

Andrea's Best Spiritual
Business Advice
Crafting Better
Affirmations

Ladies Fall Retreat

Time Lines

How To Un-Yoga

Yoga Teacher
Training

Harnessing Your Divine Feminine



And the day came when
the risk to remain tight in a bud
was more painful than the
risk it took to blossom.

-Anais Nin

A Publication By Women for Women
4th Edition March 2021

www.hydf.online

Cover Art By: Anna McCague

Got content? Send a email to hydflove@outlook.com



HARNESSING
YOUR DIVINE
FEMININE

What are we? A women's organization that promotes entrepreneurship, elegance and empowerment for all women.

What do we do? Retreats, workshops, classes, programs, products, and curriculum.

Culture? We are metaphysically and practically grounded. Offering tools and resources to teach women how to create safe space for themselves and others. We stand by the concept of "When you give a woman of opportunity you are giving her the world" We are proudly radically inclusive.

Where are we? Our headquarters are in Atlanta, GA. We do have women involved throughout the galaxy.

How can you be involved? Go to the website and subscribe. You will receive weekly newsletters of our events and projects.

www.hydf.online

Dates To Remember



Find out more about our events online and in person

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Email hydflove@outlook.com

Call The Inner Space 404 252 4540

Online www.hydf.online

July 31st 2021

Ladies Summer Jam

November 12-14th

Fierce Fall Retreat



About the Creator of the Publication



Andrea Bagby is a creative visionary, yoga instructor, renowned intuitive coach, public speaker, published author, and the founder and director of Harnessing Your Divine Feminine. Andrea shares her stories, advice, and predictions with a humorous look at lifestyle, metaphysics, and spirituality.

She has been instrumental in assisting women in becoming the best expression of their highest self. Andrea continues to empower women in all walks of life: housewives, mothers, businesswomen, philanthropists, and spiritual leaders in every major religion. Andrea is available for private readings, coaching sessions, and workshops. Call (404) 252-4540



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Peer Network Support Groups



I am so excited to announce the latest HYDF initiative. We are in the process of launching a new innovative way of uplifting and supporting women around the world. These groups are digitally based and peer driven. These groups are complementary and available to all women.

Benefits of membership

***Weekly inspiration**

***Confidential**

***Sisterhood**

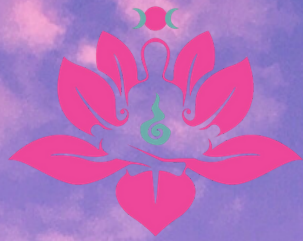
***Advance notice of HYDF events**

***Access to other metaphysicians and opportunities**

How do I sign up? To sign up to be a part of this complementary program by women for women visit our website at www.hydf.online. Or reach out to hydflove@outlook.com You will hear from your group lead in 24 hours via email. hydflove@outlook.com As always ladies; I adore each of you.

**"The Power of Women Gathering (even online) is
immeasurable"**





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Period Positive Positive Periods

Receive a box of feminine products. Donation based. No requirements or questions asked. Could be for one month or a year. No woman should feel shame or have to choose between these products or food or gas. Please fill out the registration form on the website below include your bra size and preference of pads or tampons in the comments.

This program is open to all women.



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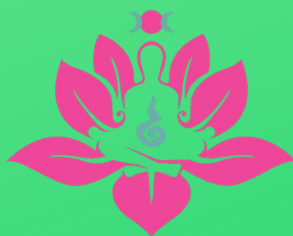
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Diversified 200 Hour Yoga Teacher Training

Imagine opening yourself physically, mentally, emotionally and spiritually while becoming certified to share that gift with others. Yoga Teacher Certification will expand your own abilities while giving you necessary information and skills to teach others while opening up a potential new career. Andrea is a healer of the mind, body & spirit. She combines intuition, reiki, and yoga as she teaches Yoga Teachers to explore and embrace their own spirituality by incorporating all the branches of Yoga. Andrea is an expert in activating intuition, teaching teachers , building spiritual businesses, coaching future teachers, leaders and entrepreneurs to embrace their dreams and life purposes. This 200 hour Yoga teacher training covers all the branches of yoga, anatomy & physiology of Asanas, Ayurvedic practices, the business of yoga by incorporating ancient wisdom with the tools and knowledge of how to make this practical for the modern mystic. We stretch beyond the asanas diving deep into the practical practice of meditation, learning the correlation of chakras, anatomy and asanas with the objective of obtaining a whole practice of wellness and how to guide students through this practice. Call Andrea for specific dates, payment plans and other questions. Investment is \$2500 Call 404 252 4540 to register.



