

## Jambalaya Luisah Teish

**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.**

**The decision to write this book is born out of 20-30 years of experience.**

**The authors, Leilani Birely and Luisah Teish, are blessed to be two women of color who have grown up in a spiritual culture that has survived centuries of oppression and kept its regard for the sacredness of Land intact and in the forefront of their behavior and rituals. However, they also recognize that ritual protocol is not taught in school and is not available even in schools with Spirituality Departments and in only a few of the books presently on the shelf. We long for the reconstruction of a culture that respects the Earth and Her people. Our present ecological crisis: global warming, water and air pollution, starvation and war are all manifestations of our disregard for the Earth, Her gifts and Her children. The world needs leadership that emphasizes Reverence, Community, and Peacekeeping. And this can only happen in an atmosphere of mutual respect and sharing. We must do this without arrogance and we must overcome our ignorance. This book as an offering of guidelines and protocols to heal our relationship to sacred lands and to each other. It is encouraged to use the book as a means to insure the re-creation of our Earth-centered traditions and the evolution of a global and authentic spiritual practice." It contains the authors personal stories, cultural myths and folktales, prayers, chants, rituals and exercises to help define a**

**relationship to Mother Earth and Her Children. It also contains photographs from their travels to several sacred sites and their original artwork. This book will be useful to those wishing to travel as kindred spirits, to address ecological and environmental issues, and to experience the joys of rituals in nature.**

**“I loved this book. Told by a narrator you won’t soon forget, it is filled with myth and legend, danger and bravery. Hoodoo is pure folk magic.”—Keith Donohue, New York Times bestselling author** **Twelve-year-old Hoodoo Hatcher was born into a family with a rich tradition of practicing folk magic: hoodoo, as most people call it. But even though his name is Hoodoo, he can’t seem to cast a simple spell. Then a mysterious man called the Stranger comes to town, and Hoodoo starts dreaming of the dead rising from their graves. Even worse, he soon learns the Stranger is looking for a boy. Not just any boy. A boy named Hoodoo. The entire town is at risk from the Stranger’s black magic, and only Hoodoo can defeat him. He’ll just need to learn how to conjure first. Set amid the swamps, red soil, and sweltering heat of small-town Alabama in the 1930s, Hoodoo is infused with a big dose of creepiness leavened with gentle humor. “What a splendid novel. Reader, be prepared to have your foundations shaken: this**

**is a world that is deeper, more wondrous, more spiritually charged than you may have ever imagined.”—Gary D. Schmidt, two-time Newbery Honor medalist and author of *The Wednesday Wars* “The authenticity of Hoodoo’s voice and this distinctive mashup of genres make Smith one to watch. Seekers of the scary and ‘something different’ need look no further.”—Kirkus Reviews “The chilling supernatural Southern Gothic plot action is enhanced by atmospheric description of rural life in Depression-era Alabama . . . Readers will particularly enjoy Hoodoo’s authentic and engaging narrative voice.”—School Library Journal**

**The first book to explore the history, methods, and thinking behind sacrifice in the growing Santería faith • Explains the animal sacrifice ceremony in step-by-step detail • Shares the ancient African sacred stories that reveal the well-thought-out metaphysics and spirituality behind the practice of animal sacrifice • Chronicles the legal fight all the way to its 1993 U.S. Supreme Court victory to establish legal protection for the Santería faith and its practitioners Tackling the biggest controversy surrounding his faith, Santería priest Ócha’ni Lele explains for the first time in print the practice and importance of animal sacrifice as a religious sacrament. Describing the animal sacrifice ceremony in step-by-step**

