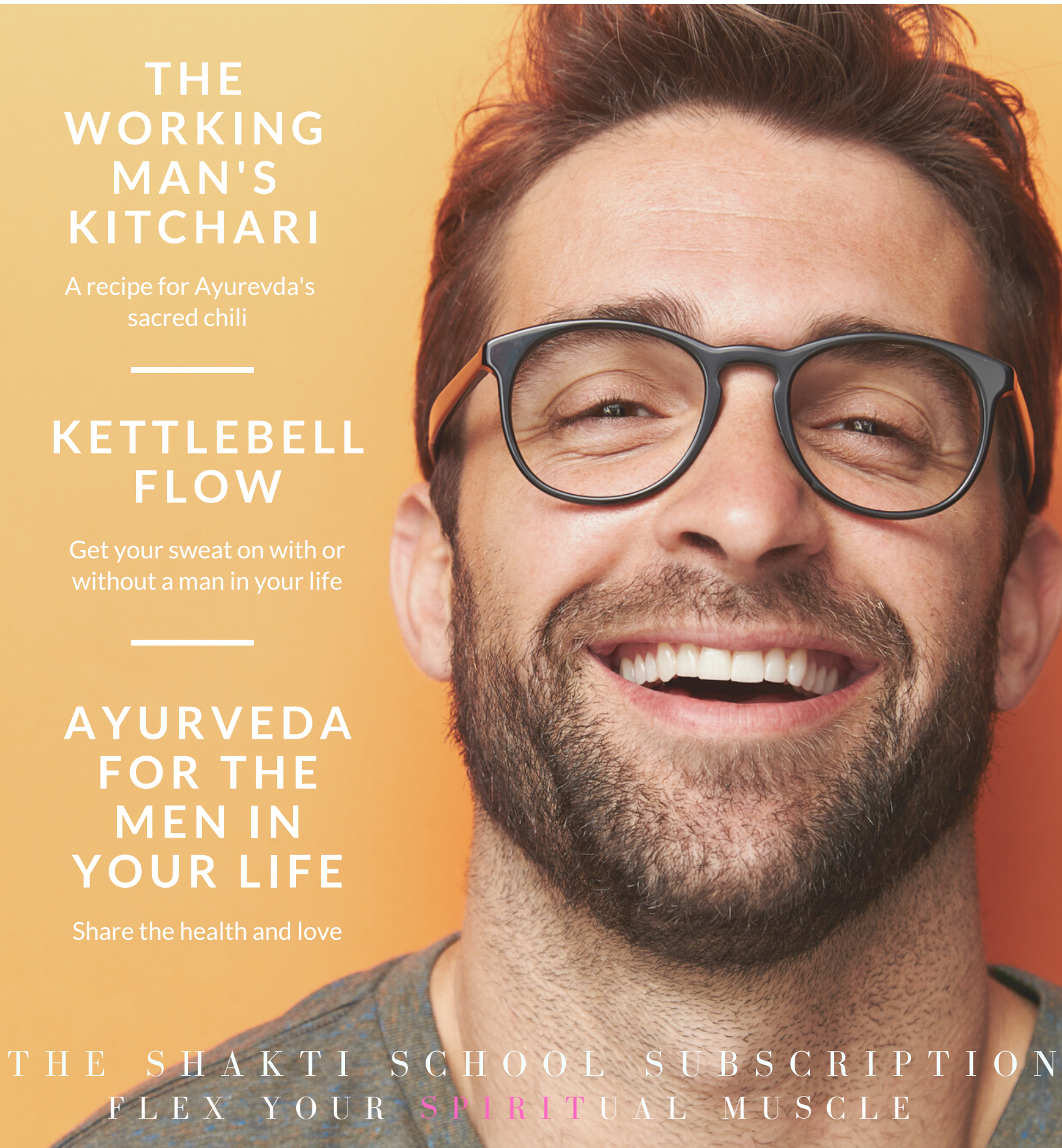
LOVEFIT

AUGUST 2020 ISSUE NO. 3



THE WORKING MAN'S KITCHARI

A recipe for Ayurevda's sacred chili

KETTLEBELL FLOW

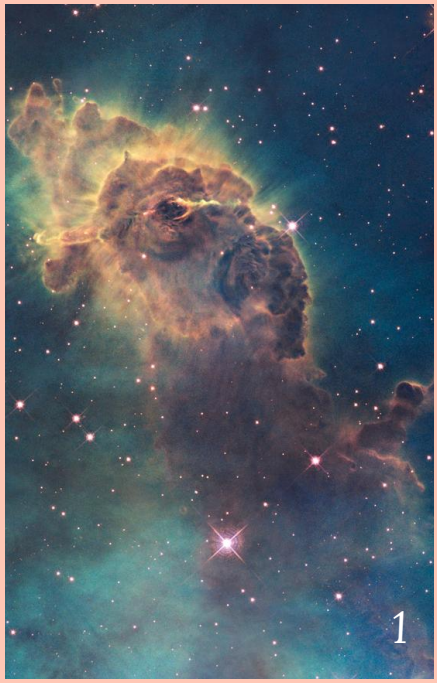
Get your sweat on with or without a man in your life

AYURVEDA FOR THE MEN IN YOUR LIFE

Share the health and love

THE SHAKTI SCHOOL SUBSCRIPTION

FLEX YOUR SPIRITUAL MUSCLE



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LETTER FROM KATIE

"Health is the greatest gift" Buddha

Introducing Ayurveda & Healthier Living to the Ones You Love

If you're a member of the Shakti School Subscription, it's likely you are interested in healthy habits and living your best life. You probably want your man, friends, and family members to feel their best and live a long, healthy life as well. However, sometimes it can be difficult to introduce what are seemingly esoteric practices or rituals to friends, family, and your guy. We sometimes shy away from what we don't understand, or perhaps the subject of health is a daunting one. It can be tough to introduce Ayurveda and healthy habits to those you love, but you want what's best for them because you love them.

