

LOVEFIT

JULY 2020 ISSUE NO. 2 : FIRE AND ICE

YANTRA

The Best of
with more on the next page
Femme Form
Flows

EXPAND

Activating the
Valve System -
Tongue, Heart,
Belly, & Pussy

SAVOR

Cooling Banana
Mint Chip
Smoothie

MEDITATE

The transformational
power of fire in Tantra
and how it relates to
getting shit done

FLEX YOUR SPIRITUAL MUSCLE

THE SHAKTI

SCHOOL

SUBSCRIPTION

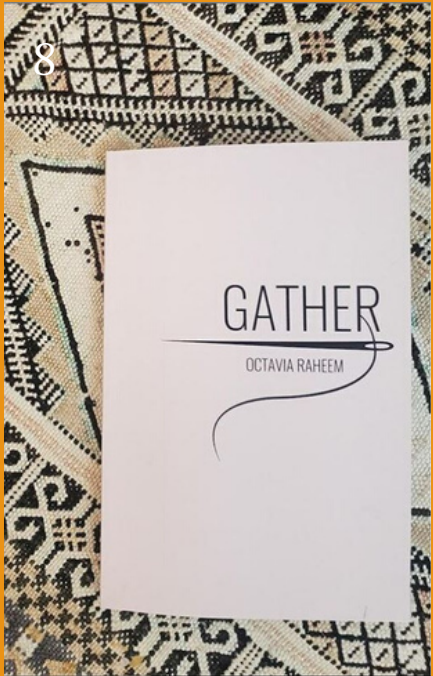


TABLE OF CONTENTS

1 *Letter from Katie*

The Transformational Power of Fire

4 *In The Portal*

This Month's Workshop

10 & 12 *Recipes*

Cooling Banana Mint Chip Smoothie & Campfire Cook Out

16 *Summertime Skincare*

How to Stay Hydrated and Sun Safe

18 *The Importance of Rest and Recovery*

How Sauna Use and Cold Thermogenesis Can Lead to Better Health

STAPLES

5 *Monthly Roadmap*

8 *Staff Picks*

9 *Word of The Month*

14 *July Vedic Astrology*

21 *Gab with the Goddess*

22 *Special Offers*

23 *Vault*

24 *Credits*



1

4

10

19

LETTER FROM KATIE

*Wholeness does not mean perfection: it means embracing
brokenness as an integral part of life.
- Parker J. Palmer*

*“I ignited the
roots of my
passion and it set
the entire sky on
fire”
Qazi Arshika*

The transformational power of fire in Tantra and how it relates to getting shit done

The essence of Tantra is purification of the five elements, to awaken your personal Shakti (power and energy). According to Ayurvedic philosophy, the five elements make up everything in the universe and everything that exists within the universe, including our bodies. The five elements are Earth, Water, Fire, Air and Space. These elements make up our form, our environment, the universe, and all phenomena around us.

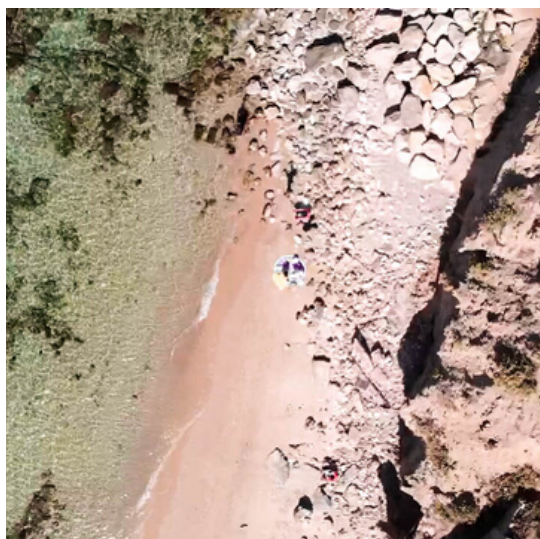
The elements also exist in more subtle realms. We see them show up in our physical, energetic, and emotional bodies. They influence our emotions and being, with each one possessing a unique condition. These elements can be seen as qualities and manifest themselves as powers in the physical world, in our bodies, hearts, and minds.

According to Tantra, these elemental forces are aroused in Sushumna Nadi, or the central channel of life-energy in the body. The Fire element transforms one state of matter into another. Fire governs the transformative, the burning, the drive which is the energetic in the body. It burns bringing heat and light, and has the power to transform into fuel. Fire brings movement and influences change, just like the fiery ball of our Sun. The Sun brings heat with its fire, which helps plants and life grow and transform. Fire is the means by which we can purify, empower, and control other states of matter on both micro and macro levels.

Fire's physical origin is in the third chakra, the Manipura, located in the solar plexus. This area of the Manipura or solar plexus, is linked to the digestive tract in the physical body, where we convert our food to fuel. The Fire is transforming the nourishment brought into the body into power to keep our bodies moving.

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In the more subtle mental and emotional body, Fire helps us to grow and transform. Fire manifests as ambition, our will, and the willingness and desire to take on new things. The element of Fire transforms one state of matter into another even on these more subtle levels, becoming the drive to complete things, take on new projects, meet deadlines, do our job, and commit emotional and spiritual work. On an emotional plane, the balanced inner Fire shows up as joy, laughter, and not taking oneself too seriously. Just as the Fire of the Sun helps plants and life grow, this Fire within stokes growth and change. This Fire element of transformation shows up in our career, relationships, and spirituality.

