

# LOVEFIT

ISSUE 10 | MARCH 2021 | CLEANSE, DETOX, AND RENEW

## In this issue:

### AYURVEDA AND CLEANSING

Discover what type of cleansing is appropriate for you

### MOVE FOR RENEWAL

Reactivate the system with Katie

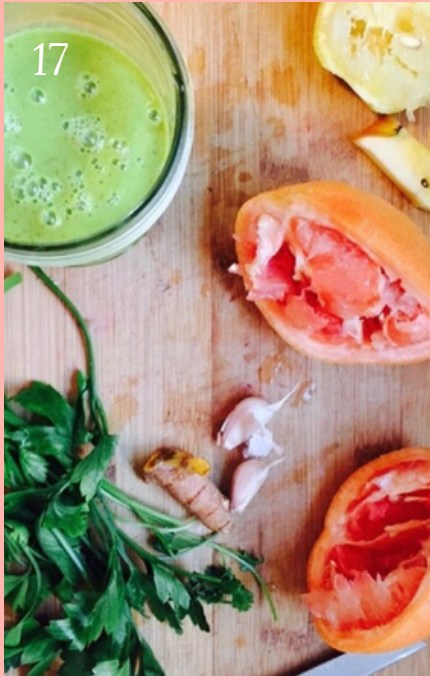
### DETOXING & CLEARING THE WOMB

Guided audio for making space

## THE SHAKTI SCHOOL SUBSCRIPTION

FLEX YOUR SPIRITUAL MUSCLE





# TABLE OF CONTENTS

## 1 Letter from Katie

The History of Cleansing

## 5 In The Portal

This Month's Workshop

## 11 Choose a Cleanse

## 17 Recipe

Activating Juice

## 20 Boundaries

Community Contribution by Katie Kimball

## 27 Essay: Days Wide Open

Community Contribution by Erin Johnson

## STAPLES

### 6 Monthly Roadmap

### 8 Staff Picks

### 10 Word of The Month

### 18 March Vedic Astrology

### 36 Gab with the Goddess

### 37 Special Offers

### 39 Vault

### 40 Credits





# LETTER FROM KATIE

*"When your heart is  
cleansed of everything you  
think you are, you'll see  
yourself as an old beloved  
soul. It's not possible to see  
yourself without a mirror  
so gaze at the beloved; let  
his face become your  
mirror."  
- Rumi*

## The History of Cleansing and How it Relates to Ayurveda

In the wellness space, cleanse and detox can be buzzwords, sometimes used to perpetuate gimmicky, empty promise supplements and fad diets. However, evidence of cleansing in ancient cultures dates back to 2000 B.C.E, and the practice of detoxification was common throughout the world. The cleansing modalities of ancient civilizations looked very different than today's facade of potentially unhealthy fasting and juice diets. Many of the practices used in ancient cultures are still being used today with known benefits which can now be measured and supported by modern methods and technology.

At its essence, detoxification means to cleanse the blood by removing impurities, enacting the liver, where toxins are processed and moved to elimination. Many body systems are involved alongside the liver in the natural detoxification process, including the intestines, lungs, kidneys, lymphatic system, and skin.

Since the formation of medicine and healing, toxins have been a known and documented issue. As early as 2000 B.C., the toxicity of lead was recorded, but it continued to be used throughout the world until very recently. Mercury was another commonly used known toxin. The historical methods of detoxification



Continued on next page.



developed by ancient cultures understood the deleterious effects of exposure to these and other heavy toxins. They developed ways to support detox of the body while restoring balance, with a focus on spiritual purification as well.

### **Ayurveda and Cleansing**

Cleansing is often viewed as something to endure, but Ayurveda (and most other ancient cleansing protocols) focuses on sweetness, love, slowing down and paying attention to what the body needs to come into balance. In Ayurveda, detoxification is deeply rooted in ritual and focuses on supporting and balancing to provide the optimal environment for the body to flush ama. Ayurveda believes that the body and mind must be softened, nourished, and in a state of ease in order to cleanse. Rather than the mind using the body as the vehicle, it allows the opportunity for the body to be in charge. The optimal detoxification happens when we slow down to digest and enter into an emptiness, a place of not doing.

To properly cleanse, a mono-diet of kitchari, supported with balancing herbs and ghee is recommended to allow the digestive system to be in that place of 'not doing'. It doesn't have to work as hard to digest different things. Massage with medicated oil is an important part of cleansing, as it activates the valve and lymphatic systems which play a large role in the body's detoxification process. This also allows relaxation into a parasympathetic nervous system state, which allows deep processing in the body and mind.

### **Origins of Cleansing**

Ancient Egyptians used the modern day enema for administering medications and for detoxification. Enemas are still used today in detoxification practices, as well as in the professional medical setting. This mirrors Ayurveda, which also uses an enema practice during cleansing, called 'basti'. In Early America, Native tribes performed detox rituals which focused on fasting, smudging, and sweat lodges. These practices are still popular methods of cleansing today. Native Americans used herbs and aromatic food intake as part of the cleansing process, which also mirrors Ayurvedic protocols.









In Turkey and Mongolia, restrictive diets were practiced for days and weeks at a time. These restrictive diets eliminated sugar, gluten, salt, oil, meat, and dairy – similar to some diets recommended today. Ayurveda also favors the elimination of most of these things during a cleanse. The ancient Nordic people used the practice of saunas, encouraging the body to sweat and eliminate toxins. Traditional Chinese Medicine recognizes certain points of energy flow and focuses on removing toxins, which it views as disturbances in these energy channels, in these areas or connected ones. Acupuncture and cupping are used to regulate and unblock the energy flow to support physical and mental healing and remain popular modalities today. Scientific research supports the benefits of these for treatment of COPD, insomnia, pain etc.



The unifying concepts of these ancient cleansing methods are removing the toxic exposure, adding beneficial botanical properties, and stimulating and supporting the body's natural detoxification processes and pathways. The goal for all the different cleansing modalities, including Ayurveda, is to free the body of disturbance, *ama*, inflammation or toxic buildup, while supporting it with the right foods, habits, and lifestyle. To strike the harmony of a healthy body in balance with its environment, we must examine these ancient practices through the lens of modern science and medicine.

The next time you're evaluating if a cleansing method will be beneficial for you, ask yourself if it aligns with these goals passed on through generations of wisdom.

#### Resources:

<https://www.drhardick.com/history-of-detox>

<https://naturalmeddoc.com/blog/history-of-detoxification/>





# THIS MONTH IN THE PORTAL

CLEANSE, DETOX, AND RENEW



## VIDEO // MOVE

Katie leads a somatic movement practice that will deeply connect you to the inner body by orienting to the bones. Orientation is a way to strategically channel focus wherever we want it to go. Where attention goes, prana flows! Notice the subtleties of pleasure as they arise throughout this gentle and clearing process.



