

*Harnessing Your Divine Feminine*

Packed with  
Content for the  
Metaphysical  
Woman\*!

# HYDF

Summer Issue  
July 2023  
14th Edition

*A Publication for Raising the Divine Feminine*

**Self-Care on a  
Budget**

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**Special  
Publication &  
Website  
Redesign!**



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On the Leading Edge of Women's Organizations



### **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?**

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## About the Creator of the Publication



HARNESSING  
YOUR DIVINE  
**FEMININE**

**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.**

**Call (404) 252-4540**

# A Time for Rest

by Kathy Jay



I've been exhausted lately. What's more is that many of my clients have also endorsed extended and additional exhaustion. Even other channelers that I follow online have discussed increased exhaustion globally. So, what's going on?

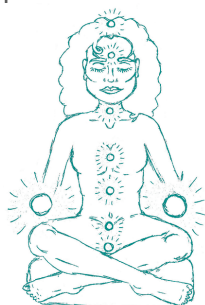


If we look at recent history instead, we can see that people are tired of the usual rigmarole. Tired of prices continuing to rise at grocery stores. Tired of the news coming out about corrupt people and companies. Tired of work and life balance being out of alignment. You name it, we are now in an energy of many people being fed up with many different aspects of life.

And it's more than that. Energies are coming into the planet to support shifts and change. These energies can feel

intense, especially if you haven't become accustomed to them or asked spirit to temper their intensity. Our bodies are dealing with energetic upgrades and the integration of these energies can feel exhausting. If you're also working in the astral while you sleep, then you also are getting less restorative sleep to help you function throughout the day on top of all of the upgrades. It can be overwhelming. Give yourself that nap. Sleep in a little longer if you can. Go to bed early if you feel the call from your bed. Lay down and rest your mind and body for twenty minutes without sleep. However rest looks for you, engage with it more at this time. You need to give yourself that extra care!

Kathy (@PureJoyChanneling)  
The Open Mind Center  
1425 Market Blvd, Ste 500  
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**Thedivinepathllc.com**



# Letting Go (And Why It Is OK if You Can't Do It Right Now)

by Teresa Wilson



"It's not a matter of letting go—you would if you could. Instead of 'Let it go,' we should probably say 'Let it be.'" - Jon Kabat-Zinn

Letting go can be so hard. I've let go of material possessions, perfectionism, anger bordering on rage, some family relationships, several romantic relationships, beloved pets, and both parents. I'm not nearly done. As I write this, I am awaiting the imminent passing of two dear friends, one from advanced age and another from pancreatic cancer. Letting go is physically and emotionally painful. You feel it primarily in the gut and the heart. We call them the solar plexus chakra, or Manipura, and the heart chakra, the Anahata.

If our spiritual goal is to live in the moment, "to just be" as the mystics say, grasping and holding onto things, emotions, habits, or people undermines our soul's growth and development. We are already complete without them, although we may not have yet realized our wholeness.

Love is the source of all that is good. But love is like a drop of liquid mercury: You

can chase it, but not actually hold it. That is why living in a state of loving kindness rather than being "in love" with some thing or someone may be the better goal. Wanting someone to "be in love" with you is wanting to be possessed and suggests that you do not feel complete within yourself. The mystic and author of *The Prophet*, Kahlil Gibran, wrote, "Love gives naught but itself and takes naught but from itself. Love possesses not nor would it be possessed; For love is sufficient unto love." Let go of the notion that love means any type of possession. Just be love and you will be surrounded by things and people who love you in return.

