

THE SPIRIT OF INTIMACY



ANCIENT AFRICAN TEACHINGS IN THE WAYS OF RELATIONSHIPS

S O B O N F U S O M É

"This is a teacher who can help us put together so many things that our modern Western world has broken."

ALICE WALKER, author of *The Color Purple*

Spirit Of Intimacy Ancient Teachings In The Ways Of Relationships

Ian Pickup



Spirit Of Intimacy Ancient Teachings In The Ways Of Relationships:

The Spirit of Intimacy: Ancient African Teachings in the Ways of Relationships Sobonfu Some, A renowned respected teacher and mentor to thousands Sobonfu Some is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano Burkina Faso a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life with family structures spiritual practices and methods of living that have been in place for more than ten thousand years. In *The Spirit of Intimacy* Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. Somi generously applies the subtle knowledge from her West African culture to this one. Simply and beautifully she reveals the role of spirit in every marriage friendship relationship and community. She shares ancient ways to make our intimate lives more fulfilling and secure and offers powerful insights into the illusion of romance divorce and loss. Her important and fascinating lessons from the heart include the sacred meaning of pleasure preparing a ritual space for intimacy and the connection between sex and spirituality. Her ideas are intuitively persuasive provocative and healing and supported by sound practical advice along with specific rituals and ceremonies based on those used for thousands of years. With this book the spiritual insights of indigenous Africa take their place alongside those of native America ancient Europe and Asia as important influences on Western readers.

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McNeill, 2011-02-11 Over the past two decades there has been an increase in the need to prepare and train mental health personnel in working with diverse populations In order to fully understand individuals from different cultures and ethnic backgrounds practitioners need to begin to examine conceptualize and treat individuals according to the multiple ways in which they identify themselves The purpose of this casebook is to bridge the gap between the current practice of counseling with the newest theories and research on working with diverse clientele Each chapter is written by leading experts in the field of multicultural counseling and includes a case presentation with a detailed analysis of each session a discussion of their theoretical orientation and how they have modified it to provide more culturally appropriate treatment and an explanation of how their own dimensions of diversity and worldviews enhance or potentially impede treatment This text is a significant contribution to the evolving area of multicultural counseling and will be a valuable resource to mental health practitioners working with diverse populations The Fabric of the Future M. J. Ryan, 2000-03-01 A collection of thoughts on the future by female visionariesscientists philosophers and psychospiritual writersincludes contributions from Jean Houston Joanna Macy Sue Bender Joan Borysenko Caroline Myss Marion Woodman and Gloria Steinem among others Reprint

Undisciplined Melz Owusu, 2024-10-22 Undisciplined is an odyssey into possibility Challenging us to break free from limiting strictures and structures it encourages readers to envision just futures and reflect on the inner transformation required to become the custodians of those worlds In a profound and heartfelt offering Melz Owusu delves into the stifling impact of the education system on imagination They probe alternative deeply spiritual connections to knowledge and the

pursuit of new ways of being as acts of remembrance of a common past Seamlessly transitioning between intellectual discourse personal reflections and spiritual contemplations Melz navigates the undisciplining of mind and spirit guiding readers towards the healing and liberatory potential of the heart and the imagination Undisciplined is not a prescriptive manual but an invitation Freedom takes many forms and this book is intended as one route of exploration a mind opening and perspective shifting appraisal of how we might imagine a more just and liberated world and the path to accessing its beauty

Put Your Dreams First Thembisa S. Mshaka, 2009-04-23 There is a great mystique about the entertainment industry and a fervent desire in many to be part of it But what many women don't realize is that most entertainment career guides are written from the point of view of the male executive or are filled with industry and legal jargon making them difficult to read and understand Now in *Put Your Dreams First* Thembisa Mshaka uses her 15 years of experience in the music industry to expose the hidden truths that women need to know as they aspire toward entertainment careers such as how to avoid compromising one's self respect and the little known fact that women run a large part of the business This highly informative guide is for every woman wanting to know how to navigate the entertainment superhighway and find that job of a lifetime

