

THE SPIRIT OF INTIMACY



ANCIENT AFRICAN
TEACHINGS IN
THE WAYS OF
RELATIONSHIPS

SOBOHUFU SOME

"This is a treasure which will help to join together as many
things that our modern Western world has forgotten."

—August Weismann, author of *The Great Appeal*

The Spirit Of Intimacy Ancient African Teachings In The Ways Of Relationships

**Aurora Greenbough, Cathy Jewell, Cathy
S. Jewell**



The Spirit Of Intimacy Ancient African 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 Somi 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

The Spirit of Intimacy Sobonfu Some, 2000-01-05 A renowned respected teacher and mentor to thousands Sobonfu Somi 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 A renowned respected teacher and mentor to thousands Sobonfu Somi 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

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Psychology of Blacks Thomas A Parham, Adisa Ajamu, Joseph L. White, 2015-10-14 For courses in Introduction to Psychology African American Psychology African American Studies Multicultural Counseling and Cross Cultural Counseling and Psychotherapy This text highlights the limitations of traditional psychological theories and approaches when applied to people of African descent It provides information on how the African Centered Perspective is defined as well as how it operates in the context of the African American family with regard to identity development education mental health research and managing contemporary issues It links the context of African American life to the traditions values and spiritual essence of their African ancestors in an attempt to acknowledge the African worldview and assist the African American community in addressing some of the challenges they continue to face

The Search for Wholeness and Diaspora Literacy in Contemporary African American Literature Silvia Castro-Borrego, 2011-05-25 This volume has as a cohesive argument the exploration of the different manifestations of the search for wholeness and spirituality in the writings of contemporary African American women writers covering different literary genres such as fiction both novels and short stories drama and poetry Together with the issue of spirituality the African American search for wholeness is analyzed as a source of creativity and agency As expressed in the contemporary literature of black women writers starting in the 1980s the search for wholeness reflects a beauty realized through the healing of the spirit and the body and is a process that takes on dimensions of reconciling the past and the present the mythical and the real the spiritual and the physical all in the context of an emerging world view that welcomes synthesis and expects both synthesis and generative contradictions The book will be a valuable collection for scholars of African American

literature comparative American Ethnic literature American literature and spirituality as well as women s studies In addition it will be an important text for both undergraduate and graduate students in those fields As Professor Johnnella Butler 2006 points out the African American search for wholeness is tightly linked to the search for freedom and agency Ever since the 19th century African American writers have given expression to an African American self which functions in Western civilization simultaneously as a colonized other and an assertive self Due to the continuous ordeal of the African Diaspora this self is caught in between the binaries proposed by the material and the spiritual world seeking a balance where the person can become whole The search for wholeness feeds from cultural roots that imply the presence of ancestral spiritualism rememory and double consciousness Contemporary black women writers reflect the metaphor of building spiritual bridges seeking the possibilities of building a bridge to the archetypal African past that is carried in their memories as a presence that offers sustenance via spiritual reconnection Their works seek to bridge the gap between the myths and traditions of the past and contemporary African American culture The texts included in this collection are examples of writing as an exercise of what V v Clark calls Diaspora literacy The texts written by contemporary African American women writers explicitly show how to recognize and read the cultural signs left scattered along the road of progress In this way material acquisition is achieved along with cultural dispossession becoming a metaphor for the history of the African in America The powerful message is that one should not exclude the other

Love, Intimacy, and the African American Couple Katherine M. Helm, Jon Carlson, 2013 *Love Intimacy and the African American Couple* lays out specific strategies that clinicians can use in their work with black couples regardless of the clinician s own race or level of experience

Ancestral Knowledge Meets Computer Science Education Cueponcaxochitl D. Moreno Sandoval, 2019-03-25 This book illustrates a pathway for knowledge production to benefit from interweaving the seemingly disparate historical experiences of Indigenous Peoples and computer science education The resulting practice of ancestral computing for sustainability holds the power to mitigate the destructive forces of the field while extending the potential of traditionally underserved and unheard populations Reimagining the field of computer science interwoven with traditional lifeways presents compelling new discoveries in research and harnesses the rich tapestries that are Indigenous populations Returning healthy lifeways to a center stage long occupied by tightly controlled Eurocentric learning methods opens worlds of opportunity that have felt lost to time

