

# *Divine Feminine* Magazine

*AmberLee  
Hilke-Minor*

**Those Tower  
Moments**

**Guiding Others**

**Keeping Your  
Ethereic Body  
Healthy**

**Meditation Zen**

**Inside:  
The HYDF  
Spring Retreat  
Schedule!**

[www.hydf.online](http://www.hydf.online)

**Winter Issue | January 2024 | 16th Edition**







### **What are we?**

A women's organization that promotes entrepreneurship, elegance, and empowerment for all women.

### **What do we do?**

Retreats, workshops, classes, programs, products, and curriculum.

### **What is our culture?**

We are metaphysically and practically grounded, offering tools and resources to teach women how to create a safe space for themselves and others. We stand by the concept of, "When you give a woman of opportunity you are giving her the world." We are proudly radically inclusive.

### **Where are we located?**

Our headquarters is based in Atlanta, GA. We have women involved throughout the country, the world, even the galaxy.

### **How can you get involved?**

Go to the website and subscribe! You will receive monthly newsletters of our events and projects.

**[www.hydf.online](http://www.hydf.online)**



## About the Creator of the Publication



Andrea Bagby is a creative visionary, yoga instructor, renowned intuitive coach, public speaker, published author, and the founder and director of Harnessing Your Divine Feminine.

She shares her stories, advice, and predictions with a humorous look at lifestyle, metaphysics, and spirituality.

She has been instrumental in assisting women in becoming the best expression of their highest self.

Andrea continues to empower women in all walks of life: housewives, mothers, businesswomen, philanthropists, and spiritual leaders in every major religion. Andrea is available for private readings, coaching sessions, and workshops.



HARNESSING  
YOUR DIVINE  
**FEMININE**

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**[www.hydf.online/Magazine](http://www.hydf.online/Magazine)**



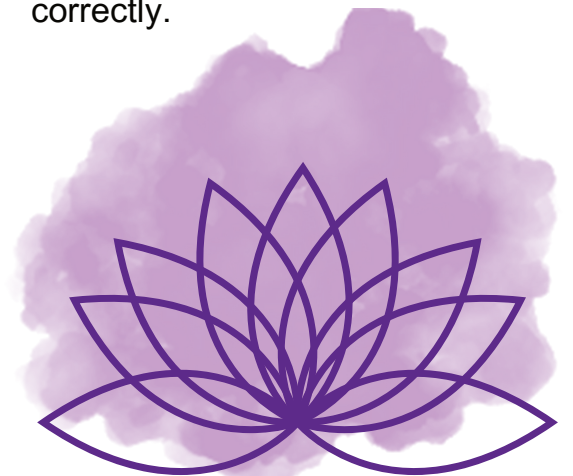
# Meditation Zen

by Glenda Emory



Meditation is the act of intentionally clearing the mind and connecting with the universe/source. Meditation has so many different benefits and there are multiple ways to meditate. It's not just sitting and doing nothing.

Studies have been conducted that prove meditation is just as beneficial as sleeping. Often it is more restorative than a full night's sleep if done consistently and correctly.





Some benefits of meditation are:

- Lowers blood pressure
- Lowers stress levels
- Better sleep
- Better connection with self
- Better connection with guidance
- Increase in intuition and psychic abilities
- May open up untapped abilities
- Increases inner peace
- Less mental chatter
- Less anxiety
- More time being in the moment

I know the first time someone suggested I meditate I had a moment of panic while simultaneously thinking they had to be nuts and they were just suggesting some woo-woo BS, but I needed my life to change and I was willing to try every suggestion that was given to me.

The “sitting still and not having any thoughts for 30 minutes straight” seemed like an insurmountable and impossible task that really added more stress instead of taking it



away. So, being determined and stubborn, I began with setting a time to meditate and just sat there for the allotted time. While I didn't do much meditating then it did get me in the habit of showing up at the same time of day which has benefits on its own.

After a while it felt counter productive to just sit so I actually tried meditating and boy was that a disaster. I was so frustrated after the end of the time I just didn't want to do it again. I compromised with myself by starting to sit and breathe for just a minute. A single minute didn't seem so scary even if it wasn't very useful. I did

it daily for just a minute until that minute got easy. I then began adding a minute until, again, I was comfortable.

