

LOVE FIT

OCTOBER 2020 ISSUE NO. 5 BUILDING YOUR OJAS

YANTRA

How to stay
balanced
during a
seasonal shift

SAVOR

Roasted Root
Bowl with
Shakti Sauce

DISCOVER

Ayurvedic
Rubdown like a
Queen

FLEX YOUR SPIRITUAL MUSCLE
THE SHAKTI
SCHOOL
SUBSCRIPTION

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LETTER FROM KATIE

“As you embrace the beauty of Nature’s bounty, reflect on your own connection to nature and move in harmony with her rhythms as the seasons change.”

- Nirmala Raniga

How to Stay Balanced During a Seasonal Shift

Change can be tough, right? It certainly feels like our collective is experiencing a great deal of transition and change right now. In the Tantric traditions, times of change are considered to be powerful potential portals for spiritual enlightenment. Nature is cyclical, just as we are. Seasonal changes have a direct influence on all of the living things on Mama Earth, including humans.

Season-based celebrations and rituals have been observed in almost every traditional society to ease and prepare for these natural shifts. Gathering in groups and sharing food is at the core of these rituals and traditional celebrations, creating a container to honor the changes. These rituals allowed societies to embrace the changing weather, prepare, and experience a group catharsis that uplifts the individual consciousness.

Our modern society has tried to ease these shifts through technological advancements like air conditioning, heat, freezers, and other devices. While these things have certainly made our lives more comfortable, the disadvantage is we are not as in tune with our body’s relationship to nature around us. This disconnection can make us feel out of alignment and stress our bodies and minds as the seasons change.

Ayurveda says aligning with these natural rhythms is essential to our mental and physical health. When we try to adjust to the changing season, we’re often looking for ways to connect to our body and regain our balance. Try to fine-tune your daily schedule and reconnect with your circadian rhythm: as we tap into and work with nature’s rhythms, rather than resist them, we step into our power and health. Aligning ourselves with these natural shifts allows us to recognize and honor the unchanging, that within which is steady, rooted, and unchanging.





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

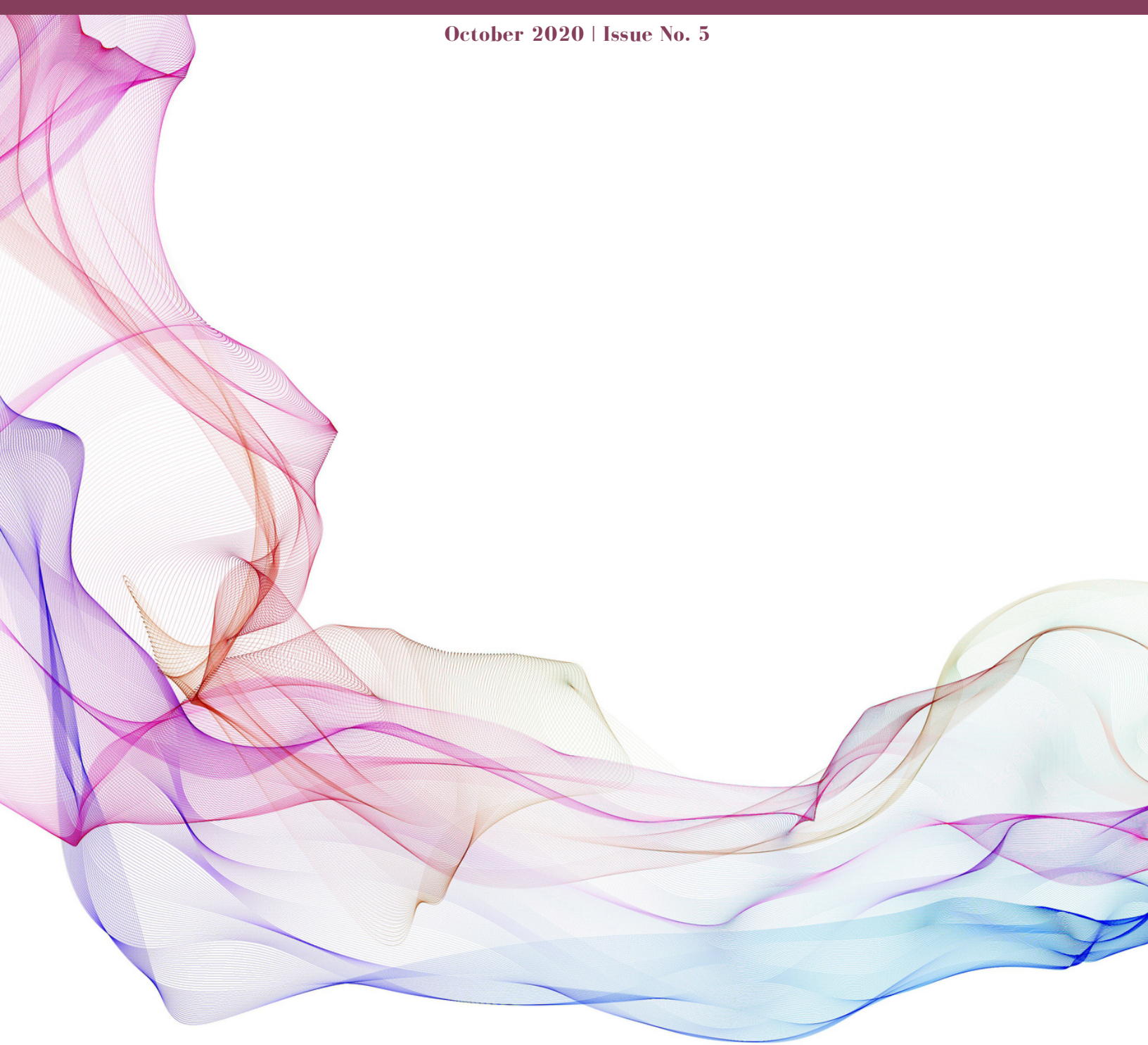
-Ruby Dhal

Routines that support what your body needs in that particular season are the best way, and essential to, aligning with these shifts and feeling like your best, most juicy and vibrant self. The word for seasonal routine in Sanskrit is rutucharya. Creating a routine is so important for creating ease in the body in mind during seasonal transitions.

