

YOUR INNER BABE // ISSUE 11 // VOLUME 1

BEYOND THE INNER BABE



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September's Quote:

"ENJOY THE SPACE BETWEEN WHERE YOU ARE
AND WHERE YOU ARE GOING."

SPIRITUAL FORECAST

By Alexa Sharwell

We are moving through Virgo season as it continues to bring us grounded energy. Last week on the 6th, our Virgo New Moon was a transformational transition. It brought what holds us back to the surface, while giving you space to reclaim your power. Continue to reflect on what gets in the way of you being your best self. On September 20th we have a Pisces Full Moon, blending the earth energy of the Sun with the watery energy of the Moon. Lean into your intuitive senses and what arises in your space. Make room for how you feel. In just a few days we transition into Libra season through the Fall Equinox, where you can welcome in even more energy and a sense of peace. At the end of the month on the 26th, we will move into our FINAL Mercury Retrograde phase of the year! Use this time to focus on your needs, your relationships, and how you can relax and recharge.

*Anthem of
the Month*

'BEST IS YET
TO COME'

BY: GRYFFIN,
KYLE REYNOLDS

LET'S TALK ABOUT... TRANSITIONS

A note from our new Editor. Meet Lindsey Silberman...

From a young age, I was told that life is linear. We experience our childhood, go through years of school, graduation, land a job, get married, have children...maybe face a mid-life crisis, etc. But no one warned me about the multiple upheavals thrown in along the way. Although the majority of the time these life disruptions can be unpredictable, many of them are not, and we know eventually we will have to face them. So how? How do we navigate through these transitions or "life quakes"?

YIB has shined a light on normalizing transitions by the act and power of people sharing their stories. Prior to Reconnected, I would feel isolated and fearful as I had to go through these unpredicted transitions. I not only felt like I was the only one, but I questioned, how am I going to get through this? One, in particular, was my parent's divorce.

Shortly after joining Reconnected, I realized that I was not alone. Hearing everyone in my group share stories of their own life quakes was the beginning of my healing process. Whether it was a breakup, a career change, dealing with a loss of a family or friend, everyone was going through their own transition in their own way. During my 8 weeks of Reconnected, I began to learn powerful tools to navigate through these changes taking place in my life. Tools I now cannot imagine my life without.

One of the most powerful tools that I began incorporating into my daily routine has been journaling. Being able to write down my experiences and emotions on paper has helped me not only recognize but also clearly identify what I am truly feeling throughout these changes. My feelings become my guiding force. Allowing myself to feel them makes me feel empowered and in charge. Even when everything going on outside of me feels out of control and overwhelming.

Prior to journaling, it was easy to just feel angry and act out of that anger when these disruptions would pop up. Once I applied the tool of journaling and began writing about my experiences, I was able to recognize what I was actually feeling inside - it wasn't actually anger. It was sadness and fear. Fear of family holidays never being the same, sadness of never being all together again. Fear of picking up on similar habits in my own relationship. Yes, this is challenging to digest but without journaling, it would be difficult to recognize these feelings and experiences I am going through.

Jacq and Reconnected have provided me the extra push, and hope that I know I can always come back to or provide to others when going through a life transition and remind myself that I am not alone.

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: Why did you feel the urge to become reconnected?

A: I became interested in Reconnected through a friend of mine. She was taking the course herself, and I quite literally saw and felt the change she was going through throughout the course of the sessions. She became kinder to herself, more confident, and aligned with what she wanted in her relationships and work life. Truthfully - who doesn't want more of that! Plus, I have always loved participating in group activities so this felt like a great fit.

Q: What rituals do you practice to stay connected to yourself?

A: I try to start my days with meditation - I aim for twenty minutes, but if I can do three minutes that's okay too. I practice yoga daily and try to live from a place of gratitude. This can mean taking time to be thankful for what you already have, or carving out time to do things that feel special for yourself. I find when I keep these three practices consistent in my days, I feel balanced and connected with myself.



Frances Connolly

Q: How did you find the balance between work, your social life, and taking care of yourself?

A: I now have a better idea of what balance means to me. For me personally, work is a priority. I feel my best when I can show up at my job as my best self. That means showing up to an early morning yoga class, carving out time with friends to grab a quick coffee + morning chat, and starting my day on a positive note. If I am not going to grab drinks, or seeing friends for dinner on the weeknights, I make sure to have a fun event planned for the weekend that I can look forward to. Phone calls or Facetimes are a great way to connect with friends when I have a busier week.

Q: What motivates you?

