

JULY ISSUE

LOVE  
FIT

VOL. 14

# SAVOR

Healing Coconut Date Shake to cool the summer heat, reduce pitta, and activate your tastebuds

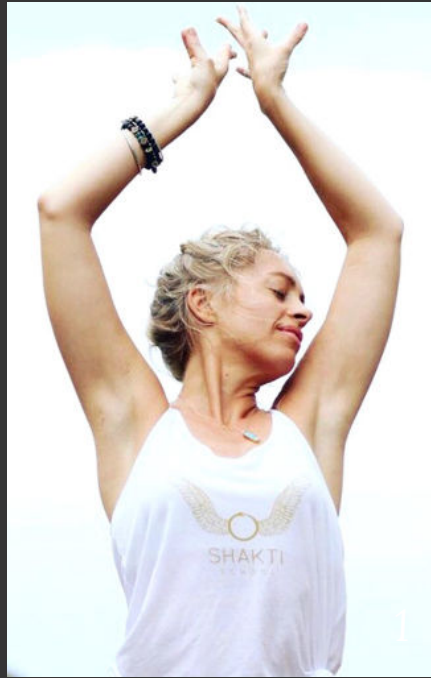
# SUMMER SWEAT

Fire building movement practice for building Tejas and moving energy

# AYURVEDA & INFRARED

The healing benefits of Infrared light

PHOTO @TRACEE\_STANLEY



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# LETTER FROM KATIE

*“As if you were on fire  
from within, the moon  
lives in the lining of your  
skin”*

*~ Pablo Neruda*

## The Fire of Transformation

Change. When you hear that word, how does it sit within you? Do you feel opportunities arising and excitement? Or do you feel resistance to that word?

It's common to feel resistance or even fear when life changes and personal shifts are occurring. These points of growth can often be uncomfortable, even grievous at times. Walking through the alchemizing fires of our lives can be awkward, even agonizing. But we need to embrace and sit with the burn and discomfort to be transformed personally and spiritually.

Just as some farmers burn their cultivated crop fields to the ground to clear weeds and stubble before planting a new crop to grow, sometimes we need to set fire to which is not serving our purpose and start fresh. Just as these burned and newly purified crop fields will need nourishment to make the soil fertile again, we must nourish and take deep care of ourselves during these periods of transformation and new growth.



*Continued on next page.*



PHOTO @TRACEE\_STANLEY  
BY JILLIAN GLIKBARG





When we sink into the experience of fire, we are often pushed to the brink, pushed to our edges. But growth happens at the edge. It's here that we gain clarity, even though it may feel like we have little control over the changes and shifts. Living in alignment with this fire of transformation ushers in the wisdom of the wild woman. This wise guide of the Divine lives in the quiet, deep place within you that can always be accessed, even when fire is crumbling all that around you.

These sometimes painful, often fiery, transformational experiences and people present themselves along your path to help you dig deeper into who you are at your core, your essence. They lead you to see and honor the different facets and mirrors of yourself, leading to discoveries of the self that can only come through these lived experiences. Having the bravery to not only walk through the burning, but to allow in the experience, enlarges the container of your awareness to hold and love all that you are. *Transformation needs fire.*

So how do we nurture ourselves through this alchemy? How do we return the fertility back to our soils post-burn?

We can begin with strengthening the prana in our belly. Tantriks likened this part of our energetic anatomy to a fire because an alive belly warms us. It makes us feel safe and “at home” in our body. The belly, when full of presence, strengthens our sense of individual purpose in the world. A belly that is awakened says, “I am safe. I am here. I have a mission.” When our prana flows at the naval center, we are better at digesting things. When we have strong prana in our core, we can better digest food, emotional experiences, and even the less-than-desirable aspects of your personality that lead you away from freedom and joy. With more kind presence at this area, you can begin to unearth your hidden capacities to be stable and solid in the face of a turbulent life.







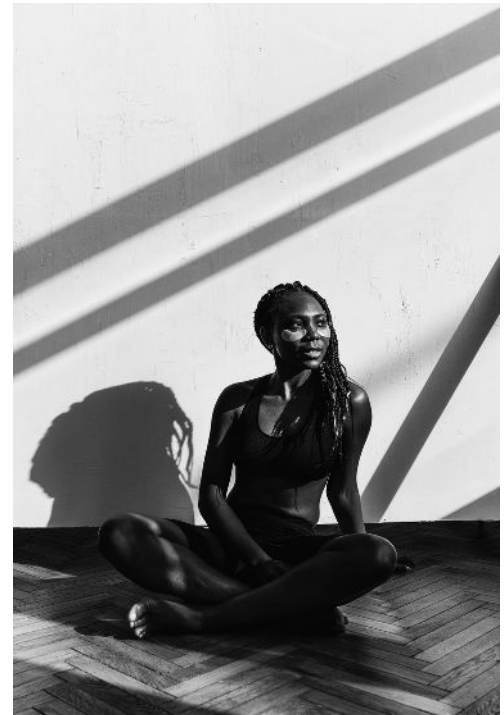
Below is one of my favorite fire rituals to help with emotional digestion and clearing. Burning and clearing makes way for fresh energy and growth. Try it out and notice the shifts you experience.



1. Grab a paper and pen and set a timer for 10 minutes (maybe longer if it's a doozy). For that time, write down all your thoughts, anger, frustration and say anything you want. This is a stream of consciousness writing. The only rule is that you don't say anything negatively to or about yourself.

