

LOVEFIT

JANUARY 2021 ISSUE NO. 8 PURPOSE, RENEWEL & MANIFESTATION

LISTEN

Meditation for
Manifestation

PURPOSE

How to Find
Your Purpose
+ Manifest

RECIPE

Ayurvedic Goddess
Greens + Making
Kitchari with Allie

FLEX YOUR SPIRITUAL MUSCLE

THE SHAKTI
SCHOOL
SUBSCRIPTION

11



TABLE OF CONTENTS

1 Letter from Katie
Manifesting Purpoe

4 In The Portal
This Month's Workshop

11 Recipe
Ayurvedic Goddess Greens

17 14-Day Panchakarma
What it's like to do a tradition Ayurvedic
cleanse

22 What's Your Creativity
Type?

How the Doshas Can Help You Understand
Your Creative Process

STAPLES

5 Monthly Roadmap

8 Staff Picks

10 Word of The Month

15 January Vedic Astrology

30 Gab with the Goddess

33 Special Offers

35 Vault

36 Credits



22



4

LETTER FROM KATIE

"You don't just wake up and become the butterfly. Growth is a process."

-Rupi Kaur

How to Make Manifestation Really Work for You

This month we say goodbye to the wild unknown that was 2020, and it deeply beckons us to ASK. To ask the question - how can I make 2021 truly a year where I can better express the fullness and wholeness of who I am?

I've been working with manifestation for a long time now, and let me tell you, it works. We manifest through energy, through the power of the mind. The wonderful things humans have done on this planet, as well as the horrible things, both come from the human mind. The power of the mind and what it creates is real, and we have to channel our energy and thoughts in order to bring what we want into our existence. It's happened to me, I've seen it happen to others, and I believe wholeheartedly in the power of it.

But what is holding people back from manifesting the life of their dreams if it's as easy as channeling thoughts and energy?

Your reticular activating system, that's what is likely holding you back. Your reticular activating system (RAS) is a network of neurons located in the brain stem. This network filters incoming sensory stimuli and redirects them to the cerebral cortex, activating the cortex and influencing our state of physiological arousal and alertness.

Continued on next page.



Basically, it takes what you focus on and creates a filter for it, and weeds out any other unnecessary information so that the important stuff gets through. It sifts through the stimuli that you receive, and presents only the pieces of information that are important to you.



Our RAS is doing all of this filtering without us being conscious of it, of course. Due to this filtering of information, the RAS seeks information that validates your beliefs. It filters the world through the parameters you give it, and your mind, beliefs and energy shape those parameters. If you believe you are creative, you most likely are. If you think you won't enjoy a first date or event, you most likely won't. You have already given your RAS the parameters to filter information based on your thoughts.

These patterns that the RAS creates for us are very helpful and important, but can hold us back when it comes to manifesting the life we desire for ourselves. The RAS can be the driving force behind our limiting beliefs. In the yoga world, these patterns and limiting beliefs are known as samskaras, grooves that get deeper over time through thought processes and energy devoted to them. Our brain is operating within these limiting beliefs for self-preservation. Your brain is naturally going to err on the side of protection, staying limited because it is safe. Self limitation is safe and change is hard. *But growth happens at the edge of our comfort zone.*



In order to manifest the health, life, partner, career, contentment of your dreams, we have to let go of these limiting beliefs that are ingrained subconsciously. The way to manifest what we want and break out of old patterns and experience new things is to reprogram the RAS to allow in new experiences, even if they may not feel safe or familiar. We do this by focusing our energy on the things that we want, reframing the parameters for our RAS and samskaras.

How can we reprogram our reticular activating system in order to be free of limitations?

Remember, where attention goes, energy flows. Start by focusing on what you want, manifesting all your dreams, in order to provide the RAS with new parameters to invite those things into your life. This may look like meditating on it, journaling or making a vision board of what you want to focus on, or sharing with others the desires you have.

One of the ways I think is most effective for this focus is to **visualize exactly what you want.**

Visualize the partner of your dreams, the job promotion or career change you want, a shift in relationship you've been wanting - really see it. Then journal or draw exactly what that looks like and what it feels like. Helping the brain focus on the information you want it to allow in will help reprogram your reticular activating system and samskaras.

Then, have a page in your journal where you keep a list of emotional triggers and limiting beliefs/negative self-talk you catch yourself thinking throughout the week. Walk these triggers and limiting beliefs through weekly meditations, letting your mind show you where you picked up these thought patterns, making peace with these events and letting them go. Make sure to practice a lot of self-care when doing this work. Try to be the best parent to yourself as possible.

The way you set up your manifestation practice is up to you, but daily visualizations and reorienting of thoughts and focus is ideal. Definitely take time for periodic check-ins, like on the full moon of each month, to reevaluate goals and the way you see life transpiring for yourself. A new year is a great time to focus on manifesting, but making it a daily practice will help you see the most results. It's time for you to step into your power and harness your potential to live the life you envision.

Wishing you much sweetness, joy, and peace in 2021, Shakti Women.





THIS MONTH IN THE PORTAL

Purpose, Renewal, and Manifestation



VIDEO // Cooking Kitchari with Allie

Join renowned chef Allie Redshaw for this delicious Kitchari tutorial. Kitchari is an Ayurvedic lifestyle basic, combining basmati rice, mung beans, ghee, and spices into a warm and nourishing porridge. Kitchari supports healthy digestion and helps remove accumulated toxins from the mind and body tissues, among many other benefits. This tutorial will help you make the most delicious and nourishing Kitchari of all time!

AUDIO // Heart Brain LIGHT for Ecstatic Manifestation

Use the mantra SHREEM in this powerful manifestation meditation on heart resonance. When we tune our attention to a specific physical part of ourselves, we create resonance with that part, physically, emotionally, and spiritually. The focus of this meditation is the heart space, which propels our deepest desires to the forefront in order to manifest the way we want to live and grow.