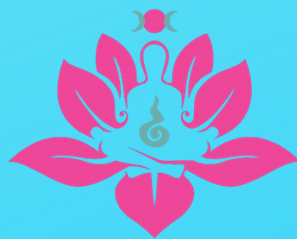
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Timelines

Kathy Higgs

I've been getting lessons about inter-dimensional time for a while now. I got a download a couple of nights ago and want to share here. The best way for the human mind to try to understand how timelines and their probability works is to try to imagine an infinite cube. You may think of a cross-section of one for this equation: Free Will x All Available Options x Your Perception of Ongoing Time. Time is an illusion, but to consider how timelines work, consider a millisecond of time where you must choose the first thing to drink in the morning. Can you imagine how different choices can create different timelines, and how that might look on a grid, or in a cube? Time, as we call it, is really infinite and a creation of our minds.



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Crafting Better Affirmations

By: Teresa Wilson



Affirmations help us achieve our goals by focusing our thoughts on seeing goals in the present. While some suggest that ancient Buddhist mantras are affirmations, most believe that the first person to popularize affirmations was the French psychologist and pharmacist, Émile Coué (1857-1926). He gave the affirmation “Every day, in every way, I’m getting better and better” to his patients. He instructed them to repeat the affirmation as many as 20 times a day in order to change their unconscious thoughts. Researchers found the Coué auto-suggestion method to be highly effective in curing physical and mental illnesses. Writing and using affirmations became common with The New Thought Movement, a spiritual movement founded in the USA in the early 19th century. Simply stated, an affirmation is a carefully formatted statement to be written down and repeated often. The most effective affirmations are written in the present tense (I am vs. I will), positive (loving vs. not hateful), personal (I, me, my) and specific (now vs. future). Affirmations gained scientific credibility with the advent of Neuro-Linguistic Programming (NLP), a psychological therapy developed by Richard Bandler, a student of mathematics and gestalt therapy, and John Grinder, a Professor of Linguistics at The University of California, Santa Cruz. Bandler and Grinder studied highly successful people and hypothesized that success can be achieved by increasing positive behaviors and decreasing negative ones. One way to do this is to use affirmations. In formal clinical studies, NLP has been found to reduce occupational stress, reduce anxiety, and to increase time competence, inner-directedness, self-actualization, existentiality, spontaneity, self-regard, self-acceptance, and capacity for intimate contact. Now, affirmations are common practice in the self-help movement, religious and spiritual communities, and in everyday life. I have had the same six affirmations for 40 years. Today, I am setting them aside for better ones. Why? Because I just learned of a better way to craft affirmations. My old affirmations are OUTCOME-based (I am healthier, I am happier, I am wealthier, I am better...). My new affirmations ones are PROCESS-based.

Here are two examples:

Crafting Better Affirmations

Each day is an opportunity for me to live a healthier life.

NEW: I walk an average of 10,000 steps outdoors each day to enjoy nature and improve my health.

OLD: Each day, I make the world a better place.

NEW: Each day, I share genuine love with at least one person using eye contact, a smile, active listening, kindness, compassion, words, touch, or laughter.

The old affirmations are good, no doubt, or they wouldn't have lasted me for 40 years. But, the new ones are specific, concrete, and active. I'm trying them on for a while to see how they work. They may not last as long as the original affirmations, but I love the direction they are taking me. Try it. Dust off some old affirmations or write some new ones and make positive changes in your life.

Kotera, Yasuhiro, David Sheffield, and William Van Gordon. "The Applications of Neuro-linguistic Programming in Organizational Settings: A Systematic Review of Psychological Outcomes." *Human resource development quarterly* 30.1 (2019): 101–116.



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- 30 minutes of Reiki Healing.
- A photo of the reiki altar used for your session.
- A follow up email where I will discuss details or insights from the reiki session and you can ask any follow up questions.
- 1 oracle card reading to provide guidance and healing messages to close the session.
(The oracle card reading will be included in the follow up email after your session)

*"And the Day Came When the Risk to Remain Tight In a Bud
Was More Painful Than the Risk It Took to Blossom." – Anais Nin*



Anna is Reiki Master Practitioner, a certified 200 RYT yoga instructor, artist and an intuitive lifestyle mentor. For an appointment with Anna, call or text 678-357-0024 or visit www.acircleofwellness.com

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

How Being an Un-Yogi Saved My Life

Andrea Bagby



I am for the most part minimally athletic, curvy with mild auto immune issues. I am a yogi as well: an avid yogi. Yoga saved my life. My yoga journey started as a new psychic. I was working a psychic a fair many moons ago and I did a reading for a woman opening a yoga studio. Later I got an email inviting me to her open house. Me being a seeker and an intuitive happily accepted the invitation. Little did I know that day would save my life. Hard stop. Saved my life.