1. Immediately after you're finished writing, burn that baby. Light the paper on fire and watch as the container (paper) which holds that emotional load goes up in smoke. Allow the release and surrender within yourself. This doesn't mean you forget the experience or feelings, but rather you allow the fire to clear and purify them so you don't hold them within you. Observe the shift, however subtle, within as you don't have to hold this experience anymore.

*\*Please take proper safety precautions during this ritual and always have water close by when you are burning*



*"Changing is not just changing the things outside of us. First of all we need the right view that transcends all notions including of being and non-being, creator and creature, mind and spirit. That kind of insight is crucial for transformation and healing."*

*-Thich Nhat Hanh*









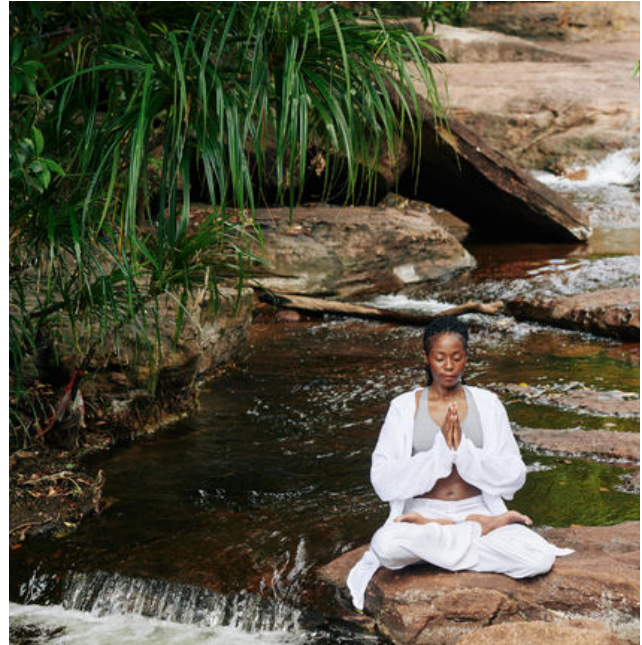
# THIS MONTH IN THE PORTAL

VIBRANT SKINCARE



## VIDEO // Move with Dudes

Join Katie and friends for this activating and expanding workout that will get your blood pumping and leave you feeling zen. This practice combines yoga and strength to create pulsation and feeling a lot of sensation, then returning to stillness and home again. The tongue will be a focal point throughout. Your tongue is one of the major sensing systems for the body. When paying attention to your tongue, your unconscious brain gets a lot of good information about your environment. A dude is not required for this practice, but it's a great one to share with the brothers, partners, friends, and other menfolk in your life.



## AUDIO // Light of the Back Body

This powerful Body Yantra meditation practice focuses on the back body as a support while moving energy downward. This 10 minute practice helps release excess heat and intensity in the brain and body, instead filling those spaces with light. Bring awareness to places in the body which may not be at peace, and stay in the presence of love as you encounter the parts of you that are afraid or tense and embrace them without judgement or condemnation.







## MONTHLY ROADMAP



### WEEK ONE

1. Energies are still high this week through July 5th. Stay cool with Pitta reducing techniques if you're in the Northern Hemisphere. Parsley, Dates, Coconut... Try the smoothie recipe in this month's issue.
2. Take a bath: find a lake, river, pond, ocean or bath tub and let the element of water purify your energy. The rishis and yogis often did their long haul meditations near water so they could bathe regularly as it cleanses the aura.



### WEEK TWO

1. New Moon, July 10: Take stock of what you're holding onto that no longer serves you. What is no longer serving your sense of wholeness and self? Release something this week that isn't working. Example: donate a plant you can no longer keep alive (*yes, I'm looking at you compulsive indoor plant buyer*), take space from those that don't support your thriving, put a limit on screen time, etc.
2. Do the Move With Dudes video workout this week. Take time to journal or reflect upon the experience of elevating your heart rate and feeling the pulsation of energy within (spanda) and then bringing your energy inward to stillness.





## WEEK THREE

1. Clean out your living space. Triage and donate clothing and create a new altar space for summer. Get rid of knick-knacks that clutter a space and don't bring you joy.
2. Create a cozy space for yourself and carve out time to listen to the Light of the Back body audio mediation practice.

## WEEK FOUR

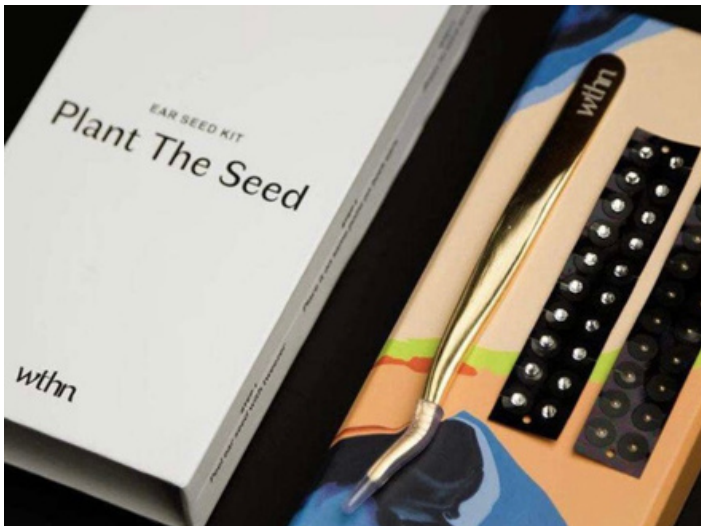
1. Full Moon, July 24. Go outside and bask in the moonlight. Journal about your relationship with the past. Consider Dr. Katy Jane's Jyotish Insights for this month... Where is your inner Guru pointing you with the light of the moon?
1. Take time this week for the fire ritual outlined in the Letter from Katie. Journal afterward about any shifts or feelings experienced during and after the burning process.





