

LOVEFIT

HOLISTIC HOLIDAY
DECEMBER 2020 Issue No. 7



A GUIDE TO WINTER SURVIVAL

WHAT IS THE MEANING BEHIND TRADITION

RECIPE

Power Mama Brownies + Curried Quinoa & Chickpeas

STILLNESS

HEART BASED MEDITATION & ETHICAL GIFT WRAPPING

FLEX YOUR SPIRITUAL MUSCLE
THE SHAKTI SCHOOL

SUBSCRIPTION

12



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LETTER FROM KATIE

*“In the depth of
Winter, I finally
learned that there
was in me an
invincible Summer.”*

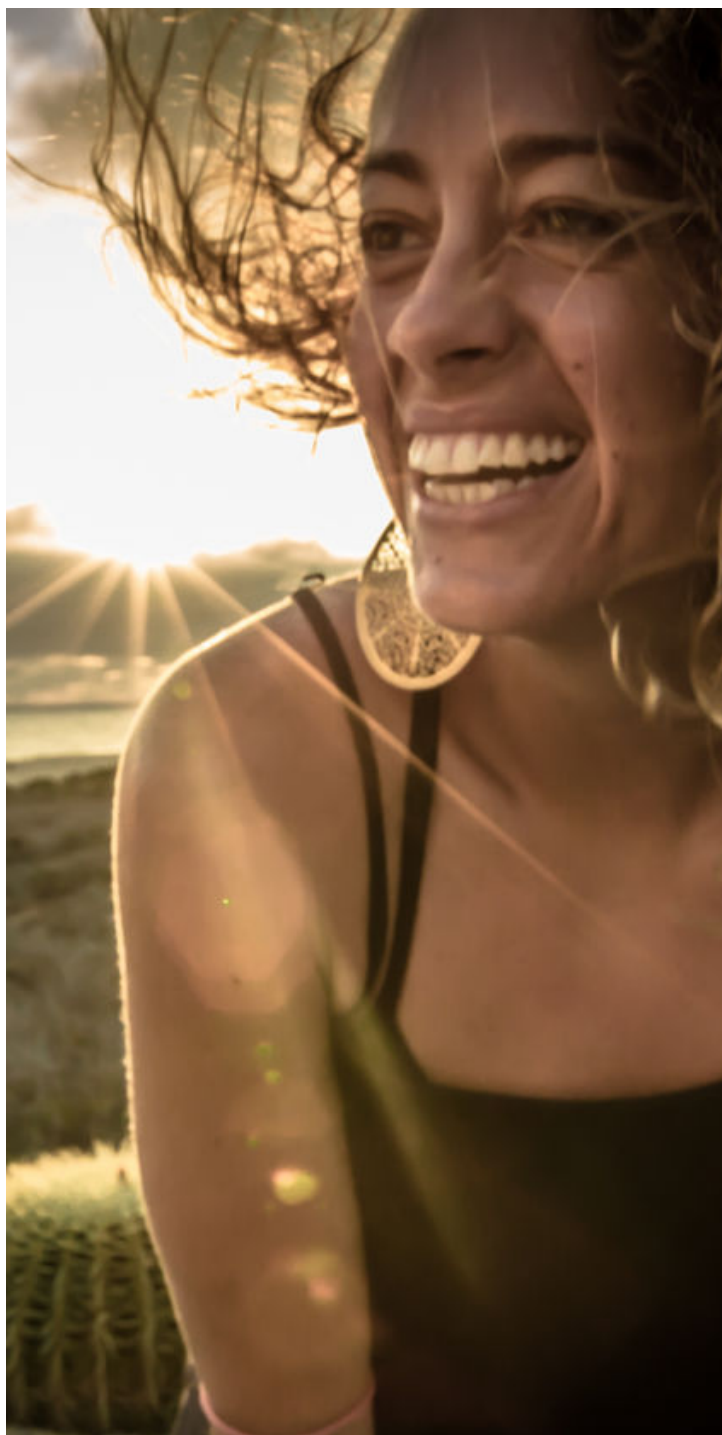
- Albert Camus

A Guide to Winter Survival

Winter is the season of death. Trees lose their leaves becoming barren, plants die and retreat into the ground, and many creatures hibernate, even move regions, to survive the Winter, leaving a stillness behind. It may sound morbid to focus on Winter as the season of death, but there's nothing sad about it! This is a time where things begin to *shift* to allow for rebirth. We think of death as losing something, or as an ending, but it's actually an opportunity to step into love and expansion. We sacrifice things that have been, into the fire of what we have and can become. The death and stillness that happen in Winter is a beautiful metaphor of the soul.

This cold, dark season can also feel unending or oppressive to some. It can burn out our energy faster and the chaos of Vata can take over, leaving us feeling anxious. Some may feel a lack of passion, motivation, or fire during this time. These qualities of the season, coupled with a pandemic which is pervasive in all aspects of life, can leave a lot of us feeling down, heavy, or sad. Balancing these qualities is important to your physical, mental, emotional, and spiritual health.