Joy, happiness, and bliss arise from inside us. They are not conferred from outside. They are a by-product of any number of neurochemicals that trigger the release of dopamine, serotonin, endorphins, GABA, and more. When you really appreciate the beauty of a flower on a shrub or tree, it can bring you joy. When you pick that flower, however, you are possessing it. And, by picking it, the flower dies before its time. Try to let go of the need to possess the flower. Just be with its beauty and move on. Notice the thing you would possess, then let it go. You may notice

# Letting Go (And Why It Is OK if You Can't Do It Right Now)

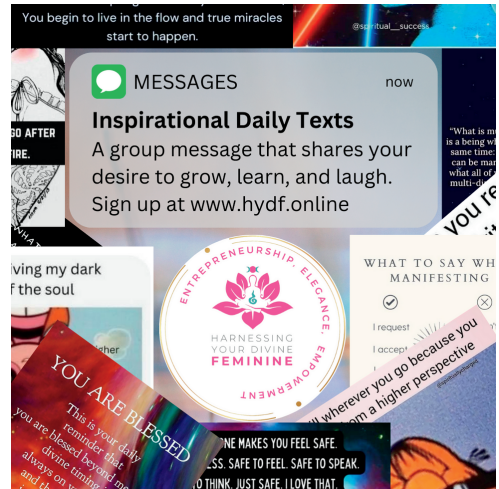
by Teresa Wilson



our anger but choose to let it go. You may love your family member, realize they are toxic to you, and simply let them go. You may love a pet or parent or friend who is dying and choose to bring them peace as they transition to their soul's next life.

Letting go of anything can be a challenge and you do not have to do it today. Sometimes, you need to think about a situation or person and make a choice to let go. Sometimes, you need time and distance or a completely fresh perspective. Sometimes, you need to process difficult emotions, physical trauma, or personal growth.

Life is not a footrace. It's a process. And the more you practice letting go of attachments, the more you will be rewarded with love, joy, happiness, bliss, and transcendence. Just be.



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Teresa Wilson  
Intuitive, Public  
Speaker, Healer  
[www.kudzucenter.com](http://www.kudzucenter.com)



# What are you struggling with today?



Loneliness? Finances? Relationships? Lack of purpose in your life? Healthy body image? Weight? Self-respect? Finding a new career? Discrimination? Setting boundaries in a relationship? Paying bills? Feeling isolated? No motivation?

I want to know what issues you are struggling with so that I can better prepare classes, writings, and materials on those topics.

Write me at  
[teresa@kudzucenter.com](mailto:teresa@kudzucenter.com)  
and share your concerns  
confidentially.



Teresa Wilson, Founder  
Kudzu Center



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# 2023 Fierce Fall 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**

## Saturday

**8am: Morning Meditation**

**8:30am: Breakfast**

**9:30am: Affirmational Sound Healing**

**10:30am: When You Know Better, You Do Better**

**11:30am: The "F" Word [Forgiveness]**

**12:30pm: Lunch**

**1:30pm: Slow Flow Yoga**

**2:30pm: Peace Within Chaos**

**3:30pm: Holding Peace with Others**

**4:30pm: Connecting to Spirit**

**6pm: Dinner**

**7pm: Intuitive Psychic Panel**

**8pm: Saturday Night Thrive!**

## Sunday

**8:30am: Breakfast**

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

**November 3-5**

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**Info and Sign Up:**

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

# Interview with our Cover Model Cindy Sherwood



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

Ever since I was a child and introduced to religion. I have wanted a personal relationship with God. My quest to fill the emptiness in life started out in church as a Catholic, when I got older I needed something more so then turned to Lutheran, Presbyterian, Baptist, Methodist, and Pentecostal. Being baptized 6 times. Yup, that's right, I had to take it to the limit. My thought process was when I am baptized, Jesus and God will show up and tell me how to live in this crazy world. It's hard to break beliefs that you install as a child. I have always said words don't teach, only experience does. Still, in all the Sunday teachings, my heart was full on Sunday, then it was gone the rest of the week. Taking 4 years of bible study to become a Stevens Minister to help others. I yearned for that personal healing relationship. What I learned was that God Source was always with me; I was just looking for an external God. But he was living within me the whole time. Once I could recognize this shift in belief, my life started a drastic change.

