

The Sacred Woman Rites of Passage Orientation Manual



Spring | Summer 2017

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 your orientation package available for review during the session

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"I am The Woman who Lightens the Darkness. I am a Woman, I am a Healer...."

"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 were born to be".

Liberation Through Purification,

Queen Afia



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

Queen@queenafua.com

Sacred Women Dean & Spiritual Guide

Queen Esther

Sacredwoman@queenafua.com

QAWU Executive Assistant

Azali Mizan

Amizan@queenafua.com

Head Mentor

SW Tarati

Sacredwoman@queenafua.com

Headquarters

(888) 344-4325

www.Queenafua.com

www.Sacredwoman.us



Sacred Woman Rites of Passage (Face to Face)

2017 Spring Schedule

Transform from a wounded woman into a healed Sacred Woman

| Week No. | Date | Spiritual Guardian | Gateway |
|---|--------------------------|--|--|
| | Tuesday, April 4, 2017 | The Sacred Woman Gathering Reception | |
| All SW F to F Classes take place Tuesdays 7-10 pm at the National Black Theater, Harlem | | | |
| 1 | Tuesday, April 11, 2017 | Nut | 0. Sacred Womb |
| 2 | Tuesday, April 18, 2017 | Tehuti | 1. Sacred Words |
| 3 | Tuesday, April 25, 2017 | Ta Urt | 2. Sacred Food - 7 day detox begins |
| 4 | Tuesday, May 2, 2017 | Bes | 3. Sacred Movement |
| 5 | Tuesday, May 9, 2017 | Het Heru | 4. Sacred Beauty |
| 6 | Tuesday, May 16, 2017 | Nebt Het | 5. Sacred Space |
| 7 | Tuesday, May 23, 2017 | Sekhmet | 6. Sacred Healing |
| 8 | Tuesday, May 30, 2017 | Ma'at | 7. Sacred Relationships |
| 9 | Thursday, June 8, 2017 | Ast | 8. Sacred Union (Please note date change) |
| 10 | Thursday, June 15, 2017 | Nefer Atum | 9. Sacred Lotus Initiation (Please note date change) |
| 11 | Thursday, June. 20, 2017 | Seshat | 10. Sacred Time |
| 12 | Thursday, June 27, 2017 | Meshkenet | 11. Sacred Work |
| 13 | July 1-4, 2017 | International Arts Festival/ SW& MHTS Community Outreach | |
| 14 | Friday, July 7 , 2017 | Sacred Woman Gateway Rehearsal & Meshkenet Empowerment Week | |
| 15 | Saturday, July 15, 2017 | Sacred Woman Gateway Rehearsal | |
| 16 | Friday, July 14, 2017 | Sacred Woman in the Making Ascension Reception Rehearsal: 4:00 – 7:00 pm Reception Dinner: 7:00 - 8:00 pm | |
| 17 | Saturday, July 15, 2017 | Sacred Woman in the Making Ocean Purification 4:00 – 7:00 am (prompt departure at 4:00 am) Soul Sweat at The Bathhouse: 8:00 – 11:00 am Botanical Garden Herbal Walk & Lotus Meditation: 11:30 am Sister to Sister Ast Nbt Het Walk to Prospect Park: 12:30 pm Vegan Bunch: 1:00 pm | |
| 17 | Sunday, July 16, 2017 | Ascension Graduation "From Death to Resurrection" 2:00 PM to 9:00 PM Marketplace: 2:00 - 3:00pm Gateway Performance: 3:00 - 5:00 pm Intermission: 5-5:30 pm Graduation Ceremony: 5:30 - 7:30pm Marketplace and Nutrition Kitchen: 7:30 - 9:30pm | |



Sacred Woman Rites of Passage (Online)

