

Magical Calabash



Sacred Wisdom and Healing from
the African Ancestral Mothers

by H. J. K. mb

H. J. K. mb
2012

Magical Calabash Sacred Wisdom And Healing Of African Ancestral Mothers

**Ayele Kumari,Alisa Kuumba
Zuwena,Tonya Freeman,Shante
Duncan**

Magical Calabash Sacred Wisdom And Healing Of African Ancestral Mothers:

Magical Calabash Ayele Kumari, 2014-11-13 Learn Recipes for Healing and Raising Your Vibrations Use the Divine African Mother Oracle for life guidance Learn how to connect with the Ancestral Mothers Create a Sacred Sister Circle Traditional and Modern Day Women s Wisdom Awaken Your Dream Life and more Magical Calabash is an anthology about African Goddesses ancestral mothers women s wisdom and magic SiStars of various backgrounds and experiences come together to share their stories and teachings for women in the diaspora A calabash is a traditional magic pot that represents the cosmic womb Inside it we add ingredients to direct our intentions to that which we want to birth to life The intention here is to offer practical Guidance to connect and work with the Divine African Mother ancestral wisdom and to use it to empower lives for today

Magical Calabash Ayele Kumari, Alisa Kuumba Zuwena, Tonya Freeman, Shante Duncan, 2012-04-18 Learn Recipes for Healing and Raising Your Vibrations Use the Divine African Mother Oracle for life guidance Learn how to connect with the Ancestral Mothers Create a Sacred Sister Circle Traditional and Modern Day Women s Wisdom Awaken Your Dream Life and more Magical Calabash is an anthology about African Goddesses ancestral mothers women s wisdom and magic SiStars of various backgrounds and experiences come together to share their stories and teachings for women in the diaspora A calabash is a traditional magic pot that represents the cosmic womb Inside it we add ingredients to direct our intentions to that which we want to birth to life The intention here is to offer practical Guidance to connect and work with the Divine African Mother ancestral wisdom and to use it to empower lives for today

Isese Spirituality Workbook Ayele Kumari, 2020-06-23 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 displaced during the Trans Atlantic Slave trade are seeking to return back to our indigenous nature based roots for empowerment and spiritual transformation The Isese 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 Isese Spirituality Workbook you will learn About your unique spiritual anatomy and physiology based on Isese and Ifa The power of your Ori and its influence in shaping your destiny The Pillars of Isese 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 Isese Ifa Orisa Spirituality in the West and more The Healing Tree Stephanie Rose Bird,2024 A practical guide to traditional African approaches to healing with remedies and cultural history this book celebrates the forest its powers spirits magic medicine and mysteries and offers functional accessible recipes remedies and rituals derived from a variety of African and African American traditions to serve mind body soul and spirit The Healing Tree Stephanie Rose Bird,2025-09-12 A beautiful blend of folklore botanical science acquired wisdom and spiritual guidance from the foreword by Luisah Teish If you want to learn about the reciprocal spiritual connection between humans and trees you re going to love this beautiful book Tess Whitehurst author of The Magic of Trees Reclaiming traditional botanical and herbal practices has never been more important than it is today So much of our future depends on our ability to use ancient earth knowledge In this crucially important book author Stephanie Rose Bird recounts the story of the sacred wood how to live in it learn from it and derive spiritual enrichment from it as well as how to preserve and protect it The Healing Tree offers functional accessible recipes remedies and rituals derived from a variety of African and African American traditions to serve mind body soul and spirit The Healing Tree celebrates the forest its powers spirits magic medicine and mysteries Bird shares how trees have provided her with personal healing then allows us to share in that process for our own benefit Bird s book follows her own personal journey but Africa is always her touchstone the persistent and tenacious ancestral mother wisdom and spiritual foundation that refuses to fade away The Healing Tree preserves this knowledge presenting it as relevant and viable and demonstrating in intimate detail how vestiges of that knowledge took root in the Western Hemisphere in African American culture and more broadly in American culture in general Previously published as A Healing Grove this updated edition includes a new preface by the author and a source guide for the botanicals discussed within