When introducing Ayurveda or other health practices, it's important to remember that no one likes to feel judged or like they are being dictated to do something. Meet your partner, friend, or family member where they are NOW to build and develop on their strengths. If they feel they have to upheave their lifestyle and all their habits, it may become overwhelming and in turn they may be resistant. Does your guy love massages? Show him the benefits of Abhyanga and add some oils to his massage. If he loves protein shakes or smoothies, show how easy it is to add adaptogenics and all the many benefits of doing so. If you build on what the person is already doing, you better the chances of them incorporating new routines and habits. Meet them where they're at and up-level their current routines.

Another way to introduce Ayurveda to your man or a family member is to appeal to their appetite. You know it already, eating healthy is delicious and makes you feel great. Eating habits and nutrition can be difficult obstacles, so show your loved ones the yummy ways to incorporate new foods or ways of eating.

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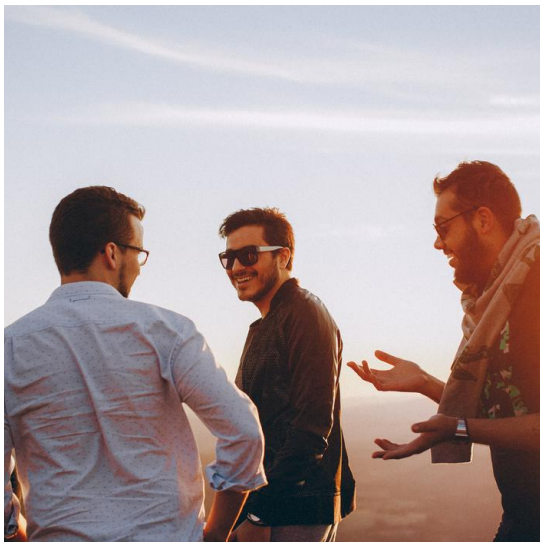
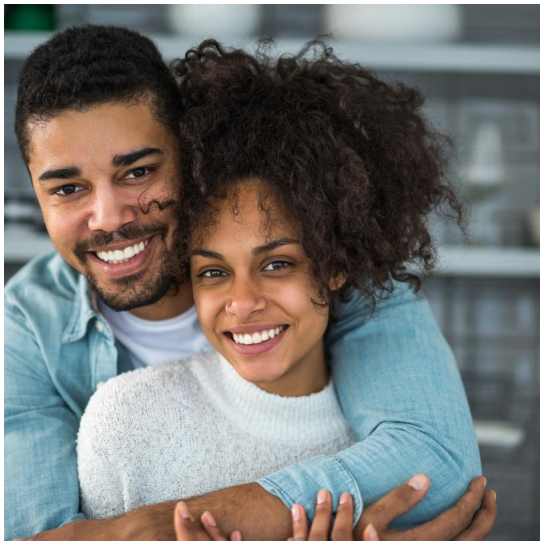




Kitchari a little daunting to your guy? Let him dress it up the way he likes, with hot sauce or even a little cheese on top. Does he love ice cream? Whip up a creamy smoothie with healthy fats from coconut butter or avocado and blueberries. If he likes sweets, introduce him to a stewed apple with ghee, cinnamon, and cardamom and call it crustless apple pie. Look for progress, not perfection.

It also helps to appeal to people's vanity when introducing healthy habits and Ayurveda. Show off how natural skincare can leave you beautiful and glowy. Daily oiling can leave you looking and feeling hydrated and younger. Figuring out what your man, friend, or family member cares about when it comes to their appearance can help you determine some routines for them that can not only help them feel better, but look better. Vanity is often a huge motivator, so play on that without making the person feel pressured. Give them TONS of positive feedback and compliments around these changes.

The most important thing you can do to introduce healthier living and habits to those around you is to lead by example. When others see you feeling and looking your best while implementing healthy lifestyle methods, they may perk up and ask you what you're doing to feel and look great. This is a great opportunity to lead by example in your healthy lifestyle. When you are eating well, breaking a sweat every day, having great bowel movements, and getting plenty of sleep—you feel amazing, right?! Well those around you can see and feel that too and may be inspired by you to do things that feel better for themselves. Lead by example in your healthy lifestyle and habits to motivate others to do the same.

When those around you feel healthier, it helps cultivate healthier relationships. It's a win-win for everyone. Be sure to provide positive feedback and support and never shame when people are trying to make changes. Give information without sounding pushy and provide resources if it seems like the person could benefit. Most importantly, remember that the goal is to increase longevity and feeling good because you love the person and want what's best for them.