2017 Spring Schedule

Transform from a wounded woman into a healed Sacred Woman

| Week No. | Date | Spiritual Guardian | Gateway |
|--|-------------------------|--|--|
| | Saturday, April 1, 2017 | The Sacred Woman Gathering Reception | |
| All SW Online Classes take place Sundays, 2-5pm Link to be Announced | | | |
| 1 | Sunday, April 9, 2017 | Nut | 0. Sacred Womb |
| 2 | Sunday, April 16, 2017 | Tehuti | 1. Sacred Words |
| 3 | Sunday, April 23, 2017 | Ta Urt | 2. Sacred Food - 7 day detox begins |
| 4 | Sunday, April 30, 2017 | Bes | 3. Sacred Movement |
| 5 | Sunday, May 7, 2017 | Het Heru | 4. Sacred Beauty |
| 6 | Sunday, May 14, 2017 | Nebt Het | 5. Sacred Space |
| 7 | Sunday, May 21, 2017 | Sekhmet | 6. Sacred Healing |
| 8 | Sunday, May 28, 2017 | Ma’at | 7. Sacred Relationships |
| 9 | Thursday, June 8, 2017 | Ast | 8. Sacred Union (Please note date change) |
| 10 | Thursday, June 15, 2017 | Nefer Atum | 9. Sacred Lotus Initiation (Please note date change) |
| 11 | Sunday, June. 18, 2017 | Seshat | 10. Sacred Time |
| 12 | Sunday, June 25, 2017 | Meshkenet | 11. Sacred Work |
| 13 | July 1-4, 2017 | International African Arts Festival/ SW& MHTS Outreach | |
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| 17 | Sunday, July 16, 2017 | Ascension Graduation “From Death to Resurrection” 2:00 PM to 9:00 PM | |



Sacred Woman Rites of Passage Orientation

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Teleconference #: 267.930.4000

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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 -based catering will be provided on-site from our own Nutrition Kitchen.

Reception: Tuesday April 4th, 2016

Event time: 7:00-10:00pm.

Location: National Black Theatre, 2031 5th Avenue, New York, NY 10035

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 treatments and 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 (Comfortable Dress or 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://QAWU.teachable.com> once the class begins. Access to the full curriculum will be given once the course is paid in full. Those on payment plans will receive access week by week. 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. Our Head Mentor SW Tarati will reach out to you before the program's start date to assign your mentor. 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 Spa Services

Students are encouraged to purchase a Colonic Irrigation and Womb Spa Hydrotherapy Treatment. All spa treatments include held at the Queen Afua Wellness Center [The Mother Ship]. For all cancelations, 48 hour notice must be given. If you call under that 48 hours time frame you will have forfeited treatment.

| Womb Spa Hydrotherapy Treatment | Colonic Irrigation |
|--|---|
| A relaxing spa experience that includes an external herbal steam bath, energy readings and tonics. Great for flushing the womb, organs and skin of toxicity. | An internal cleanse where water is utilized to flush old waste and toxins from the large intestine. Utilizes a holistic approach to colon wellness that incorporates body, mind and spirit. |
| Pricing: - 1 Hour \$85 - Series of 4 \$320 | Pricing - 45 Minutes \$95 - Series of 4 \$360 |

Sacred Woman Rites of Passage Ambassador

Referral Exchange Program & Sacred Woman Practitioner Training

"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 you refer for enrollment to our Rites of Passage course, a complimentary seat is given to you.

Sacred Woman in the Making Pre-Training Detox

This is a personal, spiritual alignment to be performed before Reception. It is highly suggested that each student 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 lbs of Dead sea salt

2 to 3 drops of a 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 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. After your bath you are to invert and go within. Let your sacred healing bath close out your day

Inversion Treatment:

This inversion is to be performed at sunrise, sunset and after your spiritual bath. Lay flat in your bed or on the floor and place 3 pillows under your legs. Relax, close your eyes and go within. Breath deeply several times, breathing in deeply from the bottom of the feet, up to the crown. Then exhale out from the crown to the feet.