# WHAT WE ARE LOVING

Our Staff Favorites This Month



## ♥ HEAL: wthn Ear Seed Kit

KATIE'S PICK

Okay ladies, these little jeweled beauties are magic. I am SO in love with the wthn Ear Seed Kit. I've been using them almost every day (you can leave them on for up to 10 days). They are placed on your ear's acupressure points to help with the flow of your body's energy, and help to restore balance (especially hormone balance). I can honestly say I can really tell a difference after using these. Not to mention, they also make a super cute fashion statement. To purchase visit <https://www.wellroomva.com/shop-1/wr-x-shakti-summer-solstice-package>

## Music: Arooj Aftab

AMAURY'S PICK @AmauryRoselinc ♥

Arooj's 2021 album **Vulture Prince** is one of the most beautiful albums I've ever listened to. It may make you weep. I've had it on for several days on repeat as I work and generally find myself staring off into space trying to figure out how I'll get through my to-do list. But her music brings me back to some ancient knowledge that it'll all be OK. It's a genre pending journey pulling from New Age, Classical, Singer-Songwriter styles, Sufi poetry and traditional Pakistani music (Arooj was raised in Pakistan). It's the perfect soundtrack to soothe an aching heart, or an overwhelmed mind, or bring you back from meditation, or start your morning with devotion to God...

## DRINK: LAKA Matcha

♥ MARY'S PICK @MaryMcquate

I am currently in a matcha-obsessed phase. As soon as spring hits, all I want for my morning beverage is matcha tea with steamed oat milk. It truly is the most delicious combination. Matcha contains L-theanine which is known for its meditative & nootropic effects that boosts mental clarity and modifies the effect of caffeine. It's also loaded with chlorophyll AND catechins (powerful antioxidants) which both help to boost your body's ability to repair and recharge. It could not get any better. My absolute favorite matcha is LAKA matcha (+ you get that extra special Shakti discount). YUM.

## ♥ PRODUCT: Ursa Major Essential Face Wipes

SARAH'S PICK @SarahWaldron417

These amazingly refreshing bamboo face wipes do it all: cleanse, exfoliate, soothe, and hydrate. Utilizing ingredients like aloe, rosemary, willow bark and birch sap, they help cool and nourish your facial skin gently. They smell heavenly. When I was travelling recently, I kept these in my purse to use after the plane ride and for a quick skin refresher while out and about. I also love to keep them in my refrigerator and use them after working in the garden or getting sweaty outside.







# W O R D

O F T H E M O N T H

## Empyrean

**Empyrean is recorded from the mid 17th century and means belonging to or deriving from heaven. The etymology is derived from the medieval Latin from Greek empurios, from en- 'in' + pur 'fire' . In ancient cosmologies, the Empyrean was the highest heaven. The Empyrean is the dwelling-place of God, the blessed, celestial beings so divine they are made of pure light, and the source of light and creation. This highest part of heaven was thought by the ancients to be the realm and element of pure fire.**

**This is where the expression “to be in seventh heaven” (a state of great bliss) comes from. In many beliefs, heavens are a system of concentric spheres, the seventh heaven being the highest and a place of pure bliss.**

Sources:

<http://wordsmith.org/words/empyrean.html>

Oxford Dictionary

[https://en.wikisource.org/wiki/1911\\_Encyclop%C3%A6dia\\_Britannica/Empyrean](https://en.wikisource.org/wiki/1911_Encyclop%C3%A6dia_Britannica/Empyrean)



# SAUNA

THE HEALING BENEFITS OF INFRARED





# BENEFITS OF INFRARED LIGHT & SAUNA USE

## HOW TO OPTIMIZE YOUR DAILY ROUTINE WITH HEAT

A sauna is a small room that uses dry or wet heat to purify the body. There are a few different types of saunas: a traditional dry sauna (heated with fire, hot stones, gas, or electricity), an infrared sauna (heated with invisible light frequencies), or a steam sauna (heated with water). Using heat as a way to repair and cleanse the body has been practiced for thousands of years throughout many different cultures. Heat therapy even goes as far back to the Mayan culture around 2000 BC. The Mayan version of the sauna, or zumpul-ché, was used as an essential element for purification and for deep healing purposes. Presently, sauna use is still an important element of the culture and widely accepted as an important element to health in many places around the world. Places like Finland, Switzerland, Korea, and Japan (and many more) view saunas similarly to how we would view going to the gym; it's an essential part of staying healthy.

My personal favorite is the infrared sauna. An infrared sauna contains infrared light and allows the body to sweat at lower temperatures, so it's much easier for the body to adjust, tolerate, and therefore gain a lot of the benefits of sauna use. Infrared also penetrates deeper into the body which is partially why you can end up burning more fat in an infrared sauna than a traditional dry sauna. This is the perfect modality to help the body detox without stressing the body too much.



