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Content for The
Metaphysical
Woman!!**

HYDF

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**On The Leading Edge of Women's
Organizations
A Publication By Women for Women
8th Edition Jan 2022**



**Glenda The Good Witch
Gives us The BEST New
Years Ritual She Has!!**

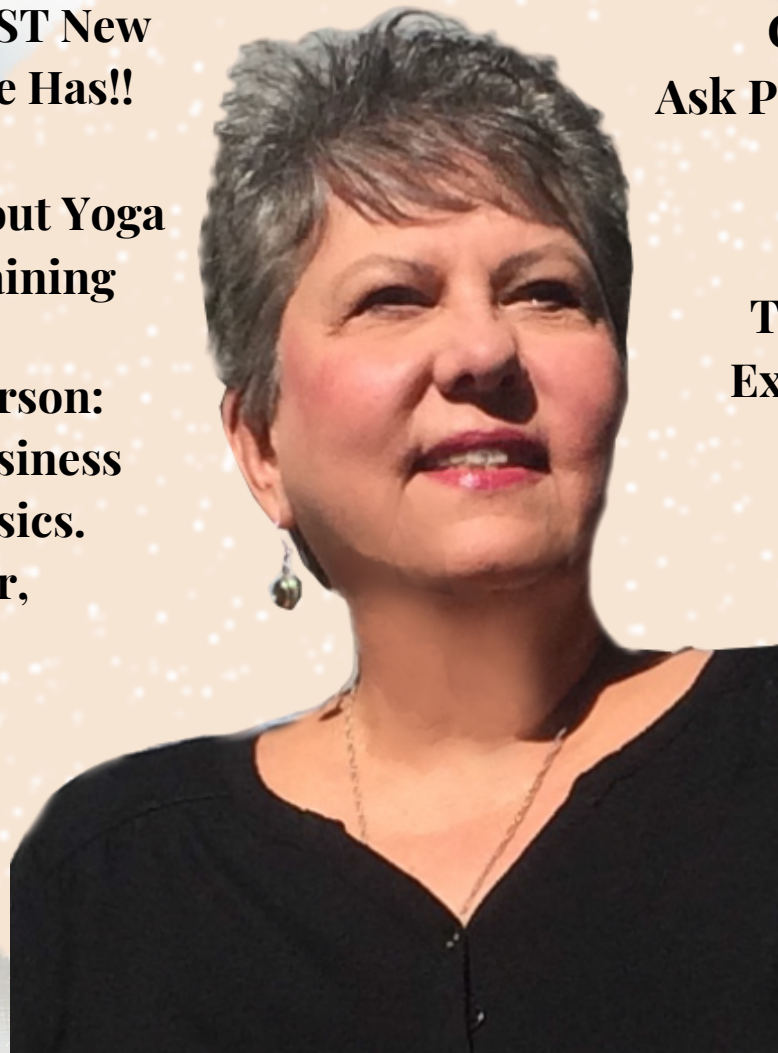
**NEW! Advice
Column
Ask Psychic Kathy**

**The Truth About Yoga
Teacher Training**

**Sherry Henderson:
Her Path to Business
and Metaphysics.**

**Trail Blazer,
Goddess,
Healer**

**The Human
Experience of
Grief**



**Andrea's Top 10 List!
How To Beat The Winter Blues!**

**The Dirty Little Secret
About Healing**

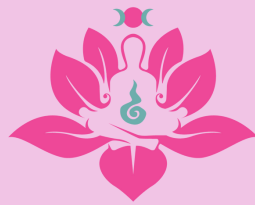


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YOUR DIVINE
FEMININE



Programs, Products, & Curriculum designed
by women for women.

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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.

Culture? We are metaphysically and practically grounded. Offering tools and resources to teach women how to create 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.

