



Volume 1, Issue 1  
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 Spring Edition

E A R T H M A M A H E A L I N G

# Sister Heal Newsletter

# Sisters Are Healing



Peace & Blessings,

Healing! Healing! Healing! I have met far too many Black women in my 35 years who have buried their children too young. And I have seen holes in their hearts filled with tears and indescribable loss. I can only imagine how much my Mama truly loves me when I bear witness to the strength of these mothers who keep going on in the land of the living with their babies.

Over the past ten years, I have buried my mother Mae Wilkins, 52 of stroke and complications of diabetes (too young), my oldest sister, Renee Wilkins-Perkins, 34 of liver disease (too young), My favorite aunt Winnie Jones, 75 heart failure and complications diabetes, and the list of countless other women goes on.

And when I looked into the lives of most of women they all have things in common. They are usually battling with the leading cause of death for black women Cerebrovascular diseases (**Stroke**), Hypertension, Diabetes, Coronary Heart Disease, and Malignant Neoplasms (**Cancer**), and **AIDS**. The fast growing population contracting **AIDS** are black women.

Most of these health ailments come from our hurting hearts. Hearts that are broken from burying our children too young, from difficult and unhealthy relationships, unresolved issues in our childhood, abuse, daughters missing their mothers/fathers, aching empty wombs (that never conceived/or are scarred by a baby's death), obesity (eating so much that we hope our stomach hurt instead of your heart), and the list goes on. A wise woman once told me that "If your thoughts aren't right then your body won't be".

Oh! Great Spirit and Ancestors, I give thanks that you continue to allow me to Heal. Sister Heal! Let the Healing begin. Start where you are! When you begin and/or continue healing your mind, body, spirit and soul, you begin to heal your family, your community and the world. Take time for you and support others in taking time for them.

Oh! Great Spirit I want to live. I want to see that day that my ancestors prayed and died for me to

see. I want to heal my mind, my body and my soul. I want a free spirit. I want to release those things that hold me back and gain new thoughts that will set me free. I want to sweat out negative toxins in the power of **FIRE**, I want to learn different ways of breathing in good with the power of **AIR**, that will bring fresh life to my brain and soul, I want to rejuvenate and refresh my body with the power of **WATER** and learn how to respect myself, my people and my world by understanding the powers of mother **EARTH**. I understand when I respect her I respect myself. For we are Sacred Spiritual Beings. Come and embrace in sisterhood and together behold the powers of the elements!!! Many Blessings Ashe'

By Rolanda Allaha Wilkins

*Rolanda Allaha Wilkins is the daughter of Mae Blackburn-Newman Wilkins, the granddaughter of Alice Blackburn-Newman and Dorothy Relford, the great granddaughter of Georgianna Parks-Blackburn and Jane Anne and the great great granddaughter Winnie Parks who was an enslaved African in Fairfax County, Virginia. Rolanda Allaha Wilkins is a universal spiritualist, ancestral ceremonial leader, health and wellness administrator and global community wellness organizer. She currently lives in Sacramento, California. You can reach her at [earthmamahealing@yahoo.com](mailto:earthmamahealing@yahoo.com) or visit her website: [www.earthmamahealing.com](http://www.earthmamahealing.com) or call toll free 866- 285-3214*

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## Sister Healing Newsletter

Is a quarterly publication dedicated to featuring stories by women of African Descent on healing. If you would like to submit an article on healing please email Rolanda Allaha Wilkins at [earthmamahealing@yahoo.com](mailto:earthmamahealing@yahoo.com) or call 866-285-2314.

Sister Healing is a division of Earth Mama Healing

# Self Healing

By Queen TruEarth



I grew up in a home where my mother was addicted to crack. My mother was an extremely functional addict. She successfully sustained her career, and maintained her health and beauty so no one suspected a thing (not even my step-dad), only me and my younger sister knew. I endured physical abuse at any given point in the day. I watched my mother, whom I loved dearly lie, steal and belittle herself for drugs. Over the entire course of her addiction, I kept her secret. I continued to go to school and maintain a 3.9 g.p.a. while smiling and pretending that all was well in my world. However, on the inside I was screaming out! In my senior year of high school, I dropped out and took the G.E.D.

