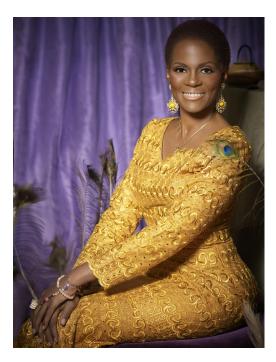
SACRED WOMAN MEDICINE GATEWAY PRAYER SONGS FOR **RAISING THE** FREQUENCY OF HARMONY

QUEEN AFUA



ABOUT SACRED WOMEN GATEWAY PRAYER SONGS OF REDEMPTION

A circle of devoted Sacred Woman gathered during the new moon to channel melodies and harmonies to heal ______.

The Sacred Woman medicine songs, healing prayers will inspire women, the healers of the family, to the awesome life journey of the Sacred Woman pathway to maintain charge the woman gratitude. The Sacred Voices/ MA'AT Kheru women who came together in Spring 2004 to release the Sacred Woman Medicine Song Album. They raised their voices to lift us, the womenfolk; to keep us vibrating on our Holistic Medicine path. The path of the Sacred Woman, the path of the healer. Chant Hesi to melotic harmony and be restored. Sacred Woman it's time to rise!

MER... (Love)

QUEEN AFUA

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 alter. It is large in our DNA, tapped down deep in our melanin, our KamUr. So we traveled deep within, and we fasted and we prayed and then one day, one by one Jah Rastafari. Shalom. Hamdulliah. Hari Krishna Hari Bol. Then two by two, Nam-Myoho-RengeKyo.

Hallelujah. AHO. Asé. Then thousands began to wake up to the ancient Healing Nile Valley Legacy.

Hetepu to the returning Lotus Woman within you.

Most High. We are here. We are here.

And We Do Remember.

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SACRED WOMAN SPIRIT PRAYER Gateway 0-11

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.

"I Open My Heart To NTR (The Most High From Within)"

Solo: I open my heart to NTR and I wont turn back. I will go. I shall go to see what my life is going to be.

Chorus:(2X) I open my heart to NTR and I wont turn back.
I will go. I shall go. I will go. I shall go to see what my life is going to be.

To see what my life is is going to be. I open my heart to NTR and I wont turn back.

(2X) I will go, I shall go To see what my life is going to be

To see what my life is going to be. I open my heart to NTR and I wont turn back. I will go. I shall go. I will go. I shall go. I shall go to see what my life is going to be. To see what my life is going to be. I open my heart to NTR and I wont turn back. I will go. I shall go. I will go. I shall go. I shall go to see what my life is going to be. To see what my life is going to be to see what my life, to see what My life going to be

Show me NTR 3X

To see what eehhhhh

To see what my life (what's it going to be, what's it going to be).

3X To see what my life is going to be.
-Old Negro Gospel Melody

GATEWAY 0-NUT: SACRED WOMB

"I Can Hear My Womb 'A Healin'"

Solo: Grant that I may reach the heavens of everlastingness and the mountains of the favorite ones. Group: May I be joined with the shining beings; sacred & perfect. May I come forth with them to see the beauty. Thy shineth at evening tide & I go to thy mother, Nut. Listen to the inner voice of your womb; she has a voice & she can speak

SING:

I can hear my womb a healing, healing me. I can hear my womb a healing, healing me. Free from anger, free from disease, free from pain and co-dependency. I can hear my womb a 'healing, healing me

SPEAK:

I cry a river of tears that heal for the dear young sister who could've been my daughter. She was sexually molested from the age of 7 by her father & her uncle, her father's brother. No one ever seemed to have noticed the tragedy that has befallen this little girl. In the end, years of pain & grief lead her to contract cancer of the womb. She died at age 29 of a broken heart & a broken womb. May her soul finally rest in peace. I cry a river of tears that heal for wombs that

Screech and scream as they are ripped and torn and yanked with 1, 2, 3, 4 abortions again left bleeding on the table of regret with a gaping hole in their soul of unhealed, bruised wombs.

SING:

I can hear my womb a 'healing, healing me. I can hear my womb a 'healing, healing me. Oh great Nut please guide me on this road of tranquility. I can hear my womb a 'healing, healing me

SPEAK:

I cry a river of tears that heal for the Negro slave woman; my great, great grandmother who was forced to part her thighs for the entrance of a pale pink penis to fulfill her master's demonic quest to force his way violently into her soft ,dark womb, leaving his part of me. I m still in rage 400 year later. I still hurt, I still bleed, I'm outraged feeling fear and helplessness for all my great, great grand mothers who passed their self hate, lack of self esteem down through the bloodline to me. My womb, my womb still pains me at the thought of rape of all the women of my race. My grandmother's rape, I scream! my mother's rape, I shout!