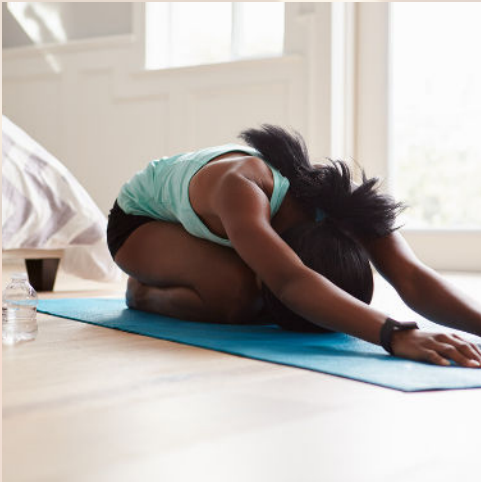
## AUDIO // Earth Energy Womb Clearing + Filling

This grounding meditation works with deeply tuning to and clearing the power center for women, the womb space. Root into the feet as an entry portal for the Divine Mother and feel into the ojasic earth energy as it works to both clear and support you. This meditation can be condensed and practiced any time you need to create a boundary of what and who enters your energy field.



## MONTHLY ROADMAP

### WEEK ONE



1. Dive into the Move video practice to tap into the subtle body and really connect with the inner body and bones. What is your body telling you it needs right now? Let the body guide you.

2. Take some time to do the Earth Energy Womb Clearing + Filling practice this week. Notice the subtleties arising, and take note or journal your feelings and thoughts afterward. Try to use this practice consistently throughout the month.

### WEEK TWO



1. March 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 - spelling it out is a SPELL (Thank you Erykah Badu for the reminder). Share your intention in the Facebook group, it'll give your intention potency and the community can help magnetize your goal.

2. Read the Ayurveda & Cleansing article and make a list of ways you can support yourself during a cleanse. If you want to go deep, plan your kitchari fast and cleanse protocol. If you aren't doing a kitchari fast, what other practices will support you this month during the natural cycle of renewal? What can you subtract this month in order to simplify and allow the body to process?





## WEEK THREE

1. Read the community article “Recommit to Your Self” and use the prompts outlined at the end to journal and reflect on how you can help clear internal clutter.
2. Add some fresh, delicious lightness to your week as you focus on clearing by making the Wake Me Up Juice recipe on page 17.

## WEEK FOUR

1. Do the Earth Energy Womb Clearing + Filling practice again, and notice the changes from the first week to now. What changes or shifts have you noticed? What sensations are coming up that are either different or the same?
2. March 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.



# WHAT WE ARE LOVING

Our Staff Favorites This Month



## MUSIC: NEW ALBUM BY RAVEENA "LUCID"



KATIE'S PICK

I am so obsessed with this album right now. Raveena's music really allows you to deeply tap into that flow state and is a game changer for helping with anxiety. Her music is the perfect remedy after a stressful day. I highly recommend putting her music on while you stretch, create, or relax in the tub.



## TEETH: LIVING LIBATIONS Gum Drops Essential Oil Blend



MARY'S PICK @MaryMcquate

Lately I've been rediscovering the power of oral health. Our oral hygiene is directly connected to the state of our gut. It's just as important to stay vigilant with taking care of your mouth as it is to take care of your gut. I love the practice of oil pulling and these gum drops have taken it to the next level. The essential oils leave your mouth feeling and smelling amazing. Just add a few drops in while you oil pull or rub along your gums after brushing.

## BIOHACK: HigherDOSE



AMAURY'S PICK @AmauryRoseline

I've been using the HigherDOSE PEMF Infrared Mat and am convinced everyone should have one. This is a great alternative to an infrared sauna, it provides all the benefits of infrared heat + layers PEMF therapy AND crystal + negative ion therapy. It switches your nervous system into parasympathetic, allowing you to sink deeper and faster into a meditative state, it reduces inflammation, boost mood and immunity and reduces recovery and healing time of your body. I've worked this mat into my daily routine by using it during meditation and journaling and every evening before bed. It's helped me fix the sleep issues I was having earlier this year and let me get so excited to meditate again knowing that I'm multi-tasking (*ironic, I know!*) and doing some much good for my body at one time.



## MOVIE: Soul

SARAH'S PICK @SarahWaldron417

If you haven't watched this incredible movie yet, don't wait any longer! The soundtrack is beautiful and it has witty, funny moments woven throughout. Soul is a heartwarming story of dharma, slowing down, and the gift of life itself. It's packed with profound lessons and humbling reminders that are important for adults and children alike. It's not often I need to journal after watching a movie that leaves me in tears - this one is special.







# WORD OF THE MONTH

## Navikarna

### नवीकरण

The term Navikarna means renewal, refurbishment, renovation, or refresh in Sanskrit. It can be broken down into two root words. Navi in Sanskrit means “new”. Karana (sometimes Karan) in Sanskrit is a verbal noun meaning “doing”.