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

Once I built my personal relationship with

God Source through spirit, my intuition strengthened. I started to know, and feel things about others when they were close to me. Yearning to take that gift, that we all have to the next level. How can I help others find it also? This is still a work in progress.

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

I started reading other people's spirit at around 30. We all have our spirit with us, so when you are intuitive you can read that energy. But some just find it harder to connect to than others. I had a tragic experience happen when I was in my late 40s that again questioned everything. So I shut down my readings, turned off my Spirit and went back into a dark place only to yearn for additional self-healing. We are all a work in progress, forever learning and growing until our last breath.

## **How did taking Psychic Development with Andrea impact you?**

I'm now ready to get back in the game. I had a reading and yearned again to go back out into the world and make a difference. I found The Inner Space and took the Psychic Development class with Andrea. I had never been actually trained, so, why not right? That led to going to my

## Interview with our Cover Model Cindy Sherwood



first ever women's retreat that Andrea holds twice a year. It was a weekend of wonder, like-minded women, and healing classes that forever changed my life. I remember signing-up scared, not knowing anyone but my teacher Andrea, going to a retreat. Not knowing what to expect, but that inner voice and knowing, "I must go," was stronger than the fear. Oh, was it magical! I will never forget pulling up with my backpack and walking up to the retreat center. I was met by the most kind, beautiful smile: "Are you Cindy? Hi, I am Kathy; let me show you where you will be staying." All my reservations and fear just disappeared like the high winds pushing away the mist, and my new journey began.

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

Where do I start, so many wonderful things to say about HYDF. For me, though, the most valuable thing is the support of other women. Watching Andrea hold space, provide opportunities, and encourage women to grow their own gifts. How empowering! HYDF support system is a reflection of the beautiful spirit that Andrea shines through Harnessing Your Divine Feminine!

### **Tell us about the services you offer, and what can we expect in a session with you?**

I am available by appointment 404-252-4540 at The Inner Space on Thursday nights from 6:00pm to 9:30pm, in-person or by phone. You can also find me at the Psychic Fair every 3rd Sunday at The Inner Space. I offer intuitive psychic readings, Tarot card readings, and don't be surprised if a loved one that has passed may pop in for a visit on occasion. Don't want a personal reading? Come join me on the third Tuesday of every month from 7 to 9:30 at The Inner Space as we talk about the strongest law of the universe, "The Law of Attraction", only \$10.00 and your first visit is free!

### **What are you looking towards in the future for yourself and for the community?**

Currently I am in mediumship training. I do connect with loved ones that have passed, but continuing to strengthen that communication is my life's work. I so much want to provide that clear phone call from heaven so that others know you are not alone, and your loved one is still with you guiding, loving, and connecting with you. Their body is gone, but their spirit lives on. It's proof that we are all eternal. Taking the fear out of death, and providing a safe place for one's heart to start to heal is my life's work.

# Interview with our Cover Model Cindy Sherwood



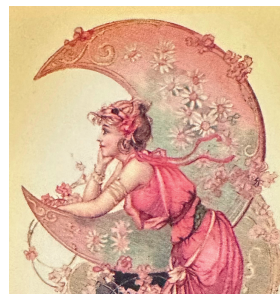
## How do you enjoy spending your free time?

My free time is spent developing my Mediumship and playing with my grandbaby. Along with antique shopping, I currently have two booths: one at The Green Bean and the other at Angry Mamas Antique stores in Cumming, Georgia. My dealer code is CS if you ever pop by and want to see or purchase a piece of vintage or antique pieces that have not been discarded. Each and every item I collect and sell holds the love and light of the spirit world with all different vibrations. My items are a safe playground for anyone who is learning or practicing psychometry.

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

You are more powerful than you believe you are. You are stronger than you think you are. Continue to love yourself. Know if you need healing, your spirit is ready to provide it. If you need love, reach inside yourself and ask for it. Your spirit is waiting, always holding space to love, guide, and protect you. Know that, and it will grow you. Much love to you all!

