



# The Book of Sacred Baths: 52 Bathing Rituals to Revitalize Your Spirit

*Paulette Kouffman Sherman*

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"Sacred bathing brings the ancient tradition of meditation and prayer into the modern day ritual practice of a home bath, so that you can connect to Spirit daily and purify your energy."?Dr. Larry Dossey, author of *One Mind* and *The Science of Premonitions*

## Immerse Yourself in Healing Waters for Relaxation, Clarity, and Wholeness

Gain inspiration and rejuvenation through the sacred act of bathing. With fifty-two bath recipes, one for every week of the year, *The Book of Sacred Baths* shows you how to use this relaxing practice to improve your love life, succeed in your career, strengthen your health, and transform your spirit.

Each recipe is tailored to a specific emotional or spiritual need, from stress relief to divine assistance to self-connection for overall well-being. Using essential oils, candles, and color therapy along with visualization and ritual practice, you'll raise your vibration and release negative energy down the drain.

### Praise:

"Fans of Sherman are in for an impressive treat with her collection of 52 fun and sacred baths to improve every aspect of your physical and spiritual life."?Publishers Weekly

"A sacred bathing of the body ultimately becomes a sacred bathing of the mind, spirit, and soul, which unearths a mindfulness of self-nourishment that we might then gift as kindness to others as we go about our day."?Cathie Borrie, author of *The Long Hello*

"I highly recommend this beautiful book of spiritual bathing for inner joy and healing."?Raven Keyes, author of *The Healing Power of Reiki* and *The Healing Light of Angels*

"Paulette invokes cultural and historical perspectives while her guidance is intimate and generous, sharing from her life experiences . . . Immerse yourself in it."?Ana M. Negrón, MD, author of *Nourishing the Body* and *Recovering Health*

"This book is a clever, economical, and sustainable resource to emotional and physical restoration. As a gifted therapist and brilliant writer, Paulette offers the ritual of bathing to heal many conditions and nurture the body and soul in simple ways."?Tari Prinster, founder of Yoga4Cancer, LLC (y4c) and author of *Yoga for Cancer*

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