The Healing Wisdom of Africa Malidoma Patrice Some,1999-09-13 A revealing exploration of traditional healing practices by a renowned shaman and scholar Bridging ancestral wisdom from West Africa with the challenges of modern life in the West this acclaimed book offers a wealth of insights into indigenous knowledge and how it speaks to the chronic problems of our fast paced disconnected world Drawing on his lived experience within the Dagara culture as well as his extensive studies and teachings Malidoma Som s observations on healing community and ritual present powerful ways to become more connected to the natural world to the intergenerational village that can mentor and support every person and ultimately to the truest unmasked parts of ourselves Profoundly wise and fascinating Malidoma Patrice Som has delivered an incomparably meaningful gift to us wanderers and seekers in the West Alice Walker An amazing bridge over the chasm of modern isolation Malidoma reawakens the rituals of the heart This is profound brilliant and accessible medicine for us Jack Kornfield **A Calabash of Cowries** Luisah Teish,2023-04-05 A Calabash of Cowries Ancient Wisdom for Modern Times is a collection of tales featuring the Orishas and the wonders of the natural world Suitable for adults and children artists and

teachers readers of all cultures will discover in these retellings of traditional tales a resource that illuminates the mythic and the real the ancient past and the emerging present An offering of spiritual wisdom and cultural celebration through stories that have and will continue to endure the test of time

The Healing Power of African-American Spirituality Stephanie Rose Bird, 2022-02-01 The essential resource and guide to African American spirituality and traditions This is a fabulous resource for anyone who wants to understand African American spirituality shamanism and indigenous spiritual practices and beliefs It is designed to be informative while providing hands on recipes rituals projects and resources to help you become an active participant in its wonderfully soulful traditions Inside you will find 1 A celebration of healing magic and the divination traditions of ancient African earth based spirituality 2 An explanation of how these practices have evolved in contemporary African American culture 3 A potpourri of recipes rituals and resources that you can use to heal your life Among the topics covered African spiritual practices of Santeria Obeah Lucumi Orisa and Quimbois Hoodoo and how to use it to improve your health Ancient healing rituals and magical recipes of Daliluw Talking drums spiritual dancing clapping tapping singing and changing Power objects tricks and mojo bags and herbal remedies Previously published as The Big Book of Soul

Sticks, Stones, Roots & Bones Stephanie Rose Bird, 2004 Tracing the magical roots of hoodoo back to West Africa the author provides a history of this nature based healing tradition and offers practical advice on how to apply hoodoo magic to everyday life

Hoodoo for Beginners Henrietta Martinez, 2025-05-20 Unlock the Secrets of Hoodoo A Practical Guide to African American Folk Magic Rootwork Healing and Spiritual Empowerment Are you ready to connect with the powerful forces of Hoodoo and African American folk magic Hoodoo for Beginners A Practical Guide to African American Folk Magic Secrets of Rootwork Healing and Spiritual Empowerment is your comprehensive guide to understanding and practicing Hoodoo Whether you re new to the practice or seeking to deepen your knowledge this book offers clear instructions practical rituals and a spiritual roadmap to help you unlock the power of your magic What This Book Contains An introduction to Hoodoo Understand the roots cultural history and spiritual significance of this powerful practice Practical spells and rituals Step by step guidance on performing effective Hoodoo magic including love spells prosperity rituals and protection work Herb and root magic Learn how to use herbs roots and oils in your magical work from simple remedies to more advanced concoctions Ancestor veneration Discover how to honor your ancestors and communicate with them through sacred rituals and offerings Moon phase magic Learn how to timing your spells with the moon s cycles to increase their potency and achieve better results Spiritual empowerment Build your own spiritual practice trust your intuition and tap into the divine energy available to you through Hoodoo Benefits of This Book Practical guidance for beginners Learn the basics of Hoodoo and start practicing magic right away with clear actionable steps Herbal wisdom Understand how to incorporate herbs roots and oils into your daily spiritual and magical practices for healing and empowerment Stronger ancestral connections Use the Ancestral Veneration rituals to build a deep connection with your ancestors for protection guidance and

wisdom Timing is everything Learn how to use moon phases to align your magic with natural rhythms enhancing the effectiveness of your spells Personal empowerment The book helps you reclaim your own spiritual power and encourages you to take control of your life through the practice of Hoodoo Bonus Content A Guide to Ancestral Veneration Rituals Learn how to honor and communicate with your ancestors for protection guidance and spiritual growth Advanced Moon Phase Rituals Discover how to harness the energy of the moon for powerful spellcasting and manifesting your desires If you're ready to unleash your inner power connect with your ancestors and learn how to use Hoodoo magic to manifest your desires this book is for you Click the button now and start your transformative journey into the world of Hoodoo and spiritual empowerment