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. “The Papyrus of Ani”*

Sacred Woman in the Making Pre-Training Detox

****Please Note: If you receive your kit early wait until we enter Gateway 3: Ta Urt. This is the 3rd week of class****

In preparation for your rites of passage, please remove the following contaminants and toxic substances out of your dietary lifestyle:

| Toxic Substances | Examples | Health Issues |
|---|--|---|
| White Flour Products | White rice, white bread, & white pasta | Causes chronic constipation and bloating |
| Dairy | Milk, cheese, ice cream, butter, & yogurt | Release to prevent tumors from growing |
| Sugar | White, brown sugar, & cooked honey | Depletes the bones and the brains, nervous system |
| Flesh | Beef, goat, pork, lamb, turkey, buffalo, & ostrich | Prevent cancer causing conditions |
| Please avoid microwave use, GMO foods, fried food, junk food, fast food, processed/packaged food, & frozen food | | |

Please study your electronic copy Lifestyle Detox manual with menu plan, shopping list and daily check list. Also read the Heal Thyself or Circles of Wellness books by Queen Afua for deeper holistic lifestyle support.

Prepare Your Home for Your Sacred Journey

Please clean out, wash, 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.

Heal Thyself Products & Sacred Woman Tools

“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 Sunday, April 16, 2016. This will allow for your order to be ready in time for our collective detox. All registered students are also required to have their Sacred Woman or text in advance. This book is not included in the training. Sacred Woman in the Making may order a womb yoga mat with carrying case.



Each student will receive one [1] **7 Day Detox™ Starter Kit** which is to be used starting the 3rd week of the class, Gateway Ta-Urt Sacred Food for our SWIM 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 |
| Detox Manual* | |

How to use your 7 Day Detox Kit

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

Rejuvenation Formula I

Super Nutritional Formula (Green Life)

- **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.

Detox Formula II

Master Herbal Formula

- **General Directions:** Boil 4-5 cups of water in the evening, turn off the flame, add 4-5 tsp 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 noon. 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.

Flush Formula III

Colon De-blocker

- **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.

Detox Formula IV

Herbal Laxatives

- **General Directions:** Take 3-4 tablets 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.

Rejuvenation 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.

Cleanse Formula VI **Breath of Life AM & PM**

- **General Directions:** Take 2-3 drops with lemon and warm water once in the morning, and once at night every morning.
- **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 in sleep, sinus, lung, ear, eye decongestion, breath freshener.

Detox Formula VII **Women's/ Man's Life Formula**

- **General Directions:** Same preparation as the Master Herbal Formula II. Use in your bath.
- **Pregnant women & Breast-feeding mothers:** Do not use
- **Benefits:** Flushes the womb of mucus congestion in the form of cysts, tumors and vaginal discharge.

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 Women text. 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 Union ring ceremony will be performed at the Ascension Ceremony.

**Please setup a personal appointment within the first 30 days of class with our master jeweler. Call the studio directly to provide ring size and to discuss ring metal and stone specifications.*

