

# DIVINA *magazine*

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JULY 2013 ~ ISSUE 2

Sexy Superfoods

Money + Relationships

Meditation for Women

energy



# DIVINA

## Empowering Women's Health, Passion & Prosperity

**divina:** "dah-vee-nah"

- divine feminine
- divine one
- a woman who celebrates her divine feminine nature

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**Cover Photo:**

*Wild Pink Trillium*  
by Kara Maria Ananda

Welcome to the *Energy* Issue of  
**DIVINA Magazine for Visionary  
Women!**

This is the second issue of DIVINA  
and I am really excited about the  
uplifting voices and inspiration  
being shared within this  
publication.

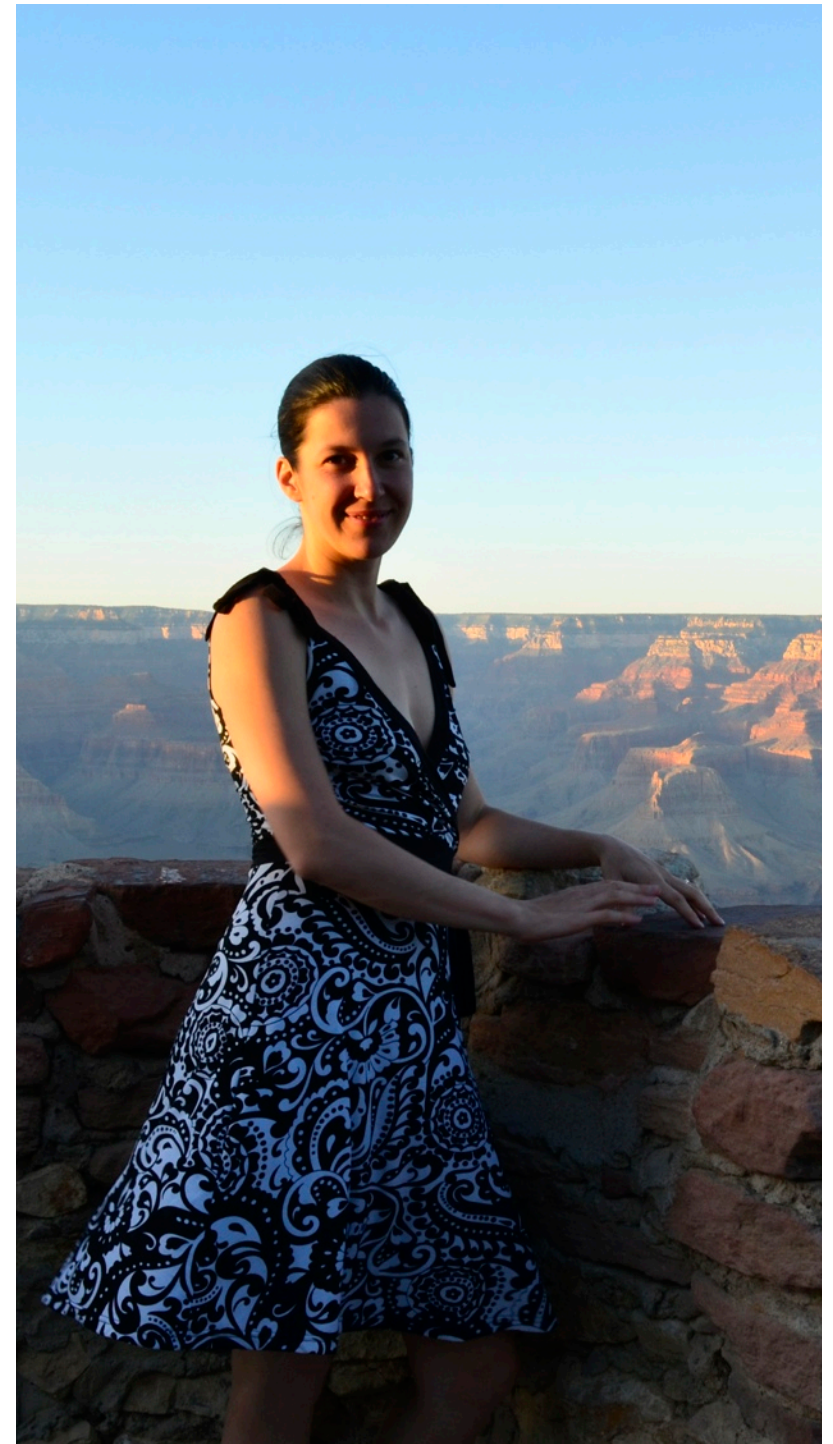
Our amazing contributors have  
shared with you a rich variety of  
empowering articles, tips, and  
practices for enhancing the energy  
in your life from sexy superfoods, to  
health tips, to creating the life of  
your dreams.