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### Benefits of Infrared Saunas

- **Weight Loss and Increased Metabolism** - According to the Journal of the American Medical Association, regular use of a sauna imparts a similar boost on the cardiovascular system to running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood, and burning calories.
- **Decreased Muscle Pain** - Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster.
- **Detoxification** - One of the biggest infrared sauna health benefits is its ability to increase your blood circulation and stimulate the sweat glands, releasing built-up toxins in the body. Daily sauna sweating can help detoxify your body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other organic and inorganic compounds.

- **Improves Cellulite** - *Since the far-infrared radiant heat of the infrared sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells. Sauna use and far-infrared heat can increase heart rate and localized blood circulation, which essentially reverses the above-mentioned trends towards the accumulation of liquids in the fat cells to reduce the appearance of cellulite.*
- **Reduces Stress** - *Infrared Saunas have also been shown to affect the autonomic nervous system putting you in the parasympathetic (rest and digest) state allowing your body to heal.*

resource : <https://bengreenfieldfitness.com/ben-recommends/home-kitchen-office/infrared-saunas-clearlight/>

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In Ayurveda, sauna is used primarily in the traditional cleansing practice of panchakarma. The Sanskrit word to sweat is *Swedana*. This practice is used to break up toxins in the body and is often used after an abhyanga massage or followed by an abhyanga. Using heat therapy will increase your pitta dosha, but if done with proper attention it shouldn't cause you to get out of balance. If you are someone with a lot of pitta already try following your sauna time with a cool shower and see how you feel. You could also follow this up with this issue's coconut date shake!

Written by @marymcquate



# PITTA-REDUCING COCONUT DATE SHAKE

*(According to Ayurveda, it's best to drink smoothies in the warmer months and to consume at room temperature for best digestive effects)*

## Ingredients

- 1 medjool date
- 1/2 frozen (or fresh) banana
- 1-2 scoops of your favorite protein powder (I like [Tropheaka Lean](#))
- 1/2 tsp ceylon cinnamon
- 1/2 tsp cardamom powder
- 1 tsp ground flax seed
- 1 tbsp chia seeds
- 1 tbsp tahini or coconut butter
- 2 tbsp coconut shreds
- 1/2 -1 cup of your favorite non-dairy milk (I use oat or coconut)

## Directions

*Add all ingredients to a high powered blender and blend until smooth! And then, get ready for amazing flavors to be popping off in your mouth.*









# YOUR MONTH IN VEDIC ASTROLOGY



”

“I was set free because my greatest fear had been realized...and so rock bottom became a solid foundation on which I rebuilt my life.”

~ JK Rowling

## STARDUST IN JULY

Dr. Katy Jane @DrKatyJane

My first Guru once gave me wise advice that I’ve often ignored until now: *Never criticize your foundations.*

For much of my life I’ve been in search of the new, the better, and the more advanced. I’ve often believed that I’ve “made progress” in life by leaving behind those people, places and practices, which I have deemed *passé*. I’ve been there and done that.

But it’s only been since this terrible pandemic (and the sudden fierce onslaught of collective grief) that I’ve had to go back to what I’ve built my life upon. I’ve had to draw my nourishment from the deep well I carry within me as my foundation.

In July—the month dedicated to the Guru (*the divine teacher within all of us*) — the seed bursts its skin. We’re called to nourish the ground on which it will take root, the ground we’ve carefully cultivated our entire life.

Both Saturn and Jupiter are both retrograde, turning us back toward where we came from. These planets recall our most difficult life lessons and the Grace that’s guided us through them. We’re given a glimpse into our past that we can now heal with the power of our wisdom.

The month is framed by two significant transits of Mercury, the planet that decides our perspective. Mercury first enters Gemini on July 7th, followed by the new Moon on the 9th. The realization is available for you: *You get to decide how you want to think about your past.*

It’s not that the past is a fixed event that happened exactly the way you remember. The past is an idea we hold onto. Free your mind by freeing your hold on an idea. As Mercury joins *Mrigashira*, the “Searching Star,” shape-shift your inner vision of the past.

If you’re willing to ride a new vibration of the old, you’ll feel the tangible blessing power of the Full Moon on the 23rd. Grace is the awareness that we always had what we’ve been searching for.

This is the Guru, the simple finger pointing at the Moon. It’s been there all along.

Two days later Mercury enters Cancer on the 25th. Your mind catches up with your heart.

With his second transit, Mercury completes the lesson he’s been charged to impart this month. As he joins Punarvasu, “Again the Light.” *You get to decide how you think about your past.*










E L E M E N T S  
+ A R O M A S

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*WRITTEN BY KRISTY GUNGLER*





# ELEMENTS + AROMAS

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## *WALKING THE AROMATIC PATH BACK INTO BALANCE*



### **I am Nature. We are Nature.**

As a child I spent my days exploring the outdoors until it was time to come home for dinner. Nature was always teaching me and sharing her insights with me, through all of my senses.

I am forever grateful my mom let my sisters and I play outside and explore each and every day. We had patches of forest end-capping our little suburban street. I was wide-eyed and in constant awe of the beauty just outside my door. Experiencing life with an eagerness to take it all in. Seeing the vibrant shades of green in the trees and witnessing the leaves magically change color in the fall. The sight of clouds and all the images they shifted in and out of. The colors of the butterflies, noticing their effort moving from one flower to the next. Even observing nature from inside my home; I remember watching the rain drops race down the window when a storm rolled through. I would sit by the window, mesmerized by the drops. It would feel as if time stood still.