I ran away from home and went to live with my grandmother, altering the course of my life. My whole life, I had prepared and planned on attending college immediately after high school and accomplishing my life-long dream of becoming a teacher, wife and mother. I watched my

dream fade away in front of my eyes. I got pregnant at 19 and became a statistic. From 17 years old to 24 years old, I blamed my mother for what I viewed as an unproductive life. I was angry, depressed, and saddened that my life had not turned out as I had planned and on top of that, my mother and I had not spoken in many years. I had no peace.

Gratefully, I had my daughter's father in my life and he convinced me that the only way to heal was to acquire love and knowledge of self. I had to truly examine me, and take responsibility for my own actions and outcomes in life. I had to stop blaming and let go of the negative energy I had been harboring for my mother. I began my healing process by reading about the experiences of other brothas and sistas throughout history, realizing that they had overcome much greater obstacles than I.

I had to cleanse my body of the wrong food, mentally and physically, (meaning I dropped some friends who weren't adding on to my life positively, I turned off the tv and radio and I stopped eating pork and pork bi-products). I became totally liable for the way I was living, thinking and behaving. I had to knowledgely my culture as a beautiful Black

Queen, and I had to learn to love and accept all of me, understanding the positives and negative within myself. With doing so, I discovered who I was born to be. I had found freedom from the hurt I felt, the guilt I had for not accomplishing my goals at the time and a renewed sense of self that inspired me to get up and strive for my dreams once again-because as long as we have breath in our bodies, we have the ability to learn, grow, teach and be productive.

Most importantly, I found the space in my heart and mind to forgive myself and my mother (who is now drug free and one of the best friends I have). Healing starts in the mind. Understanding who you are, finding satisfaction in self and the decisions you make and forgiveness are the keys to moving forward in life, love and adversity.

*Queen TruEarth is a 34 year old wife of 14 years and mother of eight beautiful children. She is the Co-Founder and Director of Knew Planet ([www.knewplanet.org](http://www.knewplanet.org)), a nonprofit organization based in Watts, CA who teaches love, respect and knowledge of self to men, women and children in eleven states across the United States, London and Jamaica.*



Sista Cipher was created for original black women to build and encourage a healthy and productive community, as well as promote mental health and wellness through organized forums. Website: [www.sistacipher.org](http://www.sistacipher.org) Email: [connect@sistacipher.org](mailto:connect@sistacipher.org)



*Knew Planet is a nonprofit guidance and preventative organization that groups at risk youth with positive and successful community members. Knew Planet was created by caring community members who recognized the need for positive change in youth. Our organization provides guidance programs for participants in the Los Angeles, Compton and Watts area. The program reaches out to youth in the community, who are guided by our caring adult staff. Website: [www.knewplanet.org](http://www.knewplanet.org) email: [information@knewplanet.org](mailto:information@knewplanet.org)*

# Anonymous Woman

By Aishah Bashir



I recently have been given the opportunity to work part time in a mortuary. Yes, in that place that many of us dread – a mortuary! No matter how the building is incorporated into the city landscape, a mortuary always seems to create an environment around itself, that is, well, creepy. Maybe it's just me, but whenever I pass a mortuary, I kinda drive by likes its not there. I can see it from the corner of my eye, I KNOW its there, I just kinda ignore it. But now, I'm working in one. Ain't that something!

And today I saw my first dead person. There was a woman, maybe 70 years old, who had been dead maybe 1 week. She really looked like she was asleep and I swear I saw her chest move up and down like she was breathing, but she was dead! It was as if I was looking at a full-sized clay model. But I knew that was not the truth. What I was looking at, once talked and walked and cried and laughed. And now it was motionless... FOREVER! That body was now just that, a body! Whatever personality there once was, whatever fears and addictions there may have been, whatever favorite colors and favorite foods that was apart of that body, no longer existed. And there I stood, in a similar body, yet I could do all those things; laugh, cry, eat! And that body could do it no more. Yet in that moment, I looked deeply at her face and a strange feeling came over me. It

was in that moment that I was convinced that life is truly a gift! More than that, I realized that it is our living and being in the world that is the biggest gift! We are the gift! Truly, our just being here is a gift!