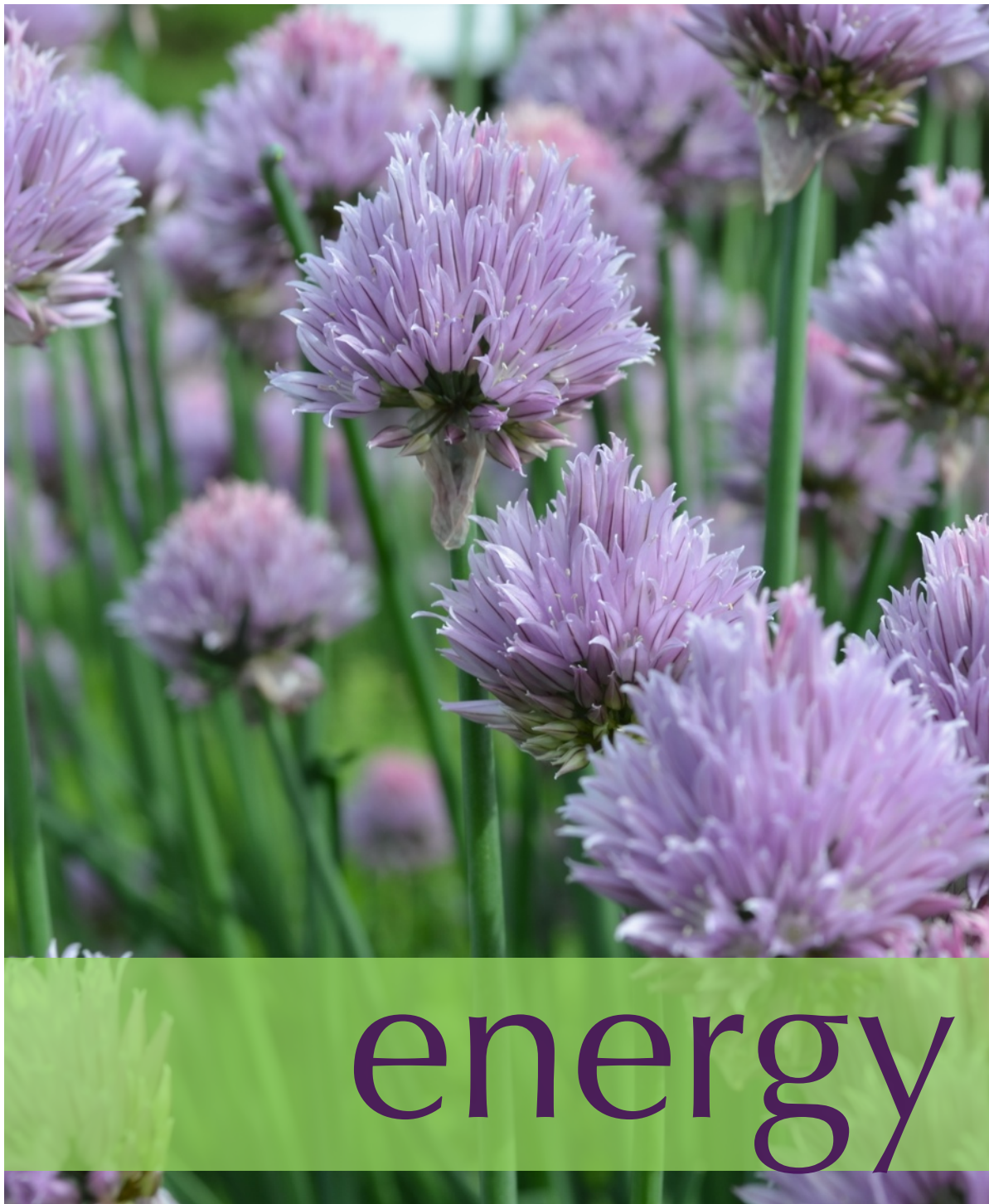
We even have a special audio  
meditation bonus exclusive to our  
Divina Community to help you  
cultivate calm and get centered.

My intention is for this issue of  
DIVINA magazine to inspire you to  
cultivate the divine feminine energy  
within your body and spirit to live  
your purpose with passion.

**Viva la Divina!**

Blessings and Gratitude,  
Kara Maria Ananda





energy

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# Viva La Divina!

## 4 Ways to Tap Into Your Divine Feminine Energy

Imagine a world in which the feminine is truly honored and celebrated, and women all over our planet experience respect, honor, and celebration. How would it feel for women and men work in in conscious co-creation together for a thriving human global civilization, a peaceful planetary culture that values youth, elders, nature, and the feminine. Yes, this is the vision that is rising within the planet, that is striving to be born. La divina is rising!

It is time now to take action ladies! Get out there and speak your truth. Live your dreams, create that business, share your message, gather with your sisters, create a website, invest in yourself, improve your health, write

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that blog, make that video, pray with passion, and take the next step to doing what you can to support feminine empowerment. Our planet needs you, your sisters need you. We have to do this together if we want it to get done. Planetary healing lady style.

Just think about what the world would look like if women were the ones in control of the majority of the world's wealth, and we had intelligent, humanitarian, creative, and confident women in leadership positions within all world governments and corporations. Would there still be so much





spending on war and such pervasive environmental degradation? Would our schools and libraries not be closing due to budget shortages? Would we still have overflowing prisons or would it be different?

I know that it is going to be a whole new improved story. When the sisters, mamas, and grandmas get busy whipping this world into shape, we are all going to have the best schools, birthing centers, community gardens, free energy, and clean water all over the place.

Living la divina - this begins with honoring that you as women embodied are the divine feminine incarnate and stepping into your sacred mission as being a feminine healer and visionary leader at this critical time in the spiritual evolution of humanity. You are being called to accept your soul agreement to being a philanthropical visionary maven actively creating the world we want to live in today.

The divine feminine is a powerful force, it is the infinite current of creation, sensuality, and healing running through all of the Universe and all of us in it. This energy has been recognized by human culture for millennia and honored or scorned in a variety of ways. Some fear this energy, try to suppress it, and some try to possess it. When we are able to tap into the divine feminine energy within us, we can harness this powerful force for healing, transformation, women's health, sensuality, prosperity, and more. The world needs you to bring balance to our world by tapping into your divine feminine nature within and honoring the creative inspiration that comes forth.

# 4 simple and powerful ways to cultivate your divine feminine energy:

## #1: Love Your Body

Your body is your one vessel for this lifetime. It's amazing to be alive and to have a body. Cherish the one you have. Listen to the messages your body has for you. There is wisdom and intelligence within your womb, your breasts, your ovaries, your cycles, and your hormones. Pay attention. Chart your cycles. Massage your breasts and belly. Treat your body right with the best foods, waters, and self-care. Invest in your health, because your body is the greatest tool you have for creating all your dreams. A vibrant energized body is ready to create businesses, relationships, wealth, and transformation. Learn about empowered women's health including fertility awareness, conscious birthing, natural hormonal health, and breast health. Move your body regularly through dance, yoga, hiking, hooping, surfing, or your favorite fitness practice.

## #2: Get in Touch with Nature

Walk barefoot on the Earth, feel the sunlight on your skin, bask in the moonlight, and climb mountains. We are continuously affected by nature and cycles of the seasons, moon, planets, and Universe. Through studying the cycles and patterns of nature, we can learn to work with them for ease in creation and manifestation. We can consciously create with grace and flow when we align with the natural



cycles and trust in the beauty of the process. The moon's cycles effect all water cycles on the planet, from the oceans to women's menstrual cycles. Knowing the moon cycles throughout our whole lives is a great way to tap into the divine feminine energy in the world, even when we are in a stage of life in which we are not menstruating. Through increasing awareness of the cycles of the moon, we can increase the effectiveness our our work. We can schedule activities in alignment with the energy of the natural cycles, such as focusing on finishing up old projects while the moon is waning, taking time for personal retreat when the moon is New, and host outstanding live group events when the moon is Full.

### #3: Gather with Women

When women get together we create a field of energy that is greater than ourselves and connects us with the divine feminine. This field of energy is a web that connects us with women all over the planet, as well as our ancestors, and the Universe itself. When women come together to talk, uplift, and support each other, particularly in times of stress, it creates a biological response within our bodies that enhances the release of oxytocin. Oxytocin is affectionately called "the hormone of love" and it helps to facilitate bonding, trust, and feelings of happiness and wellbeing. When we come together as women for sisterhood we uplift each other to an exponential degree just by being there, listening, laughing, talking, and being honest with each other. If you don't already have positive powerful women in your life than find a women's circle, create a mastermind group, join a class, and reach out to connect with women in your local and online communities.

