

HARNESSING YOUR DIVINE FEMININE

**AUGUST 2020
ISSUE 2**

**WOMEN OF THE TAROT BY
VALERIE QUE**

**RETREATS,
CLASSES,
AND MORE**



HARNESSING
YOUR DIVINE
FEMININE

**YOGA FOR
THE MODERN
MYSTIC**

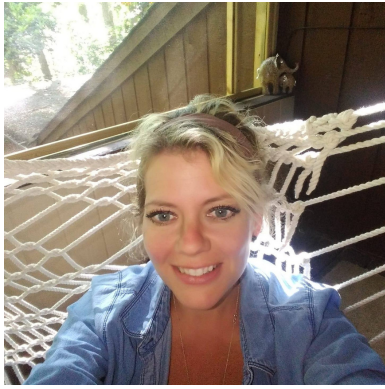
**ELEGANCE,
ENTREPRENEURSHIP,
EMPOWERMENT**

**SHUT UP & EAT YOUR KALE!!
WELLNESS RECIPES**

**BE A GODDESS,
A MOM, A HEALER,
SHINE !!**

www.hydf.online

ABOUT ANDREA



Andrea Bagby is a creative visionary, founder and Director of Harnessing Your Divine Feminine, Yoga Instructor, renowned psychic healer, public speaker, and published author. Andrea shares her stories, advice and predictions with a humorous look at lifestyle, metaphysics and spirituality. She is instrumental in assisting women to become the best expression of their highest self. Andrea has empowered women in all walks of life; house wives, mothers, business women, spiritual leaders in every major religion and philanthropists. Andrea is available for corporate and spiritual events via The Inner Space. Call 404 252 4540 for public and private events.

Entrepreneurship, Elegance and Empowerment. Three big concepts to grasp. Three concepts every woman seeks in her life. Walking daily with these goals holds responsibility and accountability for yourself and those around you. Every day I walk with these ideas in my head, conduct myself accordingly and follow my intuition. Goals are achieved with more ease. People around me respect my requests and my intentions with more grace. I have built Harnessing Your Divine Feminine around these concepts. Teaching and empowering every woman to live their dreams. When I build my empire based on these “Three E’s” I shine a light for other women to do so as well. Harnessing Your Divine Feminine seeks to cultivate a new generation of collaborative women building their dreams with these foundational concepts.



HARNESSING YOUR DIVINE FEMININE

Harnessing Your Divine Feminine is based on the concept of giving women opportunities. When you give a woman an opportunity you are giving her the world. We give opportunities for women to grow in entrepreneurship, elegance, & empowerment. Retreats, workshops, classes, small groups, and wellness initiatives continue to grow us. Our sister organization; The Inner Space hosts our classes and workshops.



SHUT UP AND EAT YOUR KALE!!

Wellness is perhaps; our greatest legacy. Yup, it's not your money, your property, your family. Your greatest legacy is your wellness. Now that is a hard pill to swallow! As I began to explore my own wellness journey I heard my spirit guides say loud and clear in my ear "Shut up and Eat Your Kale". You see, I was stressed out to the max, suffering from migraines, asthma and obesity. My meds were way out of my budget, even with my "good job" with "good insurance". My guide's solution was to "shut up and eat your kale". They were correct. Over time shifting my diet, eliminating junk food, processed food and incorporating a vegan gluten free lifestyle; my health, my life, my business and my legacy became clear. (please consult a Dr. before stopping meds) Schedule a consultation with Andrea. Call 404-252-4540 for phone or an in person appointment.

Wellness leads to greater business and work expansion, more time with family and better easier budgeting. In fact most of our life concerns come down to wellness. Here is my favorite kale recipe.

ANDREA'S FAVORITE KALE CHIPS

If you're undecided on which path to take, try experimenting. Throw some kale on a cookie sheet; add some high temperature safe coconut oil. Toss the kale around. Add salt, garlic, or turmeric, or whatever you wish, toss it around again. Throw it in the oven at 350 for 20 minutes or until you get the crunch you desire. Air fryers are fabulous as well. Snack on the kale.



