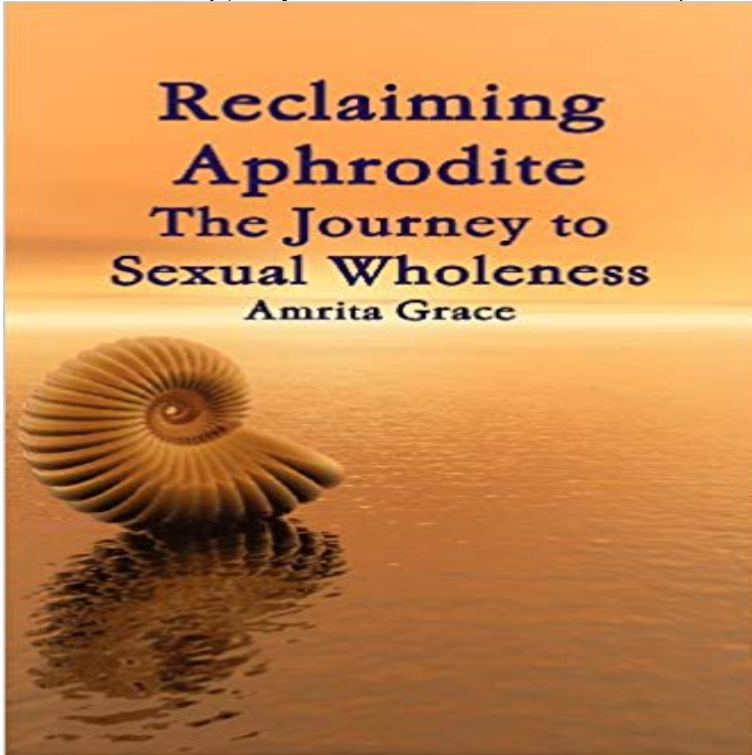


## Reclaiming Aphrodite-The Journey to Sexual Wholeness



2nd Edition-updated with new exercises, photos, and content. Amrita has walked through the fire so you don't have to! Having walked across hot coals to ignite her powerful healing path, Amrita paves the way for others who are ready to heal fully from sexual abuse and other forms of childhood trauma. She will take you on her amazing journey to wholeness and leave you breathless! Reclaiming Aphrodite delivers a powerful combination of magical personal story telling, spiritual wisdom, and potent exercises that will empower you to a deeper understanding and acceptance of yourself as a spiritual sexual being ready to reclaim your birthright of healthy, integrated sexuality. Anyone on a path of healing will benefit from this powerful transmission of courage, willingness, commitment, and good old-fashioned stubbornness! Amrita Grace is the embodiment of a high priestess filled with integrity, passion, and love... she is a precious gem who serves humanity with her abundant resources.-Caroline Muir, Author of Tantra Goddess-A Memoir of Sexual Awakening\*Explore sexual healing through seven steps based on the chakras \*Learn to embody true self love, self compassion, and forgiveness\*Deepen inner practices with powerful exercises in each chapter\*Release negative emotions as they occur\*Invite empowering, loving relationships into your life Amrita Grace is a Certified Spiritual Sexual Educator and founder of Reclaiming Aphrodite Workshops, dedicated to sexual wholeness and empowerment education for women. She courageously shows us how to successfully navigate sexual healing and is deeply committed to assisting others in moving through the impact of sexual abuse and trauma and into wholeness, integration, and joy.

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