

Harnessing Your Divine Feminine

A Womans
Narrative

My Child Is
Transgender

Sex Over 40

Goddess
Gala

Ladies Spring
Fling

Peer Networks

Yoga Teacher
Training



A Publication By Women for Women
3rd Edition January 2021

www.hydf.online

Dates To Remember



March 13th 2021

Goddess Gala

March 13th 2021

Ladies Spring Fling

April 23rd-25th

Find out more about our events online and in person

Facebook@Andrea Lynn

Instagram@shutupandeatyokale

Email hydflove@outlook.com

Call The Inner Space 404 252 4540

Online www.hydf.online





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

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"

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.



www.hydf.online



hydflove@outlook.com



[@shutupandeatyourrkale](https://www.instagram.com/shutupandeatyourrkale)

[@Harnessing Your Divine](https://www.instagram.com/HarnessingYourDivine)



[@Feminine and @Andrea Lynn](https://www.facebook.com/FeminineandAndreaLynn)

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.

Ladies Spring Fling



Come join your Harnessing Your Divine Feminine Community as we explore, celebrate and learn to access the Goddess in us.

Come learn the Goddess energy to create a life of Elegance, Empowerment & Entrepreneurship.

April 23rd-25th 2021

All inclusive price of 350\$

We will explore and cultivate healthy tools, learn new healing modalities, and new ways to express our Goddess fully.

Plus learn communicative ways to support ourselves, our families, and our communities.

All women welcome. All walks of Life.

The Inner Space located in Sandy Springs, GA handles the registration on our behalf.