The seasonal change from Summer into Autumn, in particular, is one of the most important shifts, as nature becomes dead and dormant around us, making way for new life and rebirth come Spring. As the Northern Hemisphere shifts into Vata season, I have outlined some suggested routines and practices to keep you grounded and nourished. The following are a great blueprint and guide, but it is more important that you can notice your own personal balance and imbalance. Knowing yourself and how you respond to each season individually is so important to feeling great and thriving.

When life feels chaotic or unpredictable, try adding Body Yantra to help you feel calm and balanced. Search Body Yantra in the Archives section to find tons of practices to choose from.

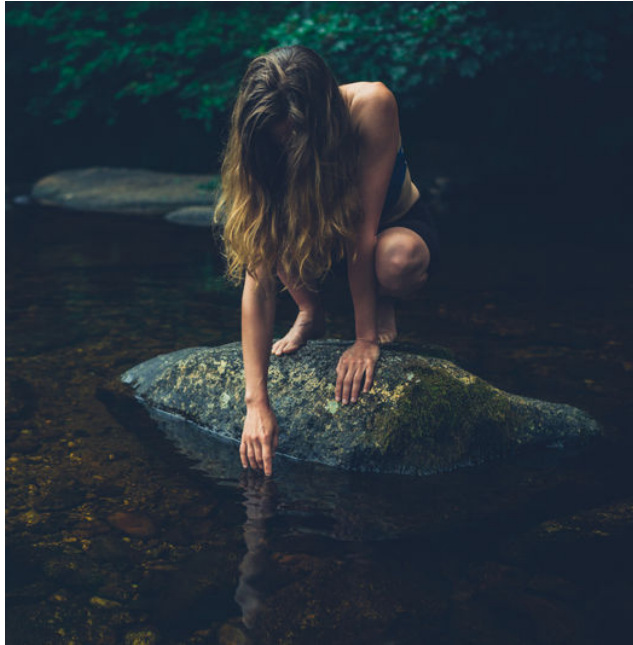
- Practice gratitude – it is what keeps our cellular matrix (and immunity) in good communication.
- Dry brush. Exercise. Sleep. Take baths. Cuddle. Get your hands and feet in the dirt.
- Sunlight and Vitamin D positively affects your energy and serotonin levels. Get outside and get your daily dose of sun.
- Sometimes, it's better to accept feeling a little tired. Embrace it, even. Tiredness is often a sign that we need rest, so why fight it? It's a sign to give your body, mind and soul what it needs to get you through this seasonal change.
- Choose the foods that you know boost your body. Avoid junk, sugar and fried things. Sip on bone broth throughout the day with ginger and garlic.
- Schedule time for creativity. It can be doodling, dancing, painting, music, refinishing a piece of furniture, whatever you love. Vata season is a great time to tap into your creative power.
- Oil your bod - inside and out! You can use whatever supportive, seasonally-appropriate herbs you enjoy working with. Sesame will be the best for Autumn, but sunflower or olive will also be good. You can add your favorite essential oils to the base oil, about 10 drops of essential oil for an oz. of carrier oil.
- Try Alternate Nostril Breath, or Nadi Shodhana, a powerful practice to help you balance and bring clarity to the mind and your nervous system.
- Choose warming spices and grounding foods, such as root vegetables, for this time of year. Avoid cooling foods.





THIS MONTH IN THE PORTAL

Building Ojas



VIDEO // Allow: Sweat & Tone with Mary McQuate

Join Mary and Katie in this Ojas-boosting full body workout. The simple yet highly effective series of movements will increase agni and bring forth an enjoyable, deep burn. The incorporation of yoga flows and variations on favorites like jumping jacks and calisthenics keeps it interesting while getting your heart pumping. This vigorous conditioning session will leave you feeling liberated and luscious!

AUDIO // All About Ojas

Katie dives deep into what Ojas is, it's properties, and it's vital role in our wellness in this mini-lecture. Learn how Ojas is a biological response, how it's related to our sense of sexual belonging, and connection to the heart chakra. Use the advice outlined to ignite agni within and guide your personal practices to incorporate more Ojas-building into your daily routine.



MONTHLY ROADMAP

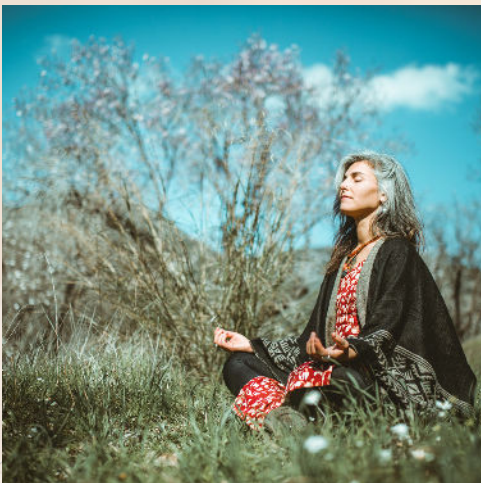
WEEK ONE

1. The Full Harvest Moon begins this month on October 1. The full moon is a crescendo of energy and therefore a great time to prepare for moving into the new season, whether that may be Winter or Summer for you. Deep clean and purge your living space of unnecessary objects to usher in clarity. You can bathe your crystals or tea in the full moonlight and light a candle to cleanse energy from the past month and season.



2. If you are in the Northern Hemisphere, prepare for the seasonal shift into Vata season. Pull out your cozy sweaters and blankets, books you've been meaning to read, and pick up a few new warming spices from the store. Prepare to go inward to rest the body and mind, as Ayurveda says the transition from Summer to Autumn is one of the most important of the year.

3. Pick up some seasonal veggies and make the Roasted Rooties with Shakti Sauce recipe for this month. For extra ojas-boosting points, invite a friend over (or Zoom or FaceTime them!) and share the meal, nourishing your body and emotional state at once.



WEEK TWO

1. New Moon on October 16th is an opportune time to journal about what has depleted your energy recently and ways you intend to improve ojas over the next lunar cycle. Identifying energy vampires is a vital part of mitigating the depletion you may experience during these encounters or activities.