Fall and early Winter (through the end of December in the Northern Hemisphere) is Vata season according to Ayurveda, and is related to the elements of air and ether. Air is the principle of movement and change, that which sets all events into motion. Physically, Vata is the force behind the nervous system, respiration, and elimination. Emotionally and mentally it can look like moving from one project to the next, anxiety, forgetfulness, and creativity.



It's important to stay attune to these systems within the body during the Winter season in particular, as these can become imbalanced more easily during this time. Take special care of your digestive system during this time. For every one signal the brain sends the gut through the vagus nerve, the gut sends the brain nine signals. **This means that the gut is speaking to the brain through the vagal nervous system.** This makes your mental and emotional health directly and heavily tied to the gut.



So, focusing on elimination and digestion will support not only surviving winter, but thriving so that you can emerge your best, fresh self come Spring with new growth just like Mama Earth. To support healthy digestion during Vata season, remember: warm and wet. You want foods you take in to be cooked, wet, and nourishing to balance the qualities of airy and cold.

This is a good time for grains cooked with ghee or broth. The best grains for this time are maranth, oats, quinoa, basmati rice (white or brown). Avoid buckwheat, corn flour, dry oats, polenta and rye. Use warming spices like garlic, cinnamon, onion, cayenne, ginger, cardamom. The basic idea in Winter is to increase the sweet, salty, and sour tastes, while avoiding the bitter, astringent, and pungent tastes. Avoid cold and raw foods during this time. Eat organic and if possible, local. These local and organic foods will have the micronutrients and minerals to help support healthy flora in the gut.

Other practices that can help balance the Vata qualities of early Winter are dry-brushing the skin daily to increase circulation and clear dry skin. Baths with essential oils or ginger powder can be nourishing and warming while stimulating the body. Wear warm or bright colors, and avoid black. Black absorbs light which can leave us with a feeling of vastness and emptiness. Avoid loud music, excessive exercising, too much sex, traveling, leftovers, fasting and over-talking. Daily abhyanga is so important right now. We have an awesome article from an M.D. on abhyanga in our November issue if you need tips on how to do this and why oiling your bod is so important. Get your vitamin D still! Try and go outside for at least 15 minutes each day to still soak up some sunshine. For dry facial skin, try this deep-nourishing and moisturizing Vata mask from *Healthy Happy Sexy*:



Mash an avocado. Add 10 drops neroli or lemon essential oil. Slather on face. Lie down and do some deep belly breaths for 20 minutes. Rinse.

These recommendations may seem obvious or even repetitive, but when things get complicated, the remedies need to get more simple. Just like nature, we need to go inward, rest, reflect, and nurture ourselves during Winter in order to emerge into growth and new life in Spring.



THIS MONTH IN THE PORTAL

Holistic Holidays



VIDEO // Eco-Friendly Gift Wrapping

Wrapping gifts brings beauty and caring into the presentation of offerings to loved ones. However, wrapping paper and trimmings can be a source of waste. Join Sarah for this video on some alternatives to traditional gift wrapping with natural and everyday items.



VIDEO // Meditate With Me

Katie shares her go-to meditation that is rooted in a breadth of mystical traditions. This meditation is focused on learning how to become more attune to your heart. The heart is the base of endurance to get through tough times. Right now, we all need courage, which is asking us to come into the time of the heart.

MONTHLY ROADMAP

WEEK ONE



1. Schedule a time to make this month's savory one pot meal.
2. Read MaPi's article on creating ritual, then map out your weekly self-care rituals for the week ahead. Do this at the start of each week.

WEEK TWO



1. December 14, New Moon. Set an intention for this new lunar cycle. What do you want to focus on in the next 30 days? Share your intention in the Facebook group, it'll give your intention potency and the community can help magnetize your goal.
2. Schedule a time to do Katie's heart based meditation. It can be in the bath so you can combine your self care.





WEEK THREE

1. Create a Winter altar. Include something to represent each of the five elements in Ayurveda: earth, air, water, fire, ether. Take a walk on a trail and collect items for your altar, be sure to ask the plant or tree or earth before taking.
2. Schedule a time to do Katie's heart based meditation. Notice what changed from last week's meditation session with this practice. Share any insights you've had in the FB group.

WEEK FOUR

1. December 30, Full Moon. Course correct now, what's not working now that you've been working with this cycle's intention? Write it down, and then burn it in a glass or ceramic bowl so it burns fully. What IS working? Write it down in your journal and then moon bath in the light of the full moon. Share in the FB group any insights you had today.

2. Try making this month's Power Mama Brownies. Add your own flare and snap a photo - share your creation in the FB group.



