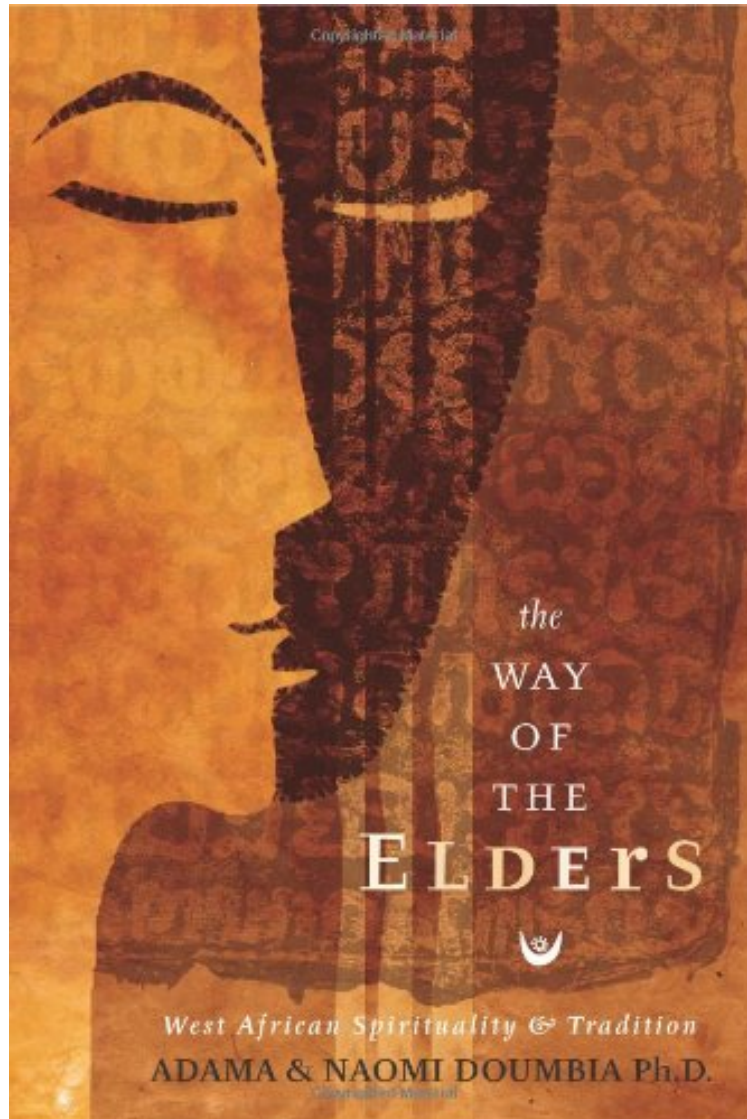


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## The Way of the Elders: West African Spirituality Tradition

*Adama Doumbia, Naomi Doumbia*  
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**Adama Doumbia, Naomi Doumbia : The Way of the Elders: West African Spirituality Tradition** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Way of the Elders: West African Spirituality Tradition:

4 of 4 people found the following review helpful. A Great List of West African Beliefs By Derric (Rau Khu) Moore author of MAA AANKH vol.I, Kamta: A Practical Kamitic Path for Obtaining Power and Maa: A Guide to the Kamitic Way for Personal Ummm. Africa is not a country but a continent consisting of numerous cultures and people. That being said, everyone on the continent doesn't believe and do the same thing. This book simply lists the beliefs and

practices of the Mande people of West Africa. Some of their beliefs are similar but many are different from other Africans on the West Coast of Africa. I liked this book mainly because it is simple and presents the facts. It is not focused on trying to make you believe what they believe. It just presents that this is what the Mande people believe and you can either take it or leave it alone. Far too often, when people read, publish or create a book like this with a differing opinion they want to dictate what is right or wrong, which is surprising that this book doesn't do that and even more surprising. It is a Llewellyn book. Anyway, it is a great book and it helped me personally to understand some of the so-called superstitious beliefs that exist in the African American community. 2 of 2 people found the following review helpful. This was informative. By WisdomThang It was a great book to read and positive in content. It showed where certain customs originated and was very well written. I suggest this book for young people who want to know their culture. 1 of 1 people found the following review helpful. love it. By akeelahtalibahas expected. kept me wanting for more. the tip of the iceberg in terms of delving deep into the culture. would love to read a more extensive book on same topic by author. a definite must read

Contemporary West African culture harbors rich and meaningful spiritual traditions. Yet, there are few written records of West Africa's major beliefs, rituals, and ceremonies. *The Way of the Elders* co-authored by a West African native raised in the Mande tradition offers rare and authentic insight into the spirituality of West Africa, and particularly the Mande culture. This spiritual guidebook explains fundamental beliefs, such as reverence for the One Spirit, that permeate tribal life. Offerings, charms, herbal healing, shamans and their functions, the importance of wildlife, and the four elements of nature are discussed in detail. The second half of the book is devoted to sacred living and focuses on village life, sacred music and dance, pregnancy, birth, childhood initiation, marriage, death, and funerals.

"...a pleasantly illuminating volume on West African religious practices, especially those of the Mande culture. Highly recommended." -- Library Journal  
"A must read for anyone interested in African spirituality." -- Prediction Magazine, UK  
"Here's a refreshing change plenty of fascinating details throughout that make it distinctly African." -- Pilgrims UK  
"Recommended reading for everyone interested in spirituality, not only West African spirituality." -- The Cauldron Brasil: 6th Issue  
"This is a highly enlightening and beautifully written book." -- Roundtable s  
About the Author  
Adama Doumbia (Oakland, CA) was born in Dakar, Senegal, and grew up learning the customs of Bamana, Fulani, and Wolof peoples. He has performed worldwide as a master drummer and dancer Naomi Doumbia, Ph.D. studies world religions and philosophies, specializing in West African spirituality. ~Excerpt. Reprinted by permission. All rights reserved.  
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Spirits Energy Everywhere there is sky, there is Spirit.