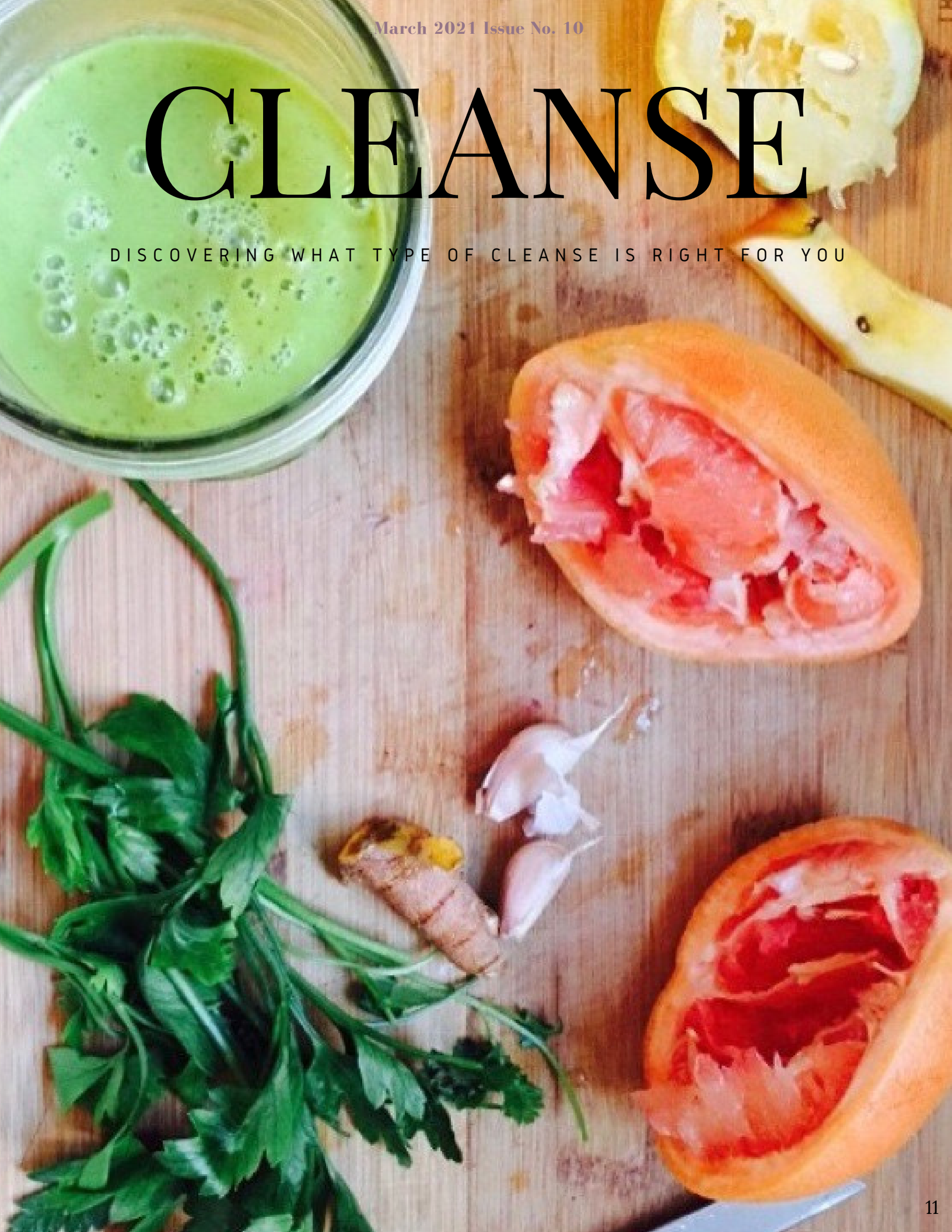
Seasonal shifts are an optimal time to focus on resetting and renewing one’s energy, digestion, and dinacharya. In the Northern Hemisphere, we are moving into Spring, or kapha season. Spring is the ultimate time of renewal and rebirth. In nature, we begin to see trees and plants showing new life, with bright green tendrils and blossoms emerging from their hibernation. We are also emerging from our short, dark days of rest and contemplation, shifting into a new energy and growth, mirroring nature around us. Moving from cold and dry weather into the warmer, wetter, and brighter Spring can feel like renewal for body and mind in itself.

As we surface from our own deep rest, it’s an important time to move stagnant energy and stoke agni. This is a time we can focus on faster-paced movement and energy. Resetting the gut and mindset with a cleanse emerged in Spring’s refreshing energy is a great way to experience Navikarna.



# CLEANSE

DISCOVERING WHAT TYPE OF CLEANSE IS RIGHT FOR YOU



# DISCOVER HOW TO CLEANSE

## AN INSIGHT INTO THE VARIOUS APPROACHES OF CLEANSING

Here in the Northern Hemisphere, we are making our way into the seasonal shift of spring. Spring is an amazing time of year, but for some it can also be a difficult transition for the body. As we move out of winter and into spring the elements of (Kapha) earth and water are most present. The cold, heavy, and dampness of winter can often have a lingering effect as we get into the warmer months making it difficult to embody the lightness of springtime. For many of us, we have been accustomed to the invitation to hibernate that winter brings. During this time we are more likely to eat more, sleep more, and move less.

**This is why Spring can be the perfect time to cleanse.**

Ayurveda teaches us to mimic what is happening in the natural world. Towards the end of winter nature begins to prepare. The days become longer with longer hours of sunlight and warmth. Earth's core begins to heat up as fungi, bugs, insects, and bees make their way to the surface pollinating and helping to prepare the soil for the growth to come.

Similarly, in a garden we prepare the soil to sow seeds for future nourishment, we rake leaves and throw them into compost bins to enrich the soil, and we continue to water and monitor the seeds to ensure they are growing properly. Just like the cleansing and enriching of the soil, we too have to cleanse and enrich our bodies to maintain a happy equilibrium within.

After many months enduring the cold and dampness of winter, it's likely that some extra Kapha accumulation could be present. This can take form as excess mucus in the lungs and sinuses, a possible accumulation of weight, or a feeling of lethargy or depression. Thankfully, with the help of Ayurveda and the willingness to slightly shift up your routine you can be easing into that springtime flow in no time.







## Different approaches to cleansing:

There are many different methods of cleansing. The appropriate way to cleanse can vary depending on what's happening with you specifically. If you are experiencing an excess of Vata energy (in modern day culture, many of us are), fasting is probably not the best option. However, if you've spent a long winter on the couch with potato chips, you might be needing a big shift towards eating lighter.

### Kitchari cleanse

*I love doing a kitchari cleanse. It's a very effective way to detox the system while also continuing to provide the body with an ample amount of nutrients to fulfill the ongoing daily tasks of work, life, and family. In Ayurveda, mung beans are highly regarded for their ability to pull ama (the toxic sludge) out of the body. When properly prepared, they are easy to digest and with certain spices can really help to activate agni. It's also easy to prepare ahead of time or can be made quickly in an instapot. [Check out Katie's recipe here](#). A kitchari cleanse can be done for an extended period of time. 7-21 days is ideal.*

### Simply Eating Lighter

*Practicing eating lighter can be a tremendous way to rejuvenate the body and increase the digestive fire. Try keeping your portion size to the amount that would fit in the palm of your two hands and eat until you are 75% full, not until you feel full. Ease up on foods that are heavy and denser (kaphic): cold foods, excessive meat, heavy fats, foods cooked at high temperatures, thick sauces, and nut butters. Focus on adding fresh herbs and digestive spices to your dishes. Eat lighter grains like barley, millet, and quinoa with steamed vegetables, carefully cooked legumes, and small amounts of fish if consuming meat. In the morning focus on simple porridge with ginger and cinnamon and in the evening end your day with a light soup or spiced broth. This type of cleanse is also suitable for longer periods of time. Try this approach to eating lighter for one month and see how you feel.*









## Intermittent Fasting

As more research is done on intermittent fasting, it continues to become more and more popular. Ayurveda doesn't support long periods of fasting because it increases Vata, but when done accurately, intermittent fasting can provide the body with a lot of benefits such as: increased energy, digestive permeability, and a return to lightness that the springtime beckons. I love practicing a gentle approach to intermittent fasting. This can be done by simply enjoying two meals a day (morning and afternoon) followed by sipping on bone broth later in the day instead of a full evening meal. Unlike strict fasting, bone broth (or a vegetable broth option) is actually quite nourishing and can still provide the body with plenty of nutrients and minerals for strength and balance. I recommend intermittent fasting in the evening rather than the morning. The liver is doing it's biggest cleanse in the evening, so this will increase the body's natural ability to detox.