MONTHLY ROADMAP

WEEK ONE



1. Schedule a time this month to do a little new year reset. Check out Allie's video in the portal and the Goddess Green on page 11 for a creative kitchari recipe that's the perfect meal for a low-key reset.

2. Read Siena Friend's article on page 22 on creativity + your dosha type. Let us know what you learned from her piece and what you think your creative dosha/guna type is in the FB group.

WEEK TWO



1. January 13, New Moon. Set an intention for this new lunar cycle. What do you want to focus on in the next 30 days? Pin your lunar intention up near your workspace. 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 SHREEM meditation this week. It can be in the bath so you can combine your self care.





WEEK THREE

1. Write out your manifestation list for the next 6 months. Make it things you can feasibly accomplish in 6 months. Then turn to a blank page in your journal and title the page “Triggers and Negative Talk” - follow the instructions in the letter from Katie so you can work through these mental blocks that when released will allow your RAS to help you reach your goals.

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

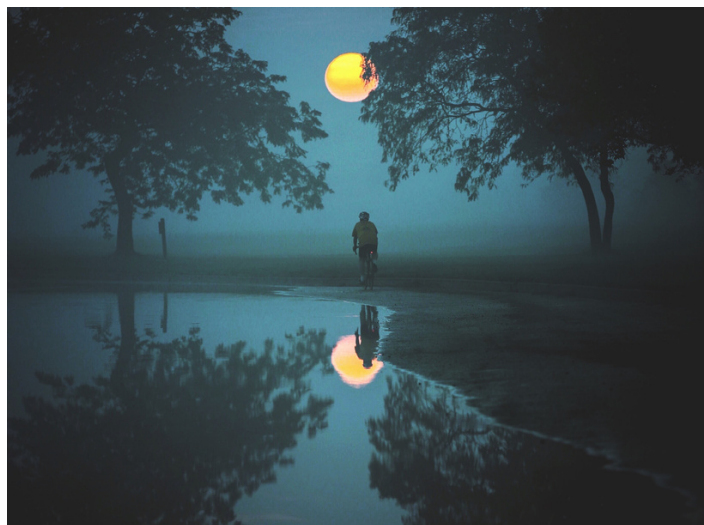
1. January 28, Full Moon. Course correct now, what’s not working now that you’ve been working with this cycle’s intention? Write it down, and then burn it in a glass or ceramic bowl so it burns fully. What IS working? Write it down in your journal and then moon bath in the light of the full moon. Share in the FB group any insights you had today.

2. What’s been your saving grace lately? Share your resilience story in the FB group and let’s start 2021 with positive reinforcement for resiliency and growth!



WHAT WE ARE LOVING

Our Staff Favorites This Month



AYURVEDA: SUNDARYA BODY OIL BY SHANKARA



KATIE'S PICK @KatieSilcox4Real

I love all of Shankara's products, but I am currently obsessed with the Sundarya Oil. It's an amazing blend of sesame and sunflower oil with essential oils of jasmine, ylang ylang, and rose. I love using this oil after a bath to invigorate my heart and ease my soul. It's also a beautiful scent to wear around your neck, shoulders, and chest to support you throughout the day. It's slightly seductive, so watch out. ;) **ADD AFFILIATE LINK HERE.**



APP: Doze Sleep App

AMAURY'S PICK @AmauryRoseline



Yes, for the second month in a row my staff pick is something to do with sleep. *Can you tell I've been having trouble sleeping?* It's filled with customizable stories, meditations, nature sounds and sleep journeys designed to help you drift into a deep sleep. I personally enjoy the Sleep Journeys, they are like stories but don't have a narrative, which I prefer because my brain will stay up to hear the end if it's a narrative. Last night I listened to a journey that took me down a river to the ocean, it included a body scan and some breathing cues. You can choose the reader and the background music. We are not an affiliate of Doze, it's just been really helpful to me. <https://dozeapp.com/>

SUPPLEMENT: BILLY'S INFINITY-C POWDER



MARY'S PICK @MaryMcquate

With the stress of the pandemic, the rise in seasonal illnesses, or whatever other stressors you may be facing in your life, a little boost of Vitamin C is always a good thing. Vitamin C helps the body to become more alkaline which is so helpful in our very acidic world. When it comes to vitamin C supplements, I am really picky. I love Billy's Infinity products because they are all food grade, making them easier for the body to absorb and their ingredients are carefully and thoughtfully sourced. This vitamin C contains Camu camu berry which contains the most concentrated source of naturally occurring vitamin C in the world! I love Vitamin C, but all of their products are pretty stellar.

MUSIC: Sturgill Simpson's Cuttin' Grass Volumes 1&2



SARAH'S PICK @SarahWaldron417

Simpson is a brilliant musical mind, songwriter, producer, and Grammy-winner. He recently released two surprise albums of his songs played in a bluegrass style, which comes so naturally for him. These albums glide over the ears and evoke joy. Bluegrass music is soothing for me, being a reminder of my roots and reminiscent of easier times singing along in the sunshine with friends. These albums are the ultimate musical



WORD OF THE MONTH

Tejomaya तेजोमय

Tejomaya is a beautiful sanskrit word that means full of light or composed by fire. It comes from the words tejo and maya. Tejo means light and maya means universe, a lot, or abundance. It is also referred to as consisting of splendor or full of effulgence.

I thought this word was suitable as we move into this next year, this next phase of life. I am very hopeful that we can forcibly fill ourselves with an abundance of light in 2021. This world so desperately needs light. How do we do that? How do we spread joyous light? That's where Shakti comes in. Shakti is light. It is that feminine force within us, our heart's deepest longing, that wants to be alive. In order to spread light, we must become the light.

Tap into your heart's desire. Learn what it is you need to thrive, to be full of grace, to surrender, and let your light shine. Finding stillness is a great first step.

But I also say this: that light is an invitation to happiness, and that happiness, when it's done right, is a kind of holiness, Palpable and redemptive.

