

LOVE FIT

SEPTEMBER 2020 ISSUE NO. 4: SLEEP, SELF-CARE & SEX

DISCOVER

Ayurveda & Sex:
Intimate
Relationships &
Finding Your
Inner Voice

YANTRA

Body Yantra
for Recovery
and Sleep, Feel
Amazing and
Look Your Best

SAVOR

Melatonin
enhancing
Walnut
Cookies

FLEX YOUR SPIRITUAL MUSCLE

THE SHAKTI

SCHOOL

SUBSCRIPTION



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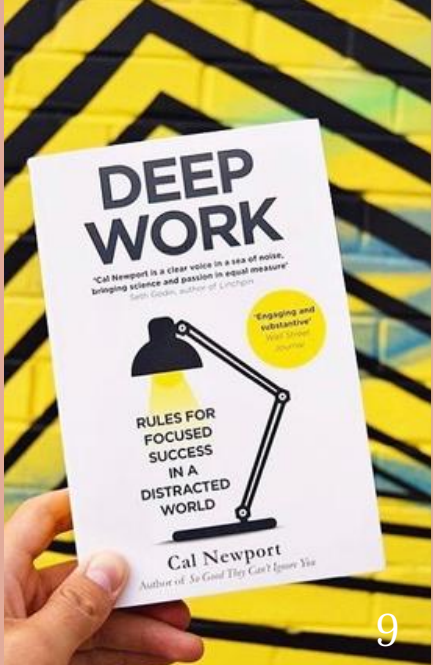
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LETTER FROM KATIE

*"Your Heart knows
the way.
Run in that
direction."*

- Rumi

Intimate Relationships and Finding Your Voice

If you're familiar with my book, podcast, or Ayurveda program, you know I love to talk sex. Not only is it a fascinating and complicated facet of the human condition, but Ayurveda teaches that your sexual energy is a vital life force with healing and transformative powers. Tantra and Ayurveda both understand that sexuality can be a tool for spiritual transformation and when a woman's sexual energy is conserved and multiplied, it can be a powerful means to attain physical rejuvenation and spiritual awakening.

The teachings of Ayurveda also say that sex is not simply physical, but is a union of two bodies, minds, and souls which can be a healing and transformative experience. Ayurveda says that balanced sexual nutrition is just as important as food and sleep to your vitality and health. Plus, it is a main source of pleasure and we all need more pleasure in life.

Ayurveda values Bramacharya, which is the conscious and wise use of your vital sexual energy. But what can often happen through media programming, stored trauma, and personal experiences is a dulling of the inner voice that allows you to innately know what is Bramacharya for you, or astute use of sexual energy. This dulled inner voice can lead to feeling disconnected from one's sexual energy and experiences and have a profound effect on relationships. Losing that internal knowing can also result in less than pleasurable sexual experiences, shame, and misuse of our precious vital energy. Finding and tuning into our inner voice is imperative to healthy sex, whether that's with a partner or with ourselves.

When we listen to our inner knowing surrounding sexuality, we are able to use our sexual power wisely. Finding your sexual voice means you are unashamed and unapologetic to be a sexual being. Tapping into this pure unadulterated need and pleasure awakens the soul and can feel like coming home to your body.





“The day you find yourself will be the most beautiful day, because after that - you will never accept less than you deserve”

-Ruby Dhal

This discovery or reawakening of the inner voice allows for expansion on an energetic, physical, and emotional level and increases the likelihood that we will make decisions from an inner knowingness. This also allows us to recognize and defend against others misusing our vital force. Remember, sexual energy can be used for healing the physical and emotional body. It's important to use it lovingly and wisely, and tapping into your inner voice and senses is important to understanding where to use this precious vital energy and life force.

Ways to Tap Into the Inner Voice

Kama Shakti can be translated to pleasure-power and is the ability to perceive the sensual beauty that is always present. Tuning into the five senses and being present in the moment allows us to tap into our sexual power and energy. Boost Kama Shakti by utilizing meditations and practices that focus on the sensing body, both inner and outer. This month's orienting meditation practice is a great way to tap into those senses.

Sometimes a period of conscious celibacy is what we need to get closer to that voice within, what we really want and who we are. Celibacy can be a time of energetic gathering, when you can heal and detoxify, recharging your spirit. If you feel this would be helpful for you, set a period of time that you will remain celibate and do not break this vow to yourself. Use this time of celibacy to clear out past negative experiences and release any shame you may be holding onto.

Intimacy starts with authentic communication. Whether you are in a relationship, having casual but conscious sexual experiences without a committed relationship, or single and celibate, you can focus on authentic communication. This comes first and foremost to listening to the signals the body is telling you. Try not to suppress or be afraid of the subtle truths your body tells you. Your inner voice is there, you just may need to quiet the mind to hear it.

Infuse your relationships with emotional nutrients like compassion, empathy, and kindness to stimulate sexual health. The more connected we feel to ourselves and those around us, the more obvious that inner voice becomes.

Utilize the following powerful practice from my book, *Healthy Happy Sexy* and let go some of those stored experiences that can overpower that subtle internal voice.