I just kept adding a minute until I reached the amount of time I was interested in doing. Research suggests that just 10 minutes of consistent meditation has physiological benefits so you don't have to





spend hours doing it. In fact, the benefits top out at about 20 to 30 minutes so meditating for hours is simply not necessary.

### **Types of Meditation:**

**Static meditation** - This is a method where you sit or lie down while clearing your mind and allowing you to connect with the universe/source. Most people sensitive to energy will feel the, “pulse,” of the universe when they meditate. Just allowing the connection and quieting your mind by focusing on your breath will give you all kinds of experiences.

**Active Meditation** – This is an alternative to just sitting and being quiet. This method includes yoga, contemplative walking, Qigong, Tai Chi, intentional breath work, mantras and guided meditation.

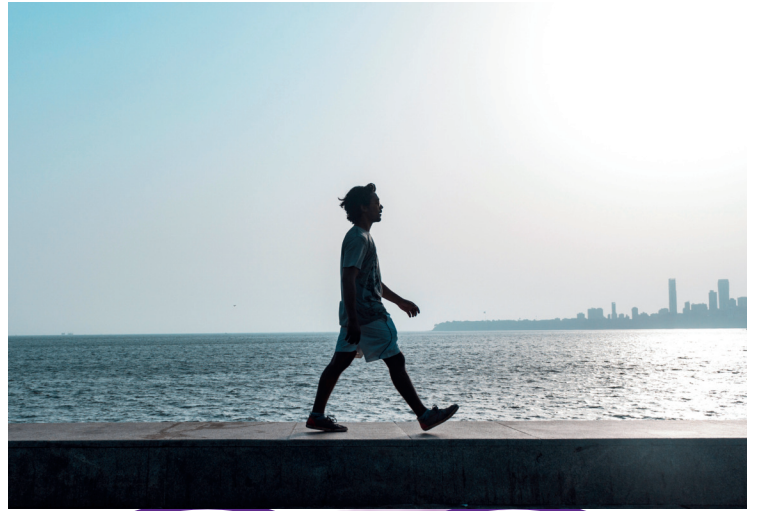
**Yoga** - a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation and is a good substitute for meditation.

**Contemplative Walking** - is the practice of walking in nature while focusing on your breath or being hyper aware and focusing on your surroundings. Notice the leaves, the texture on the bark of the trees, the shape of the clouds, the birds and other animals you see around you. Nature can give us many signs and symbols if we just pay attention.





**Qigong and Tai Chi** - Tai chi is a centuries-old Chinese martial art that descends from qigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. (The people that you see moving gracefully with flowing motions in parks throughout China, and increasingly throughout much of the modern world, are practicing tai chi.) According to some records, tai chi dates back as far as 2,500 years! It involves a series of slow, meditative body movements originally a martial art for defense, but now used to build personal Chi (energy) to promote flexibility and wellness. Great for relaxation.



**Breath Work** - is an umbrella term for various New Age practices in which the conscious control of breathing is meant to influence mental, emotional, and physical promoting relaxation.

**Mantras** - Mantras are words or phrases that are chanted out loud or internally as objects of meditation. Mantra meditation predates Buddhism, probably by hundreds of years. The origins of mantras go back at least to the Vedic tradition that preceded the Buddha, where mantras were used as a way to connect with the gods to enlist their help.

**Guided Meditation** – Meditation with a purpose in mind. Usually done by listening to someone walk you through meditation taking you to a specific place and doing specific things for specific purposes.



*Glenda Emory*

GlendaEmory.com

TheDivinePathLLC.com

Hours T-F 10am-7pm

Saturday 11am-3pm





If You have a Substance-Related Charge DUI, Reckless Driving, Minor in Possession, Drug Possession, etc., you will need to get an Alcohol and Drug Evaluation/clinical evaluation DUI, BUI (Boating Under the Influence), and Multiple Offender Treatment, Substance Abuse treatment .