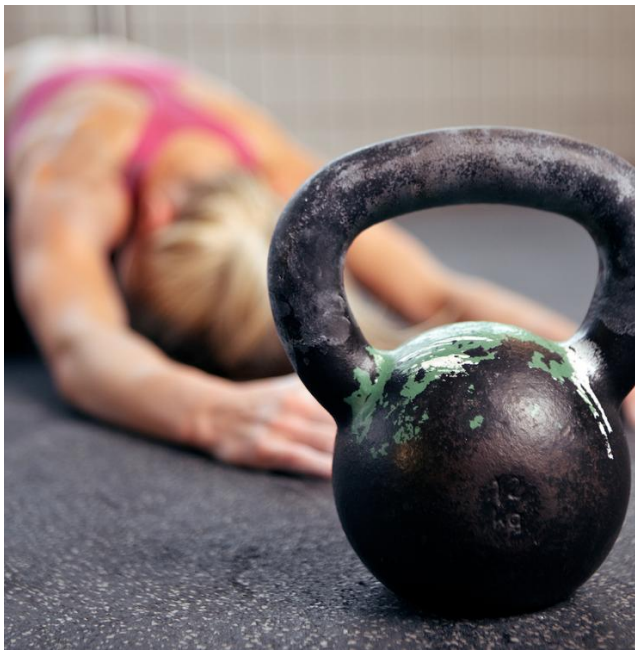
Resources We Love Created by Men

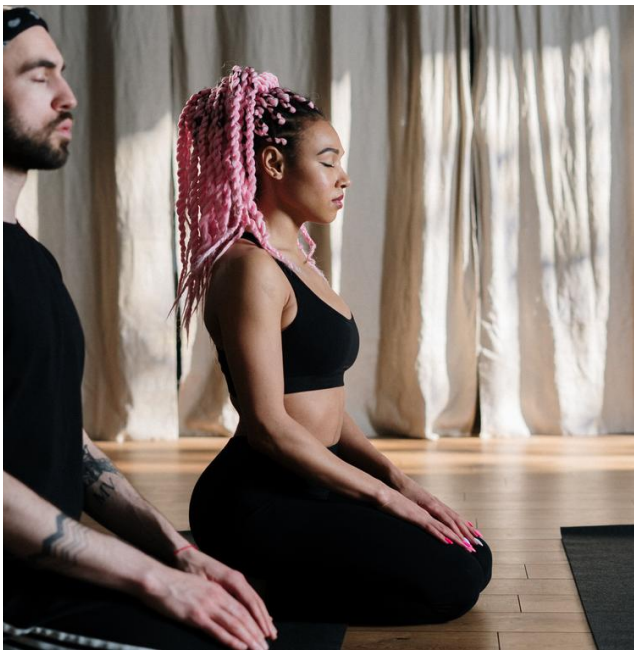
- *Own the Day, Own Your Life: Optimized Practices for Waking, Working, Learning, Eating, Training, Playing, Sleeping, and Sex* by Aubrey Marcus
- *Iron John: A Book About Men* by Robert Bly
- John Amaral
- Ben Greenfield
- *The Way of the Superior Man* by David Deida
- Good Dad Project Podcast

"Ayurveda teaches us to cherish our innate-nature – 'to love and honor who we are', not as what people think or tell us, 'who we should be'."
- Prana Gogia

THIS MONTH IN THE PORTAL

Fun Kettlebell Workout and Ayurveda for Men





Kettlebell Workout with Him

Join Mary McQuate for a sweaty and energizing bootcamp-style workout that's great to do with your guy or a friend. This fun 40-minute workout incorporates stretching, full body movements, a kettlebell, and dumbbell weights for a nice full-body burn. You can do this practice without weights, too!

Ayurveda for the Men in Your Life

Tune into this talk from Katie with or without your guy on Ayurvedic practices for men and how to create healthy habits. This mini-lecture includes information on the importance of enough sleep and good fats, intermittent fasting, herbal support, and much more. Katie's Sex Shake for Men recipe included in LOVEFIT magazine!

KATIE'S SEX SHAKE FOR MEN RECIPE

1/2 tsp kapikacchu
1/2 Vidari
1 tsp Ashwaghanda
10 skinless Almonds
2 cups Whole milk

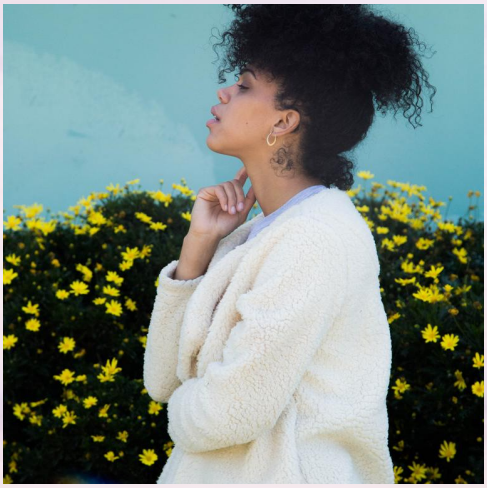
- bring milk to low boil. Add in spices and whisk. Bring to a very low simmer for 5 min.
- pour milk, almonds and dates into a blender and blend on high for 30 seconds Or until the dates and almonds are fully blended.

Herbs for Men

- Ashwagandha
- Kapikachhu
- Vidari
- Ghee
- Triphala
- Ashwagandha Bala Oil
- Arjuna
- Guggul
- Turmeric

Enjoy 15% off your order with the promo code **KATIE15**

MONTHLY ROADMAP



WEEK ONE

1. Commit to and block out a time in your calendar to do this month's workout class once each week in August with a friend or with your partner. Studies show that you're more likely to stick to an exercise schedule, work out more often and derive more satisfaction from your workouts when you do it with a buddy.
2. Read August's vedic astrology insights. Journal: How are the relationships going in your life? What are your most authentic desires in communication? Think about the qualities of Shiva and Shakti in your being and those closest to you. Notice the dance.
3. Full Moon on August 3rd. Take a moment to re-evaluate your intentions for this lunar cycle.

WEEK TWO

1. Choose four days this week to do a little movement practice for 20 minutes in the morning. These exercises can be whichever feel right for you that day, but try to include a mix of cardio, weight bearing exercises, stretching and breath-body awareness throughout the week.
2. Schedule a dinner date with the man in your life that needs to hear this month's lecture with Katie on Ayurveda for men's health. Try making the Working Men's Kitchari from this month's issue together, you can listen to the lecture while you prep and cook. Studies show that men (and children) are more likely to try and enjoy new foods if they've participated in prepping and cooking the meal.