When one is lacking in Fire, it shows up as low desire, apathy, and a lack of ambition. You may feel uninspired or unmotivated. Too much Fire can show up as reactivity, anger, frustration, overwork, and overwhelm. Just like with too much sun or heat in a garden, it's important to bring in some Water to cool things down and keep things juicy and alive. Too much Fire and heat creates burnout and kills the life force. When you are balanced in Fire, you will feel a strong and consistent drive, passion, and zest for life, without feeling overburdened, overwhelmed, or short-fused regularly.

In order to be ever-evolving in relationships, career, and life, it is essential that we surrender into the fire to be transformed.

“The mind is not a vessel to be filled, but a fire to be kindled” - Plutarch

WAYS TO STOKE YOUR INNER FIRE

- Exercise - something sweaty to raise your inner heat
- Sit in a sauna for a short period of time
- Declutter your life - get rid of things that diminish your inner fire such as home clutter, demanding relationships, or things you may have overcommitted to
- If you have a partner or relationship, clear your emotional blocks together and then make love :-)

WAYS TO COOL YOUR INNER FIRE

- Turn off the news, do a media detox
- Watch the Mister Rogers' movie *A Beautiful Day in the Neighborhood*
- Read poetry or another genre that you find soothing
- Practice breathing exercises or tapping techniques
- Paint, draw, or channel your creativity
- Moon Bathe!
- Do a coconut oil self-massage



THIS MONTH IN THE PORTAL

The Best of Femme Form Flows and Activating the Valve System



The Best of Femme Form Flows

This is such a great practice with one of the Shakti School's fave graduates, dancer and movement teacher, Liz Reynolds. These circular, less linear movements awaken the feminine energy deep in your bones. Wave movements and undulations mimic natural movements in nature and feel amazing. This practice even incorporates some salsa to usher in joy. We dare you not to feel FANTASTIC after this deeply spiraling, feminine form flow sequence.

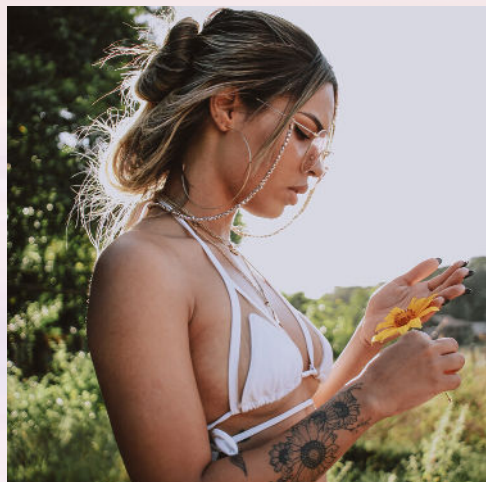
Activating the Valve System

Did you know that the lungs aren't the only parts of your body that breathes? Yes! Your whole body breathes. Each cell! And we can help our cells oxygenate and clear by activating and boosting your valve system. Your body is pulsed constantly by a series of pumps, curiously located along many of the chakras of the Tantric system. Enjoy this practice on boosting the valves.

MONTHLY ROADMAP

WEEK ONE

1. Commit to and block out a time in your calendar to do Liz's Feminine Form Flow class once each week in July. You can follow the whole sequence or pick your favorite movements to repeat. Have fun and let yourself be silly with the salsa moves. Take note of where you are in your cycle and how you might approach the movements differently based on your hormonal blueprint each week.
2. Journal about unfounded criticisms you've had come your way, and how you felt when you were unfairly critiqued. What feelings came up for you? Were you triggered? What unconscious shadow did the trigger illuminate for you? Did what this person said come from the heart? Who does give you feedback that comes from a loving place? Working through the differences between 'haters' and those that champion positive growth will help identify which feedback to work with and which to process and let go.

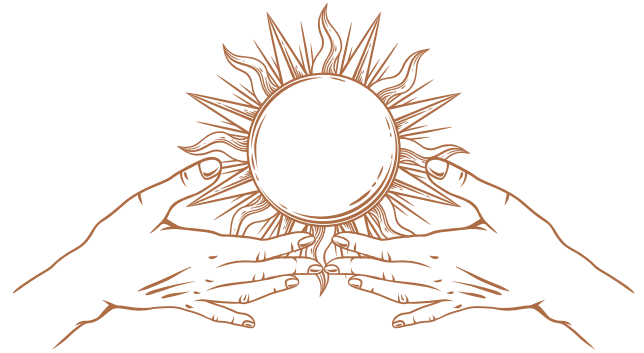


WEEK TWO

1. Do the Feminine Form Flow class. Which archetype of the four seasons will you embody this week that reflects the state of the menstrual cycle you're in? The Menstrual Phase is Winter and the Ovulation Phase is Summer.
2. Schedule a time this week to do this month's Valve System meditation.
3. If it is summertime for you, sit outside in the heat and let your body sweat, or spend a few minutes in a sauna if you have access, then take an ice cold shower immediately following. If it is wintertime for you, you can experiment with alternating shower temperatures. Start your shower hot and then turn it cold. Use the Rest and Recovery article to decide if this practice is right for you.