### Practice Meat Free

As mentioned before, meat has a heavy and dense quality. Most all meat sources increase Kapha. While it's okay to have some, it's always a good idea to take periods without. Due to meat's heavier quality, it slows the digestive system down making it difficult to process all of the gunk that may have accumulated throughout the winter. This isn't an advertisement to go vegan (unless your body thrives off that), but rather a suggested break from meat. Try a month of meat free meals and see how you feel.

### Practical Quick Tips for Detoxing and Cleansing:

Add herbs to your meals

Drink lemon + ginger water

Practice daily dry brushing

Eat your lightest meal at night + eat early

Go easy on the ghee

**Balance is everything: not too much, not too little**









# WAKE ME UP JUICE

## Ingredients

*3 stalks of celery  
1 handful of parsley  
1 big chunk of fresh ginger  
1 tbsp of fresh turmeric  
1/2 grapefruit  
1/2 lemon  
1/2 apple (optional for taste)*

## Directions

*Add all ingredients to a high powered blender. Blend on high for 1 minute. Pass through a strainer into your favorite glass and enjoy.  
\*This juice is best if consumed on an empty stomach and away from other meals. Make sure to add enough ginger to keep it spicy!*



# YOUR MONTH IN VEDIC ASTROLOGY



”

*Out beyond ideas of wrongdoing  
and rightdoing  
There is a field.  
I'll meet you there.  
When the soul lies down in that grass  
The world is too full to talk about.*

~ Rumi

## STARDUST IN MARCH

Dr. Katy Jane @DrKatyJane

If you imagine March to proceed like a fireworks show, you'll escape its potential doldrums. Fireworks build. A few crackers crack. Increasingly they burst in exciting displays. Then comes the grand finale.

In the Vedic calendar this energy is noted. It's Holi time!

Famed the “festival of colors,” Holi occurs on the brilliant full Moon in the Vedic “month of flowers.” It's signaled by bonfires burning up collective animosity in the streets. In our English idiom, we “bury the hatchet.” On Holi, North Indians burn it up in every neighborhood.

Enemies become friends. Servants and their employers embrace. Children dump buckets of colored water on their elders' heads. No one minds. It's great fun to be pummeled with water balloons by three friends on a motorcycle wearing rainbow wigs—or to stalk the neighborhood armed with a water gun hunting for similar prey of your own.

As they smear your face with colored powder, people forgive their grievances with you. They spread the colors of love everywhere with full joy.

We need moments of absolute release. It shakes us out of our collective malaise, which by now is as deep as this pandemic is long. We need our own personal *mardi gras*, some occasion to celebrate something huge.

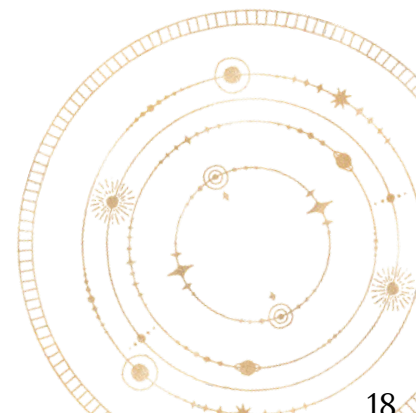
It's been a year since our world has been turned upside down. We were thrust into the underworld (of whatever we didn't want to deal with but had to) “under lockdown.” Such a deep descent into the Plutonian hell we've been encountering since last January warrants its opposite.

There's a tangibly huge “flip side” to all this inward journeying we've been on. You only have to bear it a little longer.

March is when we turn it around.

The great being of compassion—Venus—appears as the bodhisattva leading you out of the remaining mire of last year on **March 17th** (when he enters Pisces and rules the zodiac as its exalted lord). That's when you'll really start to feel the release building.

It will all culminate on the full moon, **March 28th**. It's a grand finale moment. You'll feel like exploding with colors everywhere.







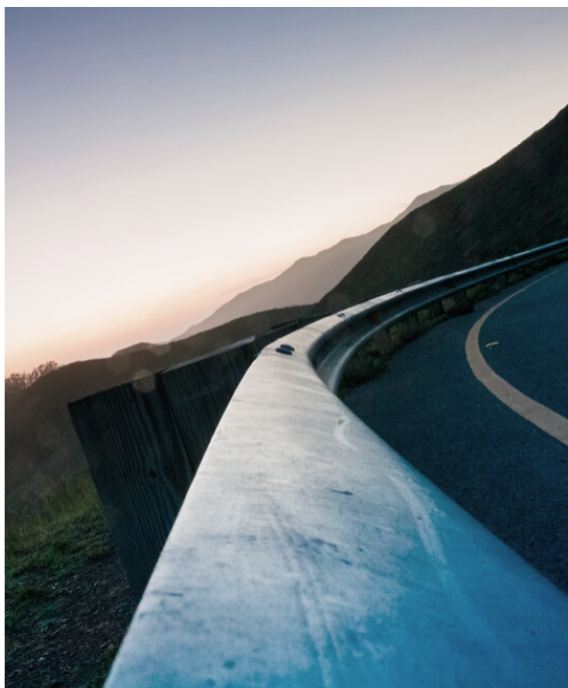
# RECOMMIT TO YOUR SELF

AN INSIGHT INTO SETTING BOUNDARIES



WRITTEN BY KATIE KIMBALL





# RECOMMIT TO YOUR SELF

WRITTEN BY KATIE KIMBALL

At first this article was going to emphasize the power of saying No. As the topic continued to unfold it became evident that our “No” moments are just as important as our “Yes” moments, and both are supported by \*drum roll\*

## ***boundaries.***

The irony of boundaries is that, by definition,

they are, “a line that marks the limits of an area; a dividing line. The irony of boundaries is that, by definition, they are, “a line that marks the limits of an area; a dividing line.” The tantric lesson lies in the beauty of these self imposed “limitations” or “dividing lines” becoming the foundation of our individual sovereignty; the blueprint to inner freedom. When implemented in honor of our highest good, they cultivate a secure, confident, and



authentic space in which the majesty of our soul's brilliance can shine.