Please contact them to get more info and sign up. 404 252 4540

**Look on the website for a detailed schedule of events
www.HYDF.online**

Sixth Annual
Goddess Gala
Black Tie Event
March 13th 2021



HARNESSING
YOUR DIVINE
FEMININE

Dinner
Dancing
DJ

Goddess Awards

Keynote Speakers

LGBTQI+ Friendly

Get Tickets at The Inner

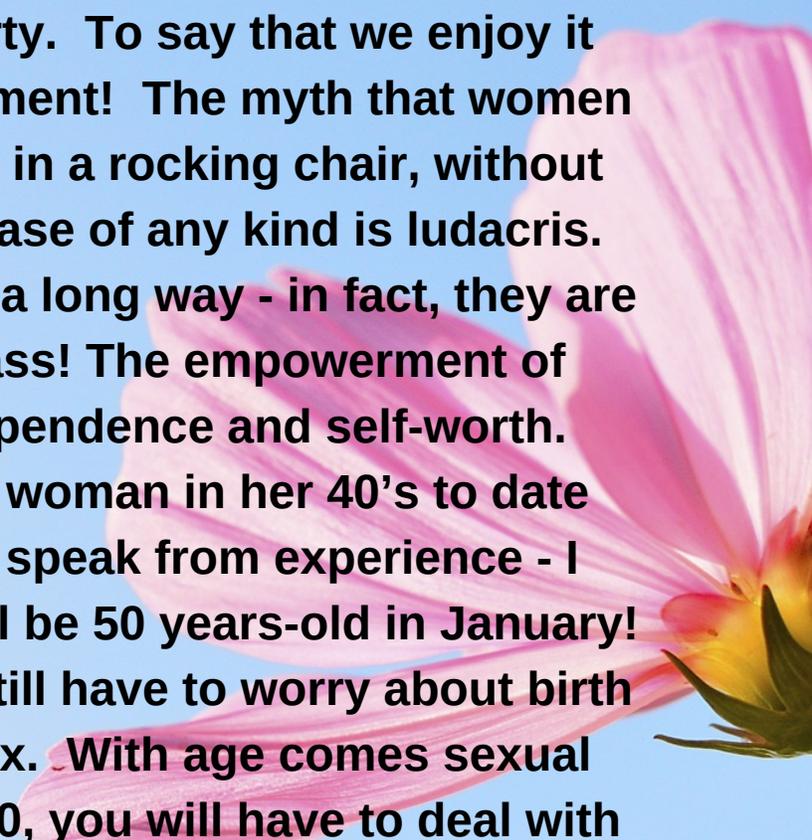
Space. 404 252 4540



Sex Over 40

By Daphne Martinez

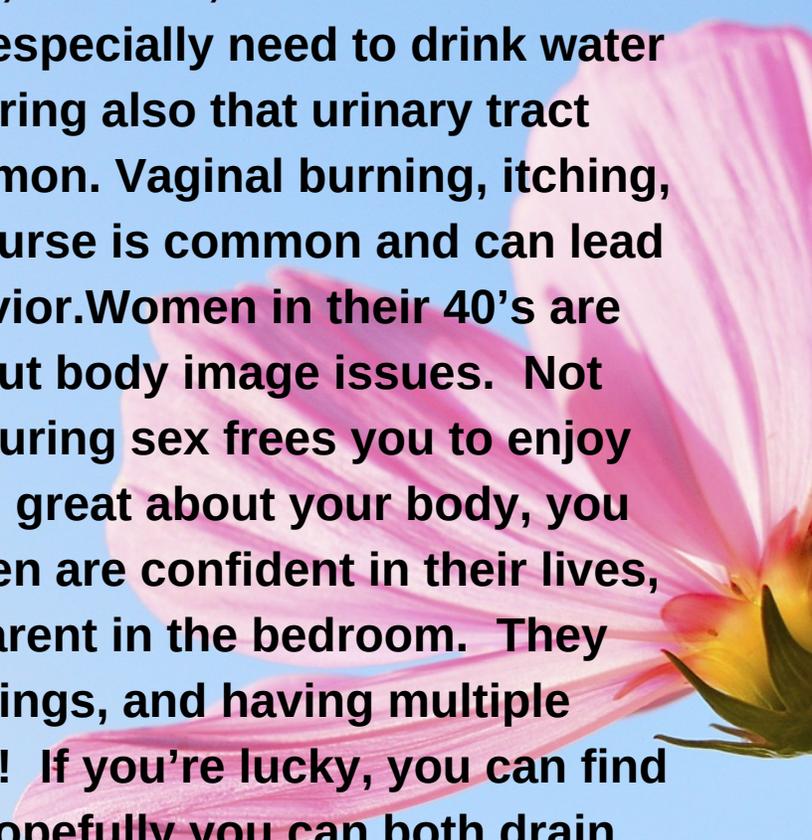
A friend and I were discussing the topic of sex for women after the age of forty. To say that we enjoy it even more is an understatement! The myth that women should stay home, knitting in a rocking chair, without any sexual pleasure or release of any kind is ludicrous. Women over 40 have come a long way - in fact, they are taking over and kicking ass! The empowerment of women has fostered independence and self-worth. Nowadays, it's okay for a woman in her 40's to date much younger partners. I speak from experience - I dated a 22 year-old, and I will be 50 years-old in January! Some women in their 40's still have to worry about birth control, practicing safe sex. With age comes sexual limitations. When you hit 40, you will have to deal with vaginal dryness, night sweats, and your hormones driving you crazy. Sex drive can change due to changes in your hormones. Some women may find that it takes them more time to reach climax - I suggest exploring new ways to get off. The use of lube, sex toys, role play, and fantasy fulfillment are just a few ways to explore.



Sex Over 40

By Daphne Martinez

One thing that definitely helps with natural lubrication is to stay hydrated. A lot of salt, caffeine, and alcohol can dehydrate a person. Women especially need to drink water after menopause, considering also that urinary tract infections become more common. Vaginal burning, itching, tearing, and pain with intercourse is common and can lead to changes in urinary behavior. Women in their 40's are generally less worried about body image issues. Not worrying about your body during sex frees you to enjoy the moment. When you feel great about your body, your partner will, too. When women are confident in their lives, it especially becomes apparent in the bedroom. They aren't afraid to try new things, and having multiple orgasms is what it's all about! If you're lucky, you can find a compatible partner and hopefully you can both drain each other of all your fluids! Though women have learned how to enjoy sex despite the issues that may arise with age. Continuing in life as a sexual being is just fantastic. So let's celebrate the coming of women over 40, in more ways than one!





