

# LOVE IT



APRIL 2020 ISSUE NO. 1 : FERTILITY,  
OVULATION, & PREGNANCY

## YANTRA

Yoga for  
the Moon

## SAVOR

Vegan Alfredo  
& Wild  
Salmon

## LISTEN

Watery SOM  
Meditation for  
Womb Healing

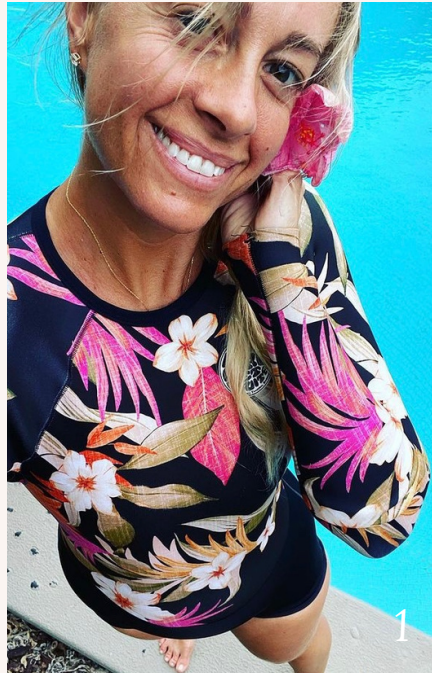
## EXPAND

A Goddess to  
Release and  
Renew

FLEX YOUR SPIRITUAL MUSCLE  
THE SHAKTI  
SCHOOL  
SUBSCRIPTION



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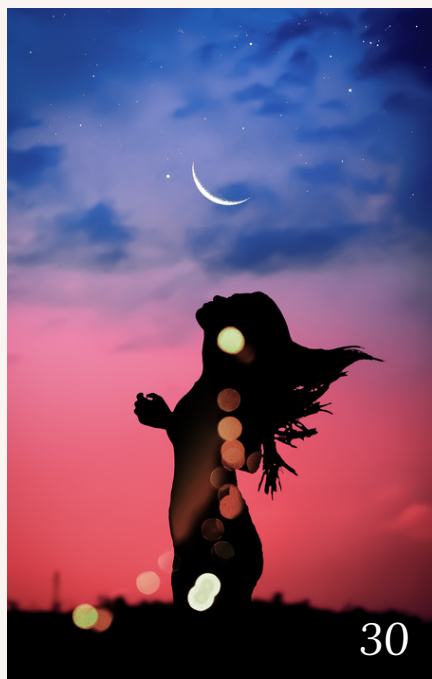
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# LETTER FROM KATIE

*Woman,  
you are a spring breeze  
just beginning to take  
flight.  
You are the breath of God,  
the cradle of light,  
boundless potential  
as great as the sky,  
all packed in a body  
that itself creates life.*

*- Cristen Rodgers*

## Healing the womb

For many of us, the word “womb” brings forth images of female reproductive organs, usually the uterus. However, the womb isn’t just a physical organ. It encompasses the entire energetic space of that region. If you do not have a uterus, ovaries, and so forth, this energy center still exists. Our capability to connect with this space isn’t reliant on physical organs. If you identify as a woman, you have a womb.

The womb area is our feminine heart. It is the root of our creative capacity, as well as our ability to heal and rejuvenate our own body. It is a sacred space where the primordial power of the Universe originates. The seat of our female sexual power lies in the womb—the dark, fleshy home of our creative energies. It’s within the womb, this sacred female heart, that we create. Our creation makes babies, it births social activism projects, it produces art, it bakes bread, and it starts businesses. We all experience the birthing and creation process on an energetic plane.

Ironically, the womb is also the seat of our destructive powers. In this sacred female heart, we bleed, we feel pain, and we slough off a layer of who we are each month. The womb is dark, watery, and healing in this way. Juxtaposed to it’s healing, creative, and life-giving power, is also the storehouse for much of our past pain, whether it is sexual trauma, abandonment, or other forms of abuse.



*Continued on next page.*





The womb can act like storage for our pain body. The pain body is the residue of past, undigested emotion and experiences. When we are not able to fully process experiences, this pain forms an energy field. Energetic blocks can form in our sacral chakra area, where we can feel stuck, lack libido, or carry that pain with us into new experiences. If this center is blocked or numb, we may experience a disconnection from, or even disdain for, our menstrual cycle or menopausal processes. Without the life force flowing freely within us, our power is limited.

In order to be our true vibrant, creative, goddess selves, we must work with healing the womb. Healthy relationship to the womb asks us not to avoid the pain by running toward quick external fixes that can block the flow of energy, experiences and sensations. We must work to digest past experiences and emotions that we are storing in our feminine heart. Clearing the womb, allowing for new, grounding and nurturing Earth-energy to seep up from the roots and fill our pelvic bowl with healing light.



Connecting to the wisdom of your womb isn't about just understanding your cycle, or physical practices that keep the pelvic bowl juicy and healthy. It's about embodiment. It's being deeply connected to and really *feeling* the power portal within. It's allowing the dark, watery, healing vessel of the womb space to hold you in compassionate LOVE.

## PRACTICE

Many of today's women have a lack of prana moving in their pelvic bowl. To heal energetic balances, we must create a wide, open base in which energy can move. Check in with yourself about how you are feeling in your womb space.

For a practice to increase prana in your sacred pelvic space, try this meditation practice from my book [Healthy, Happy, Sexy](#):







Close your eyes and sit comfortably with the spine straight, or lie down. Feel your whole body begin to relax. Take a few moments to watch your breath, let it become even, smooth and full.

As you feel your body beginning to relax, take your awareness down into your pelvic root and bowl. Without judgment, look around down there with your inner felt-sense.