Jesus Drives Me Crazy! Leonard Sweet, 2009-12-15 The gospel presents a life changing NUTS wisdom that conflicts with normal ways of making sense of the world There is the World According to Normal There is the World According to NUTS where NUTS is an acronym for Never Underestimate the Spirit The wisdom of Jesus is a NUTS wisdom From the book All people are different but some are more different than others Christians are meant to be the most different of all Yet we often normalize God We judge what is a successful Christian and a successful church by the world according to Normal not the world according to NUTS the wisdom of Jesus In *Jesus Drives Me Crazy* Leonard Sweet reminds us of the crazy wisdom of Christ

and how our lives and our churches can and should be different from the way normal people live He says Jesus wants to drive you crazy crazy in love with God with life Jesus Drives Me Crazy challenges you to make the upside down wisdom of God your own inspiring you to live an extraordinary Christian life that does not conform to the world but transforms the world When you truly grasp the freeing truth that we do not have to conform to this world then you can become the crazy zany unpredictable but powerful force for Jesus you were intended to be Jesus Drives Me Crazy shows how by losing your mind you can find your soul

The Spirit of Our Work Cynthia B. Dillard, 2021-11-16 An exploration of how engaging identity and cultural heritage can transform teaching and learning for Black women educators in the name of justice and freedom in the classroom In *The Spirit of Our Work* Dr Cynthia Dillard centers the spiritual lives of Black women educators and their students arguing that spirituality has guided Black people throughout the diaspora She demonstrates how Black women teachers and teacher educators can heal resist and re member their identities in ways that are empowering for them and their students Dillard emphasizes that any discussion of Black teachers lives and work cannot be limited to truncated identities as enslaved persons in the Americas *The Spirit of Our Work* addresses questions that remain largely invisible in what is known about teaching and teacher education According to Dillard this invisibility renders the powerful approaches to Black education that are embodied and marshaled by Black women teachers unknown and largely unavailable to inform policy practice and theory in education *The Spirit of Our Work* highlights how the intersectional identities of Black women teachers matter in teaching and learning and how educational settings might more carefully and conscientiously curate structures of support that pay explicit and necessary attention to spirituality as a crucial consideration

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

The Womanist Idea Layli Maparyan, 2012-03-22 Following on the heels of *The Womanist Reader* *The Womanist Idea* offers a comprehensive systematic analysis of womanism including a detailed discussion of the womanist worldview cosmology ontology epistemology logic axiology and methodology and its implications for activism From a womanist perspective social and ecological change is necessarily undergirded by spirituality as distinct from religion per se which invokes a metaphysically informed approach to