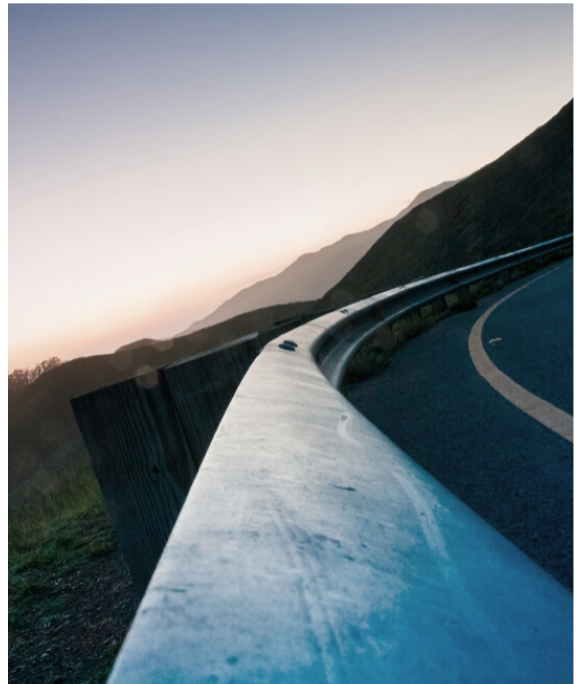
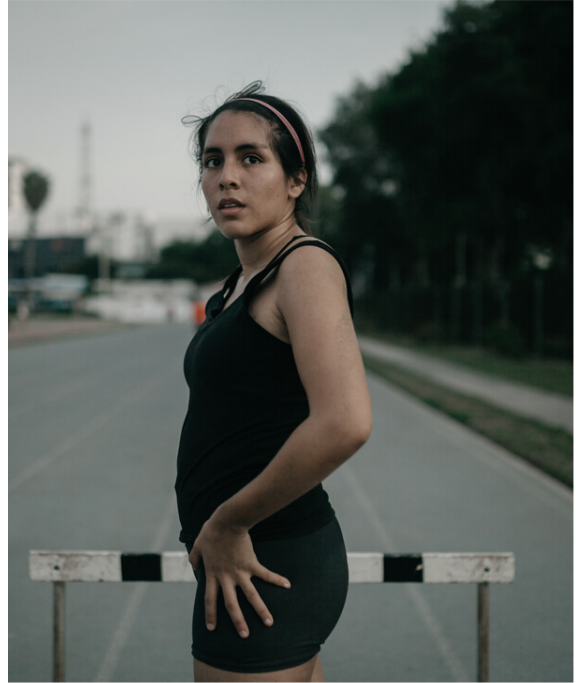
Because cultural norms have strongly encouraged us, especially women, to be obliging, passive, and accommodating, many of us are guilty of disregarding our own needs while making decisions. By the time we get around to tending to our inner garden, we are so exhausted we can barely hear what the body and soul are requesting. This chronic burnout clogs our senses, making it more difficult to discern the pathway to vitality.

Ayurveda sagely reminds us that we are nature; not separate from. Therefore, we can imagine our inner landscape as a garden. The soil our boundaries, as the element earth acts as our foundation. When boundaries are ignored or not properly honored, it becomes difficult for prana to flow; ideas to become actualized; seeds of our innermost desires to sprout. Without our loving care the soil becomes hardened, dry, and vitiated.

As a result, we are unable to access the juicy, pranic nectar that births our desired reality. As Kapha season continues to walk us towards summer, it is time we begin tilling our inner garden, so we can be nourished by the fruitful soul.

### **Journal Prompts**

In the name of spring cleaning, listed below are journal prompts to help clear the internal clutter that has accumulated over Vata season. With proper attention, this new found space can invoke clarity and enthusiasm to balance out





the Kaphic qualities that have the tendency of magnifying heaviness and stangancy. These prompts are meant to bring us back to the core; the center of truth. It is here where all boundaries, new and old are easily recognized, accessed, and honored.

I invite you to feel each question within the body, set a timer for three minutes, and stream of consciousness write. The pranic intelligence that lies within us is always ready to help guide us back home.

- ***How can I simplify my life?***
- ***What can I eliminate to create space for cultivation?*** *(social media use, sugar, people pleasing)*
- ***Where am I saying “Yes” when I want to say “No”?***

- ***What are my seeds of joy? How can I plant them into my Spring routine?***  
*(dancing, chanting, laughing)*

- ***What can I purge from my space?***

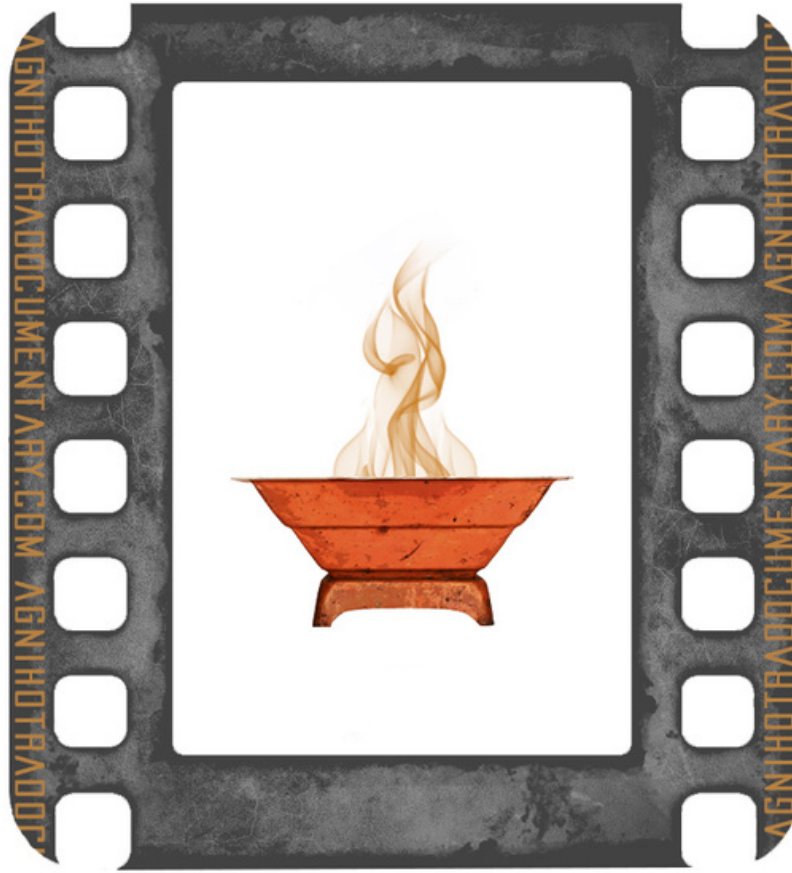
- ***List 3 “vows of re-commitment” to be honored this season***

*(I vow to honor my body through movement each day)*



# AGNIHOTRA

WHEN ANCIENT TECHNOLOGY AND MODERN DAY SCIENCE CONVERGE



## WHAT IS AGNIHOTRA?

**Agnihotra** is a healing fire and ancient practice revealed in the Vedic life sciences. It is specially prepared with cow dung (gomai) and ghee (clarified unsalted butter), burned in an inverted copper pyramid of specific dimensions, and given an offering of brown rice during the recitation of Sanskrit mantra (sound intonations), precisely at sunrise and sunset.

Initial findings suggest it has the potential to purify the atmosphere and restore environmental health, combat radiation, nourish plant life, reduce stress, and ultimately balance life energy. Agnihotra is still largely unknown and commonly mistaken for a religious ritual, but it reaches beyond organized religion and is available and open to all people from every background.