### #4: Support Your Sisters

Uplift and support women in your community and the world through your words, intentions, prayers, and consumer power. Take classes, read books and watch videos created by conscious feminine thought-leaders. Be tolerant of differences and kind with your words. Become aware of women's issues on local and international levels, and become involved in making the world a safer, healthier, and more supportive place to be a woman. Shop at women-owned and run businesses. I love shopping at women-owned clothing companies, and I take delight in purchasing organic food each week from women farmer's at the market. Through the simple daily acts of supporting our sisters, such as buying a dress designed by a female designer, or a basket of vegetables and eggs from a woman-owned sustainable farm, we can uplift the rise of the divine feminine on Earth today. We are doing it together. As we support each other, we all become stronger individually and collectively. Viva la divina!



# Live the Life of Your Dreams

by Samatha Nolan-Smith

**Energy, Consciousness and Matter... It's all expanding at an accelerated rate.**

A couple of years ago a team of scientists in the US and Australia won the Nobel Prize in Physics for the "discovery of the accelerating expansion of the universe". Yes, they have scientifically confirmed that **the universe is growing and it's growing at an accelerated rate.**

At the time, I was intrigued to learn that the Scientists were shocked by their own discovery.

Everyday I see evidence of a growing shift in consciousness and awareness - I see people waking up to their true nature. I see people reconnecting with their deepest selves.

**The expansion of the universe and the expansion of consciousness.**

**Happening at the same time.**

A coincidence? I don't think so.



Intuitively the connection seems clear. What is exciting about this scientific discovery is that each day we're getting closer to being able to explain the connection in a way that the mind feels comfortable with.

It starts, I think, with Einstein's famous equation  $E=mc^2$ . Put simply, this is understood to mean that energy and matter are different forms of the same thing. Matter is formed when large quantities of energy come together at an incredible speed. Therefore, everything in the universe - the planets, the moons, the trees, the animals, humans, buildings and rocks - is energy, vibrating at its own speed.

If you're not used to drawing on intuition as your primary guide, a quick check in with your logical mind will confirm for you that if everything is energy, then consciousness and energy are one, and therefore, their expansion and contraction are interconnected. It's not really surprising then, that as more and more people notice and speak of a quickening in global awareness and consciousness, scientists discover that the universe itself is expanding at an accelerated rate.

\*\*\*\*\*

### **So what does this mean for you and I in our individual lives?**

For centuries enlightened masters have guided people to turn within in order to uncover deep wisdom and knowledge, showing people their true natures and reminding them of their power to create their own world. This has never been a woo woo or esoteric statement. It has always been meant quite literally.

### **You are energy. You are consciousness. You create worlds.**

As your consciousness grows so too does your co-creative capacity.

**Understanding this is a game changer.** It changes the way you view yourself and what is possible.

- It means that we are collectively determining the nature of the universe and that **we all have an important role in the co-creative process**, using our thoughts with focus and awareness to generate our preferred environment.
- A mind which is capable of producing clear and powerful thoughts is something that takes time to nurture. It generally involves a re-engineering of old brain patterns, so careless have we been for millennia of our thoughts, words and actions.
- It means that my desires can be met at the same time as yours - the universe is large enough to respond to both.
- It means that we can relax in our obsessive need to control the behavior of others for this is a need which can only arise when you see the world as limited, and happening to you, rather than as a result of you.
- **Your power to create worlds is as great as any other and your one and only job is to allow that power to flow through you.** The more you allow the flow, the more influence you have.

In this light, emotions like jealousy become obsolete. Science has just proven, on the largest scale possible, that the universe we inhabit is enormous, that it is a field of infinite potential which is growing by the second. Certainly that is a field which is vast enough to accommodate the dreams of 6 billion people, even when those dreams contradict each other. In fact, it appears that it's a field which is more vast even than that.

When we really get this, when collectively we understand that the universe is not only capable of, but designed to, respond to the desires and wishes of every single person on the planet, then in that moment we move away from controlling thoughts and actions toward a world of co-operation; a world of **celebrating difference and actively encouraging others to flourish, knowing that their successes - however they might define them - in no way diminish our own.**

We also realize that if we're not living the life of our dreams, our neighbor, boyfriend, government, mother or colleague is not the one standing in our way. We are each doing that for ourselves.

**None of us has an excuse for not dreaming and living large. As large as possible.**

In so doing, you won't be taking from others, you won't be depleting a limited resource, you won't be acting with hubris or unnecessary pride. You'll be behaving exactly as you were born to behave. As a dreamer and creator of worlds in an ever responsive and expansive universe.

To do anything less is the equivalent of being chosen to play for your country in the World Cup and pulling a hamstring the night before the big game. You can create all sorts of excuses, you can play the victim, you can tell a really good story about why you couldn't take the field, but at the end of the day, that's why you're here. To take the field and play with as much skill and inspiration and glory as possible. Only in that way are you able to celebrate and pay tribute to your country, your gifts, your birthright.

So it is with life.



**Samantha Nolan-Smith** works with women who want more from their lives. She is a yoga teacher, spiritual mentor and life coach and writes a weekly blog at [www.samanthanolansmith.com](http://www.samanthanolansmith.com). Samantha is also the founder of Retreats at Home, multimedia programs for people who want to conduct yoga and wellness retreats from the comfort of their very own lounge room. You'll find these wonderful resources at [www.retreatsat home.com](http://www.retreatsat home.com).

# Sexy Superfoods to Keep You Juicy

Vitality, Immortality, Longevity are long sought after by humans since the beginning of time. The most likely place to find such potency? From the foods we consume!

Yet, in contemporary culture we are bombarded with packaged, processed, fake foods filled with chemicals, preservatives and GMOs (genetically modified organisms). We are just now beginning to see the negative health impact of three decades of the genetically modified foods in our food supply. The various combinations of these “dead” foods are lacking life force and making us sick, obese and depressed.

We are the only species which has lost the ability to recognize “real food”.

This is not sexy, and in fact, it causes a bit of a lackluster effect on our overall physical being and seriously gets in the way of our staying juicy.

## BY IMANI MAMALUTION

*Imani Mamalution is mama of six homeschooled children who were raised with their instincts intact, visionary behind the Mamapreneur Embodied Living Program, Sexy Superfood Expert & creator of the Mamalicious Superfood Start Kit. She leads e-sensual nourishment programs world-wide helping others get turned on to the joy of juicy living. She overlaps her love of Tantra to create ecstatic eating experiences and supports women as the step fully into receiving the abounding abundance the Yoniverse has to offer!*  
[www.mamaliciousmarket.com](http://www.mamaliciousmarket.com)

When our bodies lack the vitamins, minerals and nutrients essential for optimum health, our sexual appetites are affected. How can we expect to reach ecstatic heights when we have no prana to fuel our passion?

