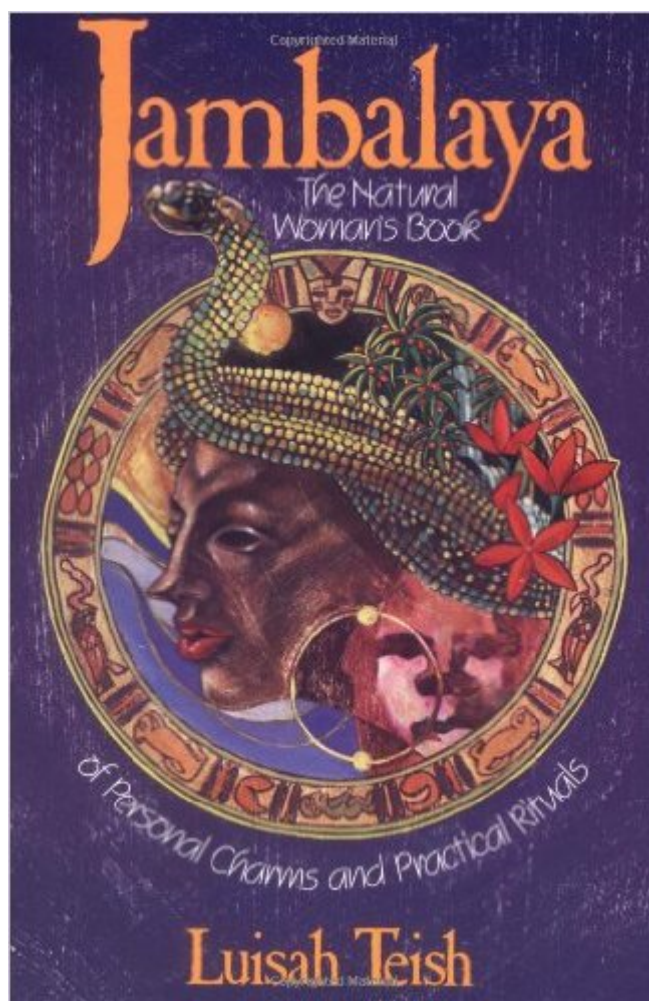


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Jambalaya: The Natural Woman's Book Of Personal Charms And Practical Rituals



Synopsis

A Marvelous Blend of Memoir, Folk Wisdom, and Afro-American Beliefs. Actress, storyteller, and priestess Luisah Teish dramatically re-creates centuries-old African-American traditions with music, memoir, and folk wisdom.

Book Information

Paperback: 288 pages

Publisher: HarperOne; Reprint edition (March 3, 1988)

Language: English

ISBN-10: 0062508598

ISBN-13: 978-0062508591

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (72 customer reviews)

Best Sellers Rank: #63,155 in Books (See Top 100 in Books) #56 in Â Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic #2549 in Â Books > Religion & Spirituality > New Age & Spirituality #3534 in Â Books > Politics & Social Sciences > Social Sciences

Customer Reviews

As a Northern black kid raised by Southern black parents, I recommend this book to people raised like me. It answers about as many questions as it raises. Being of a Western mindset, I eventually gave up ever trying to find some way to make voodoo more accessible to me. I may be African-American, but I'm neither African nor Cuban. Teish's book is primarily about the voodoo of New Orleans, which is mixed with Catholicism, Amerind and Western pagan traditions. I think I've found in-road. Want the story on the woman responsible for modern American Voodoo, Man'zelle Marie LaVeau? On the voodoo-Catholic connection? On how the Seven African Powers relate to the saints, the planets and the elements? On what is meant by "the devil is beating his wife?" Want to get scared out of making a spirit doll for yourself? How about getting guided away from hexing as a way of life? This ... is a good book. If you've gotten frustrated when trying to learn about voodoo, this is a great place to start.