WEEK THREE

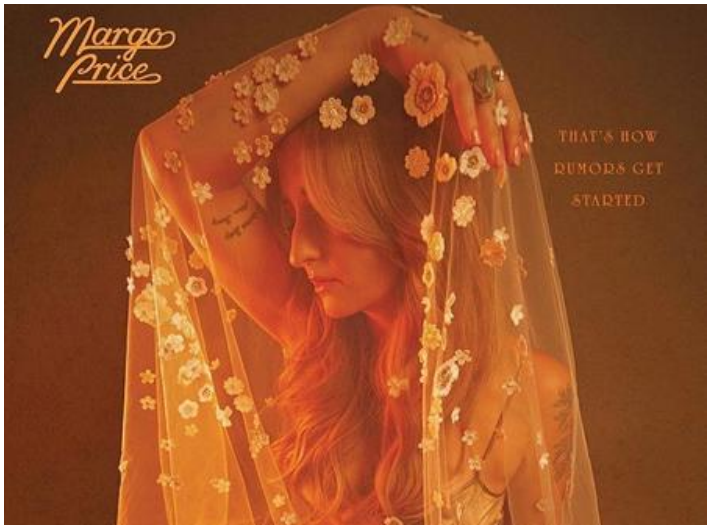
1. New Moon on August 19th. Set an intention for this new lunar cycle.
2. Journal: Take a moment to imagine yourself in ten years—if there were no limitations—what would your best, most vibrant, magnetic life look like? Imagine merging with this future self. You have this potential already in you. What inner resource will you require to become your future self? What bad habits are holding you back from this vision? What affirmations do you need to get there? Share your vision for your healthiest, most vibrant, abundant ten-year future self in the Facebook group so we can magnetize your vision.
3. Set a timer. Do a sitali breathing exercise from last month's issue for 10 minutes after each exercise session. Ease into your day.

WEEK FOUR

1. Make a playlist. Take at least an hour this week to enjoy and discover new music. Share your playlist and new finds with a friend.
2. Rest. Rest. Rest.

WHAT WE ARE LOVING

Our Staff Favorites This Month



PRODUCT: BANYAN'S KAPIKACHU

KATIE'S PICK @KatieSilcox4Real

I have been really loving the effects of **KapiKachu** lately. KapiKachu, also known as Mucuna Pruriens, has been my go to supplement in the last month. Known for its ability to nourish the nervous system and promote healthy sexual energy (and reproductive health) in men and women this is ***the*** ojas building nutritive tonic. It also helps soothe the nervous system and promote relaxation which is such a huge bonus. In the year of 2020, I could use a little natural boost of dopamine!

MUSIC: THAT'S HOW RUMORS GET STARTED, MARGO PRICE

AMAURY'S PICK @AmauryRoseline

I've been listening to, and singing along with, this album almost every day the last few weeks. It's fun, beautiful, relatable, like taking a road trip with your best girlfriend — the perfect summer soundtrack. In fact, the album makes me miss my besties. It's as if Margo is channeling Stevie Nicks in this album. There's a mystical deep knowing to it. She's a down to Earth artist who's easy to love. My favorite songs off the album (this week) are the title track, *That's How Rumors Get Started*, *Letting Me Down*, *What Happened To Our Love*, & *Prisoner of the Highway*.

FASHION & HOME: NANIN

MARY'S PICK @MaryMcquate

I am so excited to share this brand. **NANIN** is the sweetest shop with a lovingly curated collection of classy basics. Their clothing line made of raw silk is so comfortable and only gets better with time. I am also in love with their fragrances. My favorite candle is Landslide. It's blended with notes of patchouli, cedarwood, rosewood & sandalwood and inspired by the ultimate gypsy lady, Stevie Nicks… how could it get any better?! (*Check out our special promo code for Nanin in this month's issue*).

FOOD: COCONUT MANNA

SARAH'S PICK @SarahWaldron417

On recommendation from Shakti Staff Sis, Mary, I tried this **Coconut Manna**, and OMG. Obsession is an understatement. It's thick like butter and creamy with a hint of sweet. It's delicious in and on pretty much everything. I love it drizzled over some sliced frozen bananas or blueberries. It can be used in anything you want to bring a little creamy coconut flavor to, like smoothies. It's made from the meat of the coconut and packed full of healthy fats and lauric acid, helping to boost your immunity.

WORD OF THE MONTH

Virile

The Cambridge dictionary definition of virile is powerful, strong, and energetic. The Merriam-Webster definition is *having traditionally masculine traits especially to a marked degree and having the nature, properties, or qualities of an adult male*. In Latin, vir can also mean just "man" or "husband." Virile was a commonly used term for many centuries, it's origin dating back to the Greco-Romans, however it's rarely used in modern times. Generally, it can be cringe-inducing, due to being directly tied to male superiority, which elicits the ideals of misogyny.

According to the book, *A History of Virility*, translated by scholars and published by Columbia University, the Greco-Romans were the first to develop the concept of maleness and masculinity. Generally, virile was used to attribute success and strength on the battlefield. In these ancient times, virility was about achievement and greatness, and not something that described all males. It was something that was achieved through winning competition or showing strength and not a description based solely on possessing male anatomy.

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However, virility became a fleeting concept over time because it can be perilous. As Joshua Rotham puts it in *When Men Wanted to be Virile*, "Even as virile men were exalted, it was assumed that each had a fatal flaw—a sexual, physical, or temperamental weakness—which observers knew would be uncovered. Virility wasn't just a quality or a character trait. It was a drama." These qualities of the virile man can be taken too far, leading directly to demise and failure.

Over the past century, the concept of virility has been somewhat slowly dismantled by the pacifist, feminist, and gay rights movements in an effort for equality. This led to the replacement with "masculinity" and "manliness" in the twentieth century, but we remain enthralled by the fragility of virility. From ancient folklore to our current times, we are mesmerized by stories of virile men being undone by their uncontainable masculine traits. While virile isn't commonly used anymore, the etymology is a fascinating part of the concept of masculinity and the Wounded Masculine archetype as a foil to the Divine Masculine fatherly archetype.

Written by @SarahWaldron417

The Working Man's Kitchari

A recipe for Ayurveda's Sacred Chili

Do you have a man in your life with whom you want to share the powerful benefits of Ayurveda with—but you're not sure where to start? Sometimes it helps to start with their taste buds. Whether you want to share this recipe with your father, brother, partner, or you simply just want it all to yourself, this is a great introductory Ayurveda meal you can add to your weekly kitchen rotation. It's delicious, cleansing, and easy to make (even easier if you have a slow cooker or a crock pot). It practically makes itself.