Meditation: Reclaiming Your Sexual Prana

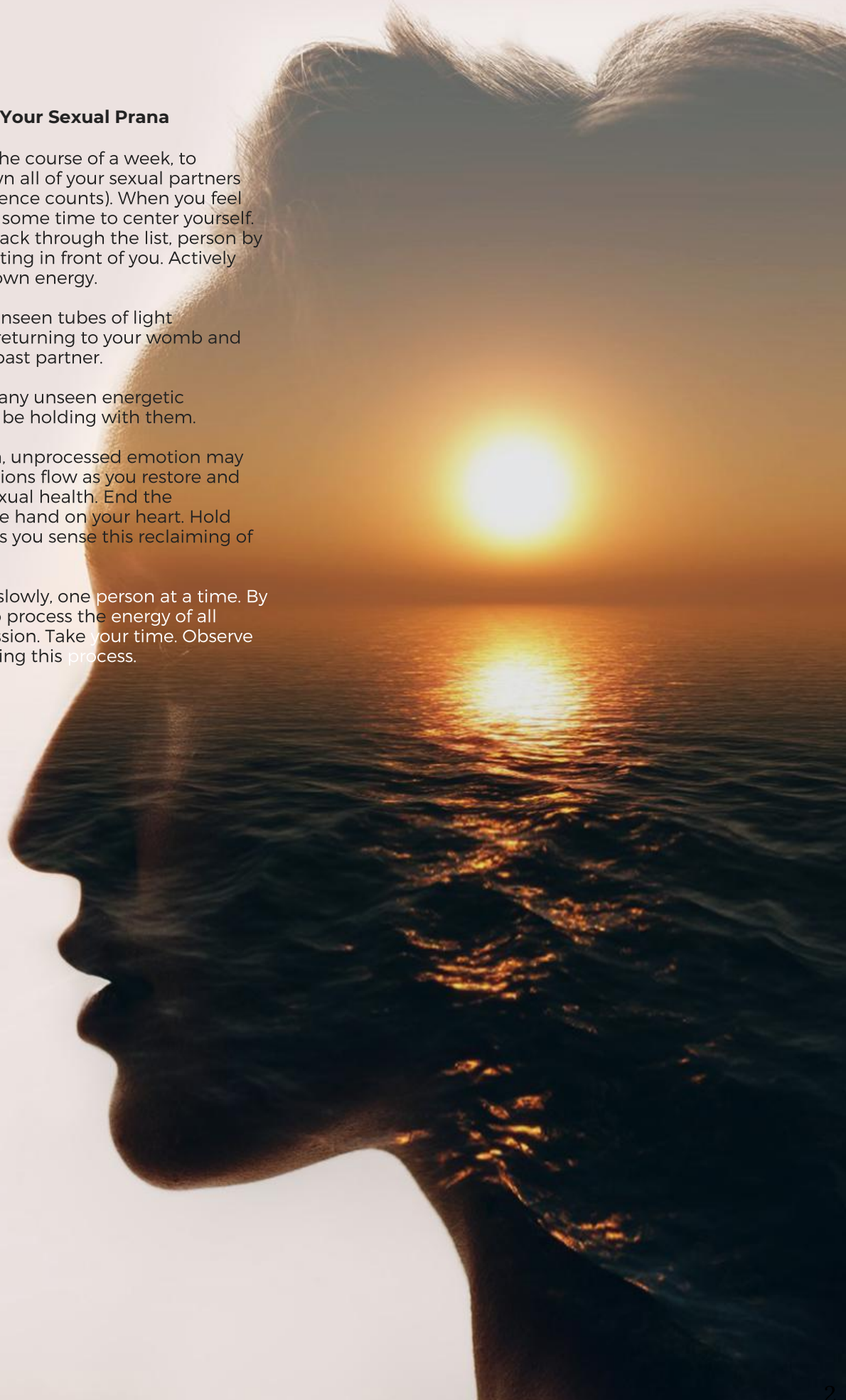
Have the intention, over the course of a week, to remember and write down all of your sexual partners (any type of sexual experience counts). When you feel that list is complete, take some time to center yourself. When you feel calm, go back through the list, person by person. Visualize them sitting in front of you. Actively begin to “call back” your own energy.

As you inhale, see these unseen tubes of light connecting them to you returning to your womb and leaving the body of your past partner.

As you exhale, offer back any unseen energetic connection that you may be holding with them.

As you do this meditation, unprocessed emotion may arise. Simply let the emotions flow as you restore and reclaim your energetic sexual health. End the meditation by placing one hand on your heart. Hold compassion for yourself as you sense this reclaiming of your lost sexual energy.

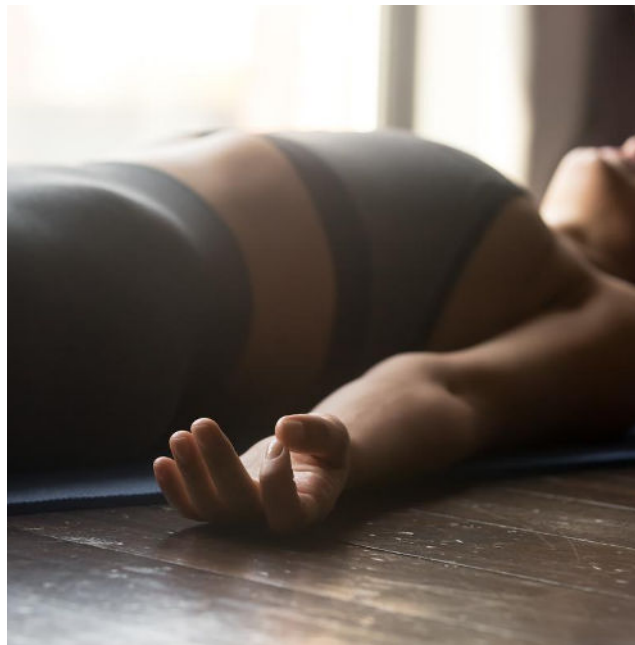
You may need to do this slowly, one person at a time. By no means do you need to process the energy of all sexual partners in one session. Take your time. Observe celibacy while you are doing this process.





THIS MONTH IN THE PORTAL

Sleep, Sex, and Self care



VIDEO // Allow: A Foam Roller Practice

This juicy foam roller practice will help relax and renew you, while supporting sound sleep. This practice will move you to embody the Water and Earth elements to usher in feelings of safety and ease, allowing for a grounding calm and presence, in both mind and body. Tune into the body's signals of being tired and allow feelings of pleasure to come online and soften you.