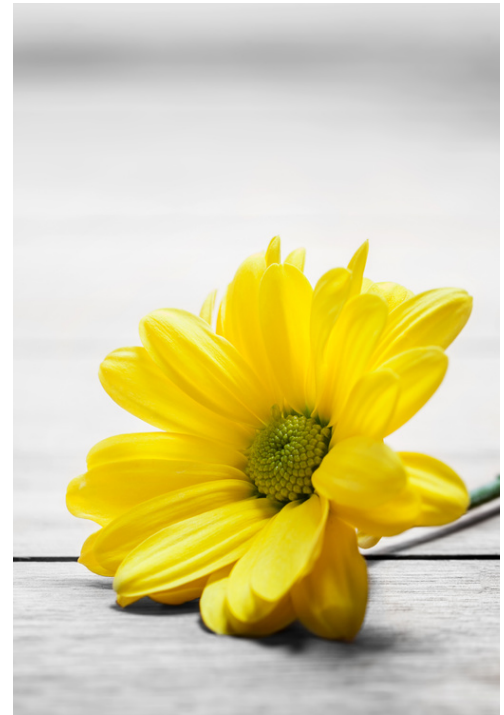
Are there spots that feel alive, vibrating and full of light? Are there spots that are tense, scary, dark or numb?

Take a few moments to breathe your presence into the realms that feel stuck, numb or emotionally/physically painful. Feel that you can access energy from outside of the body as you inhale, and on the exhale, direct it into any stickiness, allowing it to dissolve.

Do this for 5-10 minutes. As you begin to notice energetic shifts, there may be emotional releases that accompany this meditation. Try your best not to judge the release, but to let it unravel. Come back to your practice, and back to your breath.

After 10 minutes, begin to visualize a dark, downward-facing dark blue triangle, its apex pointing downward towards earth at your tailbone, and the base as wide as your hips.

When you feel your body breathing in, sense your awareness, and energy, move through the dark blue triangle and down to the tip, concentrating there. As you feel your body exhale, sense any holding, tension, toxins or unwanted emotion leaving through the tip, and moving down into the earth. Repeat this visualization and movement of energy 8-12 times.





# THIS MONTH IN THE PORTAL

FERTILITY,  
OVULATION, & PREGNANCY



## VIDEO // Yoga for the Moon

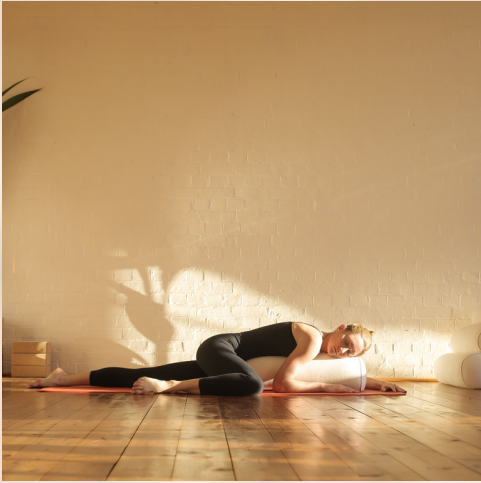
Katie leads Mary through a deep asana sequence coordinated with the moon cycle to promote healthy hormone balancing. Grab a bolster, rolled up mat or blanket to support you through this deeply restorative and nurturing practice that honors the cycle.

## AUDIO // Watery SOM Meditation for Womb Healing

Tune into your womb space ~ see if there are any messages there for you, and cultivate a safe space in your body you can always come back to bathe in. Join Amaury for a deeply nurturing and relaxing meditation to awaken the womb space. This track includes a body scan and is perfect for savasana. Afterwards, journal any messages or insights you received. This track includes binaural beats, get the most out of it by listening with headphones. Do this 23 minute meditation lying down.



## MONTHLY ROADMAP



### WEEK ONE

1. Read the Letter from Katie about energetics of the womb and take stock of your connection to your womb. Take time for stillness and awareness in that area and journal what you are feeling. Do the practice included in the letter to increase prana in the pelvic bowl. Journal again about any changes or sensations you notice.
2. Block off time this week to do the Yoga for the Moon asana practice. Make a really comfortable space on the floor with pillows and blankets, allowing yourself ample time to rest and just be after the practice.



### WEEK TWO

1. Make the Brown Rice Pasta with Cashew Cream + Wild-Caught Salmon recipe this week and share with a friend or family member if you are able. Taking time to ground and nourish as the season changes is so important to your vitality.
2. Take time to read Lisa Marie Rankin's Goddess article about Persephone. Take time to do the renew and release practice outlined in the article, tapping into Persephone energy.





## WEEK FOUR

1. Read the Wild Women & Their Health article and think about your relationship with birth control and the information you received about it over time. How does this information help you support and understand your own fertility? If you are no longer ovulating, how can you utilize this knowledge to help other women who are deciding about birth control options? What can you do to exercise sovereignty over your cycle and health and empower others to be as well?
2. Full Pink Moon on April 26 is the first of two super-moons this year. Go outside and bask in the moonlight. Journal about your relationship with your womb after this month's focus. How is your connection to your womb space? What are some practices you can incorporate to bring awareness and prana to that area? What are you ready to let go of that you may have inadvertently been storing there?

## WEEK THREE

1. Choose one of the affirmations at the end of the Goddess Release and Renew article, and write it on a sticky note somewhere you will see it each morning. Repeat it to yourself out loud each morning during your morning routine.
2. Schedule time to listen to this month's Watery SOM Meditation for Womb Healing. Make a really cozy space for yourself where you can comfortably lie down. Journal or take time afterward to ruminate on any insights you received. How does your pelvic bowl feel after the practice?









# WHAT WE ARE LOVING

Our Staff Favorites This Month



## RITUAL: Agnihotra Fire Ceremony

KATIE'S PICK

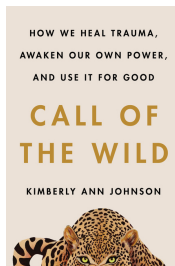
Lately (especially as I gravitate towards being outside more) I have been loving returning to my roots with the ayurveda fire ceremony, Agnihotra. Agnihotra, the healing of fire, is a process of purification through a carefully prepared fire performed at sunrise and sunset. It's SO powerful and healing. We teach the specifics of this in level two!