Cindy Sherwood  
Intuitive Readings  
Thursdays 6pm to 9pm  
The Inner Space  
6558 Vernon Woods Dr.  
Sandy Springs, GA 30328  
404-252-4540



Intuitive Readings

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# Self-Care on a Budget

by Glenda Emory



Repeat after me: self-care is not selfish. I don't know about you, but time seems to keep going faster and faster. With this speeding of time I often forget to take time to care for myself. Only when I start feeling blah, resentful towards things, or the shock of looking in the mirror of the state of my appearance, I notice.

I am in no way a "high maintenance" person. Basic self-care can be daunting for me to do depending on my day and obligations. Then throw in mild depression, a stressful and chaotic schedule, and the next thing I know my life's a hot mess.

Getting overwhelmed is easy to feel and the first thing we tend to neglect is ourselves. Dedicating long blocks of time for yourself isn't always feasible either. You need to build a routine and dedicate time to just you. Start with picking out one long day a week (30 minutes or more) and three shorter times a week (30 minutes or less). Once you start doing this, you will learn to create healthy boundaries for yourself and feel better. In return it will strengthen your spiritual journey and eventually you can dedicate more time for yourself.

I have listed some self-care ideas for those who are on a time budget. Disclaimer: If you have beings in your care that need supervision do these responsibly.



## ***Only have 5-10 minutes?***

Brush your teeth and wash your face  
Make some tea or coffee, sit and enjoy it.  
Brush your hair  
Play a game on your phone (set a timer)  
Pick out a nice outfit to wear (not just house clothes)  
Moisturize! Rub lotion all over your body  
Send 3 messages to friends on why you appreciate them.  
Write down 5 things that you're grateful for.

## ***Only have 10-15 minutes to spare?***

Go sit in your vehicle or a room in your home (close the door).

# Self-Care on a Budget

by Glenda Emory



Play a game on your phone.  
Listen to relaxing binaural beats.  
Wear a disposable face mask and meditate  
Write in a journal about your frustrations or better yet, your manifestations.  
Put on some makeup (eyeliner, mascara, and brushing brows goes a long way)  
Do your nails  
Sit in the sun or star gaze (depending on time of day)



## *Have 20-30 minutes to spare?*

Take a relaxing shower  
A quick cat nap  
Work on a quick hobby project  
Read a book  
Stretch  
Go for a walk, or run  
Do your hair  
Do a full face of makeup (like you're going on a date)  
Talk to your plants

Lay/sit in the grass barefoot (weather permitting)  
Work on releasing trauma from your body

Have 30 - 60 minutes?  
Go for a hike  
Workout  
Take a long bath or shower  
Shave, and exfoliate while taking shower  
Participate in your hobby  
Be social (friends, shopping)  
Watch a movie/show that only you like.  
Read  
Journal your goals and dreams  
Try something new  
Practice ho'oponopono on yourself.

These are suggestions. In reality, you should do what feels right for you to the levels you are capable of doing. Remember that you are not alone and that you have a family of spiritual beings here to support you. If you need help, reach out and ask. You got this!

GlendaEmory.com  
TheDivinePathLLC.com  
Hours T-F 10am-7pm  
Saturday 11am-3pm



# Un-Yoga Your Mind and Save Yourself

by Andrea Bagby



I am for the most part minimally athletic, curvy with mild autoimmune issues. I am a yogi as well. An avid yogi. Yoga saved my life. My yoga journey started as a new psychic. I was working a psychic fair many moons ago and I did a reading for a woman opening a yoga studio. Later I got an email inviting me to her open house. Me, being a seeker and an intuitive, happily accepted the invitation. Little did I know that day would save my life. Hard stop. Saved my life.