GODDESS RISING SCHEDULE

Arrival Day

3:00 pm – Check-in

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

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

8pm - 9:00 pm – Small group breakouts

Saturday

Schedule 7:30 am - 8:30am – Restorative Yoga

9:00am - Breakfast

– Breakfast 10:00 am-

11:00– Eat Like A Goddess; Candace Swanson

11:00am 12:00 pm

– Heal like a Goddess; Penelope

12:00pm - 1:00pm – Intuit

Like a Goddess; Rachel

1:00pm – 2:00pm – Lunch

2:00pm-3:00 pm-

Goddess Nature Walk with Amber Avery

3:00pm- 4:00 pm – Circle of Protection & Inclusion, Andrea

4pm-5pm

Goddess Self Expression and Communication, Andrea

5:00pm - 6:30pm – Beltane

Ritual and Goddess Dance with Teresa and Leanne

6:30pm – Celebrate the Goddess with Dinner



WOMEN OF THE TAROT

By Valerie Que

There is a plethora of women in the Tarot. They excite us. They frustrate us. They inspire us. They mirror us. They bring us peace. I would like for you to journey with me into this realm of women and what we can learn from them and how they can help us to navigate the challenges and triumphs of our lives.

It is this writer's choice to use the Rider-Waite deck and personal choice as a basis for this treatise. Therefore, if you use a different deck or your perception does not align with mine, it does not mean yours is no less acceptable. It's just different. You are the interpreter.

The Major Arcana represent the major events of our lives and the Minor Arcana embody us on our day-to-day journey. Let's begin with the most prominent women, the female energies of the Major Arcana.

Card numbered two, is The High Priestess. She sits between the dark and the light pillars. These pillars, legends tell us, are the columns of an ancient Jerusalem temple, Beelzebub and Yahweh and the principles named Boas and Jakim. These principles relate to the Yin and Yang of eastern philosophy. When we see the high priestess, surrounded as she is by the ripe and beautiful pomegranates, we are reminded that women embrace the sexuality of our species and have the insight, sitting between the light and the dark, to see with, not only our five physical senses, but with the truth of intuition. We are the melding of the yin and yang.

Card numbered three, The Empress, is the Mother of the deck. She tells us to embrace our femininity and usually represents a forthcoming birth. She is not only pregnant with child, she is pregnant with creativity. What a beautiful reminder of the potential and honor that nature has given us to bring forth new life into our world. We embrace this figure with who appears as a goddess with her crown of stars and scepter. She can guide you into all your potential.

Card number eight, Strength, is a beautiful woman petting and taming a lion. She calms the beast not only in the world around her but her own personal world is firmly under control. Her vitality is evident and is a source of energy, strength, and control whenever it's needed. It is a reminder that women are infinitely stronger than they realize as we note the infinity symbol above her head.



Women of The Tarot

Card number 17, The Star, is a woman that has her feet in the water of the subconscious and on the earth of the conscious. The balance of the figure reminds us we are cosmic entities with feet in both realms of the world, seen and unseen. She unashamedly pours her water from two vessels while nude. She reminds us to embrace our highest dreams and always there is hope.

There are a number of cards in the Major Arcana that can represent male and female energies even though the cards don't reflect the sex of the character readily. The Fool (0), The Magician (1), and Justice (11). The Fool reminds us of our ability to take leaps of faith. The Magician helps us to know that we have considerable skills, use them all. Justice gives us the reminder that we must use all our understanding to express fairness (the scales she/he holds) or that sometimes force must be used (the sword she/he lifts up).

Let's look at the individual Queens of the Minor Arcana.

Representing the element of fire, the Queen of Wands sits on a throne of lions. She emphasizes the pageantry of her position. Her staff reminds us that we have power to defend ourselves and our lives. The sunflower she holds helps us to see our connection to nature. We also can be reminded that we are in charge of our fire – our will, our drive our personal power. Embrace it and use it wisely.

The Queen of Cups embraces the world of the emotions as she represents the element of water. She sits with water all around her and her robe appears to be in the water. Embrace your emotional side, your emotional intelligence, and rule with the heart of the loving and beautiful Queen that you are.

Sarcastic, witty, and intelligent describes the Queen of Swords. We can use these attributes wisely or impulsively but we must be reminded that the element Air can blow a breeze or bring about a hurricane. Use your words wisely, think positively, and some opinions do not need to be voiced.



Women of The Tarot

The last Queen we reflect on is the Queen of the Earth element, the Queen of Pentacles. She is literally the most grounded of all the Queens. She tells us to master the world of material things, money, the things we can make, and the practical needs of ourselves and our families.

