



Your Monthly updates, resources & tools for living
ROOTED, WILD & FREE



A Love Note from Katie

Welcome to December, Light Beam Warrior!

We've arrived at the last month of the year 2021 and what a wild ride it has been. For some, it was a year of truly stepping into your gifts and integrating the light into every part of your being. For others, it was a year of growth and shadow work that kept you inward and wondering what the heck is going to happen now.

Trust. Trust that no matter what your journey was this year it was exactly the journey that was meant for you. Find beauty and comfort in knowing you are loved and whole just exactly where you are.

December invites us to slow down, find peace and live in the moment. If we are not intentional about this, we may find ourselves committing to way too much and not enjoying the peace.

As we align into this month, I invite you to take a few moments to connect to a vision of what you would like December to be for you. What intentions will you set for this month? You can do this by simply closing your eyes, placing your left hand over your heart, and breathing for a few moments to cast your vision.

We are wrapping up the last month of the year and beginning preparations for the next year. Setting the tone of how we would like our life to play out and trusting that our soul knows how to guide us in all we do.

Keep reading for some more thoughts on the Winter Solstice and how you can connect to your inner medicine. I have curated a beautiful Solstice gift for you and I would love for you to join me for an Introduction to Cyclical Living Workshop on the 16th. You can join by heading to the events tab on my website. This is my gift to you and it's open to you and your girlfriends who feel the call to join.

We are here to live wild. Embrace your soul and be free.

xoxo Katie



Cosmic Updates

We have had some really BIG cosmic energy the last couple of weeks. The November Full Moon and Eclipse opened up a doorway that we'll be experiencing until the New Moon of December on the 4th.

I like to think of an eclipse portal as the birth canal. I know. Not the best imagery, but stick with me for a moment. You are cocooned inside the womb. Growing, learning and getting ready to say hello to the world. But to get out of the womb you have to go through the birth canal and can you imagine what that would feel like? Squished, uncomfortable, and not too fun.

That's the energy that wrapped up November, but guess what? December has us emerging from that birth canal to embrace the new - our new skin and the new expression of ourselves.

We're also wrapping up the season of fall and all that cumulation energy. From the 1st of December to the Winter Solstice on the 21st, you may be feeling the desire to purge, clean, and let go of old ways so you can fully embrace the new that awaits you.

It's the perfect time to manifest your desires and goals! Reflect on the journeys you've taken during the past year and visualize

your next steps as you expand your horizons and enter into a new journey.

But keep in mind - December isn't necessarily about taking massive action. We're shifting our fertile void energy which is inward.

Get comfy in your new skin. Plot and plan and be present. You are setting your tone for 2022 and it's beautiful. **Join me on the 16th for more on Cyclical Living and understanding how seasons work in your life.**

Before the awakening and the slow build toward brighter days of spring, you can celebrate the seasonal shift into winter with some of these simple practices:

- Light a candle or fire or yule log
- Honor the darkness of the longest day of the year with journaling and circle of light
- Meditate in the dark using candles as your only light source
- Allow your shadows to surface and journal about them
- Reflect over the last year and lean into a year in review
- Set intentions for your future
- Celebrate with family and friends
- Disconnect and focus on yourself

DECEMBER MOON DATES

NEW MOON: DEC 4, 2021

1ST QUARTER MOON: DEC 11, 2021

FULL MOON: DEC 19, 2021

LAST QUARTER MOON: DEC 27, 2021

WINTER SOLSTICE: DEC 21ST

Ready to Expand? ▶▶▶

[Schedule a clarity call with me to explore working together!](#)

frankincense

For centuries, Frankincense has been used for its soothing and beautifying characteristics—particularly for rejuvenating the skin and promoting feelings of relaxation.

uses

Take two drops internally to support healthy immune and digestive function.*

Add two drops to moisturizer to reduce appearance of blemishes and rejuvenate skin.

