

A Publication Created By Women For Women

Edition 2. July 2020

Why Wellness?

Transforming Family Relationships - Truth!
by Daphne Martinez

Diversified Yoga Teacher Training

A Spiritual Wellness Prescription for Your Immune System during COVID-19
by Teresa Wilson

You dont want to miss: Fierce Fall Retreat Presentations

Pictured below (left to right): Anna McCague, Amber Avery, Andrea Bagby, and Teresa Wilson



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Real Life Spiritual Women - Find Your Tribe!

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Andrea Bagby is a creative visionary, yoga instructor, renowned psychic healer, 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.



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Andrea is available for private readings, coaching sessions, and workshops. Call (404) 252-4540

Goddess Rising Retreat Schedule

November 6th - 8th, 2020

*Register at The Inner Space
by calling (404) 252-4540*



Friday Schedule

3:00 pm – Arrival and Check-in

6:00 pm - 7:00 pm – Relax, get acclimated, Art table available

7:00 pm - 8:00 pm – Dinner, and a word from Andrea

8:00 pm - 9:00 pm – Peer Support Group



BLOOM WHERE YOU ARE PLANTED.



 Kudzu-Center

 Kudzu_Center

Saturday Schedule

7:30 am - 8:30 am – Restorative Yoga for Healing

9:00 am - 10:00 am – Breakfast

10:00 am - 11:00 am – Eat Like A Goddess

11:00 am - 12:00 pm – Heal like a Goddess

12:00 pm - 1:00 pm – Intuit Like a Goddess

1:00 pm - 2:00pm – Lunch

2:00 pm - 3:00 pm – Goddess Nature Walk

3:00 pm - 4:00 pm – Cultivating Wellness

4:00 pm - 5:00 pm – Hoop Yoga

5pm -Goddess Ritual and Flaming Hoop

6:30 pm – Celebrate the Goddess with Dinner



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

- Andrea Bagby | HYDF



Sunday Schedule

8:30 am - 9:30 am – Music and Sound Yoga with Andrea and Kira

8:30 am - 9:30 am – Breakfast

11:00 am – Check-out and Departure



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Transforming Family Relationships: Truth

By Daphne Martinez

As children, we are constantly told to tell the truth by all of the adults in our lives. But why is it that those same adults can't and won't live by that same truth mentality? A few women that I have met, like me, also live 100% in their truth, and unfortunately we all have the same type of relationship within our own families. They are viewed as the black sheep, disrespected and ignored.

My own father has said about me, "She fucks up a lot, but she has the biggest heart." Seriously; that is like giving me a pathetic compliment surrounded by a pile of shit. My father is 70 years old and still feels the need to lie to me instead of giving me the respect of his truth... sad but true. By living in truth, I've noticed that those who don't do the same are quick to negatively criticize and they see no reason to ever change their point of views. But how sad is that?

One thing I had learned from my parents is how they wanted me to think, speak, and behave. I am the complete opposite of them, and people's perception to my truth doesn't matter. I can only do the best that I can every day - and not everyone is going to agree or like it. But if I'm living in my truth, then I'm free from the worry, the anguish, or the negativity from lying. My truth is not meant to hurt anyone's feelings nor to pass judgment on them or their views.

I can't change my parent's behaviors or thought processes when it comes to me, but what I can do is change my reaction to them. Instead of them draining my positive energy, I put boundaries on them and now I hang around with my chosen family in our truth. It's hard to move forward emotionally and spiritually without my parents, but I have noticed that my energy and life are thriving now more than ever. As we all move forward in life, we unfortunately lose people along the way - even our own family.

Why Wellness?

By Andrea Bagby

Wellness is perhaps our greatest legacy. Yes, wellness of our mind, body, and soul is the number one asset we can pass down in our physical and spiritual family trees. Having a strong immune system is the number one tool we use to gain wealth and happiness. Our medical system has failed us tragically. Physicians treating patients with zero knowledge of nutrition or spirituality. Every day I talk to clients asking me about health and wellness; I love that I can educate people about how to take care of themselves.

Here are the top five tips I have to maintain a strong immune system:

1. Get adequate sleep
2. Avoid all fast-food and begin cutting chemicals
3. Stretch every hour
4. Find a spiritual healer that you feel good with
5. Avoid tap water at all costs

Putting your health first is everything in life. To really manifest your dreams, spirit wants you to have a smooth driving car to create in. How can we pull up to our six-figure jobs in a two-figure vehicle? The energy would be soooo out of alignment! The key to wellness is slow and steady. Start by eliminating one toxic food or habit.

Why Wellness? By Andrea Bagby

(continued)

Maintain that for a few months. Then try eliminating something else. What is the one mistake I see people make? Getting overwhelmed and wanting to change everything overnight and then bingeing on toxins. This puts your body on a really intense roller coaster. Please avoid that - start slow and build on that. You are only in competition with yourself!