My auntie's rape, my sister's rape, daughter's rape, my rape, I cry out!

SING:

I can hear my womb a 'healing, healing me. I can hear my womb a 'healing, healing me. (Repeat Melody Sacred Woman Sekhmet)

Birth a new Earth from my space. Resurrection is destruction's place. I can hear my womb a 'healing, healing me

SPEAK:

I cry a river of tears that heal for our daughters who yearn for peace within their wombs. I cry soul tears of truth and vision hope and praise for the resurrection of the sacred wombs of the first women. My tears cry a river of healing raise of Lapis lazuli, Emerald, and energizing Malachite as they dance on the new found vision prayed up, purified joyous wombs, sacred wombs, lifted up by us women and protected by our holy men, our good men. This womb vision offers us a future so bright that it sends crystal clear light throughout the land in a time of deliverance.

SING:

I can hear my womb a 'healing, healing me.

GATEWAY 1-TEHUTI: SACRED WORD

"Hekau – Words of Power'"

"You ain't nothin', you ain't never been nothin', and you ain't never gonna be nothin'."

Hekau...

"I brought you into this world, and I'll take you out."

Hekau...

"Girl, you know you're ugly, so you might as well cultivate your mind (laughter)."

Hekau...

"She sure is pretty to be so black."

"Amen, honey".

Hekau...

"You gotta do something with that nappy hair. Where you think you going looking like that? Come on over to this stove so I can put a pressing comb to it."

"Mama why you gotta hurt me so bad?"

Sacred Voice Collective:

Melody By: Sacred Woman Dawn Coleman

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GATEWAY 1-TEHUTI: SACRED WORD

"Hekau – Words of Power'"

Tehuti, please help us with our

words...

Hekau...

Divine Creator

Hekau...

Assist Me

Hekau...

In Speaking

Hekau...

Hekau

Hekau...

May My Words

Hekau...

Be Anointed

Hekau...

May My Words

Hekau...

Not Damage A Soul

Hekau...

Divine Mother

Hekau...

Assist Me

Hekau...

In Speaking

Hekau...

Hekau

Words of Power

Hekau...

Words That Heal

Hekau...

Words That Transform

Hekau...

And Words That Build

Hekau...

Help Me Guide My Words

Hekau...

So No Venom

Hekau...

Passes My Lips

Hekau...

And No Destruction

Hekau...

Comes From My Speech

Hekau! Hekau! Hekau!

Hekau! (Fast Tempo Hesi in

Background Throughout the

song)

If my words show me to be out

of Divine right order, may my

mind & my mouth be cleansed.

May my words be lotus blossom that encourage all the souls.

I meet to reach a greater high.

May my words speak with your

breath & sing your sweet song of

light

Hekau! Hekau! Hekau!

May goodness & mercy follow

me through all the days of my

life. (3X)

Divine Creator, place words

upon my lips that make my voice

holy, sacred, hekau.

May goodness & mercy follow me through all the days of my

life. (3X)

Hekau....



GATEWAY 2-TA-URT: SACRED FOOD

"The Mud Woman Clan"

I'm in the Mud Woman Clan hey-ehhh (Hesi) – 10X

Woman of the Earth,
of Divine spirit,
Devotee of the clay movement
Tehuti of the clay movement,
Thanks praise to the mother.
Mother side of the Creator.
I offer these prayers to you.
To the great mother Ta-Urt.
Heal us throughout
the power of this land.

I'm in the Mud Woman Clan. (2X)

Your Sacred food nourished me.
Ta-Urt foods set me free.
Heal my body and my mind.
All of the time.

I'm in the Mud Woman Clan (2X)

Purified holistically
Causing longevity.
Healed, my body temple.
I got to use Ta-Urt hands.
I got to use my hands.
I got to use my mud.
As my drug free therapy. There's you and there's me.

I'm in the Mud Woman Clan.

It's on this day, made me this way....unify and rejuvenate my body and soul, my body and soul.

soul, my body and soul.