**detail, including the songs and chants used, he examines the thinking and metaphysics behind the ritual and reveals the deep connections to the odu of the diloggún--the source of all practices in this Afro-Cuban faith. Tracing the legal battle spearheaded by Oba Ernesto Pichardo, head of the Church of the Lukumi of Babaluaiye, over the right to practice animal sacrifice as a religious sacrament, Lele chronicles the fight all the way to its 1993 U.S. Supreme Court victory, which established legal protection for the Santería faith and its practitioners. Weaving together oral fragments stemming from the ancient Yoruba of West Africa, the author reconstructs their sacred stories, or patakís, that demonstrate the well-thought-out metaphysics and spirituality behind the practice of animal sacrifice in the Yoruba and Santería religion, including explanations about why each animal can be regarded as food for both humans and the orisha as well as how sacrifice is not limited to animals. Shedding light on the extraordinary global growth of this religion over the past 50 years, Lele's guide to the sacrificial ceremonies of Santería enables initiates to learn proper ceremony protocol as well as gives outsiders a glimpse into this most secretive world of the santeros.**

**The Handbook of Yoruba Religious Concepts**

## **The Divine Feminine in the African Religious Traditions Afrikan Wisdom**

### **Foremothers of the Women's Spirituality Movement**

#### **Pussy Prayers**

#### **Wild Feminine**

A Marvelous Blend of Memoir, Folk Wisdom, and Afro-American Beliefs. Actress, storyteller, and priestess Luisah Teish dramatically re-creates centuries-old African-American traditions with music, memoir, and folk wisdom.

"Throughout Africa and beyond in the Diaspora caused by the slave trade, the divine feminine was revered in the forms of goddesses, like the ancient Nana Buluku; water spirits like Yemaya, Oshun, and Mami Wata; and the warrior Oya. The power of these goddesses and spirit beings has taken root in the West. This book shows us how to celebrate and cultivate the traits of these goddesses, drawing upon their strengths to empower our own lives"--

Until recently, few scholars were even aware that a Slavic Magickal tradition still existed. Kenneth Johnson's book presents his true-life experiences in Russia with the living practitioners of this ancient magickal discipline. It also serves as a course in authentic

shamanic practices. Readers can learn about the mythology and lore of the Slavic peoples, and there is material on festivals, cosmology, the gods, Otherworld spirits, and ancestor beliefs. Virtually all peoples of the world celebrate the passage of seasons. The continual movement of time through winter, spring, summer, and autumn has framed human experience and profoundly affected the lives of individuals and communities for many thousands of years. Celebrations that mark the seasons are rich with food, music, dance, offerings, and the reenactment of myth. Jump Up (titled after a Caribbean phrase that is used to describe a celebration) is meant to reacquaint readers with these traditions and to give them suggested practices for honoring past traditions in new ways. African traditions form the core of the book, and ceremonies and practices from Europe, Asia, the Americas, and the South Pacific are interwoven throughout. Readers will encounter the origin of well-known holidays and, at the same time, learn about others that are unknown in the Western world. Some of the more familiar cultural-based seasonal holidays that appear in this book include Christmas, New Year's Day, Mardi Gras, Palm Sunday, Easter, May Day, Day of the Dead, and the African American holiday of Kwanzaa. Each season's story is accompanied by recipes, suggestions and guidelines for rituals to help readers create their own celebrations. One winter ritual,

complete with instructions, is the Ritual of the Cleansing Fire, and an autumn ritual is the Building of the Autumn Equinox Altar. The recommended rituals are generic, and they can be done in conjunction with or in place of traditional holidays. Laced with myth, folklore, and poetry, Jump Up celebrates life, enlivens the spirit, and strengthens the bonds of community.

A Guide to Healing the Feminine Body, Mind, and Spirit

On Holy Ground

The Old African American Hoodoo System

African Spiritual Traditions in the Novels of Toni Morrison

A Complete Guide to the Rituals and Practices

Empowering Your Life Through the Ancient African Religion of Ifa

The Good House

Comprehensive book on Hoodoo Magic.