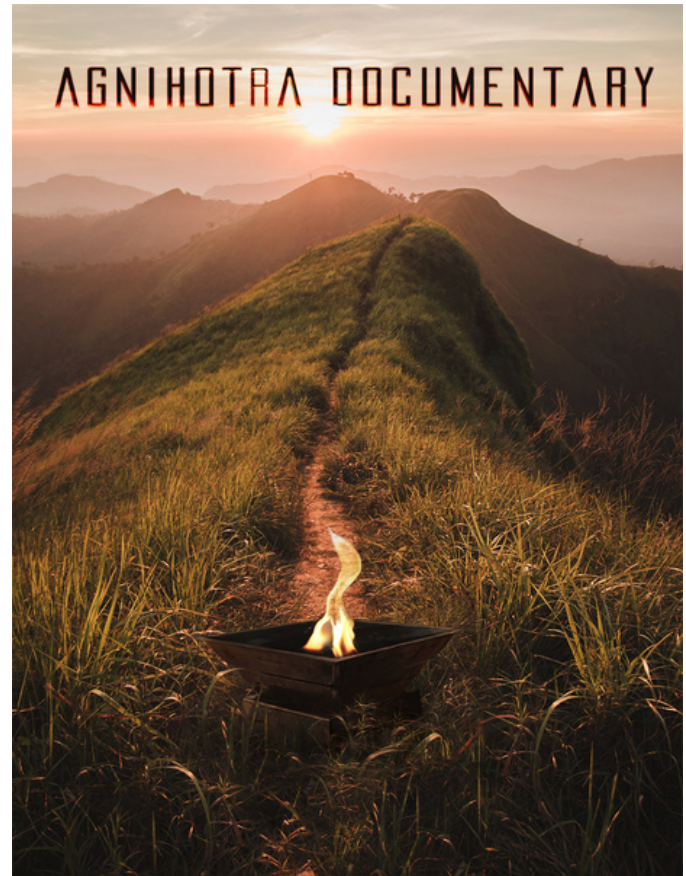


## Purpose and Vision

Agnihotra Documentary is a culmination of heartfelt passion, a sense of adventure and transparent objectivity. Rather than simply highlighting a series of insurmountable problems, this film investigates and analyzes a potentially powerful solution that could change our world. The documentary brings Agnihotra, a once lost ancient healing fire, from deep underground into the light of global awareness.

## Value and Potential of Agnihotra

Imagine for a moment that despite all the environmental toxins, mental health issues, agricultural pollutants, pandemics, natural calamities, and civil unrest widespread in today's world, there exists a very ancient, nearly lost technology that was gifted to humanity, that might neutralize these problems, and re-establish a world of peace, harmony with nature, and a sustainable, pollution free way of living?



## Why Your Support is Needed

*Our aim is to travel the world, talk with world renown experts, and better understand Agnihotra, its healing applications and potential impact on our planet and way of being through a scientific lens. No matter what direction we choose to go for the film, we will always be rooted in sharing the story of our path and our findings in a heartfelt yet objective way.*

*Our passion for exploration and research will take us far but we need your support to complete the journey. Your contribution will help us share with you the science of Agnihotra, and its scientific applications that contribute to sustainable organic farming practices, natural methods of healing, and ecological restoration. A donation to our project will provide us a means to discover information that could possibly save the planet.*



**For more information or to consider donating visit:**

<https://www.indiegogo.com/projects/agnihotra-documentary-pre-production#/>

<https://www.agnihotradocumentary.com/>



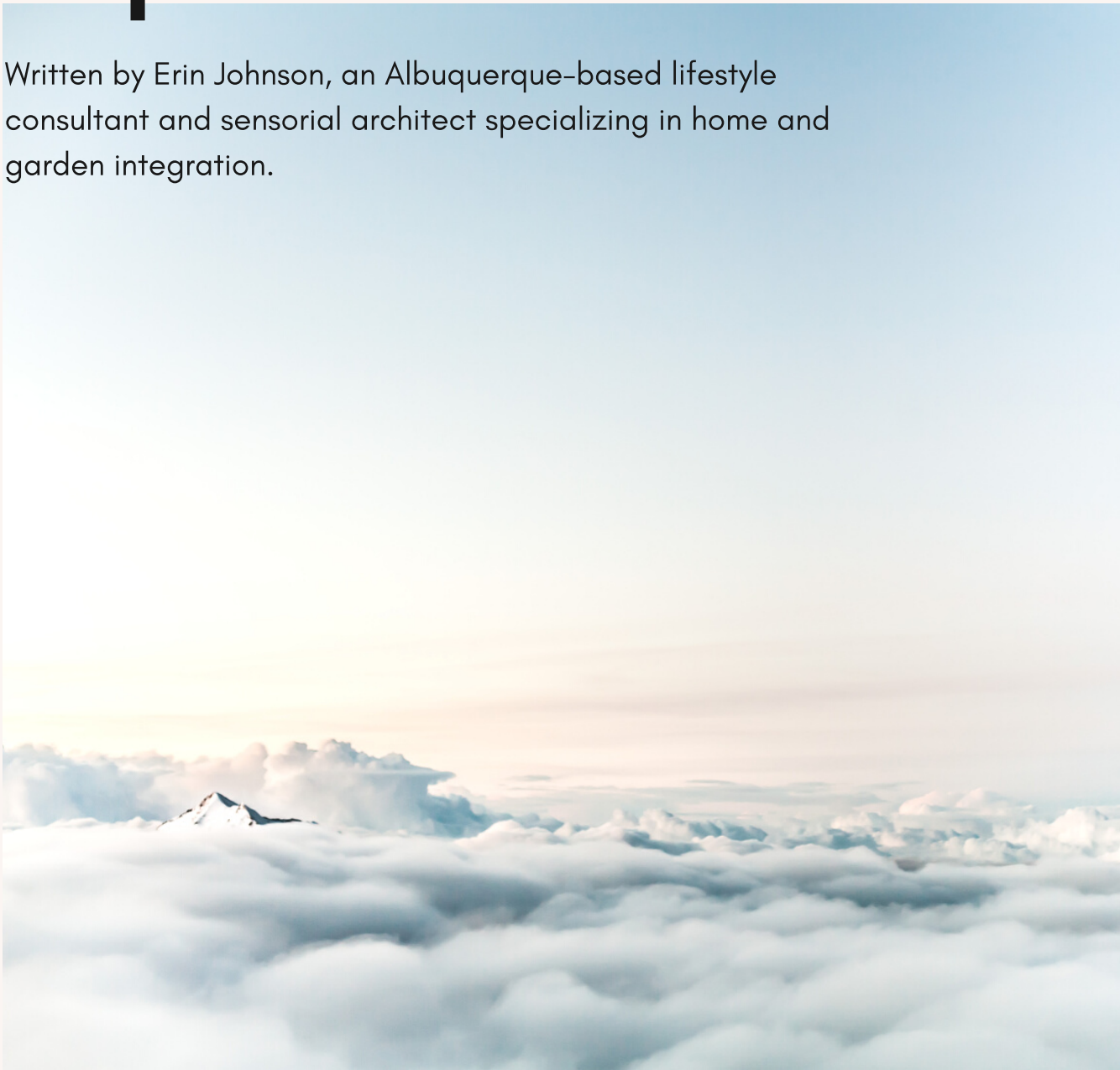




# days wide open

---

Written by Erin Johnson, an Albuquerque-based lifestyle consultant and sensorial architect specializing in home and garden integration.