Also, in the Minor Arcana, we see other women figures that evoke responses by sight. The two of Swords shows a woman in a blindfold with her arms crossed on her chest holding two swords. She reminds us to remove any obstacle to seeing the truth so that if it becomes necessary to fight we can see our enemy. This enemy is usually one of our own making.

The eight of Swords is even more bleak with a woman bound and blindfolded and surrounded by swords. All she needs to do is use the swords to cut her restraints and be ready to see the truth of her situation.

Another bleak female figure can be seen in the five of Pentacles. Unable to see the hope represented by the anchor and lights of the stained glass above her she struggles though the snow and harsh weather. By simply looking up, there is a haven, warmth, and light.

One of the most powerful of the Minor Arcana women is the nine of Pentacles. She stands on her own with her wealth surrounding her and can control her environment as easily as the bird of prey she has on her hand. Power emits from her like a gentle and at times, forceful, breeze.

All the women have been shown with their positive aspects. We can easily see how those same attributes can be realigned to their negative and harsher personality traits such as a fiery and uncontrolled temper, a drama queen of un-tethered emotions, an uncompromising nature of intelligent superiority, or a materialistic diva. We need both sides of the coin for balance with the challenge for us to remain grounded in love and truth.



Healing DOES Begin at HYDF Retreats

Linda
Herzer

2014 was “The Year of my Black Hole.” Depressed almost to the point of non-functionality, I huddled on my couch, numbed by episode after episode of Ghost Whisperer, Hart of Dixie, Queer Eye for the Straight Guy and all twelve seasons of Murder She Wrote. Yes, you read that right... twelve seasons!

Fortunately, I was only working part-time that year. Unfortunately, I was working as the Minister of Connection at a church. I say “unfortunately” because my fears of looking like an “unfit spiritual leader” kept me from telling almost anyone about my depression.

So I got no help for my condition – until I attended the Harnessing Your Divine Feminine Retreat. In my depressed state, the only reason I signed up to go was because Andrea was one of my congregants, and I wanted to support her. But as so often happens, when we reach out to do something good for someone else, we end up finding the help we need.

At the retreat, Glenda Emory presented on Saturday morning. I honestly don’t remember her topic, but something she said about how our energy interacts with the energy of those we live with prompted me to talk with her more after the session. Two years before I had separated from my husband of 20 years, partly because, while I had been growing and raising my vibration, I hadn’t been able to raise his. I shared all this as we talked, and told Glenda how depressed I had been. In her wise, gentle way, she observed, “It’s not surprising you’ve been so out of it. You’re grieving.”



That insight, “You’re grieving,” was a life changing revelation! Because I had been the one to initiate the separation, and because I had been fine – relieved, excited, energized even! The whole first year out of my marriage, it had never occurred to me that part of my current malaise was related to grief.

That afternoon, Andrea did a “Goal Setting” workshop in which she asked us to actually set a goal. Having been in a fog for a whole year, the best I could come up with was, “Find a goal.” But as Andrea continued walking us through the process, I remembered Glenda’s insight, and changed to, “I want to work through my grief.” That felt more constructive than just “find a goal” so I was pleased with my progress - baby step that it was. Of course, I had no idea how to actually accomplish that goal. But turns out, I didn’t need to know. God/Source/Spirit/the Divine Feminine knew, and was already conspiring to support me.

New Grief Recovery Group - that was the subject heading of an email from a counselor friend that arrived in my inbox several days later. I hadn’t known that this friend led such groups, but because of all that transpired on the retreat, I knew I had to sign up.



Two weeks into those sessions, I came across profound wisdom in the assigned text, *The Grief Recovery Handbook*. Authors John James and Russell Friedman write that guilt is often experienced by people who are grieving. This was certainly true for me. I felt guilty about not being wise/strong/healed/good enough to save my marriage. I felt guilty about breaking up my daughter's family. I felt guilty about how miserable my husband was in response to me leaving. And the list went on and on.

But James and Friedman point out that the definition of the word "guilt" implies an intent to harm, and encourage their readers to consider whether they intended harm in the situation they are feeling guilty about. Since it had not been my intention to harm my husband or daughter, the authors recommended that I stop using the word "guilt", and instead, consider whether what I was more accurately feeling was a desire for things to have been more, better or different.