Studio of Ptah

55 Chrystie St bro5, New York, NY 10002

(212) 343-9706

<https://www.soptah.com/>

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.*

Spring 2017 Ascension Weekend Schedule

| DATE | FACE-TO-FACE | FACE-TO-FACE PRICE | ONLINE: IN HOMETOWN | ONLINE PRICE |
|---|---|---|--|-----------------------------|
| Friday, July 7th, 2017 | Sacred Woman in the Making Meet & Greet Reception Rehearsal: 4:00 – 7:00 pm Reception Dinner: 7:00 - 8:00 pm | Includes vegan meal and tonic | Sacred Woman in the Making Meet & Greet Reception Online | <i>Based on Location</i> |
| Saturday, July 8, 2017 | Sacred Woman in the Making Ocean Purification 4:00 – 7:00 am (prompt departure at 4:00 am) Soul Sweat at The Bathhouse <i>Includes Eucalyptus sauna, lavender steam bath, detox tonics & yoga with breathing work. Healing songs & prayers. We will also have a melon cleanse with watermelons and cantaloupe.</i> 8:00 – 11:00 am Botanical Garden Herbal Walk & Lotus Meditation 11:30 - 12:30 pm Sister to Sister Ast Nbt Het Walk to Prospect Park: 12:30 pm Vegan Bunch: 1:00 pm | Includes tonics, 2 vegan meals, transportation, & bathhouse | Sacred Woman in the Making Ocean Purification <i>Visit Ocean to purify in your town</i> Soul Sweat at The Bathhouse <i>Visit Spa or Bathhouse in your town</i> Botanical Garden Herbal Walk & Lotus Meditation <i>Visit Botanical Garden in your Town for Garden Meditation.</i> | <i>Based on Location</i> |
| Sunday, July 9, 2017 | Sacred Woman Ascension Ceremony & Sacred Drama Rehearsal <i>Includes vegan brunch & dinner</i> 9-12:00 pm Rehearsal 12:00pm: Vegan Lunch | Includes 2 vegan meals, 2 complimentary tickets | Sacred Woman Ascension Ceremony & Sacred Drama Rehearsal 1 <i>Log on to watch the Ascension ceremony live</i> Certificates will be mailed and your name will be called during the Ascension ceremony. | \$40 Graduation Dues |
| Total Week-End Healing Ascension Costs | | \$200 | Total Week-End Healing Ascension Costs | \$20 |

About the Graduation | Ascension Weekend

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

Sacred Woman Ascension Week-End (New Beginning)

July 7th - July 9th 2017

Cost: \$200

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 your Sacred Sisters in a Soul Sweat and Ocean Purification prior to the Ascension Graduation Ceremony. In the Soul Sweat guests will indulge in an invigorating sauna & steam experience. The Ocean Purification is a powerful ceremony that takes place at sunrise and fortifies sacred women in the making to officially begin their ascension to becoming a Sacred Woman. Online students are highly encouraged to take this opportunity to join, participate and attend the Graduation Ceremony Weekend in person or via live stream.

The Graduation | Ascension Ceremony

Sacred Drama, "From Death to Resurrection" Part I

The Ascension Walk - Part II

Rings Certificate of Completion, Food Reception

Sunday, July 9th 2017, 2017

Time: 2:00 to 7:00 PM EST

Location National Black Theater, Harlem, New York

Face to Face tickets are \$15 in advance and \$20 at the door. Online Tickets are \$10 each.

What To Bring For Ascension

Additional clothing for the reception and beach ceremony

Natural toiletries

Bathing Suit (2 piece preferred)

Ascension outfit

All white dress with accents in the gateway

All white dress with gold or lavender accents

Graduation Weekend Accommodations

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

Brother Natural

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

SW Danielle Jazz Noel

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

The Brooklyn A Hotel

1199 Atlantic Ave, Brooklyn, NY 11226

718.789.1500

Best Western Plus Hotel

1324 Atlantic Ave, Brooklyn, NY 11216

718.604.7300

Car rental

Zip car location

1360 Atlantic ave. Brooklyn, NY 11213

866.494.7227

Zipcar.com

Adir Car Rental

391 Empire Blvd. Brooklyn, NY 11225

718.771.4858

Sacred Woman in Business Vending Opportunity

Sacred Woman Meshkenet Marketplace

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

Vending Prices: To be announced

Spaces are limited

To purchase ad space in the SW woman ascension program please reach out to our Support Team.

Sacred Woman Boutique

Visit the Sacred Woman Boutique at sacredwoman.us for additional spiritual tools are available for purchase:

- Sacred Woman journal
- Gateway candles
- Stones
- Herbal tonics
- Aromatherapy mists

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

Vending Prices: \$50 for a ½ Table

14 Spaces are available so call to book a space early!

Nutrition Kitchen

All meals for the ascension weekend will be provided by Chef Ali Ameche and the Nutrition Kitchen team. Stay posted for the full menu as the event approaches.

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

The Papyrus of Anui



Your journey is just beginning.