At thirty-three, comedian and educator Jake Jabbour found himself living alone after a breakup with his girlfriend and burying his grandpa. His most impactful relationships ended, stripping from him his identities as a roommate, boyfriend, and grandson. Hoping to discover who he was when he wasn't himself, Jake boarded an Amtrak train with his comedy partner to perform live improv across the country, from Los Angeles to New York,

examining the trials, tragedies, and triumphs of his past that landed him alone in the most crowded cities in the country. In the lineage of Chuck Klosterman's *Killing Yourself to Live* and John Steinbeck's *Travels with Charley*, Jake chronicles his cross-country travels with an eye trained towards relationships and culture, searching for clues and connections with others that might shine a light on his own identity. Along the way, Jake lays bare his thoughts on grief, nostalgia, family, failure, comedy, education, relationships, culture, and self-acceptance. Working to rebuild her law practice after her son commits suicide, Angela Toussaint journeys to the family home where the suicide took place, hoping for answers, and discovers an invisible, evil force that is driving locals to acts of violence.

In this groundbreaking book that places Rootwork in its rightful spot among other magickal traditions, Tayannah Lee McQuillar offers a fun and practical guide to improving your life with the help of African American folk magick. Rootwork begins with the basics, from explanations about the magickal powers of the four elements (air, earth, fire, and water) to instructions on

creating talismans, charms, and mojo bags. Also included are spells to help you: find your soul mate spice up your sex life get a new job improve your health discover your inner muse Accessible and easy to use, Rootwork offers the insights of a time-honored tradition as a means of self-empowerment and spiritual growth.

The New Spirituality of African American Women

Sacrificial Ceremonies of Santería

A Celebration of Ancestor Worship, Herbs and Hoodoo, Ritual and Conjure

Talking to Goddess

The Natural Woman's Book of Personal Charms and Practical Rituals

A Novel

Mojo Workin'

*A refreshed edition of Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals—updated with a note from the author sharing the changes that have occurred in the 30 years since its original publication. "A book of startling remembrances, revelations, directives, and imperatives, filled with the mysticism, wisdom, and common sense of the African religion of the Mother. It*

*should be read with the same open-minded love with which it was written."—Alice Walker, author of The Color Purple Since its original publication in 1985, Jambalaya has become a classic among Women's Spirituality Educators, practitioners of traditional Africana religions, environmental activists, and cultural creatives. A mix of memoir, spiritual teachings, and practices from Afro-American traditions such as Ifa/Orisha, and New Orleans Voodoo, it offers a fascinating introduction to the world of nature-based spirituality, Goddess worship, and rituals from the African diaspora. More relevant today than it was 36 years ago, the wisdom of Jambalaya reconnects us to the natural and spiritual world, and the centuries-old traditions of African ancestors, whose voices echo through time, guiding us and blending with our own.*

*The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we*

*eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.*

*Carried to the Americas by slaves, the 8,000-year-old philosophy of Ifa originated with the Yoruba peoples of West Africa. Ifa's enduring message of strength and inner peace, one that offers a way to harmonize our spiritual and worldly aims, is enjoying a resurgence of popularity in the West. Written by an avid student and accomplished practitioner, *The Way of the Orisa* provides an exhilarating introduction to the orisa, the powerful messenger spirits who act as our personal guardians. Through fables, rituals, prayers and simple guidelines, Philip Neimark shows how we can further our personal and professional goals by cultivating the loving support of orisa energy. Joyous, wise and eminently practical, *The Way of the Orisa* brings a vibrant ancient tradition to contemporary life.*

*Includes a preview of *Mothering from Your Center*, the next book from Tami Lynn Kent. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring*

*physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. Wild Feminine reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. Wild Feminine gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.*

*Mojo*

*Commitment and Devotion to Sacred Lands*

*Honoring Our Ancestors and Guardian Spirits Through Prayers, Rituals, and*

*Offerings (2nd Edition)*

*Sacred and Sensual Rituals for Wild Women of Color*

*Soul Talk*

*A Simple Process to Transform Confusion into Clarity and Pain into Peace (A Warrior Goddess Book)*

*Jambalaya*

Gumbo Ya Ya, Aurielle Marie's stunning debut, is a cauldron of hearty poems exploring race, gender, desire, and violence in the lives of Black gxrlls, soaring against the backdrop of a contemporary South. These poems are loud, risky, and unapologetically rooted in the glory of Black gxrllhood. The collection opens with a heartrending indictment of injustice. What follows is a striking reimagination of the world, one where no Black gxrll dies "by the barrel of the law" or "for loving another Black gxrll." Part familial archival, part map of Black resistance, Gumbo Ya Ya catalogs the wide gamut of Black life at its intersections, with punching cultural commentary and a poetic voice that holds tenderness and sharpness in tandem. It asks us to chew upon both the rich meat and the tough gristle, and in doing so we walk away more whole than we began and

thoroughly satisfied.