And this fact was undeniable when I looked at the face of a dead woman yet could see her life implanted in her skin. I never had a chance to know her; I don't even know her name. But I do know that however God's Spirit chose to manifest itself through her, someone, somewhere is grateful for that experience. Someone's life was changed for the better because of her.

While the her that I am speaking of, no longer exists and her body is empty, parts of her are alive all around us. In her family, her friends, her work, her home. "SHE is" still there, even though "she" is gone.

I realized that THAT is what healing is about. The question is not what mark **will** you leave on the world, but what mark **are** you creating in the world, in every moment! Without your body, are you still you? Without your body, who are you?

Just wondering about her life and wondering how she touched the world, I feel inspired to create more of me. I feel like painting and sewing and sitting in the sauna listening to Coltrane. I feel like eating some Peach Cobbler and watching a funny movie

with my girls. Rather than being saddened by her death and being frightened by her dead body, I feel a sense of joy and honor and gratitude. Gratitude, for I have been given my body to house "me" in it and gratitude that who "I am" is creating in me everyday.

So now when I see a mortuary, rather than try and ignore it, I can be grateful for all the spirits that have found their way in and out of that building; knowing that for each of the spirits that have been in there, many more have been touched out here.

*Aishah Bashir, holds a B.A. in Community Health from the University of California at Berkeley, involved in numerous projects in the healing field. Co-organizer of the Conscious New African Women's Healing Collective, the SF Bay Area MAAFA Commemoration and the Black Women's Health and Healing Conference. Currently developing Muhsana Center for Health and Healing; a space dedicated to the health of Black women and their families. She is a student of life, fighter for oppressed, exploratory artist and budding entrepreneur.*



**Muhsana Center for Health and Healing (Muhsana)** is a community-based organization located in Oakland California . Its mission is to improve the quality of life of African-Americans within Alameda County by providing health education through a culturally based model offering resources, education and support. 2625 Alcatraz Avenue #347, Berkeley, CA 94705.

[www.muhsana.org](http://www.muhsana.org) email: [conference@muhsana.org](mailto:conference@muhsana.org)

**Conscious New African Women's Healing Collective** are those Activist women who hold themselves responsible and accountable for themselves, their families and their communities. The purpose of their work is to develop a space for the creation of an active network of supportive women who identify with one another and share the need for rejuvenation as well as recognition for our daily challenges and struggles.



# THERE'S NOTHING NEW UNDER THE SUN... OR IS THERE?

By Linda Tauhid



*One morning not too long ago I got up with a lurking sense that everything is so much the same—nothing new, kind of the day-to day dol-drums. Sometimes it seems that moments or things that inspire can be few and far between; but then again, it's how we look at things, isn't it?*

Since the morning that I woke up with this feeling of lack of inspiration was a Saturday, I decided to go to my favorite coffee shop. A good cup of coffee always picks me up and so I headed out of the house with no more in mind, but just to do at least one thing that I enjoyed to start this day.

When I got to the coffee shop I ordered my brew of choice and then sat down to enjoy the slower pace that a Saturday morning has to offer. As I was listening to the piped in music that came over the speakers I began to hear the sultry and healing voice of singer, Nina Simone. Nina, (as I call her inside of my most intimate thoughts) was singing her rendition of 'Black is the Color of My True Love's Hair'. I have often listened to this recording as well as many others for more than thirty years of my life. The difference in the recording that I was listening to on this special Saturday is that the song had been set to a hip-hop beat. 'Wow', I thought, how amazing this ballad sounds with a hip-hop track behind it!

Nina's voice and choice of materials has often been heart wrenching as well as inspiring to me. She tends to pull at the 'threads' of my soul with her intensity, rhythm and pacing in many of her

songs. I remember when I was in my twenties there were times when Nina's music was so touching to me in my delicate emotional states that I would have to go for periods without listening to her. Even now, I can listen to her on some days, on others, I know not to go near.

Nina Simone, who 'passed over into the next life' a few years back was often referred to as the 'High Priestess of Soul'. I have always found it interesting how people of African ancestry value and give high titles to singers and performers who are true to the 'soul' and articulate the many issues of our humanity through their art form. In this case, Nina, being called the 'High Priestess of Soul' is in my view quite appropriate.