I'm in the Mud Woman Clan hey-ehhh

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GATEWAY 2-TA-URT: SACRED FOOD

"The Mud Woman Clan"

Nuk Pu Ta-Urt,
I'm in the Mud Woman Clan
Nuk Pu NTR Geb,
I'm in the Mud Woman Clan
Nuk Pu NTRU,
I'm in the Mud Woman Clan
Nuk Pu NTR RA

I'm in the Mud Woman Clan hey-ehhh (Hesi)



GATEWAY 3-BES: SACRED MOVEMENT

"Dance of the Womb"

I rebirth myself into existence, through spirit breathe, sun, water and roots.

For the great mother dwells within me. I open up my lotus petals of Nefer Atum, causing one inner beauty and harmony. Born out of my seat, I reflect my womb destiny. Causing me to ascend into the mother healer. The great womb purge. Allowing my ocean to wash and render my womb clean. I'm just like a bridge over troubled waters. I'm clearing the tide of womb calamity, so I press on and on and up, leading me to the altar of peace and tranquilly.

I climb this mountain to where my womb power may be recharged and fulfilled. My womb is unlimited. She transforms into a soothing cool water fall that allows my waters to flush and baptize me leaving my womb fresh like a lotus garden. I surrender, I offer myself to the great mother Ta-Urt to save me from womb catastrophe. Momma won't you take me and keep me safe from harm and life's dangerous crossroads.

I the cobra, rise up the spine from the womb the seat of serpent power of enlightening fire to reach the heights to the all knowing eye and eye. Opening my self up to Shaheed, Destiny. I take on the challenge through Meshkenet of birthing myself again and again. Releasing and learning from the pain of my lessons. Great mother Nut of the day and night sky of illumination. I go into you and come out filled with light. As only you can place me into the seat of Ast the mother of healing and nurturing. Upon this rock I sit in this seat and shall not be moved.

I am Bast, the cat of art and crrrrreativity. I will create you a renewed ka'at, womb filled with energy. Come Bes dance with me, come breathe through me. I will open you up to a softness and an inner grace that will set your soul free. I am the moon, welcome home sit down with me and glow. I rule the moon of your emotion I live in the tide of your womb. Become one with me and I will give you harmony. My womb is like sun, RA, expansive, powerful and radiant. And like the sun my womb shines and shines and shine. She is free from all disease. I give praise to the divine and because my soul has a shine

I rotate my hips in the four directions East, West, North and South. Nut, Sky, Geb, Earth, Shu, atmosphere and Tefnut moisture womb reaching every good and glorious part of me. Creating a new world a higher calling. A pure humanity that's what womb is creating so perfectly. Dancing the dance of the womb causing Sekhmet fire flames, to activate a global world healing through my womb's emancipation. My dance helps me to join with my enlightened self as I rest within my ancestral pyramid of higher wisdom causing me to have dominion over the Heavens and the Earth.

And after a long journey of womb wisdom, in motion through the sacred dance of the womb and after the sun of my womb has set, I return to yet a another womb rebirth where my soul takes me to an inner womb reflection. A given into the depths of my womb transformation.

As I sit at light of my womb altar, being a dancer of the womb. I contemplate dance of the womb lifting me up like Shu a sphinx causing me to fly like Hru a falcon .As I give thanks and praises fro seeing me through. Pulling me up and out of spiritual calamity. Rendering me complete womb peace and serenity.



GATEWAY 4-HET-HRU: SACRED BEAUTY

"Beloved"

Het-Hru, you're beautiful. Het-Hru your principles have touched my femininity. Het-Hru, you've blessed my heart. Het-Hru would you please impart your secret and your mysteries.

(4x) Beloved (beloved).

Pure blessings from my heart. Pure blessings from my soul. I'll share my love for all to see-

(4x) Beloved (beloved).

Who would believe your grace would move me so. I'd be admiring you.

Who would have known that not so long ago,

I could ever be so impressed with you.

Het-Hru, pure blessings throughout my heart.

Pure blessings throughout my soul.

I'll share my love for all to sing.

(Hesi) Beloved (beloved).

Peak: Sister Queen, you sure look beautiful. Remember beauty comes from within. I don't think she's all that. Ah ah ahhhh now that not Het-Hru (laughs).

Beautiful!

Lyric & Melody By: Lady Prema



GATEWAY 5-NEBT-HET: SACRED SPACE

"This Is Our House"

This is our time. This is our day. This is our hour to be alive. Uh-huh

Hook:

This is our time. Uh-huh.
This is our day. Uh-huh.
This is our house, Nebt-Het.
This is our time. Uh-huh.
This is our day. Uh-huh.
This our house, Nebt-Het.