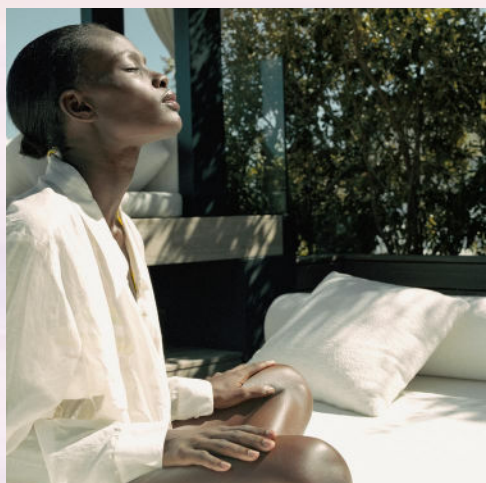
VIDEO MEDITATION // Becoming Heart-Minded: A Meditation

This orienting meditation practice brings focus to the sensing system. When the sensing system gets good information, it can better make decisions about what's happening right now. Our sensing system, or animal body, gets good information from orientation. Use this practice to orient both the inner and outer worlds as a way to listen to the body's signals.



MONTHLY ROADMAP

WEEK ONE



1. Start out this month with the Becoming Heart-Minded: A Meditation practice. This is great for setting your body up to receive good information through your senses. This will support you listening to that inner voice and body signals for better sleep and sexual health.
2. Pick a day to make the melatonin-enhancing walnut cookies, or another soothing tea or treat, such as Golden Mama Milk. Structure a bedtime routine if you don't have one yet. Make your bed a sacred area with cozy, comfortable bedding and keep it free of clutter. Choose a book before bed that makes you feel warm inside.
3. Full Moon on September 2nd. Take a moment to recalibrate your intentions for this new lunar cycle.



WEEK TWO

1. Try the Allow: Foam Roller practice one night this week to ease the body into sleep. If you love it, make it part of your night routine or incorporate it whenever you need some grounding.
2. Wind your day down before bed and walk yourself backward through your day in half hour increments, starting with the most recent. Don't place judgement on your day, just take time to process all that happened. This helps release what you carry throughout the day and process emotions, settling you into sleep.



WEEK THREE

1. New Moon on September 17th. Use the Finding Balance and Ease article to help create or add to your New Moon rituals. Journal, set intentions, and light a candle. Give yourself support to let go of what isn't serving you anymore. Set an intention for this new lunar cycle.
2. Support yourself and give the ultimate self-care by making a healthy meal with grounding foods this week. Take time to reflect inward as the New Moon is upon us.

WEEK FOUR

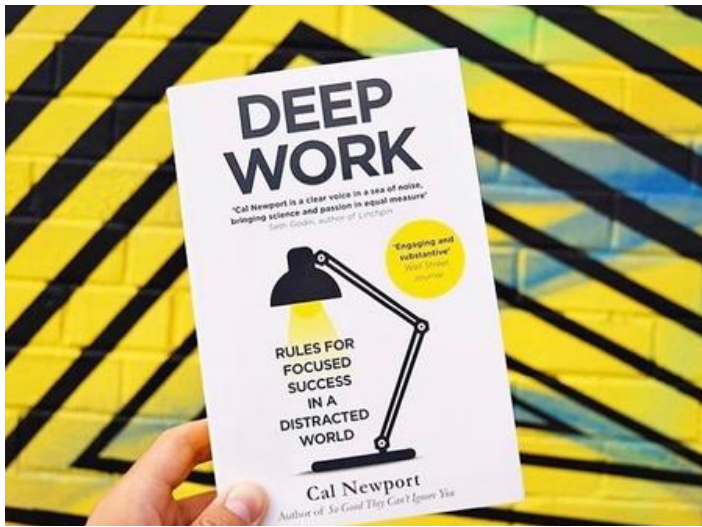
1. Pick an afternoon or evening to practice the Meditation for Reclaiming Your Sexual Prana. Spend time this week writing down past partners to prepare. On the night you choose to do the practice, make the space comfortable and don't rush through it. Take time to acknowledge and digest the emotions that arise.
2. Be your own lover and choose a day this week to anoint yourself in oil and take time for deep self-care. It can be sleep, making yourself a delicious and nutritious meal, abhyanga, a mini-facial, making cookies, or anything that feels pleasurable to you.





WHAT WE ARE LOVING

Our Staff Favorites This Month



♥ BOOK: DEEP WORK BY CAL NEWPORT

KATIE'S PICK @KatieSilcox4Real

I loved reading *Deep Work*. As a writer, I know the importance of taking the time away from distractions to deeply give myself to my work. It's like anything truly amazing that comes through creation - beautiful things in nature take time to be born. Nature isn't usually an instant phenomenon. This book taught me about the exceedingly rare talent and commodity of being able to focus on one thing without distraction. It further convinced me of the need to put away the distraction of screens in order to up level a project or other creative impulse. *Deep work* allows you to get better at what you want to do and speaks to my heart of the deep sense of true accomplishment that comes when we work hard and deep on something. Most of us, self included, live our lives in a whirlwind of notifications, text messages, emails and Netflix, never to tap into our creative potentials. Read this if you are ready to celebrate the power of deep focus and creativity and reap their rewards.

♥ MOVIE: QUEEN (2013)

AMAURY'S PICK @AmauryRoseline

If you haven't dipped your toes into Bollywood yet, this is a great place to start. But *Queen* is Bollywood *light*, there aren't any lip synced numbers (sadly). *Queen*'s not really a musical but the soundtrack is it's own character, as is the case in much of Indian cinema, and the costuming is cool and modern. But it's an outrageously fun and uplifting ride nonetheless. It has its quirks (some odd casting choices & dialogue in Europe), but it's filled with a lot of goodness too. The soundtrack is beautiful, I've been listening to it all week. The story and lead actress are so captivating. Kangana Ranaut won a bunch of awards for her acting and the film overall did very well and received great reviews. You'll cry, you'll laugh. Do you have a friend going through a breakup? They need to see this is then. Grab some organic popping kernels and put *Queen* on this weekend together. You won't regret it.