A Priestess is a woman healer—one that addresses issues of the heart and the soul and brings or suggests solutions. Unfortunately in modern day life, we are not always afforded easy access to village or community healers or priestesses or the like. Also many of our roles have been de-formalized or lost through the acculturation process that we have faced here within American society and beyond. Thus, even though one or many of us may perform the functions of a healer with friends, family or within the community at large, we are not "entitled". It is most often through song, writing, poetry, music and other art forms that some of the truths of our soul and the healing that knowing and being in touch with this truth entails is practiced and transmitted.

I was having a discussion with a community leader over the summer; actually, I needed some assistance in a matter and was seeking some from him. He asked me during the course of the discussion if I was a 'priestess', I told him, 'yes'. Actually, I do not hold the formal title of 'priestess', although I have often been

involved in 'healing' work and over the years and have developed a capacity to 'see' (diagnose) and use wisdom and faith healing in my life and in my work. This is not unlike many community elders who evolve in their healing roles through time and are informally recognized and called upon when needed.

So on the days that I am feeling as I call it 'uninspired', I realize that if I just get up, get busy and be present somewhere, anything can and will happen that can launch into an inspirational thought or long-term mode of inspiration. In this case, a few bars from a song such as 'Black is the Color...' that sometimes even makes me feel sad, set to a new pattern of music made me realize and acknowledge that there is always something new. The trick is not to allow oneself to fall into patterns of disappointment, sadness, depression, inactivity, hopelessness or the like. This is not always easy in a world where we are challenged to recoup from many disappointments, slams, disempowerment and invisibility that we face often on a daily basis.

Recounting this short vignette has also inspired me to make more of an effort to embrace the concept of 'serendipity' that I often articulate, but overlook in practice.

So, I am hereby remembering and reminding others that, there is 'always something 'new' in this world, and it is in my prayers that we have the strength, the vision and the faith to face each day and to find this 'newness' (renewal) any where and any way that we can.

*Linda Tauhid, M.S., is a Houston based writer, storyteller (griot), educator and human and organizational development specialist. Ms. Tauhid has studied and worked in a number of African countries as well as in the United States.*

Sometimes when we are just living our life, it seems that events, situations that we attract into our life seem to do one of four things. We are either **adding** to our life, **subtracting** from our life, **multiplying our chances and opportunities** or being **divisive** in our life. Life is "simple math. So start asking: How did I get here? What happened? So what do you I mean by this? Everybody knows what it means to add to your life. Generally, we think of it as something positive. What would make someone add something negative to your life? Do we ever add something or someone to our lives who is considered negative? Whatever you add may be taking away from your life, multiplying your chances or opportunities for growth or illness and or death. Then when you have done this, are you being divisive and sabotaging your chances and opportunities for growth. Wow, this is really math and it doesn't sound simply.

Well, when you **ADD** to your life, you must first think about what you need. Would you just add anything? No, of course not. You would add what you think is needed and/or wanted to make the life better, fuller and more expanded. So what does this look like for us? You add to your life when you add education, better organization, more sharing friends, a emotionally available partner, husband, a better job, a massage, a holiday, clearer decisions and choices, giving something freely to someone, adding the gym, dance classes, travel, better eating habits, reading, etc. One must make a clear decision to add something to the life. When you hear one saying "I don't know how this happened". Please do not believe them. We add whatever we want to our lives based on what we think we need. It may appear that we are adding something, someone who will make us feel better, looking better, get more. This isn't always true. Do we feel miserable, burdened, depressed, unhealthy, etc.? A healthy addition will make the life better, fuller and easier. Is that what is going on?

When we **SUBTRACT** from our life, what are we doing and what does that look like? Taking away from life looks like doing drugs, alcohol or even medicine, sex or shopping as a means of attempting to feel better. An example of taking away from the life might look like sabotage. We on purposely do something that we know we don't need to do based on fear, anxiety, and/or low self esteem. When we don't keep our word; this takes away from our integrity. Now people cannot count on us. We subtract with our emotions. Anger, subtracts from

# Life Is Simple Math

By Linda Compton



the life. It squeezes the joy from us. It tightens our arteries, our heart closes and we don't get as much oxygen to the brain. This sets us up for physical ailments, strokes and/or heart attacks. Hurt and sadness, lows our life down and can move into depression. We subtract from our life when we add too much sugar to our life through what we eat. We have a lot of "sugar" but no "sweetness, joy" in the life. We are taking years off our life and can end up ill for life with diabetes, obesity.