LADIES SPRING FLING

Becoming You

APRIL 23-25TH 2021

A full weekend to empower and develop
YOU!

WWW.HYDF.ONLINE

Creating a New Narrative

By
Andrea Bagby

Literally all I have to do is get outta this bed and put on yoga pants. This task seems so daunting. Like the overwhelm and depression is drowning me. Just pull the yoga pants over the cellulite, put on the baggy sweatshirt; get out the door. Girl you can do this. I promise.

This is the narrative of so many women. everywhere. Literally everywhere. Seemingly crazy successful women. Intimidating women. Women who daily put their anxieties in the car with them drive. Drive to the errands, drive to the job, drive to be exactly who the world wants us to be. Attempting to hide the pain of vulnerability. Hoping no one notices the acne that appeared, the dark circles under the eyes. Hoping to be perfect, a picture perfect woman who has it all.

You wanna know how to shift this narrative? I wish I could say just don't leave the house. Don't go to yoga, don't go to that retreat. Yup. that will fix the debilitating anxiety and depression. What a false solution. Isolation increases depression and anxiety. In fact the longer you isolate yourself the harder the transition will be back into the world.

I have attempted the isolation method. There was in fact a time in my life that I would look up when the sun was going to set so I could count down when the day would be over. I had the "good job" I would leave work, get take out and eat it in bed while drinking myself to sleep. I was the top sales person in at my job. I was always on the "achievement" lists. I was nothing but anxiety ridden and probably would have met my maker soon had I not simply packed my anxiety and exhaustion in my purse, accepted the offers from friends and family, attempted new stuff, learned to fail, learned to laugh, shared my story and found out so many other women share similar journeys.

Empowering women to Bloom
into their Authentic Selves

Yoga Reiki Soul Art Coaching

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



Experience the tranquility and inner healing during this gentle healing practice. When deeply relaxed, your body will recall its natural state and allow you to release the obstacles keeping you from feeling complete, wholly alive and be the unique gift that is you.



**Distance Reiki Healing
30 Minute Session \$30**

For 30 minutes you will receive healing Reiki energy which will work on clearing, balancing and activating all 7 of your chakras and energy field. Reiki energy will work through clearing energetic blocks and assist your energy body to flow freely.

Each Session Includes:

- Initial Energy Cleanse with Sage & Palo Santo.
- 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)

My Transgender Child

When I was asked to write an article on raising a trans child I had to pause a moment because my child's trans story isn't a typical one. My first born was born a normal physical male and was healthy and beautiful. I named him Alexander and raised him to think for himself. He had a normal childhood. Loved legos, cars, and wanted to be in the army. He was always given a choice of what clothes to wear and what toys he wanted to play with. He never gravitated towards anything other than what would be normal boy things. Many friends who are trans say they knew almost their whole lives that they were different. That they didn't like male clothing or playing male centric games and feeling at odds with their parents, friends, and society. This was not our experience.

My child expressed a desire to be female after moving out of the house to start their own life. To say this completely shocked me is an understatement. I have always taught my children to think for themselves and to be independent. I never wanted to force them to be anything they didn't want to be. I was horrified when given the news. Not because I don't want my child to be trans, but all the struggle, fear, and outright danger this decision poses. Too many trans people end up dead because of small minded people. I don't want that for them. I do want them to be happy, safe, and fulfilled in whatever way that looks like. To say I have grieved my son is an understatement. I questioned everything I ever did with them up to that point. Did I somehow miss the signs? Did I damage my child putting them in boy clothes? I am still struggling to accept it all, but I am working on letting go the child I thought I had while embracing this new person she is becoming. It hasn't

been easy. We've used the wrong name and pronoun more than once. Not out of lack of acceptance, but forgetting about the new state of being and operating on autopilot. Making the transition isn't just about the person doing the transition. If they come from a loving family that accepts them it is also a transition for the family too. It is like the child you thought you had is gone and that takes time to get over. It's ok to worry about them and how this process changes them and the medical side effects. It's ok to ask questions even if it makes everyone uncomfortable. You're going to make mistakes. Don't beat yourself up too much even when they freak out when you do.