Diffuse Frankincense to encourage feelings of peace, satisfaction, and overall wellness.



diffuser blends

Focus Blend

2 Frankincense
2 Peppermint

Grounding

2 Frankincense
3 Vetiver

Calming

2 Frankincense
3 Bergamot

Energizing

2 Frankincense
3 Wild Orange

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



WAYS TO USE FRANKINCENSE

1. **Inhale** directly from cupped hands
2. **Diffuse** with Bergamot and Lavender to create a peaceful environment
3. Add a few drops to your moisturizer to help reduce the appearance of **skin imperfections**
4. Apply to pulse points to **help balance mood**
5. Take one to two drops in a veggie capsule to **support healthy cellular function**
6. Take thumb with one drop and hold to roof of mouth for 30 seconds to **ease head tension**
7. Apply to abdomen to **soothe stomach discomfort**
8. Apply to temples, back of neck and shoulders for **head tension**
9. Add a few drops to **diffuser jewelry**
10. Breathe in deeply before **prayer or meditation**



Oils
I'm
Loving

MYRRH

quick facts

Primary Benefits

- Powerful cleansing properties, especially for the mouth and throat
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Creates an inspiring and balanced atmosphere

Collection Method

Hydrodistillation

Main Constituents

Furanoedudesma 1, 3-diene,
curzerene



Uses

- Add one to two Myrrh oil drops to toothpaste for added cleansing benefits
- Diffuse to create a balanced atmosphere
- Add to your lotion/moisturizer to help reduce the appearance of fine lines and wrinkles
- Add one to two drops to a couple ounces of water and gargle for a quick mouth rinse
- Rub on the bottoms of your feet to feel more grounded and centered

Aromatic Description

Hot, smoky, herbaceous,
woody, dry



WAYS TO USE M Y R R H

1. Add one to two drops to **toothpaste** for added cleansing benefits
2. Diffuse to create a **balanced atmosphere**
3. Add to your moisturizer to help reduce the appearance of **fine lines and wrinkles**
4. Add one to two drops to a couple ounces of water and **gargle for a quick mouth rinse**
5. Apply to chest for **respiratory support**
6. **Diffuse** with Frankincense and Lavender at bedtime
7. Diffuse to create a sense of calm while **meditating**
8. **Apply to pulse points** when feeling anxious and disconnected
9. Apply topically on **skin irritations**
10. Apply to abdomen for **digestive support**



Oils
I'm
Loving



Magic Potions for You

CHAI HOT CHOCOLATE

Ingredients:

- 1 cinnamon stick
- 2 whole star anise
- 4 whole cloves
- 1-2 drops Ginger essential oil
- 1 teaspoon ground cardamom
- 1/2 teaspoon freshly ground fennel seeds
- 1/2 teaspoon ground allspice
- Freshly ground black pepper
- 8 cups (2L) milk
- 1 1/2 cups (400g) dark chocolate, finely chopped
- Ground cinnamon, to serve

Instructions:

Cook the cinnamon stick, star anise, cloves, cardamom, fennel and allspice in a small frying pan over high heat, stirring, for 30 secs or until aromatic. Transfer to a slow cooker. Season with pepper. Add the milk, chocolate and Ginger essential oil. Cook on low, stirring occasionally for 1 hour or until mixture is smooth and heated through. Divide among serving glasses. Sprinkle with chocolate and cinnamon.

Winter Diffuser Blend

3 drops Balsam Fir
2 drops Green Mandarin
2 drops Frankincense

MORE Oils for Winter:

Myrrh | Frankincense | Cedarwood
Serenity | Fir oils | Lavender | Clary Sage

Ready for Oils?

Fill out this quick form to request an essential oil sample and embrace the magic. As soon as you fill it out, I will be in contact.