When we consciously do it, which most of us do, we are **MULTIPLYING** our chances for ill health. When we make a clear decision not to exercise, aren't we multiplying our chances for "stiffness", poor circulation, and tiredness, ill health? When we sell drugs, become prostitutes to strangers, lie; when we are addicted to, food, smoking, drinking, other drugs, sex, shopping, etc., we are multiplying our chances for an abundance of problems/issues. We are taking away from the natural joy and happiness we could have. These addictions all mean that something emotional is going on with us. For example: Smoking is out right ANGER! You are on fire and smoking with anger. Do we say we are angry? No, we just say we like to smoke. We are simply angry. When we live with, are married to, date, have relationship with someone who are criminals, drug dealers, abusers, we are multiplying our chances for what, the police, our kids taken away; we are risking losing something. We make ourselves victims, so that more God awful things can happen.

What could we be multiplying our chances and opportunities in a positive way and for personal growth. Say, having a job that we love; going back to school, traveling would certainly offer more chances and opportunities. Reading, eating healthy getting a complete physical each year, a breast exam certainly improves our chances and opportunities for better health. Think about it!

Now what is being **divisive** about? What comes to mind is gossiping. When we talk about our friends to other friends, one sister to another; talking to your Mom about your

sibling. This is being divisive. When we tell our bosses something that affect another's job. When we create a situation to "win" and someone else to "lose" at any cost.. This is being divisive, although we think it is "just talking" or just winning. When you talk to your girlfriend about her boyfriend and/or husband, especially when she brings him up. One way to take a look at what we are doing is to question ourselves, "What is my intention for this?" "What makes me do this in this way?" To divide and conquer is what plantation owners have done and we see the result of that. When we pit one person against another, we could ask ourselves, "what is it that I need, that I only see getting it in this way?"

When you are adding to your life, this is what life is meant to do. When you are subtracting from your life, this causes your life to be stagnate. When you are multiplying your chances or opportunities, you are taking necessary and unnecessary risks. When you are being divisive, you have an intention to win at any cost. If things are not going your way, ask yourself if: I need attention? I need affection? I need acceptance or I need approval? These are the four interpersonal needs that we attempt to satisfy.

So when we add, subtract, multiply and divide our lives up and out, we can see that life is really simple math. The question is "how would you like your life to add up? What do you need to subtract from your life that would make it more joyful? What am I doing that could multiply my chances for getting what I in my life and how could I stop being divisive or divide the pie so that everyone gets a fair share? Life is Simple Math!!

*Linda Compton is Personal Life Consultant in Richmond, California. She supports and assists people to have clarity, balance and a sense of well being. She is a graduate of Mills College in Oakland, California and Pacifica Graduate Institute in Santa Barbara. She is a Diversity Trainer, Mediator/ Arbitrator and has certificates in several Energy Healing modalities. She can be reached at 510-233-6737 or [Compdreams@aol.com](mailto:Compdreams@aol.com).*



# Healing from Disappearing

By Shquestra "White Star" Sitawi

mall.

I ain't mad at the Latino's for working their thang, but I am a bit disturbed about Black Folks disappearing like the Native people of this land. Everywhere I look my people are no longer there. I go to the Starbucks in the Black community-no Black people. I go to the neighborhood drug store-no Black people. I go to the neighborhood store for soda and chips- no Black people. I go to the major grocery stores in the hood no Black people. Even when I do find a store owned by Black people, their employees are Latino's. **WHERE ARE ALL THE BLACK PEOPLE?**

The public schools which were at one time predominantly Black are now Latino. The after school programs and the No Child Left Behind after school tutoring programs are mostly Latino. Where are all the Black children? Communities that were once claimed to be the "Black hood" are changing rapidly.

I begin to ask the question of where are all the Black people to fellow Black people to discover that a number of my folks have fled to the outskirts of Los Angeles for affordable housing and "better schools". Many Elders who once owned homes in the community passed on and their unconscious off-springs sold the homes to collect the funds and escape during the bull market in real estate, only now to discover the burbs ain't the utopia they thought it was.