# days wide open

written by Erin Johnson

From the time I was a young girl until I left home for college, I was responsible for keeping my room clean, sweeping the kitchen floor after we ate dinner, cleaning the bathrooms and vacuuming the house, weekly. These were my assigned chores. And I was responsible for a level of care and detail, both of which I'd come to associate with my family's work ethic and the joy of a clean space. Don't ask me what my sister did, I was too wrapped up in Pine-sol at the age of 13 to even

care. At that age we lived different lives and had different cleaning schedules.

Like other teenagers, being given a short list of housework was a total drag. Instead, I wanted to hang with my friends, listen to Led Zeppelin, maybe try to find a way to get some beer and head to Alameda Beach, up into the Oakland hills, or drive over to San Francisco. It's 1994, did I want to spend my time engaged in pointless chores?

Hell no.



Yet not being in the mood to clean...didn't fly. Cleaning was a non-negotiable in the family book of household procedures. As a kid, I definitely had no concept of what those were. Now as an adult, I get it. I'm a parent, with a house and a list.

I would clean on Saturday mornings. First the bathrooms, then I'd vacuum the carpet. Every few weeks I'd mop the kitchen. Old school, with a bucket and towel, on the knees. Sometimes in addition to the usual, we'd wash the windows or dust. Putting the house back in order was a big deal, a family affair. My senior year I would blaze through the chores on Friday afternoon so that I had the weekend wide open – for swimming, playing, and partying. It wasn't like I couldn't hang with my friends or have all the free time in the world; it just happened after the list was finished. A clean house equaled a clean start.

### **Wide open.**

It's no shock that I've become an efficient and devoted cleaner. The seventeen-year-old me felt a level of accomplishment and pride. The process also became less of a fight and more tactical. If I do this well, thoughtfully yet quickly, I can stretch the time in between each job.

Both my parents came from families where cleaning was regularly practiced, and the undercurrent and expectation was do it and do it well. In time, I came to understand that embedded deep within the act of cleaning was honor, respect, and care. It was a perspective which extended beyond putting things away via the weekly chores. It informed what we purchased, how we ate, how we took care of our home, and our belongings.





“

Everything that we introduced into our lives had a place and purpose. Then, taking care of those things became an act of grace.

---

Now the roles have switched, because I have stepchildren I'm teaching. I understand the scope of why we clean. Cleaning can literally create space. An old pot or garment can look like new if taken care of. A patch of overgrown ground can sprout seeds and become a garden if tended. I came to associate freedom and possibility with the results.

In addition to creating space, cleaning is also an act of removing what's in the way to enhance flow. How, where, and in what context it's applied can be as diverse and unique as the players involved. It may be editing clothes, it may be reducing the number of hours spent on the computer, it may be cleaning the cupboard or fridge, it may be donating that chair. It may be letting go of a restricting belief or habit. It may be taking a long bath. It's a choice.

Everything that we introduced into our lives had a place and purpose. Then, taking care of those things became an act of grace. It takes discipline and practice. What I've come to realize is the way in which we tend to the things we love and value, matter. It extends to more than just objects, clothes, or tools, but also our body, home, or garden. I clean, to honor what I have.

Sometimes the question is, am I willing and able to clean and tend my garden or my body with the same love, zeal, devotion, and the eco-equivalent to Pine-sol? Yes! It's hard, yet my approach is consistent and simple; first remove the junk and clean up the grime - no need to change or add a bunch of things. I've found that only adds to the burden. What's present is more often than not good, functional, and precious. It just needs to have its beauty revealed.

I don't resent my parents for being strict about cleaning. In the last decade I've been able to understand that my parent's demands around cleaning were not insane. Inadvertently it instilled within me an appreciation for physical work and the satisfaction of seeing the results of one's efforts. It also allowed me to show the things I own and surround myself with how much I love and

appreciate them. On another level, I value the impact a clean space has on my mood and how it creates an aesthetic connected to lightness and space.

Cleaning hasn't become an obsession, okay, maybe borderline. But I'll be honest, I take pleasure from it. It feels so good. That wide open feeling, it shows up every time. A clean environment is bliss. I can create, I feel calm and at ease. I'm often more receptive to new concepts and ideas. I feel light, clear, and a sense of newness. There's room to move.







## Simple acts of cleaning can be profoundly impactful.

A simple act, when grounded into a weekly, monthly or annual routine, can offer dramatic results. Whatever the ritual might be, I've come to honor and embrace the cadence of cleaning, shedding, and editing, as it's so necessary for personal expansion.

In Ayurveda, one of the most profound concepts I remember learning was that the body is fiercely intelligent and seeking homeostasis. In short, it knows how to be in balance. It's constantly cleaning on some level.

Most often, we're the ones getting in our own way. Weird but true. Alignment is our natural state. Whether we think about it or not, the body is constantly adjusting the dial. If our will and choices are aligned with that true nature, the dial responds, quickly and instinctually. But often it doesn't. Proper flow or growth can become dull, blocked, or gummed up by poor choices, limiting beliefs, or trauma. Love and forgiveness become the tools to clean the heart.

Simple acts of cleaning can be profoundly impactful. Feeling wide open, can be cleaning out the fridge or stopping the internal bully. When I clean the garden, the response is incredible and dramatic. In the garden, growth is often facilitated by ruthless pruning, pinching, weeding, or a good shower. Digging, just for the sake of digging creates a mess. Instead, I intentionally make space for the arrival of new life. I trust and wait to see what will emerge. This time of year, seeds begin to wake up, swell and explode deep underground. Winter naturally clears and makes space for beauty to break an opening in the surface.







## ABOUT THE AUTHOR

# ERIN JOHNSON

Erin Johnson is an Albuquerque-based lifestyle consultant and sensorial architect specializing in home and garden integration.

Erin created Surround Life Design, a platform offering consulting sessions and educational workshops, rooted in the belief that everything we surround ourselves with matters and that joy and connection come from harmonizing the landscape with our interior world. Spring Master Gardening Course begins March 14th. More options for spring and summer, check out all Offerings.

Erin has a BA in Asian Art History and Asian Studies from the University of Oregon. Seventeen years ago she graduated from The Ayurvedic Institute advanced 2 year program and practiced as CAP, LMT. For seven and half years she worked with Banyan Botanicals, in wholesale, formulation, product development, and sourcing. She launched Surround in November 2019. She's a student and friend of Katie Silcox and a lover of Shakti School.