WHAT WE ARE LOVING

Our Staff Favorites This Month



RITUAL: CORD CUTTING



KATIE'S PICK @KatieSilcox4Real

Last month in Shakti School we worked with cutting the chords of past sexual partners. This is a hard, but extremely powerful ritual. And, it can be so helpful in the process of letting go and moving forward. The ritual itself is actually pretty easy. **Step 1** - *get in a place of love and gratitude for all of the past.* **Step 2** - *See that person in front of you.* **Step 3** - *see any chords - trust your intuition.* **Step 4** - *Cut the chords. Dissolve them. Try to use whatever imagery comes to mind. Visualize your own boundaries in full restoration and full repair. Remember, the love you had (if any) with this person is not what is being cut. You are cutting the dysfunction.* **Step 5** - *Bow to them and send them on their journey.*

TINCTURE: CBD Sleep Drops

AMAURY'S PICK @AmauryRoseline 

I'm loving Plant People's CBD + CBN Sleep Drops. I notice that my Oura ring shows a slight increase in deep sleep phase on nights I use it. It helps calm my mind before bed too. CBD is also great for inflammation and this formula includes a synergistic botanical complex. It's been a life saver for me! Check it out here: [drops+ sleep](#)



PRODUCT: VITAMINERAL GREENS



MARY'S PICK @MaryMcquate



This stuff is truly amazing. I have been adding it into my morning matcha and I can actually feel my liver thanking me. It's packed full of liver supporting greens like moringa, chlorella, spirulina, and so many more. During the winter months when stress feels a little high and maybe I'm not on my normal eating routine due to the holidays, this product really helps me get my greens in! Try it blended in teas, smoothies, or added to coconut yogurt.

PLANT: EUCALYPTUS

SARAH'S PICK @SarahWaldron417



I've been working with a lot of eucalyptus recently in different ways and I'm realizing how potent and diverse it's medicine is. When used as an essential oil, it's warming, so it's a great addition to sesame oil for abhyanga during Vata season. It's also stress-reducing, clearing, and calming when added to a diffuser. If congested, it can be tied into a bunch and hung from your shower, creating a lovely eucalyptus steam sanctuary that soothes and clears out the passageways. It's also gorgeous and really easy to dry, maintaining a bluish green color that makes a beautiful addition to holiday decorating, wreaths, and wrapping.



WORD OF THE MONTH

SOLSTICE

There are two solstice days each year, which have historically been used as markers to determine the first day of winter and the first day of summer. The Winter Solstice signifies the least amount of sunlight, making it the shortest day of the year, while the Summer Solstice has the longest hours of sunlight of the year. The word solstice is derived from the Latin words sol, meaning sun, and sistere, meaning to stand still. This is because during solstice, the sun's daily path appears to pause at the northern or southern limit before reversing direction.

Since the beginning of history, the Winter Solstice has been a significant time of year in many cultures and is celebrated with rituals and festivals. Symbolic death and rebirth of the sun or sun gods is the focus in many of these cultural traditions due to the apparent reversal of the sun's path in the sky. In Neolithic times, and in many Native traditions, this time was when crops were sowed and preparations made for the Spring season.

Many cultures celebrate the solstices with rituals and traditions. The winter solstice is particularly significant to the Pagan traditions, with the holiday being celebrated with rituals that celebrate nature's cycles. Intentions are also set on the solstice for the coming season. Some of these ancient rituals are ones many still do today, perhaps without realizing. The Yule Tree, for example, is a Pagan Winter Solstice tradition in which an evergreen is decorated with small candles and ornaments, meant to symbolize the sun, moon, and stars and pay honor to lost loved ones. Many other holiday traditions, such as wreaths, candle circles, and Yule logs are all rooted in the Pagan celebrations of the Winter Solstice.

This year, the Winter Solstice in the Northern Hemisphere falls on December 21st, the shortest day of the year and marker of the seasonal change from Fall to the first day of Winter. This year, set intentions for the coming season with a Yule altar. The purpose of this altar is to honor the return of the sun, so a candle symbolizing the sun should be central to the altar space. Cleanse the altar and decorate it with nature's symbols of winter like evergreens and pinecones.

Written by @SarahWaldron417

Sources

<https://bodhitree.com/5-rituals-winter-solstice/>

https://en.wikipedia.org/wiki/Winter_solstice

Savory One-Pot Meal

Curried Quinoa and Chickpeas For Hectic Holiday Lunches



Curried Quinoa and Chickpeas

What I love about this meal is that it is not only is easy, but it is also so satisfying *and* nourishing. I usually make it in the morning while I am making breakfast in order for it to be perfectly cooked by lunchtime. It saves really well too.

