

A Publication for Raising the Divine Feminine

Packed with Content
for the Metaphysical
Woman*!

HYDF

Spring Issue
May 2023
13th Edition

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FEMININE

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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



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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Make Your Own Dream Pillow with Cindy Sherwood



Escaping from reality and moving into the beautiful world of dreams. What a pleasurable delight it is to move about the universe. The universe can provide you with such insight through your dreams. Helping us see what is troubling us or helping us move through the issues we have in life. My favorite is a porthole for our loved ones to visit. In order for us to allow our dreams to show us the way to our wisdom, healing and guidance. We must go to sleep with the intention to have our questions answered. We need to be in a place of receiving and gratefulness before we go to sleep. What better way to enhance your intention by gathering your own herbs and preparing your own personal porthole into dreamland.

Dream pillows are not new and hundreds of years ago were used by doctors as a way to heal patients. To help with headaches and other ailments. Or if one suffered from bad dreams, the dream pillow was used to ward off evil energies. If you were a mystic it would be used to tell the future through dreams. Or allow your loved ones that have passed a doorway to visit. In the Middle Ages dream pillows were used to put you into a blissful sleep.

I made my dream pillow with the intention to induce dream visions and guide my earth body to stay connected with my spirit in my awake hours. You can put any intention you like while making your dream pillow.

The list of herbs below are suggestions for you to use to build yours. See what resonates with you and fill away. Be warned herbs are powerful and should be respected. You don't want to just add any herbs as some may keep you up and defeat the purpose. You don't want to find yourself stressed out and unable to sleep. So if you do wander off the list below please do your research on the herb very carefully.

Don't forget your pets, they protect and love us so much. They deserve a special love pouch also. Please don't just add any herb to a pet bed, some herbs are harmful to pets.

For your cloth: Muslin with the highest thread count you can find. 20 INC wide 26 long.

For stuffing I use 100 percent natural latex foam shredded. It takes about 4 pounds of stuffing to make one pillow.

When ordering fresh organic herbs make sure you are ordering cut and sifted. You don't want the stems poking you.

If you can sew that's great make your standard pillow. But if you're like me and can't get that bobbin to ever work for you. You can use a zipper cover. The best one I found is from Good Housekeeping called allerease naturals organic cotton pillow encasement. Natural allergy protection with a zipper. I use two one with the stuffing and herbs then I put the zipper side down in the second cover.

You want to mix what herbs you like. Use rose petals they will break down on their own over time. Just mix it in with the latex about a 1/2cup each herb give or take depending on how you like the smell. I used 2 cups of lavender. If you are going to use spearmint or peppermint it's really strong so you don't need more than a 1/4 cup.

Pick your cocktail mix from the list below:

Lavender * soothing and relaxing and eases headaches.

Passion flower * calming effect, sleep aid.

Chamomile * relaxing calming keeps bad dreams away.

Kava kava * calming, relaxes muscles, promotes deep sleep.

Roses * warmth and love

Spearmint or peppermint * enhances clarity and vivid dreaming, stress reliever.

Jasmine * reduces anxiety, depression, Reducing menopausal symptoms and working as a natural remedy for PMS and cramps, acting as an aphrodisiac.

Mugwort * lucid dreaming and remembering them.

Hops * relaxing and brings peacefulness, sleep aid.

Pet blends - eucalyptus, lavender, pennyroyal, rosemary, thyme, wormwood.

Cats - catnip, chamomile, pennyroyal, valerian.

If you have left over you can make mini Dream Pillows and place them under your pillow or hang them on your headboard.

Cindy Sherwood

Intuitive Readings - Every Thursday 6pm to 9pm

The Inner Space

6558 Vernon Woods Dr.

Sandy Springs, GA 30328

404-252-4540

The Powerhouse, Life Coach, Navy Veteran, Astrologer (and much more) that is LaTisha Rogers-Howard



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

Well I am the youngest of 4 and the most rambunctious out of them all. I was a teen mom and had 3 children total and I was determined to not be the stereotype "teen mom." Their father was abusive in all ways but I did get the strength to leave him for good. Thus began the journey of healing and working on myself which led to me learning tarot in 2018 and I have been learning and growing ever since.

What led you to choose to enlist in the Navy?