Sensual Faith Lyvonne Briggs, 2023-03-21 An invitation for women to discover a healthier approach to spirituality and sexuality that centers pleasure rather than shame from body and sex positive preacher and author Lyvonne Briggs Home is not an address Home is where you feel safe And your body is aching to be your home How you view your body and your sexuality is informed and strengthened by spiritual practices but how many of us can say that religion has drawn us closer to our bodies That's because worship spaces that are intended to be spiritual safe houses have not historically been welcoming to our bodies forcing us to leave our flesh at the door This ideological amputation is at best a disservice and at worst a sin The remedy Radical self hospitality In *Sensual Faith* Lyvonne Briggs charts a path for us to practice spiritual wellness that aligns and harmonizes our bodies with pleasure and sexuality By centering the rich traditions of ancient West African spirituality *Sensual Faith* offers a radically inclusive model of companioning one's self Filled with wellness rituals journal prompts affirmations and practices *Sensual Faith* shows us how to celebrate our bodies as our very homes Pleasure is your birthright writes Briggs so whether it's accepting your flesh nurturing your intuition learning the language of consent or sumptuous self care let radical self hospitality guide you to healthy sexuality *The Thundering Years* Julie Tallard

Johnson, 2001-04-01 Shows teens how to harness the intense emotions and drives of the late teen years using wisdom from cultures around the world Includes exercises personal and community rituals and resources that show how to successfully navigate the Thundering Years without heading toward violence drug abuse and other self destructive behaviors Includes inspiring quotations from many spiritual traditions as well as the words and real life experiences of other young adults Presents an honest view of the passions and pain that occur during this major life transition According to native traditions the Thundering Years are the time in life to listen to intense feelings dreams desires and goals to be outrageous and even

difficult The Thundering Years are the teen years the time when you are journeying into adulthood They are exciting years full of potential and creative energy and they are painful years full of turmoil and self examination Author Julie Tallard Johnson has collected wisdom from cultures around the world to help you survive your Thundering Years with your soul creativity and even sense of humor intact She offers numerous techniques and traditions to help harness the powerful energy released during this time She shows that when you connect with your thunder in a respectful way you are given the confidence you need to accomplish all your dreams Includes Mindfulness and energizing meditations Vision quests Dream weaving Drum medicine Initiations and rites of passage Rituals for releasing anger and celebrating the seasons Making your own journals and medicine bags Finding your creative community *Our Biosocial Brains* Michele K. Lewis, 2020-07-07 In *Our Biosocial Brains* Michele Lewis underscores culture brain behavior and social problems to advocate for a more inclusive cultural neuroscience Traditional neuroscientists to date have not prioritized studying the impact of power bias and injustice on neural processing and the brain's perception of marginalized humans Lewis explains current events historical events and scientific studies in *Our Biosocial Brains* Readers will be drawn to the relevancy of brain science to examples of injustices and social bias Lewis also argues that incorporating non western African Centered Psychology is vital to diversifying research questions and diversifying interpretations of existing brain science because African Centered Psychology is not rooted in racist classist and exclusionary hegemonic methods Lewis argues for attention to marginalized populations regarding the impact of violence disrespect othering slurs environmental injustice health and general disregard on humans brains and behavior Using hundreds of peer reviewed studies and original research the author presents scientific studies that are integrated with sociocultural explanations to foster wider understanding of how our sociocultural world shapes our brains and how our brains responses influence how humans perceive and treat one another Out of the Revolution Delores P. Aldridge, Carlene Young, 2000-11-01 The introduction of Black studies programs into institutions of higher education was a direct response to the mandate for change at all levels that characterized the civil rights movement and the social rebellions of the 1950s and 1960s In *Out of the Revolution* Delores P Aldridge and Carlene Young collect thirty one of the nation's top scholars to provide a complete reference for understanding the impetus for the development of and future considerations for the discipline of Africana studies Topics addressed include epistemological considerations humanistic perspectives the role of bureaucracy and the academic institution the social psychological political and economic dimensions the position of black women in the field and how the discipline has empowered the black student This invaluable resource for educators and students alike concludes with a look at graduates in Africana studies and their careers and a discussion of the future of the field

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Spirit Of Intimacy Ancient Teachings In The Ways Of Relationships**

In a world inundated with monitors and the cacophony of quick conversation, the profound power and mental resonance of verbal beauty frequently diminish into obscurity, eclipsed by the regular barrage of sound and distractions. However, nestled within the lyrical pages of **Spirit Of Intimacy Ancient Teachings In The Ways Of Relationships**, a fascinating function of fictional splendor that impulses with organic feelings, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus manuals viewers on an emotional odyssey, gently exposing the latent possible and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect their interesting writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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