

A Publication for Raising the Divine Feminine

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SPECIAL DOUBLE ISSUE!

Summer Issue
June/July

HYDF

Packed with
Content for the
Metaphysical
Woman*!

Flipping the Script
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Where are we? Our headquarters are in Atlanta, GA. We do have women involved throughout the galaxy.

How can you be involved? Go to the website and subscribe. You will receive weekly newsletters of our events and projects.

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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. Andrea 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.

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Flip the Script

Teresa Wilson
Intuitive, Public Speaker, Healer
www.kudzucenter.com



Do you every get to the end of a day, look at your to-do list, and want to cry? Where did my day go? I was busy all day, but didn't get anything done that was on my list of must-do things. It's time to stop looking at what you didn't do and to look at what you did do.

Flip the script.

Start each day with a blank piece of paper. As you go about your day, write down the things that you did. And, write down the things that matter. I spent 20 minutes telling my daughter how brave she was after she skinned her knee while learning to skate. I listened to my neighbor complain about the mail delivery, then told her a funny story to make her laugh. When I made lunch, I saved the roots of a celery stalk and an avocado pit and am rooting them. I took a 15-minute walk outside to center myself because I had a tough negotiation upcoming with a client. I invested 2 hours in learning to use a new software program because it will make me more efficient the rest of my work life. I called my Mom, told her I love her, and thanked her for sending me to piano lessons when I was 10. And, when you look at your list at the end of the day, you will see that you accomplished a lot of things that matter. Self-care. Care for others. Bringing forth and sustaining life. Love.

It is time for us to stop thinking of ourselves as "never enough." When you keep a to-do list, you will never be enough in your subconscious mind. Every day will be a failure because there is always more to do. Why make a list that you will complete once in a blue moon? Make a list that gives you positive feedback on your real accomplishments, on what you value.

Teresa Wilson is life-long student and teacher of alternative spirituality, mysticism, and consciousness. You may reach her at teresa@kudzucenter.com.



The Reality of the Spiritual Path

By Glenda Emory

There's a collective shift in humanity that's been building a greater and greater momentum over the last 10 years. This great awakening means that spirituality is becoming more and more popular and has become a trend. Unfortunately there's many unqualified and unknowledgeable people churning out incorrect and down right dangerous information. I bet you have heard of manifesting, the power of positive thinking, or the Law of Attraction. Many people are putting out content only focusing on the love and light side of spiritually or teaching concepts without teaching the complete concept meaning they are not telling you what to expect using their teachings. That's dangerous because it gives the false perception that spirituality is 100% safe and benign, but that is vastly untrue. This false perception is causing many to dive into spiritual activities without knowing the full scope of what they're doing.

While the spiritual path is amazing and the best decision I ever made it wasn't all sunshine, rainbows, and unicorn farts. It was feeling completely uncomfortable and out of control. I felt absolutely crazy and wondered if I needed to seek medical attention. It was feeling elation and despair and everything in between within hours of each other. My spiritual abilities, which had always been there in the background, were turn up on high volume and shoved to the forefront of my awareness making me feel even more crazy, unstable, and out of control seeing and feeling things I wasn't, but anything was better than the self hatred and misery I lived with on a daily basis prior to beginning my spiritual journey. Unfortunately, no one told me the rules so I blundered my way into a lot of trouble that I had to figure out on my own.

As in nature there are beneficial things that are safe to interact with or consume, but there's also things that are dangerous and destructive. The spiritual realm is the same. There's good, bad, and in between so when you step on this path you are exposed to all of it. Only desiring to focus on only love and light is just not possible no matter how appealing it is. The call to the spiritual path is undeniable and shakes up your life in ways you can't fathom unless you are in the middle of it. It pushes you to be your best self and that is not compatible with trauma, selfishness, or self harm so unfortunately, it pushes you to heal. I say unfortunately because it is not easy facing your wounds and fears that ultimately come up. It takes consistency and focusing on yourself.

I am seeing more and more young people seeking me out for help because they dove into the spiritual ocean without knowing that deep below the surface were sea monsters that are often thought of as mythical or only experienced by people who are crazy. Many really just want to go back to normal, but unfortunately, you can't turn off what was already turned on so you really have no choice but to keep moving forward. Many are upset and angry that no one warned them, which goes right back to people who have no business putting out incorrect information and harming others indirectly.

There are very clear rules in the spiritual realm, but because of the introduction of religion we have been cut off from knowing them. When humanity was forced to shift from spiritually to religion that knowledge was lost with the exception of a few individuals who kept passing the knowledge on in secret. The collective shift back to spiritually is naturally causing people to see more than they were aware of before and seeking answers as to why and what it means.