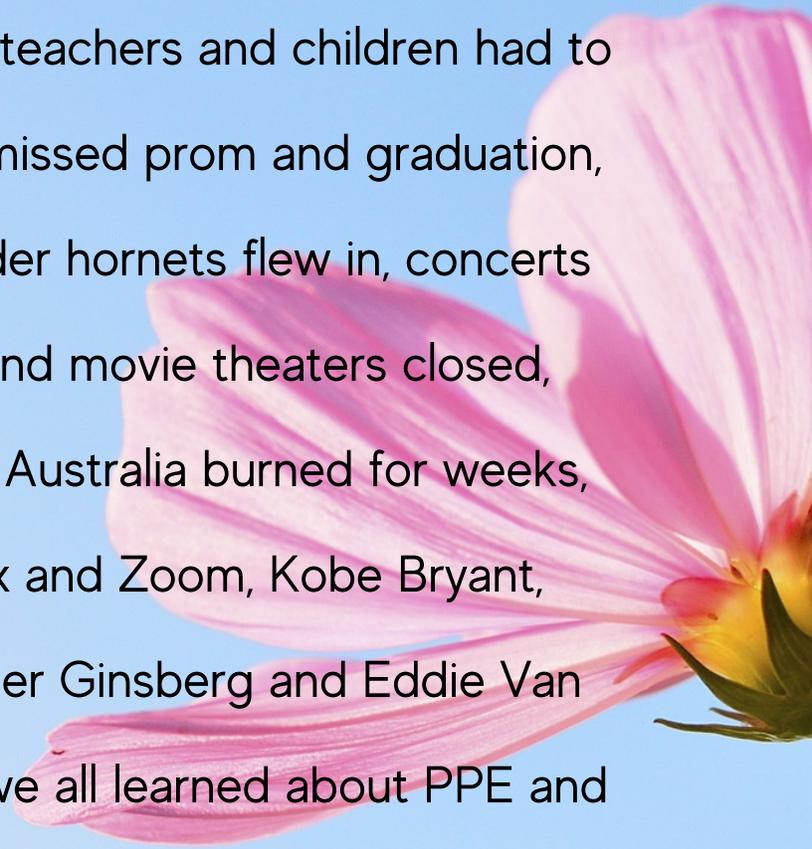
Bottom line is that this is something you can't help them with in any other way except for holding space for them and supporting them however they need and however they will let you. Be gentle with them and yourself. Sincerely, Glenda Emory Catherine Johnson assistant Tuesday-Friday 11-

7pm est Saturday 10-3pm est 404-939-1137 GlendaEmory.com

What the (Bleep) Do I Have to Be Grateful For?

2020 was a hard slog and 2021 hasn't started much better. 2020 started fine, then COVID hit and we faced toilet paper and disinfectant shortages, our teachers and children had to go virtual, high school seniors missed prom and graduation, vacations were canceled, murder hornets flew in, concerts were canceled, restaurants and movie theaters closed, forests in the western US and Australia burned for weeks, we all learned to use WebEx and Zoom, Kobe Bryant, Chadwick Boseman, Ruth Bader Ginsberg and Eddie Van Halen died unexpectedly, and we all learned about PPE and social distancing. We lost friends and relatives to COVID, others who recovered have long-haul symptoms, kids moved back in with parents, and many lost jobs and homes.