Eating over 50 percent living foods consisting of fresh, organic fruits and vegetables keeps us hydrated from the inside out. A liquid food routine of fresh juices and green smoothies daily can help quench our bodies thirst when find ourselves eating a lot of cooked or dehydrated foods.

Kale is a local superfood hero bursting with protein. A simple green smoothie a day (1/2 bunch of kale with fresh squeezed orange juice and frozen





berries) will keep you on the juicy path. Add in a few exotic superfoods and you are about to have an extra special day!

Let's talk about some of these emerging "superfoods" that are being "discovered" around the world and reaching high levels of acclaim.

These superfoods are native to the lands where they are harvested and have been eaten by indigenous people for thousands of years. It's not that they are new it's just that we are just getting turned on to them. In some cases, our recent demand for these products (quinoa and cacao), are negatively impacting the people and lands where they come from.

Make sure that the superfoods you use are wildcrafted and sustainably sourced.

So why foods from across the globe to add to our smoothies? It is my belief that our bodies, like the earth herself, are so out of balance that we are in serious need of some deep nourishment to get us back on track. Our internal GPS has taken us off course and these superfoods, when ingested, somehow activate our feminine, intuitive nature inherent in our body's wisdom to guide us back home.

I think these plant based foods are here to heal us and the planet.

Here are some of the top sexy exotic superfoods (and just a few of their amazing properties):

**Chaga:** King of Mushrooms known in Russia for its anti-cancer properties, adaptogen, & immune boosting

**Reishi:** Queen of Mushrooms known as "immortality" herb in Chinese Medicine, overall tonic & immune boosting



**Cacao:** Food of the Gods, high in PEAs (phenylethylamines = love hormone), High anti-oxidants, magnesium & iron

**Goji Berries:** adaptogen, adrenal support, harmonizes and increased “jing” energy, enhances libido & sexual function

**Maca:** Adaptogen, Thyroid Health, Hormonal Balancing, Fertility, Aphrodisiac

**Mucuna:** Fast growing bean used medicinally for ages, Cognitive, Adrenals, Reproductive Organs, Kidney Energy

**Shilajit:** Used for over 10,000 years, foundation of Ayurveda, 88 plus trace minerals & fulvic acid

**Chia:** Powerful functional food known for high energy & endurance and great source of fiber, protein & omega 3

**Coconut Oil:** anti-fungal, anti-viral, antioxidants, hormone production & super sensational for the bedroom too!

With the assistance of superfoods we are able to eliminate the toxic residue and return to a place of INSTINCTS INTACT where we are able to sniff our real food once again and become mindful of what our bodies truly desire. We make the connection between how we nourish our bodies and our sensual selves. Cheers to a juicy you!

# Three Ways You Can Reconnect With Your Inner Healer Goddess Right Now

By Sasha Niala



Did you know that at the core of you lies an infinite source of energy, the energy to heal you from your health issues, and to heal your entire life-relationships, indecision, past hurts and future concerns.

This energy is vast. Here are some tips to help you tap into and utilize this wealth of energy.

## PUT ON YOUR LENS

In order to use energy, you need to be mindful of what it is exactly.

So what exactly is energy? Yes, you can describe it in terms of the laws of physics and the fact that it can be transformed. For now, I would like you to look at energy through a different lens, one that sees a bit beyond the physical world- *the Energy Lens*. Imagine that you have put on an Energy Lens and are looking into a full length mirror. What do you see? You see a pool of energy where your body would be. Then you go outside and you see a grid of energy laid out on the earth. One place looks very dense and heavy and you feel repelled by it. Another is vibrant and light and we immediately go there and our pool gets bigger. You take the lens off and some energy spots disappear as a reminder that not all energy is physical! This is why a lot of times simply the feeling of energy is important and it's also important to have a good sense of what drains and what energizes you.

The ability to discern energy is important in order for you to understand your own energy as it responds to different places and situations.

## USE YOUR ENERGY STORES

One of the best storage containers per unit square of energy is water. In each cell of your body, at least two out of three parts is water. If you were to master the usage of this wonderful life-supporting part of your being, you would gain access to a huge amount of energy.

Water is great conduit for Chi or life force energy. Feng shui commonly recommends the use of water to liven dull areas in a room. You can see this for yourself - notice the changes you feel when you add water to an area that feels "dead" in your room. You can also add rose petals or essences to further revitalize this new oasis as you desire.

The body has a natural sensitivity to the changes in water because of its content. Hydrotherapy, the use of water for therapeutic purposes has been used for thousands of years, perhaps since man first called this planet his home. You can use water to balance your energy by using the contrasting effects of hot and cold water on the body. When applied, cold water at the source of congestion such as in congestion headaches is useful for pushing excess energy away. Hot water has the opposite effect and is great for relaxation purposes such as with foot baths and in spas.

It is very important to stay hydrated since water not only stores but helps release energy. Use it wisely.



## LET THE LIGHT IN

The ultimate source of our energy on this planet comes via the beams of light from the Sun.

If you live in a place where there is winter, you will know how quickly you can get the blues if you stay away from natural light for too long.

Light separates into seven different color rays, and each of these influence our moods in different ways. Our mood is inextricably linked with our energetic state and sometimes we may like certain colors when we feel a certain way.

Like attracts like and you draw in a color like red when you are fiery and passionate and energized.

Since color can influence our mood, it can also influence our energy and be used to trigger healing.

Patterns of color in paintings can be quite healing by allowing our subconscious mind the space to work on more subtle layers while our

Sasha Niala Pustam is a Holistic Energy Healer and Artist whose work centers around holding each person accountable for her divine truth, beauty and essence and facilitating energetic shifts that can help unblock and heal lives inside-out. She takes clients on healing journeys to uncover the gifts of their true selves through guided energy work and art. She believes that chronic wellness is attainable for all. You can find her at [www.sashaniala.com](http://www.sashaniala.com) and get a free energy check-up at <http://sashaniala.com/free-checkup/>

energy changes on the surface as well. It is almost like the energy body goes on its own journey through as simple a process as viewing a painting.

It is often the simplest of acts that create profound changes in the outer world.

I hope if anything these words have reminded you of the immense power you hold inside of you.

This is your ticket to unleashing your healing not only on the world but in your own life and health.