## BOOK: Call of the Wild by Kimberly Ann Johnson

AMAURY'S PICK @AmauryRoselinc

I am really excited to share this book with our community. Call of the Wild is an important book for all women to read. It deeply explores the complex intricacies of trauma, sexuality, and the nervous system. And, it delivers great insight into bettering your decision making around sex, relationships, and love. the first chapter is free at

[www.kimberlyannjohnson.com/chapter](http://www.kimberlyannjohnson.com/chapter)



## FOOD: ADDICTIVE WELLNESS: Focused Energy Chai Blend

MARY'S PICK @MaryMcquate

I am so happy to have found Addictive Wellness products. Their chocolate and their elixirs are amazing. They have pure ingredients and always leave me feeling supercharged. I am especially digging the Focused Energy Chai blend. It's caffeine free, but still gives me a little boost. And, it tastes super sweet without the added sugar! I highly recommend all of their products. Use code SHAKTI10 for 10% off.

[Addictivewellness.com](http://Addictivewellness.com)

## BOOK: Untamed by Glennon Doyle

SARAH'S PICK @SarahWaldron417

I'm not typically into memoirs, but this one struck me in the heart in the first chapter and I was hooked. It's raw, truthful, and relatable as it digs deep into why women strive to be "good" and how this generally leaves us depleted and lost. It focuses on our inner "knowing" (or God, Source, conscience, whatever it is to you) and how to deeply listen to this voice as a guide. It illustrates the burdens and boxes society places around people, especially women, leading us into lives that may not be fulfilling, and how to break free from this. I highly recommend this amazing book!







# WORD OF THE MONTH

## Yoni

Yoni is a Sanskrit word which can be interpreted literally to mean womb, and also connotes other female sexual organs such as uterus, vagina, and vulva. In Sanskrit, yoni also translates to sacred passageway. Metaphorically, it is origin, abode, or source. The aniconic representation of yoni is the Hindu goddess, Shakti. Shakti is the representation feminine power, source of life and creation, the divine procreative energy. Shakti is the Divine mother. Tantric texts refer to yoni as the source of all life, congruent with both the energetic and physical space. Yoni is Divine power. The yoni symbol is depicted as a downward pointing triangle.

Yoni has been worshipped since ancient times and the word has been used to describe the womb of the female body for thousands of years. Yoni shows up in the Rigveda and other Vedic texts, but the origin for the symbol and meaning are likely pre-Vedic. Researchers recovered figurines of the yoni symbol from the Zhob valley which are dated in the 4th millennium BCE. It is thought that they are prehistoric symbols for fertility that evolved into spiritual symbols with time.

Yoni is an integral, base part of the shiva linga, which represents Shiva and Shakti. Shiva linga symbolizes the union of Shiva and Shakti, masculine and feminine. This union is important because in the Tantric tradition, Shiva, the god of destruction, is only omni powerful when he is with Shakti. Shiva and Shakti together symbolizes the divine eternal and cyclical process of creation and regeneration, the confluence of the masculine and feminine.

@sarahwaldron417





# FOOD AND PREGNANCY

And other general tips for eating for fertility



# FOOD FOR PREGNANCY

## AND OTHER TIPS FOR BOOSTING FERTILITY

Pregnancy can be such a special time in a woman's life. There are so many changes that are occurring within the body at this time and along with those changes, many women experience shifts in the types of foods that want, crave, or need during this time. It is a time when self reflection is on high and the transformations occurring, both mental and physical, can demand a new nutritional focus.

### What should the food-focus be during pregnancy?

While there are certain foods that Ayurveda recommends during pregnancy (which we will get to below), perhaps one of the most important points to remember is that pregnancy is the absolute perfect time to lean into intuitive eating. It's important to eat healthy and give your body the nutrients that it needs, but it is just as important to let go of trying to adhere to a super strict or specific diet plan. The practice of letting go of perfectionism and embracing the act of nourishing yourself as a ritual of self love is something you will need for yourself moving forward into motherhood and in the many years to come.

*"Giving birth and being born brings us into the essence of creation, where the human spirit is courageous and bold and the body, a miracle of wisdom."*

*- Harriette Hartigan*

In Ayurveda, pregnancy is the time when the vata dosha is most present (especially in the 2nd and 3rd trimester). It is a time where there is a lot of movement happening within the body and along with that the digestive fire (agni) can become weakened which can lead to feelings of extra bloating and constipation.

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It's also a time to focus on apana vayu. Apana vayu is a part of the five sub-energies, the prana vayus (wind, breath, or life force). Each of the different vayus have a specific role in the body. Apana vayu is responsible for exhalation and for the downward and outward movement of energy. When connecting the energy of what's happening in the body to the foods that will best support us, it's easier to see that leaning into more grounding foods will be most supportive. Foods that are cooked, moist, soft and warm and spiced according to your specific needs.

*It's always best to consult with your primary care provider about the choices you're making around your pregnancy, but here are some general ayurvedic tips for a nutritious pregnancy.*

### ***Eat a majority sattvic-based diet and foods for building ojas***

*These are the foods that make you feel balanced and in harmony with nature. They are foods that increase energy, increase digestive fire, and are often associated with vitality. Specific sattvic foods are whole foods: fresh fruits and vegetables, legumes, nuts & seeds, high quality fats (avocado, ghee, and olive oil) spices, whole grains, and in some cases raw dairy.*

### **Avoid Inflammatory Foods**

*Try to limit processed foods, refined sugars, alcohol, and caffeine.*

### **Eat to Treat Vata**

*Remember, your body is making space, so it's important to eat to treat vata. Enjoy foods that are cooked and avoid foods that are raw, cold, and dry. Add digestive spices like ginger, fennel, cumin, and coriander. Cook with ghee. Make porridge with dates and cinnamon. And, if meat is something you consume, this would be the appropriate time to add it in along with your other whole foods. Consider adding bone broth for it's grounding and nourishing effect, and it's helpful for the gut lining.*









## Be mindful of how your food is eaten

*Try to eat in a calm environment if possible. Listen to your body in order to decipher what foods are appropriate for you and in what amounts. Don't deny your body nutrition during this time. It's always important to be mindful of your portions. Eat until you are completely satisfied, but avoid overeating.*

Whether you are eating during pregnancy, while you're preparing for pregnancy, or simply wanting to eat to keep your hormones in healthy equilibrium, all require a healthy balance of protein, an abundance of fruits and vegetables, & healthy fats. If eating feels like a difficult or confusing task, just continue to go back to the concept of a whole food focus. If you are eating whole foods, it's much easier to feel good! With many things, especially with something new, the fear of not getting it right will come up time and time again. When this happens remember to be gentle with yourself, continue to practice self love, and treat yourself as if you were talking to a dear friend. A huge part of maintaining a healthy womb is maintaining a healthy relationship to how we speak to and honor our feminine form.