This is our house. Uh-huh. And we must clean it. Clean it, clean it to receive spirit. Let the lemon go through and wipe those corners of all the decay and mildew. Make those mirrors clear. Don't block your blessings, they are near.

(Repeat Hook)

See, this is our day. Uh-huh.

We got to release all that spin. Uh-huh.

Let go, let go of all the pain. Uh-huh, uh-huh.

That past that's been holding us back. The work you cant pass it by. You must do it if you want to fly, fly, fly, fly.

(Repeat Hook)

This is our time. Cause when you clean house, clean your soul, clean ya soul then it makes you feel whole. Clean your soul then ya clean your life, clean your life then you know you feel right. Clean your house when ya clean your house, clean your soul then you know you feel whole. Clean your soul then you clean your life, clean your life then you know you feel right. Clean ya tub, clean ya tub, wash ya tub, scrub it, scrub. Give it love, give love. Rinse your heart, rinse your soul. Pick it up, get it up, wash it up, scrub it down, give it love, give it love give it heart.

(Repeat Hook)

GATEWAY 6-SEKHMET: SACRED HEALING

"Adoration to the Great Mother: Anetch Hra-K Mut"

Great Divine Mut, we your daughters are in need of healing so ask that you heal us with your elements: air, fire, water, earth.

(4x) Anetch Hra-k Mut (chorus)

(4x) Nut Mut Emba

(4x) Anetch Hra-k Mut (chorus)

(4x) Nebt-Het Mut EM Neb (Mother of Air)

(4x) Anetch Hra-k Mut

(4x) Sekhmet Sa'at M Ra (Mother of Fire)

(4x) Anetch Hra-k Mut

(4x) Tefnut Mut M Nu (Mother of Water)

(4x) Anetch Hra-k Mut

(4x) Ta-Urt Mut M Geb (Mother of Earth)

(4x) Anetch Hra-k Mut

(4x) M Bu Mut-tu NTRU (Adoration to All The Mothers)

(8x) Anetch Hra-k Mut



GATEWAY 7-MA'AT: SACRED RELATIONSHIPS

"I Wrote A Letter To Myself"

I Wrote A Letter to myself and I said I love you.....

Loving myself has beendifficult
Simply to be who I am
Just to believe that who I am is perfect
Looking in the mirrror, here's my chance.

I wrote a letter to myself
And I sent it right away
I said I love you more and more each day (2X)

I looked at my face
My eyes, My smile
And that's when I knew I realized
I had been there all the while.
I looked at myself
So strong, tall & proud.
I looked at my heart
And I knew love was found

I wrote a letter to myself
And I sent it right away
I said I love you, more and more each day
(2X)



GATEWAY 7-MA'AT: SACRED RELATIONSHIPS

"The Freedom Cry of MAAT: Deliberate Purification"

Morning (4x) Ohhhhhhhhhhh

Well, Well, Don't know
I spent so much time searching for me,
Inside an empty space.
Instead of watching,
I did not pay attention to,
What it was that I should see.
Maintain all you are.
Stay on your throne.
Through deliberate purification;
Find your way back to your start.

Whu Whu Whu Whu Whu

(2x) Spread your wings and fly

Through deliberate purification. Find your way back to your start.

Lyrics & Melody By: Erykah Badu
-Grammy Award Winner of Neo-Soul



GATEWAY 8-AST: SACRED UNION

"Sacred Woman It's Time To Rise"

Let me hear you say I'm sacred

Sacred Women, it's time to rise. Oooh yeah, hey hey, oooo, oooo

This here is a mighty call for healing. I suffer so sweet with feeling. When I wake up in the morning time I must affirm to me: I am that I am a Sacred Woman shining.

(Praying endlessly for a life) Free of misery (Praying endlessly for a life) Of serenity (Praying endlessly for a life) Of Divinity (Praying endlessly for a life) Of serenity

Hook:

Sacred Woman, if you love yourself let me hear you say I'M SACRED. Sacred Woman, if you feel the vibe, let me hear you say I'M SACRED. Sacred Woman, if you're ready to rise let me hear you say I'M SACRED. Sacred woman, if you know your powerful let me hear you say I'M SACRED.

Women Heart broken hurt by men healing within except nothing but sacred union Women getting down, women walking the street. All the women who forgot their divinity. Wake up out your sleep and reclaim your sacred seat Queen.