So now we are left with a chang-

ing community. Black people dispersed all over Los Angeles with little to no solidarity. Our Political base is sinking fast and the Spiritual vultures and political whores are sitting at the table of the people dividing the carcass as we speak.

I am working daily to heal from the disappearing people. I am seeking community women who are ready to "do the work". I am currently creating and implementing a Wise Women Council. This council will exist of women over 40 years. Women who want to see our people return to greatness. Women who are ready to take their rightful place in the community. This council will provide mentorship to those who seek council of the Wise Women. We will also collaborate with young Sister groups in the community.

If we are to continue to exist, we must preserve our culture. We must provide mentorship and pass on the knowledge acquired, through our years of experience. So many women in the community have much to share but have no venue in which to share. I propose to provide the venue, thus moving the energy toward healing the disappearing people, and ensuring the survival of my people.

*The best way to survive an alien culture is to live your own.*

- Haki Madhubti

*Shquestra Sitawi is the creator of the Cosmic Women workshop where women create new visions, affirm themselves as Sister Queens, and explore tools of light to touch their divine selves. She is also the Founder of Wise Women Council for women over 40. You can reach her at [Shquestra@hotmail.com](mailto:Shquestra@hotmail.com)*

## Where are all the Black people?

I recently went to an event at the Magic Johnson theatre in Los Angeles. I was so excited to attend the Pan African Film Festival where films from all over the Diaspora are shown. The storylines are about the lives of Africans, in African and all over the world. Most films are directed by Black people, the cast is usually all Black with the exception of a few small parts for non-Africans. The Festival was wonderful. However, when I looked around the Theatre much to my surprise most of the service help was Latino. With the exception of two young Black girls all the concession stand clerks were Latino. The Manager on the shift was Latino, and so was the bathroom attendant. Hm! I thought where are Black People? We want jobs too!

After the movie I walked over to the Baldwin Crenshaw Mall (The Black Mall) only to discover that most of the retail stores had Latino sales clerks. **Where are all the Black People?** If it had not been for the African Market Place in the mall for Black History Month which coincides with the Film Festival I would not have seen many Black Folks in the

# Healing Workshops & Retreats

THE ENDLESS DREAMER PRESENTS:  
**THE LAW OF ATTRACTION.**

***The Secret and lots more!!***

**When:** Tuesday, March 13<sup>th</sup> 7pm.-10pm. & Saturday, March 17<sup>th</sup> 10-1pm.

**Where:** 2311 Eighth St. Berkeley.

**Who:** Anyone who desires to start attracting what you want and stop attracting what you don't. For anyone who wants to understand The Secret as the Law of attraction and how it works in your life.

**Cost:** \$95.00 per person (for both classes).

**Bring a notebook and be prepared to make an emotional, intellectual and spiritual shift to start attracting what you want in your life. The Law of Attraction book on sale at workshop (\$10.00) For more information: Call Linda Compton 510-233-6737 Email: compdreams@aol.com Imagine being a "Magnet". What are you attracting to you? What is your magnet made of? What it is attracting? What is stopping/blocking you? Are you attracting what you want? If not, see you on March 13<sup>th</sup> and again on March 17<sup>th</sup>.**

**Wise Women Council  
Saturday March 24, 2007**

**3-5 p.m. Los Angeles, California**

Please send me your mailing or email address so that I can send you an invitation to the first meeting of the Wise Women Council. This council is for women over 40 years who are committed to "do the work" with self and in the community. I consider you to be a Wise Woman, so I seek your council in finding other Wise Woman who would be an asset to the group. Please send me all names and addresses of the women you recommend, so I can send them an invitation as well. My email address is Shquestra@hotmail.com.