— Mary Oliver

AYUR VEDIC GODDESS GREENS

GREENS WITH A DIGESTIVE KICK

The importance of eating leafy greens is finally common knowledge. Leafy greens like kale, collards, dandelion, spinach, parsley, etc., are all beautiful choices when it comes to getting your daily consumption of greens in. Greens are loaded with vitamins (A, B, C, E and K), minerals (calcium, magnesium, potassium, selenium, zinc, and iron), and fiber that help keep the body flowing and functioning at its best.



Eating green vegetables is associated with lower levels of inflammation, cancer cells, depression symptoms, heart diseases, and so much more ([GreenMedInfo](#)). If you're not getting your greens in, the time to start is now.

Considering all of the amazing properties of the leafy green, I wanted to share a simple recipe that has an Ayurvedic spin to it. Instead of your normal sautéed greens, these are loaded with digestive spices that will really help to increase your body's digestive capabilities (boosting agni), while also adding a new flavor profile to your plate. Spices like ginger, coriander, fennel, and cumin are powerful spices that will help purify and move ama (toxic sludge) through and out of your system. The holidays can often be a time of year when we build up a slight excess of ama due to all of the celebratory treats. By keeping these spices on hand, you will be doing you and your gut a big favor.

Continued on next page



Why Ayurveda Loves Ginger

Ginger is one of Ayurveda's favorite ingredients. It's been used for its medicinal properties for thousands of years and it is a powerful tool for keeping your digestive fire strong. Ginger has the properties of warming and pungent. It can really heat up the body! This is why ginger is especially good for Vata and Kapha types, but in the cooler months Pitta too can also benefit from ginger's warming properties. Especially when digestion becomes sluggish.



Try adding fresh ginger to literally any of your dishes and taste how it adds a nice complexity to the pallet. Also, notice how it makes you feel in your body and what the after effects are. It's also helpful to keep a little fresh ginger on hand during your holiday festivities. If you over indulge, chew on a piece of ginger after your meal.

Or, perhaps even bring this dish with you for the holiday meal.



MAGICAL ATTRIBUTES

Ginger is energetic and fiery and adds power to any magical activity. It is used in spells to "speed things up" or to cause plans to come to fruition quickly. It can also be used in spells to add passion to an existing relationship. Ginger is associated with the element of fire

<https://witchipedia.com/book-of-shadows/herblore/ginger/>





Ayurvedic Goddess Greens

Ingredients

- 1 bunch of baby bok choy (chopped)
- 1 bunch of dandelion greens (chopped)
- 1 bunch of swiss chard (chopped)
- 1-2 carrots (grated)
- 1-2 tablespoons of fresh ginger (chopped or grated)
- ½ tsp cumin seeds
- ½ tsp fennel seeds
- ½ tsp ground coriander
- ½ tsp yellow mustard seeds
- 1-2 tbsp ghee
- ¼ cup bone broth or vegetable stock

Directions

In a medium-sized cast iron skillet, set the heat to medium and heat the ghee. Next, add the spices. Let the spices simmer for about 2 minutes in the ghee so they are activated and the flavors extend out into the oil releasing their aroma into the room. Then, add the carrots and the greens. Toss the greens until the seeds and ghee have fully coated the greens. Cover with a lid and let cook for a few minutes. Next, add the broth. Mix and cover with the lid. Reduce the heat to very low and let the greens simmer in the bone broth for about 8-10 minutes.

Garnish with fresh parsley and a squeeze of lemon and serve for your digestive delight.

By @marymcquate

YOUR MONTH IN VEDIC ASTROLOGY



”
Keep your hands on the
wheel
Let the golden age begin.”
~ Beck

STARDUST IN JANUARY

Dr. Katy Jane @DrKatyJane

There's an expression in Sanskrit that translates as, "Well begun is half done." It recognizes the power of beginnings, because the seed of whatever has started also contains how it will end up.

Likewise we can predict how the year will unfold by the star the Moon transits as the clock strikes midnight.

You can breathe a sigh of relief now.

The Moon begins 2021 by conjoining *Pushya*, "The Wheel of Progress." Contrast it with last new year's Moon in *Purva Bhadrapada*, symbolized by a "man who wears a mask." As the events of 2020 unfolded, we didn't know who to believe, what was true.

This year, we have the hope of progress, symbolized by a wheel. The Vedic seers compared our emotions to a wheel because they turn. One day you're up, the next you're down. And around and around they go.

Our feelings can be grouped into two larger categories of experience: "happy" and "unhappy."

Happiness is called *sukha* in Sanskrit, meaning "having a good wheel." A good wheel is something that moves ahead. It doesn't spin its wheels. It has direction. It goes somewhere.

Unhappiness is *duhkha*, meaning "having a bad wheel." A bad wheel is when nothing moves. Or if it does, it doesn't go anywhere like a stationary bike (*which was incidentally all the rage in 2020!*)

Whether 2020 was a "duhkha" year for you or not, the year ahead promises some "sukha" for all of us.

But not at first.

Remember a wheel must move backward to go forward. From the beginning of the year, you may feel tested. From January 4th to February 20th, we re-enter the same astrological yoga that took place when the pandemic hit last March, *kala amrita yoga* ("the combination of immortality").

This is a rare phenomenon in which all the planets are in between the two nodes of the Moon. It leads to sudden, unexpected opportunities to deepen your experience of reality.

We have to remember if we experience a setback in January that we have one thing, which is very precious: *time*.

So what if things are taking longer? Be with time. Make it bigger until all of it merges into one constant pulsation. Now. Now. Now.

Be in the now and you'll be in the captain's seat, in control of the wheel for the entire year whether going backward or forward. To paraphrase Confucius, "the journey of a thousand moments begins with just one—now."



WHAT IT'S LIKE TO DO A 14 DAY PANCHAKARMA

AN INSIGHT INTO AYURVEDA'S MOST HEALING CLEANSING TRADITION



My Experience Doing a 14 Day Panchakarma

I am sure this won't come as a shock, but for me this year has been a lot.