A NEW KIND OF SEX ED. Pussy Prayers is about rekindling the connection to your pleasure center - the space through which you manifest worlds - regardless of the body parts you do or don't have. These pages speak to the unique sexual experiences of Black women and femmes in order to help them heal from trauma and miseducation while learning how to powerfully conjure up a life that is dripping with sweetness - all by getting in touch with the one part of yourself that was divinely designed for pleasure. Here, you'll find stories, sister-girl-talk, and practical, easy-to-do rituals to begin your personal journey of understanding the importance of pleasure, its connection to manifestation, and ways to increase your personal power so you can enjoy #EverydayDeliciousness. BLACK GIRL BLISS is an educational platform dedicated to cultivating the spiritual, sexual, and self-care practices of Black women and femmes. Learn more at [BlackGirlBliss.com](http://BlackGirlBliss.com)

When enslaved people were brought from the western part of Africa to the Americas, they were forbidden to speak their native languages or practice their religions in the New World.

Sacred cross-cultural images of the Goddess combined with myth and meditations are the perfect empowerment tool for all generations in this #MeToo Moment.

Finding Power, Spirit & Joy in the Female Body

A Creative and Soulful Journey

Conjure Stories

The Way of Orisa

Wicca for Life

Spiritual Citizenship

What If You Just Turned Your Magic All The Way The F\*ck On

In *Spiritual Citizenship* N. Fadeke Castor employs the titular concept to illuminate how Ifá/Orisha practices informed by Yoruba cosmology shape local, national, and transnational belonging in African diasporic communities in Trinidad and beyond. Drawing on almost two decades of fieldwork in Trinidad, Castor outlines how the political activism and social upheaval of the 1970s set the stage for African diasporic religions to enter mainstream Trinidadian society. She establishes how the postcolonial performance of Ifá/Orisha practices in Trinidad fosters a sense of belonging that invigorates its practitioners to work toward freedom, equality, and social justice. Demonstrating that spirituality is inextricable from the political project of black liberation, Castor illustrates the ways in which Ifá/Orisha beliefs and practices offer Trinidadians the means to strengthen belonging throughout the diaspora, access past generations, heal historical wounds, and envision a decolonial future.

Forty years ago, the Second Wave Feminist Movement was in full swing in America. Besides fighting for legal issues such as equal pay in the marketplace and the right to have a credit card or keep one's own name, feminists demanded women's health and reproductive rights, marriage reform, and personal freedom. Radical women began to question the very concept of God as male, with "man in his own image," and from this revolutionary brew, the Women's Spirituality movement was born. Just as the foam-born Aphrodite arose from the sea, the revolutionary Goddess movement arose to inspire women around the country and the world to begin researching ancient worldwide Goddess-blessed cultures and to create spontaneous circles of women's ritual and Goddess worship. Some called themselves witches, leaving the church or temple to start covens or churches of their own; others worked within mainstream religious frameworks to bring the "feminine" into what had earlier been male-only priesthoods and doctrines. This seeming explosion of creative religious expression on the part of contemporary Western women is the thematic focus of this book; the 33 chapters are individual stories of the movement's founders in their own words. This is an important book for Women's Studies and the study of Women's Spirituality.