The sounds of nature are a music like no other. When I was a child I felt like the birds were singing just for me. I'd get caught up in the sounds of the wind moving across the earth and through the trees. Even the sound of silence, when I'd be outside and only hear my own breathing.

I can still recall the taste of dirt that somehow got into my mouth when digging in the soil looking for worms and rollie pollies. Brings me back to summer as a child when I taste a fresh-picked strawberry. The tastes of nature are such a treat.

I remember the feeling of crumbling leaves through my hands in the fall. Then in summer, touching and picking flowers, like the pretty little wild clovers that would grow abundantly in the nearby prairie. The excitement I'd be bursting with as a bumpy toad crossed my path. Picking it up gently for a moment until it peed in my hands. The toads not so subtle way of letting me know it was time to let it go.

Experiencing nature through the sense of smell. Oh how I can instantly remember the aromas that came from the wildflowers growing in the summer sun. The smell of rain just before the clouds would let go. The smells coming up from the damp forest floor as springtime arrived.

There is definitely a sixth sense that becomes enlivened when we are out in nature. Our sense of instinct and intuition. Being in nature and learning on a subtle level that everything we need is already within. This is something I had never thought of until later in life.



## **I WAS NO LONGER IN RHYTHM WITH NATURE, WITH HER CYCLES.**

Fast forward from my childhood where my days were spent outdoors taking the outside world in through all of my senses. I followed my bliss of learning and exploring the ways of nature. I pursued two college degrees both in science. First a bachelor degree in Environmental Biology followed by an Associates degree in Veterinary Technology. I had a fulfilling career, married my love whom I met in college, started a family by birthing two light beams, my beautiful children. I was truly in my happy place. Until I wasn't.

At 34 years old, I found myself utterly overwhelmed with the stresses of life. A mixture of postpartum hormones, the pressures I put upon myself and the pressures from society to not mess up the most important job I have ever had! The worries of the world that I felt so deeply, and all of the day-to-day stresses I was not aware I spent years tucking away deep inside.. This created the perfect storm for a mind, body, spirit crisis. I was no longer in rhythm with nature, with her cycles. I wasn't connected to the season, or the energy shifts throughout the day. I had lost touch with myself and my needs. I was experiencing all sorts of physical symptoms and emotional ups and downs. It was a very confusing and scary time. I wondered if I would ever find my way through.



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That dark time of my life was a catalyst to the path I am walking now. As humans living in our fast-paced modern world; we can easily shift out of sync, out of the flow, out of balance and out of harmony. It feels like another full-time job finding modalities that bring us back to the sweet spot which is ease, or what I like to now call 'elemental bliss'.

I stepped into my healing journey using and learning many modalities. The one practice that created a very palpable shift was the aromatic use of essential oils. Lavender oil brought me back. It brought me back to the flowers, back to the plants, back to the earth. The aroma brought me back to nature and ultimately, back to myself. I once again felt my mind, body and spirit were communicating with each layer of my being. I began to hear the whispers and calls of what it was I needed to be well. Lavender was and is my ally. I started to practice yoga, study Ayurveda and dive deeper in the world of plants through aromatherapy. Now, I am 46 years wise and living with an awareness that I had when I was that wide-eyed, wild child. I am a yoga teacher, a clinical aromatherapist and most recently an Ayurvedic lifestyle coach. Aromatherapy led me back to nature. Ayurveda led me back to myself. Yoga led me to know there truly is no separation. We are nature, we are one.

## **RETURNING BACK TO NATURE AND COMING INTO ALIGNMENT WITH DAILY AND SEASONAL CYCLES TAKES INTENTION, EFFORT , AWARENESS.**



Returning back to nature and coming into alignment with daily and seasonal cycles takes intention, effort (at first), and the path starts with awareness. What is it that I'm feeling? What is it that I need? What time of day is it? What is the weather outside and how is it affecting my being? What foods are in season? and so on.

Aromatherapy is a practice I use daily to bring me back into awareness using the sense of smell. Our sense of smell is linked to our limbic system. Which is the system that deals with emotions and memories. Plants are our allies and the aromas offer us wisdom and guide us towards harmony and healing .

The smell of a single rose immediately connects me to my late grandmother Marie. Whether the aroma is from a fresh rose or from the mist of the rose water I use each morning; her infectious smile and warm embrace instantly comes into my heart and mind. A walk amongst the trees, where the aroma of pines and firs envelop my soul; always brings me a profound sense of ease. The grounding essence of the forest aromas is one that I seek daily; as the shifts from stress to calm are palpable.

There are many ways to practice aromatherapy; to use essential oils for health and vitality. You can use essential oils therapeutically for many physical ailments and symptoms. You can learn and look at the chemistry of each essential oil and find suggested uses based on a plants chemical compounds. However, I feel most drawn to practice aromatherapy through the lens of Ayurveda. Through the sense of smell and sense of intuition.

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There is a deep resonance that comes on board when we start exploring the elements in nature and in ourselves.

A key Ayurvedic principle is that "like increases like". This principle plays a large role in choosing an essential oil or aroma for your constitution. For instance, if you are a Pitta constitution under the influence of summer you may choose an aroma that is cooling and subtle. Aromas have the ability to bring us back into balance or keep us in balance. By choosing an aroma most appropriate for your dosha or elemental makeup you bring nature's wisdom into your daily self care routine. Understanding with your dosha and becoming in tune when the elements that make up your dosha is an incredible understanding we can cultivate daily. Learning your less dominant doshas is key too. Using our senses to understand all five of the elements; air, fire, earth, water and ether, is an ongoing practice and one that creates a deep connection to yourself, to others and to Mother Nature.