Split Mung Beans vs.

Whole Mung Beans

What is Kitchari? खिच्चा

Kitchari, which translates to mixture, is an ancient dish used in Ayurveda for thousands of years to promote health, longevity, and detoxification. It is especially known for its cleansing purposes (or while doing a *panchakarma*).

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The *mixture* always consists of split mung means, basmati rice, and usually a variation of spices. It's also not uncommon for kitchari to include vegetables in the mixture as well. Often a diet of kitchari is prescribed by an Ayurvedic practitioner alongside other herbs and specific lifestyle alterations to support whatever ailment is in need of curing.

Additionally, kitchari, when eaten at every meal of the day, is simply used as a yearly (or even monthly) cleansing practice. The mung bean itself actually helps to detox the system. When properly prepared mung beans have the ability to bind onto toxins and literally pull them out of the body through your bowels. Not only are mung beans detoxifying but they also help to increase your agni (digestive fire). When combined with basmati rice they make a complete protein and they are suitable for all doshas.

Other benefits of kitchari

- *Helps regulate the nervous system*
- *Helps burn fat*
- *Speeds up metabolism*
- *Increases your vitality*
- *Builds prana in the body*
- *Generates glowing skin*

Kitchari (especially a version that is slightly modified to suit certain taste buds) is a perfect introduction to Ayurvedic cooking or a gentle way to cleanse. The recipe we are sharing with you this month is a fun variation on the classic kitchari meal. It's so easy to make that it's possible the man or woma you want to share this with might just start making it for you.

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Mung Bean Chili

Modified Kitchari

Ingredients

- 1 cup of split mung beans (soaked overnight, drained, and discard the water)
- ½ cup Basmati Rice (soaked overnight, drained, and discard the water)
- 1 onion (finely chopped)
- 1 garlic clove (finely chopped)
- 2 tsp fresh turmeric (peeled and finely chopped)
- 1 tsp cumin
- ½ tsp asafoetida (hing)
- 1 tsp turmeric powder
- 1 tsp fennel seeds
- ½ tsp garam masala
- ½ tsp mustard seeds
- ½ tsp chipotle seasoning (for the chili effect)
- 2 celery stalks (finely chopped)
- 2 carrots (finely chopped)
- 1 sweet potato (finely chopped)
- 2-3 cups of vegetable stock (or water)
- 1 can full fat coconut milk
- ½-1 cup cilantro (finely chopped)

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Directions

First start by boiling the mung beans. In a medium sized cooking pot add the mung beans and cover with water. Bring to a boil and then reduce to a simmer. Allow to simmer while you prepare the spice and vegetable mixture.

While the mung beans are simmering, in a large cooking pot start with the ghee on medium heat. First add the onions and cover with a lid until the onions turn translucent. Next, add the spices one at a time and allow the spices to simmer slightly in the oil. Continue to add the vegetables one ingredient at a time. Starting with the celery, then the carrots, and lastly the sweet potato. Cover the lid in between each additional ingredient to ensure that each ingredient is fully coated in the spices.

Once the vegetables have become tender you can then add the mung beans. Make sure to strain the mung beans (yet again) and discard the cooking water. This is especially helpful for digestion and reducing the unwanted excess Vata (wind or gas) that commonly comes from bean consumption. Fold the mung beans into the vegetable mixture. You may need to add slightly more oil or a splash of vegetable stock throughout this process. Next, add the canned coconut milk and the vegetable stock. Bring to a boil and reduce to a simmer. Allow to simmer for at least 45 minutes (the longer the better).

** This dish can easily be made in a crockpot. Simply add all the ingredients to a slow cooker and cook for 4-6 hours or overnight. The beans should have plenty of time to thoroughly cook with this method. Just make sure not to skip the step of soaking them overnight and discard that water.*

Written By @MaryMcQuate

YOUR MONTH IN VEDIC ASTROLOGY

> *"Therefore, Oh Arjuna, fight."*
>
> *~Bhagavad Gītā*

STARDUST IN AUGUST

Dr. Katy Jane @DrKatyJane

Once I saw a survival show on television in which a group of friends were adrift at sea for three weeks following an accident on their sailboat. They had no water or shelter. Eventually delirium set in.

It was too tempting not to drink the salt water. One of them did and died. It became hard to distinguish between the endless sea and what seemed like land. One friend believed he saw a nearby shore. He felt confident he could just swim to it.

He dove in and was eaten by sharks.

Only two survived the ordeal because of self-restraint and because they fought continuously. The argumentative fire literally kept them alive.

Astrologically speaking, that life boat may be a metaphor for the month of August. It's hard to imagine (given what we've been through collectively) that we've enjoyed over these past four months a great degree of domestic bliss. Since April, Venus has been happy at home in Taurus—cooking, eating, gardening and sheltering from the raging storm outside.

But as soon as August begins that changes. **Venus moves to the sign of Gemini and brings up all the restlessness of the past months.** You want real relationship—not just through a computer screen. You want to talk authentically. You want the real deal in everything in your life. You just want and moreover want to want.

As Venus enters Gemini he transits the star, Mrigashira, "the seeking star," which is symbolized by a golden deer. In the Ramayana it was Sita's desire to capture a golden deer that resulted in her kidnapping and ultimately the war that ensued.

You want something—perhaps a new innovative way of living—and it will lead you to fight for it. By the middle of August, you'll be in a firestorm for the survival of your most cherished and authentic desires. That's what these times are leading to—the fierce unwillingness to back down on what you want most in life.

It can feel like life or death. It may require some painful endings. Anger may take the place of tears. **Your only mission is to keep your deepest truths and desires alive in the lifeboat**—even if you have to fight for them.