*Giving birth can be the most powerful experience of a lifetime - an initiation into a new dimension of mind-body awareness.*

*-Ina May Gaskin*

Favorites Resources for the Womb

### Womb Heart Meditation

Book: Balance Your Hormones, Balance Your Life. Dr. Claudia Welch

Banyan Botanicals Joyful Heart Tea

Banyan Botanicals Women's Vitality Bundle

For Banyan Botanicals use code KATIE15 for 15% off







# BROWN RICE PASTA WITH CASHEW CREAM + WILD-CAUGHT SALMON

Recipe to Ground & Nourish

## Brown Rice Pasta with Cashew Cream + Wild-Caught Salmon

For the Cashew Cream Sauce

### Ingredients

- 3/4 cup raw cashews (soaked 4-6 hours or overnight, then drained)*
- 1 onion (sliced)*
- 4-6 tbsp nutritional yeast*
- 3 cloves garlic (minced)*
- 1/2 lemon*
- 1/2 tsp salt & pepper (or more to taste later)*
- 1 1/2 cups vegetable broth*
- 1 tsp olive oil*

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### Directions

*In a medium sized saute pan on medium heat add the olive oil, the sliced onion, and cover with a lid. Allow the onion to cook for about 4 minutes. Next, add 1/2 cup of vegetable broth and the garlic. With the lid off, allow the onions and garlic to cook with the vegetable broth until it has completely absorbed (you can add more as you go leaving at least 1/2 cup remaining). Once the vegetable broth is almost completely absorbed transfer the onions to a high power blender. Add all the remaining ingredients and blend until smooth and creamy. Feel free to add more black pepper or salt to taste.*

### For the Pasta

#### Ingredients

Water

Brown Rice Pasta (or another pasta of your choice)

A pinch of salt

A dash of Olive Oil

### Directions

*While you are working on your sauce, bring the water to a boil. Add the salt and olive oil. Drop the pasta into the boiling water and follow the cooking instructions for whichever pasta you've chosen.*

*Strain and mix with the sauce. \*Note: I love adding some fresh spinach in while I mix the warm pasta with the sauce. Gotta get my greens in!*

### For the Salmon

#### Ingredients

1 6 ounce Wild caught salmon fillet (feel free to cook more at a time if cooking for the family)

1/4 tsp dill

1/4 tsp Salt and pepper

1 tsp olive oil

### Directions

*Preheat the oven to 420. On a parchment lined baking sheet add the salmon and cover with the remaining ingredients. Bake for 15 minutes.*









# YOUR MONTH IN VEDIC ASTROLOGY



”

*“April come she will.  
When streams are ripe and swelled  
with rain  
May, she will stay  
Resting in my arms again.”*

*~ Simon & Garfunkel*

## STARDUST IN APRIL

Dr. Katy Jane @DrKatyJane

There's so many wonderful things I can say about April I don't know where to begin. When we entered the new year, I had my eyes on this prize. And now it's here. The very best thing about April astrologically is that Jupiter leaves the clutches of his debilitation in Capricorn and enters the world-expansive Aquarius on the **7th**. The great planet of wisdom promises us medical breakthroughs, innovations in education and a general hopeful feeling in the world.

I almost don't want to say it (lest I jinx it), but I believe the worst of the pandemic is behind us. Now we can repair. **Jupiter** helps us process all the lessons we've learned collectively and individually during the last year. He brings justice to heal the wrongs of the past. He looks forward to the future whose torch has been passed to a new generation. And over the **next twelve months that he'll remain in Aquarius** we'll be blown away at how much has changed while we've been

forced inside ourselves. I like to think it's all for the better.

**Jupiter in Aquarius** brings awareness that the world has awakened to where we've gone wrong as well as its remedy. It's the springtime of humanity. (Not to mention baggy jeans, bell bottoms, and high-waisted bikini bathing suits are back in style. Yippee!)

The other wonderful thing about April is that the Goddess makes her annual springtime debut. **Chaitra Navaratri** ("The 9 Nights of the Goddess") spans **April 13 - 22** and **is one of the most auspicious times of the year for experiencing the grace of the Divine Feminine**. Our world has been shrouded in fear, confusion and uncertainty for what feels like an oppressively long time. Now it's time to celebrate the return of life even if you just draw yourself a luxurious bubble bath and light some candles as you sink in. During these **9 nights** (culminating in the 10th "day of victory" of light over dark), tune

into Her presence. The first three days are usually tumultuous as the energy of Kali (the Great Mother of Change) sweeps through and cleans up the debris from our collective angst.

In the wake of Kali's purifying fire, the second set of three days brings the bliss of catharsis as Lakshmi heralds her light of grace. And the final three days convey wisdom, clarity and a reset to our dharmic path as Sarasvati bears the banner of truth. On "Victory Day" (**April 22nd**) give yourself permission to celebrate fully. We've made it through one of the most challenging times in world history. Raise your roar with Hers.

**A new day has dawned.**







# A GODDESS TO RELEASE AND RENEW

PERSEPHONE GUIDES YOU THROUGH THE SEASONS TO  
EVOLVE INTO A QUEEN.



WRITTEN BY LISA MARIE RANKIN



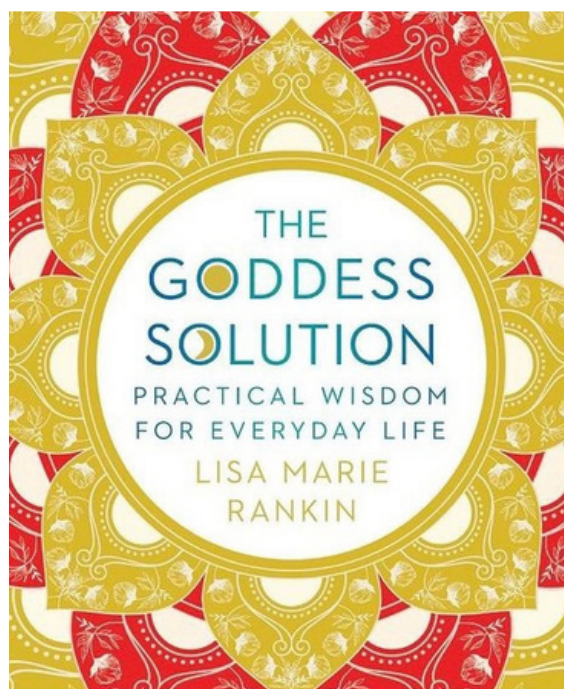
# A GODDESS TO RELEASE AND RENEW

By Lisa Marie Rankin

The weather is getting warmer, and the days are getting longer. As the sun shines more brightly, often our moods do too. If you live in a location that is starting to celebrate the onset of spring, you'll likely observe buds on trees, crocuses popping from the lawn, and the sounds of birds returning home. There's a sense the world is emerging from the dark womb of winter, and it's ready to be born again.

