

Divine Feminine Magazine

Dr. Free

**How the
Moon Affects
Your Body**

**Raising
Your
Vibration**

**When it's
Time to
Move on**

**Holiday
Reflections**

**Inside:
The HYDF
Spring Retreat
Schedule!**

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What is Harnessing Your Divine Feminine (HYDF)?

A women's organization that promotes entrepreneurship, elegance, and empowerment for all women.

What does HYDF do?

Retreats, workshops, classes, programs, products, and curriculum.

What is HYDF's culture?

We are metaphysically and practically grounded, offering tools and resources to teach women how to create a 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 is HYDF located?

Our headquarters is based in Atlanta, GA. We have women involved throughout the country, the world, even the galaxy.

How can I get involved?

Go to the website and subscribe! You will receive monthly newsletters of our events and projects.

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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.

She 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.



HARNESSING
YOUR DIVINE
FEMININE

Table of Contents

About HYDF.....	1
About Andrea.....	2
“Demystifying Twin Flames”.....	4
Meet Dr. Free.....	7
“Spring Fling Info.....	10

Business

Thoughts.....	12
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Moments That Create A Safe Place to Blossom.....	14-15
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www.hydf.online/Magazine

Demystifying Twin Flames

by **Glenda Emory**



What is the truth about twin flames? With the release of the new Netflix docuseries that highlights the dark side of twin flames I wanted to dispel some myths and bring to light the real reason twin flames are even a thing. To be honest the individuals that are at the forefront of that series are con artists and not twin souls/flames. They are in it to make money off desperate people. They have abused many people and negatively impacted the entire twin collective.

Are twin flames/twin souls real? Absolutely. A twin soul/flame is a soul who chose to split into two perfect pieces. This was done to allow the soul to gain experience and soul growth twice as fast as normal. Originally it was an experiment of separation of self and separation from source. One part would usually stay behind and learn on the other side while the other would incarnate and experience life. Once that life was over they would come back together to share what they had learned separately. In this current time twin souls/flames are here to anchor the light of unconditional love on this planet and to help humanity ascend to the next level of consciousness and wake up. Our mission is to help humanity fight the darkness that has consumed our planet for way too long.

Does everyone have a twin soul/flame? No. Not all souls signed up for this experiment and not every soul who did has a twin in body right now.



Is the twin soul/flame a romantic connection? Sometimes yes and sometimes no. It depends on what each part chose to experience in this lifetime. There's always a strong attraction to each other, but sometimes it is just the need to be in each other's energy and not necessarily wanting to be a romantic partner with each other. Besides, twin souls/flames trigger each other to heal at the deepest parts of ourselves and that is done through mirroring our own crap back at ourselves through them thus triggering them as well. It is a very intense and chaotic connection and navigating it together as a couple is almost impossible until both have healed a lot of their core wounds and cleared the blockages that are in the connection. They are not your ultimate romantic soulmate. That is a lie told to you by people who want to profit off your confusion and the desperation that often comes with wanting to be with your twin.

Will I be with my twin forever? Yes and no. You are always connected on a soul level through the quantum entanglement of your souls which can never be undone or severed. Some twins will work through everything and be able to be together in unconditional love which is better and more stable than romantic love which is more hormone based and often volatile.

Why does my twin come close and then run away? This connection is really intense and difficult to handle that level of intensity for one or both people. The intensity causes them to need space to process and integrate all the energy that is created when they are together. Unfortunately most counterparts can't handle the feelings of rejection and abandonment that comes with their twin pulling back so they rush forward in fear and this just causes more and more stress and intensity ultimately driving them apart to heal separately.

Ultimately, you have a choice to try and be together or not. As long as you fulfill your part of the mission you do not have to stay with someone because they are your twin. If they are abusive, yes they can be because they are human just like you, or disrespectful. You can't disconnect from them, but you can choose to do mission separately as we no longer have to be with them if we don't want to.

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Dr. Free is an Intuitive, Metaphysical teacher and Authenticity Life Coach. She understands that knowledge of self is the beginning of wisdom. She uses her wealth of experience as motivational speaker, spiritual teacher, and life coach to remind others that our authenticity is the best gift we can embrace for ourselves and give to the world. Dr. Free uses compassion, humor, and empathy to empower others to become better versions of themselves as they navigate personal challenges, relationships, crises in faith, and mindset shifts. Her thought-provoking selection of children's books has timeless messages that inspire positive self-esteem and nurture social-emotional development.

Worthy Me

Our human experience is influenced in many different ways. These influences condition our thinking and shape our way of being. Our family of origin, schooling, religion, culture, and societal norms are all major contributors that often determine our sense of self. Embedded within each of the aforementioned are benchmarks in the form of hierarchies, grading standards, steps, and rites of passage. All are proverbial hoops one is supposed to jump through to feel accomplished. While each serves a specific purpose, striving to make these markers trains us to look outside ourselves for approval and validation. The result of our efforts and whether or not we make the markers can affect our sense of personal worthiness.