May I suggest you walk outside at different times of day. Awaken your senses to your surroundings. You don't need to be surrounded by a forest or the ocean to be connected to nature. But of course finding yourself a quiet space where you can unplug and become in tune with the natural world will be of benefit. Look around and find something in nature that feels like home. Or embodies a quality you are seeking. Once I started to use aromatherapy and Ayurvedic practices I remembered what it was like to have an inner knowing, that everything I needed was already inside. My confidence in making appropriate daily lifestyle choices became easier and more apparent. I know the stresses of modern living, especially being a sensitive being living in a chaotic world, are not going to lift anytime soon. But aligning with nature and having plant allies within reach is a comforting and empowering truth.

Here are some tips for getting started using Ayurvedic aromatherapy in your daily practice.

First, make sure you are using a trusted source when purchasing essential oils. Look into the ethical and sustainable practices of the supplier. Making sure to use only 100% pure essential oils as synthetic aromas (fragrances) are devoid of plant prana and could have unhealthy side effects. Consider creating your own aromatherapy hydrosols in your very own kitchen using local, organic plant material which you sustainably harvested. But for now, let's assume you are using an essential oil you have purchased.

I'll be sharing ways to use essential oils simply by inhalation vs topical application. I like to introduce a single aroma vs a blend of aromas to start. Get to know the plant on an elemental level by learning its qualities and therefore actions. Notice what aromas bring you into a state of ease and elemental bliss. Does the aroma energize or ground? Does the aroma bring you into a state of ease or the opposite? Does it bring a sense of cooling or warming? When you are able to connect and understand a plant's intention on a subtle level, you will be feel guided and can intuitively reach for that aroma when needed. Whether that aroma choice is to keep you in balance or bring you back into balance. Remember, like increases like. So aromas can keep our doshas balanced or derange them just the same.

You do not need to go out and purchase every single essential oil available. Simply start by having an essential oil or a couple oils that would; ground vata, cool pitta and energize kapha.

You can simply take off the cap and experience the benefits of aromatherapy by inhaling near the open bottle. You can diffuse essential oils in a water diffuser or you can create your own aromatherapy sprays very simply. Here are a few blends I like to use for elemental bliss.

The following recipes are made using 2 ounce amber bottle spray bottles. Fill with essential oils listed and top the bottle with distilled water and/or witch hazel. Shake well before each use. Spray into the air being careful not to get the mist into your eyes.

# ESSENTIAL OIL BLENDS FOR BALANCING THE DOSHAS

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*WRITTEN BY KRISTY GUNGLER*

## **Move The Earth (kapha balancing blend)**

10 drops lemongrass  
5 drops black pepper  
5 drops cardamom

## **Settle The Air (vata balancing blend)**

5 drops balsam fir  
5 drops marjoram  
10 drops frankincense

## **Cool The Fire (pitta pacifying blend)**

10 drops orange  
5 drops peppermint  
5 drops sandalwood

May the aromatics bring you back into a sense of balance and harmony. May they reconnect you to nature through their plant prana. May the aromas guide you towards inner peace and to the deep knowing that everything you need is already within. You are Nature.

**NATURE IS YOU.**



THE SHAKTI SCHOOL SUBSCRIPTION

# SHIFTS

NEW, MORE, AND  
BETTER

LOVEFIT

# LIVE TWO HOUR WORKSHOP FOR MEMBERS ONLY

We are so jazzed to share the big shift coming to the Shakti School Subscription!

We will be rolling out NEW CONTENT in the Shakti School Subscription starting in September. Each month, I will be leading a LIVE two hour workshop for members only (it will be recorded, so no sweat if you can't join live). When you join the Shakti School Subscription, you will get immediate access to the current collection of nearly a hundred movement and audio practices,

lectures, and our digital Ayurvedic magazine to support your journey to resiliency and health. In addition, you will get the live monthly workshop on creating spiritual connection, crafting spiritual practice, and the opportunity to be in lecture and practice together.

In order to make space and prepare for change, we will not release an August issue of LOVEFIT magazine. Beginning in September, we will be releasing LOVEFIT magazine seasonally to provide you with more articles and information catered to honoring the seasons.

GET IN NOW and tell your friends because the price will go up in September to \$598 for annual and \$68 monthly.

For being a current member of the subscription, you will be grandfathered into the current, super-low pricing of \$18 monthly and \$198 annually.