You might be excited to shed your coat, scarf, and gloves. And it's also time to consider what else needs to be let go. This could be a habit that is no longer serving you, a belief that keeps you playing small, a resentment you continue to harbor, or maybe it's a relationship that is no longer evolving. We can look to Persephone, the Greek goddess of spring, rebirth, and fertility, to teach us how to let go and grow into the highest version of ourselves.

Persephone was a beautiful maiden, most well-known as the beloved daughter of Demeter, the goddess of grain and the harvest. One day, Persephone was picking flowers in a meadow (I imagine her smiling innocently without a care in the world) when suddenly the earth cracked open. Hades, the god of the Underworld, appeared. He noticed Persephone, and as often happens in Greek mythology, he was immediately lovestruck. He captured the maiden and brought her to the Underworld to be his wife.



*Continued on next page.*





# Do you want to feel like a goddess?

Of course, Demeter was utterly distraught - as any mama would be over the loss of her daughter. She looked all over the earth but couldn't find her anywhere. Forlorn and angry, Demeter neglected her tasks, and the land became infertile. Not only that, she threatened to keep the land barren forever if her daughter wasn't returned. As a result, there was a famine. Zeus, the god of the sky (who also happened to be Persephone's absentee father), feared that human life, and all of

his worshippers, would cease to exist. He finally intervened. He sent Hermes, the messenger god, to the Underworld to bring back the young goddess.

However, while Persephone was in the Underworld, she ate some Pomegranate seeds offered to her by Hades. This act invoked an underworld rule that would require Persephone to stay with Hades for half of the year but return to her mother for the other half.





Some say Persephone ate the seeds on purpose to stay with her lover (this is the version I choose to believe), as most accounts tell of Hades and Persephone sharing a happy and loving union.

When Persephone returns to her mother, Demeter lights up, and the crops and flowers bloom - it is spring. When she goes back to her husband, Demeter becomes depressed and again neglects her tasks as she grieves her daughter's absence - this is the onset of fall. And that's the story behind the seasons.

It's important to note that Persephone is not just the goddess of spring, but she's also the queen of the Underworld. Unlike many gods and goddesses who remain static in their position, Persephone evolved from a maiden who was eclipsed by her powerful mother into a powerful queen with much authority. We can look to this myth to remind us that though change can be difficult, it begets growth.

There is a life/death life cycle inherent in the seasons, and it is present within us too. We can use the seasons as a reminder to release what is no longer serving us and evolve into our highest selves - or, let's say, the queen.

Persephone can guide us through these transitions to remind us to let go of what's keeping us from achieving our full potential and optimal health. And while letting go can be challenging (as humans, we often desire to keep things the same), it is necessary for our evolution. If everything stayed the same, Persephone wouldn't have become a sovereign and empowered queen (she has a pretty sexy partner too).

### **Release and Renew with a Spring Ritual**

To tap into Persephone's energy to release and renew, you can practice this spring ritual. You'll need an altar (or something that can be

*Continued on next page.*



used as an altar), candle, burn-proof dish, journal and pen, and an offering to the goddess Persephone - maybe a pomegranate. Get in a comfortable seat. Take a few moments to sit silently, coming back into your body. Before you plant the seeds of your new intentions, you first need to sow the soil. Consider what is no longer serving you and what needs to be released. Again, this could be a habit, belief, resentment, or an attachment.

Write this on a piece of paper. Imagine what your life would be like if these items were released.

What would you do? How would you feel?  
Where does this feeling show up in the body?

Sit with this feeling for a few minutes. See if you can expand the physical sensation throughout your entire body.

When you're ready, take the piece of paper and burn it in your burn-proof dish.

Next, set a new, empowering intention. Consider what you want to achieve, how you want to evolve, or what you'll give birth to next. Write this down in your journal.

Now, imagine that you have achieved it. Consider how that feels in your body. Sit with this feeling for several minutes or as long as you like. Focusing on this feeling of growth, accomplishment, and evolution. When you're ready, petition Persephone for any guidance needed as you move forward with this intention in mind. Whatever insights you receive, write them down. Thank the goddess and blow out your candle.

Here are a few other rituals to help you release and renew this season:

### **A womb-clearing meditation**

As women, we hold on to a lot - that's what our wombs are designed to do. Though sometimes, we hold on to too much. Take the time to do a womb clearing meditation and release anything or anyone holding you back from evolving into a queen.

### **Spring cleanse**

The change in seasons is a great time to do a cleanse. It helps give your body and digestive system a reboot and burn up the dense, heavy winter qualities as you get ready for the warmer months.

You could follow a traditional Ayurvedic cleanse, or maybe start by giving up sugar, alcohol, and some heavier foods in favor of seasonal greens, berries, and spicy soups to help stoke your digestive fire and enable your body to naturally cleanse.



*Continued on next page.*







## Plant seeds

We just talked about planting the seeds of our new intentions. And you can also literally plant some seeds! If you don't already have one, start a garden. It could even be a small herb garden. When we grow our foods, we become more connected to mama earth. We can't help but remember the life/death/life cycle constantly at play, both outside and within us.

## Move your body

Now is a great time to add a little more power to your movement practice. This will help you burn the sluggishness that might have accumulated over the winter months and increase your digestive fire. Aim to break a light sweat most days.

## Persephone Affirmation

I am a queen who continuously evolves by releasing what no longer serves me and renewing my intentions for growth.