WEEK THREE

1. Do the Feminine Form Flow class with your attention on your diaphragm and valve system.
2. For the ultimate cool-down after a workout or time outside, make a yummy banana mint chip smoothie, and practice the Sitali Breathing technique outlined in the Summer Skin article. Journal about how this heat-to-cool made you feel from the inside out. Notice the subtleties and shifts within your body and make note of them.



WEEK FOUR

1. Put on your favorite dance music and dance with your friends or solo. Incorporate some movements from the Feminine Form Flows class.
2. Take time outside near water or just soaking up some Vitamin D and practice the Activating the Valve System meditation.
3. Make a hydrating face mask with ingredients best for your skin type, dosha, and season. Aloe is a cooling base to use for a mask that works for all skin types.
4. Reflect on your challenges and learning opportunities this month and then reflect on what you are grateful for and write a list of them. Share your list in the FB group so we can magnetize your growth and support you.



WHAT WE ARE LOVING

Our Staff Favorites This Month



♥ RITUAL: FIRE CEREMONY

KATIE'S PICK @KatieSilcox4Real

Lately I have been leaning into ancient ceremonial practices to help cleanse, clear, and renew my spirit. In an effort to open and awaken to my weaknesses, the weaknesses of humanity, and those of our ancestors I have been regularly practicing the ritual of fire ceremonies. A simple fire ceremony put together in the backyard is a perfect way to spark the spirit dwelling in the body. It is also helpful to use your body, chant, or recite prayers. There is no one way. Just be open to what you are called to do in the moment. It is also helpful to set an intention that you want to release into the flames. Sit silently and let the flames teach you.

♥ BOOK: GATHER, BY OCTAVIA RAHEEM

AMAURY'S PICK @AmauryRoscline

The last few years I've discovered some of my favorite writers through Instagram, and Octavia Raheem is one of them. Her words reach down to the depths of your being and through your lineage to evoke the prayers of your ancestors and bring them forth into your heart for contemplation. I've turned to these pages over and over again this spring seeking the pain, strength, rage, grace and softness that Octavia awakens. I feel at home with Octavia and infinitely more compassionate for our human messiness after reading this. I turn to this book for morning contemplation with my tea.

♥ FASHION: GALERIE.LA

SARAH'S PICK @SarahWaldron417

I have been drooling over the beautiful, yet basic and sustainable clothing from Galerie.LA for months. Galerie.LA was started by celebrity stylist Dechel McKillian who has worked with the likes of Lionel Richie, Drake, and Nicki Minaj. The company is committed to "fashion with integrity" using textiles from recycled materials and ethical, fair-wage labor practices. The pieces are timeless and there's something for every style.

FOOD: LAKA KAKE FROM LAKA LIVING



MARY'S PICK @MaryMcquate

I am currently OBSESSED with the seaweed seasoning, Laka Kake, from LAKA. It's 100% plant based, rich in DHA for the brain, L-Tyrosine for regulating metabolism, plus loads of liver loving chlorophyll, earthy sesame seeds, and nootropic mushrooms. I have been sprinkling it on top of every dish I make. It's especially good on salads, roasted veggies, or mixed in to warm olive-oil drenched grains! (Bonus: we're giving you a LAKA promo code this month:)