That day I attended the grand opening class I was an asthmatic, probably 80 pounds overweight, in poverty, depressed and on migraine meds. I was also actively seeking how to shift myself out of this downward spiral. I did the best I could with the poses. Basically, I laid on the mat attempting to catch my breath. The teacher led us in 2 deeply healing meditations during the class. She talked about spirituality, wellness, and compassion. She invited me back stating she really appreciated the energy I added to the class. Every class I attended I learned about breathing, setting intentions, allowing flow and self-acceptance. I was able to apply this knowledge to myself and my clients at the psychic fairs. My business slowly started to grow, and my intuition expanded like crazy. I truly do not believe I would be alive and thriving if I had listened to my anxiety and attended that yoga studio grand opening.

Here is the honest yoga truth. The reason people are stuck is because their mind looks like a bad yoga pose taught by an unqualified teacher. There are 8 branches of yoga. There are 7 branches that require silencing the mind and untangling our consciousness. That means 7 branches that can be done in a chair, in the bed, in totally comfortable positions. One branch of yoga incorporates poses and postures; and those can also be modified to fit your body type or in a chair. The stigma and fear behind yoga has been exasperated due to a mix of bad marketing, media, and unqualified teachers who are not identifying as healers.

That is what makes our program at The Inner Space stand out. Our teachers are certified life coach's and professional intuitives. We believe and teach that untangling the mind comes before the yoga poses. We are teachers and healers and empower each student connect their mind, body, and spirit and offer a variety of healthy tools and modalities to facilitate goals, healing, and manifestations.

This is a inclusive, diverse program that empowers each participant to connect the mind, body, and spirit and live their best lives.

Our Un-Yogi Teachers



**Intuitive, Life Coach,
Artist, Mom
200 hour CYT
Law of Attraction
Facilitator**

**Intuitive, Life Coach,
200 hour CYT,
Mom, Healer,
Reiki Master**



**Intuitive,
Mystery Schools
Instructor
Life Coach
200 hour CYT**



*Who am I? Why am I here?
What is the meaning of (my) life?
Where did I come from? Where am I going?
What is my purpose?*

Mystery schools exist because life itself is filled with mysteries, such as the cycle of life and death, love, birth, who and what is GOD and the workings of the universe.

One of the deepest mysteries is the human psyche. The Greek maxim "Know Thyself" was inscribed in the pronaos of the Temple of Apollo at Delphi.

Classes, Workshops and Study Groups are held on a weekly - drop-in and ongoing basis. Registration is open to everyone regardless of your educational background or previous experience.

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My Best Business Advice

Andrea Bagby

Im approached almost weekly with business "advice". Here is what I have learned from decades of business. I love the top five list. So here is is.

1. Love it or Leave it.
2. Business is a dance; not a tackle
3. Keep Evolving
4. Have several Streams of Income
5. Self invest regularly

This is the basic foundation of building a successful spiritual business. All the other aspects of business will fall into place.

Be open to the resources available to you. Understand that everyone evolves in their own time and manner. Release attachment to outcomes, having peace with the idea that your vision will manifest as you evolve as a healer business person.

Trust your gut instinct. This instinct always speaks truth. Never give up when business gets hard. Shift, tweak, realign. Change is good. Embrace the evolution of you and your business. You are a extension of your business. Happy Empire Building!!



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Fierce Fall Retreat Schedule of Events



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Friday Evening

Check In 3pm

Relax, Get Acclimated to your space.

5pm Stress Release

Art Table Available

7pm Dinner

Followed by Small Group Breakouts

Saturday

8am Restorative Yoga for All Bodies- Chars Welcome

9am- Breakfast

10am-Creating Your Wellness Umbrella

11am-12:30pm

**Creating and Maintaining Healthy Relationships with
Yourselves & Others.**

12:30 - Lunch

1:30pm -3pm Empaths & Manifestations

3pm- Maintaining Sanity in Chaos

4pm- Intuitive Panel. Ask Us Anything

6pm- Dinner

8pm Fire Pit Ceremony

Sunday Am

Mediation, Movement, Breakfast & Hugs

Profound Thoughts and Notes Go Here



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