activism *Black Couples Therapy* Yamonte Cooper, Erica Holmes, 2023-08-10 Introduces research theory and practice of couples therapy with Black clients to help clinicians in providing culturally responsive care *Ex Auditu - Volume 18* Klyne Snodgrass, 2004-06-23 Ex Auditu began as the journal incorporating the papers of the Fredrick Neumann Symposium of Princeton Theological Seminary After the first four volumes the journal began publishing the papers from the North Park Symposium on the Theological Interpretation of Scripture The intent from the first has been to provide a forum for doing interdisciplinary theology from a biblical perspective for the benefit of the Church Each annual publication focuses on a topic crucial to the life of today s Church Additionally each issue contains an annotated bibliography and a sermon which makes it a practical guide for pastors EDITOR Dr Stephen Chester Associate Professor of New Testament North Park Theological Seminary EDITOR EMERITUS Dr Klyne R Snodgrass Paul W Brandel Professor of New Testament Studies at North Park Theological Seminary ASSOCIATE EDITOR Dr D Christopher Spinks Acquisitions Editor at Wipf and Stock Publishers EDITORIAL BOARD Terence E Fretheim Luther Seminary St Paul MN Richard B Hays Duke Divinity School Durham NC Jon R Stock Wipf and Stock Publishers Eugene OR Miroslav Volf Yale Divinity School New Haven CT John Wipf Wipf and Stock Publishers Eugene OR SUBSCRIPTION INFORMATION Individuals U S A and all other countries in U S funds 20 00 Students 12 00 Institutions 30 in the U S and 40 for international shipments in U S funds To subscribe Send pertinent information to Wipf and Stock Publishers at orders wipfandstock com and indicate your preferred method of payment Back issues are available through Wipf and Stock Publishers Symposium on the Theological Interpretation of Scripture at North Park DETAILS For more information about the symposium click here INQUIRIES Other inquiries should be addressed to one of the following Dr Dennis Edwards Associate Professor of New Testament North Park Theological Seminary 3225 W Foster Ave Chicago IL 60625 Telephone 773 244 6238 Email sdredwards northpark edu Chris Spinks Acquisitions Editor Wipf and Stock Publishers 199 W 8th Ave Ste 3 Eugene OR 97401 Telephone 541 344 1528 Fax 541 344 1506 Email chris wipfandstock com **Integral Voices on Sex, Gender, and Sexuality** Sarah E. Nicholson, Vanessa D. Fisher, 2014-07-16 This volume takes a unique approach to the question of what it is to be a gendered sexual self in a postmodern world offering insights informed by the Integral paradigm of theory and practice With the inquiry into sex gender and sexuality having become so broad and diverse within both academia and popular culture the Integral approach can help sift through and make sense of the cacophony of theories and agendas that seek to stake their ground in this collective conversation Informed by the work of thinkers such as Sri Aurobindo Gregory Bateson Jean Gebser Ervin Laszlo and most directly Ken Wilber the Integral approach acknowledges and works with multiple and contradictory experiences theories and realities Dealing with a variety of topics including feminism the men s movement sexual identity queer history and spirituality the work s contributors speak from across the spectrum of personal and political backgrounds academic and practitioner orientations and male and female perspectives The combination of voices aims to bring forward a more complex and integrated

understanding of what it means to be woman man human Move Cynthia Winton-Henry, Phil Porter, 2016-10-12 *The Healing Power of Pleasure* Julia Paulette Hollenbery, 2021-09-07 Shares seven easily accessible spiritual medicines slowing down embodying deepening relating pleasure power and potency so you can discover more sensual pleasure and delight in your body relationships and way of being as well as inner confidence instinctual power and aliveness Presents reflections practical somatic and breathing exercises prompting questions meditations and energetic transmissions for each medicine Explores body awareness managing emotions stored in the body the five realms of relationship the different kinds of love sexuality passionate intimacy and pleasure as a source of nourishment and healing Hidden just below the surface of ordinary day to day reality lies an abundance of pleasure and delight By learning to look beyond your daily challenges you can ease your stressed mind and body and rediscover the magic mystery sensuality and joy that is possible in everyday life Taking you step by step through a sensual journey of healing and transformation Julia Hollenbery explores seven easily accessible spiritual medicines or pathways to discover more sensual pleasure and delight in your body relationships and way of being Journeying through slowing embodying deepening relating pleasure power and potency each medicine invites you to engage through reflections practical somatic and breathing exercises prompting questions and meditations Energetic transmissions help you reconnect body mind and soul in an integrated way and reclaim your innate source of pleasure A visionary call to action to inhabit your universe of deliciousness The Healing Power of Pleasure combines scientific fact with ancient spirituality insight humor and poetry This book presents an invitation to reawaken your body realize the depth and web of relationships within which we live and embrace the pleasure power and potency that arise when we look inward as well as confidently relate outward with the world around us *The Complete Idiot's Guide to Spells and Spellcraft* Aurora Greenbough, Cathy Jewell, Cathy S. Jewell, 2004 A companion guide to The Complete Idiot's Guide to Wicca and Witchcraft Second Edition 1592571115 chock full of spells for every purpose magical method tool occasion holiday and more The spells are all attached to various aspects of Wiccan belief celebration and practice Information on magical tools and recipes for notions potions and powers accompany all spells Learn to compose and cast spells record spells and formulas in a personal Book of Shadows cleanse and consecrate your tools and altar and celebrate Esbats and Sabbats Cast spells using candles incense crystals herbs astrology magical alphabets and runes and more **How I Know White People are Crazy and Other Stories** Dr. Jonathan Lassiter, 2025-11-04 A clinical psychologist tells his story of navigating the field of psychology as a gay Black man In *How I Know White People Are Crazy and Other Stories* Dr Jonathan Lassiter pulls back the curtain on the mental health system and reveals the hurdles that Black psychologists and students are forced to endure in the field He tackles how white ideology has harmed Black patients and how it dominates America's mental health practices As a Black gay man working as a psychologist under culturally insensitive supervisors and colleagues in America he grows more frustrated with the exclusive talk of Sigmund Freud and the narrowness of psychology study with no one like him to vent to