2. After journaling about which depleting behaviors and activities you'd like to move away from, take a bath using one of the Venus-Love bath recipes in the Gab with the Goddess column. Choose the recipe based on what you are feeling you most need



WEEK THREE

1. Get your heart pumping with Mary's easy to follow Tone & Flow workout from this month. You don't need any equipment and the body weight moves can be done anywhere you are. Lean into the endorphin boost that the workout brings and take time to notice how you feel in your heart space and body afterward.
2. Take time to do the Feel a Connection to Your Ojas meditation practice from the Gab with the Goddess column.
3. Journal about the moment in life where you felt loved that you chose. When reminiscing on that moment, how did your body feel? If there were feelings of ease and safety, which part of the body were those signals coming from?

WEEK FOUR

1. Schedule a night this week to listen to Katie's audio lecture on Ojas. Talk with someone in your life or journal about how you feel your ojas level is and what depleting activities you may be engaging in.
2. Take a day to rest as much as you can this week without any feelings of guilt. Rest is important for strong ojas and especially vital during seasonal changes. You will have a better capacity to tackle your to-do list after you relax, truly!





WHAT WE ARE LOVING

Our Staff Favorites This Month



"Hold us tenderly when we suffer, and amplify our radiance when we shine. Heal us with right medicine which opens us all the way up, in full support of our sensitive natures."

"Teach us to nurture ourselves deeply and leave tracks for others on path to find us, and their freedom too."

From **Prayers of Honoring**
by Pixie Lighthouse

MUSIC: BODY CHURCH ON SPOTIFY

KATIE'S PICK @KatieSilcox4Real

Are you ready to sweat your buns off? Or, shift into a meditative flow state? I am going to be honest with you and say that these playlists are on fire. Music is such an amazing way to really jumpstart the switch of your mind. It can help to shift a certain energy that maybe is causing you to feel stuck or in a funk. This month I have really been leaning into the power of music and movement. Whenever I need a boost of energy or a powerful tool to get the mind feeling more clear, I turn up the volume and DANCE it out. [Click here for a Link to the playlist!](#)

PRODUCT: Trace Minerals

AMAURY'S PICK @AmauryRoseline



I love these mineral drops by Trace Minerals Research. They are made in Utah, USA. If you drink coffee regularly, it's very likely you are mineral depleted, not to mention that most of us are a little mineral depleted anyway due to top-soil depletion from decades of industrial agriculture. As we move into Vata season in the Northern Hemisphere, you might start to suffer from a little constipation, as well as low energy (esp. if you have a lot of Air / Ether elements in your constitution, as I do). I have also been traveling by plane a lot recently and drinking coffee to keep up with my insane schedule. All these factors really zap my mineral bank, leading to constipation, muscle cramps and low energy. Enter **Trace Mineral Drops**: I take 15 drops in the morning and 15 drops at night. I swear by these and use them almost every day, especially if I've been traveling and/or drinking coffee. They will change your life. It's an easy thing to do to make sure you stay hydrated. Plus, fall/winter is the best time to re-mineralize with bone broths and these drops.

/the
social
dilemma

DOCUMENTARY: THE SOCIAL DILEMMA



MARY'S PICK @MaryMcquate

Wow. That's what I kept saying throughout this entire film. Just, wow. I have always intuitively known that the amount of social media and overall online interaction that we do could not be good for our health or our souls, but I never knew just how bad it had gotten or what the media is capable of doing. It's SO important to carefully choose what kind of media you take in, how much time you spend on the computer, and what you can do to counterbalance all the negative side effects. I am so glad to be a part of an online platform that is strictly using it for positivity. I highly recommend watching this documentary (can be viewed on Netflix).

BOOK: Prayers of Honoring by Pixie Lighthouse



SARAH'S PICK @SarahWaldron417

This book is true medicine to my spirit and soul. The author uses the natural, rich beauty of nature and the elements alongside feminine prose to evoke a feeling of deep gratitude within. She has a beautiful way with words and the sense of simple beauty and pleasures surrounding us. Just one of these prayers brings me to presence and ease. As our current world feels tumultuous, this book has been like an anchor for me. Find it on [Amazon at this link.](#)



OUR FAVORITE WAYS TO BUILD

OJAS

Katie : : Oil

One of the most powerful ways to increase your ojas is through consistent (weekly) abhyanga. It strengthens the internal organs, improves digestion, as well as strengthens and helps tonify the muscular body. Not to mention it makes your skin feel buttery soft. It's super helpful to the aging process by keeping your skin youthful and supple. I LOVE the Sundarya oil by Shankara. With a base of sesame, hemp, and sunflower oil and the essential oils of ylang ylang, jasmine, and rose this oil is sensual, calming, and brightening all at once.

Mary : : Oatmeal

The most powerful way for me to build more Ojas is often through food. I love connecting with the seasonal shifts through nutrient-dense bowls. I get so excited about adding more oatmeal and porridges into my morning ritual as we shift out of summer and into fall. Try making this: Oatmeal (or rice porridge) spiced with cinnamon, ginger, and saffron, 1 date, ½ tsp ghee, and 1 tbsp of ground flax. In general fruit is best when taken alone, but if I am feeling extra, I might add a banana in there too. :)



Sarah : : Animals

A large part of what helps me build Ojas is being around animals. Petting our furry friends has been shown to increase serotonin and decrease cortisol levels. Spending time with animals greatly helps decrease my stress and makes me feel connected to the world around me. It's not just our domesticated animals that are wonderful Ojas-boosters, but all creatures great and small. There is a wonderful animal sanctuary close to me and when I'm able to spend time volunteering with the different animals such as peacocks, emus and goats, I feel grounded and energized after channeling that nurturing kapha energy.

Amaury : : Less

Less is more. I have lived and felt the benefits of minimalism since 2013 and I'll never look back. But in 2016 I started applying it to my media and news consumption: **it saved me**. Ayurveda teaches us that we digest everything we consume, that it becomes a part of our being, including media. To maintain my Ojas, I limit my exposure to news (even though I love political science). I take in 2 long-form political analysis podcasts on the current moment from my favorite deep political thinkers and that is it. No headlines, no weekly updates. It is a fiasco - you don't need it to know what's up. I even limit with whom and how often I talk politics. Less will leave you with more.







WORD OF THE MONTH

Radicatus

The latin dictionary defines **Radicatus** as having roots, rooted, or having found a home. The etymology of the word stems from *Radico* or *Radix* both defined as **ROOT**. It's also where the delicious bitter Radish gets its name.