PODCAST: TARA BRACH

♥ MARY'S PICK @MaryMcquate

Anytime I am feeling a little anxious, sad, or any other emotion that feels difficult, I listen to Tara Brach. She is a Buddhist teacher, philosopher, and wise woman leader in the world of spirituality and mental health. Her lectures always leave me feeling like I have more openness, more understanding, and more compassion toward myself and those around me. Her voice is also soothing, so it really allows me to drop into my parasympathetic. I highly recommend any of her talks or meditations.

♥ FOOD: ELEMENTS TRUFFLES

SARAH'S PICK @SarahWaldron417

I was gifted a delicious box of assorted chocolates and truffles from Elements Truffles, and oh. my. yum! This Ayurveda inspired line of chocolates are made of clean, ethical ingredients and are only sweetened with cacao and honey. The incredibly smooth treats are infused with gorgeous ingredients like rose, cardamom, turmeric, matcha, beet powder, and so much more. If you want a little treat that's healthy and clean, definitely check out Elements Truffles. Their products make wonderful gifts, too!

WORD OF THE MONTH



Ankh Wedja Seneb is an Egyptian phrase written in hieroglyphs and is possibly one of the oldest acronyms used in written language. The phrase is most often expressed as “life, prosperity, and health”. Alan Gardiner proposed that the hieroglyphs represent the verbs in their stative form, and translate to “Be alive, strong, healthy”. Egyptian hieroglyphs did not record vowel values, making the exact pronunciation unknown.

This phrase often appears following the names of pharaohs, in reference to their households, and at the ends of letters. The formula is represented by three hieroglyphs which are interpreted as:

- **Ankh** means “life” and “to have life”, “to live”, particularly with regard to the longevity and resurrection of the ancient Egyptian deities and pharaohs
- **Wedja** means “to be whole” or “intact”, with connotations of “prosperity” and “well-being”
- **Seneb** means “to be sound”, “to be well”, “to be healthy”

This combination of hieroglyphs which make up the phrase **Ankh Wedja Seneb** was thought to be used by the Egyptian gods to grant certain powers and eternal life upon the pharaohs, their households, and their queens.

Sources: <https://www.templestudy.com/2008/06/23/the-egyptian-ankh-life-health-strength-part-3/>
https://en.wikipedia.org/wiki/Ankh_wedja_seneb



Maple Walnut Cookies

Melatonin Enhancing Treats



Did you know that Walnuts contain melatonin? In addition to containing melatonin, when consumed they have the incredible power to actually boost production of your own melatonin in the body. So, if you are having trouble winding down at night, it might be worth experimenting with walnuts. Try replacing your typical evening dark chocolate treat with a melatonin enhancing walnut cookie.

****Note: Melatonin is a hormone released by the pineal gland. It helps to regulate the sleep-wake cycle and is especially important for maintaining optimal rest and recovery.***

Not only do walnuts help you produce more melatonin, but they also contain a lot of other nutrients and minerals that can increase the proper functioning of the body. They are loaded with essential fatty acids (omega 3 & 6) to help

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maintain glowing skin, regulate your blood pressure, and stabilize your mood. When looking at all nuts, walnuts are among the highest on the antioxidant list. They also contain lots of good fiber, B vitamins and vitamin E for healthy skin, hair, and nails.

Of course you don't want to overdo it with nuts. Like most foods, too much can have the adverse effects. In Ayurveda, an overconsumption of nuts can lead to increased levels of inflammation (pitta goes up) and can also increase vata, potentially causing more bloating and gas. But don't worry as long as you don't eat the entire batch of cookies in one setting, you will get the benefits without the negative side effects.

This recipe is so simple and is a definite crowd pleaser. Liked by kids and adults these melatonin enhancing cookies are best paired with some red clover tea or a spiced golden milk latte.

Study on Melatonin and Walnuts



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Maple Walnut Cookies

Ingredients

3/4 cup chopped walnuts
1/4 cup ghee melted (or coconut oil)
1/4 pure maple syrup
1/4 cup coconut sugar (optional)
1 tsp pure vanilla extract
1 large egg (or flax egg)
2 cups blanched almond flour
1/2 tsp baking soda
1/2 tsp sea salt
1/2 tsp cardamom
1/2 tsp cinnamon