All this takes a mental and physical toll on him Using his expertise in research his own therapy and keeping a healthy dose of hip hop R B music in his ears Dr Lassiter discovered a way where we can center culture in our healing Through a series of essays he demands that the lived and cultural experiences of people of color LGBTQ and disabled communities are made a part of psychology practices so that we can understand live in and navigate this frustrating world This thought provoking funny and searing indictment of the mental health system for patients students and professionals alike will leave you thinking differently about the psychologists in your life **Hoodoo Saints and Root Warriors** Mawiyah Kai EL-Jamah

Bomani,2025-11-08 This is a spiritual guidebook on how to successfully use the ancestral energy of cultural sheroes and heroes in the fight against persecution privilege white supremacy reproduction restrictions and LGBTQIA discrimination This is a war manual intent on aiding its readers with the specifics of how to thrive in a world hell bent on our annihilation By working magick with the 12 Hoodoo saints in this book we learn how to create a more balanced society that supports and honors all BIPOC and AAPI folks Using the tools in book readers will explore everyday ways to tell the world I matter and I refuse to be silenced Conjuring the Calabash author Mawiyah Kai EL Jamah Bomani introduces these revolutionary warriors and explains why their energy is necessary right now She even teaches how to canonize our own elevated ancestor or spiritual icon Hoodoo is conjure it is rootwork it is Black folks spiritual hygiene and a weapon for social change Hoodoo is a way of communicating with the universal spirits it is a channeling of powerful and beloved figures This book shares inspiring stories shows how to incorporate those saints into daily spell work and expands any practitioner s repertoire through rituals dice divination altar work and more [The SAGE Encyclopedia of African Cultural Heritage in North America](#) Mwalimu J.

Shujaa,Kenya J. Shujaa,2015-07-13 The Encyclopedia of African Cultural Heritage in North America provides an accessible ready reference on the retention and continuity of African culture within the United States Our conceptual framework holds first that culture is a form of self knowledge and knowledge about self in the world as transmitted from one person to another Second that African people continuously create their own cultural history as they move through time and space Third that African descended people living outside of Africa are also contributors to and participate in the creation of African cultural history Entries focus on illuminating Africanisms cultural retentions traceable to an African origin and cultural continuities ongoing practices and processes through which African culture continues to be created and formed Thus the focus is more culturally specific and less concerned with the broader transatlantic demographic political and geographic issues that are the focus of similar recent reference works We also focus less on biographies of individuals and political and economic ties and more on processes and manifestations of African cultural heritage and continuity FEATURES A two volume A to Z work available in a choice of print or electronic formats 350 signed entries each concluding with Cross references and Further Readings 150 figures and photos Front matter consisting of an Introduction and a Reader s Guide organizing entries thematically to more easily guide users to related entries Signed articles concluding with cross references *Ritual Theatre*

Claire Schrader, 2012 This book considers the relevance of ritual theatre in contemporary life and describes how it is being used as a highly cathartic therapeutic process With contributions from leading experts in the field of dramatherapy the book brings together a broad spectrum of approaches to ritual theatre as a healing system

The Top Books of the Year The Spirit Of Intimacy Ancient African Teachings In The Ways Of Relationships The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. The Spirit Of Intimacy Ancient African Teachings In The Ways Of Relationships : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. The Spirit Of Intimacy Ancient African Teachings In The Ways Of Relationships : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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