Ingredients

1/2 tsp cumin seeds

1/2 tsp fennel

1/2 tsp turmeric

1/4 tsp allspice

1/2 salt & pepper

1-2 tbsp ghee

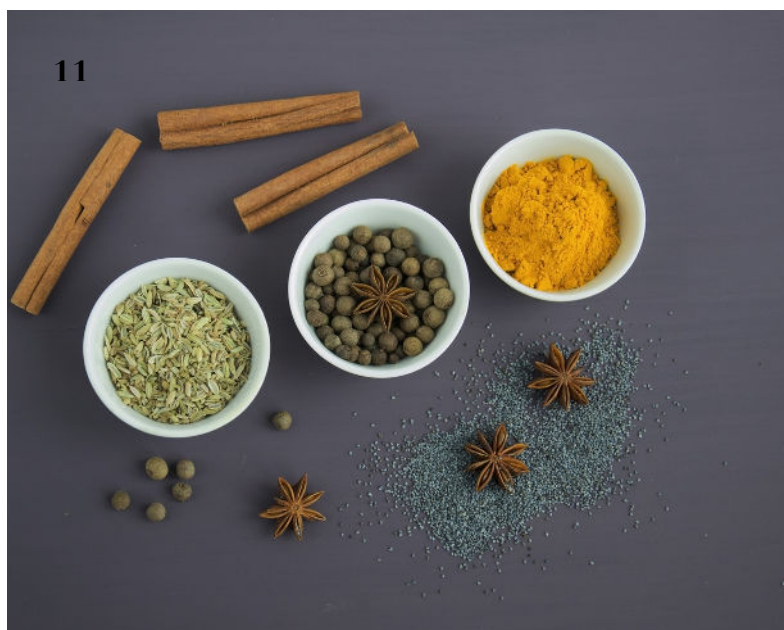
*1 cup Chickpeas (either canned or prepared ahead of time, *see note below)*

1/2 cup quinoa (I like Truroots sprouted quinoa)

1-2 medium sized carrots (chopped)

3/4 cups broccoli florets

**Note on chickpeas: it's best not to get in the habit of using canned legumes, however there are certain brands that carefully soak and prepare their products and I prefer to seek those out. I love Westbrae Organic Garbanzo Beans.*



Directions

Get ready for the easiest meal ever. First, rinse your quinoa with water by using a fine mesh strainer.

In any type of rice cooker (**see note below if you do not own a rice cooker**), add the quinoa and all of the remaining ingredients. Refer to the cooking instructions on whatever brand of quinoa you have chosen for the appropriate liquid amount. For the liquid, I like to use either spring water or vegetable/bone broth. Let cook on the rice setting until it's finished.

So easy, right?



For Preparing:

My favorite way to eat this dish is by topping it with Avocado, fresh herbs, juice of a lemon, and a spoonful of tahini. Remember the Shakti Sauce from last month's issue? That would go marvelously on this!

***If you do not own a rice cooker, don't worry, this dish is just as easy done in a cooking pot with a lid. Follow the same instructions, except add all ingredients to a pot. Cover with your liquid and bring to a boil. Once it's boiling, reduce heat to a simmer, cover with the lid, and allow to cook for 15 minutes. Remove from the heat and let sit for an additional 5 minutes.**

Follow the same instructions except add all ingredients to a pot. Cover with your liquid and bring to a boil. Once it's boiling, reduce heat to a simmer, cover with the lid, and allow to cook for 15 minutes. Remove from the heat and let sit for an additional 5 minutes.



power mama brownies

GRAIN FREE, FIBER FULL, LOW GI FUDGIES





power mama brownies

GRAIN FREE, FIBER FULL, LOW GI FUDGIES

Hello healthy decadence. These power mama brownies are super healthy, yet surprisingly fudgy and decadent! They give you a boost of energy without the normal sugar crash that most sweets create.

In the Northern hemisphere, we are shifting into a time of the year where many of us tend to crave more grounding foods. And, that's completely natural and healthy. It's good to lean into your root veggies, enjoy cooked legumes, and grains. But, what you don't want to do is eat an abundance of sugar and unfortunately, tis' the season. Am I right?

That's why I always love to have a healthy option when it comes to a sweet treat. These brownies are a big crowd pleaser too. I've served them up to friends and family and no one even knows they are packed full of healthy ingredients.

INGREDIENTS

1/2 cup almond butter
1/2 cup pumpkin puree
1/4 cup maple syrup

Continued on page 18



INGREDIENTS

1 tbsp ground flax seed + 2 tbsp water

1/4 cup cocoa powder

2 tsp vanilla

1/2 tsp baking soda

1/2 tsp salt

1/4 cup chocolate chips

1 tbsp coconut cream

*optional add ins: walnuts, slivered almonds
for topping, or coconut flakes*

DIRECTIONS

Add all ingredients (except the dark chocolate chips) to a food processor and blend until everything is mixed together well. Next, fold in the chocolate chips.

Oil a 6x6 baking pan with coconut oil. Pour the batter into the baking dish and smooth out until evenly distributed.

Bake at 350 degrees for 30-35 minutes.
Allow to cool before serving.

*They are even better on day two.