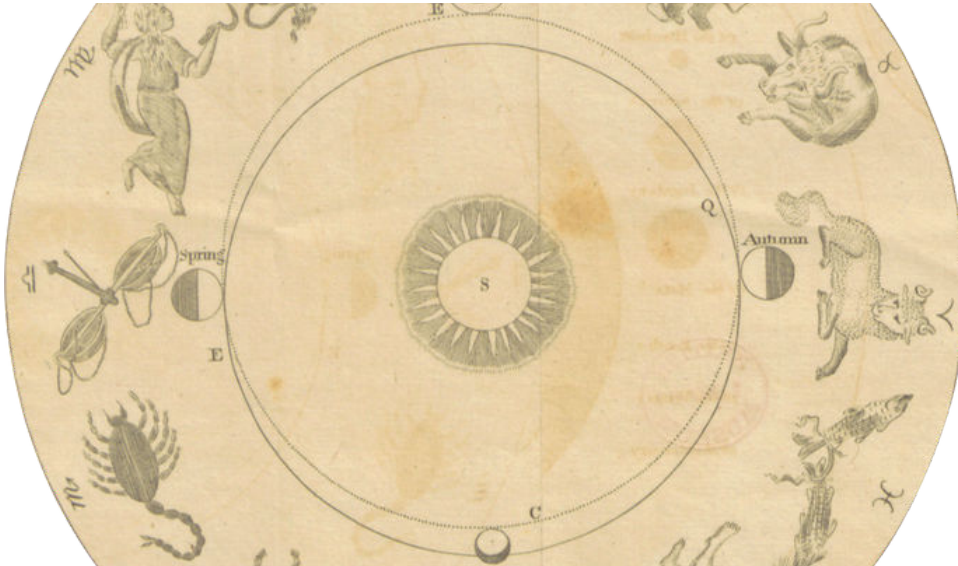


Directions

Preheat the oven to 350 degrees fahrenheit. Meanwhile, in a food processor (or possibly a high-powered blender) pulse the walnuts until they begin to form into a dough-like consistency. Next, add the remaining ingredients until they are fully incorporated into the walnut mixture. Once your dough is ready, form into balls and space them evenly among a parchment paper lined baking sheet. Press the balls down with a fork or spoon into a cookie shape.

Transfer the baking sheet to the oven and bake for about 10-12 minutes or until golden. Either eat them right away or transfer them to the refrigerator for storage.

YOUR MONTH IN VEDIC ASTROLOGY



”
“Every picture has its shadow
And it has a source of Light.”
~Joni Mitchell

STARDUST IN SEPTEMBER

Dr. Katy Jane @DrKatyJane

Then it was September. And the Goddess said, “It is good.”

There’s something that should always provide us comfort, but we often forget it. September has arrived to remind us: Opposite values are complementary. Nothing lasts forever. **Everything is constantly changing.**

And occasionally—materializing all of a sudden like a rainbow in the sky—the wheel turns towards the good. In Sanskrit this is **sukha**—“having a good wheel.” It’s the feeling of making progress. It’s happiness.

So it happens in the glorious month of September. We arrive at an oasis in the desert. After a long dry spell, the lords of the sky above offer us nourishment. Open your cup and receive.

The month begins with the **Full Moon September 2nd** transiting **Dhanishta**, the sign of the dolphin. The dolphin is evolution, communication and joy. Like the **Delphini** oracle after which these stars are named, Dhanishta offers a glimpse into the future.

It allows your visions to translate into reality—however absurd.

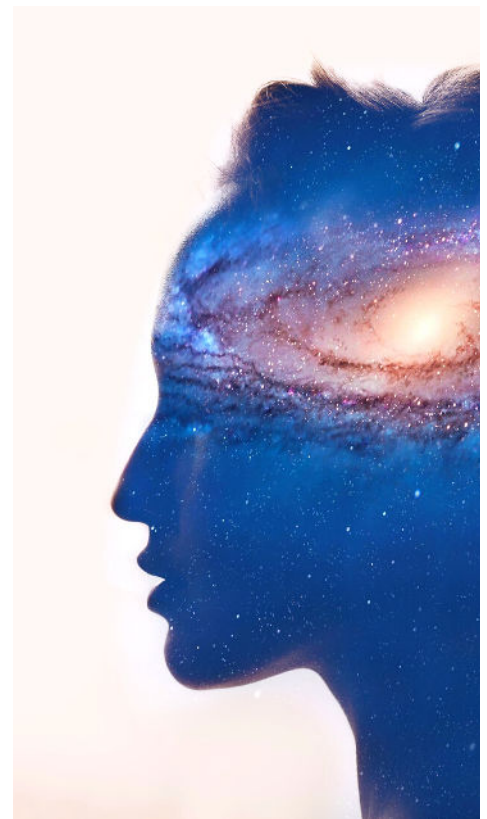
Dhanishta also means “the wealthy and the famous.” It’s a big energy that’s enhanced by a lucky omen that won’t appear again for another 200 plus years. Something big wants to come through you and through all of us as a collective.

I like to think big. I expect progress to appear out of the blue toward liberating us from this pandemic gloom. I expect a miracle.

And if I can use the power of intention to bring it on, goddammit I will. We all will when the time comes. We’ve had enough.

The lucky omen is that **7 out of the 9 planets are in their “happy” places in the zodiac from 9th September onward.** We begin to learn that all is not lost in the pandemic. There’s a lot we’ve gained from loss.

We can see from the support of “happy” planets how we’re collectively birthing a new world—one led by beautiful and awake women.



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As soon as the start of **September, we start to see goddesses claiming their power everywhere**, spilling out from the glass ceiling that Kamala Harris suddenly broke.

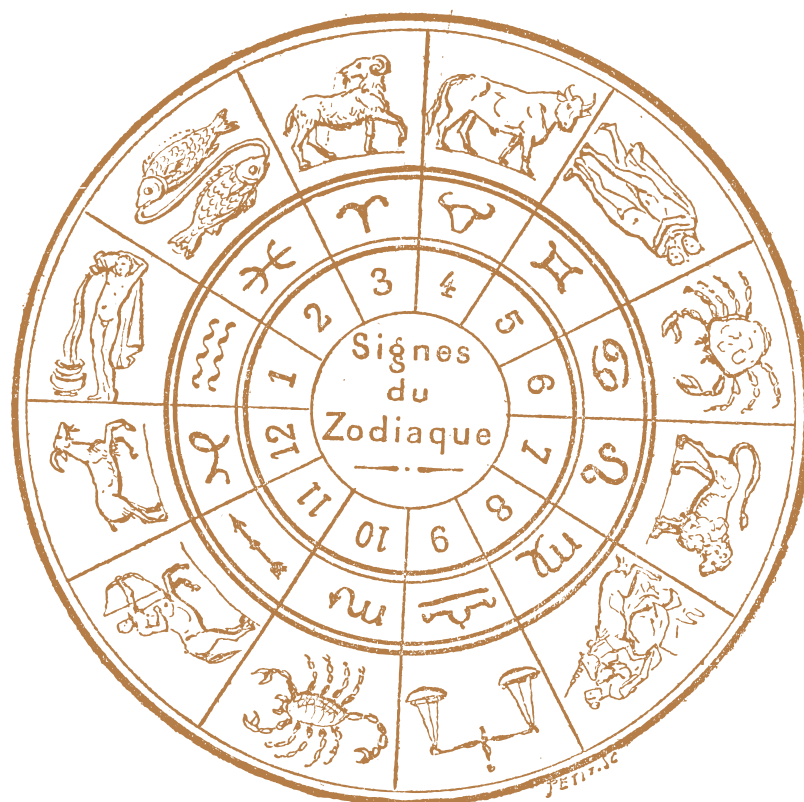
Even the successor to the supreme dictator of North Korea will be his sister. The age of Wonder Woman has begun.