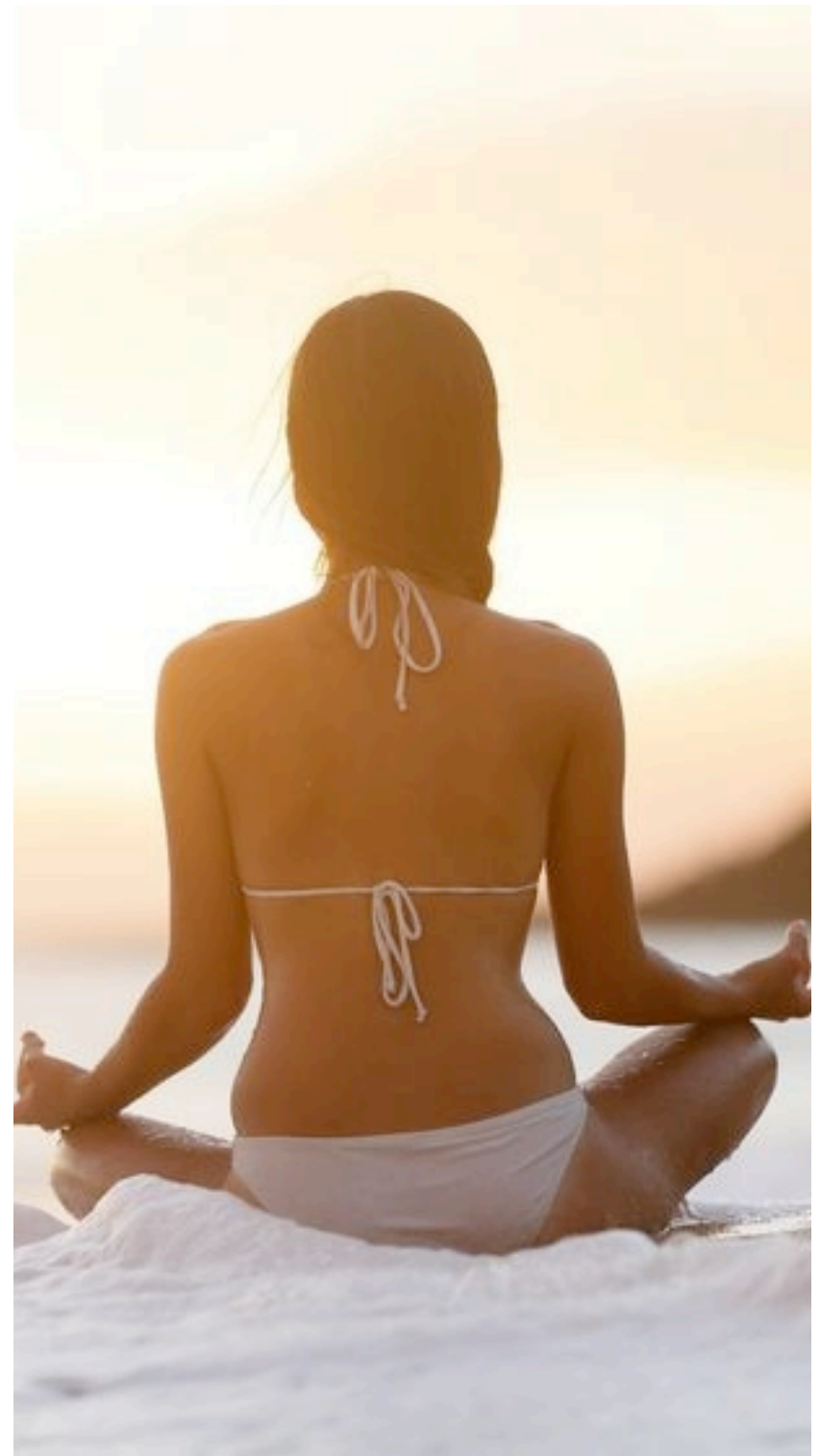
# Whole Womb Healing: A Meditation for Women

By Kelly Meehan, MA

The womb is a woman's sacred space also known as the uterus. It is one of the many wonderfully sacred organs of a woman's system. The womb is a precious and sensitive organ full of tissues that all work together in the body. It is also resilient, self cleansing, and an incredible place of expansion and creation. The womb's non secret desire is to always have homeostasis with proper temperature, no foreign growth activity, and to be fully and deeply loved. The womb is not just about the physical health, but the emotional health and spiritual health. The womb can easily be affected by life stressors and issues can manifest in the cells into other major problems.

Learning how to connect to the womb is a gift that can save your life in many healing ways. A great way to care for the womb besides eating nutritious foods, active exercise, and holistic check ups is meditation. Meditation is being able to be still in the mind, sit in self reflection, and be open to explore awareness of body and spirit. Meditation can open and rejuvenate the self in profoundly healing ways that gives to the quality of life.

Learn a self guided meditation that uses body awareness with spirituality for whole womb healing for all women. Adding meditation to everyday life can promote relaxation, expanded awareness, enhanced intuition, and body attunement. It is an opportunity to connect to the soul by creating a time set aside to experience balance and awareness.



# Whole Womb Healing Meditation

- Create space for a quiet and relaxing 15 minutes or more. This can be done lying down or sitting comfortably upright. Eyes gently closed and body open and relaxed.
- Take 3 deep breaths to settle into the space with the intention to be present.
- After your 3 deep breaths bring your attention to your heart. Place both hands over your heart or the center of your chest.
- Stay centered to the feelings and sensations that come to you from your heart.
- Allow your normal inhale and exhale to take you deeper and deeper into your spiritual heart. Let the breath guide you.
- Notice the feelings of the spiritual heart. Feel its power. Feel the purity, the beauty, and the love. Let those words saturate your mind and feel it in your body: PURITY, BEAUTY, and LOVE.
- After you feel the fullness of your spiritual heart then take one hand away from your heart and place it on your lower body where your womb and reproductive organs live
- Visualize and FEEL the spiritual heart's energy of PURITY, BEAUTY, and LOVE moving down into your womb. Let it flow in a natural motion down and let your breath help move it.
- Be open and receptive and see all the organs healing in your lower body taking in the heart energy. If you have lower body trauma see the energy going deep into places that hold the most pain and fear.
- Once the energy of your heart is flowing into the womb in a natural rhythm then allow time to listen to your womb and let it speak to you. Share feelings, emotions, and sensations. Let yourself experience the freedom of expression without judgment or criticism. Ask yourself if your womb wanted to talk what would she say to you?
- What does your womb feel like? What emotion does she hold? How has your womb been treated? What can you do to give to your womb? Ask your womb if she has anything she wants to share.