A spiritual, political, and interdisciplinary anthology of wisdom stories from today's Black liberation thought leaders and teachers. *Afrikan Wisdom* is a collection of 30 spiritual essays written by an eclectic group of inspirational Black thought leaders and teachers who reflect on the unique experience of being Black in the world today. Author and editor Valerie Mason-John (Vimalasa) has created an anthology whose aim is to instill readers with the knowledge, awareness, values, and spiritual tools needed to nurture their individual and collective liberation. While centering Black Buddhist experience, essays included in this volume also branch out to include other spiritual traditions and views. Topics include:

- African and Afro-Diasporan cultures, histories, and

spiritualities • Black radical traditions of liberation and consciousness • Anti-colonialism and anti-slavery • Buddhist philosophy • Social and environmental justice • African and Afro-Diasporan art, music and literature • The prison industrial complex and mass incarceration • (Kemetic) yoga, healing and mindfulness • Intersections with Indigenous cultures • Addiction and recovery • Transgenerational trauma

Afrikan Wisdom represents an intersectional, cross-pollinated exploration of Black life--past, present, and future. This book will prove both an inspiration and a motivation for Black readers, as well as anyone else interested in reading about emerging spiritual voices.

"This book is a reflection of a warrior putting into practice all that she has learned, the moment knowledge turns into wisdom, in order to heal a heart that is not afraid to love." — Don Miguel Ruiz Jr, author of *The Mastery of Self & The Five Levels of Attachment*

In this continuation of the Warrior Goddess path, author HeatherAsh Amara shares a revolutionary new method to help you reconnect with your sense of authenticity and power. Too often we allow old narratives—about our failures, broken relationships, or damaging experiences—to define us, depleting our joy, limiting our passion, and whispering the poisonous lie that we are not enough. The Warrior Heart Practice is a revolutionary new method that will help you reevaluate those well-worn narratives and shift your thinking and intentions in a new, empowered way. Based on the four divisions of the heart, this practice leads you forward through the four chambers of experience—Feeling, Story, Truth, Intent—gently questioning your own assumptions along the way, and then back through the chambers in the reverse, so that you emerge armed with a clear understanding of your situation and a sense of purpose and power. For those who have loved and lived Warrior Goddess Training and readers who are searching for a new freedom, The Warrior Heart Practice offers an inner revolution and a new path towards freedom.

Jump Up

Spirit Revealing Color Healing

Hoodoo

Rootwork

Carnival of the Spirit

The Healing Power of African-American Spirituality

The Road Not Taken

***A woman suddenly widowed at 50, left with money but no direction to her life, deep in transition from suburban housewife status, moves back to the West Village where she grew up. When she meets a woman who appears to be an identical twin, she discovers the Lost: a group of 100 fully-formed people dropped off on Earth as it cooled down they have lived on the planet as it developed the many species and geography of today. The Lost show her the myriad dimensions of Spacetime, taking her to ancient Egypt, Weimar Germany, and planets without inhabitants, and reuniting her with loved ones she has lost to death. Through a casual affair with Osiris, god of Egypt, and her friendship with Vincent Van Gogh, she lives many truths that are new to her and learns who she needs to become to walk the road not taken.***

***Blessings, invocations, chants, prayers, oriki and discussions with Spirit***

***from 72 women in 25 different spiritual traditions around the world:  
"Talking to Goddess is a cacophony of whispers, prayers, and sweet sound vibrations reflecting the many ways that everyday women can communicate with the divine essence of nature and our own beautiful selves." - Chief Luisah Teish, Founder, School of Ancient Mysteries and author of Jambalaya and Carnival of the Spirits "This cornucopia of blessings and chants is both an excellent resource for use in rituals and a powerful introduction to the many faces of Goddess." - Dr. Judith Plaskow, Professor, Religious Studies, Manhattan College and author, Standing Again at Sinai***

***"Makes a valuable contribution to the ever-widening field of Morrison studies by exploring the intricacies of Morrison's African references, giving critics the ability to make more informed readings of the novels."--Canadian Review of American Studies "A study of African cosmology and epistemology in Morrison's writings that draws on the academic author's experience in the Kongo and Yoruba traditions."--Chronicle Review "Addresses a real need: a scholarly and ritually informed reading of spirituality in the work of a major African American author. No other work catalogues so thoroughly the grounding of Morrison's work in African***