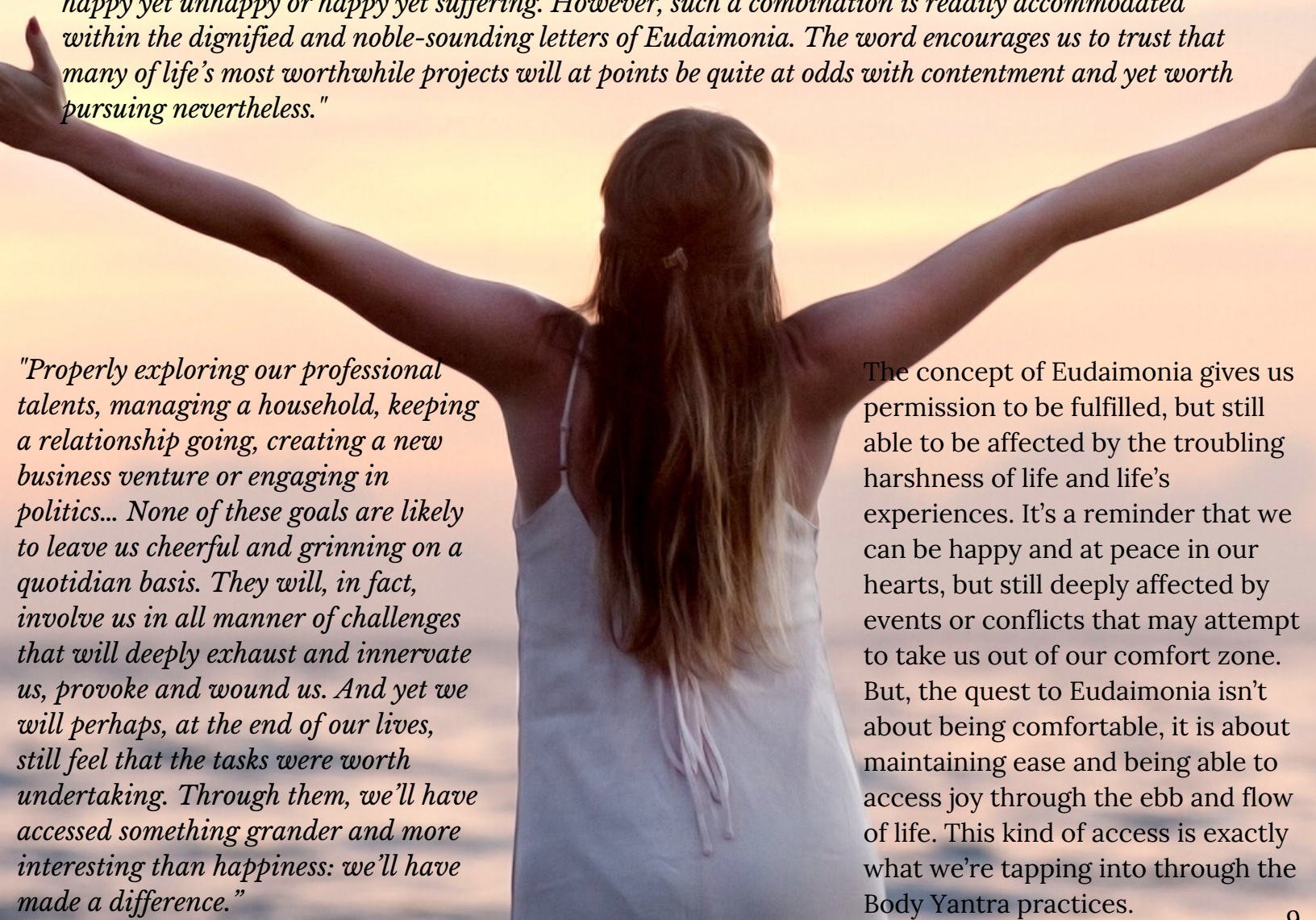


WORD OF THE MONTH

Eudaimonia

Eudaimonia is an ancient Greek word that is commonly translated to happiness, but perhaps a better and more accurate translation of the term is *human flourishing* or *fulfilment*.

According to *The Book of Life*, “the Ancient Greeks resolutely did not believe that the purpose of life was to be happy; they proposed that it was to achieve Eudaimonia. What distinguishes happiness from fulfilment is pain. It is eminently possible to be fulfilled and – at the same time – under pressure, suffering physically or mentally, overburdened and, quite frequently, in a tetchy mood. This is a psychological nuance that the word happiness makes it hard to capture; for it is tricky to speak of being happy yet unhappy or happy yet suffering. However, such a combination is readily accommodated within the dignified and noble-sounding letters of Eudaimonia. The word encourages us to trust that many of life’s most worthwhile projects will at points be quite at odds with contentment and yet worth pursuing nevertheless.”



"Properly exploring our professional talents, managing a household, keeping a relationship going, creating a new business venture or engaging in politics... None of these goals are likely to leave us cheerful and grinning on a quotidian basis. They will, in fact, involve us in all manner of challenges that will deeply exhaust and innervate us, provoke and wound us. And yet we will perhaps, at the end of our lives, still feel that the tasks were worth undertaking. Through them, we'll have accessed something grander and more interesting than happiness: we'll have made a difference."

The concept of Eudaimonia gives us permission to be fulfilled, but still able to be affected by the troubling harshness of life and life’s experiences. It’s a reminder that we can be happy and at peace in our hearts, but still deeply affected by events or conflicts that may attempt to take us out of our comfort zone. But, the quest to Eudaimonia isn’t about being comfortable, it is about maintaining ease and being able to access joy through the ebb and flow of life. This kind of access is exactly what we’re tapping into through the Body Yantra practices.

Cooling Banana Mint Chip Smoothie

If you are feeling like me, it's been a little bit more difficult lately to find the inspiration to create new dishes. We are living through what I hope is a worldwide wake-up call and it's not always easy to know how to best nurture or nourish yourself through this. But, one of the most important ways we can show up as our best selves is through continuing the self care practices that are so crucial to our physical and mental wellness.

While I am learning how to juggle nourishing myself and my relationships, working from home, and educating myself as best as I can on social justice, equality, and global healing this smoothie is keeping me fueled for hours.

And, it's **So. Freaking. Good.**

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The Recipe

Cooling Banana Mint Chip Smoothie **Ingredients**

- 1 banana (frozen for extra thickness otherwise I usually add a few ice cubes)*
- ¼ cup coconut milk*
- 1 handful unsweetened coconut flakes*
- ½ tbsp coconut oil*
- 2 tbsp cacao nibs*
- 1 handful of spinach*
- 1 handful of fresh mint*
- ¼ cup coconut water*

Instructions

Place all ingredients except the cacao nibs into a high powered blender and blend until smooth. Next, add the cacao nibs and blend for a few seconds to allow for a tiny little crunch in your smoothie. This green glass of sweetness is delicious!



CAMP FIRE COOKOUT

Recipe for the Forest Chef



One of the best things about summer is the ability to sleep out under the stars. And what's even better is cooking out under the stars! Being in nature has a healing effect on the body and can even aid in keeping your Agni strong.