Honestly, I wanted to do something more than what I was doing. I had 3 kids and just want to make ends meet in a different way so originally, I wanted to go into the Air Force but they had a long wait list. So I went into the Navy office and the recruiter said we will teach you how to swim and that was it. I wanted to be a mechanic because my dad didn't want me to be one in the civilian world but I ended up being a Corpsman and enjoyed 9 years altogether.

How did these experiences shape your life?

Well, these experiences led me to know my strength and my reason for being who I am. It has allowed me to heal others just by being an active listening ear because I didn't have that for myself. My experiences have helped me to build a presence in this world and help those who need my guidance in the unique way that I deliver it. I always say that your experiences are the building blocks to your present and future.

How did you come to be aware of HYDF?

Well, I had taken the majority of Andrea's classes and I decided at the last minute to join the Yoga class and that is where she told my group about HYDF. At first, I was hesitant because I was just coming out of shell and it was at the end of 2020 but it has been nothing but amazing and the women I have met have been awesome!

How has your Yoga Teacher Training (YTT) impacted you?

It has given more body-confidence and made me more aware that the body is flexible and resilient. It has taught me to be more aware of my presence in life and be present in the moment even in the midst of chaos. I also gained a new community of people who are like-minded individuals.

What’s your favorite part of being involved with HYDF?

BEING ME!! I get to be around people who enjoy my presence, uplift and believe in me and my business! Also, I enjoy helping with and being a part of a growing business of empowering women!

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

You can expect that I will listen without judgment but give you what you need to hear in a direct way with love and support! I am here to be your Spiritual Cheerleader! I offer: Life Coaching Sessions, Tarot and Oracle Readings, Sex Tarot Readings, Astrology Readings (including transits) and Numerology Readings.

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

For the future, I want to write a book, make sprays and oils and continue to grow my business with the skills that I am learning. For the community, I want to be present in a way that I show up for the community as it continues to grow and prosper!

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

To continue to reach for beyond the stars because only you can stop you!

LaTisha Rogers-Howard, CLC
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Fierce Fall 2023 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

9:30pm: Meditation with Stretching

Saturday

8am: Morning Meditation

9am: Breakfast

10am: 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

Sunday

8:30am: Breakfast

9:30am: Parting Words and Music



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Here are the reasons, goals, and what happens.

1. Real life transformation from the inside out
2. Spiritual Expansion
3. Mind, Body, and Spirit Unity
4. Metaphysical Knowledge
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6. Energy Work
7. Intuition
8. Meditation
9. Community
10. In person mentorship



*Flexible Payment Plans Available

A Quick Word About Accelerated Healing from Kathy Jay

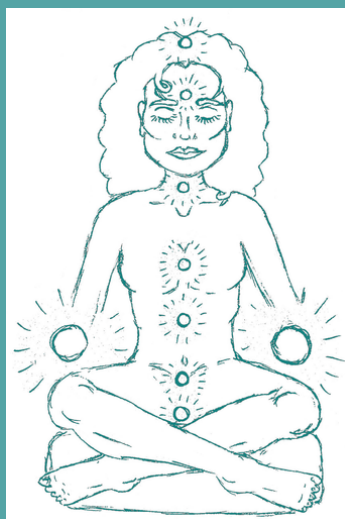


Many people are choosing accelerated healing opportunities and timelines, and some are even being called to take on these options to be set on a path for their highest potential. The energies on the planet and within the collective consciousness at this time are extremely charged with polarity; we all have the choice to choose the frequency to align our daily lives with.

We are also seeing chances for each of us to tune in to the lower frequencies we still carry to purge them further. Taking the time to do the shadow work, inner healing, on every level is incredibly important right now. As you heal yourself, you heal the world because as your vibration rises with healing, the collective vibrations rises as well.

There is something important to remember if you find yourself on an accelerated timeline. Many of us will choose much growth all at once, sometimes to our own detriment, because we want to be the best version of ourselves (or we want to have a sense of control). We can always ask our team to slow things down, lessen ascension symptoms, and help us to better integrate the energies.

Spirit asked me to make sure this information was known at this time: you can ask us to slow down the acceleration a bit, just ask for what you need. As always, the more specific the request the better; they want to help but we must ask!



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Inner-Child Healing by Glenda Emory

GlendaEmory.com

TheDivinePathLLC.com

The most common question I get from people who are looking to get into healing for themselves is, "Where do I start?" That's a great question and I have a very simple answer for you. Inner Child Healing.