Offer yourself a solid, practical foundation for health and wellness. Weight loss will follow if you remove expectations and allow your body to level out. Food takes about 90 to 120 days to completely leave your body. Mark your calendar and see how you feel at the end of four months. I am sure you will be like, “Oh, I can touch my toes easier,” or, “I have less migraines or indigestion.” Monitoring your aches and pains and even mood levels give you so much insight to your health that can empower healers and physicians to better treat you.

Release fear around viruses of all sorts: refuse to accept them in your energy field or in your household. Know you really do have so much room for empowerment in your immune system than the medical world tells us. Fill your headspace with creating your own legacy of wellness and you will thrive on a mind, body, and spirit level.

Thank you for reading this.

Wellness and Life coaching packages now available at The Inner Space.

Diversified Yoga Teacher Certification

Imagine opening yourself physically, mentally, emotionally, and spiritually while becoming certified to share that gift with others. Yoga Teacher Certification will expand your own abilities, giving you necessary information and skills to teach others while opening up a potential new career.

Andrea is a healer of the mind, body, & spirit. She combines intuition, reiki, and yoga as she teaches Yoga Teachers to explore and embrace their own spirituality by incorporating all the branches of Yoga. Andrea is an expert in activating intuition, teaching teachers, building spiritual businesses, and coaching future teachers, leaders, and entrepreneurs to embrace their dr

This 200-hour Yoga teacher training covers all the branches of Yoga, anatomy & physiology of Asanas, Ayurvedic practices, and the business of yoga by incorporating ancient wisdom with the tools and knowledge of how to make this practical for the modern mystic. We stretch beyond the Asanas, diving deep into the practice of meditation, and learning the correlation of chakras with both anatomy and Asanas. The objective is obtaining a whole practice of wellness; Andrea guides students through this practice.

Call Andrea for specific dates, payment plans, and other questions. Investment is \$2500. Call (404) 252-4540 to register. LGBTQ Friendly; All shapes, skill levels, and body sizes welcome. Andrea will take you deep within, strengthening your own practice and empowering you to teach your students, clients, friends, family etc.

Included in the Training: Practice teaching Yoga to all skill levels, Yogic lifestyle, Metaphysical application, Intuition, The business of Yoga, Anatomy of Yoga, Techniques, Methodology, Anatomy, Philosophy, and the Practicum.

A Spiritual Wellness Prescription for Your Immune System during COVID-19

By Teresa Wilson

I have been on a spiritual wellness journey for the past two years with the intention of maximizing my resilience, my immune system, health, and happiness. Last March, as I thought about ways to mitigate my risks for COVID-19, I thought about two things: prevention and maximizing my survival chances should prevention not work. I follow the CDC guidelines for social distancing and mask wearing, just as I follow speed limits and wear a seat belt while driving. They are basic safety measures. What I found lacking was any discussion of making my immune system resilient. That's why I conducted some additional research on maximizing health.

My Spiritual Prescription for Maximizing Wellness

Our bodies want to be healthy. These methods will allow your body to “do its thing” and are toward wellness. My spiritual prescription for wellness is meditation, exercise, sunlight, forest baths, and structured water. Our bodies naturally produce neurochemicals that give us a sense of well-being. As they travel through our body, they are like keys looking for a special lock in the brain to open good feelings. You know many of these chemicals. Your hypothalamus produces oxytocin, which your pituitary gland releases. Oxytocin makes us want to bond with others. People call it the hugging molecule. Dopamine, produced in your brain and kidneys, is the excitement and motivation neurotransmitter. Serotonin, produced in your gastrointestinal tract, is the satisfaction and well-being neurotransmitter. Gamma-aminobutyric acid (GABA) makes us feel calm and at ease. Endorphins are hormones produced in the pituitary gland that reduce the perception of pain and induce feelings of euphoria. Anandamide is a neurotransmitter derived from our body's omega-6 fatty acid. It is called the bliss molecule. When our brain is filled with these and other well-being neurotransmitters, we experience something akin to the mystical.

What can you do to maximize these good mood chemicals? To quote Dawson Church, PhD, author of *Mind to Matter*, “Researchers have been studying the brain functions of mystics. They've found that deep meditation stimulates the mystics' brains to produce large amounts of anandamide, serotonin, dopamine, and four other pleasure-inducing neurochemicals.” A study published June 2020 shows that anandamide increased as much as 70% and that positive feelings lasted for more than a month after an intensive meditation retreat. [1]

[1] Sadhasivam S, Alankar S, Maturi R, et al. Inner Engineering Practices and Advanced 4-day Isha Yoga Retreat Are Associated with Cannabimimetic Effects with Increased Endocannabinoids and Short-Term and Sustained Improvement in Mental Health: A Prospective Observational Study of Meditators. *Evid Based Complement Alternat Med.* 2020;2020:8438272. Published 2020 Jun 5. doi:10.1155/2020/8438272