What exactly is worthiness? Worthiness is our immeasurable value and inherent suitability to be as we choose, and to receive what we desire and deserve. Despite popular opinion, worthiness is not about yearly earnings or net assets. Authentic worthiness cannot be earned or lost. Every human being is worthy simply because they exist.



We are born worthy and nothing we can ever do subtracts from or adds to our genuine worthiness. Neither race, gender, creed, economic status nor sexual orientation ever affects our inherent worthiness. Awards, accolades, and honorable mentions have their place but those who are acknowledged, ignored, and not even considered for such are equally worthy. We are all important and possess qualities that merit appreciation and recognition. Everyone who has breath deserves to live a life of peace, joy, and fulfillment. No one is disqualified. As the divine offspring of Source, our birthright is abundance and we have the boundless freedom to choose how we benefit and express our spiritual inheritance. Once we awaken to the true nature of reality, we realize nothing can and ever will separate us from what is rightfully ours nor prevent us from living our lives on our terms.

There is a quote in *A Return to Love: Reflections on the Principles of a Course in Miracles* by Marianne Williamson that has become a guiding force in my awakened journey of evolution. "Our greatest fear is not that we are inadequate. Our greatest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. This quote is not about conceit, an inflated ego, or self-aggrandizement. On the contrary, it is about acknowledging our inherent value and legitimate worth as we authentically move in the world. We were born to shine our light by showing up brightly on the stage of our life. Let's take a divine perspective. God Source is often called "The All," The All or God Source exists in "all" creation. Nothing exists without The All. You and I are so significant and worthy that The All cannot be The All, without us. There's even more to rejoice in with gratitude! As part of The All, we are never without unconditional love, and cannot be rejected, or forgotten. Our worthy presence is perfectly significant; always matters and always will. Negative ideas of unworthiness are NEVER true.

We are so much more than the reflection we see in the mirror! Believing in the illusion of unworthiness is self-destructive. The illusion can manifest as maladaptive behavior, disease, and inauthenticity. We disempower ourselves when we do not know who we truly are. The dark stories we continually retell ourselves about our wounds, also cause self-imposed affliction. Illusions of fear and separation keep us from manifesting our hearts desire,

Yes, our past pain is a valid experience but it does not have to determine present or future ways of being. Alleged failure is never final. Mistakes are merely lessons and problems are opportunities to elevate in consciousness. Your humanity had the unwanted experiences for your soul's evolution and expansion but you are NOT the experiences. Worthiness is unscathed by circumstance. Choosing to identify yourself as your painful experience stifles the embodiment of worthiness. Conversely, knowing our worthiness energizes us to lift ourselves from murky places and helps us see the beauty among ashes. As we learn to embrace our worthiness, we naturally lay aside the weight of regret and shame we were never meant to carry. Quantum physics teaches us it is not our circumstances but the lenses of our perspective that determine the assigned meaning of our experiences.

We are infinite beings having a temporary human experience! Countless miracles have and are yet to be revealed in us and through us. The essence of who we are at our divine core is God consciousness. Neville Goddard states, "I ask everyone to believe in God, but God is not something outside of you." That being said, we are undeniably and unquestionably worthy! God Source is able to do exceedingly abundantly above all that you can ask or think according to the divine power that works within you. We are worthy and we deserve to live a life as awesome as our wildest dreams! Embrace your worthiness and enrich the quality of your life in every now moment.

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Business Thoughts

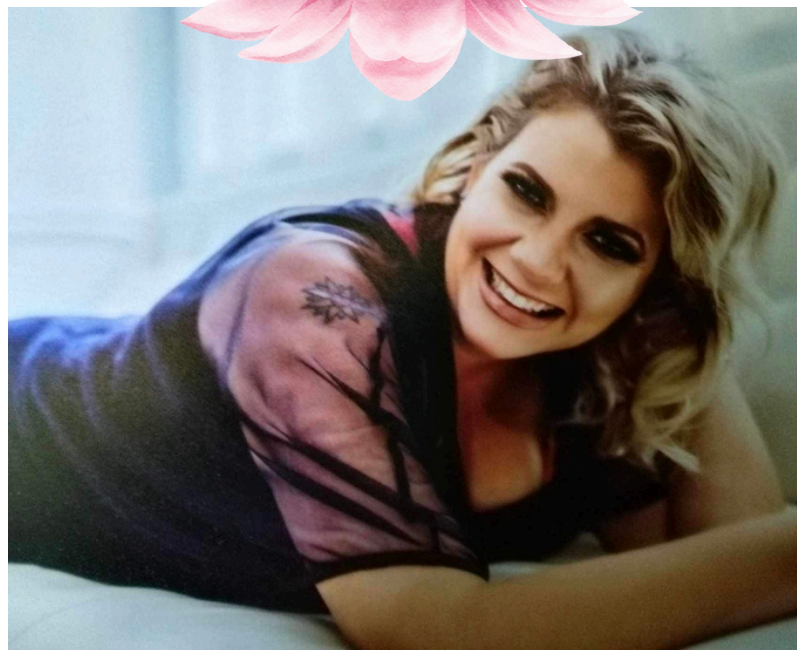
by **Andrea Bagby**



Innovation in business is one of the most important aspects of business. As spiritual entrepreneurs we must absolutely show growth to ourselves, our communities and our clientele. Sure some ideas will seemingly fall flat, some will take off quick and others will show you how far you have come and what you are capable of. I teach my yoga students to "find their edge" not pain; just explore the edge, only then we will realize our full potential.