Motherland Herbal Stephanie Rose Bird, 2024-06-11 In this powerful and comprehensive guide in the spirit of Jambalaya and Sacred Woman an herbalist celebrates ancient and modern African holistic healing The message of this book is hold onto your yams your collards watermelon and roots There is magic mystery connection and healing stored within them Stephanie Rose Bird Stephanie Rose Bird grew up surrounded by forests listening to the stories of her ancestors and learning African healing ways From an early age she dedicated herself to herbalism and living a spiritually fulfilled life in harmony with nature Now the wisdom she has accrued is gathered in this impressive encyclopedic work of African Healing and herbal medicine Stephanie teaches you how to garden and harvest in unison with the seasons and how to use herbalism and magic derived from ancestral and spiritual helpers to heal A treasure trove of knowledge *Motherland Herbal* showcases an array of recipes and rituals that nourish every facet of life Seasonal recipes to support overall well being Tinctures for common ailments such as headaches flu or heartburn Remedies for improving mental health lessening symptoms of anxiety stress or depression Natural body and home care products from facials to cleaning solutions Herbal Baths for relaxation sexual wellness and good luck Rituals and Altars for universal experiences such as learning to let go after loss and improving creativity and fertility Love Potions Sleep Potions Protective Amulets and more Written in Stephanie's warm and authoritative voice *Motherland Herbal* seamlessly blends activism and ancestral folklore with the realms of spirituality gardening and holistic wellness Her deep reverence for the wisdom of her ancestors infuses every page of this guide which is a foundational resource that will shape the landscape of African healing and folk medicine for generations to come *Motherland Herbal* includes 54 original pieces of art including maps and artwork created by the author *Sacred Roots* ILLIE. MASSEY, 2025-02-04 *Welcoming Spirit Home* Sobonfu Somé, 1999 A natural sequel to Somé's book on ritual and intimacy this book draws on the wisdom of the African ancestors to show how to build communities where children are not only welcomed but prized *Earth Medicines* Felicia Cocotzin Ruiz, 2021-11-02 Winner of the 2022 Eating the West Award Winner of the League of United Latin American Citizens LULAC Book Award An accessible guide to time honored Indigenous wisdom healing recipes and wellness rituals for modern life from an experienced curandera In *Earth Medicines* Felicia Cocotzin Ruiz a curandera or traditional healer who is a Xicana with Tewa ancestry combines Indigenous wisdom from many

traditions with the power of the four elements This modern guide is designed to support readers on their path to wellness with lifestyle practices and recipes perfected by Ruiz in her twenty five years of training and working as a curandera Ruiz teaches readers to be their own healers by discovering their own ancestral practices and cultivating a personal connection to the elements These healing recipes and rituals draw on the power of Water Air Earth and Fire a reminder that the natural elements are the origins of everything and can heal not only our bodies but the mind and spirit as well In chapters organized by each element readers will first find recipes and advice for Promoting inner harmony through Hydrotherapy for Headache Relief Mayan Tea to Calm the Mind or Ginger Fire Honey Chews Nurturing beauty inside and out with Tepezcohuite Honey Mask Salt of the Earth Deodorant or Sweetwater Herbal Mouth Rinse Taking care of the spirit by creating an ancestral altar making loose incense or performing a Mayan Bajo Steaming Ritual The Medicine Within Asha Frost,2022-04-26 Unlock the strength and wisdom in your own lineage connect with ancestral guides and animal spirits and discover the healing powers of Indigenous Medicine Follow the path of the 13 Ojibway moons to help you directly experience your own connection to your inherent healing powers Through storytelling personal reflections ceremonies rituals and shamanic journeys The Medicine Within shows you how to apply ancient wisdom and ancestral medicine to your life in meaningful ways that are respectful and conscious of the stolen lands lives and traditions of Indigenous peoples You ll discover how to ground and root yourself in your own lineage and ancestral guides connect to Spirit and your innate healing powers in your own unique way practise self care and rest on your journey trust and surrender in order to manifest release self doubt fear disconnection and insecurity If you feel you don t have access to your roots ancestors or spiritual connection and you look outside of yourself for answers you are forgetting the medicine you need lives within you Sacred Ceremony for a Sacred Earth Aniwa Council of Elders,2025-05-06 For the first time over a dozen respected Indigenous elders from around the world have united to share their timeless wisdom beyond their lands and lineages Aniwa s Council of Elders includes some of the globe s most renowned Indigenous Wisdom Keepers In a time fraught with ecological social political and mental health crises they share a mission to unite people of all races colors and creeds to promote healing and a deeper reciprocal relationship with our planet Sacred Ceremony for a Sacred Earth brings together their profound teachings stories sacred ceremonies and healing practices amplifying the voices of Indigenous healers from diverse traditions In their worldview we are all children of Mother Earth destined to return to her embrace This extraordinary book serves as a guiding light beckoning humanity back to ancestral wisdom and restoring forgotten bonds with nature and self through ceremonies and practices Embark on a journey of self discovery unveiling the purpose of your soul and reclaiming your intrinsic relationship with Mother Earth through ancient practices such as Use of Feathers to Bless Yourself and Relieve Pain Pagamento for Trees Hopi Message of Comfort to Say Good Bye to Loved Ones Who Have Passed Practices for Conscious Conception Create a Spiritual House for Your Inner Child The Feagaiga Sacred Promise or Covenant with Mother Earth Connect with Your Ancestors Sacred Ceremony for a Sacred