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# *How to Run Your Own Retreat*

A new offering from HYDF's own Andrea Bagby



# Sowing Seeds with Amberlee Hilke-Minor

An interview with this issue's cover model

**Tell us about your background and your life's journey.**

I was born to two young humans that didn't know how to heal. They believed in love and joy. They both tried their best to do what they thought would make things "fixed" to raise their own humans. Hurting humans raise hurt humans. Rising above the current indoctrination is a journey all on its own besides what is religiously allowed by the cult they thought was good. Being brainwashed



by a cult is a tough moment for the adults in your life to see. Then, you - being the first to break the cycle - to ask, "Why?", "How come?", "Do you know...?" These types of questions can irritate an unhealthy human. I was that kid who asked questions and was joyful no matter what. My life was built around housing foster children, many counselors required by the state due to this, and a cult church experience. I had a sister who I was beyond excited to have. We never really got along. She had this self-hate and hate for others that I wanted to help heal, and it only made her lash out on me more and more. Family is sometimes the toughest to set boundaries with. I could



see their hurt so I couldn't stay mad. I am not a good "mad" energy human at all. It feels like a waste of energy to be mad – it causes health ailments and so much more. Love and joy come so naturally to me that I could not truly function without letting that flow through me. Don't get me wrong I am also a warrior woman in there. An advocate for justice for all walks of life. My entire life is at its happiest in the woods and with animals. The truth of their essence is so pure. It allows me to stay charged to let the love shine through the frequencies of the atmosphere wherever I go. It also allows me to forgive those that do evil purposely and not purposely. There is a true aura difference. I always thought

seeing auras was normal for all humans as I grew up. In my life, movies are my visual way to describe what I see every moment of every day. The end of the movie "Ghost" where the bad guy is taken away at death by dark energies, and the blinding light that awaits the main character – this is similar to how I see things. I loved the experience of seeing



movies like "Avatar" or "Star Wars"; those movies showed so many nuggets for me growing up. Adults would say they are just movies, yet for me, a lot of it is tangibly real daily! The connection, spiritually, of "Saaa Haaaa Looo" (the connection of spiritual healing energy) is super-charged with raw, real truth: Quantum Light Healing. In Avatar it is the connection of their tails to each other, plants and animals.

I have had that connection since birth. To be able to connect with my clients on that level is an honor that I respect. This type of connection also makes me vulnerable to raw as I am still a healing human. I see you. You see me.



## **How did these experiences shape your life?**

My experiences in life were a definite shaping of my life. I believed all my gifts were curses growing up and thinking I would be committed to an insane asylum was a daily/nightly fear. Fear was my greatest debilitating hold up my whole life. The fear of rejection, abandonment, acceptance of me and isolation. Most of us know that there are family members that don't need to be allowed near your children as they entertain evil and allow it to drive them to act in accordance to the highest good of a human soul. This can have many avenues and having healthy boundaries can help us all say "no- means no!" When healthy boundaries are not taught you can end up being a people-pleaser, a door mat, abused mentally, emotionally and physically. As I write this all out, I am forced to face my own past events. I know I am supposed to write a book and for all my life I have journaled. "Thoughts disentangle themselves through the fingers tips, my quote." After years and years of journaling I burned in my grill with lighter fluid as I was judged within a toxic relationship, and I have regretted it every day since then. My book is called, "My Journey Called Life." It has been a heavy weight to carry know that you should write about it. Write about all the experiences that shaped my life thus far. These experiences made me dive into the psychology of human behaviors as well as being empathic, psychic, shamanic blood line, prophetic and many other things that I could never label. I lived in a world that was amazingly alive in many dimensions that no one around me could see. As I have been guided in my journey doors, tribes and amazing humans around the world have come into my life to allow me to be me. Not every experience was all roses, yet I learned and created a "gig" – as my uncle would say. These gigs (cookie cutter molds) are references to assist me to not slip back into an old familiar patterns that are not for the highest good of all around me or that would dampen my frequency to attract the "healthy" humans into my life. Frequencies are key to keeping myself on the path I am supposed to be on. Music and frequencies are life to my soul – singing in tongues or Light Language has been a light inside me since I was in 3rd grade. I would sing and swing in tongues/Light Language for what felt like hours in my back yard. There has always been a "force" that felt like a kindred hand hug guiding me here or there. I have had a main strong stream frequency that vibrates of love that I hear with almost every breath since I was a young child. This voice has helped me not become jaded or cold towards other humans that enjoy evil thoughts and hurting others. I hold them up with love and set healthy boundaries now. There is always another perspective. It is always a choice to be what you want. Some days are easier than others and some days I need to recharge my soul before taking on other perspectives. My most recent challenge was leaving my career as a teacher/guide at a school. It was a choice that caused me tremendous ache inside my soul. I didn't want to leave/abandon my students. They had all come so far in the last year. The amazing amounts of potential in them and the school was beyond my wildest dreams as a teacher. Then, new management came in and it felt like I was forced to stand up for myself. Which, if you know me, that is my greatest challenge. I can stand up for others ALL DAY and NIGHT with passionate fierceness. Yet for myself, it has been "interesting" to say the least, because what if I am in the wrong – the "What if's" tend to consume my soul and I take a back seat for my own well-being/self-love. God/divine said no – no more! My oldest daughter