When cooking outside it's helpful to make one pot meals. Try to find a local supplier for regional and ethical meat from the area. But don't worry, this meal is just as good with canned blacked beans too!

Simply add ingredients one at a time (as listed from top to bottom above). After each ingredient has had time to soften, add the next ingredient. After the kale has been added, let it all cook for another 15 minutes. This goes great in a bowl or a tortilla. Top with Avocado and you are ready to munch!

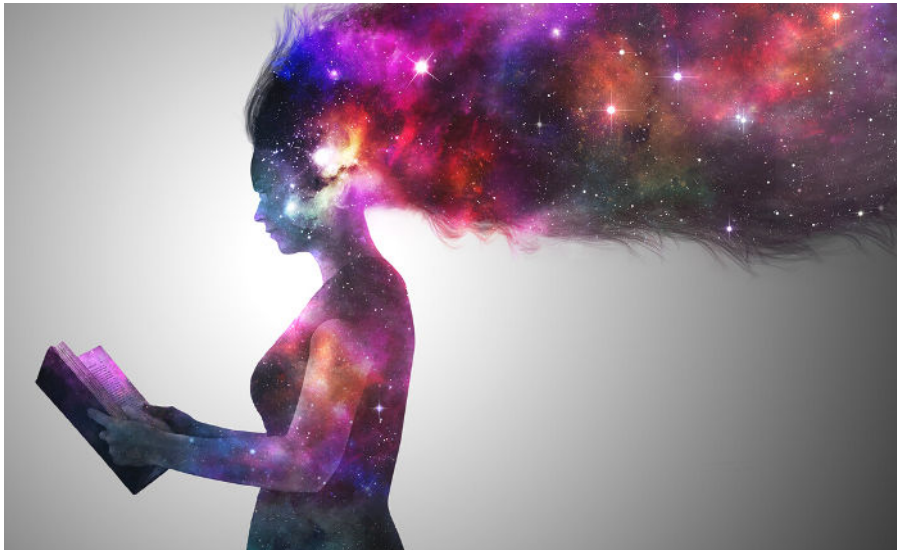
(easy) camp side dinner!

What you'll need:

- A few tablespoons of Coconut oil or ghee
- 1/2 red onion
- 1/2 a bell pepper
- 1/2 yellow summer squash
- 2 cloves of garlic
- 1/2 sweet potato
- 1/2 lb of ground lamb (or 1 can of Amy's organic chili if your not eating meat)
- 1 giant bunch of kale



YOUR MONTH IN VEDIC ASTROLOGY



”

“Stand up and perform your dharma. Fight with peace in your soul.”

~Bhagavad Gītā

STARDUST IN JULY

Dr. Katy Jane @DrKatyJane

Sometimes it's best to show restraint. And, sometimes it's better to stand and fight. As we enter the Vedic lunar month of Ashadh (“Victory”) on **July 5th**, I think it's best to do the latter.

Stand and fight.

I don't mean scream and shout.

I don't mean start beating people up. I don't mean to engage in acts of violence.

I mean to stand in the **fire** of your truth and act from there.

The month of Ashadh begins with a lunar eclipse on July 5th. This is the third eclipse we've experienced since June 5th. In normal years, this time of the year is called the “annual eclipse cycle” and usually we only encounter two—a lunar and solar eclipse.

But this year is special. There are three eclipses—a lunar, a solar and then another lunar eclipse on July 5th and they all involve a Vedic star constellation, Ardra, which brings on the storm. It's also the domain of “evolution,” which is enhanced by the occurrence of the three eclipses.

Ardra is where we get the English word, “arduous,” and it goes without saying that these times we're living through are tough.

Eclipses cleanse our deep subconscious being, where we store trauma and negative self-beliefs. It's often unpleasant to face these things as they come up—especially at the rate in which they are now surfacing in service of your personal “evolution.”

But that's why you have to become a warrior.

A warrior doesn't need to be harsh. She can be soft, like water, which appears gentle but has the full power to cleanse and restore. As the Sun enters watery Cancer, Mercury goes direct and the Moon is exalted with a happy Venus in Taurus beginning **July 15th**, I say it's time for the Divine Feminine to roar.

A feminine warrior leads from the heart. She aligns with her purpose, no matter what her inner critic has to say about it. And she slays the dragons around her knowing it's the most compassionate thing she can possibly do.

And, in case you're wondering how much longer you're going to have to endure all this, keep your eyes on September-November 2020. All that you're dealing with now will see its reward by the Fall.

Now, clean up house!



WOMEN.



SUMMERTIME SKINCARE

How to Keep a Healthy Sun Kissed Glow All Summer Long

Skincare becomes complicated in the summer. On one hand, your skin requires more moisture from being dried out due to heat factors, which might also be making you sweat more, which oils up your skin. Throw sun exposure in there and you have a recipe for confusion and potential skin damage. I have combination dry/oily skin, so I know this dance all too well. During the summer I'm active, getting exercise outside several days a week, sweating and dehydrating myself from the outside with the sun and the inside with all the heat I'm creating from exercise. Don't let the humidity fool you, even if you live in the tropics, air humidity cannot completely protect your skin from the drying effects of the sun (and the AC).