That day I attended the grand opening class, I was an asthmatic, probably 80 pounds overweight, in poverty, depressed, and on migraine meds. I was also actively seeking how to shift myself out of this downward spiral. I did the best I could with the poses. Basically, I laid on the mat attempting to catch my breath. The teacher led us in 2 deeply healing meditations

during the class. She talked about spirituality, wellness, and compassion. She invited me back stating she really appreciated the energy I added to the class. Every class I attended I learned about breathing, setting intentions, allowing flow and self-acceptance. I was able to apply this knowledge to myself and my clients at the psychic fairs. My business slowly started to grow, and my intuition expanded like crazy. I truly do not believe I would be alive and thriving if I had listened to my anxiety and attended that yoga studio grand opening.



Here is the honest yoga truth. The reason people are stuck is because their mind looks like a bad yoga pose taught by an unqualified teacher. There are 8 branches of yoga. There are 7 branches that require silencing the mind and untangling our consciousness. That means 7 branches that can be done in a chair, in the bed, in totally comfortable positions. One branch of yoga incorporates poses and postures; and those can also be modified to fit your body type or in a chair. The stigma and fear behind yoga has been exasperated due to a mix of bad marketing, media, and unqualified teachers who are not identifying as healers.



# Un-Yoga Your Mind and Save Yourself

by Andrea Bagby



That is what makes our program at The Inner Space stand out. Our teachers are certified life coaches and professional intuitives. We believe and teach that untangling the mind comes before the yoga poses. We are teachers and healers and empower each student to connect to their mind, body, and spirit and offer a variety of healthy tools and modalities to facilitate goals, healing, and manifestations. This is an inclusive, diverse program that empowers each participant to connect the mind, body, and spirit and live their best lives.

Andrea Bagby  
The Inner Space  
6558 Vernon Woods Dr.  
Sandy Springs, GA 30328  
404-252-4540



## What's with the Redesign?



HYDF has grown a lot in the last decade since it was started, and continued growth is part of our commitment to ourselves, to our tribe, and to our community. We felt it was time to do a major overhaul on our publication layout and on our website design. We hope you find a more professional-looking and intuitively thought-out experience at your finger tips. In our journey forward, and in the spirit of the phoenix, we will always rise from the ashes of what once was and strive for constant betterment. We light the path to see the way and in turn, we blaze a path for others to see as well.



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# Advice Corner

## *How does someone improve their intuition?*

There are as many ways of improving your intuition as there are people on this planet; everyone has a different journey they can take that can work for them. Your intuition is your inner-knowing. There are some common places to start, however, which we will share. How you continue on your path can be put simply as such: follow the nudges and interests in what you would like to explore next. Trusting those nudges - your gut - and what lights you up is telling your intuition that you would like to have a better relationship with it. It will naturally grow and improve with this gratitude and love given to it.

### **Here are some suggestions for where to start:**

#### **Do you get a “gut feeling”?**

Do your dreams give you messages of things to do or aspects of yourself to work on? Your subconscious mind can peek its head up and become conscious from time to time (which is when we recognize what we even may be perceiving subconsciously in hindsight). Sometimes we get a gut feeling (which, if you look at the science of neurons, makes it clear why we've termed it that) and if you follow it, see where it goes and you follow.

#### **Listen to your body.**

Do a body scan or ask what it wants for

dinner. Notice the sensations (as you do in yoga and breathwork) and ask what the sensations - or even pain - is trying to tell you. This is asking your intuition a question.

#### **Have a mindful practice away from stimuli.**

This can be journaling, coloring, or meditation. Stepping away from stimuli and being in your body and aware of the present moment will lead your mind to observe thoughts (not necessarily engage with the thoughts). Where does your mind lead you?

#### **Try a divination tool.**

There are many divination tools - practices that can help you connect with the divine - and whatever you may be drawn to is a great place to start. Some examples are: tarot, oracle cards, pendulum, dowsing rods, runes, casting shells, etc. You may even consider asking the same question via multiple modalities to see how the responses emerge.

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



# The Divine Path Metaphysical Fair

July 23rd, 2023 10 AM - 6 PM

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*Susie Rodriguez*  
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