***cosmogonies. Zauditu-Selassie's many readings of Ba Kongo and Yoruba spiritual presence in Morrison's work are incomparably detailed and generally convincing."--Keith Cartwright, University of North Florida While others have studied the African spiritual ideas and values encoded in Morrison's work, African Spiritual Traditions in the Novels of Toni Morrison is the most comprehensive. In this volume, K. Zauditu-Selassie explores a wide range of complex concepts, including African deities, ancestral ideas, spiritual archetypes, mythic trope, and lyrical prose representing African spiritual continuities. She delves deeply into African spiritual traditions, clearly explaining the meanings of African cosmology and epistemology as manifest in Morrison's novels. Zauditu-Selassie is uniquely positioned to write this book, as she is not only a literary critic but also a practicing Obatala priest in the Yoruba spiritual tradition and a Mama Nganga in the Kongo spiritual system. The result is a comprehensive, tour-de-force critical investigation of such works as The Bluest Eye, Sula, Song of Solomon, Tar Baby, Paradise, Love, Beloved, and Jazz. I created this message guide to give a quick pick me up or shall I say "inspired word" for dealing with everyday life stuff. I am motivated by the many women on social media and in everyday life that have welcomed my***

***style of writing, speaking, and alternative thinking. My goal is to dedicate this guide to the free spirited, free-thinkers, unapologetic, badasses, chain breakers, and risk takers. I also dedicate this to those seeking to free themselves and unlearn teachings and behavior patterns that are based in fear and control.***

***Working the Roots***

***Shamanic Journey of Initiation***

***Ancestor Paths***

***Using the Folk Magick of Black America for Love, Money and Success***

***Poems***

***Good Times throughout the Seasons with Celebrations from Around the World***

***Elders and Visionaries***

*REVIEWS: I had to sit and read all the way through. It was so good I couldn't put it down. I mean I've learned so much in such a short read. I'm gonna be tapped in real soon now that I have this book! - @parislov3., Baltimore, MD Thank You! For making going a spiritual journey a bit easier, but for also not sugarcoating the work that needs to and has to go into it for the person to benefit from it and most importantly be a peace with themselves! -*

*@nique1907 GET THE BOOK, sis! The level of HEALING in such a short read is absolutely*

*mind-blowing! - @iamluhhshay*

*"Working The Roots: Over 400 Years of Traditional African American Healing" is an engaging study of the traditional healing arts that have sustained African Americans across the Atlantic ocean for four centuries down through today. Complete with photographs and illustrations, a medicines, remedies, and hoodoo section, interviews and stories.*

- *A celebration of the journey of African-American women toward a new spirituality grounded in social awareness, black American tradition, metaphysics, and heightened creativity.*
- *Features illuminating insights from Alice Walker, Toni Cade Bambara, Lucille Clifton, Dolores Kendrick, Sonia Sanchez, Michele Gibbs, Geraldine McIntosh, Masani Alexis DeVeaux and Namonyah Soipan.*
- *By a widely published scholar, poet, and activist who has been interviewed by the press, television, and National Public Radio's All Things Considered From the last part of the twentieth century through today, African-American women have experienced a revival of spirituality and creative force, fashioning a uniquely African-American way to connect with the divine. In Soul Talk, Akasha Gloria Hull examines this multifaceted spirituality that has both fostered personal healing and functioned as a formidable weapon against racism and social injustice. Through fascinating and heartfelt conversations with some of today's most creative and powerful women--women whose spirituality encompasses, among others, traditional Christianity, Tibetan Buddhism, Native American teachings, meditation, the I Ching, and African-derived ancestral*