Whatever your skin type, these protocols will help keep your skin in tip top shape for the long haul.

From the Inside

Don't forget to drink water. Skin health starts with deep hydration.

- Aim to drink about 2 cups of water an hour. I recommend adding [Trace Minerals](#) or [Electrolytes](#) to your water. Both these products changed the hydration game for me.
- Add a little Aloe Vera juice in the morning to your smoothie or drinking water for more cooling and hydration.
- Avoiding diuretics like coffee will also help keep you hydrated. If it's hot outside and the days are long, you might not even need coffee for that morning boost. Experiment with skipping it when the weather is warm. Instead try drinking an energizing juice with vitamin C to give you a refreshing alkalizing boost in the morning.



Eat for the sun. Make sure you're getting Zinc and D3 in your diet. I recommend a liquid D3 supplement under the tongue for maximum absorption. Now you might be thinking : won't I get vitamin D from the sun? Nope. What we get from the sun are the building blocks so that our body can produce vitamin D. And those special rays that help your body make vitamin D are only out when the sun is at a 30+ degree angle from where you are on earth. You can use the app [DMinder](#) to find out when that vitamin D window is where you are in the world.

What's also important to keep in mind is that vitamin D3 offers skin protection and most people are low in Vitamin D3. It's one of the only vitamins I recommend supplementing with regularly.

Some foods that also provide protection from oxidative damage from the sun are: Polypodium leucotomos (a fern that's native to South America. You can find this in some oral sun supplements), blueberries, carrots, watermelon, aloe, coconut oil, grapes, olive oil, avocados, sweet red peppers, sweet potatoes, sunflower seeds, guava, pomegranate.

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Practice. Ayurveda teaches us that when the element of Fire is elevated, like during summer, we not only get physically hot and burnt out, but we're also prone to heat based emotions that are intense and sharp, like anger. Sitali breathing is a cooling breath exercise that's perfect for taking it down a notch. Sitali reduces Pitta dosha. I like doing this after a workout while I'm stretching, or when I'm lying down enjoying a face mask.

How to do it:

- Close your eyes, breathe with awareness in your diaphragm for several minutes, then open the mouth and pucker your lips into an O shape.
- Curl your tongue lengthwise and project it out of the mouth about 3/4 of an inch.
- Inhale deeply across the tongue and into the mouth as if drinking through a straw. Notice how your breath feels cooler? Focus on that cool sensation on the tongue.
- Withdraw the tongue and close the mouth, exhaling completely through the nostrils.



From the Inside

Exfoliate. Powdered coconut milk is a great exfoliant. If your skin is oilier, you can also try chickpea flour, almond flour or powdered honey.

Less is more. Avoid foundation and heavy blush and bronzer if you can, especially if you live in an area that's already heavy (humid), in addition to being hot. Instead, reach for beautifying serums that have hyaluronic acid, vitamin C and polyphenols. Let your serum dry and then add a lightweight cream or oil.

This summer I've been using [Hanacure's Nano Emulsion Cream](#). It's lightweight enough that it doesn't clog my pores or cause oiliness, but nourishing enough that it doesn't leave my skin feeling exposed either. I like layering this under a nice face oil at night.

Cleanse. My skin dries out too easily for me to do mud masks year-round, but when I'm hot, humid and sweaty, my skin actually likes that drying effect that a mud mask provides. Here's how to do one: Once a week, mix bentonite clay and a little activated charcoal with apple cider vinegar until you get a nice muddy consistency and slather on your face. You can even bring it down your neck and décolleté to your breasts and under arms for a detoxing lymphatic mask. Let it completely dry and then rinse it off in the shower. Follow with a hydrating serum, lightweight cream or nourishing oil.

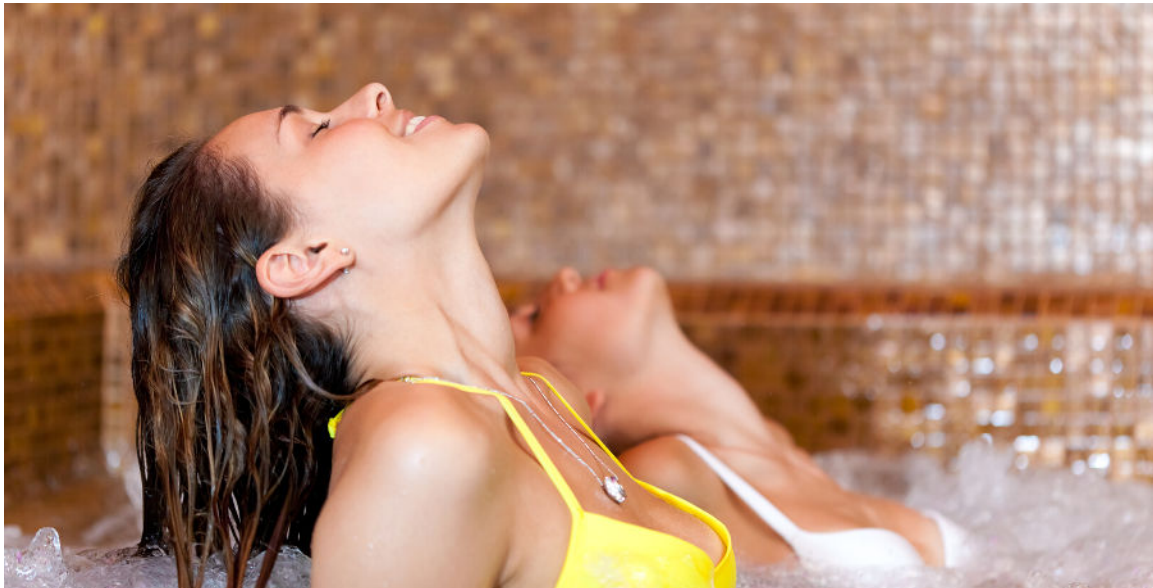
Nourish. My favorite summer oils are Rosehip seed oil and Carrot seed oil because they are light. Carrot seed oil also has the benefit of providing a little sun protection.