But, as difficult as it has been, 2020 also taught me so much about my spiritual path. It has pushed me to fall on my knees again, to surrender to what is, and to truly accept all of which I cannot control. I am relearning what it means to live with less attachment. I am finally realigning with the divine and it is opening me up (again) to that oh so loved “beginner's mind.”

In Zen Buddhism, the term *beginner's mind* is often used as it refers to having the attitude of openness, eagerness, and the lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner would. When you first learn about something that is intriguing to you, it's an incredible feeling: You can easily get into a flow state, time flies by, positivity emanates from your being, and you feel lit up! But, once you have learned so much about a subject, it can become more difficult to go back to that beloved feeling of the beginner's mind.

Continued on next page

So, what causes the blah feeling to set it?

Lack of motivation, inspiration, or the zest for life can happen due to a lot of different factors. For one, what's happening globally. The state of the world, politics, and environmental struggles are all factors that can affect our state of being. This one has been huge for 2020. And, on top of that all of the normal contributors to our positive state of mind is always in flux: our relationships, our community involvement, career and purpose, and our health, just to name a few. And, for each of us, what makes up our own inner happiness will be different from person to person.

The key is to stay connected to that inner light that tells you every day to wake up and to do your best!

What if you've lost that connection?

Yoga and Ayurveda teaches that when the mind has become too difficult, go to the body.

This is what I needed. I was struggling to find my inner light. I had lost the connection to my divine source and I was in desperate need to find it again. I wanted to renew my spirit. I needed the ultimate soul cleanse, so I started with the ultimate body cleanse. I decided to spend the majority of my savings on saving my life and reinvigorating my soul. And, I can honestly say it was an investment I am so grateful that I was able to make.

What is a Panchakarma?

Panchakarma is the ultimate cleansing practice in Ayurveda. It is used to completely rejuvenate, detoxify, and restore the entire body, mind, and soul. There are so many amazing benefits to doing a panchakarma. Not only is it a total body detox, but it also helps to boost the immune system, increase longevity, and can sometimes dramatically improve skin health.

Traditionally, a panchakarma is made up of five different healing therapies meant to restore balance in the whole body. In Sanskrit, the words *pancha karma* literally means "five actions." These five actions are usually done over a 7-14 day period (sometimes more for more chronic conditions) under the care of an ayurvedic practitioner and panchakarma specialist. Each individual panchakarma will vary slightly due to specific recommendations given by your practitioner based on your specific needs.



While undergoing a panchakarma it is best to be in a retreat-like environment in order to fully devote yourself to the healing process. It is a time for self study, spiritual study, and creating the space for inner stillness.

The Five Therapies

Nasya: nasal cleansing with warm herbal oil

Basti: Oil/Herbal medicated enema

Virechana: Purgation of toxins through the bowels

Vamana: Therapeutic vomiting (not often practiced in the west)

Rakta Moksha: Purification through blood letting (not often practiced in the west)

Other therapies during a panchakarma may include

Swedana: herbal steam/sweat to help draw out toxins

Garshana: dry skin brushing

Abhyanga: herbal warm oil massage (traditionally done with 2 therapists)

Shirodhara: warm oil poured on the forehead for an up to an hour to calm the entire body and totally relax the nervous system

Chakra vasti: warm herbal oil on targeted areas on the body

Food Intake During A Panchkarma

One of the key goals in panchakarma is to optimize your Agni. As I mentioned before, agni (to ignite) is the body's internal fire or metabolic function. This fire is how you digest your food, but also how you digest your life experiences. In my opinion, having strong agni could be the single most important aspect of your health. When things are moving through you with ease, it inevitably lifts your mood, you feel lighter, full of energy, and your ability to focus is heightened.

When doing a panchakarma you are asking so much of your body. The cleansing, purging, and detoxifying process can be hard on the system which is why it's so important to eat very light and simple as to increase your digestive fire.

Traditionally (and what is still typically common) you would eat a very light and brothy kitchari for every meal with the exception of maybe a very light porridge or congee (porridge made with rice and spices) for breakfast. **Kitchari** is a split mung bean soup with a small amount of basmati rice, often some simple vegetables are added, and spices like fennel, cumin, coriander, and ginger.

A day in the life at Blue Sage Ayurveda

It didn't take long to feel at home and settled at *Blue Sage*. Before the cleansing even began I could already feel my nervous system settling down, my senses gradually became more heightened, and I was easily able to drop into a more aware state of mind.

Through every step my body kept telling me this is where I needed to be.

Physically, I had prepared as best I could. I had already minimized eating or drinking anything that I knew my body would have a harder time detoxing: caffeine, alcohol, meat, dairy, sugar, and any other foods that weren't whole foods.

Caffeine was definitely the hardest part (in terms of food). I absolutely love my morning coffee or matcha, but slowly it became easier and easier to make the shift to herbal tea. And, now that I am back at home after almost two months of no caffeine, I am amazed by how much better I feel not having that constant stimulant ruling my days!

Each day I would wake early (around 4:30am). I would open the windows to watch the sun rise, to listen to the trickling water against the rocks (that runs all throughout the property), and greet the day with such ease and intention. I kept a journal and would document my thoughts, feelings, and aspirations as they blossomed throughout the two weeks I was there.

Each morning I attended a thirty minute meditation followed by a guided movement practice. The movements were very simple and slow and were just enough to get the lymphatic system moving. In a way they were another form of meditation. Every day I met with Ragaia (practitioner of Blue Sage) for a consultation where we would talk about pretty much everything. He was so easy to talk to and I felt truly seen and heard by him. Ragaia so clearly knows the intricacies of the human body and the soul. His wisdom runs deep.

It was in these consultations that I was really able to discover what had been happening prior to doing the panchakarma that was keeping me stuck and what practices, techniques and habits I needed to return home with that were helping me feel more alive and more myself. I am so grateful for those morning conversations, and the various tools that Ragaia shared with me.

