



## The Quest for Spiritual Transformation: Introduction to Traditional Akan Religion, Rituals and Practices

By Nana Akua Kyerewaa Opopokuwaa

iUniverse, United States, 2005. Paperback. Book Condition: New. 230 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you searching for a spiritual path that speaks to your cultural identity? Are you curious about the connection of the African-American experience to ancient African culture and spirituality? The Quest for Spiritual Transformation: An Introduction to Traditional Akan Religion, Rituals, and Practices is an important contribution to the exploration of cultural approaches to healing the mind, body, and spirit. Author Nana Opopokuwaa clearly illustrates the connection between the traditions and beliefs of Africans born in the Diaspora to the ancient customs of the Akans. Her writing style exhibits a special sensitivity and compassion that shows appreciation for the reader s need for guidance. Opopokuwaa s approach to explaining the Akan Akom Tradition brings clarity to the complicated practices associated with African religion in the Diaspora. In addition to seven study guides meant to serve as discussion points within your organization, group of friends, or for yourself, this book includes a list of references to enlighten you about Akan culture, customs, and traditions. There is a glossary of Twi words, with which readers may not be familiar, utilized...

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