**Katie can't wait to rendezvous with you LIVE in September!**





# WELL ROOM / SHAKTI SCHOOL

A CONTINUATION SUMMER SOLSTICE COLLABORATION



## SHAKTI SCHOOL X THE WELL ROOM

Due to popular demand, we have decided to continue our collaboration with Charlottesville's *Well Room* through the entire month of July. In honor of the summer solstice we have put together *The Shakti School's*

most favored *Well Room* products. Gift sets are in limited supply. To receive yours today visit:

<https://www.wellroomva.com/shop-1/wr-x-shakti-summer-solstice-package>



Na Nin Fragrance

somoto canyon

black currant  
palo santo

EAR SEED KIT

Plant The Seed

OSEA

undaria algae  
body oil

5 fl. oz. | 150 ml

DOSED BEAUTY  
**Soul**  
ADDICT

CBD HONEY MAMA  
MANUKA FACE MASK  
25MG HEMP EXTRACT  
1 OZ

**Ursa Major**  
Golden Hour  
Recovery Cream

SEA BUCKTHORN & CALENDULA

1.57 FL OZ | 47 ML



# WELL ROOM



*this is for you*

a self care ritual for your summer solstice celebrations

# Product Details

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- **Osea - Undarian Algae Body Oil** - Supercharge your skin with unmatched marine moisture. Our seaweed-infused body oil delivers a rush of antioxidant mineral hydration that softens, nourishes, and firms like no other. Visibly diminishes the look of sagging skin and reduces appearance of stretch marks. Rich yet never greasy, this intoxicating aromatherapy elixir enhances every inch.
- **Na Nin - Somoto Canyon scented candle** - "Is a fresh, sharp, and evoking scent with main notes of black currant and palo santo and is one of our favorite scents to date. On a trip to Nicaragua we went body rafting in Somoto Canyon, where there were moments of the most intense silence, soon followed by echoes that sparked a magical feeling. The combination of black currant and palo santo brings back memories from that excursion."
- **Ursa Major - Golden Hour Recovery Cream** - This wonderfully rich yet fast-absorbing face cream provides deep hydration and nourishment to soothe and replenish weary skin. Use it as a daily moisturizer, as a "wrinkle-busting" night cream or anytime your skin needs extra TLC.
- **wthn - Ear Seed Kit** - If eyes are the window to the soul, then ears are the map for the body. Ear seeds are tiny beads placed on one of your ear's acupressure points, bettering the flow of your body's energy, and restoring balance. Used in conjunction with acupuncture, ear seeds carry a deep legacy in Traditional Chinese Medicine and have supported mind + body wellness for millennia.
- **Soul Addict - CBD Manuka Honey** - is for all skin types. A pH-balanced cooling, superfruit and cannabis-infused raw manuka honey face & body mask for glowing, healthy skin and moisture barrier repair. Made with farm-to-face whole foods for our skin (yes it's edible technically, babe) and the cleanest, organic ingredients for this hydrating and brightening CBD beauty ritual.

To Purchase visit <https://www.wellroomva.com/shop-1/wr-x-shakti-summer-solstice-package>







# MONTHLY COUPON

THE SHAKTI SCHOOL SUBSCRIPTION

## July Promo with NARIVEDA

This month, all LOVEFIT subscribers receive 20% off to shop NARIVEDA. Use code **shakti20** 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

### NARIVEDA



#### **A Science-Based Proactive Nutritional Approach to Revitalize Cellular Health**

We are so excited to share the amazing benefits of Nariveda with our LOVEFIT members. **Nariveda** was created by father and son duo, Nirmal Yogi and Adrian Patel-Delaloye. Together, sourced from their ancient cultural roots of Ayurveda, developed a line of liquid plant-based elixirs. Nariveda brings together

the wisdom of Rasayana Ayurveda, the science of longevity, and has created multi-functional elixirs for true wellness from within.

The ingredients used in Nariveda's elixirs pass a rigorous series of tests that present their effectiveness, integrity and quality. And, unlike traditional Ayurvedic supplements, Nariveda is formulated with highly concentrated blends of Ayurvedic phyto-nutrients with a small molecular size and structure that enables them to easily pass through cell walls (this means healing is able to happen on a cellular level!). These Elixirs are a platform where herbs interact and relate to one another in a way they wouldn't when taken alone.

We especially love their anti-aging tonic and their dosha specific bundles. If you're ready to feel amazing, visit <https://nariveda.com>







# GAB WITH THE GODDESSES

**Dear Restless Rajah Vaha Srotas,**

This is a wonderful inquiry! The womb is a sacred portal for women, and menstruation can be viewed as a superpower and a time to be honored. Menstruation is a time for cleansing and purification. It's what allows the female body to create life. We can view this time in our cycle as sacred and powerful rather than as an inconvenience.

In fact, in the overt realm of the menstrual cycle, scientists believe women may live longer due to the bloodletting and purificatory experience. The ancient belief on the subtle realm is that a woman who bleeds is absorbing the pain of the tribe. During menstruation this is bled out of the body and returned back to earth where it becomes regenerative.

Due to the cleansing, renewal, and emotional release during menstruation, Ayurveda says to honor this sacred time with rejuvenation and rest. This is a time where our prana is lowest, so conserving energy is important and we require more rest during this time to process all that we've taken in over the past three weeks. When you are bleeding, you don't want to add in anything new - it's a time for elimination instead. We want to support detoxification and avoid practices that are building during this time.

In traditional yoga, you don't practice asana while on your moon. The first day or two of the period is your new moon, so it's recommended we don't do anything exercise-wise. Maybe light stretching which does not involve the pelvis area. Some say mellow exercise like tai-chi and yoga are acceptable, but even those can be energetically intense on your womb space. Even slow restorative yoga entails twisting and squishing, which we want to avoid. Inversions of any kind should be avoided, as this disrupts the downward flow and purification process of moving blood out of the body.

