OBSERVE AST / SACRED UNION

- Emanate a healthy reflection and example of your divine self daily.

OBSERVE NEFER ATUM / SACRED WORLD INITIATION

- Perform a good deed to others through words and deeds daily.

OBSERVE SESBAT / SACRED TIME

- Rise up between the hours of 4-6am and channel your sacred work daily
- To be in tune with sacred time, observe Nebt Het time for channeling and for vision quest from 4am - 6 am
- Observe Ast time (12pm) for activation of vision

OBSERVE MESHKENET / SACRED WORK

- Day of Ascension -- Your Sacred Work is Born
- Rise up between the hours of 4am - 6am and embrace the birth of your vision. Channel, Receive and Bring it Forth
- Conceive, grow and birth your sacred work from Gateways 0 - 11
- Read *Overcoming An Angry Vagina*: Portal 4: Pages Pg. 121 - 137



SACRED WOMAN HEALING CEREMONY

*Sacred Women, On Your Sacred Healing Journey,
Partake In Daily Healing Ceremonies To Awaken & Blossom Your Inner Healer Into Fullness
and Delight Your Body, Mind And Spirit,
As You Rejuvenate Your Spiritual Anatomy*

OPEN THE GATEWAY

PRE-STEP 1:

- Take A 15-30 Minute Dead Sea Salt Bath
- Dry And Wrap In Sacred Colors
- Go To Prayer Space

PRE-STEP 2:

- Boil 3 cups of H2O the night before, pour over master herbal or women's life formula, turn off the flame then steep overnight
- Strain tea in the morning and add to drinking bowl for ceremony

Step 1:

- **Mist Space for Purification:** Spray Gateway Aromatherapy mist around self & sacred space as you visualize the healing color of the Gateway

Step 2:

- **Pour Gateway Tonic for Rejuvenation:** Prepare Gateway Herbal Tonic. Place tea bag into bowl. Pour warm hot water over tea bag; then steep.

Step 3:

- **Light Gateway Aromatherapy Candle:** Then light aromatherapy candle as you ignite your inner light

Step 4:

- **Step 4A Gateway Beads:** Wrap beads around fire fingers, hold both hands in prayer pose.
- **Step 4B Gateway Spirit Card:** Recite Sacred Woman Spirit Prayer on reverse side of card and the "I AM" series

Step 5:

- **Gateway Stone:** Perform 100 fire breaths. Place your Gateway Stone in right hand and rest your hand by your solar plexus as you inhale & exhale deeply

Step 6:

- **Gateway Tonic:** Drink warm Gateway Tea to detox your body temple

Step 7:

- **Gateway Healing Prayer:** Recite your Gateway Prayer below. Then conclude your Sacred Woman Healing Ceremony with 3-5 minute silent meditation