*I wish you growth, release, and rebirth on your journey.*

My new book, **The Goddess Solution**, will be available on April 13th at Amazon, Indigo, and other retailers for more goddess wisdom.

**Buy The Goddess Solution [HERE](#) or from Amazon [HERE](#)**

Written by Lisa Marie Rankin  
[@lisamarie.rankin](mailto:@lisamarie.rankin)









# Wild Women and their health

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Insight Into Our Most Frequently Asked Fertility Question  
*written by Amaury Roseline*







Image by SpiritSol

# Wild Women & Their Health

*Insight Into Our Most Frequently Asked Fertility Question*

*written by Amaury Roseline*

Are you a wild woman?

Wild women take their health in their hands and claim complete sovereignty over their bodies and experience. That means that she understands her menstrual cycle inside and out, because the menstrual cycle is the key biomarker for the rest of her health.

Women's bodies have been over pathologized by the industrial obstetrics model. What that over pathologization does is make variations of normal occurrences throughout a woman's reproductive and life cycle seem very bad and that scares people.

And when people are scared, they give away their sovereignty in order to be "saved" by the industrial medical system. Women have been made to believe that their bodies are too complicated for them to understand, and that they couldn't possibly be capable of doing family planning naturally on their own. In fact, natural family planning isn't even an option most women are taught exists. Instead, female physiology is consistently sabotaged by a model of "healthcare" that would rather mask all of her symptoms and sell her pharmaceuticals, rather than address the root cause of the symptoms.

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I bring this up because our #1 frequently asked question at Shakti School is about birth control. So without further ado, let's dive into this month's fertility FAQs.

### **What do you think about hormonal birth control or IUDs?**

The World Health Organization has classified synthetic hormones, the same ones used in hormonal birth control as carcinogenic. In my humble opinion, if you're interested in living a healthy, juicy and fertile life long-term, you need to get off hormonal birth control and IUDs. Synthetic hormones have well documented, and yet disastrous, effects on your emotional and physical wellbeing. It's linked with an increase in anxiety, depression, weight gain, insulin sensitivity, cancer, increased inflammation, micronutrient deficiency, suppressed ovulation and damaged microbiome.

In the last decade we've come to understand how important your microbiome is to your greater health and more research is being done still. Hormonal birth control has a similar effect as antibiotics on your gut biome. If your doctor prescribed you hormonal birth control for PCOS, it will often worsen the symptoms of weight gain and insulin sensitivity.

If you're prescribed hormonal birth control for PMS, cramps and other common issues that arise over the course of a cycle, you should know that these symptoms arise from inflammation and imbalance in the body that hormonal birth control is only masking, and not addressing the underlying issue. Masking these signals instead of addressing the underlying causes puts you at higher risk for bigger inflammation led diseases later in life: heart disease, cancer and dementia.

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Wild women take their health in their hands and claim complete sovereignty over their bodies and experience. That means that she understands her menstrual cycle inside and out, because the menstrual cycle is the key biomarker for the rest of her health.



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Hormonal birth control prevents the absorption of minerals, vitamins and micronutrients. It most notably robs your body of magnesium, B complex vitamins, and vitamin C – this has long-term implications for your fertility and health. These nutrients are essential for hormone production and being deficient in them for years on end will affect your fertility and mental health even after stopping hormonal birth control.

With the exception of some IUDs, hormonal birth control suppresses ovulation. Robbing your body of its innate cycles means your tissues aren't being fed by the hormones produced by your reproductive cycle. Research has shown that consistent ovulation protects a woman's long term health from osteoporosis, heart disease, heart attacks, and breast cancer. So ovulation is important, not just for when you're trying to conceive. Your entire reproductive cycle is part of the greater constellation of your physiology, and when it's suppressed there are deficiencies downstream because our bodies are integrated ecosystems.

As for IUDs, copper or not, your body is registering it as a foreign object. IUDs are known to cause increase inflammation in the pelvis (your body thinks there's an invader and it's trying to get it out), increase in cramping and bleeding (same as before, your uterus is trying to get it out), increase in cysts and scar tissue in your uterus and cervix.

### **What's the best method of natural birth control?**

Fertility Awareness Method (FAM). If you're mature enough to be diligent with the fertility awareness method, there's no reason not to use it. When used diligently it's 99% effective.

I want to pause here and say this: if you're under the age of 23, in college or some other situation where you party a lot and have a lot of sex – the risk of hormonal birth control might be worth it for a few years until your lifestyle is conducive to the FAM, which requires a bit of diligence, especially the first year while you're learning it or while you're under 23 and super fertile.

I've become accidentally pregnant twice in my life. The first time I was 18 and not using any birth control – I don't really know why I wasn't using protection, I was dumb, see above paragraph.

The second time I accidentally became pregnant I was 25, not using hormonal birth control and using an app to track my cycle. But I wasn't using the FAM, I wasn't tracking my basal body temperature and cervical mucus every day. I was just going off the estimated fertile window in my menstrual tracking app. Now, that might be fine when you're 35 and you've been married a while, or you're not really having a lot of sex at the moment, because: 1) your fertile window every month is getting smaller so you have more room for error; and 2) you're unlikely to spontaneously ovulate.







Here's the thing: most unplanned pregnancies happen at the beginning of relationships.

That's because you're having a ton of sex, your hormones are *blazing hott* and when you get that worked up your ovaries are like "*oh, heyyyyy, we're gettin' action, I'm feeling this, let's get to work!*" All that sexy time you're having is juicing those ovaries up, so your follicle stimulating hormone (FSH) can surge, causing an egg to be matured a little earlier than usual.

That's what happened to me, I ovulated 5 days earlier than expected because I had a new boyfriend and we were hot and heavy *baby*. Spontaneous ovulation can only happen in the first half of your cycle. Meaning, if you've already ovulated that cycle, you're not going to ovulate again. But if you haven't yet ovulated, you can ovulate a little early if you're getting very excited.

I'm sharing this because I want you to know the mistakes that I made so that you don't make them. The Fertility Awareness Method is not just entering your period into an app every month and using the estimated fertile window. You need to be checking in on your hormones daily using your body temperature and cervical mucus. It sounds hard, but once you get the hang of it it's easy and intuitive. You will be so in tune with your body and that's going to make you feel alive and sovereign.