*Peace, bliss and blessings Shquestra*

**Sista Cipher**

**Sunday, March 18, 2007  
at Marcus Garvey School  
5760 6th Ave.**

**Los Angeles, CA 90043**

**1:30pm-4pm**

**Cost: Free, Bring a Little Sista,  
pen and pad and come to add on  
your wisdom!**

**build@sistacipher.org**

*We are calling on women of the African Diaspora to come together to heal and build stronger sistahoods. Mamas and Daughters of the African Diaspora, Elder Mothers, Queen Mothers, Chieftessess, Priestesses, Healers, Natural Healer, Spiritual Midwives, Seeress, Seekers of Knowledge, Lovers of Life, Spiritualist, Spiritual Practitioners, Nanans, Shamans, Medicine Women and Initiations of all African Spirituality.*

**"2007 Earth Mama Healing Gathering"  
this years theme: Women Healing The Planet  
— With the Power of the Elements  
July 27 to 29, 2007 \* Dillon Beach \* California  
(at the Pacific Ocean)**

*This Gathering will provide a safe healing space for women to connect, release and heal, through healing ceremonies, rooted rituals, soul stirring spirit dance, and working workshops that will facilitate dialogue for positive change using the Power of the Elements (Air, Earth, Fire and Wind) and our open hearts, pure souls and free spirits. Our dynamic facilitators are widely known & loved Khemitic Priestess-Shquestra White Star Sitawi, celebrated Universal Spiritualist Tynya Mtume, respected Yoruba Priestess and distinguished Professor-Dr. Iyalode Adeleri Onisegun of South Carolina and more powerful facilitators will be added. The cost is \$250.00 per person (payment plans are available). The cost include: Lodging, Nutritious Delicious Meals, Working Workshops, Healing Rituals, Sacred Dance Rituals, African Drumming & Movement, Powerful Sacred Sista Circles, Powerful Ceremonies, Materials and Rest/Renewal for Body, Mind & Spirit & Much More! Space is limited.*

**JOURNEY INTO SELF RETREATS**

**Releasing Anger and Moving into Forgiveness**

**April 13-14 and 15 2007**

**Friday night, Saturday and Sunday morning Los Angeles, CA**

*This program is designed for Women who are seeking and claiming health and well being. The retreat will provide a moment in time to connect with, and build awareness of personal growth, and communication between like minded women. We will utilize creativity, interactive and reflective exercise to bring forth the woman we've been searching for in the mirror. Through the weekend participants will experience spiritual awakening, movement, music, creative expression and Visioning. We will acknowledge the little girl in us and connect with our Divine self. The week end will also include: Sweat lodge, experiential exercises, groups process and a pranic healing session. The Journey into Self retreats are held every season with a theme that builds upon the next season.*

**Space is limited to 20 women. Don't miss out**

**The retreat donation is \$150.00, meals and lodging not included. Refreshments will be served. \$75.00 due to reserve space. Venue and requirements for retreat supplied on receipt of payment.**

**Shquestra@hotmail.com (323) 868-3864**

# Cosmic Women Workshop

As African women born in America it is time to break the cycle. It is time to start a new beginning. We can create new myths, new art, and we can create our own language. We've got to create ceremonies and rituals for ourselves, by ourselves. We must reclaim our position in the Universe, tap into the sacred energy. As women we can bring the sacredness back into our life. Be who we truly want to be. We must learn to transcend the ordinary into a spiritual practice. Take the

mundane and make it holy, through thought, word and deed. We must live a spiritual life everyday in everyway, from the time we get up; to the time we go to bed. The Cosmic Women workshops will provide the necessary tools to guide you through life's disappointments, challenges, lessons, and heartaches and turn them into spiritual experiences. You will see that the lessons are just stepping stones on the path to self enlightenment to "Know thyself".

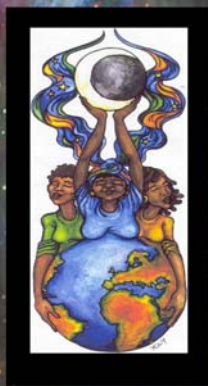


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In the spirit of our Ancestors and the yet to be born we gather to reflect, remember, rekindle, release, reclaim, reconnect, and rejuvenate in who we are and what we are yet to be.

Remember to love yourself, your sistas, your family, your community and your world. We are the children of a great people who chose to survive.

We have the power to heal our souls with our hands, our hearts, our minds, our bodies and our spirits. So come and join in the healing spirit of the Earth Mama Healing Gathering. **Ache'**



*Earth Mama Healing provides a safe healing space for girls and women to connect, release and heal, through ceremonies, rituals, and working workshops that will facilitate dialogue for positive change.*