Following my morning consultation, I would then prepare for body therapies. Every day it was slightly different based on what was happening in my body as the cleanse progressed, but every day I was always given an abyangha massage and every day I sat in the herbal steam box. Pema Leigh did all of my body therapies. She too was such a holder of sacred wisdom. Just by being in her presence I felt myself being healed.

I had all sorts of therapies: internal oilation, incredible heart chakra basti's, herbal enemas, nasya, shirodhara, and various forms of massage. Each therapy was done in a ritualistic way.

I felt prayed over, prayed for, and in the hands of someone who deeply cared about my wellness and the state of my heart.

Every meal, though super simple and light, was incredibly delicious and thoughtfully prepared. Everything was generously and appropriately spiced (specifically for me) and I could definitely feel the effects of having increased my consumption of more digestive spices. I ate at the same time every day and felt so relieved by the constant need to prepare and choose foods to best nourish my body. It was so nice to only eat food for a source of medicine and fuel.

I could go on and on about every detail of my panchakarma, but the whole experience is too much to put into one short article. To put it simply, being at *Blue Sage Ayurveda* and being treated by Pema and Ragaia felt like a gift. Every day I couldn't believe how blessed I was to be there.

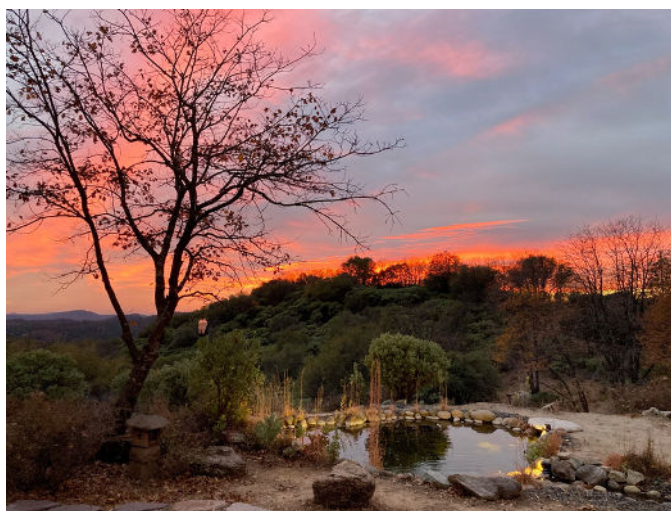
I think it has led to a major turning point in my state of being. Not only were the therapies helpful to my body, but the time to reflect, to study, and to find deep rest is what has helped me feel like I have become a better version of myself. It is with my sincere hope that everyone can have the opportunity to experience something similar to what I did during my 14-day panchakarma.

For more information on Blue Sage Ayurveda see this month's promo offer. And, for more information on other cleansing practices and rituals visit The Shakti School website or stay connected to our social media for more opportunities to cleanse and renew.

References:

Shoshin, Wikipedia : <https://en.wikipedia.org/wiki/Shoshin>

Mary McQuate



December 9th, Blue Sage Ayurveda







WHAT'S YOUR CREATIVITY TYPE?

How the doshas can help you understand your creative process

BY SIENA FRIEND

What is A *Dosha* Anyway?

If you know a little about Ayurveda, you might have heard of the doshas: *vata*, *pitta*, and *kapha*. Doesn't ring a bell? Don't worry, I'm going to dive into a little Ayurveda 101 here. Some people might think of the doshas as different body types, or body/mind types, but this is not exactly the best way to approach it. The doshas are a combination of elements that form energy patterns. These patterns are present in nature and in our own bodies. The doshas can cause things to go out of balance within us, clouding our true nature. But they are not inherently negative — **understanding the doshas and how they are showing up in you can give you more compassion for your weaknesses, and also help you harness your strengths.**

The Three Doshas: *Vata*, *Pitta*, and *Kapha*

Vata is a combination of the elements of air and space. Its qualities are cold, light, dry, and

mobile. In nature, vata is most present in the fall: think about a clear, windy fall day where the brittle, dry leaves are blowing in gusts off the trees.

Pitta is a combination of fire and water. Its qualities are hot, sharp, and liquid. Summer is pitta season: think about being in the south in the middle of a long summer day, the air thick with humidity and the sun beating down, so that you start sweating the moment you go outside.

Kapha is a combination of water and earth. Its qualities are heavy, dense, wet and cool. Kapha is present in the springtime, when the frozen earth starts to thaw. I think about growing up in the mountains of Colorado and watching the winter snow melt and fill the creeks to the point of overflowing.

Each one of us is born with a unique combination of all three doshas.

We need all of them to function and thrive, but the ratio each person has is unique to them. What I love about Ayurveda is that it's not a one-size-fits all approach. The doshas are the key to understanding how each of us is unique, and what foods, habits and lifestyle practices might be best suited to keep us in balance.

Just as we can approach diet and lifestyle from this Ayurvedic perspective, I believe it's also a helpful approach when it comes to our creativity. The same tools and practices don't work for everyone, and understanding which dosha is most prominent within you can help you on your creative path. Even if you don't consider yourself an "artist," I think you'll recognize yourself in the descriptions below and start to see how this could apply to you. We are all creative beings no matter if we are painting watercolors, building a business, or making dinner for our families.

*A word of warning: when learning about these concepts, it can be easy to get too attached to our "dosha," or overly identify with it. Remember – every one of us has all three doshas in us. The dosha is not who we are at our core, it's just a



new way to look at things to help us understand our own tendencies! That said, let's dive in and ask the fun question: **if each dosha were an artist, who would she be?** How would she work? What would be her struggles and her superpowers?

The Vata Artist

Strengths: The vata artist is full of creative ideas. Her head is always buzzing, and she has great passion and enthusiasm. So much, in fact, that it may be hard for her to sit still and actually get around to doing work! She juggles multiple projects at once, flitting between them like a butterfly. She loves to start things but has trouble finishing.

Struggles: Some pitfalls the vata artist needs to watch out for are becoming easily discouraged or anxious about her work. She is sensitive to criticism and should be careful who she shares all her amazing ideas with. Sometimes she doesn't trust her own intuition, and will talk herself out of following through with a project.