*Ayurveda asks us honor our body and rest during our menstrual cycle so that we are careful not disturb our vayus. Do the movement practices taught in Shakti School promote an easier and rejuvenating flow or is it best to rest those first 3-5 days of the cycle?*

*-Restless Rajah Vaha Srotas*

Most of the Body Yantras we do in Ayurveda School are ok during this phase, but avoid those that have you sitting on a bolster as this puts unnecessary pressure on the pelvis, which is already experiencing congestion due to the uterus swelling in the days right before and during your moon. The first couple days of your flow you can do something simple like legs up the wall.

From a functional medicine perspective, we know that the few days before your moon and the first few days of your moon, your liver is working over time to express all the hormones you made during ovulation and post ovulation. This is why we don't want to add anything extra to your body at this time - Agni is already going to be lowered due to this extra work. Leading up to menstruation your Basal Body Temperature reflects this work, peaking just before dropping when bleeding begins. And have you ever noticed your sweat smells stronger these days leading up to and during your period? That's because the lymph channel has a lot more to contend with at this time. So all that to say that you should stop taking most supplements and herbs in the days leading up to and the first few days of your moon. Instead of exercise, try doing a mini kitchari fast during this time, yoni steaming, taking baths and doing castor oil packs before your bleeding starts. Use this natural built-in time you have in your feminine flow to rest, you can resume your normal physical activity when the bleeding stops.

With Love,  
Sarah + Amaury

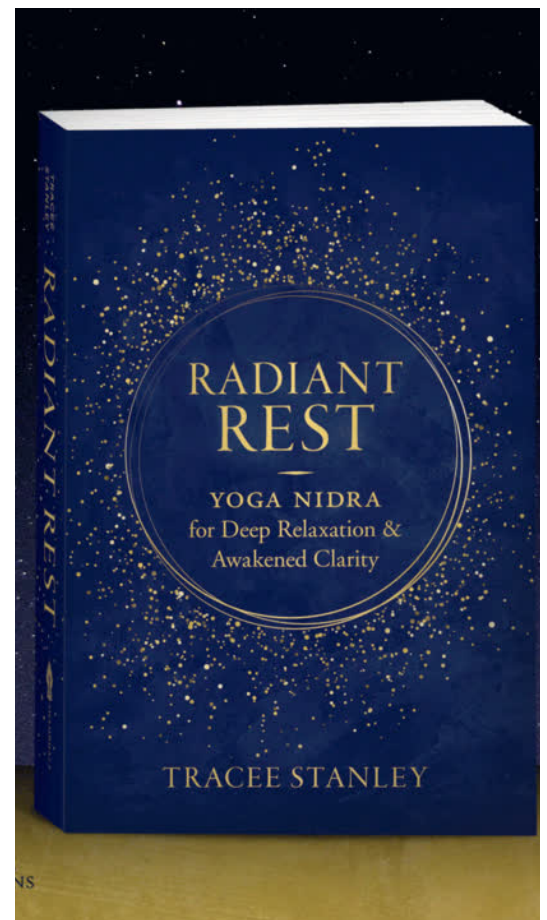




# About the Cover, Meet Tracee Stanley

Tracee Stanley has been studying Yoga and Tantra since 1995. She met her teacher Yogarupa Rod Stryker and was initiated into the lineage of Sri Vidya in 2001. The focus of her teaching is empowerment, sankalpa (intention), self-mastery and healing.

As the founder of The Empowered Life Circle, and the creatrix of the Empowered Life Self-Inquiry Oracle Deck she is devoted to sharing tools to cultivate a life that is a sacred ritual. Tracee is also a faculty member of The Shakti School. Her first book *Radiant Rest: Yoga Nidra for Deep Relaxation & Awakened Clarity*, published by Shambhala Publishing, is now available where books are sold. To learn more about Tracee, visit <https://traceeyoga.com>





# LOVEFIT VAULT

## MORE FROM THE VAULT

This blog post [Fire and Nectar: Creating Balance the Tantric Way](#) is all about balance the polarities of agni and soma.

Have you seen our [latest blog post on The Star of the Weeds: Dandelion?](#) This pesto recipe is delicious and helps balance pitta.

This [episode of The Ghee Spot](#) is all about [sunscreen health](#) and natural options to consider.

[July 2020 in The Shakti School Subscription](#) we focused on Fire and Water with The Best of Femme Form Flows movement practice and meditation on Activating the Valve System.

The [Energize and Metabolize practice from August 2018](#) helps increase metabolic balance in the body. A great one for stoking the inner fire!

**UP NEXT IN SEPTEMBER:**

**NEW SUBSCRIPTION SPIRIT  
SESSIONS LIVE WITH KATIE**



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





# Special Thanks



**Tracee Stanley** has been studying Yoga and Tantra since 1995. She met her teacher Yogarupa Rod Stryker and was initiated into the lineage of Sri Vidya in 2001. The focus of her teaching is empowerment, sankalpa (intention), self-mastery and healing.

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**Kristy Gungler** is a Colorado-based Ayurvedic lifestyle coach, clinical aromatherapist and yoga teacher. She is a nature worshiper and is guided through her life's journey by nature's wisdom and earth medicine. She is a seeker, forever a student, teacher, guide and mama. She created Earth Bird Ayurveda offering one-on-one Ayurvedic lifestyle consultations and community workshops. She offers guidance by sharing Ayurveda, aromatherapy and yoga and helps people plant these seeds of wellness for the mind, body and spirit. To learn more about Kristy visit [www.earthbirdayurveda.com](http://www.earthbirdayurveda.com)

**Instagram @threeplantedseeds and @earth.bird.ayurveda**



**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)