After your womb communication then allow yourself time to feel ready to close the meditation and when you are ready move your body and open your eyes slowly to be present with the room around you. Could be a good time to journal, talk about it, do art, and or reflect on experience.

The heart and womb are intuitive spaces of creation, love, and sacred energy. In this meditation be kind as you develop and deepen your self practice. Be patient and notice how your meditation changes and grows with you as you change and welcome insight and healing awareness.

*Kelly Meehan, Somatic Birth Healing Practitioner and Energy Therapist: Birth healing services specializing in sacred cesarean and spiritual bonding before birth with private sessions, workshops, and classes. For Free guides about Spiritual Cesarean Ceremony after Cesarean and Sacred Cesarean Birth: A Planned Entrance into the World ~ visit [www.birthhealing.com](http://www.birthhealing.com)*



# 8 Simple & Free Ways to Boost Your Energy

BY JAYA PHILIPS

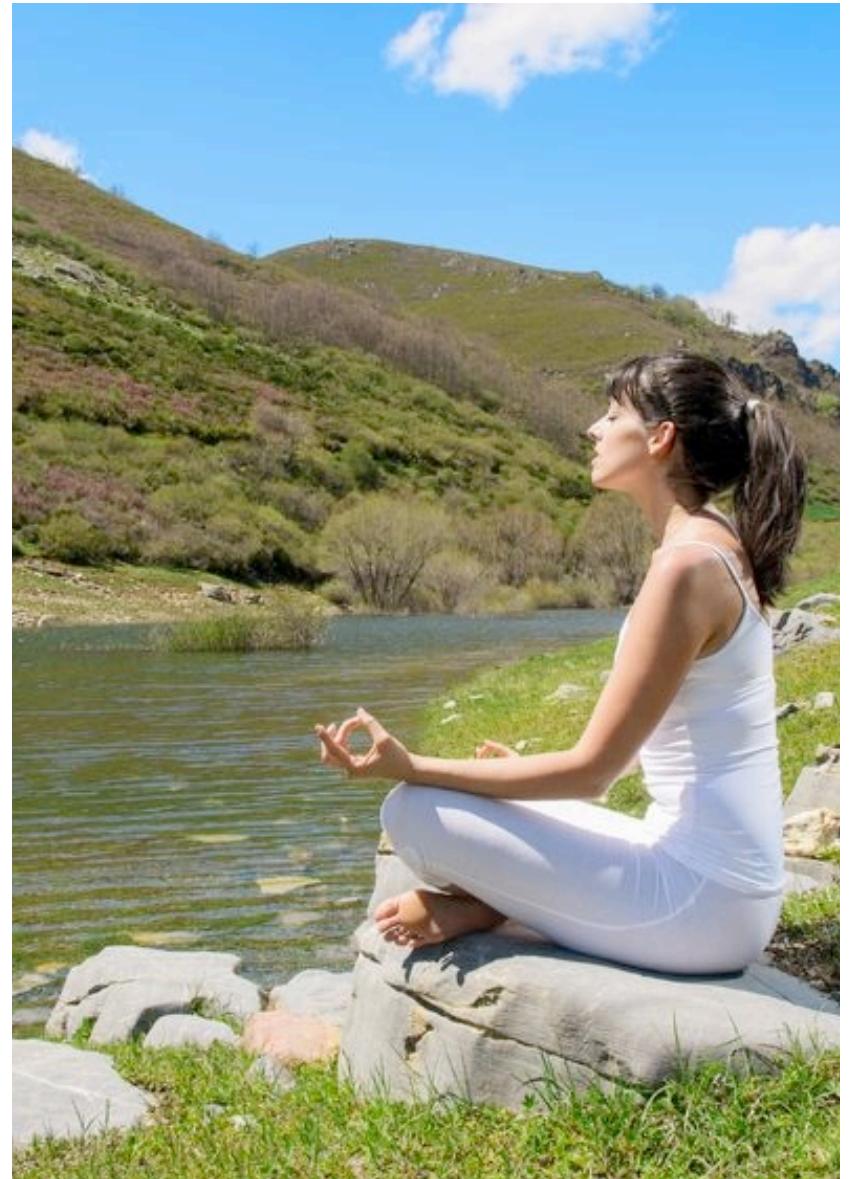
Our culture is all about go go go. Is there a way to boost your energy without resorting to drugs or other unnatural methods that deplete your body? Yes! Here are 8 methods that are all simple. Some require changes in your lifestyle. All of them are free, in more ways than one.

The problem with trying to get more energy is the way most of us go about it. Typically we go go go, then when we get tired, we take a stimulant or simply push ourselves to keep going. This wrecks havoc on our adrenal glands.

The adrenals are the "go" glands that produce hormones that keep us in an alert, thinking and doing mode. We need to keep a balance between the "go" and "stop" modes in our bodies. These could be roughly translated to the sympathetic and parasympathetic nervous system rhythms.

Most of us are so attuned to getting things done that we are way off-balance leaning towards the sympathetic, or "go" system. This burning the candle at both ends will eventually burn out your adrenals. Then your body will be chronically tired and cranky, you may develop dark circles under your eyes, the kidneys may be negatively affected, and you may develop chronic inflammation and other disorders.

Here are the 8 ways to help find balance again and as a result, gain more energy the natural way.



# LIFESTYLE HACKS FOR MORE ENERGY

## 1. Get Enough Sleep

Most of us don't get enough sleep at night. We all know about the recommended 8 hours, but most of us push ourselves anyways. Maybe it would be helpful to understand some of what happens during sleep.

First of all, while resting, your body has a chance to catch up on lots of functions, such as processing toxins, processing emotions through REM sleep/dreams, and general repairs. Did you know that human growth hormone is produced at night? This means that the more sleep you get, the more your body is able to create new life in your body.

We know that when we get good sleep we feel rested, energized and better in general. So get off the Internet and go get some sleep! (Yes, naps count.)

## 2. Drink Enough Water

Did you know that one major sign of dehydration is sleepiness? (Other signs include headache, crankiness, hunger and thirst.) How much is enough? Some say 8 cups a day, some say divide your body weight by 2 in ounces. I say be intuitive and experiment. You will find your optimal amount, and of course it changes depending on weather, activity and other factors.

To learn more about what kind of water to drink, read this Blessed Wellness Blog - [www.blessedwellness.com/the-skinny-on-drinking-water-from-best-to-worst/](http://www.blessedwellness.com/the-skinny-on-drinking-water-from-best-to-worst/)

## 3. Stop Stimulants

Stimulants, like coffee, tea, chocolate, and sugar rob us of precious energy and nutrients. Coffee makes many people sick and angry because of its acidic nature. When you keep yourself going with a stimulant, you are making an energy withdrawal from an overdrawn account. It would be much better to address the problem at its root, be it sleep, nutrition, or hydration. Try substitutes like chaga tea and stevia leaf sweetener!

