

# HEY GIRL HEY!

JUNE 2023 EDITION

NEWSLETTER FOR THE SISTAHS



## Happy Summer Solstice!

On June 21, the sun will reach the highest point in the sky and bless us with the longest day of the year. Darkness diminishes and we once again realign with the rhythm of the sun. Let this journey into the summer months be a reminder that everything in your life is transitory. Bask, play, and be nurtured by the rays of the sun and trust that no matter what shadows you are currently facing, the light will always return.

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# GRATITUDE!



Extending the deepest gratitude to those that attended and volunteered their time at the "Women's Wellness Brunch" Workshop this weekend!

Your willingness to show up for yourself and your fellow sistahs is no small feat.

A special kind of magic that takes place when black women gather. We look forward to creating more opportunities for us connect, collaborate, and support each other's inner journey.

You are seen, heard, and loved.

~Hey Girl Hey! Team~

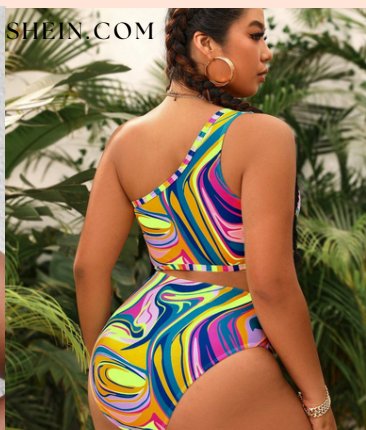
# Ooooh Girl, That's Cute!

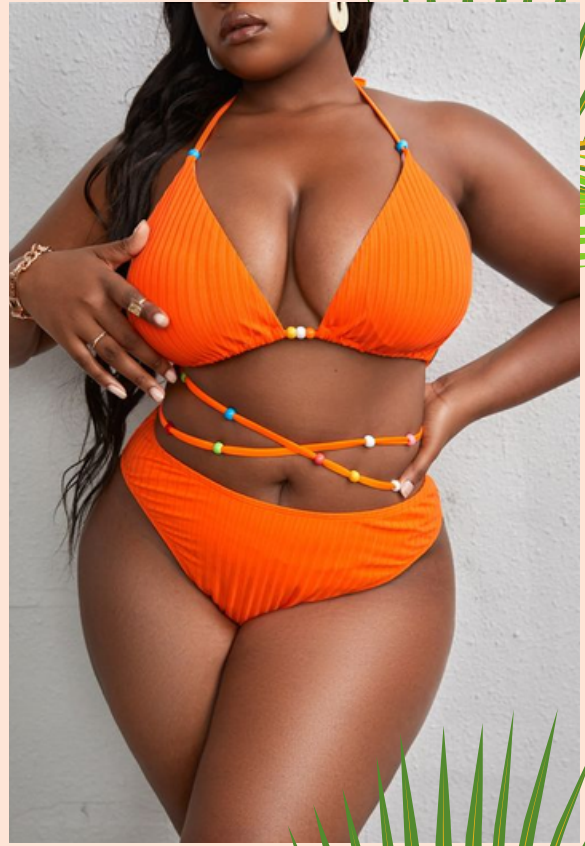
## BEST SWIMSUITS FOR A CURVY GODDESS

SUMMA, SUMMA, SUMMA TIME IS FULL EFFECT! WE ARE ENTERING THE WARMEST MONTHS OF THE YEAR AND FOR THOSE THAT LOVE THE WATER, ENVISION THIS: YOU ARE LOUNGING ON THE BEACH OR BY THE POOLSIDE UNDER A BIG UMBRELLA, COOL DRINK IN HAND, SKIN IS GLOWING, AND BODY IS BODYING IN THAT PERFECT SWIMSUIT YOU'VE BEEN WAITING ALL SEASON TO SHOW OUT IN.

OK, SO I'M GUESSING THAT LAST PART HAS A FEW OF YOU CRINGING BECAUSE YOU FEEL A WAY ABOUT YOUR BODY. BUT SIS, I'M HERE TO TELL YOU-YOUR "BIKINI BODY" IS THE SKIN YOU'RE IN RIGHT NOW. WHETHER YOU HAVE AMPLE JUNK IN YOUR TRUNK, VOLUPTUOUS THIGHS, OR GLORIOUS MOUNDS OF BOSOM-THERE'S A SUIT PERFECTLY DESIGNED FOR YOUR BODY.

CROWNS UP, COVER-UPS OFF, SUMMERTIME ACTION!







# HONORING THE PHASES OF YOUR BODY



BY: AKASHA SHANTI LOTUS

THE MOON CONSISTS OF EIGHT PHASES.

IT BEGINS IN DARKNESS, WAXES, WANES, AND THEN RETURNS TO FULLNESS.

THE TIDES SHIFT AND TRANSFORMATION TAKES PLACE—AGAIN AND AGAIN.

THERE IS NOTHING WE CAN DO TO STOP IT AND WE'VE NEVER ATTEMPTED TO.

IT'S A NATURAL OCCURRENCE THAT WE ACCEPT.

WE MARVEL, WE WORSHIP, WE DRAW ENERGY, WE SET INTENTIONS,

WE LET THE MOON BE EXACTLY WHAT SHE WAS MADE TO BE.

OUR BODIES FLOW THROUGH THESE SAME PHASES, BUT MOST OF THE TIME—

WE ARE NOT KIND OR WELCOMING TO THE SHIFTS THAT MUST (AND WILL) TAKE PLACE.

THESE SHIFTS BEGIN FROM THE MOMENT WE EXIT THE WOMB AND NEVER SEEM TO LET UP.