A Spiritual Wellness Prescription for Your Immune System during COVID-19

By Teresa Wilson

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Exercise also improves your immune system and mood. It causes your body to release endorphins. You can do anything as exercise. Jump rope. Dance. Hop scotch. Yoga. Bike. Run. Volleyball. Even calisthenics. I walk for exercise. I started walking around a cul-de-sac, less than a quarter mile. Each month, I've added to that distance so that I usually exceed 10,000 steps a day. Now, I add something new to my routine each month. Take Andrea's yoga classes! Clinical studies show that yoga reduces depression, anxiety, stress, symptoms of schizophrenia, and pain. A recently published study shows that yoga can help reduce cholesterol, triglycerides, and LDL scores for people with Type 2 diabetes. [2] The point is that exercise of any type you can tolerate will help your body bend toward a healthy state.

You can have too much of a good thing. And, sunlight is one of those good things. I try to get 15 minutes of direct sunlight a day. There are many ways to show the benefit. I'll cite an extreme example. Doctors in Indonesia showed that people who were exposed to sunlight recovered from COVID-19 faster. [3] Sunlight also helps regulate your circadian rhythm, your sleep, and your neurotransmitters.

For those of you who attended my class at the last HYDF retreat, you know that forest baths are healing. [4] In Japan, walking in the woods is called "shinrin-yoku." It is a practice of using all your senses while meandering through or sitting among the trees. As you breathe, you are inhaling natural phytoncides that the trees release. Doing this causes an increase in your body's natural killer cells, a type of white blood cell that fights infections, reduces inflammation, reduces the risk of cancer, and supports the overall health of the immune system. I encourage you to read both Time Magazine articles referenced. They describe the amazing health benefits of forest bathing.

[2] Nagarathna R, Tyagi R, Kaur G, et al. Efficacy of a Validated Yoga Protocol on Dyslipidemia in Diabetes Patients: NMB-2017 India Trial. *Medicines (Basel)*. 2019;6(4):100. Published 2019 Oct 11. doi:10.3390/medicines6040100

[3] Asyary A, Veruswati M. Sunlight exposure increased Covid-19 recovery rates: A study in the central pandemic area of Indonesia. *Sci Total Environ*. 2020;729:139016. doi:10.1016/j.scitotenv

[4] Time Magazine <https://time.com/5259602/japanese-forest-bathing/> and <https://time.com/4718>

A Spiritual Wellness Prescription for Your Immune System during COVID-19

By Teresa Wilson

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I have followed the structured water research of Gerald Pollack, PhD, for nearly a decade. [5] I am 100% convinced that structured water has health benefits that bulk water does not. Structured water has other names: hexagonal water, exclusion zone water, or EZ water. Structured water has a different charge than regular water. It is the difference between drinking water from a bubbling spring vs. water from a stagnant pool. Many people think of structured water claims as quackery. There are certainly some devices that will structure water that cost several thousand dollars. I use a \$30 device to “structure” all the water I drink. All I can say is that it works for me. Try watching Dr.

Pollack’s TEDx talk cited in the footnote and judge for yourself.

There it is. My spiritual wellness prescription for the pandemic. I’m not a physician and my advice should not replace your clinician’s advice for you. What I can do is salute each person traveling the path to wellness using the spiritual, wellness, and clinical practices that work for you.

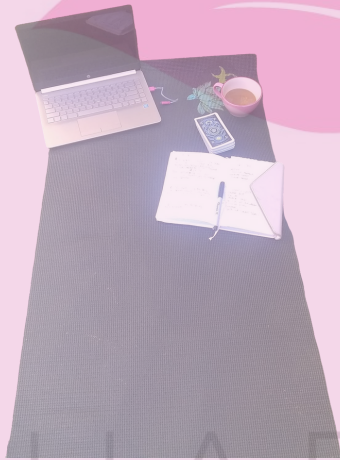
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A Word From Andrea

I personally invite each of you to partner with HYDF as we continue to build our legacies by empowering and uplifting one another. We are cultivating a new generation of collaborative healers who recognize and embrace their holistic and intuitive abilities. Our goals are as follows : our own retreat center to facilitate healing trauma and clearing generational curses for ourselves and future generations educate all people on healthy feminism with the goal of eradicating the need for feminism. be a solid foundation for strong healthy families and communities to spring from. Our purpose is to end marginalization of women and children by providing programs that promote empowerment, entrepreneurship and elegance. Our programs include retreats, workshops and classes based on the concept that "When you give a woman an opportunity you are giving her the world." I am always so honored to share energy and experiences with each of you. Fall retreat registration is open!!! Please register today with a deposit. 20 people max this year. Remember that wellness is our greatest legacy!! I look forward to hearing from you.

Profound Thoughts and Notes



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