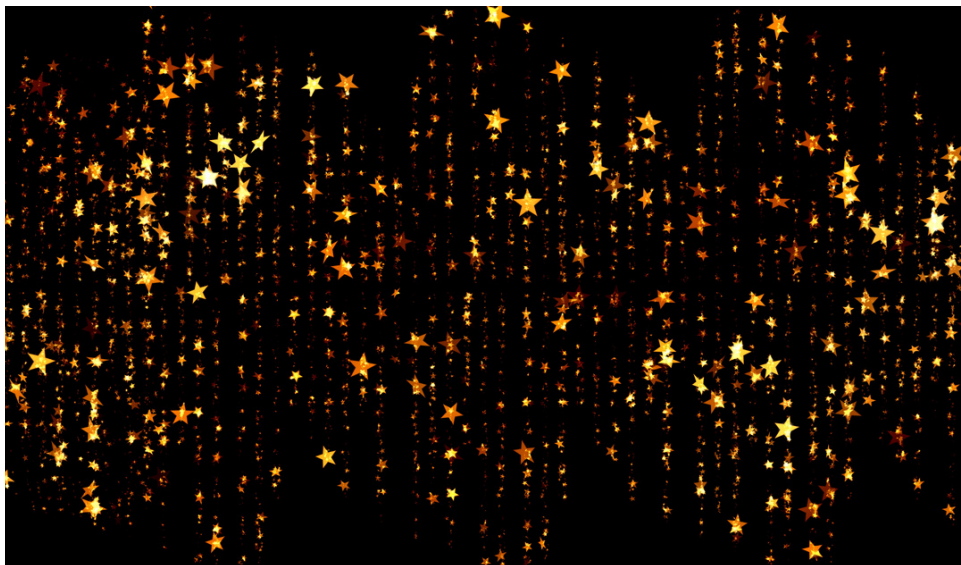
for Serving

These brownies go exceptionally well with a vegan ice cream! Whenever I want to splurge on ice cream, I choose options that are sweetened with fruit sugars or another low glycemic sweetener. And, if you really want to splurge check out **The Coconut Cult**.





YOUR MONTH IN VEDIC ASTROLOGY



”

It was the best of times, it was the worst of times. It was the age of wisdom, it was the age of foolishness. It was the epoch of belief, it was the epoch of incredulity. It was the season of light, it was the season of darkness. It was the spring of hope, it was the winter of despair"

*~ Charles Dickens,
A Tale of Two Cities*

STARDUST IN DECEMBER

Dr. Katy Jane @DrKatyJane

Rather than a sigh of relief, I'd recommend a controlled exhale as we enter the final (at last!) month of 2020. Your exhale should be a pranayama, a conscious return of your life force back to your changeless and infinite Self. This will help improve the state of your mind, so you can see very clearly the path leading toward your dharma—your soul's upward ascent. This is the best place to put your attention as the year comes to a close and to focus your pure vision for 2021.

I mention "your mind" because that's what's at stake in the month of December—how you choose to look at the present moment. Because left to its own devices the mind can go for a big toss this month, dragging along your emotions into abysmal states. My advice: Don't go there. Give absolutely no authority at all to your mind.

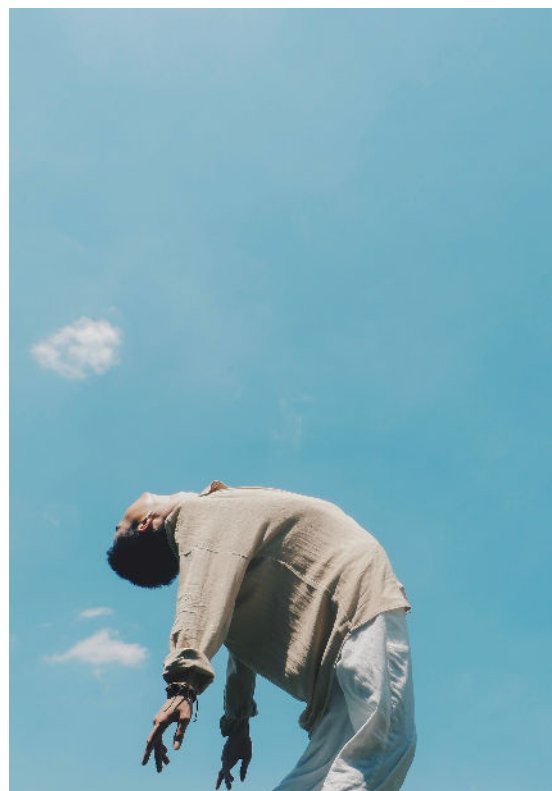
Draw instead on your faith in something higher, even if you don't believe in it. This kind of faith is deeper than belief. It's the feeling we all have of being held that's primal, instinctual and core. It's the center of your being.

From there witness the display playing out in the zodiac above and in our lives below. Marvel at this exquisite moment to be alive. **For the first time since 1960, Jupiter and Saturn come together at the grand table in Capricorn on the winter solstice, December 21, 2020.** They're here to change the fate of the earth. Imagine the 1960s. Here we go round again. What a potent, transformational, and evolutionary moment.

We're called to turn on our collective visionary powers. Vision precedes thought which precedes action. Now's the time to see.

Jupiter is *dharma* and Saturn is the upholder of *dharma*—on a grand scale, on a micro scale. Your dharma is a choice, a conscious decision to align your thoughts, speech and actions with what you were born to do. Now imagine the whole world joining in conscious intention. The universe joins in. The alignment is exquisite.