I loved the fact that Teish put this book in the context of returning home and telling her personal story of coming to Voodoo. As a black woman who is drawn to many Pagan paths but especially

looking for something that reflects my ancestry, this book really reverberated with me. Teish includes everything from the beginnings of Voodoo in W. African and its development in America, to altars for specific Gods, humorous anecdotes, spells for many purposes, etc. etc. etc. A much-overlooked but much-needed addition to any Pagan library.

So many books on Spirit set off my bog-o-meter, but this is not one of them. Teish is a fabulous teacher, story-teller, and leader. I refer to my copy of _Jambalaya_ so often, I've really got to get a new copy. A beautiful book about a beautiful spiritual path.

I originally purchased this book back in the early 90's when I was just getting involved in my African culture. I am African-American and anything affiliated with my ancestry, I wanted to know about. Although this book isn't really traditionally Yoruba (which I am now), it will introduce African spirituality to those who are a bit leery of investigating this beautiful religion. The memoirs of Iya Teish are wonderful and she really opens you up to the possibility of magic. I work in a bookstore and I frequently recommend it to young black women on a spiritual quest.

This book left me in absolute awe. Luisah Teish is an amazing author. I have to say that this is by far one of the best books I have ever had the pleasure of owning. Teish presents an clear and concise work, complete with exercises, charts, and a myriad of other things. I had recently been in contact with Teish via On-line E-mail, I wrote her asking some questions about her book and if it could apply to males such as my self also. She was quick to respond and gave me all the information I wanted. Unlike many authors whom I've written, Teish was kind, and generous with her advice. She explained that although her book was aimed at women, that males could use the information in her work as well, I have found that it has deepened my understanding of my spiritual path and helped me more to grow in respect for the Goddess in every woman. Thank you Teish for this wonderful, deeply profound work.

I bought this book for research, and it more than met my expectations. In fact, I couldn't put this book down until I'd read it cover-to-cover! Ms. Teish weaves a compelling first-person story, balanced with rituals and work. Whether you're a woman looking for spiritual answers in a confusing and conflicted world, an historian surveying cross-cultural religious traditions, or a beginner curious about the spiritual options of Voudou, this book is tremendous and worth looking for. It's a page-turner, no matter what your background and interests.

As an individual searching for my own life path, I can really relate to this book - it certainly made me want to find out more about my ancestor's religion and teachings! The combination of her journey towards spiritual discovery and the practical lessons at the end of each chapter will appeal to both those who learn through both story and those who learn through practical application. I found the combination kept me reading from beginning to end! Being new to the Yoruba teachings, this book affirmed to me that this is the path for me - some readers may find like me that they either 'know' or are doing some of the things instinctively. I recommend this as a read for anyone seeking their life path and who have a feel for the Yoruba Religion. One thing though - why does it take so long for stuff like this to reach the shores of the UK?

Luisa Teish is a wonderful storyteller. To put Voodoo and Hoodoo charms and rituals described in this book in proper context, she also shares the story about her daily life and about her spiritual experiences in a charming and often a humorous way. You will find stories related to the history of Black Americans and the hardships they went through, Luisa's poems, and chants and rituals for different occasions. Here is one blessing chant: "To my kindred ____ [name the person and place where they live] May the blessing of the spirit be upon you. May you be your best self. May you walk in beauty. May your guides be with you at every crossroads. May you be honorably greeted when you arrive." You will find information on seven African powers - Ellegua, Obatala, Yemaya, Oya, Oshun, Chango, Ogun - and the corresponding Haitian Loas - how to get in tune with these energies and honor them, how to create cleansing baths, how to work with candles, how to set up your altar, how to practice water gazing, how to create charms and rituals for purification, healing, abundance, relationships, for peace at home and protection and many other things. There is a blessing you can use while cooking and here is a lovely prayer for mealtime: "O Great Mother, who bestows abundance upon us, We thank you for the living things [name the things you are eating] That have sacrificed their lives to nourish us. We take this offering into our bodies that we may be strong. Make us strong, Abundant Mother, that we may be able to replenish the earth." More than just charms and rituals in this book, I have truly enjoyed partaking of Luisa's heartwarming spirit.

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