FOR ALL SERVICES ERIN IS OFFERING  
10% OFF

USE CODE **SHAKTILOVE10**

[WWW.SURROUNDLIFE.COM](http://WWW.SURROUNDLIFE.COM)





# GAB WITH THE GODDESS

*Is laziness an emotional or physical imbalance in the body?*

*-Lazy Lady*

**Dear Lazy Lady**

I am so sorry to hear that you aren't feeling as energized as you would like to be. It can be super frustrating when your mind wants one thing and your body wants another. Laziness can actually be derived from both: the emotional body OR the physical body. Which is why it's important to get still with yourself and really tune in to what your body and psyche are asking of you. You can do this by simply taking the time to do a short meditation (can be a sitting posture or lying down). Do some easy 1-1 breathing (inhale and exhale are the same length). After about 15-20 minutes have passed, place your hand on your heart and one on your belly.

**Then ask yourself, body what do you need?**

If you don't get a clear answer, another way to find out what you may need is to ask yourself, is this laziness feeling good? Or is it making me irritable, grumpy and more lazy? If you are feeling lazy, but enjoying it, you might actually need the rest. However, if you are feeling lazy and it's causing you to be irritable or grumpy, it's probably time to change up the pace.

Another thing to consider is the time of year. We have all been through a very stressful year and the body could be asking and needing for more rest. Additionally, depending on where you are in the world, if you are coming out of the winter season it makes total sense that you are feeling more lethargic. Remember the bear hibernating in the cave? After many months of extra sleep, food, and little movement the feeling of laziness is completely normal.

## **Quick Tips for Getting out of a Lazy Rut (and Reducing Kapha)**

- Practice Dry Brushing
- Go for a brisk walk or jog first thing in the morning
- Eat lighter or consider a spring cleanse (see this month's article on Cleansing)
- Clean your space (helps to declutter the mind)
- Take a short walk after mealtime
- Limit the amount of screen time you take in
- Add digestive spices to meals
- Start a new hobby!
- Spend time with friends & loved ones

I hope these tips are helpful. Try to be gentle with yourself through this process. We are all our worst critics. Keep listening to your inner wise woman and I know she will tell you exactly what she needs.

*With love,  
@MaryMcQuate*







# MONTHLY COUPON

THE SHAKTI SCHOOL SUBSCRIPTION

## March Promo with Indu Arora

This month, all LOVEFIT subscribers receive 20% off Yogis Glow Skin Care. Use coupon code **Shakti20**

Ongoing LOVEFIT promos:  
LakaLiving use **Shakti10** at checkout, PAAVANI Ayurveda use **SHAKTIPOWER** for 10% off



## Why we freakin' love

### Indu Arora

Scholar and Therapist of Ayurveda and Yoga.

Indu is such a force within the Ayurveda and Yoga space. She considers herself a student for a lifetime and has been sharing about Yoga philosophy, Yoga Therapy, Meditation, and Ayurveda since 1999. We love her genuine commitment to what she considers is the key to health: harmonizing our inner nature and the Nature beyond. We couldn't be happier to have Indu on the Shakti School faculty and we couldn't recommend her offerings enough!

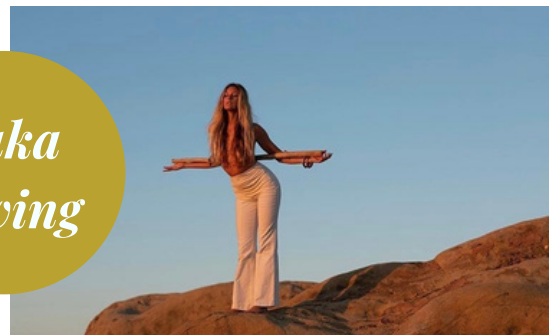
To take advantage of this promo visit:

[https://www.yogsadhna.com/shop/details/yogis\\_glow](https://www.yogsadhna.com/shop/details/yogis_glow)

*PAAVANI  
Ayurveda*



*Laka  
Living*









# LOVEFIT VAULT

## MORE FROM THE VAULT

The Cleanse Workshop in the Shakti Store can provide you with a roadmap, lectures, and practices if you'd like to dive deeper into cleansing during this season change. Remember, Lovefitters get 40% off with code **WorkshopLove**

Check out this Ghee Spot episode with Nidhi Pandya on emotional digestion, which is a key part of agni and the cleansing process.

In the Northern Hemisphere, we are moving into Kapha season. This Ghee Spot episode on Kapha Balancing for Late Winter-Spring covers cleansing and eating during this time.

Elimination is a key part of detoxification and can tell you a lot about your health. Listen in on Poophoria: Getting Perfect Poo for more on this.

Ghee-k out with this episode on ghee's benefits and how it can support detox and replenish tissues: Better Digestion, Sex and Less Wrinkles? Thanks Ghee!

Get that Kapha moving with the practices from August 2018: Energize & Metabolize

Check out our latest blog post on resetting The Brain, Gut, and Heart

This blog post on Wellness Inspired Interior Design can help you revamp your space for optimal clarity. Our space has a profound effect on our mental state, take some time to purge and reset your environment.

UP NEXT IN OUR APRIL  
ISSUE:

Fertility, Pregnancy, and  
Ovulation



Don't forget to follow us on Instagram for more recipes  
and Divine Feminine wisdom @katiesilcox shaktischool



# Special Thanks



**Erin Johnson** is an Albuquerque-based lifestyle consultant and sensorial architect specializing in home and garden integration. Erin created Surround Life Design, a platform offering consulting sessions and educational workshops, rooted in the belief that everything we surround ourselves with matters and that joy and connection come from harmonizing the landscape with our interior world. Spring Master Gardening Course begins March 14th. More options for spring and summer, check out all Offerings.

For more information visit

[www.surroundlife.com](http://www.surroundlife.com)

Use Code SHAKTILOVE10 10% off all service now until June 2021



**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 onto her dharmic path and unveiled her inner Shakti, so that she can help others do the same.

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



**Indu Arora** is a scholar and therapist of Ayurveda and Yoga. She considers herself a student for a lifetime. Indu has been sharing about Yoga philosophy, Yoga Therapy, Meditation, and Ayurveda since 1999. She believes that living in harmony with our inner nature and the Nature beyond is the key to health. Health is not an objective but a holistic approach where body and mind are integrated with the inner Self. Indu is also a part of the Shakti School faculty.

To learn more about Indu and SOMA visit:

[www.yogsadhna.com/content/indu\\_arora](http://www.yogsadhna.com/content/indu_arora)

[www.yogsadhna.com/shop/details/yogis\\_glow](http://www.yogsadhna.com/shop/details/yogis_glow)

Use Code Shakti20 for 20% off Yogis Glow face powder



**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](http://www.drkatyjane.com)

Designed and Edited with LOVE by The Shakti School Team

For more visit [TheShaktiSchool.com](http://TheShaktiSchool.com)