Earth calls upon us to awaken and rekindle the flame of connection with our roots and the natural world Let the eternal wisdom of elders guide you toward healing growth and a profound reconnection with nature **Woman Between the Worlds** Apela Colorado, Ph.D.,2021-07-20 Apela Colorado shares her knowledge and experiences of indigenous wisdom and promotes an understanding between the indigenous and modern world perspectives A ceremonial journey to reconnect with the essence of indigenous spirituality and awaken to its beauty power and potential in contemporary society In this book Apela Colorado the inspirational authority on indigenous wisdom shares her lifelong journey of connecting with the essence of indigenous spirituality and culture From China to Alaska Benin to France Apela recounts her passionate work to communicate conserve and celebrate sacred indigenous ways all while reawakening to the wisdom of her Native American and French Gaul ancestors and reclaiming her own truth healing and story With gentle grace and generous insight this book lovingly teaches us to honor the power beauty and potential of indigenous wisdom and explores how it continues to resonate in modern life Apela s experiences form a ceremony of remembrance and renewal a spiritual guide to help you reconnect to the wisdom of your ancestors apply sacred ways of knowing and being to your life and reclaim your own Creation Story

African American Herbalism & Magick History Brought Alive,2024-09-02 Dive into an enchanting world where the magic of nature meets the wisdom of ancestors **Woman Between the Worlds** APELA. COLORADO,2021-07-20 A ceremonial journey to reconnect with the essence of indigenous spirituality and awaken to the beauty power and potential of this wisdom in contemporary society Apela Colorado the inspirational authority on indigenous wisdom works internationally to preserve the knowledge of indigenous elders from around the world In this book she will take you on a journey back in time to reconnect with her ancestors open a door to indigenous wisdom and healing and reclaim a Creation story for the future She shares her experiences as a Native American woman growing up in rural Wisconsin who stepped out of her tribe to become one of the first Native American women to study at Harvard Her passion for the indigenous way of life leads her to travel the world meeting indigenous elders and setting up projects to connect indigenous wisdom with the modern world This powerful book contains a unique and magical glimpse into the minds of those elders and will inspire us all to reconnect more closely with our own ancestral wisdom Apela is the original and world leader in trying to bring together indigenous and modern Western perspectives Brian Bates author and former Chairman of Psychology University of Sussex UK **Connecting With Your Ancestors** Monique Joiner Siedlak,2020-05 How difficult is it to communicate with your ancestors We sense their presence instinctively and wish to communicate with them It s time to realize it is possible There are numerous reasons you may want to learn how to communicate with your ancestors For me the main reason is for healing To ultimately let go of old hurts and not transfer them on to the next generation Within the pages of this short read you will learn The Traditions of Ancestral Communication Who is an Ancestor Spiritually Connect With Your Ancestors How to create an ancestral shrine or altar as well as offerings and prayers Just like any other relationship you will need to work at it Be consistent Your ancestors

will respond to you By increasing your awareness you may see the signs they are trying to show you The best way to begin is now

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Magical Calabash Sacred Wisdom And Healing Of African Ancestral Mothers Introduction

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