Protect. 1) Wear a hat and 2) Find a natural mineral sunscreen with zinc oxide and titanium dioxide. Be mindful not to over use sunscreen because it does reduce your body's ability to make vitamin D3, which ironically you need for skin protection. I only wear sunscreen on places that have the most potential for damage: face, décolleté, shoulders, upper arms, back of hands, around armpit and behind knees and elbows. I like using [Life Extension Shade Factor Mineral Sunscreen in SPF 30](#).

Mist. This, hands down, is my favorite thing. Misting your face three to six times a day helps keep your skin moisturized (and is the most overlooked but important skincare routine!) and cools you off. Any natural face mister will work, it just requires purified water. Some have floral essence, aloe vera, essential oils and vitamin E; but unless my skin is burnt, I prefer the plain ones best, like the [Evian Facial Spray](#). (the fine mist this one emits is perfect). It'll make you feel like a bougie old French woman (*bonjour!*), but a little goes a long way and your skin will show the difference. One bottle of Evian spray lasts me 6 months and I'm never found without one.

THE IMPORTANCE OF REST AND RECOVERY

How Sauna Use and Cold Thermogenesis Can Lead to Better Health



In the yoga and fitness world we spend so much of our energy researching and learning new ways to be the healthiest versions of ourselves. Often that definition of health is associated with an array of mechanisms for how to gain strength, approaches to getting leaner, boosting our mental clarity, improving our diet, and stretching the body to create more fluidity and spaciousness. While there's an immense amount of information on how to improve your athletic performance and how to fine tune your diet, there's not nearly as many resources on how to properly rest and recover as a means to getting fit. But, what's most ironic is that when we take enough time for rest and use efficient ways to heal and recover our system, we can make huge health transformations, often in a much shorter amount of time. My two favorite ways to deeply recover the body while also physically transforming the body are **saunas** and **cold thermogenesis**.

What is a Sauna and How it's Beneficial

A sauna is a small room that uses dry or wet heat to purify the body. There are a few different types of saunas: a traditional dry sauna (heated with fire, gas, or electricity and hot stones), an infrared sauna (heated with invisible light frequencies), or a steam sauna (heated with water). Using heat as a way to repair and cleanse the body has been practiced for thousands of years throughout many different cultures. Heat therapy even goes as far back to the Mayan culture around 2000BC. The Mayan version of the sauna, or zumpul-ché, was used as an essential element for purification and for deep healing purposes. Presently, sauna use is widely accepted as an important element in maintaining health in many places around the world.

Places like Finland, Switzerland, Korea, and Japan (and many more) view saunas similarly to how we would view going to the gym; it's an essential part of staying healthy.

Benefits of Sauna Use

- Heart Health
- Detoxification
- Muscle gain
- Fat loss
- Athletic recovery
- Skin rejuvenation
- Immune booster
- Improved sleep
- Longevity
- Stress resilience

Recent studies have shown that regular sauna use (just once a week) could increase your lifespan and reduce risks of **all-cause** mortality. Not only will using a sauna increase your lifespan, but you will also reap the benefits after just one session! Usually it's easy to feel the effectiveness of heat therapy soon after implementing it into your daily routine. I have found that through regular sauna use (especially right after any kind of exercise) my recovery time is much quicker, my muscular development is enhanced, and I can sleep so much better.

Many gyms are starting to incorporate saunas into their layouts. There are even new businesses popping up entirely deviated to sauna technology (especially infrared sauna spas), but if these are not an option for you, another way to ramp up your heat therapy is by taking a really hot bath followed by a cold shower (you'll see why below). Just by adding this simple routine into your weekly schedule has also been shown to have very similar results.

What is Cold Thermogenesis and How it's Beneficial

Cold thermogenesis is the process of exposing your body, or targeted areas of the body, to extreme cold temperatures as a therapeutic practice.

Cold thermogenesis, also associated with Cryotherapy, is a hormetic stressor (it puts stress on the body). This type of stress, similar to the kinds of stress we get from exercising, heat therapy, and fasting, triggers a cellular response in the body that exceeds what is actually needed in order to compensate for any underlying inflammation or disease. When the body is fully submerged into extreme cold temperatures the natural response will be for the body to try to heat itself back up. This process causes the body to respond by producing more mitochondria which will effectively convert the body's white fat tissue into brown fat tissue (the body's more metabolically friendly counterpart). As pointed out in the great Dr. Rhonda Patrick's article on Cryotherapy, she states that *"the greater the amount of brown adipose tissue the body has, the greater the amount of fat it will burn,"* which would lead to a greater possibility of weight loss.



