

Medicine Woman

June

lysa black

OUR BODY
OUR HOME

*Clara's journey to
self acceptance*

NOURISH

*Setting
kind intentions*

WHOLE
FOODS

*Wholesome home
cooking to enjoy*



HEART
MAGIC



Issue 5

Our business is the chariot carrying
our medicine out into the world

Introducing: Clara Kelly
www.heartmagic.co.nz

Medicine Woman

Editor · Photographer · Stylist · Author
Feminine Business Mentor:
Lysa Black

Thank You for downloading MEDICINE WOMAN. This online magazine is dedicated to trail blazing medicine women on purpose in business. I believe our hearts are containers holding the sacred essence that is our medicine – our business is the chariot carrying this medicine out into the world. Trail blazers know the thrill of walking our own path - when we see others who are thriving in their truth - it spurs on our own commitment and devotion. This magazine is a vehicle for sharing the stories of those following a feminine path in business featuring one new medicine woman every month.

*Heart transmissions are the source
of true change in this world!*

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available in our full
presence.



Lysa Black.

Feminine
Business
Mentor

Editors Note

Have you ever wondered why you sometimes feel shame around receiving money and showcasing your value?

It's because we all received the oppressive message to stay quiet, stay hidden for **generations**. It was only in our Grandmothers lifetimes that they were allowed to have a bank account!

We live in a *man-made* world. Because women were **not allowed** into the key places, roles and the arena's where the decisions were made - INTENTIONALLY!

The logical logos of the masculine mind was deemed: Worthy

The intuitive eros of the feminine being was deemed: Unworthy

Women are the only ones who can rebalance the divide and return us to harmony, peace and equilibrium! Don't trust the voice that says "stay quiet"

The value, significance & healing power of your truth is exactly what your tribe are searching for!

You are someone who has risen from your original station - You know the way to elevate & rise. Your truth shines from your heart & liberates others... *even* when you **can't** see it! It's what draws your kindreds forward towards you! It's time to share your medicine and be seen.

Join me in celebrating the emergence of Clara Kelly

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Our body, Our home

After harrowing years of body dysmorphia and anorexia, Clara was hospitalized because of the ramifications on her health! She was physically unwell from the deprivation... but her heart was the place that hurt most!

Being undercut, criticized in small ways for years because of her depth and sensitivity Clara had become unconsciously censored and cautious. If she wasn't mindful, her words could give away her true nature and expose her vulnerability. Small comments over the years had left Clara feeling like she couldn't simply relax and just be.

The caution over her food and obsession with her appearance was hiding a bigger internal battle – Clara felt her true nature itself needed to be adjusted so that she

could fit in. The fear of never fitting in led to an urgency to control her appearance.

Emerging from these harrowing years took devoted action. When our lives tip so far out of balance, finding inner harmony means going deeper in the opposite direction. If rejecting her body and food was part of the *cause* – then cultivating a positive accepting relationship with her body and food would deliver the opposite *effect!*

Clara has fostered a deep love of delicious home cooking with whole foods. Her path of self-nourishment has brought her to accept a whole new part of herself as a Nourishing Leader. Her pain led her to learn to love movement and find healing in self-compassion. Clara embodies her medicine - just being near this woman - you feel more heard, seen and supported!



To Nourish...

*It's easy to think that if we feel unhappy in our bodies, we can simply change how we eat and exercise to make a shift. But sometimes, the very intention to 'change' our bodies can come from a place of harshness. Clara found the shift by choosing simply to **nourish** herself.*

Clara is a determined and highly capable woman, so when she set about the task of improving her physique – you could assume this would be a positive course of action...? But the underlying intention to change her body came from a place of judgement and actually took Clara to a worse place.

The truth is that we can use behaviour like 'healthy eating' and 'exercise' to be *mean* to ourselves. Trying to force our body into a more desirable form, we can unwittingly exacerbate the problem.

Clara's sensitivity helped her to realize that her approach was out of balance. She needed a softer and more self-supportive way to view her body.

Clara recognized that her initial motivation was actually *not* nurturing. So she began to consider how she could nourish herself through simple daily choices. Seeking to show love to her body when eating and exercising created a shift that opened up a whole new experience.

Exercise was now all about discerning what felt the best for her body on the day; she could choose a yin yoga session or an intensive HITT session at the Gym depending on what felt supportive. The willingness to ensure that her choices came from a nourishing place was transformed the whole situation.





Nourish Bowl

*Recipe serves 2

Tahini dressing:

2 Tbsp tahini

2 Tbsp olive oil

1 tsp honey

2 Eggplants

1 tsp miso paste

1 orange kumara

1 cup frozen edamame

Handful purple cabbage

thinly sliced (or

Sauerkraut)

2 cups of salad greens

(spinach)

1 avocado

2 Tbsp sesame seeds

1 Tbsp sesame oil

4 tsp olive oil

Sea salt

Method:

- Preheat oven to 180c. Dice the Kumara and eggplant into 1cm cubes.
- Put the eggplant into a bowl and mix with miso paste & 3 tsp olive oil, put on one half of the baking tray. On the other half of the baking tray place kumara and toss with remaining olive oil and a little sea salt. Bake for 30mins turning halfway.
- Pop all the dressing ingredients in a bowl and mix until smooth & silky. Cook edamame as per instructions on packet.
- Assemble all your ingredients in a circular bowl.
- Cut open the avocado and remove the pit, place the avocado half in the centre of your bowl & fill the avocado hollowed centre with dressing.
- Sprinkle sesame seeds over the top of the avocado & dressing.
- Serve immediately with a drizzle of sesame oil & enjoy!



Clara's Food Philosophy

As we nourish ourselves – we nourish our lives! After being lost and confused for years around my food & body, my path has led me to **Honest Wholesome Eating**.

Cultivating a love for home-cooked whole foods and body kindness – I believe in the beauty of **nourishing** our authentic self!

If you are seeking ways of eating & living authentically - Follow my blog as I share the recipe's and idea's that nourish me. I hope to inspire you to **nourish yourself beyond the food on your plate**.

www.clarabellekelly.com





Receiving Love

We have been abandoned by friends, family and colleagues for shining too bright – I hear so many women share how much they contract from receiving love because they were told:

“Don’t show off!”
“You’ll look like you love yourself”
“You’ll make others jealous!”

These lies have created a contraction within all females where we desperately try to be ‘enough’, while not being ‘too much’. Without enough beauty, talent and confidence we will be looked over, passed by and left alone... But if we shine too bright and become ‘too much’ we will intimidate others, be left alone and end up not being ‘chosen’!

What Bull Sh*t!

The truth is... living in our own bright light supports others to deepen into their own. Even when jealousy, fear and judgement towards me arises in another woman, I want to invite you to remember:

How they respond to you has **NOTHING** to do with you!

I am building a community of *soul cheering* – where we can **take a stand** against the shaming, fear and self-hiding patterns. My life's work is devoted to offering a sanctuary of support for us all to feel safer so we can be seen in our own beautiful light

Affirm: My light glows near your light.

Join my free Facebook Community: [Feminine Business Trailblazers](#). Book a 45min Chariot Call Guidance Session [here](#). See details for how to work with me in the Feminine Alliance [here](#).

Medicine Woman

COMING
NEXT



The Shining Feeling

Jo Kempton shares her story of finding the beauty and bliss in life by accessing her full presence..