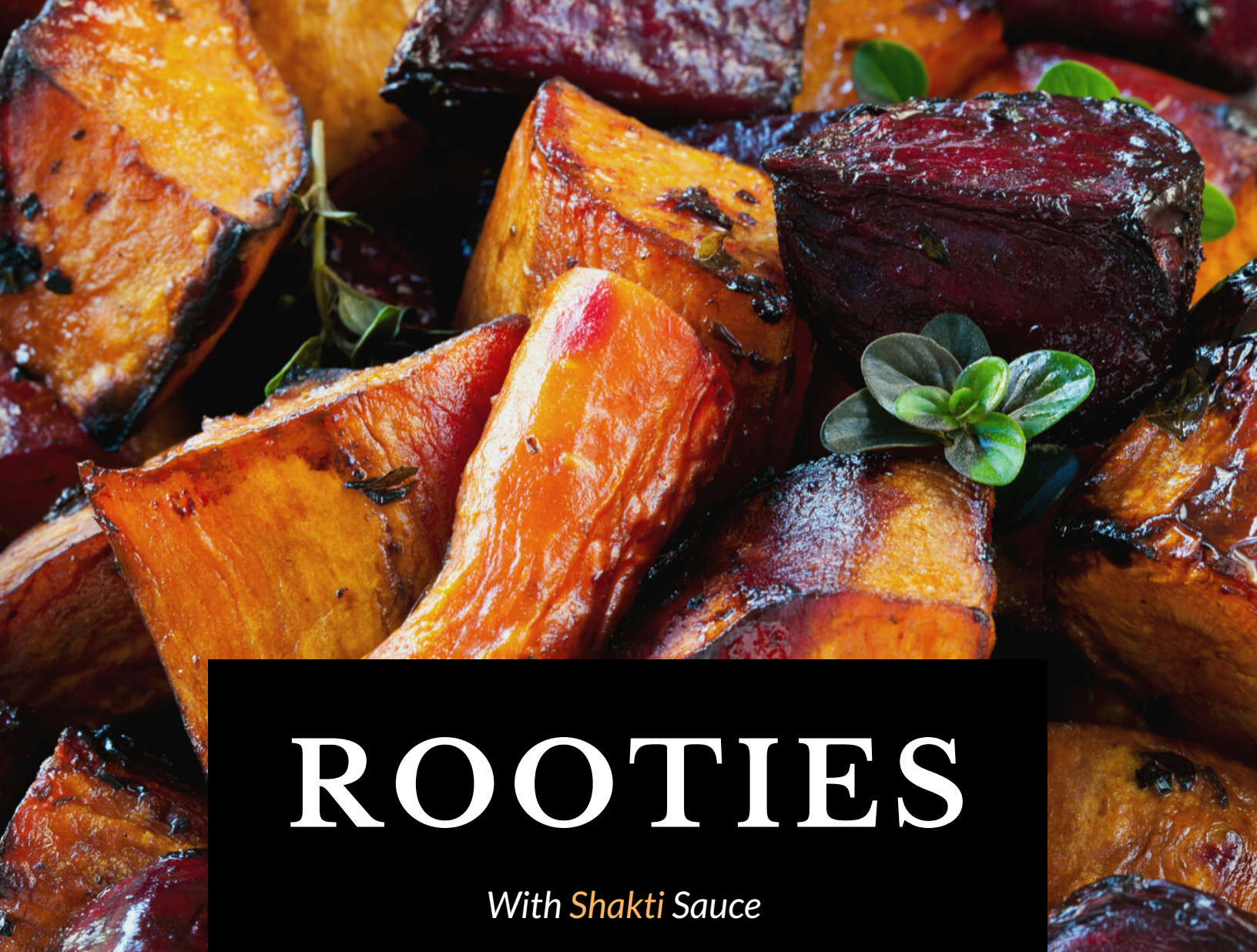
We found this word to be especially appropriate as we shift into the Fall season. For the more obvious reason as we are gifted with the autumnal harvest, full of all of the sweet and savory root vegetables. But, we also chose this word due to its connection to the more emotional and psycho-spiritual meaning of actually

being rooted in your body.

And, this comes back to our theme of the month of what it means to have Ojas. A huge part of building healthy **Ojas** has to do with creating a strong foundation on which you can grow. If the body is weak at its roots, it will only manifest more disease and discomfort in both the physical body and the mental body.

By strengthening your ojas you are creating an abundant container (or strong root system) from which you can draw out your energy, clarity, and ease. When you focus on building your ojas in the fall you will have much more stamina and health in the months to follow.

Try placing this word on your altar this month as a reminder to do what you need to focus on building and strengthening your Ojas!



ROOTIES

With *Shakti* Sauce

I absolutely love roasted vegetables and I especially love ROOT veggies. Building **ojas** is all about getting rooted. It's about building and harnessing the vitality to thrive and to be filled with energy throughout the autumn and winter months ahead. Just because this time of year beckons us to slow down and adopt more gentle practices does not mean we need to fall into lazy patterns or lose the energy we need to continue to inspire and create.

So much of how we perceive the world and how we show up every day to our families, our jobs, and our communities has to do with how we are being fueled.

How are you fueling yourself? What food are you taking in? What media are you viewing? What company are you keeping? And, how well are you digesting all of the above?

These questions are good to check in with every now and again. And, we often find that some things might need a little shifting around, especially in times of change.

As we (in the Northern Hemisphere) transition from summer to fall it's so easy to continue to gravitate towards that go-to summer salad. But, unfortunately the seasonal shift into cooler weather doesn't really coincide with a raw salad (Ayurveda in general doesn't have a ton of love for raw foods). One of the best lunch or dinner options during this time of year is a bowl full of brightly colored root vegetables, maybe spiced with a dash of cinnamon, cumin, and black pepper on top of wilted bitter greens and a drizzle of our most beloved *Shakti Sauce*.

Let me tell you how it's done...

For the Rooties

Ingredients

- 1 medium-large Sweet Potato
- 3 medium sized carrots
- 2 beets
- 1 yellow squash
- 1 red onion
- 1-2 tbsp Avocado Oil or Coconut Oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp turmeric
- ¼ tsp cumin
- ½ tsp sea salt and pepper



Directions

Preheat the oven to 420 degrees. Chop your root vegetables in any way you desire.