## 4. Give up Gluten

Gluten in grains has many proteins that are extremely taxing to digest. These proteins create inflammation throughout the body, a myriad of health issues, and make you tired. Try a month without and see how much energy you reclaim. Google Gluten Free, Paleo, or Weston A. Price for more info.



## NATURAL QUICK FIXES

### 5. Take a Dance Break

Move your body and free up some stagnant energy! Dancing is a great way to exercise because you can do it anywhere and it will really lift your spirit.

### 6. Breath of Fire

This is a type of breathing exercise from the Kundalini Yoga tradition. It's a great natural quick pick-me-up. To do it, pant like a dog, but out of your nose. Put your emphasis on the exhale and allow the inhale to just happen. You will feel your belly bouncing inwards as you push the air out and relaxing outwards as you inhale. Keep your gut relaxed in the movement. Do them about 2 complete inhale/exhale cycles per second. Try it for a minute or so and see how you feel. End with a long inhale, and gently hold your breath in. Then slowly exhale and relax.

### 7. Eye Palming

This trick is especially helpful when you're experiencing fatigue and eye strain from looking at a computer too long. Cup your palms over your eyes. Make sure there is no light coming in from the sides or in between your fingers. Let your arms relax, elbows hanging loosely, or gently resting on a table. Breathe deeply and slowly. Feel the healing energy coming from your hands totally rejuvenating your eyes and your mind.

## 8. Savasana

This is the most important yoga pose to integrate all others. You can do it any time you're feeling tired. Instead of taking a coffee break, take a yogic nap! Just lay down flat on your back on the floor or gently padded surface with your arms out to your sides, palms up and with bare feet. Cover up with a light blanket if you have one.

Breathe deeply and naturally. Take inventory of your whole body from toes to head and relax each part one-by-one while you exhale. Then just lay there, relaxed and letting any thoughts move through like clouds. 5 minutes of Savasana will rejuvenate you like a nice nap! To learn more about Savasana, read this Blessed Wellness blog - <http://www.blessedwellness.com/savasana/>

Hope you've found these helpful! I know from experience that they work amazingly. I invite you to challenge yourself to create some new self-care routines. Over time and with repetition, you will feel your energy returning more and more. Do the best you can and don't sweat the rest. (pun intended!)

**To your Blessed Wellness!**



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# Navigating the Energy of Money Within Our Relationships

The dawning of a new day is upon us. We are leaving behind an era in which money has been misused to create distraction, injustice and destruction on the planet. We have sadly witnessed lives around us be consumed by greed, and lack spiritual purpose.

As awakening beings, we have rebelled against the financial system in search of a more meaningful existence. We have invested instead in our health, happiness, and the expansion of our consciousness. We have learned how to relate to our bodies as temples, we have been in workshops and ceremonies to heal our family lineage and past trauma, and we have traveled to sacred sites, asking Great Spirit to guide our lives. We have inquired about who we are and why

we are on the planet, and we make steps every day to align with our truth and purpose. We have come a long way, and yet our 'spiritual quest' has not yet led us to master the energy of money in a conscious way.

A new era, however, is upon us, in which we are called to heal our relationship with money so that we may come into alliance with this form of energy and channel it into the creation of the New Earth that we are collectively visioning at this time. Just like us, money itself seeks liberation! At its very essence, money is a form of energy, or

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“monergy.” It is neither good nor bad, but simply a tool and means to exchange and create with. We no longer have to avoid money in order to live spiritual lives. The time is now to integrate a healthy relationship with money into our lives, our partnerships, and into our collective conscious culture.

When creating a shared life with a partner, the topic of finances ultimately must be discussed. And as many of us know, disagreements with finances has been one of the most significant factors leading to separation and divorce. There is no wonder why our bodies may contract when initiating a conversation about money and how to handle expenses. So, how do we navigate these waters in a conscious and loving way?

You may have heard the phrase, “communication is the best lubrication”... well this goes for creating ease around finances too! The more we practice having these conversations, the easier they get. And the more present, loving, and compassionate we are during these conversations, the more gracefully they will begin to flow.

## **Here are some simple suggestions about how to initiate the conversation within your relationship:**

Create “prosperity dates” that designate specific times to talk about money. Make these dates enjoyable by bringing some of your favorite snacks or ordering from your favorite restaurant (something low maintenance *and* decadent).

Before you begin, take a moment to call in support from your higher Selves and any other energies that you feel will be supportive. For your first prosperity date, allow time to share some of your deeper beliefs about money and what comes up for you around handling finances.

Create a safe space where you are both held in diving into and revealing some of the uncomfortable places within yourself. What meaning do you attach to money? What have you learned about money in your lifetime? What did your parent’s relationship to money teach you?

Check in with your self-worth and security. How secure do you feel in your contributions to this partnership and to the world? How worthy do you feel of giving and receiving?

Allow this space to be about an emotional connection rather than specifics around managing finances. When we know our partner’s tender places, we can hold them with love and compassion as we move forward.

On your next prosperity date, allow an opportunity for both of you to share about your financial history: How much money you have made/ are making/ or have inherited, what investments you have, and what assets you own. Share any credit card debt or student loans you may have, and how you have been managing your payments. Your financial histories and habits may be similar, or they may be very different. For some, this conversation may bring up judgement or unresolved shame, either for

having money or for not having money. Hold the seat of unconditional acceptance, for both yourself and your partner during this sharing. See if you can relate to this conversation as an inquiry and opportunity to understand your partner at a deeper level. Stay curious and open.

During your next prosperity date, invite a conversation about your dreams. What would you like to create as a reality in your life? Do you want to own a home? Where would you like to live? What are the important pieces of your vision that you are absolutely committed to? Share individually and then together, you can start to create a shared vision for your life. You can keep honing this vision all the time, as well as make vision boards and altars, and use affirmations to support the manifestation of your desires. Later, you can work on more grounded financial plans to support you in achieving these shared goals.