Yes do what works, for sure if your business plan is soaring then yes keep bossing your way to the top; and grow. Finding your points of growth will be the reason you continue business. Here is why. We are always mirroring our clients, or rather they are mirroring us. Our clients will match our vibrational energy. Holding the intention of growth for your clients; yet not growing will ultimately cause delays for you both and is disservice to your client base.

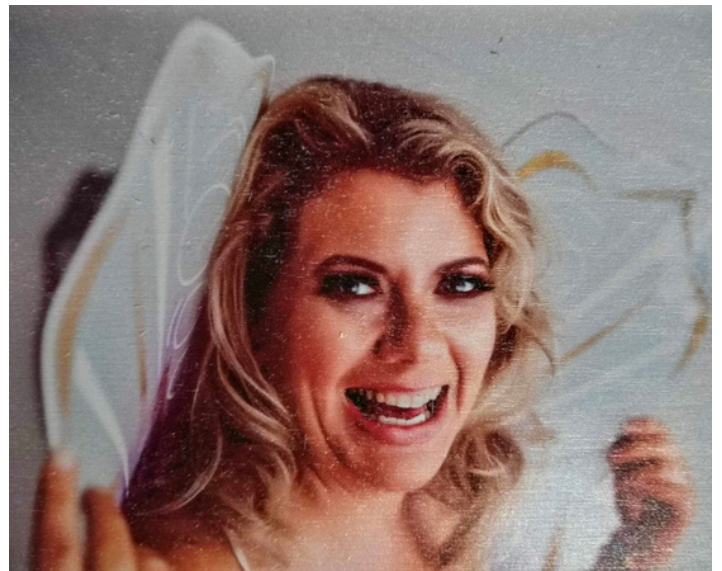


I am always pondering spirituality, manifestation and what all this really even means and how I can best serve my family and community. My guides have a

total sense of humor. They said "be brave enough to fall on your face and get back up". I honestly feel like I have done that several times in life; and I keep going and following my intuition and really some sort of solution is found or abundance is acquired even through "failure", so I can say failure doesn't exist. Ideas the world is not ready for; now that is more the reality of what failure actually is.

Psychic answer number 2 I received is staying the same actually puts too much pressure on our clients. They find us for guidance and growth and watching us be stagnant puts a subconscious pressure on your clients and all the people you care about. Growing will keep your business fresh, keep you learning, keep you young you will almost always find a key to one of your dreams. I hope this inspires you to move your energy, go after your dreams and dream even bigger.

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MOMENTS THAT CREATE A SAFE PLACE TO BLOSSOM

“ The Puppy stage verses The Cat stage in life. ”



A extremely, wise client of mine told me, humans are either in the puppy or cat stages of life. Younger humans that have not had their frontal lobes seal have a basic stage of processing. For me, this makes complete sense. I have and still have the honor of being a parental guide. A guide really is just a hollow bone of love and safety. This circle of love, and safety is a training ground of cultivating healthy boundaries. You or me must be able to release any authoritarian, role, model structures... with safe boundaries. Always smoother, in love to protect the younger human ~ new to this journey. When I get to connect with any human no matter age or gender, and their *child like* aura allows me to see “Them”. My personal soul holds a safe place for them to be them - even if it hurts my heart. If it hurts my heart I try to reflect on the puppy vs kitty.

Puppy stage is a yellow, golden, labradoodle puppy dancing around you (roughly ages 11-16). Cat stage is a orange, with an “M” shape on the forehead, tabby kitty under 1 year old in its life cycle type of personality (roughly 16-26). Every personality allowed to venture safely, ask questions, hold back physical affection, want low stimulation in their environment, swim in music, go into a coma of sleep (mentally, emotionally and physically), and be ready for hugs or only need a nod of facial appreciation.

Hold Space for you and them...

Always remember a true apology is gold and you or them are never ever going to be perfect. We are human flesh suit on a spiritual journey. Give lots of love, safety and freedom. Your legacy past, present and future only needs a healthy dose of love. Love never fails - even if it hurts your heart. Hold with a foundation of love with all humans cuddled in a healthy boundary. Don't loose hope I have personally been given many young humans to guide way to many to even count. Puppy vs. Cat all made sense when she said it. My clients range from 11 months to 75 years old.



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