Sometimes I cube them, cut them into rounds, or sometimes I even roast the carrots whole.

You can also make this with whatever vegetables you want. Seasonal is always best.

Spread them out evenly on a baking tray. Cover with oil and the spices.

Bake at 420 degrees for 25-30 minutes. Allow to slightly cool before serving.

These veggies also save well in the fridge.



For the Shakti Sauce

Ingredients

¾ cup Vegan Mayo (make sure it doesn't contain canola oil- I like this one: **Chosen**

Foods Avocado Mayo

2 cloves garlic

2 tablespoons nutritional yeast

3 tablespoons lemon juice

1 tablespoon dijon mustard

1 tablespoon capers, drained

1 tablespoon vegan Worcestershire sauce

1/2 teaspoon salt & pepper to taste

1 tablespoon Apple Cider Vinegar

Directions

Add all ingredients to a high powered blender and blend until smooth and creamy. You may need to add a little bit of water depending on what consistency you want.

For Preparing

You will soon find out that *Shakti Sauce* tastes delicious on everything. I suggest making a bowl with wilted greens, top with your roasted rooties, and drizzle with *Shakti Sauce*. If you remember the Black Bean-Sweet Potato Burger posted on our Instagram page a few weeks back, this sauce is perfect on top of those as well.

Enjoy!

Written By @MaryMcQuate



Equinox Cake

Carrot-Pumpkin Cake with Vanilla Bean Frosting

**low glycemic index, grain-free, Vegan, dairy-free, refined sugar free*



Cooler months are approaching and the time to harvest as many local vegetables as possible is **now**. With the fall comes all the most delicious squashes, sweet potatoes, lingering dark leafy greens, and hopefully the dahlias are still in bloom!

But, what really gets the most attention this time of year is the beloved Pumpkin. What's not to love about a pumpkin!? It's beautiful in color (looks good on the counter or on your porch), is incredibly nourishing, and somehow manages to taste sweet and savory at the same time. On top of that, it's also loaded with SO many health benefits.

Continued on the next page

Just to name a few

Fiber

Magnesium (Calms the mind & chills the body out)

Vitamin A, C, & K (attributes to all that glow in your beautiful face)

Rich in Antioxidants (boosts your immune system)

Potassium (more than bananas! Helps with muscle development & recovery)

Tryptophan (the feel good amino acid that gets converted to Serotonin)

We wanted to share with you one of our favorite Fall treats. If you follow us on Instagram (which I am sure you do :) This recipe was derived from the famous Carrot Cake we posted, but with the addition of Pumpkin and just a few other tweaks! This is my absolute favorite thing to make for dinner parties, holidays, or even just to have it around the house as my go-to dessert. It has so many healthy ingredients that it truly is so wholesome, grounding, and mood elevating.



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I have started to incorporate this cake into my regular rotation at home because I think it's important to allow yourself beautifully created and special foods that aren't always for a certain holiday or event, but are simply about celebrating YOU, your life, and your beautiful body.

It takes time to make a cake like this and occasionally you need to invest the time into a special treat that's all about you. I hope you make this cake and eat it with those you love.



Equinox Cake

Carrot-Pumpkin Cake with Vanilla Bean Frosting

**low glycemic index, grain-free, Vegan, dairy-free, refined sugar free*

For the Cake

Dry Ingredients

2 cups Almond Flour

½ cup coconut flour

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½ cup coconut flakes
1 tsp baking soda
1 tbsp cinnamon
½ tsp ginger
½ tsp cardamom
½ tsp nutmeg
1 ½ tbsp Vanilla Bean Powder
A dash of salt



Wet Ingredients

1 can of pumpkin puree (or one cup if making fresh from pumpkin)
4 organic, pasture-raised eggs (or substitute flax eggs if making vegan you may also need to add slightly more coconut milk)
½-¾ cup organic maple syrup (or honey)
½ cup hulled organic tahini (optional)
¼ cup coconut milk 1/3 cup coconut oil (melted)
5-6 medium sized organic carrots (grated in food processor or vitamix)

Optional add-ins

1/2 cup chopped organic pecans or walnuts
1/4 cup organic raisins Edible flowers !

Directions

First combine the dry ingredients. Add the carrot and pumpkin to the dry mixture until they are fully mixed. Use your hands. ;) Next, add in the wet ingredients. Mix well. Fold in any additional ingredients (the raisins and pecans).

For the baking pan it depends on what shape you want. I have made this cake many different ways: You can separate it into 2 round cakes (for stacking one on top of another), make them into cupcakes, or you can make a simple 9x13” rectangle cake.

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Line the cake pans with parchment paper (unless you are making cupcakes in which case you will need to fully coat them in coconut oil or avocado oil before adding the batter to avoid sticking).

Bake at 350 degrees 30-38 minutes. I always poke it with a fork to ensure that it is done. Let the cake fully cool before adding the frosting. About one hour. You can also stick it in the freezer to speed up the cooling process.

Frosting Ingredients

3 cups of cashews (soaked overnight and then drained)

2 Tbsp vanilla bean powder or 1 ½ tsp vanilla extract

1 tsp Vanilla Bean paste (optional)

1 small can of coconut cream

Juice from 1 lemon

5 Tbsp of maple syrup (or honey)

A dash of salt

Directions

Simply add all ingredients to a food processor and blend until smooth. Don't forget to taste to make sure it's amazing :) Transfer to the Fridge and allow it to form into a thicker consistency (about 15-20 min)

For Preparing

Once the cakes have cooled, flip off of parchment paper onto a cake tray (starting with one at a time). Fully coat in the frosting, add the next cake and repeat.

Top with pecans or any other decorations you feel called to add!

Written By @MaryMcQuate



YOUR MONTH IN VEDIC ASTROLOGY



”
*When your life had pain
I knew
The single set of footsteps
Were when I carried you.*

~Ken Brown

STARDUST IN OCTOBER

Dr. Katy Jane @DrKatyJane

Imagine that the month of October is a re-telling of Herman Hesse’s novel *Siddhartha*.

The month—like the story—begins with a glimpse of enlightenment. Siddhartha and his childhood friend, Gopal, meet the Buddha at a gathering. They each have a different reaction to the saint. Gopal instantly converts to the path and becomes a monk.