By the end of the month, **you'll feel cleansed by fire—purified of self-doubt, laziness and insecurity**. For the first time in a long time, you'll be like a **king on a throne**. Nothing can shake you. And somehow all this will seem like it was worth it.

*View Katy's video on **The Snake of Time period that we're living through now here.***

Why Betting On Yourself Matters, Now More Than Ever

I transitioned my career to work in the wellness industry and was more burnt out than ever before. It was Sunday night, around 11pm and I was coming off of a summer spent on tour producing yoga festivals across North America. I was exhausted. The seemingly endless energy that propelled me through my work had begun to fade. Yes, I loved promoting yoga and wellness to hundreds of thousands of people across the world, but I knew deep down that this lifestyle and profession had run its course.

I tried talking about it to a friend, he told me "*Sometimes you just need to bet on yourself*". I nodded but inside wondered what the f*ck does that actually mean.

Sure, there's an endless supply of motivational speeches, seminars, books and inspirational quotes about the power of believing in yourself with little direction as to how to do it. But how do we actually place the bet? I had to figure out how.

Two years ago I took the leap, departed NYC and shifted my professional focus to my coaching practice. I wanted to return back to service and to use my knowledge of business and wellness to help people live vital, purpose-driven lives. The type of lives that they dream about and are ready for right now. True to the nature of Ayurveda, I tended to myself first taking 9 months to travel and study — I stoked my capacity to digest, eliminated the toxins in my life at that moment, and then began to rebuild vitality into my life.

I didn’t know what it meant to bet on myself until I did. It took some painfully honest introspection and a deeper understanding of my internal and external environments. Now I guide others through this process as a 1:1 business coach. I work with my clients to explore their fears, beliefs and narratives around creativity, career and money, and to claim their deeper vision for their life and work.

I was scared shitless when I left a lucrative and quickly growing career to follow my gut. I was terrified. I created a weekend workshop for myself in which I crafted my personal mantra (backed by a whole lot of clarity, intention and direction) and it is: "I believe in myself and I'm betting on myself." As my coaching clients work to understand and realign their internal landscape, we simultaneously assess their external environment. Together, we create a roadmap to take actionable steps to make breakthroughs in their career and lifestyle.

I'm sharing this because vision, commitment, direction and applied action are not givens. They require introspection, iteration and most importantly practice.

The key is simple: when you are ready to apply action to your awareness, you will create positive breakthroughs in your life. In the context of today’s world your ability to bet on yourself is more crucial than ever before. It’s time to take ownership of your purpose.

Written by Jacky Bereznyak

Mango Price

INTRODUCING MEDITATION TO THE MEN IN YOUR LIFE

A practical Guide for Anyone Learning to Meditate

The practice of meditation is one that trains the mind to become more quiet. “One of the best ways to gain access to our soul and become truly happy is to practice sitting in silence” (*Happy, Healthy, Sexy* p.151). Meditation can bring you more insight about your life, your suffering, and what may be keeping you stuck in certain negative patterns. Ultimately, the goal of meditation is to bring you more peace of mind, more truth, and the ability to listen to your soul’s deepest desire. It allows us to draw closer to our most authentic selves.

Meditation is especially helpful when we want to shed the useless mind chatter that is in the way of allowing us to manifest our dreams and approaching life with more ease. Not only is meditation practical for the emotional and spiritual benefits, but it is extremely beneficial to your overall physical health as well.

If you are really wanting to share the benefits of meditation with someone you love, it might be helpful to share with them the abundant research that has been done on meditation and its positive effects on the human brain and immune function. There are countless research studies showing that even five minutes of daily meditation can dramatically boost your serotonin levels in the brain. (*Meditation & the Brain*) It’s also helpful to start from a place of love. Anytime you are wanting to share information or viewpoints with someone it’s best to do it from a place of complete unconditional love. When we are steeped in that kind of compassion it releases oxytocin which allows for more receptivity.

Benefits of Meditation

- *Calms the Nervous System*
- *Eases Tension*
- *Mental Clarity*
- *Soothes Digestion*
- *Increases Self Awareness*
- *Reduces Anxiety & Depression*
- *Boost your Mood*
- *Helps with Insomnia*
- *Optimizes Immunity*

When practicing meditation with a partner or loved one, it’s usually an intimate experience. It takes a certain kind of vulnerability and surrender that only draws people closer together and overtime can lead to big transformations either in oneself, in the relationship, or both. Meditation can also be something you bring into the bedroom. Practicing sitting in silence in the space of sexual energy can really heighten the mood.

Here is simple meditation from Katie’s book, *Happy, Healthy, Sexy*, that can be done with a partner, friend, or relative. It’s specifically intended for gathering and expanding your energy. It will help to bring about more clarity and focus in the spiritual and worldly realms.

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To begin, close your eyes and let your body relax. For a few minutes, notice the simple miracle of your breath. Your inhale raises the navel center away from you, without you trying, and the exhale lowers the belly back down. Again, try not to try. Simplu watch your belly as you become more and more relaxed.

Now bring your awareness to your nostrils and begin to smooth and even out your inhale and exhale. Take a few minutes to get the inhale and exhale as smooth and even as possible, feeling the texture and temperature of the way the air moves through your nostrils, from the tip to the bridge of the nose. Feel the current of air rising and falling along the ceiling of the nostril.

The more effortless you become, the more you will feel that you aren't controlling or shaping the breath. The breath is breathing itself. The more you relax, the more you will sense that there is subtle energy that precedes and follows the breath. This is your connection to prana (lifeforce).

Focus on this connection, at the ceiling of the nostril, into the midbrain. You may sense a presence of light. Feel light pulling breath in and out of you. The nature of this light is expansion. Feel this light move into your midbrain. With time, the brain will almost feel as if it's bathing in light. When you sense or feel light, let go of all techniques and simply rest in the luminous light of the mind. You are now in a place of "gathering" or "collecting energy." Now would be a good time to begin to chant a mantra into the pranic presence you have created [you can also leave this part out if you are starting with a beginner].