Creative medicine: The vata artist will greatly benefit from a consistent routine. Regularity will help her focus and bring all her ideas to fruition. Writing “morning pages” is a wonderful exercise from Julia Cameron that could be especially helpful for the vata artist. Find a time of day that works for you, ideally in the morning, and commit to three pages of freewriting at this time every day. The consistency of this practice is grounding for vata, while also giving her a daily opportunity to get all those ideas out of her head and on paper. Once she can see the ideas written down, she is less likely to talk herself out of things or abandon them.

Loving acts of self-care are also important for the vata artist. Try writing a list of twenty things that nurture and ground you, and turn to this list whenever you’re feeling anxious or doubtful. I have this list posted in my office and look at every day. Some examples from my list include: hot baths, painting my toenails, chia pudding, ripe avocados, and Nanci Griffith records.

Book recommendation: If you relate to the vata artist, I recommend *The Artist’s Way* by Julia Cameron. It’s one of my favorites! The reason I love it for vata is that it provides a clear structure and routine, while also focusing on self-love and learning to listen to our intuition. It can be done as a twelve-week program, following along with the book, and creates a wonderful framework for creative recovery. Especially if you’re feeling disconnected from your creativity, or you’re having trouble sorting through all the thoughts to find what you really want to be expressing, give it a try.

The Pitta Artist

Strengths: The pitta artist is focused, organized and driven. She wakes up in the morning knowing exactly what she wants to accomplish, and is good at following through. She is courageous with her voice, and therefore can often become a leader in her field — that is, if she doesn’t let her perfectionism get in the way!





Struggles: Yes, the pitta artist is a perfectionist. She is especially frustrated by what Ira Glass calls “the gap”: “All of us who do creative work, we get into it because we have good taste. But there is this gap. For the first couple years you make stuff, it’s just not that good,” Glass says. Pitta hates this! She wants to be good right away, and she may not have the patience to stick with something through that learning curve. In the worst case scenario, she may be so afraid of failing that she never even gets started.

Creative medicine: What pitta needs most is to bring a sense of play into her work. If she is having fun, she will loosen the reigns of perfectionism and forget about her fear of failure. The “Artist Date” is another of Julia Cameron’s tools that allows for play and spontaneity. Start by making a list of twenty things you would love to try if you didn’t have to do them perfectly. To get your mind going, think about things you loved to do when you were a kid, or things you imagine yourself doing when you retire. Is there a way you could indulge in one of these things?

If you’ve always wanted to get into photography, an Artist Date could be walking around your neighborhood with an old camera and shooting a roll of film. If you used to be a bookworm, but never seem to have the time anymore, your Artist Date could be going to a local library and committing to getting lost in the shelves for an hour or two. If you’re at a loss, a walk in nature will do wonders for pitta, getting you out of your analytic mind and into the present.

Book recommendation: If you see yourself in the pitta artist qualities, check out *Big Magic* by Elizabeth Gilbert. Gilbert writes with a sense of ease and humour that can help pitta lighten up. I love the way she discusses fear and perfectionism. “I finally realized that my fear was boring,” Gilbert writes, “because it was the same thing every day.” Reframing fear will help the pitta artist connect to her superpower of courage — the courage to share her bold voice and her burning passions with the world.



“

Blocked artists are not lazy. They are blocked... Do not call the inability to start, laziness. Call it fear.

The Kapha Artist

Strengths: The kapha artist has a stable mind and good reserves of energy. Once she gets going, she is able to work for long hours and make steady progress on her projects. She is compassionate and deeply intuitive, which can lead to a strong emotional core in her work and an ability to connect with others through her art.

Struggles: Kapha needs to watch out for losing her spark. She can struggle with a lack of motivation, or experience long periods of “writer’s block.” It could be that she had a time in her past when she was more creative — she romanticizes that time and doesn’t feel like it’s something she can get back to. There’s a sense of giving up, or settling for a life that’s “good enough,” but doesn’t really light her up. She may feel very emotional about her creative work and have a hard time getting past some sadness or grief around it. The kapha artist is used to her habits and her routine, and has a hard time adding in something new.

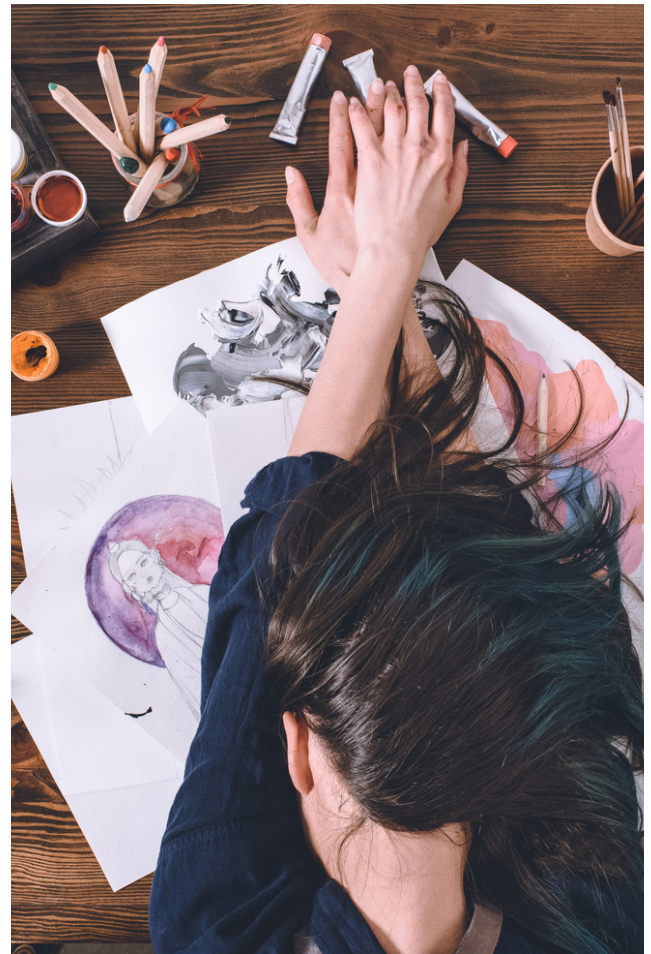
Creative medicine: If the kapha artist is feeling blocked, she needs to do some digging to see what’s underneath. I love this quote from Julia Cameron: “Blocked artists are not lazy. They are blocked... Do not call the inability to start laziness. Call it fear.” A kapha can look lazy at times, but she’s really anything but. Whether it’s fear, grief, or another emotion, it’s worth identifying what could be causing the lack of motivation. Doing some journaling around past creative experiences is a good place to start. Was there a time in your life you felt more creatively connected and inspired? Was there an experience that caused you to shut down?