If you're worried about becoming accidentally pregnant, you'll know within 5 days of ovulation if you did when you're using FAM, because your temperature trends are different if an egg is fertilized vs not fertilized for that cycle.



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Knowing this information that soon means that you can start an **herbal protocol** to make sure that fertilized egg doesn't implant in your uterus. Implantation happens anywhere between 8-12 days after ovulation. Women have been managing their fertility, including preventing and terminating pregnancy for many hundreds of thousands of years using natural methods. There's nothing more natural than a woman who knows her body and her plant allies intimately.

## Get Started

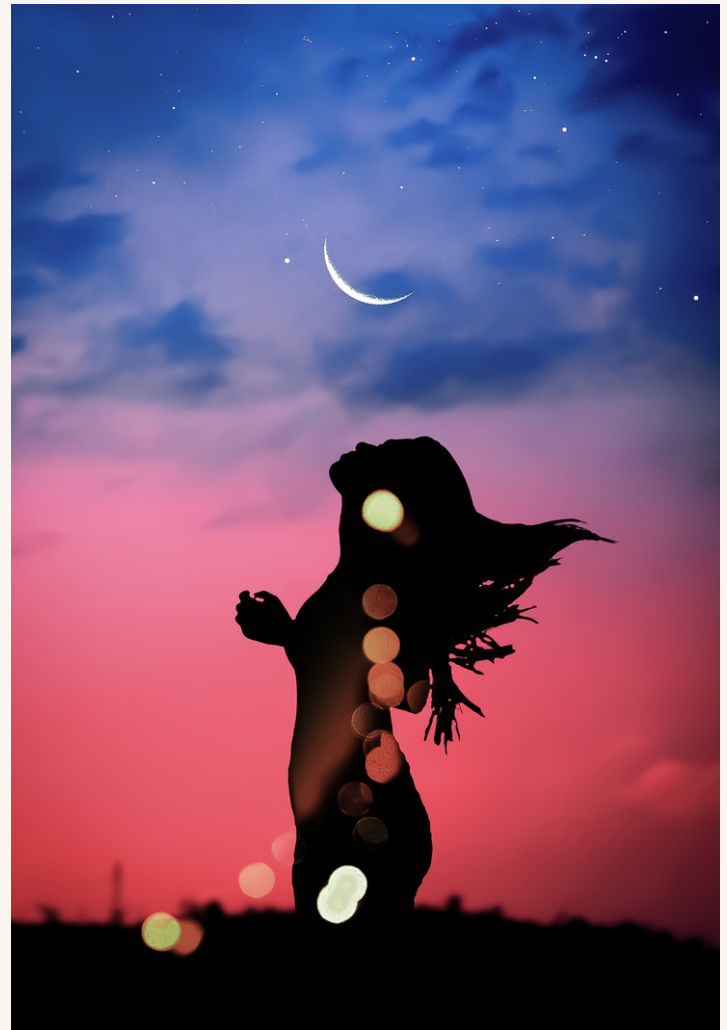
Teach yourself the Fertility Awareness Method with Toni Weschler's **Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health**. Before downloading any apps, I recommend tracking your cycle the old fashion way using Toni's printed out charts for at least 6 months so you really learn the method inside and out. Once you get the hang of it analog style, you can switch to an app. Toni's book is jam packed with everything you need to know about FAM but also so much more. Every cycling woman should read this. If you don't have a regular cycle, Toni walks you through troubleshooting different scenarios like PCOS, lack of ovulation, etc.

**Natural Cycles**: This is the only FDA approved app to help you track your basal body temperature (which FAM uses) for birth control. I know several women who use this and love it. I started using the FAM method before this app came around, so I use something else. It doesn't really matter what app you use, as long as you are consistently tracking.

## Understand and Fix Your Cycle

**Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science**

**In the FLO: Unlock Your Hormonal Advantage and Revolutionize Your Life**



And if you want all the research behind hormonal birth control and how to get off of it:

**Beyond the Pill: A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill**

Next month's Wild Woman FAQ is all about biohacking your cycle. See you then!

**@AmauryRoseline**







# GAB WITH THE GODDESS

**Dear Not in the Mood,**

Oh my gosh girl, I feel you on this one! As always, I first want to express my sincere sympathy for any uncomfortable emotions that come up around this topic. The inner workings of our bodies and how it relates to our sex life can be such a highly sensitive topic. Having the perfect, healthy, sexy, and ultra-satisfying sex life is the burden we too often carry alone. When something goes awry, it's common to have emotions come up. I most often hear women expressing feelings such as shame, fear, guilt, or confusion.

If you're having trouble staying juicy, it's important to keep in mind and to know in your heart, that this is not your fault.

It's extremely common in our romantic relationships to quickly feel like the victim, to blame yourself for the disconnection that may be happening between you and your partner, and to spiral further into a low libido vortex. The energy we bring to the topic also plays a role in diminishing our libido further. If there is a lot of guilt, sadness, or fear around this topic it's important to practice self love as you work towards balancing these emotions. Practices like meditation, body yantra (what we teach at Shakti School), and journaling will be great tools to assist in the mental process.

When we look towards what is actually happening in the physical body, according to Ayurveda, it is more than likely a vata-induced issue. When there is excess of the vata dosha, it can lead to a decrease in your sex drive, sometimes more dramatically than you would expect. Things like stress, worry, anxiety, or simply doing too much can all contribute to a decrease in your libido.

Maintaining a healthy libido is a clear sign of health. When our libido is strong it is a good indication that we have healthy ojas (the vitality and juiciness of life). But it's also important to remember that just like everything else in Ayurveda, it ebbs and flows with the seasons:

*Are there any secret Ayurvedic hacks to boost my libido?*

*-Not in the Mood*

the seasons in our environment and the seasons within our own bodies.

## **Eat to treat Vata**

Sometimes it can be a simple tweak of your diet. When dealing with a vata imbalance it's important to limit (or all together exclude) the amount of raw foods you consume. Try to only eat foods that have been lightly cooked or steamed. Cook with healthy oils like olive oil and ghee, and spice it up! Add digestive spices to your foods like ginger, fennel, cumin, and coriander. One of my favorite ojas-boosting treats is a date stuffed with a tiny bit of ghee, cinnamon, and cardamom!