referenced it like, “like I was pushed down the stairs of life intensity!” The door was slammed shut and others started swinging so wide that my heart was flying higher than it ever has been. The clients are flooding in the door. I am doing what my soul has desired my whole life line in this dimension and many others. I am a warrior of healing, love and life!! Embracing this flow and frequency has been a tremendous JOY!

### **What has your spiritual and metaphysical journey looked like over the years?**

18 years old was my main push to “know” what I stood for and believed in. My family was involved in a cult of religious bondage and freedom to think on your own was not allowed. If a family member’s questioned methods used in the cult they were banned to even be around. After going through that is when I started studying Hebrew, Greek and Latin root languages with a passion. My main key was that “religion means back to bondage in Hebrew.” I consider myself a spiritually connected soul. I believe that Love is Love, it is not my place to EVER judge – because you NEVER know what someone has been, gone or went through. I will always stand for freedom and do no harm to others. With that said, learning how to stand up for myself was and is an intense process.

Not being of a “Door mat” mentality was my greatest lesson. Being empathic tends to make you a person’s mirror, or attract energy vampires, narcissistic personalities or humans that enjoy and feed upon gaslighting you. However – always called a “Joy baby” was the most positive decree my mother ever did for me, and she probably doesn’t even know that it was my stone foundation that kept me on this planet. Over the years being hurt, crushed, smashed and almost destroyed by my first love in life – prayed for sweet peace of death. Then, after 10 years of trying to be a mom I was gifted with two living daughters. I have not ever thought about death since. They are my biggest flex in this current life’s journey. Everyone’s journey has many details and nuggets that changed them. I knew I wanted to be a mom at age 5. I had visions and dreams of being pregnant since I was 5. I would wake up holding my belly with the feeling of something growing inside my body. Many friends and family members told me that maybe I wasn’t meant to carry a child inside my body, maybe adopt, maybe have a pet, maybe foster or it just wasn’t God’s will for me. I knew deep, deep inside my soul I would carry a child inside my body. Then, I took a pregnancy test (three in a row) to see a positive after a decade of feeling like it was a beautiful dream to have. I LOVE being a mom – it is the greatest gift EVER, and then also to be a guide to other humans is an HONOR.

Once I became pregnant, my entire purpose went into the visions and dreams that I had had since I was 5 years old. I knew without a doubt this was the reason I was born for such a time as this. I dug into my spiritual side of life with all the passion that flamed deep inside my soul. The joy of a child’s heart like smile and belly laughter is ointment that soothes all the pains of adulthood for me. I stood up against a toxic relationship and did flight and flee movement after my 2nd daughter was born. The protection of the innocence of a child’s heart is where you see the warrior come out from the depths of my soul. My eyes were open to an expanded consciousness that could never be closed or even dimmed ever again. I would do everything in my power to become better every day, especially seeing “similar fruitions” in my



daughters that I have seen in myself my whole life. I pressed deeply into every avenue of the metaphysical levels of knowledge that my old indoctrinations told me was taboo or a sin, and this was because as I saw them grow and flourish it did not “fit” into my current era of this world I grew up in. I want their world to open to the divine connection of truth, honor and respect of all life. The power that we all hold inside is so much more than this current matrix allows us to explore, and then walls or boxes try to contain a beautiful soul that was sent here to change this world for the better. My life’s journey is to help and set “You” free to be you as we were all born for such a time as this!!! I believe in LOVE!