Or "it was the worst of times." Don't let your mind go into the slump. Don't just sigh this potent year away in relief. Come to the table and join these super powers determining the fate of the earth.



The Guiding Elements: An Ayurvedic Path



65-Card Deck & Gu

Erica Carin & Tati



The Power Behind Traditions

WHY TRADITIONS MATTER & HOW TO CREATE YOUR OWN FAMILY TRADITIONS

Traditions have been around for as long as humans have been alive. They help create a sense of belonging, comfort, and can be used as a reminder of certain values or personal responsibilities that matter most in someone's family or tribe. However, as traditions have evolved, they are not exclusive to families or religion. These days it is not uncommon to create traditions within friendship circles or the community in which you live. And by forming your own community traditions, you can uplift, inspire, and invoke more joy into the lives of the people around you.

Traditions hold symbolic meaning in relation to the past, or the passing of time. They are often associated with religion or spirituality, but can also be formed based on culture, society, or just for the sake of fun and togetherness. In many cases, traditions (similar to rituals) can be extremely powerful. As humans evolve and as the world changes, traditions can often be a reminder that at our core, we are still very much the same. Our struggles, fears, desires, and needs are still very much universal or unchanged.

In the ancient spiritual traditions, certain intentional ceremonies, offerings, or daily prayers are used as a way to direct the attention of your heart back to a source of light and belonging. These traditions, or sacred rituals,

can be a direct way to realign the self with the soul, a remembering of the self.

And in a time of life when the world feels chaotic, traditions serve as a reminder of what is unchanging, steady, and grounding. There is comfort in consistency.

While keeping traditions alive is important, perhaps what is even more important is allowing these practices to **evolve**. As society and culture evolves, so should our traditions, and in some cases, let go of all together. There is power and transformation through the acceptance of change.

When the winds of change blow, some people build walls and others build windmills.
– Chinese Proverb

Fun and Easy Ways to Start Your Own Traditions

Think about the traditions you love and the ones you'd like to get rid of. Below are some examples not related to holidays, but are ways you can enrich your life through routine traditions in your home.

Story Night

Create a monthly story night with your friends. Perhaps even create a theme each month to generate ideas. Storytelling is such an incredible way to spread knowledge, laughter, and wisdom.

Special Meal Night

Choose a night out of each week that you make a special meal (e.g. taco tuesdays or homemade vegan pizza night). My husband and I always rock climb on Thursdays and follow it up with a date night of roasted salmon and sweet potatoes. It's such a simple plan, but it's something I always look forward to.

Happiness Jar

Place a mason jar or pottery piece somewhere in your house that you are frequently in. Every Monday write down what made you happy in the past week and store it in the jar. Or maybe you write down something you're grateful for daily and read them at the end of each month.

Write Love Letters

Writing letters to friends is a wonderful way to keep in touch more intimately. Create a weekly writing tradition: on Sundays write and send a love note to someone you care about. This small act will bring you and them so much joy.



Written by Mary McQuate







Small Business

GIFT GUIDE

1 Empowered Women T-Shirt

[CLICK HERE TO VIEW](#)

2 Sun and Moon Print

[CLICK HERE TO VIEW](#)

3 Chunky Knitted Blanket

[CLICK HERE TO VIEW](#)

4 Rosemary Sage & Rose Quartz

[CLICK HERE TO VIEW](#)

5 Laka Bundles

[MOJO & GUT BUNDLE](#)

6 Gold Zodiac Necklace

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7 Sun and Selene jewelry

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Uma Ceramics

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The Shakti School Blog: Our Favorite Black-Owned Business to Support

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HOW TO SUPPORT YOURSELF THROUGH SELF-COMPASSION

BY MAPI ORMACHEA



When the holiday season arrives, it often feels like it snuck up on us. *How did we get here again so fast?* And if you are like me, you likely feel that this particular year has been both eternal and extremely fast at the same time. Think about it, SO MUCH has happened.

Many of us want the year to be over already, to put it behind us, and start fresh next year. This is a sure sign that we are moving too fast, that our nervous system is overwhelmed, and that the quick fix is far more tempting than the longer, more sustainable solution.

I know what you must be thinking... “I don’t have time for that”. I feel this too. For so long I had attached productivity to my level of self-worth; that somehow my ability to cross things off my to-do list superseded the time that I could give to my physical, emotional, mental and spiritual bodies. Does this sound familiar?

Ayurveda teaches that balance and health has nothing to do with our ability to get things done. On the contrary, Ayurveda says that in order to achieve resilience we need to support ourselves by introducing the opposite qualities. So, when we are overwhelmed and anxious the solution isn’t to take more things on.