There are countless other health benefits of cold thermogenesis and though it made sound crazy to spend an evening in an ice cold bath, it can have mind blowing positive effects that will leave you feeling rejuvenated and more at ease. There are few different ways to go about cold therapy. For the more ancient/human approach, if possible, you can simply jump into a cold-water lake or stream. This is especially fun if it's wintertime! Otherwise, you can create a cold plunge at your house by filling your bathtub with cold tap water and adding 5-10 pounds of ice, submerge yourself in the water and stay in for as long as you can (but no longer than 30 minutes). At first, try to aim for about 10 minutes and work your way up to 20 minutes. If all of this sounds too crazy, you can simply start in the shower by switching the hot water to cold for the remaining 2 minutes of your shower or an even gentler introduction to cold therapy is to dunk your face into a large bowl of ice cold water.

When it comes to Ayurveda and approaching your health, it's possible that cold thermogenesis is **NOT** suitable for everyone at all stages of their life. If you are struggling with an extreme vata imbalance or any other series illness, it would be best to check in with your health practitioner before jumping into your first ice bath.

Benefits of Cold Thermogenesis

- Reduces Inflammation
- Burns Fat
- Improves Brain Function
- Better sleep
- Immune System Enhancer
- Speeds up Metabolism
- Helps with Fertility
- Strengthens Adrenal Function
- Faster Muscle Recovery

Mary McQuate
@MaryMcquate



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GAB WITH THE GODDESSES

ADVICE FOR THE LOVEFIT WOMAN

How do you deal with the haters?

~Not Sippin the Haterade

Dear Not Sippin the Haterade,

We've all been there - someone says something either passive aggressive or directly mean and it stops you in your tracks. You likely spend time in your head trying to dissect whether these mean words are true, and sometimes you may even believe the hater's narrative. Generally, these 'haters' are people who don't know you well, if at all, sometimes even strangers online, so why is it tough to let it roll off your back?

Criticisms often tie to our limbic system, or our "emotional brain", where our past emotional memories and triggers are stored. Although we may know that the criticism isn't true or valid, we feel the emotion rise from this place and it needs to be processed. When these uncomfortable feelings arise after unwarranted criticism, we may take measures to protect ourselves emotionally. This may be retreating and avoiding situations where you may be vulnerable to other criticisms. Sometimes we feel hurt or angry and avoid processing altogether.

However, in order to not let these critiques dull your sparkle, it's key to remember who matters in regard to criticism. Deliberate attacks or rudeness from haters, bullies, gossips, and trolls are very different situations than working with loving criticism from those who are most important to you. Distinguishing who has earned the right to criticize you is the first step. Who are these people in your life that have your best interest, happiness, and success at heart? Who are the people that care about your wellbeing?

It's these people who matter. Their loving feedback should be something to work with and learn from when it arises. Haters are different and their impudent evaluations should be disregarded. Pause a minute, notice the emotion, and remind yourself who matters and who doesn't. Accept and work with feedback and criticism only when it comes from the heart.

Katie did a whole Ghee Spot episode on this topic called *Haters Gonna Hate*. **[Check it out here.](#)**

Sarah Waldron
@sarahwaldron417

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Special Thanks



Liz Smithers and Ally Legato, Co-Owner of Laka Living and photographer Ally Legato came together for this beautiful photo shoot in the island of Kauai, Hawaii.

Liz Smithers started Laka Living in an effort to bring simplicity to complex, ancestral ingredients that bring about body strength, system clarity, and consciousness. After witnessing the profound effects optimum nutrition did for her mental, physical, and spiritual health, Liz became infatuated with the power of plant-based nutrition for continued evolution of body and mind. Currently, LAKA is owned and operated by Liz and Kate Smithers. Sisters in business, LAKA remains dedicated to maintaining integrity through sustainable sourcing, packaging, production, and promotion to benefit collective consciousness one pantry at a time. @LakaLiving.com

Ally Legato is best known for her portraits that focus on movement and the art of athletics. To view more of her work please visit AllyLegato.com.



Dr. Katy Jane is a spiritual guide, teacher and author. Her expertise is to guide you on a journey toward deeper self-awareness, greater inner peace, and wiser choices aligned with your most authentic life purpose—especially when you're at a crucial turning point in your life, practice and teaching.

Katy was named One of the top 75 yogis who are shifting the planet by Origin Magazine. She is the author of *Awakening with Sanskrit* and *Sanskrit for Yogis: An Introduction to Nada, the Yoga of Sacred Sound*. As a scholar in Sanskrit, the Vedas and classical yoga she helps others access the wisdom teachings at the core of their own practice. And, she also specializes in helping seekers at crucial transitions develop successful life strategies with the guiding light of Jyotisha Astrology. She currently lives between India and the USA where she teaches Sanskrit courses, Jyotisha (Vedic astrology) coaching, and leads spiritual retreats to the holy Himalayas.

To learn more about Katy visit www.drkatyjane.com.

Designed and Edited with LOVE by The Shakti School Team

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