**Did the energy healing come before your work as a masseuse, or were you already aware of the etheric healing you were doing before you were a massage therapist?**

I was a born healer and guide. My childhood has been quite the experience of things that people near me don’t see like I have. In my journey of life there have been many times I thought I am losing it, why don’t they see “these” things. My human flesh suit lives in this 3rd dimension, yet my physical and spiritual eyes see so much more. Quantum Light energy



healing was a label that helped me define what I do. Auras, entities, elementals, blood line ancestors, spirits and many more that don’t have labels all have been visually seen since I was 3 or 4 years old. My quest to find other humans that see these things started to deepen at 18 years old. I have found many eccentric humans on this journey. In 1993, I started my professional development as a massage practitioner. As the years have gone by, I have collected many certifications and will always be a lifelong learner of knowledge. Now my clients are internationally, and I have the honor to work with many humans that are guided to me. I have not done any



marketing or website prior to this year as I felt if guided to me than they were ready to expand their consciousness and heal on many levels of the mind, body and soul.

**In your work as an educator, did you become aware of common aspects of the younger generations that you would like to share with us?**

As an educator my life is constantly being able to see with a fresh perspective. I have taught every age group from Infant through 12th grade levels, at a Montessori/Acton pedagogy (mixed ages and using all 5 senses to guide each student/learner). Since birth I have seen energy levels/auras and used to think it was a curse. Empathic humans can get classified overly sensitive due to feeling the energy of the ambiance. I am empathic to my core. This has helped with being an educator. My students call me the human lie detector – LOL. I have taught since 1999. Ever since 2020 the younger generations fear, uncertainty and anxiousness have more than doubled. My heart for all humans is to display love, light and acceptance right where they are. Every human has a different perspective and being accepting is key. Being seen, heard and valued is an honor every parent, teacher and guide should treasure if they are in this position. If not, please do not teach or guide you will crush their organic blossoming. An Advocate for younger generations is a passion of mine and standing with healthy boundaries is a must. As a teacher and parent being perfect isn't a must yet leading by example is. Being a healer/guide has been and is what I was born for. We all have this amazing power "Born for such a time as this" inside us, and I get the honor to guide that into fruition.

**What can we expect in a session with you?**

In each session you can expect what I am guided to work with you – very VIP to your current "Expanded Consciousness. I use a variety of modalities. Your body, mind and soul guide me on a journey of Quantum Healing Energy. Since birth energy of the body and soul are vivid for me. Your Aura/meridian lines show where you are blocked mentally, emotionally and physically to me. This can only happen after we build a bond, and I do that with a root/base unblocking foot reflexology/reiki/energy pull in a hydrotherapy tub. Then, I will do a floor stretch followed by a massage therapy table session using: Eslan (connective strokes), Swedish, Shiatsu, Pressure Points Reflexology, LMD, Cranial, Facial, Reiki, Quantum Light Energy, Light Language/Speaking in Tongues (Connecting to Divine/God), Hot Stone Therapy, Chakra Balancing and shamanic healer blood line descent.

**How did you come to be aware of HYDF?**

I met Felicia Osborn through a friend, Sunshine Ballew. Sunshine told me I had to meet her. She loves nature like you do. Felicia came to my classroom and did a presentation on stones. Our friendship grew for the next couple years, and Felicia introduced me to this lovely lady she was dating, Andrea Lynn. Both of them came out to my healing land for a bonfire. I went to my first retreat with HYDF and have been coming ever since. I enjoy seeing the open ambiance, non-judgement to be "YOU", and support for the feminine divine expression.