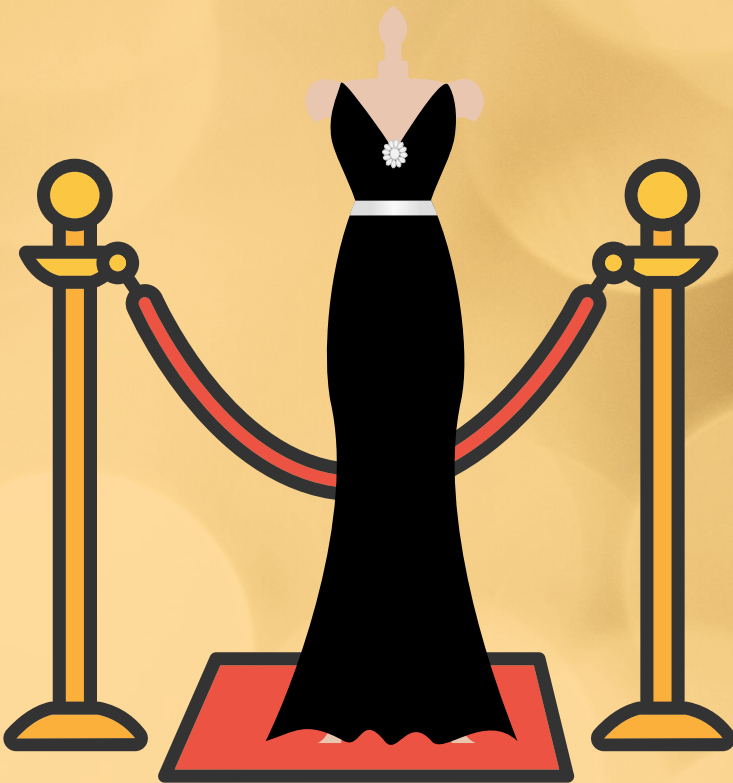
Where are we? Our headquarters are in Atlanta, GA. We do have women involved throughout the galaxy.

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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Dates To Remember

**Ladies Retreat
April 1st-3rd 2022
Fierce Fall Retreat**



**March 12th, 2022
Goddess Gala
6pm
Husbands, Boyfriends and
Kids Welcome
LGBTQIA Welcome**

Find out more about our events online and in person

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Andrea Bagby

- Heal what's holding you back
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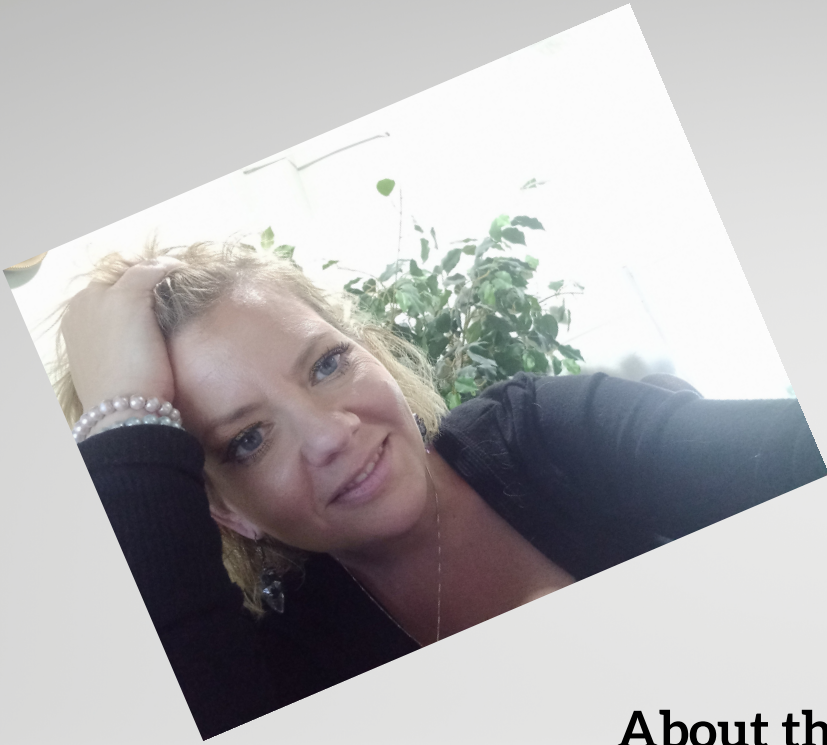
~~\$125~~ **\$99**

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1/29/22

10am-6pm

Peachtree Corners, GA

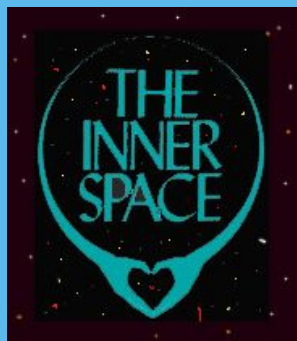


About the Creator of the Publication

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.