On the more practical side, the kapha artist can really benefit from bringing some new routines in to help inspire a zest for life! These can be as simple as waking up earlier, taking daily walks to contemplate your next move, or taking cold showers to wake up your brain! I think of a cold shower like a loving slap in the face when I just need to snap out of a sluggish state. An Ayurvedic cleanse could also be a great way to start to remove blockages on both a physical and emotional level.

Book recommendation: If you identify with the kapha artist, get a copy of *The War of Art* by Stephen Pressfield. This quick read is a no-nonsense approach to breaking through resistance and getting your butt to sit down and work! No journaling exercises, no twelve steps, just some well put tough-love to help motivate you to move past your blocks, whatever those may be. "Depression and anxiety may be real. But they can also be Resistance," Pressfield writes. The kapha artist has a tendency to get stuck in negative emotions, and sometimes simply getting to work is all it takes to get things moving and to start feeling better. In other words: less thinking, more doing!

Do you relate to any of these artist types? I know you were raising your hand reading one of these, saying "yep, that's me!" Or maybe you see yourself in all three! The benefit in looking at things in this way is that it can bring in more self-awareness and self compassion. When we see our tendencies, we can start to find ways to bring in more balance to our lives on a daily basis. What we need might change through different times of life, through the seasons, or even day-to-day.



GAB WITH THE GODDESS

*How do I let go of the fear of exhaustion from doing too much?
How can I work driven by Joy?*

-Fear In 2020

Dear Fear in 2020,

I am so sorry that you are dealing with such emotions that are keeping you feeling blocked or unproductive. It sounds like you could be suffering from what many others are also experiencing which could be a case of 2020 burnout.

This past year has been a whirlwind of emotions. On a global level, we have all been in an energetic vortex. Unfortunately, there has been an overwhelming amount of stress that has been impossible to escape from. Even if you're not stressed on a personal level, the collective energy is undoubtedly always affecting us. You are not alone.

While this all may sound like bad news, there's actually a silver lining. Just by simply acknowledging what is happening in the collective energy and becoming aware of the factors you cannot control is a beautiful first step in uncovering what is keeping you personally stuck, fearful, or overly exhausted.

The feeling of fear is related to the sympathetic nervous system: fight, flight, freeze. This is your body's rapid response to stressful or dangerous situations. And, I can assure you, 2020 has been a stressful and dangerous situation. If you are feeling fearful of over exhaustion from doing too much, chances are you are doing too much or you haven't yet recovered from doing too much. When your body and mind get into a prolonged fight or flight state, it can be difficult to get out of it. We can even become addicted to non-stop doing. But, as you mentioned, this is not the state we want to be in in order to cultivate more joy, peace, and serenity. It is in that joyful place where you ultimately want to be fueling your days.

There are absolutely some tools and techniques to get you back into a place of joy and move away from the fear. The tools are simple, but it requires sincere dedication and discipline (that's the hard part).

The tools are simple, but it requires sincere dedication and discipline (that's the hard part).

Getting Out of Fight or Flight

Establish a Solid Meditation Practice

I know this advice can often sound like a broken record in the yoga community, but it's because it works! There are so many studies now backing up the effectiveness of a regular meditation practice. If you already have a meditation practice that is no longer serving you, try changing it up. How long are you sitting for? Often, we need a little longer to really drop into stillness (I recommend at least 20 minutes). Recreate your altar (or make a first one). Altars can be a great place to remind you of your intentions or of your personal guides, teachers, ancestors, etc., that can offer you support. Make a commitment to yourself on how long you will sit daily and stick to it.

Oil Rub Down

In Ayurveda the practice of **abhyanga** is crucial to your overall health and well being. Abhyanga is a great remedy for so many ailments. It calms the nervous system while also building strength and stamina. It helps your digestive system, organ function, and can even improve your vision. It's the perfect practice to include when you are feeling tired, wired, or overworked. It can be done daily, but first try for at least twice a week.

Simplify Your Food

When life feels stressful or chaotic, it's always helpful to simplify your plate. Stay away from the inflammatory culprits: excess caffeine, alcohol, sugar, and processed foods. Eat an abundance of whole foods and focus many on plants that are in season. If you eat meat, think of it as a supplement rather than filling the whole plate.

And, most importantly be present with your meal. Give thanks and eat with others when you can.

Journaling/Prayer

This is always a helpful tool when you're going through any kind of struggle or mental challenge. It's a good follow up after a meditation practice. Let yourself write without judgment or editing. This is helpful for cleansing the mind and starting the day fresh and with intention.

The Power of Essential Oils

I've recently fallen back in love with essential oils. It's so easy to overlook their transformative powers. Certain scents really have the ability to transform a mood or an energetic state. Try a few in order to see which oils you resonate with most. I love applying sandalwood and rose to my heart chakra in the mornings before my meditation. If you're interested in the Chakras and which oils can be the most helpful, stay tuned for next month's article!

