

A Publication By Women for Women

8th Edition, April 2022

Packed with
Content for The
Metaphysical
Woman!

HYDF

Glenda Emory:
Interview with a Witch!



The Psychic is IN:
Free Advice!
Ask Kathy!

After 40 Years, I Revised
My Daily Affirmations
by Teresa Wilson

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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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After 40 Years, I Revised My Daily Affirmations

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



Affirmations are positive statements, written in the first-person, in the present tense, that reflect your priorities. I wrote some in 1982 that I recently revised. Here's why.

I first learned about the power of love and the power of thought from articles and PBS shows featuring Leo Buscalia, PhD and Bernie Siegal, MD. In the early 1980s, Buscalia, "The Love Doctor," taught a class at the University of Southern California called "Love 101." He wrote several books, and I highly recommend his 1983 book, "Living Loving and Learning." About the same time, Siegel was teaching children to fight terminal cancer with healing affirmations. Siegel published a book about how love and affirmations heal, "Love, Medicine, and Miracles" in 1986.

The history of affirmations and positive thinking goes back even further. One of my favorite Theosophists, Ella Wheeler Wilcox (1850-1919), wrote about the power of thought. My favorite example is her passage from her writings is, "I hold it true that thoughts are things endowed with bodies, breath, and wings, and that we send them forth to fill the world with good results - or ill." In 1910, Wallace Wattles (1860-1911) taught how thought could make you wealthy in his book, "The Science of Getting Rich." Wattles, in turn influenced Napoleon Hill who wrote about the power of positive mental attitudes in his 1937 book "Think and Grow Rich." In Europe, the French psychologist, Émile Coué (1857-1926) demonstrated that autosuggestion could influence a person's well-being and lead to healing. His technique, "La méthode Coué" was to have a person repeat a statement up to 20 times per day: "Every day, in every way, I'm getting better and better."

I learned about Coué in the early 1980s when I was inspired to write my own daily affirmations.

- I love God, love others, and love myself.
- Each day, I make the world a better place.
- I make wise decisions based on head and heart.
- Each day is an opportunity for me to live a healthier life.
- I manage my financial affairs in a wise, disciplined manner.
- Every day, in every way, I'm getting better and better.

I taped copies of these six affirmations on mirrors, in drawers, on my car's sun visor, and on the refrigerator. And, they have guided and inspired me for 40 years.

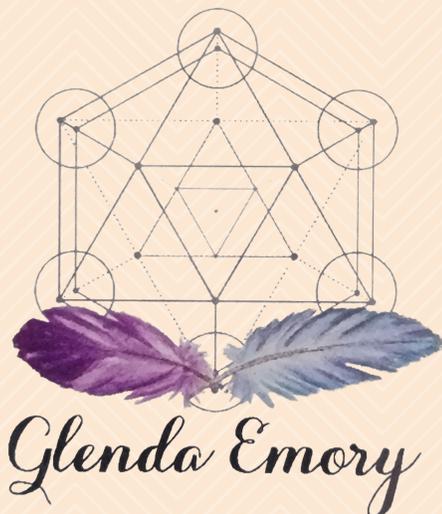
But times change and, this year, it was time to rethink and revise those affirmations. So much science, philosophy, and research has informed my thinking about affirmations since then. The ground-breaking work of neuro-scientists, John Grinder and Richard Bandler, at the University of Santa Cruz led to the popularization of neuro-linguistic programming in the 1990s. Louise Hay (1926-2017) influenced me through her discussions of the power of thought at a conference I attended the year before she died. Hay wrote the 1984 best-seller, "You Can Heal Your Life." Many of you may know of New Thought author, Rhonda Byrne's book, *The Secret*, published in 2006. And, co-founder of the Jewish Science movement, Tehilla Lichtenstein's (1893-1973) emphasized the power of positive thought in her sermons. They have all been influential.

Reading, contemplation, and age led me to revisit my trusty affirmations this year. I still have six, but they have a different focus.

- I am healthy.
- I am happy.
- I am love.
- I live in the present.
- Every day, in every way, I am getting better and better.
- There is one mind, one principle, one substance in the universe, and I am one with all there is.

While you may copy my affirmations or someone else's, it would be better if you wrote your own. You should have an intellectual and emotional attachment to your affirmations. Make them personal. I'm convinced that they enhance your life, alter your brain chemistry for the better, and I believe they can heal.

Teresa Wilson, founder, Kudzu Center (www.kudzucenter.com). Teresa is an ordained minister, metaphysician, energy healer, and intuitive counselor. Contact her through Kudzu Center.



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Spring Fling 2022

Blossoming in 5 D

Retreat Itinerary

Friday
April 1

- 1pm: Check-in Opens
- 3pm: Nature Stroll w/ Angelica & Felicia
- 4pm: Art Table w/ Diane
- 5pm: Yoga For All Bodies
- 6pm: Dinner
- 7pm: Small Groups

Saturday
April 2

- 8am: Yoga For All Bodies
- 9am: Breakfast
- 10am: Radical Forgiveness w/ Kira
- 11am: The Embodiment of Joy -
Reclaiming Your Feminine Power w/ Glenda
- Noon: Lunch
- 1pm: Psychic Development w/ Teresa
- 2pm: Get Your Grove Back w/ Latisha
- 3pm: Finding Your Internal Balance w/ Ro
- 4pm: Intuitive Panel
- 6pm: Dinner
- 7pm: Chanting, Fire, Dancing

Sunday
April 3

- 8am: Meditation
- 8:30am: Breakfast
- 9am: Goodbye Hugs



Glenda Emory: Interview with a Witch!

Tell me about your many gifts.

This is a complex question. Lol I have quite a few, but I grew up watching my mom heal burns with touch and knowing things I shouldn't have been able to know. My mom taught me how to heal burns with touch, but I use my quantum healing, psychic/medium, and empathic abilities the most.