[Send me love mail!](#)

Magic Potions for You

Hot Cocoa

★ HOMEMADE HOT COCOA IS SURPRISINGLY EASY TO MAKE. FLAVOR YOURS WITH A DROP OR TWO OF YOUR FAVORITE INTERNAL USE ESSENTIAL OIL FOR A FUN NEW COCOA FLAVOR. ★ ★

INGREDIENTS

1 CUP WATER
5 TEASPOONS COCOA POWDER
¼ TEASPOON LIQUID STEVIA
OR 1 ½ TEASPOON
POWDERED STEVIA (AMOUNT
OF SWEETENER CAN BE
ADJUSTED TO TASTE)
1-2 TABLESPOONS SUGAR OR
AGAVE (OPTIONAL)
1 TEASPOON VANILLA
EXTRACT OR ¼ TEASPOON
ALMOND EXTRACT
3 CUPS ALMOND MILK

RECOMMENDED ESSENTIAL OILS:

CINNAMON BARK, LAVENDER,
WILD ORANGE, OR
PEPPERMINT OIL



INSTRUCTIONS

HEAT WATER, COCOA POWDER, AND SWEETENER ON STOVE UNTIL INGREDIENTS ARE SMOOTH.

ADD VANILLA AND MILK AND BRING TO A SIMMER. POUR INTO YOUR FAVORITE MUG.

INTRODUCE FLAVOR BY SWIRLING A TOOTHPICK DIPPED IN YOUR FAVORITE ESSENTIAL OIL.

TIP: FOR EXTRA CREAMY COCOA, REPLACE THE WATER WITH EQUAL PARTS MILK OR ALMOND MILK.

Shifting into the Season of Winter

This month we shift into a new season. Welcome Winter! Winter is all about inward expression. Slowing down. Being at peace. Resting. Yoga. Warm foods.

The energy of winter is warm, cozy and reflective. The earth becomes silent, the days are shorter, and the weather is drearier. It's a sacred time of rest, but it doesn't mean we get to be lazy. We are just doing different activities that nourish us and set us up for the rest of the year. And it's a great time to get more introspective and focused on your personal goals.



It's a beautiful time to slow down and reflect. To review what is working in your life and let go of what is not. To analyze your business and see what needs to change as you plan out your next year.

I think it may just be my favorite time of the year and I can't wait for the snow to fall, to put on my snowshoes and embrace the winter wonderland.

FOODS for Winter: Think warm and cooked, not raw. If you do raw, eat it with lunch.

Warm water with lemon oil



Apples
Squash
Cabbage
Pears



Broccoli
Warm herbal teas
Warm soups & stews



Roasted root veggies

Porridge
Beets
Oranges
Oatmeal

Connect and Gather

THE MAGIC OF COMMUNITY

I am here to help you remember who you are. To show you the beauty of the ancient ways so you can embrace you and live wild and free. My favorite way to do this is by creating community. Community that gets you. Community that accepts you as you are. Community that is joining our hearts together so we can change the way we live. Each month I offer a variety of events that I would love for you to join. Make sure to check out my full events link for all of the November offerings.

MONTHLY GROUP WORK

December 2nd @ 1 PM CT

Each month I offer a space for us to join and reset our energy systems.

I offer more detailed cosmic updates, oil protocols, and full energy reset for attendees.

You can find all of the details and grab a spot here:

[Monthly Alignment](#)



THE CULTIVATE COMMUNITY

This is your space to land & explore.

It's the community that I created with you in mind. You are here to expand and understand the beautiful gifts that make you YOU.

Are you ready to find your tribe and connect to your sisters who "get" you? That's what CULTIVATE is all about.

[Join the Cultivate Community](#)

The sacred space for
WOMEN
to tap into & explore
their gifts
as healers

CULTIVATE

Welcome Home

Work, Play, and Live Wild

I want to stay connected to you and explore more on how we can be friends!

My mission is to create community and for you to feel like you've come over for a cup of coffee in my living room. Where we sit around in our comfy clothes and have conversations about whatever is on our minds. Join me for a brew in one of the spaces I've curated just for you.



How to Connect with me:

Follow Me On The Gram:
[Magic with Katie IG](#)

[Join the Goddess Magic Club on Facebook](#)

Connect for Coffee: [Book an Exploratory Call with Katie](#)

[Check Out the Blog](#)

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ABOUT ME

Katie Glasgow is an essential oils expert, intuitive healer, empath, mama and wife. She serves women who are looking for more in their lives and from their businesses.