And Siddhartha—feeling like he “got” it in one glance from the master—goes on to the next chapter of his life.

Similarly, October begins with a full Moon transiting the “Lucky Feet” (Uttara Bhadrapada) constellation. This is the sign of the pilgrim soul. We’re all here on a journey inspired by a vision of greatness. We’re born enlightened. We’re spiritual beings having a human experience.

And then we walk through life. Some of us become seekers. Some of us like Gopal become finders and stop seeking. But we all end up in the same place—at the threshold between life and death.

At the end of the novel, Siddhartha and Gopal meet up at the banks of a river to compare notes. And you can decide who lived the more worthwhile life.

Similarly, October ends with another Full Moon in the *Bharani* constellation, symbolized by the boatman ferrying souls between the two shores of life and afterlife.

This month between two full moons is a mini-spiritual journey. Collectively it’s no longer an option to think yourself separate. And yet all around us is division. Mars is in a rare retrograde position, giving him great empowerment to keep us stuck in old arguments that don’t have any ultimate value or consequence.

If you can silence the noise of the bratty child (Mars), the full Moon on October 1st provides a time of deep assessment, personal inventory, and pursuing the truth of your Being. You have choice about how to walk your path—whether to take a radical change or to stay on the devoted course. The good thing about the world on fire is that you have no more excuse for indecision. You go for it or you don’t.

By the end of the month, the boatman will appear. You can review your life choices like Siddhartha. You’ll be ready to let go of what no longer serves you. You may even laugh like Yama, the lord of Death who rules the Full Moon constellation, Bharani. What you thought was all because of you was actually part of the plan. You’ll be carried across.







THE TIME OF LUNARIZATION



The Time of Lunarization

This “shift” feels more like an earthquake. Our entire planet has launched into a portal of healing and we’ve been teetering on the brink of change ever since. With our perception of reality beginning to alter, we have triggered a conscious **(r)evolution**.

Questioning concepts of time, identity and finance. Working to disrupt and dismantle systemic issues of race and politics. Seeking help through indigenous wisdom for macro and micro healing. Everything we once grasped onto, and dare I say depended on, is being deconstructed in front of our eyes.

For far too long we have over prioritized solarization. In Vedic traditions the sun represents the Divine Masculine, who rules over the intellect, responsibility, discipline, strength, and transformation (among many other things). When imbalanced, the masculine can manifest as greed, force, authoritative rule, and an overall ego driven mentality.

For 1000’s of years humans at large have neglected, and in some cases denounced, the Divine Feminine by solely operating from a masculine dominated system. The highly solar way of living has become a wedge between our cord of connection to our Self, Spirit, and nature. A disconnect so deep it not only affects us on an individual level, but a global scale. The “go, go, go” mentality has us running on empty, while the dependency of caffeine, blue light, and scrolling keeps us overstimulated.

This mix of disconnection and ego driven desires has become fuel for the internal battles many of us face. Thus, as a bi-product, the majority of our society has been primarily functioning from the sympathetic nervous system which solely operates out of the need to survive - popularly known as ‘fight or flight’.



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Effects of the Sympathetic Nervous System:

- **Physical constriction**
 - ◆ Our shoulders rise, rib cage & pelvic floor collapse inward, and muscles become tense.
- **Activity in the gut shuts down**
 - ◆ Nutrients are unable to be carried through the channels and absorbed.
- **Heart rate increases**
- **Pupils dilate**
 - ◆ We begin taking in more information from our surrounding environment (As if we're not overstimulated enough).
- **Energetic and emotional blockages**
 - ◆ Presence and compassion become a challenge.
 - ◆ Emotions, experiences, and traumas become trapped, stored, and crystalized in our bodies because we are unable to properly digest them.

We Are Lunarizing

The silver lining is the medicine we are all currently prescribed. In order to pacify the imbalance, we are being encouraged to lunarize. In Vedic tradition the moon represents the Divine Feminine, who rules the heart mind, emotional processes, intuition, adaptability, fertility, sensitivity, and much more. It is through lunarization that we can recalibrate the physical, mental, and spiritual nature within ourselves and the earth. How do we access this life altering juiciness? By moving into the parasympathetic nervous system – the state commonly referred to as ‘rest and digest’. It is here that we are able to expand and activate our capacity to feel, create, love, accept, and digest everything from the nutrients in our food to life experiences. This system is where we are safe to peel back the layers we have accumulated in this lifetime and lifetimes past, so that we can reveal our inner truth and revel in our magic. This is the nectar of feminine revival; This is how we heal.



Ways to move from Sympathetic to Parasympathetic:

- **Spend time in nature**
 - ◆ Plant your feet in some grass, watch the clouds, and listen to the River.
 - ◆ Put down the device and ground into the Earth.
- **Conscious movement**
 - ◆ Body Yantra, Dance, Yin yoga, Tai Chi
 - ◆ Provide space for the Divine Feminine to flow freely through you.
- **Meditate**
- **Abyangha (Self massage with oil)**
 - ◆ As you message, repeat kind words to yourself; infuse your body with love.
- **Stream of Conscious Journaling**
- **Chanting**
 - ◆ Chant sacred mantras, phrases, or even primal sounds that naturally arise.
- **Chill out**
 - ◆ Take this time to do the thing we rarely get to do – NOTHING.

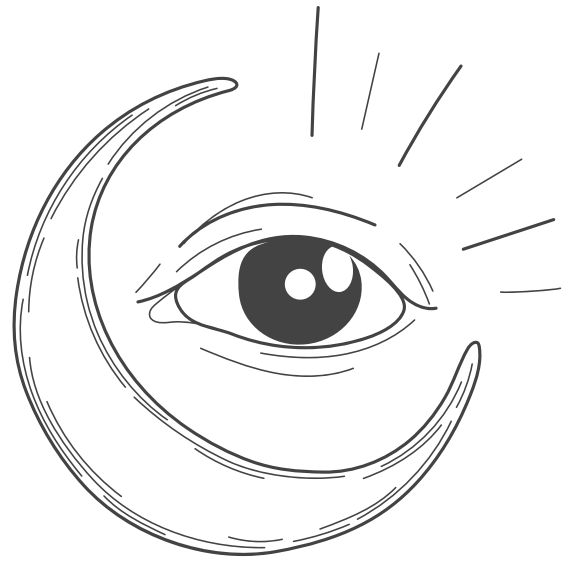
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During this time of constant flux remember to be gentle with yourself. Remember that there is no right or wrong way to feel. This dark, expansive, void of space we find ourselves reconnecting with is where all is created and where all will return. This untamed nature can trigger patterns of fear, anxiety, or panic, but it's through the unpredictable nature that we meet and embrace our inner wise woman, the wild feminine. This is the space where love resides without judgment.