**What's your favorite part of being involved with HYDF?**

My favorite part is seeing all the wonderful humans. We are all open, raw and giddy with spirit on so many levels. Andrea has created an atmosphere that allows healing, love and light to flood each area of the retreat or event. The Gala is an honor to be a part of each year. It is where my own two daughters felt seen, heard and accepted to be "Them." Andrea and Felicia are my daughters gifted by the divine Aunties. We love

them so much. At the Gala is also where Andrea encouraged me to do Light Language openly to a group. I do it with private clients, just never openly like that. I almost had a major panic attack due to fear of judgement. Ever since then I have used it openly and lovingly as guided. Especially with the Labyrinth therapy sessions at the retreats to assist in opening each human as they enter. My personal favorite therapy EVER!

**Any other messages you would like to share with the readers of this publication?**

My hope is that my step in this direction sets others free to be guided for their highest good. I am thankful on many levels of expanded consciousness for this opportunity to be involved in a positive







platform that helps others find their way. Shred the scales of this era or of the old that no longer serve the highest good in your soul. Love. Know that you do deserve to be loved for who you are. You are worth it. Believe that. Charge your frequency to attract the good. Your words/decrees DO matter – your words are “spelling” you are creating your world through your words. Words have power and weight. You have so much power inside you. Much Love and Light, and Hugs! Set free to be me!

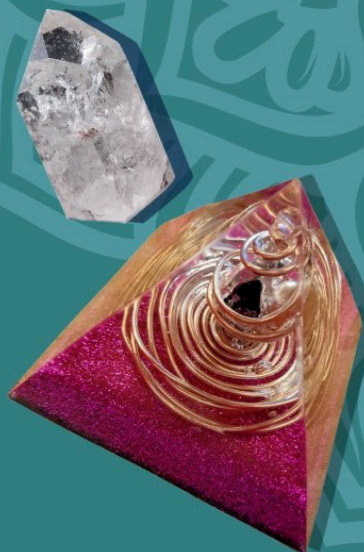
## AmberLee Hilke-Minor Sowing Seeds of Peace, LLC





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For questions and more information  
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# Guiding Others

by Andrea Bagby



Healers are for the most part off the beaten path people. I have been studying and teaching spiritual and metaphysical concepts and skills for a decade now. The truth is we are all human. Metaphysicians have practiced a very distinct muscle. We are tragically and beautifully human. We just know things and we often don't know how we know things. Sharing is caring, well - most of the time.

You see, my goal is to teach and educate my clients and students so they don't always need me. I relay messages for their best and highest good. My goal is to validate, stabilize, and affirm their spiritual experiences. Predicting negative outcomes will produce more negative outcomes, and the client will land right back in a session with me. Codependency, stress hormones, and emotional dysregulation, for sure; and what does that create? Illness and poverty traps. Chronically unproductive and, honestly, fast burn out for the psychic.

How do we become the healers, psychics, students, moms, employees, and all the other roles we wear? We focus on ourselves, family, and community - in that order. Focusing on those areas will settle your own stress hormones, make you more clear, and give you confidence; you will be able to share the highest vibrational healing for yourselves, family, and community. This can also heal your client base, as we mirror other people in our lives. Creating large root chakras with roots that span for miles and miles to enrich the lives of others.

My advice is to be a positive inclusive affirmative healer and to continue to grow your modality, grow your families, and grow your spiritual communities. As we heal ourselves, we help heal the world.