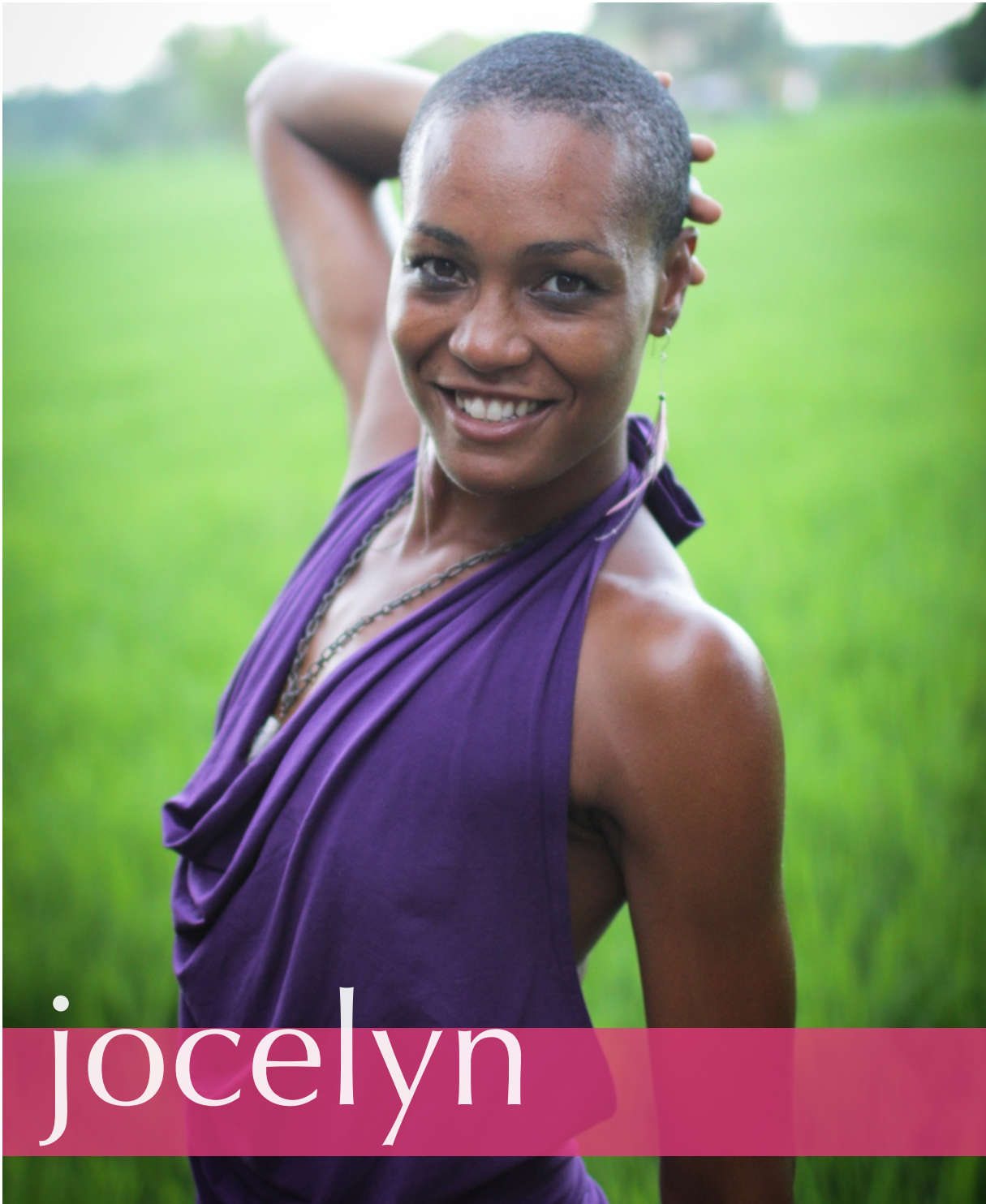
On your next prosperity date you may choose to open the conversation about how to combine your finances. When we are living, traveling, and eating most meals together, it makes sense to come up with a mutually agreed upon plan for covering these shared expenses. There are various models you can use to help create a plan that's right for both of you.

Check out this article by Forbes magazine that outlines 5 different models for combining finances with your partner: <http://www.forbes.com/sites/learnvest/2012/09/10/how-to-combine-finances-with-your-partner/>.



Discuss each of them with your partner and see if there is one that feels aligned for both of you at this time. Perhaps you can use your creativity and insight to come up with a unique plan that is just right for both of you. On your next date you can take steps to start the process of actually combining your finances.

**Continue to schedule prosperity dates with your partner at least once per month.** Bring any outstanding bills or records of payments to the date so that you can go over them with your partner. Remember that each date is an opportunity for you to take one step closer to manifesting the shared vision for your life together. While these conversations can be uncomfortable at first, with consistent practice and a commitment to bring our full loving attention to each conversation...they do become easier to navigate. As we overcome our fear around money, we open our hearts to it. We free it from bondage and allow it to bless our lives.



# shift from overwhelm to calm

audio meditation

A Guided ThetaHealing®  
Meditation for Busy Women

by Jocelyn Gordon

Click on the link to listen online:

[http://soundcloud.com/jocelyngordon/  
overwhelm-calm-thetahealing-meditation/](http://soundcloud.com/jocelyngordon/overwhelm-calm-thetahealing-meditation/)

In this 30 minute guided seated meditation designed for busy women, learn how to shift your energy from overwhelm to calm.

Receive prompts on how to access a rooted, still and relaxed space as you move through life's changes and challenges.

In addition, receive the following upgrades (via ThetaHealing®) to your subconscious:

- I know what calm feels like in my body
- It is my birthright to live a life of joy
- I know what a "Yes" feels like in my body
- I know what a "No" feels like in my body
- I am worthy of self-care and nourishment

(The meditation starts at 4:30)

Mindfulness Meditation and ThetaHealing® provide powerful, deep and authentic opportunities to relax, release and restore.

Mindfulness Meditation supports the practitioner in being with what is, developing witness consciousness and detaching from the fluctuations of mental, physical and emotional content in order to experience greater clarity, awareness and ease.

ThetaHealing® is an energy healing modality that utilizes the theta brainwave rhythm to access the subconscious and upgrade belief systems.

*Jocelyn Gordon is an international facilitator of the movement arts and the creator of HoopYogini™ ~ Holistic Fitness with a Spin! and Bhakti Boogie® Yoga. Jocelyn is passionate about meditation and assisting women in the liberation from TraumaDrama ~ the stories that hold us back from experiencing our full potential. Visit Jocelyn's website for information on her retreats, teacher trainings and online programs. Sign up for her newsletter to receive the **Full Breath, Full Life Audio Meditation** download. [www.jocelyngordon.com](http://www.jocelyngordon.com). Receive a one-to-one personalized ThetaHealing® session with Jocelyn: <http://jocelyngordon.com/loves/theta-healing>. Email Jocelyn to host your Group Meditation and ThetaHealing® Journey: [contact@jocelyngordon.com](mailto:contact@jocelyngordon.com)*



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for reading, being &  
living DIVINA!



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