This is the space of ultimate truth.

This is Lunarizing.

Written By Katie Kimball @firebirdspirit_





OPENING YOUR ARMS TO FALL

The Role of the Equinox & How to Welcome it with Grace

The Fall Equinox marks the time of year when there is a perfectly equal amount of light and darkness available in a day. It is the time of year when balance becomes highly important as we prepare for the shift into shorter days, the decay of nature,

and the storage of our own personal harvest (*vitality, ojas, energy*). It is the ideal time to take a step back, refocus, and look at how you can best create more balance and ease into the flow of your life.

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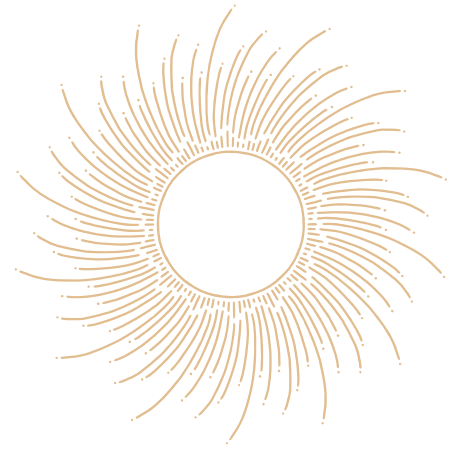
In Ayurveda, autumn is the time of year that is governed by Air and Ether, or the Vata dosha. It's a beautiful time of year when the earth is shifting and the cycle of life is moving. The vata dosha is helpful because it brings change, movement, shifts and creativity. But too much of anything is never a good thing. When Vata takes over it can really aggravate the physical and mental realms. So it's important to be aware of these shifts and properly prepare the body in order to avoid any major imbalance.

Slowing Down the Pace



As much as you may want to continue at the pace of Spring and Summer's aliveness, this is the time of year when you have to begin to slow it down. Shift your movement practices to incorporate more fluid movements, make sure to create ample time for rest and recovery, and prioritize meditations that connect you to the earth and yourself. This doesn't mean that you have to stop exercising, but instead just be cautious with adding too many HIIT classes to your schedule and instead work on inviting more balance into your weekly movement routine. If one day you do a vigorous yoga practice, take the next day to go for a meditative walk. (This month's tone and flow workout is a great movement practice to follow up with a long relaxing savasana or meditation).

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Warmth

Staying warm is super important during the shift of summer to fall and will prepare the body for the colder days to come. Keep your feet and head warm with cozy socks and hats, begin to add more warming spices to your foods, and enjoy more evenings staying in with a book (pretty easy to do these days :)

Flowing with Nature

Although it's important to stay warm during this shift, this doesn't mean that you should avoid the outdoors once it gets cold! One of the most effective ways to adapt to the shifting climate is to be in the climate that is shifting. Keep practicing all of the grounding techniques that we share at The Shakti School: walk in the forest, lay in the grass, go outside in the morning to take in the glow of the daylight (even if the sun's not shining, you are still helping to keep your circadian rhythm in balance).

Intentions & Embracing Death

With every change, shift, or movement that comes in life it's always an opportunity to set new intentions. The Fall Equinox is all about letting go. The leaves are letting go, the natural decay of nature is setting in, and the ground is a steady base. It's the opportune time of the year to really allow yourself to grieve and mourn certain aspects of your life that you are willing to shed. With fall comes death and there is beauty in that too.

In a recent Instagram post we shared some helpful tactics on how to set intentions and embrace this time of year with more grace:

- **Get real about what you want in the next 3-6 months.**
- **Make a list of the things you want to accomplish, how you want to feel, & what you want to do that will lead you towards more inspiration and more manifestation towards your highest knowing.**
- **And, if the grieving gets hard. S L O W down. Let yourself rest, lay in savasana, practice deep abdominal breathing, and let the natural dying off happen with grace.**
- **Welcome in that sacred pause that lies between death and rebirth.**
- **Meditation and Prayer (whatever that looks like to you) are essential at this time of year.**

Be open to change and be willing to let the earth guide you to your highest good.

*Someone I loved
once gave me
a box full of
darkness*

*It took me years
to Understand
that this, too,
Was a gift.*

-Mary Oliver



GAB WITH THE GODDESS

ADVICE FOR THE LOVEFIT WOMAN

Dear Inferno Queen,

You are spot on - building your ojas is a great way to increase energy and find more contentment and satisfaction in life. Ojas is the container that holds your ultimate energy reserves of the body and mind, as well as the force that allows us to sustain change over time. It gives tissues strength and endurance and protects the health of cells, in turn influencing all bodily functions and physiological processes. That means when riding life's waves, strong ojas can help you feel rooted, stable, and have better physical immunity.

Great ojas acts as an enveloping shield which helps ward off stress and ailments brought on by both physical and psychic pathogens. When ojas is depleted, it can leave you feeling lethargic, down, and physically imbalanced. Low ojas creates opportunity for disease and ailments to creep in. Ojas can be depleted in many ways. It can be weakened through sexual activity, as Katie discusses in this month's audio lecture. Other ways this core vitality is depleted include travel, overexercising, overthinking, too much social media, constant screens, and unprocessed emotions such as anger or grief. People in your life that are energy vampires are a major sap of ojas.

“How can I build more Fire and Ojas to have more energy and zest for life?”

-Inferno Queen

Identifying areas of your life that seem to suck your energy and feeling of fulfillment is a great first step in moving toward practices that strengthen and build your ojas.

Some ways you can boost your agni (fire) to support ojas are eating foods that are in season and when possible, locally grown. Avoid overeating, all at once or too often, as this depletes your digestive fire. Focus while eating to truly enjoy and savor each bite, allowing the food to bring you pleasure and deep awareness of what your body is longing for.