*reverence--the author explores how this new spiritual consciousness is manifested, how it affects the women who practice it, and how its effects can be carried to others. Using a unique and readable blend of interviews, storytelling, literary critique, and practical suggestions of ways readers can incorporate similar renewal into their daily lives, Soul Talk shows how personal and social change are possible through reconnection with the spirit. An introduction to the spiritual source of the beliefs and practices that have so profoundly shaped African American religious traditions. Most of the Africans who were enslaved and brought to the Americas were from the Yoruba nation of West Africa, an ancient and vast civilization. In the diaspora caused by the slave trade, the guiding concepts of the Yoruba spiritual tradition took root in Haiti, Puerto Rico, Cuba, Brazil, and the United States. In this accessible introduction, Baba Ifa Karade provides an overview of the Yoruba tradition and its influence in the West. He describes the sixteen Orisha, or spirit gods, and shows us how to work with divination, use the energy centers of the body to internalize the teachings of Yoruba, and create a sacred place of worship. The book also includes prayers, dances, songs, offerings, and sacrifices to honor the Orisha.*

*Communicating With The Ancestors*

*A Fearless Team of Brothers and the Sport That Changed Their Lives Forever*

*The Way of the Craft -- From Birth to Summerland*

*The Heart of the Goddess*

*New Voices Talk Black Liberation, Buddhism, and Beyond*

*Sacred Woman*

*The Warrior Heart Practice*

Jambalaya The Natural Woman's Book of Personal Charms and Practical Rituals HarperCollins  
"A marvelous addition to the literature of inspirational sports stories." - Booklist (Starred Review)  
"A remarkable and inspiring story shines." - Publishers Weekly (Starred Review) "Crossing the Line" - New York Times  
"not just leave you with hope, but also ideas on how to make that hope transferable" - New York Times  
bestselling author Wes Moore An inspiring memoir of defying the odds from Kareem Rossier, captain of  
the first all-black squad to win the National Interscholastic Polo championship. Born and raised in  
Philadelphia, Kareem thought he and his siblings would always be stuck in "The Bottom", a corner  
and neighborhood devastated by poverty and violence. Riding their bicycles through Philly's Fairmount  
Park, Kareem's brothers discover a barn full of horses. Noticing the brothers' fascination with  
misfit animals, Lezlie Hiner, founder of The Work to Ride stables, offers them their escape: an  
after-school job in exchange for riding lessons. What starts as an accidental discovery turns into a  
passion for horseback riding that leads the Rossiers to discovering their passion for polo. Pursuing the sport with  
determination and discipline, Kareem earns his place among the typically exclusive players in the city,  
becoming part of the first all-Black national interscholastic polo championship team—all while  
struggling to keep his family together. Crossing the Line: A Fearless Team of Brothers and the  
Horses That Changed Their Lives Forever is the story of bonds of brotherhood, family loyalty, the  
transformative connection between man and horse, and forging a better future that comes from  
overcoming impossible odds.

Providing a modern approach to life and embracing such themes as feminism, ecology, attune brotherly and sisterly love, planetary care, and equal rights for all beings, this is a book to guide Wiccan through the seasons of life. Using positive, age-old magic to create the reality they desire, readers will learn how Wicca can help cure problems, improve opportunities and enhance enjoyment in all areas - at school, work and home. Share knowledge through celebration and construct the rituals necessary to create daily magic.

In this book, Katrina Hazzard-Donald explores African Americans' experience and practice of the herbal, healing folk belief tradition known as Hoodoo. Working against conventional scholarship, Hazzard-Donald argues that Hoodoo emerged first in three distinct regions she calls "regional clusters" and that after the turn of the nineteenth century, Hoodoo took on a national rather than a regional profile. The first interdisciplinary examination to incorporate a full glossary of Hoodoo culture, *Mojo Workin': The Old African American Hoodoo System* lays out the movement of Hoodoo against a series of watershed changes in the American cultural landscape. Throughout, Hazzard-Donald distinguishes between "Old tradition Black Belt Hoodoo" and commercially marketed forms that have been controlled, modified, and often fabricated by outsiders; this study focuses on the hidden, operating almost exclusively among African Americans in the Black spiritual underground.