As I was remembering this, the part of me that loves getting more things done had a hissy fit. A wonderful friend and colleague reminded me that all the forms of medicine for this time of year feel like a cosmic joke. In my toolkit there were quite a few examples. My daily self massage oil blend needed to be heavier by adding a tad of sesame oil, but this meant that it would take much longer to seep through my skin. I felt the urge to make ghee for my cooking oil, but I had to set apart some thirty minutes to prepare it and watch it like a hawk so it wouldn’t burn. And if I wanted to make some delectable stew in my dutch oven and not the crock pot, I would have to sit with it for a few hours. By the time I’ve done all that, the sun has set and it’s time to wind down. I’ve got nothing “done”.

Are you catching the pattern?

It’s like all these forms of medicine are out there asking me - Are you listening? It’s time to slow WAY down. It may feel impossible to arrive at the point where you are doing all the things to support yourself during this season all while you maintain the house, attend to others, etc.



But here are a few things that could bring ease to your holiday.

Set time apart for yourself... Everyday

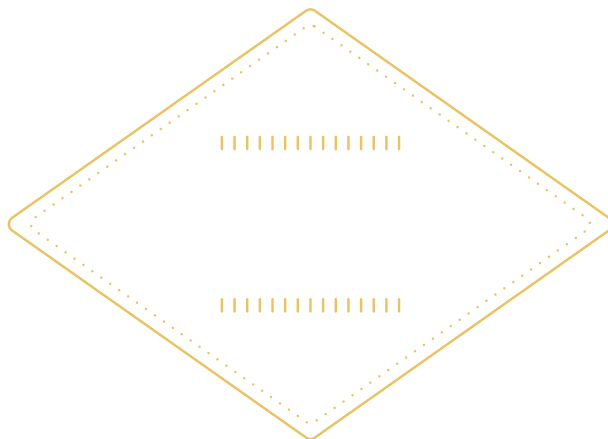
This is the most radical form of self-care. Dedicate time to yourself and make the commitment that it will be ten, twenty, thirty minutes or an hour. It’s up to you, but seek to make it the same everyday to build the habit and remind your body and mind that you are worth the investment. *What makes this time special, you ask?* It’s time for compassion. Time to drop the self-deprecating script and love the parts of you that you are disappointed by, love the parts of yourself that judge those disappointed parts, and love the parts of yourself that are holding the spectrum in between.

Digest your emotions

This time of year is triggering, there is no denying that. But unless we digest what is coming up there is no way to integrate and evolve from those triggers. Two forms of emotional digestion that have been really helpful for me are Emotional Freedom Technique (EFT) that uses the tapping of acupressure points in sequence while you vent out and flip the script; and stream of conscious journaling on a blank piece of paper with a ten-minute timer and ceremonially burning it at the end of the session.

Get real about what you want out of your day.

For this one, I choose to prepare my special mug, my special tea blend, or even the rare coffee. Notice that each of these tokens are meaningful to me and they set the container for the upcoming reflection. So set up your container with tokens that are meaningful to you and dedicate the time it will take you to finish your beverage to perform this ritual. Once you are ready, you will open a beautiful journal and draw a circle. Inside the circle you will write all the things that you would like to happen on that day. As you see all these pieces inside your circle, the most important thing is to identify how each of them will make you feel. The clarity you come to will be your compass for the day. So as you approach each event, task or interaction, ask yourself if it will be in line with how you want to feel. If it does not, it is likely something that you need to let go of.



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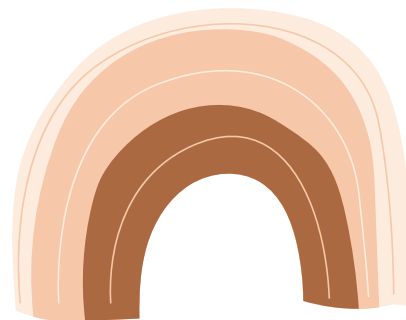
Use your senses to arrive.

This is my favorite trick, because it can be applied throughout the entire day. Simply give yourself 10 breaths to orient to the space you are in by using your senses. For example, you can scan the room with your eyes and tell yourself what you see, i.e. white cabinets, wooden floor, soft sofa.

Then follow with the sensation of touch to tell yourself how things feel. Think temperature, texture, etc. Sure enough your breath will begin to deepen and a sense of calm will overcome you.

As you implement these tricks, you will see that by giving yourself time and self-compassion, your nervous system will thank you and your holiday will seem far more manageable.

written by MaPi Ormachea



**MaPi's ceramics company, UMA:
@umaceramics**

**Discount Code:
LOVEFITHOLIDAYS - for 15% off
your entire purchase.**



GAB WITH THE GODDESS

Dear Hot Young Widow,

Firstly, I'm so sorry to hear about your loss. That feeling of grief when we lose someone is absolutely normal and healthy. Ayurveda understands, as well as many ancient traditions the world over, that there's a very important time of bereavement after such a great loss.

In modern Western culture, we have lost those very important death and grief rituals which had the effect of normalizing the very necessary need to cry, scream, pound the earth and to even be angry at God.

Funerals and funeral rights are so important because the family and friends can *share* the burden of the loss with us. They can help us hold it. We aren't meant to hold it alone.

For now: Make sure to surround yourself with people who can cry with you, hold you and even feed you.