**Andrea Bagby**

**@ The Inner Space**

**6558 Vernon Woods Dr.**

**Sandy Springs, GA 30328**

**404-252-4540**





# 2024 Spring Fling Retreat Itinerary

## Friday

**3pm: Check-in Opens; Welcome Reception**

**5pm: Optional Hike**

**6pm: Dinner**

**7pm: Opening From Andrea and the Team**

**8pm: Peer Network Support Groups**

**9pm: Meditation with Stretching**

**Magic and  
Manifestations**

## Saturday

**8am: Morning Meditation**

**8:30am: Breakfast**

**9:30am: Slow Flow Yoga**

**10:30am: Belly Dancing**

**11:30am: The Magic of Nutrition**

**12:30pm: Lunch**

**1:30pm: Creating Your Own Labyrinth**

**2:30pm: Romance-ifestation**

**3:30pm: How to Do You, Magically**

**4:30pm: Law of Attraction**

**6pm: Dinner**

**7pm: Intuitive Psychic Panel**

**8pm: Saturday Night Thrive!**

**9pm: Affirmational Sound Healing**

**May 3 - 5**

**Lutheranch**

**342 McGinnis Rd.**

**Tallapoosa, GA 30176**

**Info and Sign-Up:**

**[www.HYDF.online](http://www.HYDF.online)**

## Sunday

**8:30am: Breakfast**

**9:30am: Parting Words and Music**



# Those Tower Moments

by Kathy Higgins



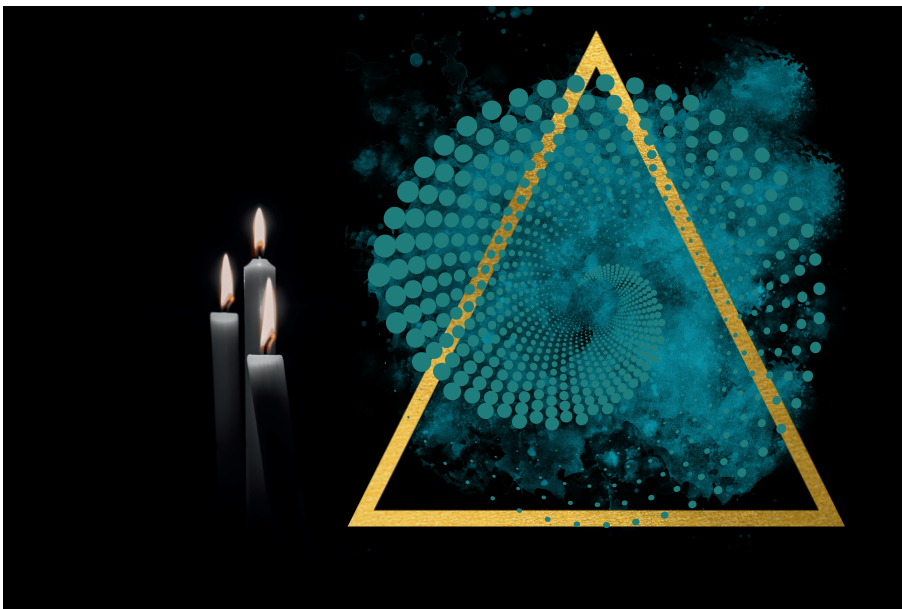
The Tower Card. Ego Death. A “Dark Night of the Soul”. There are many terms for the total breakdowns we can experience in life. For many, they are gut-wrenching experiences that no one would ever choose to relive while they are in it. It’s a walk through hell and back. They are often thought about as low-points in life. Simultaneously, so many things “go wrong” that it almost seems as if there is a cruel joke being played on you; the kind of things that make great plots for stories and films.

When we’re in it, we often don’t see what’s around the corner, if we can even see the corner. We keep waiting for that light at the end of a tunnel, and pray for a candle to illuminate the dark space we sit in. Sometimes we aren’t sure we will make it out alive. We may even feel abandoned by those usually around us, by God, or our spirit team.

What if I both validated whatever you read above that resonated with you while also letting you know that those Tower moments have purpose? Often, many purposes. Think about a time that came







up for you since you started reading this article. What did it teach you? Where would you be without that having happened?

Once you start to see the end result, silver-lining, or potential lessons headed your way, these trials and tribulations - with their sense of purpose - can start to feel a little easier. I obviously want to hold space for complete devastation; I don't think these

concepts need to be pointed out to someone wallowing in despair. Positivity as a band-aid for processing emotions is toxic and whatever you don't process eventually comes back up to be purged.

It's so important for us to recognize that whatever events are happening in our lives and around us can change with our state of mind. You know those days that feel like nothing can go right for you? When did your story that day change to frame you as the victim? There are definitely hard days that I've started the day with the energy of making it a great day and end up on the other side feeling the weight of it, but it's up to me if I want to label it as "bad" or "hard" or "horrible". We take part in the co-creation of our lives.