Call (404) 252-4540

Sherry Henderson: Business Owner, Goddess, Psychic Healer



About Sherry:

***Astrology, Tarot, Kabbalist, Reiki Master, NGH Certified
Hypnotherapist, Raymone Moody Certified Grief Counselor,
Ordained Minister***

Self-knowledge is the key to your future. With the proper tools and understanding, the future is in your hands, rather than at arms length or shrouded in a cloud of confusion. My goal is to help you remove the mystery from your life by giving you a diagram of your astrological programming or by tuning into the energies of the Tarot.

As a child, I was always interested in everything mystical and magical, but had no idea how to pursue it. My secret philosophies were shared by a few of my closest friends, but we knew not to share our secrets in the Southern, Bible belt small town in which we

lived. A close inner circle of my friends and I formed a mystical club and built a clubhouse out of discarded lattice material. We would tie ribbons on the walls and ceiling (the entire thing was less than 4X4' square. A few rainstorms and the winter cold drove us to look for more comfortable quarters, so we took over the attic in my parent's house. Our pre-teen yearnings for more information led us to sneak out our own copies "Fate" magazine at the drugstore, pooling our allowance to buy a valued copy to keep in the club house aka attic.

Even to this day, the mystical is fascinating to me. It is so exciting to introduce others to the world of mysteries and mysticism and to help those seekers find their own answers.

Having owned hair salons, it was natural for me to talk to women about things that they would not share with anyone else. I longed to have a vehicle to help others through their pain. Heaven knows I went through some rough personal roads in my own younger years so I was able to understand and often offer some helpful counsel. It was not enough to just give comfort and so I toyed with the idea of returning to school to become a psychologist, but there never seemed to be the time or the

money. When I got my first astrology reading, I knew that with astrology, a person's entire life is an open book, revealing their challenges, problems and grief of the human experience, but also in the astrological chart I am also able to see their strengths and talents and give them hope and solutions to some of life's greatest dilemmas.

Even though I had been reading Tarot for a few years for friends, salon clients and family by that time, I didn't find the profundity that I found with Astrology. At age 44 I began an in depth study of astrology that continues up to today.

It became my life's mission to help people, especially women, understand themselves more fully, to embrace and accept their own power. Thirty years later, it is just as thrilling to me as ever when I see someone have an Ah-Ha moment.

For an appointment or more information, you may contact The Inner Space at 404-252-4540

Peer Network Support Groups



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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.

Benefits of membership

- *Weekly inspiration
- *Confidential
- *Sisterhood
- *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.

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This program is open to all women.



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The Truth About Yoga Teacher Training

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 while 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, coaching future teachers, leaders and entrepreneurs to embrace their dreams and life purposes. This 200 hour Yoga teacher training covers all the branches of yoga, anatomy & physiology of Asanas, Ayurvedic practices, 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 practical practice of meditation, learning the correlation of chakras, anatomy and asanas with the objective of obtaining a whole practice of wellness and how to guide students through this practice. Call Andrea for specific dates, payment plans and other questions. Investment is \$2500 Call 404 252 4540 to register.