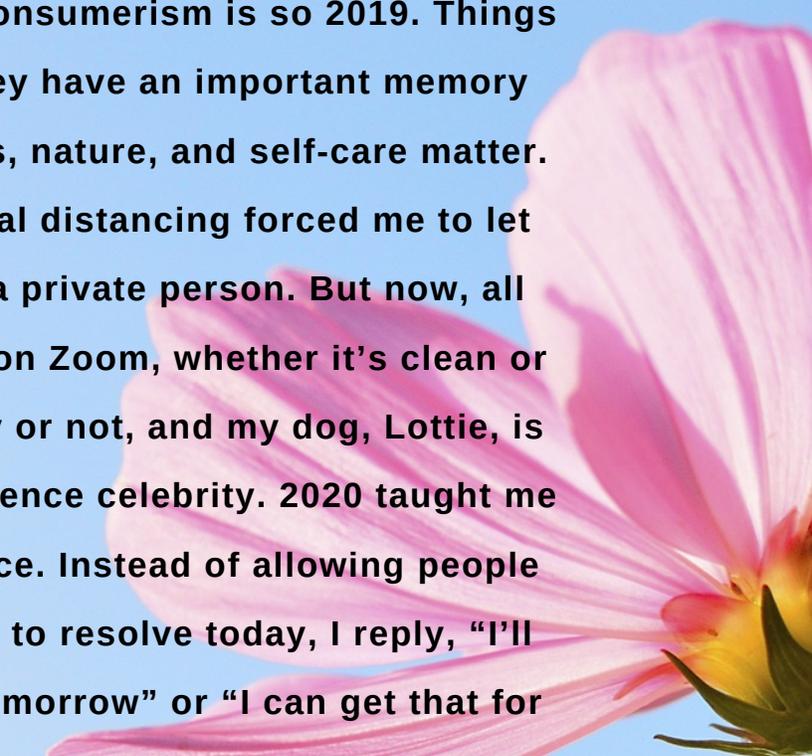
Oh, how I miss your
hugs. 2020 sucked.



What The Bleep Do I Have to Be Grateful For? T Teresa Willson

2020 adjusted my priorities. Consumerism is so 2019. Things don't matter to me unless they have an important memory attached to them. People, pets, nature, and self-care matter. Those are my priorities. Social distancing forced me to let down personal barriers. I'm a private person. But now, all sorts of people see my home on Zoom, whether it's clean or not, whether my hair is wonky or not, and my dog, Lottie, is a much-requested videoconference celebrity. 2020 taught me to say no with clarity and grace. Instead of allowing people to create emergencies for me to resolve today, I reply, "I'll put that on my calendar for tomorrow" or "I can get that for you in 2 days." And, when it comes to protecting my health and the health of others, I can say, "No, thank you." In 2020, I learned that real friends are there for each other even when they disagree vehemently about politics, social justice issues, religion, and spirituality. 2020 taught me about true joy. I had the delightful experience watching Kira dance at the Fall HYDF Retreat. Anyone who was there will not forget the purity and abandon of that dance. I know that you can make your own 2020 gratitude list of things that matter. And I know you can make an exciting and meaningful 2021. Get to

it! ♥



Friday

Here is the schedule

3:00 pm – Check-in

6:00 pm - 7 pm – Relax, get acclimated, Art
table available

7:00 pm - 8pm – Dinner, and a word from
Andrea

8pm - 9:00 pm – Peer Support Group
Introductions

Saturday Am

7:30 am - 8:30 am

Restorative Yoga for Healing

9:00 am - 10:00 am -

Breakfast

10:00 am - 11:00 am - Loving

Yourself Whole

11:00 am - 12:00 pm -

Techniques for Anxiety

Control

12:00 pm - 1:00 pm -

Intuition for Self Mastery

1:00 pm - 2:00pm - Lunch

Saturday PM

3:00 pm- 4:00 pm – Women in Leadership

4pm-5pm - Finding You, Giving Yourself Breaks

6:30 pm – Celebrate the Goddess with Dinner

Sunday Am

8am Meditation and Yoga

Breakfast

Hugs

Notes and Thoughts