## **Keep it Oily**

In Shakti School we say this a lot. But it's so important. Practicing daily abhyanga (self-massage) can cause some dramatic positive changes in your health. It's also a wonderful practice to soothe a vata imbalance. Another way to keep it oily is to have your favorite lubricant on your bedside table. Coconut oil is a great lubricant and can be perfect for those nights when you want to connect, but you're still not in the mood. Try using it for any kind of massage.

## **Find Ways to Connect and Have Fun**

A healthy sex life starts outside of the bedroom and foreplay can begin the moment you wake up. Some of the best foreplay can simply be the way you treat your partner throughout the day. Find ways to connect, flirt throughout the day, and pay attention to how often you use touch to communicate your love and affection in your day to day routine. Make sure you are creating enough pockets of time for having thoughtful conversation, schedule date nights, and find time where you can openly express your thoughts and feelings about life and whatever else is on your mind. Sometimes when we have decreased libidos it can be due to a lack of

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connection or being seen or heard by our partners. Rekindling that spark will help to rebuild those juicy vibes. And this doesn't always have to be about connecting to your partner. If you are single and want to increase your libido, it's still important to pay attention to whether or not you are finding ways to connect to the deeper parts of your soul. Everything in this magazine will help with that. ;)

### **Move Energy**

Taking part in a regular movement practice can be super helpful in treating a low libido. Yoga, walking, jogging, and resistance training are all good forms of movement to help get your energy circulating. Acupuncture can also be a great tool for moving stuck energy.

### **Foods**

During a dip in libido, I love adding in some foods like dates, pomegranates, ghee, dark chocolate, oysters and all of the mood boosting spices like cardamom, cinnamon, rose, and saffron.

### **Limit Screentime**

In the world we live in we are in a constant state of distraction. The multitude of devices that we rely on daily are dramatically contributing to our lack of connection with the people we actually see in person in our daily lives. It's important to take this into consideration when treating a low libido. I highly recommend strict parameters around screen time.

A low libido is nothing to feel ashamed about. Our body goes through a multitude of changes throughout different periods of our life. It is just a signal that something may be out of balance. What a wonderful gift from the body, to remind you to take pause and look at the factors in your life that may not be contributing to your overall well being.

*Sending you lots of love,  
@marymcquate*







# MONTHLY COUPON

THE SHAKTI SCHOOL SUBSCRIPTION

## April Promo with **The Wild Heart**

This month, all LOVEFIT subscribers receive 15% off to shop *The Wild Heart*. Use coupon code **LOVE15** at checkout.

Ongoing LOVEFIT promos:

LakaLiving use **Shakti10** at checkout,

PAAVANI Ayurveda use

**SHAKTIPOWER** for 10% off, The Guiding Elements for 20% off with code **LOVE20**

Banyan Botanicals **KATIE15** for 15% off



## Why we freakin' love

### The Wild Heart

#### Community and Inspiration

**The Wild Heart** is such a special gem. Located in Richmond, Virginia this female-run small business is stocked with carefully curated clothing, amazing jewelry, homewares, and even something for the babies. Not only is it a great place to find a new outfit, but it's also the kind of place you walk into and immediately feel a sense of joy, community, and inspiration.

Lauren McCrocklin, founder and owner of **The Wild Heart**, brings so much care and intentionality behind creating the aesthetic of this store and it is her inviting presence that contributes to what makes it so unique. We are so excited to be able to share this offering with you!



To shop **The Wild Heart** visit: [thewildheartshop.com](https://thewildheartshop.com)







# LOVEFIT VAULT

## MORE FROM THE VAULT

The Womb-Heart meditation practice is a powerful way to connect important energy centers within the physical and emotional bodies

Check out our blog series on The Secrets to Healthy Ovulation - Part 1 and Part 2

Try this transcribed Meditation for Building and Healing Sexual Energy.

This blog post on Womb Wellness dives into the Ayurvedic approach to keeping your womb space healthy

Incorporate the Pelvis Power Portal practice from Lovefit September 2018

In April 2019 Lovefit, the Six Fountains practice focuses on Body Yantra in the pelvic area

Don't forget the Womb-Clearing and Earth Energy practice from last month's Cleanse & Detox Lovefit

## UP NEXT IN OUR MAY ISSUE:

Ayurvedic Herbs & Gardening



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





## Special Thanks



**Lisa Marie Rankin** is a writer, teacher, and Ayurvedic wellness coach. She holds an MBA and an MS from Bentley University.

Several years ago, she decided to follow the path of the goddess, leaving her job in the corporate world to pursue her passion for writing and teaching women how to reignite their feminine power and connect with the divine. As an advocate for women's health, happiness and spirit, she teaches women to reconnect with their bodies, prioritize pleasure and rely on their inner wisdom so they can feel like a goddess. Rankin lives outside Boston with her two children, her dog, and a flock of chickens. You can find her online at [lisamarierankin.com](http://lisamarierankin.com) and on Instagram at [@lisamarie.rankin](https://www.instagram.com/lisamarie.rankin)

Lisa's book *The Goddess Solution* is out April 13th. [Purchase here](#)



**Lauren McCrocklin, owner and founder** of *The Wild Heart*, graduated with a Bachelor of Fine Arts in Fashion Design from Virginia Commonwealth University in 2007. After graduating, Lauren spent some time in New York before returning to Richmond in 2011 to start *The Wild Heart*—a bohemian-inspired leather handbag line. While building the brand, she helped open Richmond's Addison Vintage in 2013. After six fulfilling years growing Addison, she began a new chapter by opening The Wild Heart storefront in July 2019.

With a focus on ethical and sustainable brands, Lauren is excited for what the future holds and knows this is just the beginning. To visit The Wild Heart or to shop online visit [thewildheartshop.com](http://thewildheartshop.com)



**Dr. Katy Jane** is a spiritual guide, teacher and author. Her expertise is to guide you on a journey toward deeper self-awareness, greater inner peace, and wiser choices aligned with your most authentic life purpose—especially when you're at a crucial turning point in your life, practice and teaching.

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)