The first time I read that, I angrily wrote in the margins of my book, "Intellectual quibbling!" The truth was, I felt like a bad, bad person... I hated myself for the way the divorce was impacting my husband and daughter and "guilty" seemed like a perfectly good word for what I was feeling!



Nevertheless, since I was paying good money to be in this grief recovery group, I decided to try the authors' suggestion. Whenever the feelings I had been calling "guilt" started to rise, I began thinking about what I wished had been more, better or different.

Much to my surprise, this actually helped! I came to realize that using the word "guilt" had kept me stuck in a place where I blamed myself for not keeping the marriage together. While it was important for me to acknowledge the personal shortcomings that had contributed to the end of the marriage, it was also vital that I own the truth that, as Maya Angelou said, "If I had known better, I would have done better." Using the word "guilt" got me stuck in thinking that I was completely at fault, totally to blame. But asking myself what I wished had been more, better or different allowed me to both acknowledge my shortcomings and, at the same time, hold space for my innocence, for the fact that I truly hadn't known better, which is why I hadn't done better. This allowed me to get in touch with the deeper feelings of sadness which had been underlying those surface feelings I'd been calling "guilt". And getting in touch with the sadness helped me work through my grief and move out of my black hole of depression.

This is how I know that healing begins at HYDF Retreats – because that's where it started for me. And that's why I am forever grateful to Andrea and all you beautiful HYDF goddesses for creating these retreats – because they truly are life giving.



YOGA FOR THE MODERN MYSTIC

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 \$2,500, call 404 252 4540 to register and ask questions. 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 and Intuition. The business of Yoga, Anatomy of Yoga, Techniques, Methodology, Philosophy, Practicum.

Join us for our Summer Semester that starts in June!!
Make 2020 a Year of Dreams Come True!!



TESTIMONIALS

"I consider myself a student first, always. I am a constant seeker to learn more, grow and help others. So I was really excited to take 200hr yoga teacher training with Andrea. I wanted to share a review for anyone else who may be interested. First of all, I didn't want it to end. I cherished every minute of it even those moments that Andrea pushed me through challenging opportunities to listen to myself and grow even more. And that's exactly what I did. Not only did I learn about living the 8 Limbs of Yoga and how to teach, I learned so much about myself. I was drawn to this YTT because the approach is metaphysical, which is the root of yoga. In addition to the asanas, we concentrated on meditation, intuition, energy, wellness, nutrition, your yoga business. Literally the best 200 hours I spent in 2019.

Thank you, Andrea! -Anna McCagued

HYDF helped me when I was in a really low point in my life. I had just moved back to Georgia from South Carolina where I had left a job that had driven me to the point of extreme exhaustion and adrenal fatigue. Due to my fragile physical state and empathetic nature, I was experiencing energies that I had never encountered before. I was scared and having a hard time coping. With the encouragement of Jennifer Marquez and Candace Swanson, I dragged myself to the retreat. Through my dealings with each, both, independently came to the conclusion that this retreat would help me. Boy, were they right. Not only did I learn new techniques on how to take care of my energetic self, but was also reminded that whole body wellness is the key to a quality life. The healers present covered a range of modalities and were insightful, knowledgeable and kind. This retreat is a must for those seeking healing and wellness on physical, emotional and energetic levels- Tiffany Gibson

I am currently taking Yoga Teacher Training with Andrea. This class has expanded on and strengthen my spiritual journey and practice. It has been aligning my mind, body, and spirit in a way that I hadn't dreamed of. I have been more psychic, more flowing, and more respecting of my self than ever before. I am also learning how to be a better and more confident entrepreneur. I am trusting my gifts and am becoming more willing to step forward with them even if I feel like I don't know enough. You can't learn everything, you have to take a step forward and experience it.- Amber Averty



*Who am I? Why am I here?
What is the meaning of (my) life?
Where did I come from? Where am I going?
What is my purpose?*

Mystery schools exist because life itself is filled with mysteries, such as the cycle of life and death, love, birth, who and what is GOD and the workings of the universe.

One of the deepest mysteries is the human psyche. The Greek maxim "Know Thyself" was inscribed in the pronaos of the Temple of Apollo at Delphi.

Classes, Workshops and Study Groups are held on a weekly - drop-in and ongoing basis. Registration is open to everyone regardless of your educational background or previous experience.

*** Astrology * Kabbalah * Mediumship * Psychic Development * Reiki
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The Educational Branch of The Inner Space