So, when you next have a day or a week or a month when it looks like your life is falling apart around you, ask yourself - what is the purpose for this? Things are happening FOR you, not TO you.

Kathy (@PureJoyServices)

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(404) 704-0079

PureJoy.com







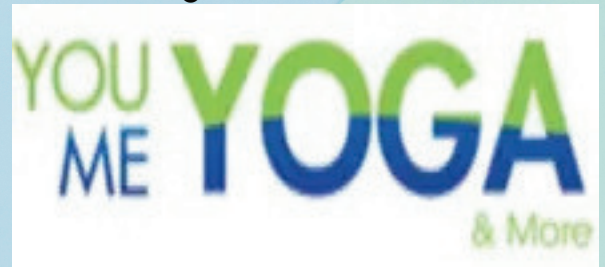
# *Re-introducing* **DIVERSIFIED YOGA**

**A comprehensive & inclusive Yoga Teacher Training (YTT) Program.**

Designed for those wanting a focus on unifying the mind, body, and spirit, Diversified Yoga is Atlanta's only YTT program open to all body types and abilities.

More than just poses on a mat and the eight branches of yoga, this program includes metaphysical perspectives. Students will also learn about intuition, energy work, and spiritual coaching.

Classes are held at The Inner Space and You Yoga Me Yoga, both in Sandy Springs. Payment plans available.



During your 200 hours of training, you will also receive bonus certifications of Reiki Master and Life Coach, in addition to being certified to teach yoga to all bodies. Reduced costs to HYDF Retreats is also offered.

Take-Aways from the program:

- Real-life transformation from the inside-out
- Spiritual expansion
- Mind, body, and spirit aligned
- Metaphysical knowledge
- In-person mentorship
- Community
- Pose modifications for all body abilities and shapes



**[WWW.HYDF.ONLINE/DIVERSIFIEDYOGA](http://WWW.HYDF.ONLINE/DIVERSIFIEDYOGA)**



# Advice Corner

*How can I keep my etheric body healthy?*

For this answer, I am going to pass the torch to Dr. David R. Hawkins, who lists an extensive amount of ways healing our spirit towards the beginning of his book, "Letting Go" (which is also a response I am including): Letting go of our emotions that hold us back. EFT. Chakra Balancing. Reflexology. Light Healing. Sound Healing. Meditation. Visualization. ROLFing. Try Psychedelics. Try Psychotherapy. Psychic Readings. Proper Nutrition. Aerobics. Yoga. Wear crystals. Biofeedback. Join a religious community. Homeopathy. Naturopathy. Chiropractic care. Join a conscious-raising group. Astral projection. Sweat Lodge. Shamanic Journeying. Traditional Chinese Medicine. Acupuncture. Acupressure. Travel the world. Let yourself get messy. Shower in cold water. Primal screaming. Chanting. Singing. Past Life Regression. Quantum Healing Hypnosis Technique. Beyond Quantum Healing. Punch pillows. Make a vision board. i-Ching. Study Zen. Read Tarot. Read Oracle. Cast Runes. Cast Shells. Cast Bones. Use Dowsing Rods. Use a Pendulum. Go to Workshops. Take Classes. Read lots of books. Sit under a pyramid. Go on a Retreat. Join a Mystery School. Try Color Therapy. Flower Remedies. Go to a Spa. Palm Readings. New Ageism. Save the Planet. Aura Photo. Learn Tantra. Have a Mantra. Soak in a Hot Spring. Get Grounded. Walk in Nature.

Dr. Hawkins' point is that you can try everything under the sun, but releasing what holds us back by practicing how to let go of lower-level vibrations [on the Vibrational Scale of Consciousness] is his purported key. I did not include his entire list because, although helpful in reminding me of how many ways there are to heal our etheric body, his list has a bit of comedic extremes thrown into it.



The bottom line is: find what works for you and makes you feel lighter and brighter after doing it. There's something for everyone, and not everyone needs to do the same things. Often we are taking care of more than just our etheric body when we do any form of self-care, but the benefits reverberate through many layers of being.

*Email your questions to [kathy@hydf.online](mailto:kathy@hydf.online)*





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