The pull into the spiritual path is really undeniable and we'll worth it. Be respectful of the energies around you and set your intentions as to specifically why you are stepping on this path and where you want to end up with it. Don't fear it and seek wise counsel if he doesn't understand what is happening. Remember you have the power so don't give it away through fear.

Here are some good resources:
The Subtle Body by Cyndi Dale
Seat of The Soul by Gary Zukov
You Are Sensitive by Emil Faith

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Reflections on May: Mental Health Month

by Rotunda Gorman
MSW, MS, LMSW, MAC, CE, SAP
CEO of Complete Circle LLC



There is a significant age gap between my older sister Beverly and me as I was born the year she graduated high school. Further, it is unfortunate that throughout much of her life she battled Schizophrenia with depression.

Growing up, I recall visiting my sister frequently in a mental health hospital and it wasn't until I took a Psychology class that I came to gain a better understanding of my sister's illness and struggle. I remember after the class adjourned having ran immediately to the pay phone to call my sister and ask more specifics about her illness. I told her how very proud I was of the strong and relentless fight she was giving in order to maintain a stable and normal life and not to return to a psychiatric facility.

It is because of the love, respect and deep admiration for my sister Beverly that I have chosen to work in the mental health field and do my part to guide and support those fighting for a healthy mental state.

May is Mental Health Awareness Month, and it's a more important observance than ever. Almost 20% of American adults—nearly 50 million Americans currently experience mental illness, and many of them suffer in silence because of the stigmas associated with mental illness and mental disorders.

So many times, mental health gets overlooked unless something really major happens, like a death by suicide or a celebrity having some sort of a breakdown, mental health advocate and author of *The Precipice of Mental Health: Becoming Your Own Safe Space*, Achea Redd tells Parade, "Mental health is health and deserves to be put on the forefront just like the other illnesses we recognize throughout the year. The more we put it out front, the less stigma and the more normalized it becomes."

Andrea Bagby: Harnessing Your Divine Feminine's Founder Didn't Want to Be the Cover Girl



Andrea Bagby did not want to be put on the cover of this publication. Humbly, she declined the first time I suggested it. The next time I insisted it was her turn to be highlighted. "I don't want people to think I'm conceited," she responded. I let her know that there's no way anyone could possibly think that about her. What kind of woman creates an entire awards ceremony, now held annually, to honor other women in the community, but never herself? A modest one. A fiercely modest woman.

I have learned many things from Andrea in the years I've come to know her; I've taken many classes from her in addition to attending the biannual retreats. Yet one thing I can say with certainty is that I would not have begun to live my renewed purpose in helping others through spiritual work if it were not for her influence. It is that influence that I hope members of the community like her may have on all of us.

What was life like for you before HYDF?

Honestly, darker. HYDF is my family and leading this organization is the greatest honor of my life.

How did the idea for HYDF come to mind?

I have always lived entirely on my intuition. I was doing readings and reiki while working my corporate job. I had dedicated my life to being a healer. All of a sudden one day I heard "you are going to create a women's retreat". I was sitting at a cafe in Norcross, GA and the title just fell into my head. Harnessing Your Divine Feminine. The rest is a roller coaster story in Herstory.

What else do you do besides running HYDF?

I do intuitive readings, teach yoga, train yogis to be yoga teachers, teach all this woo woo; astral travel, reiki, mediumship, life coaching. I also run a HYDF publication. HYDF also has annual feminine product drives and gives any woman with question free feminine products through Period-Positive Positive Periods.

What impact have you seen HYDF have on people, and what impact do you hope to see in the future?

I have seen women reach goals, heal themselves, become the women they want to be. I hope that HYDF makes an impact in stopping the marginalization of women and children around the world.

What goals or visions do you have for HYDF?

My long term goal is that I have ladies directing HYDF retreats worldwide. I'm starting with one retreat at a time.

What's your favorite part of being an entrepreneur?

I love that my "doing" and "being" are one. I'm basically the same person "at work" and "off work". Every day I use my holistic gifts to create abundance in my life and others so there is really no divide in "work" and life. It's all life with all of the ups and downs. I love it.

Tell us about "Elegance, Empowerment, and Entrepreneurship".

Well of course this was intuitively downloaded. I feel that every woman really wants to explore these three E's and how they fit into their lives. We are elegantly empowered to express our entrepreneurship as we feel guided for ourselves, our families, and our communities.

Any final thoughts you'd like to share with the readers?

HYDF is based on the fundamental concept of giving women opportunities . When you give a woman an opportunity you are giving her the world. Through all my work with women, this resonates with every woman. They really just want the opportunity to thrive on a mind, body, and spirit level. HYDF empowers women via practical spiritual and holistic tools.