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The Dirty Little Secret About Healing
Teresa Wilson
Intuitive, Public Speaker, Healer
www.kudzucenter.com



“Most women I know are priestesses and healers, although many don't know it yet, and some never will. We are all of us sisters of a mysterious order.” — Marianne Williamson, A Woman's Worth

From ancient times, a feminine, gentle type of healing has existed. In ancient Greece, the Goddess Athena cured blindness. Goddesses Hygeia (from which we get the word hygiene) and Panacea were probably practicing physicians, taught by their father, Aesculapius, the God of medicine. Priestesses of the Egyptian Goddess, Isis, were considered physician-healers. Egyptian records also show that women studied at the medical school at Heliopolis as commonly as men did. And in Rome, female physicians were on equal footing with male physicians. In ancient Europe and North Africa, women were on equal footing with men as healers.

It was also women who excelled at the natural healing arts. With techniques that passed from generation to generation, women healed with herbs, purges, blood-letting, poultices, and potions. Women have always been responsible for caring for children, for the sick, and for the dying. They knew that healing is much more than medicine alone. Healing is emotional support. Healing is self-recovery. Healing is living in harmony with Mother Earth. Healing is multi-dimensional and women understand that.

In the Summer of Love, 1969, as the women's rights movement was becoming a powerful movement in the US, a group of women attended a "female liberation conference" in Boston during which they shared their frustrating experiences with doctors and their lack of knowledge about how their bodies worked. From that session, the book, *Our Bodies, Ourselves*, by the Boston Women's Health Book Collective emerged. I got the book in 1973. It was considered radical at the time because it wrote frankly about sex, sexuality, and abortion (which was then illegal, as it was before *Roe vs. Wade* was decided). One of my most vivid memories is of an exercise at the beginning of the book: put a mirror on the floor, squat over it, and look at your own vagina. Touch it. Examine it. Smell it. This exercise was considered shocking at the time because women were completely alienated from healing. Healing was for predominately white, male doctors. And, isn't that what most people are taught? Healing is for "professionals."

What happened? How did we get from Egypt and Rome with women as half the medical profession to only 4% of medical students in the US in 1914 as women? Why was a woman looking at her own vagina considered so shocking in 1973? During the Dark Ages, women were relegated to second-class status. Women were chattel, with dowries to be bargained for marriage. They could not own land, choose whom to marry, to go to school, or work in "male" professions. Women who had been called physicians and healers in the 13th and 14th century were called witches, fakes, and charlatans in the 15th century. Because women were no longer allowed to go to medical school, any curative power they had must have "come from the devil." Natural healing methods went underground and so did women as natural healers. That is the dirty little secret: women have been excluded from Western medicine as it evolved from the Middle Ages until now. That is, in my opinion, why it lacks a holistic approach. Why it treats symptoms and not underlying causes. Why it heals a broken

bone, but not a broken spirit. Since the Dark Ages, women have traditionally been expected to tend the sick as part of their domestic duties; yet throughout history they have faced an uphill struggle to be accepted as healers outside the household. They honed their skills in natural healing techniques. It is only in the last 60 years that women have been reaccepted as physicians in our country. In 1960, only 5.8% of medical students were women. Following passage of the Equal Opportunity Act in 1971, that number more than doubled to 13.7%. By 2019, women in medical school exceeded the number of men. The numbers of minority women physicians and women in leadership roles still lag, but are steadily increasing. Until all women achieve parity in leadership, Western medicine will not include the important perspective that healing is far more than pacemakers, stitches, and insulin. Healing is also what you do with Reiki, with energy healing, with sunshine, with forest baths, reflexology, with pure water, with yoga, with nutritional kinesthesiology, with sound baths, with meditation, with body, mind, and spirit. Healing is also what you do with compassion, with looking deeply into another's eyes, and with love.

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Glenda The Good Witch

New's Year's Ritual!

New Years rituals for a prosperous year ahead are common and as old as time. Every family has their own traditions passed down from generation to generation. Even the traditional New Years Day meal has many meanings.

The following ritual is meant to begin on the 30th of December and end on the 1st of January.

Beginning on the 30th. Write down on a piece of paper what you want to release that you don't want to take into the new year. Keep it simple. Keeping it to 3 items maximum is beneficial and keeps things from getting confusing for our team (guides).