Disconnect to Connect

I know it can be really difficult to stay away from the news and all the various forms of social media these days, but I believe it is so important to take breaks from these platforms in order to connect more deeply with yourself and with those around you. Spending too much time on our mobile devices really revs up that flight or fight response and it can also be very dulling on the mind leading to more sadness, depression, and fear. Try logging on only when you absolutely need to or set a distinct time/day that you check in.

Establishing More Joy

Community

Even in quarantine, find your quaranteam. As human beings, just as sunshine and nutrition are essential to our survival, so is human connection. Make time to go on a walk with your best friend, call your loved ones, and try to connect with at least one person every day.



Exercise

Move your body. If you're in a state of overdoing it, be gentle with your exercise. Lean into workouts like walking or hiking, low level resistance training, yoga, or chi gong. Do less, but continue to move your body.

Simple Acts of Kindness

Random acts of kindness to strangers or friends is an amazing opportunity to uplift your own mood. By increasing the happiness of others, we increase our own happiness. Bring a neighbor baked goods, write a love letter to a friend telling them everything you love about them, or just simply greeting the person you buy your groceries from or asking them how their day can really make a difference in someone's day.

Uplifting Podcasts

This is where technology can come in handy. Listen and take notes on some of your favorite inspiring podcasts. I've found that note taking increases your brain's ability to comprehend and digest the material. My favorite inspirational podcasts are: *The Ghee Spot*, *Tara Brach*, *SuperSoul*, *OnBeing*, and *Unlocking Us*.

I hope you are able to find some support with this information. Be gentle with yourself. Pay close attention to your heart and make sure you are finding the space and time to truly listen to your intuition. It is your own inner-knowing that will be able to guide you the best.

with love,
@MaryMcquate



MONTHLY COUPON

THE SHAKTI SCHOOL SUBSCRIPTION



Blue Sage Ayurveda

This month, all LOVEFIT subscribers receive a special offer of \$100 off package bookings with **Blue Sage Ayurveda** of 7 days or greater. Packages must be booked from Jan 1 to May 31st 2021. Packages can be used the entire year until Dec 31, 2021, but must be booked by May 31st 2021.

Use the code LOVE100 with your inquiry.

Ongoing LOVEFIT promos:



Why we LOVE Blue Sage Ayurveda

This month we are so excited to share with you a very special gift. Our dear friends of **Blue Sage Ayurveda** offer Ayurveda's ultimate healing practice of Panchakarma. In a healing sanctuary in Northern California, individuals and couples can experience deep immersion style Panchakarma with detoxifying and rejuvenating Ayurvedic therapies.

Having experienced these therapies first handedly, I can honestly say that the practitioners of Blue Sage Ayurveda are a group of amazingly talented individuals gifted with the sacred art of healing.

Blue Sage is the perfect environment for restoring balance. It is situated on 20 acres nestled in the foothills of the Sierras and is the ultimate retreat to soothe the soul, to unwind from the pressures of everyday stress, and to take full advantage of the healing therapies that Ayurveda has to offer.

For more information visit <http://bluesage-ayurveda.com/>



LOVEFIT VAULT

MORE FROM THE VAULT

In Shakti School's most recent webinar, [How We Move Forward Spiritually](#), Katie talks about finding our spiritual center, the Trauma Vortex and Healing Vortex, and practices that keep us connected to Earth and to Divinity.

Dive [into this episode of The Ghee Spot](#) on how to craft a holistic and Tantrik resolution for the upcoming year.

[The Manifestation Workshop](#) provides you with lectures, meditations, a yoga nidra practice and roadmap for supporting manifesting the life you want to live in 2021. Remember, LOVEFIT members get 40% off workshops with the code **WorkshopLove**

[Head back to June 2020 in LOVEFIT](#), where we focus on Holistic Renewal practices, perfect for incorporating during this time of restoration.

The [How to Find Purpose in Your Life blog post](#) provides guidance and journal practices that will help you get clear on desires as we move into a new year.

Now is a great time for a basic cleanse if you need to shake off the gunk or the holiday stress. For a guide, refer to this blog post on [How to Do a Wintertime Cleanse](#).

For another take on Kitchari, check out [Katie's method using the instapot here](#).

UP NEXT IN OUR FEBRUARY
ISSUE:

Body, Love & Relationships



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



Special Thanks

Ragaia Belovarac, Founder & Steward; M.A., C.A.S., P.K.S., C.M.T and Pema Leigh of Blue Sage Ayurveda.

Ragaia received his certification as a Clinical Ayurvedic Specialist (C.A.S.) and Pancha Karma Specialist (P.K.S.) upon completion of his studies of Ayurveda at the California College of Ayurveda (CCA) and the American Institute of Vedic Studies. His experience in Co-directing the CCA Pancha Karma Center deepened his understanding of holding space in a way that facilitates the individual's healing journey. Ragaia is the Director of Body therapies at CCA and currently co-teaches the Pancha Karma Specialist trainings.

Pema Leigh is an Integrative Ayurvedic Body Therapist & Wellness Coach, Emotional Guidance & Manifestation Coach, and an Integrative Yoga Therapist. Pema has an extensive background in yoga and the healing arts and studied at the California College of Ayurveda. She is a devotee of raising universal consciousness through the awareness of entanglement, vibration and our unlimited capacity to self-heal.

For more information on Blue Sage please visit <http://bluesage-ayurveda.com/>



Siena Friend Larson is a certified Ayurvedic Wellness Coach, and the creator of She Who Flows, a weekly blog on Ayurvedic wellness and creative living. She has been practicing yoga and Ayurveda for over ten years, and received her coaching certification through Shakti School. Siena is also a working artist, singer-songwriter and filmmaker. Her passion is helping others to connect with their creativity and bring health and balance into an artistic life.

To connect with Siena find her on instagram [@she_who_flows](https://www.instagram.com/she_who_flows) Or to learn more about what your dosha can tell you about your creativity style, take her quiz: shewhoflows.com/quiz. She will send you a free tip sheet with creative rituals specifically for your dosha! And, to read more about her course, The Artist's Self-Care Code. Visit shewhoflows.com/selfcare



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.

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