This is a fleeting moment the month of September, but one filled with powerful creative energy. We've all been waiting and praying for a glimpse, for hope, for some fun. And She's arrived to materialize what you've been praying for—what we've all been praying for.

Now we get a break in the storm. You can actually begin a new enterprise. You can enjoy a deep breath. You can feel released from fear. You can be inspired to create. You can begin, end and start anew.

The wheels turn in your favor—in all our favor—in September.

Written by @DrKatyJane





Herbs & Routines That Support Restful Sleep

Ayurveda understands sleep as one of the three pillars of health. In our modern times, sleep is often one of people's biggest struggles due to the hyper-aroused state many of us find to be our norm. This hyper-arousal comes from the use of screens, the messaging that busyness is productivity, and many other contributing factors. This constant stimulation, especially that comes from screens, often makes us feel tired but doesn't allow our mind and body to settle down, causing many people to struggle to get adequate and deeply restful sleep.

Luckily, Ayurveda has plentiful suggestions for support of a healthy sleep cycle. Creating good practices and habits around sleep hygiene is of utmost importance. There are a multitude of Ayurvedic herbs to support sound sleep as well. Experiment with the different practices and herbs explained below over a period of time to determine what works best for you.

Ways and Rituals to Create Healthy Sleep Hygiene:

Establish a bedtime routine and rituals to wind down from your day. Having a routine you move through can signal to the body and mind that it's time for rest.

Turn off all devices at least an hour before bed. The eyes are our most active nervous system component and the light of phones, computers, and other devices can stimulate the eyes and brain.

Avoid vigorous exercise or movement, especially inversions. Light stretching before bed can let the body know that the nervous system is calming down.

Massage your temples and feet with your sesame or coconut oil and perhaps a drop of your favorite calming essential oils such as lavender, chamomile, sweet marjoram, and clary sage.





Ghee can also be used to massage directly on the skin or navel to balance Pitta, which is said to disturb sleep.

Prepare a hot cup of herbal tea or turmeric golden milk ([check out Katie's recipe here](#)) to warm the body from the inside. Combining nutmeg and milk may help induce sleep.

Plan your sleep time to correspond with the circadian rhythm. Our hormone functions follow the sun's rhythm and going to bed earlier and rising earlier with the sun will allow you to feel rested and have more energy throughout the day.

Herbs to Support Healthy Sleep:

Ashwagandha is known to promote sound sleep. Ashwagandha contains an active compound known as triethylene glycol, which research has shown to induce sleep. Ashwagandha also acts as an adaptogenic relieving anxiety, stress and exhaustion.

Brahmi, or Bacopa, supports sleep and may help calm the mind. Brahmi is known in Ayurveda to support brain health and aiding digestive issues. It also improves blood circulation, promoting a more healing and restorative sleep.

Sage can be used as sleep support and made part of a bedtime ritual as it is known for clearing emotional obstructions while promoting calmness and clarity. Sage is also a great support for the nervous and circulatory systems.

Jatamansi is a natural brain tonic and a memory enhancer and promotes calmness and relaxation to a hyperactive mind. This herb has the power to reduce stress, anxiety and tension by balancing biochemical reactions in the body. It is also used for healthy hair, nails, and skin. However, Jatamansi is critically endangered so ensure you are purchasing from a sustainable and ethically harvested source.

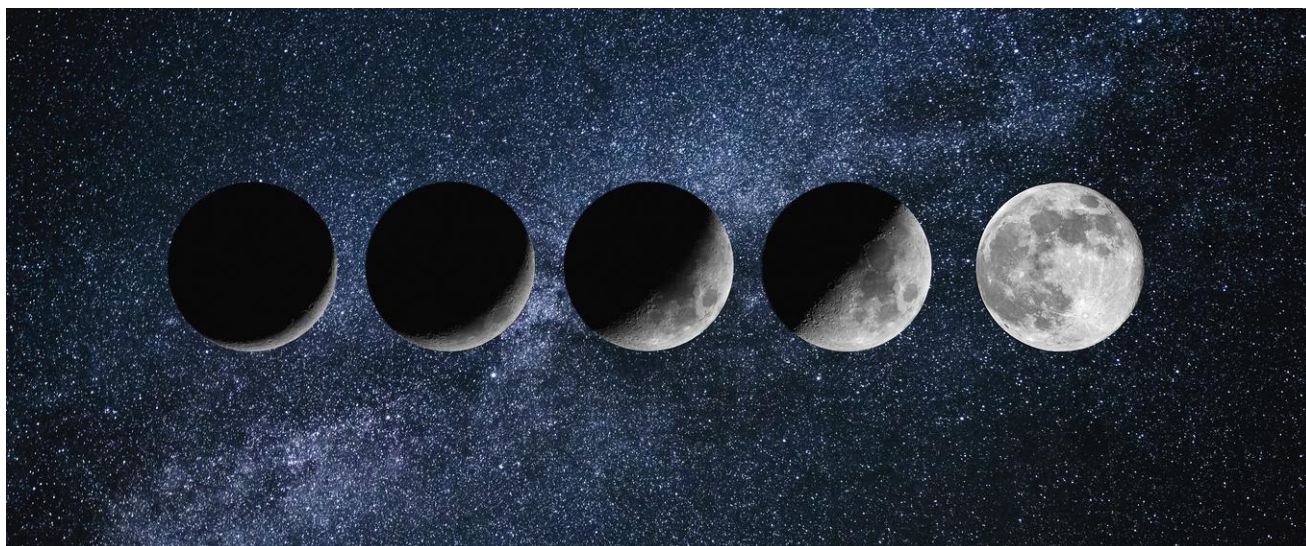
Poppy seeds are tamasic in quality and may help induce sleep. Ayurveda says poppy seeds help balance Vata in the mind, but with long-term use they may inhibit the mind's awareness, so probably best for short-term use for most people.