A: I am motivated by living a spiritual and creative life. I like to surround myself with a community that is dedicated to living from a place of consciousness, upliftment and kindness. I am also motivated by beauty. Whether it be a gorgeous sunrise, a sick outfit, bold fashion photograph, or a close friend's individual beauty, I feel my best when I surround myself with these things. I always feel corny saying this, but I think it's because I'm a Libra ha!

CLIENT SPOTLIGHT

YIB'S INSPIRATIONAL CLIENT Q&A

Q: How has your life progressed since making lifestyle changes to become more connected?

A: I think the most profound change I made after YIB was experiencing the power of being vulnerable with others. Prior to this course, I thought it was easy to open up to others. But it was surprisingly challenging for me. The community we had in YIB was incredible, and they pushed me to open up. That created a big shift for me during the course, and after. During Reconnected, Jacq once said to me, "Allow what makes you different work for you, not against you." And that has really stuck with me.

UPCOMING GROUP SECTIONS

Reconnected

EVENING:

Mondays - September 13th

Mondays - November 8th

Thursdays - November 4th

2.O

EVENING:

Tuesdays - October 5th

Emerge

EVENING:

Wednesdays - December 1st

[Sign up here!](#)

RETREATS & WORKSHOPS

5D YIB Virtual Retreat

SAT, OCTOBER 16TH • 10AM-2PM CST

LED BY JACQ WITH ALEXA AND

SPECIAL GUEST EXPERT, KATE VAN HORN

Healing circles of breakthrough activities,
breathwork, reiki, visualizations, and more!

YIB Anchor Kit

SECURE YOUR SPOT WITH JUST A \$150 DEPOSIT

[Sign up here!](#)

Newport Beach Workshop

SATURDAY, SEPTEMBER 25TH • 8:30AM - 10AM PST

[Sign up here!](#)

FREE Virtual YIB Masterclass

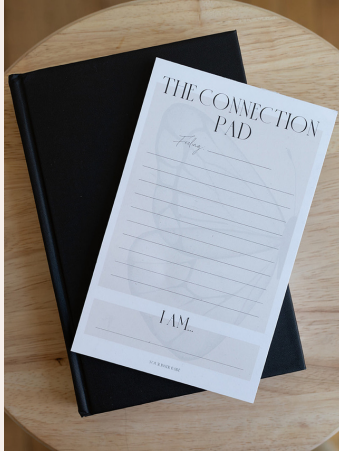
WEDNESDAY, SEPTEMBER 29TH • 5:30PM - 6:30PM CST

A LOOK INSIDE YIB'S FOUNDATION AND THE STEPPING
STONES TO FINDING YOUR INNER BABE

[Sign up here!](#)

NOURISHMENT MENU

How to create your own writing space to completely shift your mindset, find clarity, and feel connected.



1. JOURNAL

Take your favorite pen and a pad of paper and just start! Don't overthink it. Whether its a few words or pages, just write! Everything you are thinking or feeling, let it move through you and out of you onto paper.

2. PHONE NOTES

If you are the type of person that is always on the go, replace your journal with a phone note app. There is truly no excuse not to write or type. If I am traveling I use my phone note app more often than a journal. I know they both serve the same purpose and I feel the immediate shift after typing out what I need to release.

3. MIRROR WORK USING YIB POST-IT NOTES

Write down I am statements, your favorite quote, or a positive affirmation to post on a mirror you visit throughout the day. I love using my bathroom mirror because it's the mirror I use the most.



4. REFRAME

Finding yourself spiraling down a hole of negative thoughts or anxiously overthinking? Write everything you are thinking down and then take a big marker and draw a literal X over the thought. Then reframe it to better serve you.

OVERNIGHT PUMPKIN SPICE OATS W. NUT CRUMBLE

INGREDIENTS:

½ cup Sprouted GF Oats

½ Nut Milk

(I love unsweetened vanilla by Malk)

2 Tbsp canned pumpkin

¼ tsp pumpkin pie spice

1Tbsp flaxseed

Few Shakes of Cinnamon

Dash of Organic Maple Syrup

DIRECTIONS:

1. Mix together pumpkin, maple syrup, milk and oats in glass tupperware or mason jar
2. Add in cinnamon, pumpkin pie spice, and flaxseed - mix well
3. Seal tight with the tupperware lid and place in the fridge to sit overnight
4. Next morning top with chopped pecans or topping of choice and enjoy!



Journal Prompt:

HOW HAVE YOU SEEN AND FELT YOURSELF CHANGE
AND HEAL THIS YEAR?