More Shakti School Resources on Meditation

Book: *Happy, Healthy, Sexy* is a great resource for more meditations including: *How to Gather Your Inner Fire, Meditations for a Broken Heart, and For Grounding and Letting Go*.

Audio: And, if you are looking for guided meditations via video or audio check out this link for more Happy, Healthy, Sexy Bonuses: Guided Meditations and More, or search "meditation" or "Body Yantra" in the LOVEFIT Archive.

Written By
@MaryMcquate

SHIVA AND SHAKTI

An Introduction to Balancing the Masculine and The Feminine

In Tantric philosophy the concept of masculine and feminine energy is not exclusive to gender, sexual preference, or even living beings, but instead it is inherent in each and every facet of our lives. The terms **Shiva** (masculine energy) and **Shakti** (feminine energy) are best when united to create an effortless balance. It is in this balance that leads to a harmonious dance for thriving, surviving, and the full expression of ourselves. We are all created with both masculine and feminine energies and both are essential for living optimally. The qualities of Shiva and Shakti are within all of us. Women and men each embody the masculine **and** the feminine. It is just a matter of how they are expressed and what form they take in our daily lives. Once we recognize and understand how masculine and feminine energy shape our own lives it is only then that we can truly tap into the benefits of this sacred balance.

So, what are the benefits of balancing your masculin and feminine energies?

When you begin to learn more about the different qualities of the masculine and feminine energies it will become more evident where (or if) they are out of balance and by discovering this balance it will only help to strengthen and deepen your relationships. This could be the relationship you have with your partner, your best friend, your family, your boss, etc. And perhaps even more importantly, it will help to solidify the most important relationship of all: the relationship you have with yourself. Not only does this energetic duo show up in your personal relationships, but it can also manifest itself in your relationship with money, your self-worth, your purpose, and your future self.

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Has anyone ever told you that you're too controlling? Too aggressive with your words? What about too emotional? Or too sensitive? — While these characteristics may feel important or vital to your identity, it could also be that such dual energies are out of balance leading to higher levels of stress or even blockages. These dual energies, when out of balance, most likely express themselves when we are physically or emotionally challenged. By bringing more awareness to the philosophy of Shiva and Shakti it will begin to shift how you respond to challenges and could give you constructive insight on how to work towards more equilibrium.

Qualities Attributed to the Masculine

- Affirmation
- Strength
- Virility
- Survival
- Confidence
- Action-oriented
- Competitive
- Problem Solving
- Risk Taking
- Leadership
- Caretaker
- Power

Qualities Attributed to the Feminine

- Nurturing
- Intuitive
- Trusting
- Receptive
- Sensitive
- Patience
- Creative
- Supportive
- Emotive
- Tenderness
- Beauty
- Compassion
- Love

Dancing Shiva Nataraj

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Am I out of Balance?

For some people the answer to this question may be very obvious and for others certain patterns may be so ingrained that this question is more difficult. Try this simple writing exercise to see what comes up for you.

Take out a piece of paper or log it away in your journal and answer these questions. Try not to think too much about it, but instead allow whatever comes up to be what you write down on the page.

- ***Are you in a state of doing or being?***
- ***Which qualities do you most align with?***
- ***How are these qualities helping you to thrive in your life?***
- ***How are these qualities contributing to your suffering?***

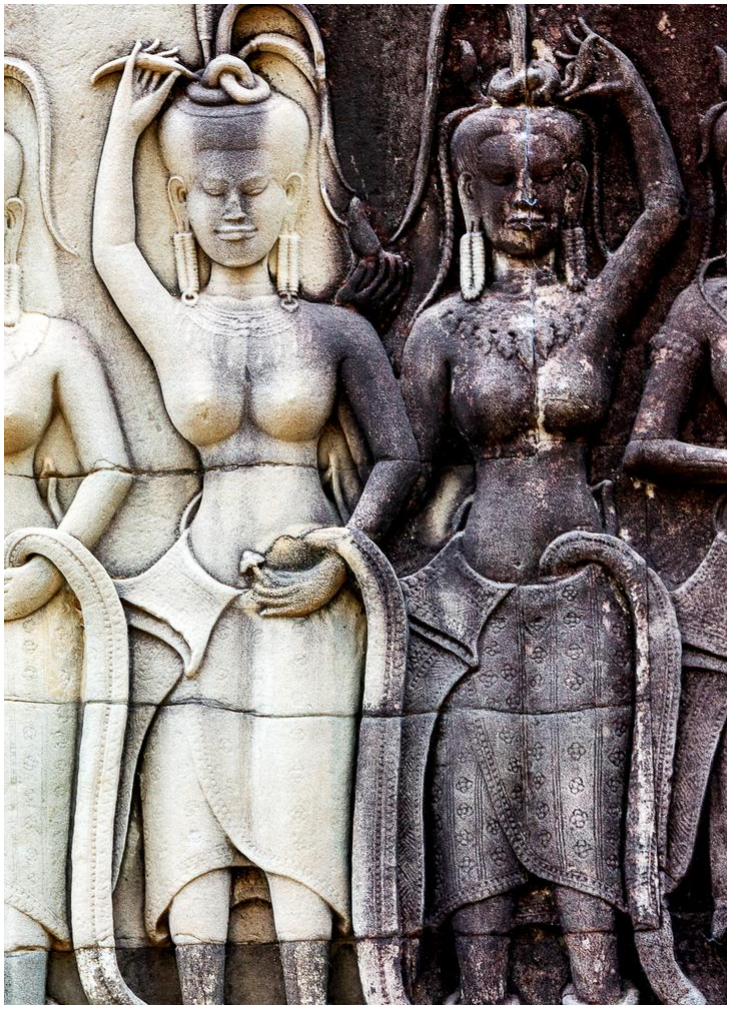
After doing this short writing experiment hopefully it will become a little bit more clear which qualities you feel you are lacking or where you could use more exploration and focus.

