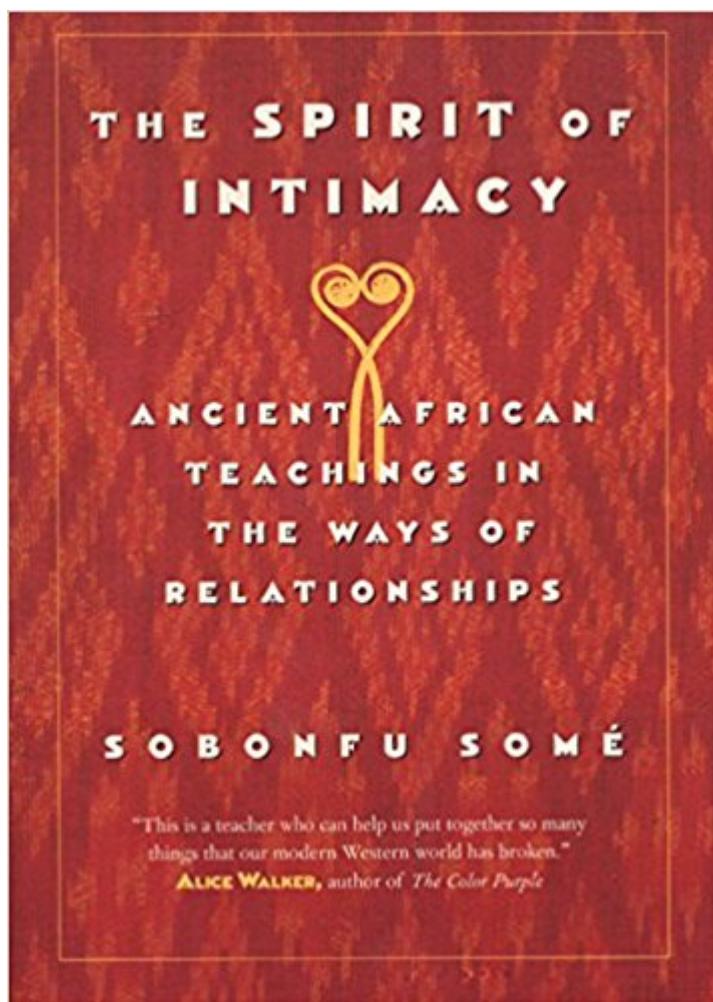


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The Spirit Of Intimacy: Ancient African Teachings In The Ways Of Relationships



Synopsis

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.

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Customer Reviews

"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"

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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.

This book delivers a true message of the African tribal way of life and gives one insight into the spiritual powers that we all have but have forgotten. One should read this book before they consider marriage.

This book is very informative about the culture of a village in Africa. It definitely has jewels in it that can be applied to everyday life. Absolutely a great read!

Great book. Confirms the importance of spirituality in the community.

Sister Some, you are awesome! The title of your book would lead one to think that it is solely about the intimacy shared with a partner. Your book took me to another level of intimacy that is not often spoken of. I enjoyed reading your book and look forward to reading other material you will produce in the future.

It was very informative enjoy reading it I'm learning more and more about different African cultures high rated 5-star

I have given away at least a dozen of these books. The message that Sobonfu shares is so important to our well being. Sobonfu draws wisdom from her native land of Burkina Faso, in West Africa. She shares the wisdom of her elders and the wisdom that she has earned. This is a book that everyone who has ever suffered grief, has ever endured emotional and physical pain, should read.

Nice read...uplifting and inspiring

I recommend this book for any body of African to take a look at long-term serious committed

relationships from an African perspective, not western concept on marriage.I truly love this book and wish to apply some of the practices in this book in my life.I do not have an African village in North America but am grateful for the knowledge this book has provided for me.Thank you,

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