Finding Balance & Ease

Tapping into the Moon's Energy for Deep Self Care



For centuries women have been mimicking the cycles of the moon within their own monthly moon cycle. In many native traditions it was extremely common that women would all menstruate around the same and very often that time would be during the new moon. We can sometimes see this unity in more urban settings today when the same group of women spend a lot of time together. Naturally, their cycles begin to synchronize. What's particular about the new moon, and why it makes for the perfect time to bleed, is its invitation into darkness. During a new moon, the moon's orbit moves around the Earth and between the Earth and the Sun. Therefore, from Earth, the moon's surface appears to be dark. This darkness is important to our physiology because it is our body's signal to retreat, to turn inward, and take time for reflection.

Menstruation is the perfect time of the month to let go and relax. After all, your body is literally letting go of its endometrium, so it makes sense that we should support that process by creating more ease for the body and surrender of the mind. During menstruation, our left and right hemisphere of the brain are at their most connected and our levels of melatonin are at their highest, making it even more of an appropriate time to engage in inner work and gentler forms of movement. Activities like walking, restorative yoga, meditation and breathwork, and relaxing on the couch are all suitable around this time. It's important to really give yourself permission to relax. We live in a time where our attention spans are getting shorter and shorter, we are in constant need of distraction, and we are losing sight of the importance of doing nothing (while also being steeped in awareness).

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Even if you are no longer menstruating (or maybe your cycle is not in alignment with the new moon), you can still follow the phases of the moon as a guide of how to best support your body through the natural rhythms of the earth. Since our bodies are made up of mostly water, just like the tides of the ocean, we're physiology is affected by the moon phases. This kind of moon-syncing and tuning into the phases of the moon is also helpful for men. Although our connections differ, men too can have natural fluctuations that align with this same cycle.



Ideas for New Moon Rituals

- ***Meditation for grounding and letting go: see vault for more***
- ***Journaling: write a list of what is no longer serving you and what you want to release that particular month***
- ***Eat more grounding foods: lean into sweet potatoes, rice with cumin, black pepper, and nettle, add spices like cardamom, cinnamon and ginger to your breakfast, and make sure that you are getting an adequate amount of calories***
- ***Essential oils for relaxation: lavender, camomile, bergamot, clary sage, sandalwood, and frankincense***
- ***Build a fire (or light candles), set intentions, pray or make lists of what you are most grateful for***
- ***Make a special meal in honor of the monthly cycles***

Written By
@MaryMcquate



GAB WITH THE GODDESS

ADVICE FOR THE LOVEFIT WOMAN

Dear Balanced in the Bedroom,

When it comes to sexual energy, Ayurveda's recommendation is similar to how you should approach and balance everything else in your life: by following nature's rhythms and your own internal rhythms. It's essential to continue to check in and make sure that your sex life is aligning with the natural world around you. Looking toward your own Dosha and the specific time of year will best determine what amount of sex is appropriate for you.

Letting The Seasons Be Your Guide

It's helpful to first look at the seasons. During the winter season when the weather is cooler, you may be able to engage in an increased amount of sex due to your body's natural ability to withstand the heating element of sex. However winter is also the time of the year when Vata is rising, so in order to have lots of sex during the winter months you will need to make sure you are finding other ways to ground and support the body to maintain equilibrium. Practices and routines like massaging the body with warming oils, eating nourishing foods (think olive oil and ghee!), and setting aside plenty of time to rest will be important during the winter months.

Does Ayurveda say anything about too much sex or not enough?

~Balance in the Bedroom

Ayurveda says sex can sometimes deplete your ojas, so it's crucial to replenish the body in order to maintain proper vitality and immunity.

Similarly, too much sex in the summer months can also be depleting. When the outside temperature is at its peak the likelihood of aggravating Pitta increases. If you find yourself getting super hot and heavy in those sweaty months of summer, just be sure to cool down with rose water mists, date smoothies, and cucumber water.

If you live in a temperate climate, spring and fall are the ideal times to engage in more sex. But, it's always important to take pause, check in, and take care of any imbalances that may be coming up.

Letting Your Dosha Be Your Guide

Katie explains this well on the *Shakti School Blog*:

"We are all a composite of all three doshas. There are times when you may feel like making love like a bunny (vata style) or lounging about like a tigress (kapha style). Remember, you have all of nature's gifts at your disposal, so don't put yourself in a sexual doshic box."

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That said, we do have tendencies that we were born with, and those tendencies lead us toward behaviors, which in turn have their own doshic expressions. For example, vata is the part of our sexual expression that is mobile. When vata is balanced, we have freedom of movement, but also the ability to hold back our climax. When out of balance, climax can happen too fast and sex can leave us feeling depleted and breathless. Pitta is the part of our sexuality that relates to sexual vitality and vigor. It is the part of us that initiates sex and feels the burning passion for our lover. When out of balance, we may have no desire. Kapha sexuality is related to our sexual staying power, potency, and physical unctuousness. When in balance, our sex secretions are of good quantity and quality. Excess kapha can lead to sexual laziness and a heavy quality to lovemaking. Sexual expression is all about expansiveness. Through the union of two beings, and orgasm, there is a potentiality to experience a state of consciousness very different from the consciousness you hold, say, in line at the post office or on the phone with your mother (thank God). Due to this potential for expansion, sex can be incredibly healing or incredibly destructive.