How did your gifts impact being a parent?

I think they helped me be closer and more supportive of my children. I felt what they felt so it helped me understand them better.

What 3 tips do you have for everyday people?

1. Have fun. Life is too short to waste time being miserable. If you're miserable, do something about it. You have that right and deserve to be joyful.
2. Heal your inner child. You will be vastly less triggered and more peaceful.
3. Self care is NOT an option. It is necessary to be able to fully show up for ourselves and those around us.

What is your most HYDF story?

Goodness, there are so many. What really stands out though, is my 1st retreat retreat where I didn't know anybody. I felt awkward and cried the whole time. No one told me to stop crying. In fact everyone was so sweet and supportive as I was releasing so much pain and emotional trauma. I was embarrassed, but couldn't stop. No one ever shamed me and being able to be raw while being supported through it made me feel accepted and cared for. I made lifelong friends and found myself a new spiritual family.

What do we actually need to clear energetically daily?

There's many options and all work, but find the one that works best for you. Clearing in the shower with visualization and salt is easy and convenient. Everyone picks up energy. Just like we get dirty and need to clean our bodies you need to have good energy hygiene to be healthy and balanced.

What are your recommendations for metaphysical tools?

You really don't need a ton of metaphysical tools. Keep it simple.

Visualization is free and works really well once you get the hang of it. Don't worry if you can't just feel it or say your intentions out loud, but here are some valuable ones I use frequently.

- Smudging is hugely beneficial. If you're going to use sage just don't use it alone. Conscious negative entities don't care if you use sage. It doesn't bother them. Add to it or instead, cedar, juniper, rosemary, lavender, and or frankincense are fantastic options.
- Chimes or singing bowls for clearing and raising the vibration.
- Candles for all sorts of manifesting and intentionally bringing in more light to wherever you need it.
- Frequency music. Solfeggio, Rife, and hemi-sync music are all hugely beneficial for your body and energy and perform a wide variety of things from clearing to cellular healing.
- Crystals. Crystals are a slippery slope because they work, but I don't know anyone who has just a few. Once you start you want them all. Lol.

What else should we know about you and your business?

I help fix people and situations that others have tried to fix before me. I specialize in weird and difficult cases of both physical issues as well as spiritual ones. I get people unstuck by finding the root cause and helping them heal and release it for good.

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The Psychic Paradox

By Kathy Joy



Most skeptics of psychics will immediately ask them to pick the winning lottery numbers, or question aspects of the psychic's life that seem imperfect. That's a totally fine way to start a conversation with me - I welcome skeptics, and it's not my job to change your mind. I'm only going to share with you my experiences as a person if you're trying to connect with me on a logical level, and if you want a reading, what I'm picking up in your energy field as a psychic medium.

You see, there's a caveat with being a psychic that many people don't realize: you're not supposed to know everything. Discovery is an integral part of the soul's experience. Some of the most common questions asked by intuitives? It's relationships, work, money, and the body. Those are some of the most captivating parts of the human experience. Souls come to the Earth school to learn, and those are some of the most unique parts of this school. We aren't supposed to be perfect at navigating them and spirit wants us to make our own choices and learn by trial and error. That's why we don't know everything that could possibly happen to us. Wouldn't it be boring if we did anyway?

Pure joy Channeling
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Advice Corner

What do the terms “Twin Flame” and “Soulmate” mean, and are they the same thing?

This is an excellent question, and has a different answer for everyone, so take what resonates with you, always!

Soulmates are souls that you encounter that you are supposed to meet, and often have shared many past lifetimes with. Sometimes they are your life partner - as the term most often has come to mean - but they can also be a sibling, a parent, a friend, an enemy, or even a pet (and if you're questioning that, I recommend looking up “The Dodo's Soulmates” video series for uplifting stories with cute animal counterparts, and some humans as well). We are often contracted to come across these relationships or choose to have them within our lifetime. Sometimes the past life that you had with them had them in a different role in relation to you. This can be a little mind-boggling to those who have seen a soulmate purely in the romantic sense!

Now, a twin flame is something that shares many aspects of the definition of a soulmate, but is a little different. A twin flame can be a soulmate, but not every soulmate is a twin flame - much like how a square is a rectangle but not all rectangles are squares. And, it's worth mentioning, that the idea of a twin flame doesn't entirely transition well to many people who are of the belief of souls all coming from source and the oneness of universal consciousness, however, the dialectic there is that two opposite ideas can be true at the same time. Interestingly enough, this question comes in time for a publication with a cover model who happens to be an expert on twin flame connections!

A twin flame is a soulmate - again, also romanticized in this day and age - whom you share a soul with. You'll often find unbelievable parallels in circumstances and similarities paired with complementary opposite experiences or aspects of the self. There is an undeniable pull to each other, and the telling dynamic of a twin flame relationship is the “run-chase” constantly between the two parties alternating after they first meet. You'll also notice an incredible, palpable connection when you first meet and difficulty pulling away from the conversation because you feel so comfortable sharing with this person.

I hope this clears things up for you! Many people who don't have a twin flame can't comprehend the idea of having one, but as I above, with this subject, definitely take away what feels right and leave the rest behind.

Email your questions to hydflove@outlook.com

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The number one question I am asked...

Men. I get asked about men like one million times a day.

If anyone is counting.

All types of men, this includes men who identify as women. Yes there are more than 2 genders. (over 5 genders, that's a different article)

I acknowledge all of them I always have even when that was not trendy. I marched for rights. Gay rights, women's, rights, workers rights.

I strive to end marginalization of women and children.

I strive to advocate for all humans.

The retreats are for all women who are female identifying.

There are events that are for all genders.

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Peer Network Support Groups

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