Repeat Chorus

(2x)Repeat Hook



GATEWAY 8-AST: SACRED UNION

"I Come Forth, I Shine"

I am Ast. The Great Mother.

"I come forth, I shine.
I go in and I come to life.
My seat is on my throne.
I sit in the pupil of my eye by eat.
I have commanded my seat.
I rule it by my mouth. Speaking and in silence.
I maintain an exact balance,
Season from season.
What is in the divine,
I am one,
Coming from the almighty one."
-From the Text: Pert M Hru Em Gher

My seat is on my throne and I shall not be moved.



GATEWAY 9-NEFER ATUM: SACRED LOTUS WOMAN "I Am Nefer Atum I AM that I AM"

"I am the woman who lightens the darkness. I have come to lightened the darkness. It is lightened. I have overthrown the destroyers. I have adorned those who are in the darkness. I have been made to stand for those who weep, who hide their faces, who sunk down, they looked upon me then, I am a WOMAN I am a HEALER."

I am Nefer Atum. And I am, that I am. (2X)
I am the light, Oh yes, oh yes, oh yes, oh yes I am. I'm unlimited Divine possibilities.
I am that I am.
I am pure at a place of passage that is great. I am pure. I am pure.

Hesi:

(Arit 1): Sekhet-Hra-Asht -Aru, Meti-Heh Ha Kheru (2X) (Arit 2): Un-Hat, Seqet-Hra Un-Set (2X) (Arit 3): Qeq-Hawatu-Ent-Pehui, Se-Res-Hra Aha (2X)

I am Nefer Atum and I am that I am.
I am that I am.

Ankh Udjah Seneb (6X)

(Arit 4): Khesef-Hra-Ast-Kheru, Se-Res-Tepu Kesef At (2X) (Arit 5): Ankh-F-Em-Fentu, Shabu, Terah Kehah Kelft (2X) (Arit 6): Atek-Tau-KehaqKheru, An-Hra, Ra Shhh (2X) (Arit 7): Sekhem-Matenu-Senu, Aa-Maa-Kheru, Khesef Khem u (2X)

Solo: Ankh Udjah Seneb (5X)

I am pure at a place of passage that is great. I have destroyed my defects I have made an end of my wickedness. I have annihilated the faults that belong to me. I myself am pure. I am mighty. Oh door keepers, I have made the way. Im like unto you. I have come forth by day. Oh door keepers, I have made the way. I am like unto you. I have come forth by day.

Melody BY: Dk NeferAtum and the Sacred Voices

ALL GATEWAYS 0-11

"There Is A Sacred Part of Me" By Queen Afua

There is a Sacred part of me It's a gift from our ancestors from the Hapi Nile Valley

There is a sacred part of me that nothing can discourage No one can disturb my peace.
That sacred part of me
She is Nut, the sky mother who is indwelling.
She is Tehuti, who guides my divinely inspired words.

There is a perfect part of me that nothing can discourage No one can disturb my peace. That perfect part of me She is Ta-Urt, the earth mother who nourishes my Body Temple. She is Nebt-Het, the guardian who purifies my space.

Where is she? Where is she? Go within. Go within. She's there. She's there.

There is a Sacred part of me that is deep within my heart So deep that nothing can disturb my peace.
That sacred part of me
She is Het-Heru, most beautiful.
She is Sekhmet, the healer.
She is Ast, the Great Mother who heals relationships.

There is a sacred part of me that no one can mislead No one can destroy my peace. That sacred part of me

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ALL GATEWAYS 0-11

"There Is A Sacred Part of Me" By Queen Afua

She is Meshknet, guardian of birthing.

She is Ma'at, who keeps my heart serene.

Where is she?

Where is she?

Go within.

Go within.

She's there.

She's there.

There is a Sacred part of me that no one can discourage No one can disturb my peace.

That sacred part of me

She is Sesheta, who reveals all.

Womenifest through cosmic time.

She is Nefer Atum, Indwelling Lotus of Divinity.

She is Meshknet, birthing Divine Purpose.

There is a Sacred part of me that resides within my crown that

No wickedness, or venom or anger or mistrust,

No evil doings or wickedness can touch.

There is a sacred part of me that is graced with harmony.

There is a Sacred part of me filled with serenity.

Where is she?

Where is she?

Go within.

Go within.

She's there.

She's there.

Close your eyes

She's here.