Healthy, life-bringing, satisfying sex requires open channels. Think of the entire mind/body as a complex and interrelated system of physical and energetic tubes (srotas and nadis). Just as there are channels that move our blood, lymph, and waste products, there are also channels that move our sexual energy. In general, if we are blocked in any of the channels, our sexual energy can be blocked. This is why chronically constipated women commonly suffer from depressed libido and sleep disorders, in that both sleep and sex require a relaxing and an opening in the channels that govern letting go.

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Similarly, if we are worried or unsatisfied, our sex channels get blocked. In this holistic framework, taking care of your digestion, skin, and emotions can create a mandala-like positive effect on every other realm of your life. Who would have thought it? Igniting the power of your digestion may be the best way to have more fulfilling orgasms.”

Not Enough Sex?

If you are in a partnership and feel as though you may not be having enough sex, it's important to look at your relationship with your partner. Is your relationship deeply fulfilling? Are your emotions being seen, heard, or met with love and understanding? Are you connecting with your partner in an intimate way? How is your communication? Do you feel that you are able to confidently communicate your needs and desires when it comes to sex?

If you had trouble answering these questions it might be helpful to take a deeper dive into the intimacy you create with your partner outside of the bedroom.

Continued on next page

Finding ways to connect, making each other laugh and experience joy, and truly understanding and getting to know each other on deeper emotional levels is the first step in sexual foreplay. Try finding new ways to spice up your relationship outside of the bedroom and then wait to see how that can open up new channels and connections within the bedroom (or wherever you choose to be intimate :).

Often if we are in relationship and not having the kind of sex life we desire there is usually some sort of disconnect. This disconnect could be coming from yourself, your relationship to your body, or a disconnect with your partner, or their own inner disconnect. Having a healthy sexual relationship with your partner requires that you each continue to do the individual work it requires to be fully expressive in not only your sexuality, but in your day-to-day life. I found that by exploring my own sexuality (and any potential blockages) through meditation, therapy, and journaling allowed me to open more fully and expansively to my partner.

Similarly, this kind of therapeutic approach can be applied if we are not in partnership, but are exploring our own personal pleasure and sexuality. As I mentioned above, the intimacy we feel with our higher self is crucial when it comes to expanding our sexual potential. By continuing to do the work that will reveal the inner wisdom of what your deepest heart's desire is only then will the blockages of your sexual expression become lifted. As you find balance within yourself, it will become more clear as to what your own personal healthy amount of sex looks like.

Written By
@MaryMcquate

MONTHLY COUPON

THE SHAKTI SCHOOL SUBSCRIPTION



SEPTEMBER DISCOUNT with *Kindred Skincare Co.*

This month all LOVEFIT subscribers receive a special discount for all **Kindred SkinCare Co.** products. Use the code **LOVEFIT10** at checkout to receive **10 % off!**

Ongoing LOVEFIT promos:
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Why we freaking LOVE this brand

I couldn't be more excited to share **Kindred Skincare Co.** with our community. Not only do these products just make our skin feel incredible and vibrant, but the care and intention that goes into making such products are what fully contribute to the quality and effect they have on the body. Steeped in the idea of connecting with nature, the spiritual core behind Kindred is what makes it so beautifully unique. Frances Thrasher (Founder & creator of Kindred Skincare Co.) has created an organic skincare line that cleanses and nurtures the



La Femme Body Oil

skin while simultaneously lifts the mind, body, and spirit. Her formulas were not purchased or developed by someone else but lovingly curated by years of study, trial, error, and feedback. Mixing together the best parts of nature's bounty, any of her elixirs will leave your skin radiating with a special glow. I highly recommend all of her products, but I especially love the Polish Cleanse!

All photos courtesy of Kindred Skincare Co.

LOVEFIT VAULT

FOR MORE ON SEX, SLEEP & SELF-CARE

In the latest episode of [The Ghee Spot - Your Boobies are Magic](#) Katie dishes on all the ins and outs of breast health and how the girls directly relate to your lineage.

Tune into the [Sex, Lover and Becoming Your Ecstatic Self](#) podcast episode to dive into every day ecstasy for the every day woman.

For more orienting practices like the meditation from this month, check out the content in [Orienting Practices from March 2019](#).

For a Body Yantra practice that opens the channel between the womb and the heart, head to the month of [Polarity and Relationship Bubbles for the Womb-Heart Meditation](#), a Shakti School all-time favorite.

Check out this [blog post on The Pelvic Floor and Pleasure](#) to find out more on optimizing pelvic floor health and how it can help you experience more pleasure

BOOK LIST:

- [The Kamasutra for Women by Dr. Vinod Verma](#)
- [Yoga of Heart: The Healing Power of Intimate Connection](#)
- [Why We Sleep: Unlocking the Power of Sleep and Dreams](#)
- [The Clitoral Truth](#)



UP NEXT IN OUR OCTOBER ISSUE:

**Building your Ojas
Practices for Vitality, Strength,
and Lubrication**

Don't forget to follow us on Instagram for more recipes and Divine Feminine wisdom [@katiesilcox_shaktischool](#)

♥ *Special Thanks*



Frances Thrasher founder and creator of **Kindred Skincare Co.** built her business model as an effort to reconnect to the natural world through holistic healing of the skin. This spiritual core behind Kindred Skincare Co. is what makes it truly unique. Frances has created an organic skincare line that cleanses and nurtures the skin while simultaneously lifts the mind, body, and spirit. Her formulas were lovingly curated by years of study, trial, error, and feedback.

To learn more about Frances and her products visit www.kindreskincareco.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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