- REST. Real, true, deep restorative rest has the power to rebuild and renew your energy and ojas. There is no superlative for most tired or overextended goddess!
- Root yourself in nature and notice subtleties around you. Grounding and connecting with nature is a great way to boost your ojas.
- Oil up! Use oil on both your inner and outer body with abhyanga and nasya practices. Ayurveda says that oil in the right amounts is healing and increases vitality. Oil helps you stay juicy and unctuous in the best ways.

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- Do a hot, sweaty workout. Incorporating HIIT, running, or dancing are great ways to feed that fire within. Search 'fast pace' in the membership archives for lots of video workout options to get your heart pumping.
- Just say no to energy vampires. These vampires suck your life force and can be people, activities, social media, bingeing Netflix, drinking alcohol - anything that you don't feel great, positive, or uplifted after partaking in.
- In this same vein, do what nourishes you. Moderation is key! A little tv may make you feel good, but pay attention to balance and how what you're doing feels in the body. Does it feel nourishing or depleting?
- Make yourself a yummy herbal potion! Herbs that support ojas are amla, ashwagandha, ginger, brahmi, basil, turmeric and cardamom. Ginger is a great way to stoke that fire element and it's delicious in a variety of ways.
- A daily bath is a great way to warm the body and deeply relax. Some of Shakti School's favorite supportive bath recipes are:

Venus Bath-Love Recipes

Ojasliscious Bath - Take a bath with whole organic milk (3 cups), 4 Tbs. raw honey and 10 drops rose essential oils.

Love and Clearing Bath - Take a bath with a handful of pink Himalayan rock salt, a handful of rose petals and 10 drops of your favorite essential oil (rose or jasmine are amazing). Throw a few rose quartz crystals in your bath.

Energy Vamp Clearing Bath - Take a bath with a handful of sea salt. Throw in some fresh sage, rosemary and 10 drops of your favorite clearing essential oil (fir, eucalyptus, sage, rosemary work well). Throw a few black tourmaline crystals in your bath. Soak for at least 20 minutes and visualize negativity going down the drain when you release the water. Stay in the tub until all the water is gone.

*Below is a great practice from **Healthy Happy Sexy** for expanding love inside the body, therefore boosting ojas and increasing that zest for life.*

Feel a Connection to Your Ojas Practice

Find a comfortable position and close your eyes. Take a few deep breaths. Relax for a minute, allowing your breath to deepen and smooth out. Now, slowly start to draw your attention away from your thoughts, emotions, or aches, and drop it down into your belly, holding it there until you feel sensation.

Then, slowly, bring your awareness into your heart. Remember a moment in your life when you felt very deep love. Perhaps it was the birth of your child, a merging into the arms of your lover, being hugged by a parent, or the bliss you experience when you help someone in need. Maybe it was a time when you let yourself be totally vulnerable. When you add love to your point of focus, it builds your ojas.

Bring that moment fully to mind and notice where you feel the sensation of love in your body. Allow this sensation to move, expand, and permeate every cell of your being. When you grow the feeling of love inside your body, you boost the power that enables you to remain strong and wise in the face of heartache, disease, and change.

Written by @sarahwaldron417



MONTHLY COUPON

THE SHAKTI SCHOOL SUBSCRIPTION



OCTOBER DISCOUNT with CreateShareRepeat

This month all LOVEFIT subscribers receive a special discount for all **CREATESHAREREPEAT** products. Use the code **LOVE10** at checkout to receive an extra **10 %** off!

Ongoing LOVEFIT promos:
[LakaLiving](#) use **Shakti10** at checkout

Why we freaking LOVE this brand

We have such a beautiful and inspiring promotion to share with you this month, **CreateShareRepeat**.

The artist, Shell, of *CreateShareRepeat* is doing some amazing things in her little studio in San Diego, California.

Shell is a dreamer, a lover of nature, a true spiritual wise-woman of the earth and everything she creates has such a sense of unique magic. Her jewelry feels like it retains all of the love and attention that she so clearly puts into each piece.



She is currently focused on bead work in the form of jewelry and clothing commissions. Most of the work she creates is inspired by interactions with nature, emotion, childhood, fears, deep love and the fascination with the everyday human experience. We see her work is such an incredible way to heal and express the body.

CreateShareRepeat was created by a true Tantrika and visionary. To learn more about her work visit <https://www.createsharerepeat.com/>



Photo courtesy of CreateShareRepeat

LOVEFIT VAULT

FOR MORE ON BUILDING OJAS

Check out this Ghee Spot episode on [Fall Ayurveda Routines + Good Boundaries](#)

Ojas is so vital that we also covered it in April 2020. [Check out those practices here!](#)

For more supportive practices for Vata Season, head to [November 2019: Vata Season and the Soul](#)

Healthy Happy Sexy covers Seasonal Shifts and Goddess Routines for Seasons in Chapter 9

The Shakti School's Ayurveda Program goes into depth on the importance of Ojas and the connection we have with the seasons - [Head here to find out more about Ayurveda School!](#)

One of our favorite cookbooks is [Ojas: A cookbook](#). The recipes are unbelievably delish!

Oil is a great tool for building Ojas. [Read more about oil's benefits in this blog post](#)

UP NEXT IN OUR NOVEMBER ISSUE:

Setting Boundaries
How to Be the Calm Within the Storm



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



Special Thanks



Shell currently resides in San Diego, California where she weaves together her earthly experiences. Most of her work is pulled from interactions with nature, emotion, childhood, fears, deep love and the fascination with the everyday human experience.

To learn more about Shell and her beautiful work visit createsharerepeat.com
instagram: [@createsharerepeat](https://www.instagram.com/createsharerepeat)



Katie Kimball is a Shakti School student, intuitive activator, and transformational coach who is dedicated to integrating the world with feminine form medicine.

Her commitment to empowering women and connecting humanity back to nature is what led her to study Ayurveda and Tantra. Devotion to these ancient practices allowed her to step back into her dharama and unveil her inner Shakti, so that she can help others do the same.

Want to connect? Add her on Instagram - [@firebirdspirit_](https://www.instagram.com/firebirdspirit)



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

For more visit TheShaktiSchool.com