Remember that there will be ups and downs. Ayurveda says that there is a period after death called *sutika*, which is the time between life and death where the veils between those two worlds are the thinnest. We see this portal open up when a woman has a baby, and when we lose someone to death. During this time, there are 40 days of transition of the soul. But the first seven days are the most important. It is in this moment where we may feel that we have access to Spirit more readily - whether that be the spirit of the lost loved one, our own spirit, or the Great Spirit.

We may even feel less sadness and more so an awakening of the consciousness during this time. After the seven days, and especially after the 40 days are over,

What are Ayurvedic and Tantric perspectives on grief and death? I just lost my partner from cancer (ages 33 & 35) and I am heartbroken.

-Hot Young Widow

a deeper grieving and sadness may sink in. We have to remember this when someone loses someone. It's *after* these 40 days when they actually may need us the most.

When we lose something, in Ayurveda's view, we always create a new space and a new emptiness. Initially, that space feels uncomfortable as we actively grieve our feelings and the deep sense of loss of losing something that we were once so attached to. But the beauty of that spaciousness is that we can fill that space with God's light and love.

Moreover, death is a time in every tradition where we honor our ancestors and the dead through our rituals. It's normal to want to remember that person and to know that they are actually not gone by creating an altar or highlighting their photos on our walls.

Lastly, the Ayurveda view on death understands that death refers to the body and not the spirit. We can reclaim that love for the person who has gone by using the practice of *SMARANA* - or love remembrance. Once we remember the love we have for them, we may also feel the grief of the loss. But if we can continue to channel our attention to that love, we may be able to sense the way they are still with us, and perhaps even deeper, they live within us.

Beyond that, it's important to do all the things that make us feel *nurtured*. Strong spicy teas and soups, lots of oils on the body, getting massages and being around loved ones, pets and friends are the first resource beyond that beautiful light of our own heart. Tantra says that God is all around us and is always willing and ready to be there for us should we ask for that help.

With love,
Katie

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Why we freaking LOVE this brand

Women and Ayurveda

This month we have the honor to be partnering up with two amazing ladies doing amazing things. Erica Carin & Tatiana Beatriz, co-founders behind *Guiding Elements*, bonded over their shared passion for self healing, Ayurveda, and the journey towards a more fulfilled life which led them to creating Guiding Elements. This women-owned wellness company focuses on Ayurveda and aims to help others achieve their own personal wellness goals through herbs, oils, teas, and tarot cards (our personal favorite).



Erica and Tatiana are helping to transform *daily tasks into sacred rituals*. The Shakti School loves this approach towards self care and we couldn't be happier to share this incredible duo with you this month. For more information and to start prepping your own sacred rituals visit www.theguidingelements.com/shop.



LOVEFIT VAULT

MORE FROM THE VAULT

Top the Curried Quinoa and Chickpeas recipe from this month with the amazing and healthy Shakti Sauce from [October's LOVEFIT issue](#).

[This Ghee Spot episode guides you through 5 mini-meditations](#) that will help ground you in the midst of holiday chaos and emotions.

If you're travelling this season, be sure to listen to [How to Ayurveda Biohack Your Holiday Travel](#) on The Ghee Spot for tons of tips and tricks to feel your best.

For more information surrounding the Gab with the Goddesses topic this month, check out [A Happy Podcast on Death](#).

Guidance on how to feel healthy after the holidays can be found in this [How to do a Wintertime Cleanse](#) blog post.

For additional wintertime practices, head to [Vata Season and the Soul](#) from November 2019 and [Moving Inward and Grounding](#) from December 2019.

For some amazing Vata-balancing products, check out the [Vata Facial Serum from Paavani](#) and [Healthy Vata tablets from Banyan Botanicals](#).

UP NEXT IN OUR JANUARY
ISSUE:

Purpose, Renewal, &
Manifestations



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



Special Thanks



The Guiding Elements created by **Erica Carin & Tatiana Beatriz** is a female-owned and operated small business with the intention of transforming daily tasks into sacred rituals. The Shakti School loves this approach towards self care and we couldn't be happier to share this incredible duo with you this month.

For more information and to start prepping your own sacred rituals visit their shop at www.theguidingelements.com/shop.



MaPi Ormachea of UMA Ceramics is creative. As an Architectural Designer, Ayurvedic Health Coach, a Yoga instructor, and a Potter, her focus has always been to create communities of value, the kind that hold themselves accountable to do and be better. She created UMA Ceramics in 2019 to connect her love for ceramics and the meditative practice of reflection and pause, all while supporting the craft of pottery and artisans in her native Bolivia. UMA is a material and suggestive offering for you to commit to the rituals that nourish you. And to commit to honoring yourself every day. Pair your artisanal vessel with daily embodied rituals that invite you to come back home to yourself, again and again. that invite you to come back home to yourself, again and again. To learn more about MaPi and her work visit <https://www.umaceramics.com/>

UMA Discount Code: LOVEFITHOLIDAYS - for 15% off your entire purchase



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