**"When you give a woman an opportunity,
you are giving her the world."**

- Andrea Bagby



Fierce Fall Retreat Itinerary

Friday

- 1pm: Check-in Opens**
- 3pm: Nature Stroll w/ Angelica & Felicia**
- 4pm: Art Table w/ Diane**
- 5pm: Yoga For All Bodies**
- 6pm: Dinner**
- 7pm: Opening From Andrea**
- 7:30pm How to Navigate Groups as an Empath**
- 8:30pm Small Groups**
- 9:30pm Nite Nite Meditation and Yoga**

Saturday

- 8am: Yoga For All Bodies**
- 9am: Breakfast**
- 10am: Healing Brokenness**
- 11am: Empaths and Addictions**
- 12pm: Embodying the Feminine**
- 1pm : Lunch**
- 2pm: Labyrinth Walk**
- 3pm: Vibrational Healing**
- 4pm: Life Coaching Crash Group**
- 5pm Intuitive Psychic Panel**
- 6pm: Dinner**
- 7pm: Saturday Night Thrive!**
Chanting, Firepit, Mediumship, Dancing

Sunday

- 9am Breakfast**
- 10am "Church" HYDF Style**

Common Constant Reminders from Your Spirit Guides

By Kathy Joy



In my readings with others, there are some common themes that have been coming up lately. Regardless of the matters of the heart or the mind, people's spirit guides have been coming through with some specific reminders.

During this time of ascension, they are showing that there are some things that can't be ignored in the self. I've decided to share some of this with you, dear reader, in hopes you may find some of it speaks to your soul (and hey, if it doesn't - it's not for you at this time!)

1. **Self-Care:** Too many often put others before ourselves. You cannot pour from an empty cup. Spirit often encourages us to remember this and to return to or create self-care practices.
2. **Self-Compassion:** Stop being so hard on yourself - you're doing great work! Have compassion for yourself, and others.
3. **Grounding Practices:** If you're often in the clouds or going through a difficult time, begin grounding practices to help ground you into Mother Gaia and into your human body.
4. **Energetic Protection:** This message comes through often for the Empaths who are absorbing energies inappropriately. Remember, we are all divinely protected. Some empaths need to integrate daily practices for cutting cords, or visualizing bubbles or pyramids of protection to help them not take on energies that don't belong to them.
5. **Get Outside:** Especially after we've all been cooped up the last two years in the collective trauma of the pandemic, Spirit encourages us to spend more time outside, often for the health benefits and as a grounding practice.
6. **Trust Your Gut:** Figuring out your intuition is its own thing, but trusting your gut - where many of our intuitive bodies live - is something that the average person can understand what that means for them. Overall, it's a reminder to trust yourself more.
7. **This Too Shall Pass:** It never feels like it in the moment, but the struggles that are prevalent in your life right now will be overcome. Know that it gets better and there is a plan for your future!

8. **You Can Do It:** Similar to trusting yourself and your intuition, this message is for those still struggling with self-doubt and unworthiness feelings, which are rampant in our society. Know that you can achieve what you want and you are deserving!
9. **You Are Supported:** Spirit has your back, always! Lean on your support systems here in the physical, but know that you have an energetic team always around you as well, cheering you on. They want for you to have all that you want for yourself in this life.
10. **You Are Loved:** Most especially a message for those feeling alone, but a nice reminder for anyone: you are loved. You have so much love for you on this side and on the other side of the veil as well.

In my readings with others, I have been guided to embody unconditional love and pure joy. It is my intention that someone leaves a reading feeling freer than when they walked in, and I transmute energies often before, during, and right after a reading for a client that is really in the throes of life at present. I often offer a hug at the end of our time to solidify the experience if the person is open to it, and boy, do I feel healing in that hug!

Pure joy Channeling
with Kathy Joy

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Advice Corner

I am trying to release judgement of something, but I really don't understand it and I'm hoping you can shed some light from a spiritual perspective: why would someone identify as "non-binary"?

As always, take what resonates from my response and leave the rest. As this is a controversial subject for many, I have asked for my own opinion to be put aside and for the following information to flow through me for the highest good of all involved.

To shed some light on the metaphysical perspective of gender, let us first recognize nature on planet Earth as a scientific perspective. It may surprise you that nature does not operate in a gender binary. Do you remember in biology in school that there were asexual plants and animals - ones that reproduced by themselves? They didn't need another sex to interfere for their procreation. Genetically, they have the chromosomal information reflective of this.

Thus, recognizing that a binary is how we've come to understand things in society has its place, but there are exceptions even in nature. Could it be possible that there are exceptions in humans as well? It would appear that there are always exceptions to the rule of thumb. The rule of thumb was placed to guide us in understanding.