Set your piece of paper on a heat proof surface (I use a ceramic plate.) and place a tea light on top of the paper along with a sprinkling of the following:

Salt = Purification

Honey or Sugar = Abundance and sweetness

Rose Powder or Petals = Love

You will light a tea light once daily. No need to redo the salt, honey, and rose petals. You may add to them each day if you wish.

On the third day after the tea light burns all the way down draw a bath and take a cleansing bath with the following ingredients.

Feel free to place in cheese cloth to keep cleaning the tub to a minimum.

Bath Ingredients are the same as the candle.

1/2 cup salt

2 T honey or sugar

Several fresh roses (scatter in the water whole or separate the petals)

Soak for minimum 20 minutes making sure to wet your head.

After your bath burn your paper carefully and scatter the ashes.

Please handle everything with care and used candles responsibly.



**Go. Ghosts?
Demons?
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Addiction or Trauma?**

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The Human Experience of Grief

By Kathy Joy



Let me tell you, 2021 was one of the most gut-wrenching years of my life thus far; it was also one of the most healing. I felt grief with the loss of loved ones, and that's what I'm going to share my experience with, but know that I also dealt with the loss of old paradigms of my life. I had to come to terms with some of my shadow, and also with the life I had built for myself before the pandemic. I lost friends and career choices and passions, but also old conditioning and maladaptive behaviors. To speak about the loss of loved ones this past year, I need to take you back a little bit.

I went to trauma treatment a couple of years back, and I know that if I hadn't done that, I probably would have had a mental breakdown and would have sought a higher level of care and ended up in a facility to treat the trauma at the end of 2021. So I cannot express enough how much Cognitive Behavior Therapy and Dialectical Behavioral Therapy has helped me to build a firm foundation for my human to cope with the unrelenting crises of this year. If I hadn't had so much time to sit out in lockdown last year, I may not have had the exponential growth in accepting and harnessing my intuitive gifts that played a huge role in my radical acceptance of the passing of critical players on the stage that is my life. Divine timing has shown me that everything happens for a reason, even if you don't know what it is right away. These are crucial pieces of what has helped to keep me sane and connected today.

I had known that my grandparents were close to the veil between worlds for the last couple of years. Logically, being in their late eighties, that wouldn't come as a surprise. I knew things set in motion for their passings to be as gentle as they could be when it did happen. Earlier this year, I experienced something I hadn't quite before: I spoke to the spirit of my grandfather while he was still

alive. He told me not to worry about what was about to happen, that everything would be okay. So when my grandfather was having a barely-discernible pulse and low blood pressure this spring, I figured he was ready to go. It turned out to be a medication issue, and it was corrected right before my grandmother fell and broke her hip. That is a devastating blow for the elderly, but her hip did well with the surgery. Unfortunately, other problems were highlighted, and two weeks later, she passed away. I felt her leave her body while she was still lucid, while I was still a state away, and she visited me immediately after passing.

The dreams I had been having about one of my cats being a kitten again and the visions I had about the house I was living in being on fire became more prevalent after her passing, but I figured it was grief. I had spirit ask me to make a decision between the two cats, and I kept hearing things like, "This is one of the last times you'll see this," while watching my cats play or seeing my male cat stare out the window at a bird. I saw and heard the signs, but I was ignoring them - I didn't want to believe them. So when I moved out of the town I was living in and the house I shared with four other people and my cat went missing when I wasn't there, I was completely devastated. I had heard that morning that he was giving me a kiss goodbye, but my ego did not want to accept it. I stayed behind for a few extra days and he did not return.

A couple of months later, my aunt, who had suffered from Early-Onset Alzheimer's and had not been in her body for much of the last few years, had a sharp decline in functioning and passed away. The night before she died, I had the privilege of guiding her soul from the body and to the other side of the veil - to the spirit world, to source energy. I asked if she knew what had happened and how she felt. She did know that she had chosen to take an exit point, and that she had been very frustrated with her mind and her body for quite some time, but back with Source, she felt whole again and beamed unconditional love. She presented as the aunt I always knew her as.