Our deepest wounds and core beliefs are formed from within the womb through childhood and into young adult. In this time we form our view of the world and our place in it. If you have a lot of abuse or neglect during this time you form wounds that follow you into adulthood and cause triggers that can be unbearable and destructive on ourselves and those around us.

If your mom had a lot of stress and fear, or unfortunately, experienced physical abuse during pregnancy you may have formed the belief that you did not deserve to be her and the world is unsafe. If your mom wasn't capable of nurturing you the way you needed once you were born that belief will have been reinforced and cemented into your psyche. If your parents were neglectful you will have formed anxious attachment, low self worth, and feelings of being undeserving.

The majority of our triggers and dysfunctional coping styles were formed in early childhood.



The Divine Path

Mind

Body

Spirit

Peace

www.thedivinepathllc.com

We are a group of holistic practitioners who come together from many different backgrounds and modalities to help people have their best life. We believe that anyone is capable of healing given the right tools and support. All of us are experts in our fields and passionate about helping others overcome trauma and blocks to be able to move forward into the abundant life you deserve. Each practitioner is ethical and the real deal so no matter who you choose to work with you will receive the best that person has to offer without worrying you are wasting your time or money.

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Inner child exercise:

Create an inner world for your inner child where you would have felt safe and loved to be as a child. Create the perfect place for your inner child. Visualize it in as great a detail as you can. If you don't visualize well making a vision board to reference would be helpful.

In this safe space invite in a protector for your child if they want one. Just ask. Invite in parents if they want them. If they do, see them and his/her surrogate parents. If they reject having interaction with parents then keep trying. Eventually they will be ready. Once they are ready for parents, see them doing things that are fun, things that you would have liked at that age. See them holding you and loving you. It would be a great idea for you to hold them, hug them and tell them you love them and you accept them as they are.

Keep adding details every day and Keep working with them until they don't show up anymore. You only need to invite in the parents and protector once. They will stay.

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Advice Corner

Do you have a book recommendation about Spiritual Awakening?

Yes, I have several!

“You’re Not Dying, You’re Just Waking Up” by Elizabeth April: This book is one of my go-to recommendations for people trying to understand what is going on with them, and it lays out the general process people typically go through.

“Spirit Hacking” by Shaman Durek: The shamanic perspective of the awakening process that also provides tools and tips on how to harness your newly-found power.

“Light is the New Black” by Rebecca Campbell: I like to consider this book as an answer to the question, “What does spirit/God/source want me to know?”

“Three Waves of Volunteers and the New Earth” by Dolores Cannon: This book compiles transcripts of Quantum Healing Hypnosis Technique (QHHT, formerly known as Past Life Regression) to illustrate the changes on the planet and what boat you may find yourself in with regards to your purpose here.

“Everything is Here to Help You” by Matt Kahn: Highly loving channeling messages from spirit to help you know you’re not alone on this journey.

“You Are a Badass” by Jen Sincero: A very practical self-help book with lots of thinly-veiled spiritual wisdom.

“Conversations with the Z’s: Book One” by Lee Harris: With Book Two recently released, channeled messages that are being published at this time to help guide us all on our ascension path.

I never had labeled myself as much of a reader until the pandemic hit and I found myself with plenty of time and a craving to better myself and to learn about what I was feeling intuitively.

I knew big changes were on the horizon and that this “timeout” could be seen as a gift if we chose to shift our perspective. That’s why you’ll find some of the recommendations above to be books equally about spirit as they are about self-growth. They do tend to go hand in hand, that is: spiritual awakening and self-improvement.

I’m also a big fan of audiobooks (because I can listen to them and use my hands for other things!), so know that these recommendations also happen to be available for your listening pleasure. As always, take what resonates and leave the rest.

If you enjoy discussing books along your journey, you may consider joining a book club. The Open Mind Center in Roswell, GA (local to many of our readers) hosts a monthly book club the first Monday of each month, with the books selected being of a spiritual and/or metaphysical nature while still approachable subject matter for the average person.

Email your questions to hydflove@outlook.com

A Channeled Message from Spirit via Andrea



As I sit after what seems like my 100th Psychic Fair, I am reminded why I do this; why I did this. I love the people. I really love the marginalized and disenfranchised communities. The ones in early spiritual stages of healing. Here is why:
I am her. She is me. If she thrives, I thrive... families and communities thrive. So I will sit and listen with your tears, your joys, and your fears. I will cheer for you and your kids. I will continue to give you opportunities to heal and to grow. That's why I do it. This crazy gig of being a psychic.



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