Hoodoo, Mojo & Conjuring with Herbs

A Guide For Black Folk Tryna Find Their Way

Over 400 Years of Traditional African American Healing

Orishas, Goddesses, and Voodoo Queens

Sticks, Stones, Roots & Bones

Crossing the Line

Writings from Ancient Egypt

'Man perishes; his corpse turns to dust; all his relatives pass away. But writings make him remembered' In ancient Egypt, words had magical power. Inscribed on tombs and temple walls, coffins and statues, or inked onto papyri, hieroglyphs give us a unique insight into the life of the Egyptian mind. Egyptologist Toby Wilkinson has freshly translated a rich and diverse range of ancient Egyptian writings into modern English, including tales of shipwreck and wonder, obelisk inscriptions, mortuary spells, funeral hymns, songs, satires and advice on life from a pharaoh to his son. Spanning over two millennia, this is the essential guide to a complex, sophisticated culture. Translated with an Introduction by Toby Wilkinson

Carnival of the Spirit is a vibrant synergy of African Spirituality, folktales, and kitchen-table wisdom in an exuberant tribute to world holidays and nature's four seasons. Luisah Teish serves up stories of her own family's traditions along with festivals from all over the world—from the Lily Festival in Japan to the Yam Festival in West Africa, from intimate family gatherings to Mardi Gras in New Orleans, and from traditional European holidays to sacred African rituals.

Have you ever had an unexplained phenomena - a knock at the door but no one there; the hairs on your arm stand up, as though you're suddenly

chilled; a gradual aroma rising from nowhere; an abrupt noise; a strange sensation on different parts of your body, like someone stroking your hair; or dreams of your deceased loved ones? These are just a few examples of how your ancestors and spirit guides may be trying to gain your attention. Are you curious, WHY? Perhaps the world is divided into two kinds of people; those who can only fathom the solid material life (the visible world) and those who perceive that there is an active spiritual presence (an invisible reality) operative in most of our lives. Whether this perception is faint or fully actualized, the book *Ancestor Paths* is the ultimate road map to developing a clear understanding of the spirit world and why spirits try to commune with the living. It also explains how our lives are enhanced and healed through positive interaction with spirit. This book is filled with clear, understandable information on communing with those on the other side and provides outstanding insight on how your spiritual skills and talents can be developed to aid you and your family. Ancestral reverence is as old as human beings and has always been understood as a powerful force for individual, family, cultural and community strength and stability. The Lukumi/Yoruba priestess Aladokun, illuminates how honoring your ancestors and working with your guides can add enormous clarity, direction and peace to your life. Her soothing explanations, advice, caveats, counseling, and

explicit directions makes you feel as if you have the most supportive teacher in the world. In a clear and easy to read narrative, she guides us through the infrastructure of the spirit realm, helping us to understand that our divine relationships continue and supports us in our spiritual growth. This guide, newly expanded, is filled with cogent answers to some of the worse misunderstandings we all have about spirit work. She's able to remove the irrational fear we sometimes have of our ancient practices, simplifying the rules of contact for building strong spiritual relationships. No matter where you are on the belief continuum, intrepid beginner or sage spirit practitioner, the comprehensive way this guide is written will make you keep it close at hand. The basics are well covered but it also takes us deeper into the secrets of self preparation, ritual and the power of prayer. She helps us to see that this is not just a curiosity or a hobby, but perhaps the most effective way for us to evolve ourselves, our families and the world. If you're a beginner, with your heart leading you deeper into spirit connection, you won't find a better step by step primer on developing your skills and natural talents. If you're an experienced spiritualist/practitioner, you'll be inspired in all new ways with newly added prayers, quotes and anecdotes that strengthen your understanding of why this work is sacred and the most important work that we do; the perfect book to support your work in guiding

your students, clients, and godchildren on their spiritual path. And for the curious, you'll get an honest rendition about spirit life, gain some powerful insights, and, hopefully, become inspired by the stories and processes as revealed by an authentic priestess, Aladokun. Lastly, Ancestor Paths is a tribute to all divinities within the universe that continue to guide, bless, and elevate our souls towards higher consciousness and enlightenment.

Slavic Sorcery

Gumbo Ya Ya

Transnational Pathways from Black Power to Ifá in Trinidad

Training to be Myself: An Indulgent Odyssey of Obsessions, Confessions, and Curiosities