How to increase your connection to your masculine energy:

- Take the posture of Wonder Woman (shoulders back, hands on your hips)
- Take a HIIT workout or a boxing class
- Take on a challenge
- Practice consistency and following through with tasks
- Practice self discipline
- Be assertive, stick up for yourself, and take action

How to increase your connection to your feminine energy:

- Take a dance class
- Chant or Sing
- Practice meditation dedicated to letting go
- Explore your artistic side: journaling, painting, learn to play a musical instrument
- Be in nature
- Let someone else take the lead



Shakti in the complex of Angkor Wat, Siem Reap, Cambodia

Bound Together

In the ancient folkloric wisdom of Tantra, these two entities, Shiva and Shakti, are bound together, not separate. Tantra (to weave together) is duality in unity. Therefore, if we can approach this sacred wisdom with intention where the masculine and feminine are woven together in harmony it will lead to more transformation, a greater fulfillment of your desires, and will help you achieve the goals you set out for yourself. This unique balance will look differently from person to person and it is only through your own exploration and openness that you will be able to determine how to show up in your truest form.

Written By
@MaryMcquate

GAB WITH THE GODDESS

ADVICE FOR THE LOVEFIT WOMAN

How do I make Ayurvedic meals filling for my fiancé? He eats them, but never feels full.

~Betrothed To A Bear

Dear Betrothed To A Bear,

First of all, don't worry! This is an easy fix. It's very common when beginning to transition into Ayurvedic cooking (or healthy cooking in general) to come up against some road blocks, especially when cooking for other people at home. Many Ayurvedic meals (though not all) are mostly vegetable heavy and focus more on plants, whole grains, and legumes, and only a little on meat products, which can make for lighter and sometimes less satisfying meals for certain pallets. Whichever approach you decided to take, looking into your macros may give you some insight into where you might need something extra.

FAT

My first thought is to make sure you are incorporating an appropriate amount of healthy fats (you can even add more to his plate). Most men or larger body frames require more sustenance. By adding generous amounts of good fats like: Extra Virgin Olive Oil, Avocados, Avocado Oil, Coconut Oil, and Ghee you will be able to really increase the satiation of the dish. I also love having some macadamia nuts or macadamia nut butter as a healthy and filling snack.

They are loaded with good fat for healthy brain function and help to keep you full and energized. **Nuts aren't always digest-friendly for everyone, so just make sure to experiment and find what works best.*

PROTEIN

Another key to a more satisfying meal is to make sure you're including complete proteins. If you aren't consuming any meat products, be sure to incorporate a whole grain and a legume, especially on your fiancé's plate.

Ayurveda does not always exclude meat, so if your fiancé has the constitution that may require a little bit more fat and protein, it might be helpful to occasionally incorporate animal products. Of course, if you do decide to add some meat into the mix be sure to source your meat very intentionally (local, organic, and grass-fed). Whenever I'm cooking for my man I almost always boost up his plate with extra fat and extra protein. Meat (like all food) can be helpful and should be used as medicine.

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A great way to end a meal if you are left feeling hungry is to have a mug of bone broth. Blended with a little bit of fat, turmeric, and ginger and you've got yourself a gut healing (and filling) tonic.

CARBS

The volume of carbohydrates that you need will vary from person to person. Variables include hormones, digestion, your level of activity, etc. It's best not to overdo it with the carbs, but if you're not feeling full at the end of every meal and you're having an adequate amount of protein and healthy fats, you might need to look at your carb intake. One serving at dinner should do the trick. I love baked sweet potatoes with a big spoonful of ghee or coconut oil.

Hope this helps and has inspired you to keep cooking delicious meals! Please tag us in your next fiance-filled plate!

@MaryMcquate

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N**anin** is one of those stores you walk into and immediately feel calm. Everything is so beautiful and thoughtfully made and the aroma of the space is intoxicating. I never want to leave. It is my number one place to buy candles, classy jewelry, and that one special top you know you will have forever. The candles are handmade with thoughtfully chosen blends, the clothing resembles a work of art, and not to mention the women who run the shop are absolutely rad. Visit **shopNANIN** for all your special things.

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LOVEFIT VAULT

FOR MORE ON RELATIONSHIPS AND MEN

For more on relationships, delve into February 2019's content on **Polarity and Relationship Bubbles in The Shakti School Subscription**.

Listen to Katie talk Ayurveda, Elemental Theory, balance of feminine-masculine polarity in healing, and much more with Ragaia of Blue Sage Ayurveda in this **episode of The Ghee Spot.**

Check out **Episode Number 1 of The Ghee Spot** for a digestible 30 minute overview of Ayurveda. A great episode to share with those new to Ayurveda!

Read **Katie's blog post on human sexuality** and channeling sexual energy.

In the Ayurvedic Health Counselor course, we have an intriguing and informative class on Men's Health according to Ayurveda taught by Ragaia Belovarac. Not in Ayurveda School yet? Learn more about the program here.

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Special Thanks

Kate Jennings of NAININ, NANIN was started by Kate Jennings in 2009 as a vintage clothing line celebrating a love of nostalgia and kindness. In 2014 the brand introduced a collection of signature fragrances inspired by music and personal memories.Today Na Nin continues to expand its offerings with an in-house line of clothing, vintage, and fragrances alongside a curated selection of items by independent designers.

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.

Always driven by the human experience, **Jacky Bereznyak**'s coaching practice empowers clients to live their most vital and purpose-driven life. Bringing 7+ years of experience forging corporate partnerships and leading business development strategies from the ground up; Jacky has created hundreds of brand campaigns and generated millions of dollars in revenue for wellness companies. Through integrating her experience in business with her spiritual and healing studies, Jacky applies a 1:1 holistic approach to her business coaching practice. Learn more and schedule a complimentary consultation at www.fallentriangle.com.

Designed and Edited with LOVE by The Shakti School Team

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