THE RIVER FLOWS QUICKLY (YET SO SLOWLY) FROM CHILDHOOD TO ADOLESCENCE, AND IT'S RARE THAT A

YOUNG BLACK WOMAN HAS SOMEONE AROUND THAT CAN HELP HER UNDERSTAND WHAT IS HAPPENING TO HER

BODY. THIS RITE OF PASSAGE IS OFTEN OVERLOOKED AND BEFORE WE KNOW IT--BREASTS, HIPS, THIGHS, AND

BACKSIDE ARE DEVELOPING RIGHT BEFORE OUR EYES.

FURTHER SHIFTS TAKE PLACE THROUGH THE BARING OF CHILDREN, THE WEIGHT WE LOSE, THE WEIGHT WE

GAIN—THE CYCLES OF A BODY THAT IS NEVERTHELESS AGING.

OUR BREASTS AREN'T SITTING UP LIKE THEY USED TO, THE SKIN IS SAGGING IN PLACES WHERE IT USED TO BE

FIRM, THE JOINTS ARE ACHING FROM YEARS OF WEAR AND TEAR, AND THE MIRROR BEGINS TO BECOME OUR

GREATEST ENEMY.

BUT WHAT IF WE HONORED THE PHASES OF OUR BODY?

WHAT IF WE SHIFTED OUR PERSPECTIVE AND SAW EACH PHASE AS A KALEIDOSCOPE OF EVERYTHING THAT WE

ARE MADE OF? OUR BODY'S PATTERNS, SHAPES, AND COLORS CHANGE WITH EVERY TURN OF THE WHEEL, BUT

WE ARE NOTHING LESS THAN A WORK OF ART. CHERISH YOUR EVER CHANGING BODY FOR ALL THE THINGS THAT

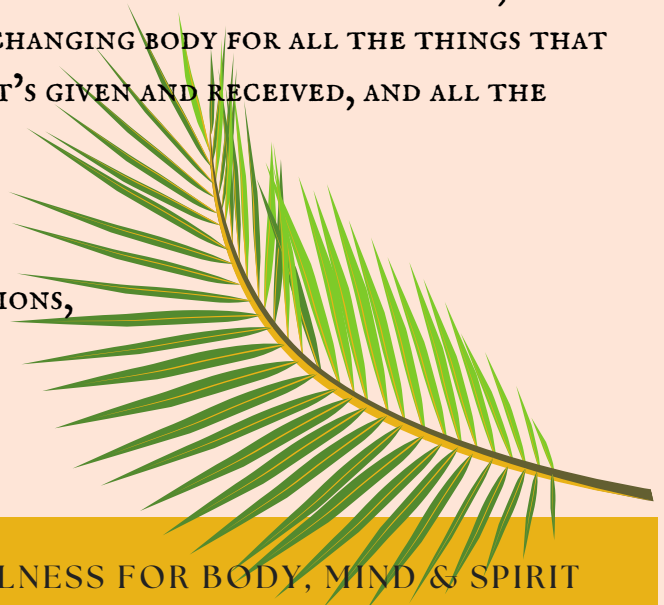
IT CAN DO, ALL THE JOURNEYS IT'S TAKEN WITH YOU, THE LOVE IT'S GIVEN AND RECEIVED, AND ALL THE

STORIES IT HAS TO TELL.

JUST AS THE MOON—MARVEL, WORSHIP, DRAW ENERGY, SET INTENTIONS,

AND ALLOW YOUR PRECIOUS, VALUABLE, POWERFUL TEMPLE TO BE

EXACTLY WHAT IT WAS MADE TO BE.



As she is Feeling worthy,  
She takes the journey  
With Eyes wide shut; in truth ever so blindly  
Embracing her spirituality Divinely

She Rises As Peek of the Day At High Noon  
She's In tune  
Like the Sun in rotation to the 28 phases of the moon  
She's in tune as summer in the month of June  
Just as a flower in its fullest bloom  
She's in tune

As the skin embracing the molecules of perfume  
She's in tune

Just as a baby in the mother's Womb  
Just waiting to be born soon  
She's uses Art of Divination

She sees Life/God in all of Creation  
She self heals through crystals, spiritual baths and mediation

Her Aura is that of roses, poetry, and galaxies

She pulls one in with her defiant rules of gravity

Draws one closer with her celestial cavity

She's cosmic candy

Some may say They call her the Milky Way

Because around her even the stars feel safe enough to come out and play

She's a whole vibe, the rhythm of reggae

She's life one breathes into their airway

She's paradise's secret highway

She's Cosmic Candy

She's As beautiful as watching the chaotic grace of a Star burst to me

Her spirit is wild and free as the unknown depths of the sea

Speaking aesthetically,

she is truth So heavenly

She is Cosmic Candy

("COSMIC CANDY"BY TASHEA YOUNG)



# WORD FROM THE EDITOR



I JUST WANT TO TAKE THIS TIME TO SHOUT OUT ALL OF THE PARTICIPANTS OF OUR "BUILDING BALANCE CHALLENGE".

LOOKING INWARD IS NEVER EASY, BUT YOU LADIES WERE UP FOR THE CHALLENGE. I WANT TO COMMEND YOU ON A JOB WELL DONE THUS FAR AND ENCOURAGE YOU TO FINISH HARD.

THE FIRST STEP IS ALWAYS THE HARDEST BUT YOU GUYS ARE WELL ON YOUR WAY TO THE FINISH LINE. REMEMBER, "NEVER UNDERESTIMATE YOUR OWN STRENGTH. YOU WERE BORN FOR A PURPOSE AND BLESSED WITH THE POWER TO ACHIEVE IT"

LIFE, LIGHT AND LOVE FROM MY HEART TO YOURS,  
QUEEN