Right after Thanksgiving, my grandfather became ill and was hospitalized for two weeks. Due to COVID restrictions, he wasn't allowed visitors where he was, but was discharged on my parent's wedding anniversary. Shortly after noon, his heart gave out, and he passed away. Now, I knew my grandparents

were going to pass within six months of each other, but I thought it would be after a final Christmas together, just before the six month mark. I didn't expect it to be on that day, after being discharged, and after my ego made plans for a family get-together. Again, I was hysterical and devastated with the news. However, my grandpa had some parting messages that clicked within hours of his passing. My dad immediately picked up on the fact that my grandparents wanted to be together for the holidays, which is way he chose to pass on the marker of my parent's marriage. And, as it turns out, I had a visitor in the middle of the night, which now made sense to me - including the beeping I heard in my ear as the spirit's energy passed over my body.

I think it's important to remember, whether you find yourself in tune with extra-sensory gifts or not, that we are all humans having a human experience. What I learned from my experience with grief in the last year was that I cannot tune out from messages that are ultimately aiding in my acceptance of what's to come. Accepting what has happened is the key to coping.

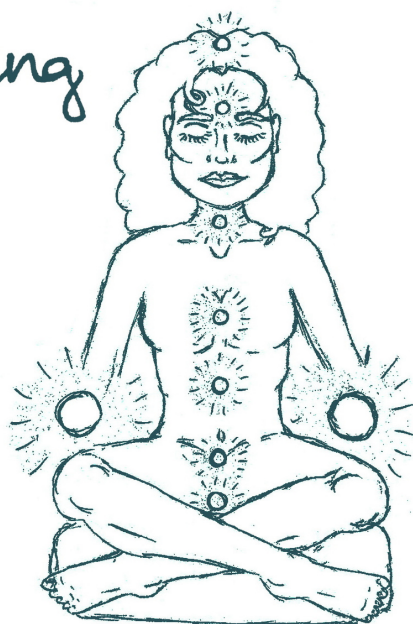
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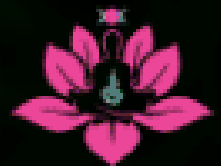
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See Next Page For Retreat Events!



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Advice Corner

How do I deal with my friends and family who aren't as awake as I am, or aren't even on a spiritual path?

This is a common path for many at present, and the pandemic has given us the opportunity to take a step back and examine our lives; that is an uncomfortable experience for almost anyone, and some people do not have the desire to peel back layers of the onion and look at all the lightness and darkness within. Whether you judge yourself to be “woke”, or newer to a path of enlightenment, it can be frustrating at times to deal with people set on living in old paradigms, and that frustration holds the key to how you can better handle your interactions with others.

What is frustrating you, or at the very least, what is it that you are having a hard time dealing with? We are all mirrors of each other, so consider what that is trying to show you. Does it mimic a place that you recently found yourself sitting in that you successfully escaped? Do they trigger you and bring up unhealed parts of yourself? Is it that they mirror a former relationship with someone that you never gained closure about? Are they showing characteristics of people that you detest, and you strive to act in the opposite way?

A question to pose to yourself, regardless of the situation: what can I learn from this? Hold space and compassion for yourself and others, and dive deep into that question. Don't shy away from any fear, duality, or angst - sit in it and feel it. What does it bring up for you? And then continue to reflect on that with every interaction, but always hold space. Holding space is one of the most healing things we can do for others and ourselves. Don't push for them to join you on your path; respect that everyone has their own journey.

Email your questions to hydflove@outlook.com

Andrea's Top Ten: Ways To Beat The Winter Blues !

- 1. Let Natural Light into Your Space.**
- 2. Fill Your Calendar. Stay Busy!**
- 3. Rearrange Your Space.**
- 4. Reach Out To Loved Ones**
- 5. Use The Fancy Dishes**
- 6. Wear The Good Clothes**
- 7. Sit In Nature**
- 8. Create Something**
- 9. Journal**
- 10. Sage Your Space**

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**My wish is that you reach out to a healer of your choice.
There are many in this publication and on the website.
Self, Family, Community= Entrepreneurship, Elegance, and
Empowerment.**



be gentle on yourself

Artist: Anna Mccague