Now, your mind wants to understand what the exceptions may look like, and where they came from.

There are many multidimensional beings who do not operate in our gender binary.

Oftentimes, it is because they do not couple up and procreate as we do. They are often referred to as genderless or androgynous when their energy comes across, as they are a perfect balance of masculine and feminine energies. They are just as real as you and I, and some of them have chosen to incarnate on this planet at this time of great change and ascension. Could it be that the non-binary person in your life is one of them? It is possible, but not always certain.

Just as we are rising the divine feminine energies that have long been oppressed on this planet (for more than a millennia), we are trying to create a greater balance with the divine masculine that has been in power during this time. Creating a

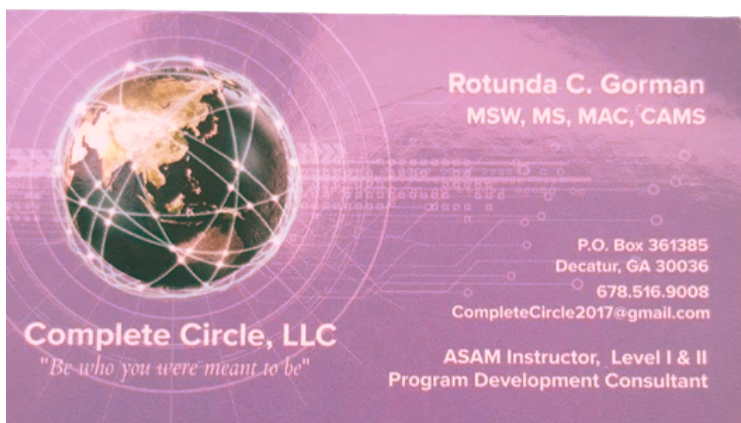
Advice Corner

balance within yourself, you may not feel a misalignment with your gender expression (physical) and your soul's incarnated gender (internal, chosen when plans and contracts are made before your arrival on Earth for this lifetime). Some people feel an immediate imbalance in the internal and the physical from a young age, some people discover that there's been an imbalance in them as they age.

Recognize that if they are struggling with such identities, there serves a purpose beyond them, determined to be a contractual journey in the planning stages before incarnation. That purpose beyond themselves does not differ from someone choosing to be a healer, a parent, or even a narcissist - the reflection is always what can I learn from this person whom I have crossed paths with? What might be triggered within me that I need to heal? Does this person's gender reflection impact me in any way?

It may be no coincidence that people who find themselves on the gender spectrum in places other than the polar ends of male and female have been brought to the spotlight as of late to show us what imbalances of the masculine and the feminine are within ourselves. What might need to be healed within your bodies (mental, emotional, physical, spiritual)? There have always been people who are not just male or female on this planet . There is photographic evidence from over a hundred years ago in addition to old writings, but there is also the Native American recognition of those that are two-spirited, if you'd like to do your own research online. If we are all created in the image of the Source, of God, then why wouldn't we also appear in the image of someone between the dichotomies of male and female?

Email your questions to hydflove@outlook.com



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A Channeled Message from Spirit via Andrea

We see you. Your joy and your struggle.
The bittersweet moments of life.
That struggle that only you know you are dealing
with is being handled behind the scenes on your
behalf.

In order to acquire the abundance you are seeking is
to recognize how far have come. Acknowledge the
beauty in the mundane moments of life.
Reach for generational wealth and wisdom
to leave to your family. Create a legacy of wellness
for yourself, Gentle removal of ego
and finding your true self will led to the abundance
you wish. You will fall right into your bliss.

The spiritual advice for you, if you are reading
this, is to let go.

Let go of expectations of yourself and others. Love
yourself and others exactly as they are. Be fully
present in the moment with everyone you come
in contact with. This is a act of patience and
discipline. You will have good days and bad days.
Keep going. Your angels, spirit guides, ancestors,
and animals are watching over you.



**PERIOD—
POSITIVE
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PERIODS.**



Peer Network Support Groups

YOUR DIVINE
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I am so excited to announce the latest HYDF initiative. We are in the process of launching a new innovative way of uplifting and supporting women around the world. These groups are digitally based and peer driven. These groups are complementary and available to all women.

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- *Advance notice of HYDF events
- *Access to other metaphysicians and opportunities

How do I sign up? To sign up to be a part of this complementary program by women for women visit our website at www.hydf.online. Or reach out to hydflove@outlook.com You will hear from your group lead in 24 hours via email. hydflove@outlook.com As always ladies; I adore each of you.

"The Power of Women Gathering [even online] is immeasurable."



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