

MARCH 2020 | VOL. 1 ISSUE 3

SARAHN SAYS

NUTRITION. ENLIGHTENMENT. WELLNESS. SANCTUARY.

N.E.W.S. LETTER

MONTHLY NEWSLETTER OF SARAHN SAYS LLC

FEATURED THIS MONTH:

MARCH 2020

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Dear N.E.W.S. Readers,

I hope you are feeling your best and that you're focusing your attention on things that give you fulfillment. I'm sure by this time of year you are back into the full swing of working your plan and planting your seeds. The universe is proud of you for your hard work. If you have been spending quality time going within and focusing on how you can be a better version of yourself, keep it up! You are doing something extraordinary and your efforts are not going unnoticed. Your higher self is dancing in celebration of your growth. The sun is kissing the petals of your flowers. If you are not seeing the blossoms of the seeds you've planted, you may just need to practice patience. If not patience, practice productivity. Pay closer attention to where your most valuable resources, time, energy and money are going, and make adjustments accordingly. Remember, one of the keys to a fruitful abundant life is being present in every space you are in. With that presence comes intentionality. Be intentional about enjoying your life! And if you can't find intention in that, find intention in being in service to the divine forces of the universe. Honor the truth you feel inside.

This month of March 2020 is all about celebrating the divine feminine. We're highlighting the strength and courage of women throughout time who have been wonderfully wild in their pursuit to gain freedom, lead others to greatness, serve with their sisters, protect their brothers and heal their own pain fearlessly and fervently. I am proud to be a woman and I'm proud of the women in my life, who continuously give me direction and guidance, as I make my way through the wilderness of life. Show gratitude to the wild warrior women in your life. You can't win without them.

Searching + Seeding,
Sarahn



THIS MONTH'S YOGA POSE: CHILD'S POSE

Written by Sarahn Sankofa

This month, our yoga practice is centered around patience and groundedness. As we exist lovingly and wildly in the world, moving and molding, racing and running, we must remind ourselves that at our core, we are children, free at heart, and free in spirit. The child inside of us needs to be loved and nurtured, just like our bodies. The child inside of us seeks security and comfort, just like our hearts. The child inside of us needs encouragement and instruction, just like our minds. Just like relating to a child, the experience of healing as a whole is rooted in patience and allowance. As we learn and grow, we must give power to the forces of nature that want us to take it easy, to rest when we are tired, to ask when we need, and cry when we must release. In order to be free to the wild, to learn to survive in the wilderness of this world, we must find pure joy in not getting it right, falling in and out of, spilling and tripping, forgetting at the wrong times, remembering all too much, getting tired, speaking out, and being vulnerable because we have not yet learned another way to be. With each new day, re-learning how to give ourselves and others room to grow is the nature of what makes us who we are and who we must continuously be in order to be free.

CHILD'S POSE (Balasana) *Child's pose stretches hips, thighs and ankles. It reduces stress and fatigue by calming the brain.*

MARCH 2020

AFFIRMATIONS

I am **rich** on
both the inside
and outside.

I am **sacred**.
I am **divine**.

I am **alive** in my
goals and
dreams.

I **believe** in
myself and **trust**
in my abilities to
succeed in all
that I do

I am so **thankful**
that the universe
is working for
me **greater**
good.

I am **unlimited**
in my **wealth**.
All areas of my
life are
abundant and
fulfilling.



ARTWORK BY **BK THE ARTIST**

CLICK BELOW TO DOWNLOAD CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Start a gratitude list with 10 things you are grateful for	2 Keep a positive attitude all day	3 Let someone know how much you appreciate them	4 Share the benefits of gratitude with family and friends	5 Celebrate a small win in your day	6 Reflect on a lesson you learned from a stressful situation	7 Replace all negative thoughts with positive ones!
8 Show yourself some appreciation	9 Refrain from gossiping or speaking negatively	10 Write a thank you note to someone you are grateful for	11 Add 10 things to your gratitude list	12 Take a picture of something or someone you are grateful for	13 Do a random act of kindness	14 Donate clothes or items you no longer use or need
15 Do a morning meditation on gratitude	16 Watch a motivational video about gratitude	17 Help someone to see things on the bright side	18 Share a positive review for a business you support	19 Avoid complaining and express gratitude instead	20 Add 10 more things to your gratitude list	21 Make a list of ways you've impressed yourself lately
22 Treat someone you are grateful for to something special	23 Share a message of gratitude	24 Reflect on all that you have before you go to bed	25 Add 10 more things to your gratitude list	26 Meditate on how great your life is!	27 Spend time in nature	28 Surprise someone you love with something special
29 Host a gratitude gathering	30 Add 10 more things to your gratitude list	31 Highlight something that happened this month you are grateful for	2020 is the year of GRIT, GRATITUDE & GOAL-SETTING! One day of positive action towards improving your health is great, but real transformation comes from consistency and developing healthy habits. This month of March 2020 is about GRATITUDE! Everyday this month, challenge yourself to make one small action towards becoming a more grateful human being and generating more positive energy in your life. Get your family, friends, and co-workers involved and share on Facebook, Twitter & Instagram with the #sarahnsays			

Visit [SarahnSays.com](#) for more Calendar Challenges and to access the March 2020 Sarahn Says N.E.W.S. Letter



ARE YOU LOOKING TO INCREASE YOUR PEACE OF MIND AND SATISFACTION WITH LIFE?



SARAHN SAYS SERVICES:

MOTIVATIONAL & INSTRUCTIONAL
LIFE COACHING

SELF-CARE STRATEGIZING

MIND, BODY & SPIRIT:
INTEGRATED YOGA & COACHING

1-ON-1 YOGA/BODY SCULPTING

+MORE

EMAIL [SARAHN@SARAHNSAYS.COM](mailto:sarahn@sarahnsays.com) FOR PRICING AND BOOKING TODAY!

What things inspire you most to go within?

LE: Everything I go through, good or bad, that excites me or causes anxiety pushes me to go within. In those moments I relax my mind and body with breathing exercises. Then I ask my higher powers and ancestors for guidance to explore this new information calmly and strategically.

What are your self-care regimens/strategies?

LE: My routines are split up between day & night. When I'm on top of it, this is what I do...

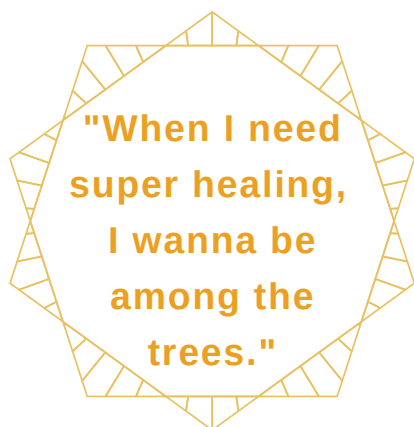
Morning: Pray, meditate, yoga, drink energizing tea while listening to my morning playlist of gospel or meditation music, dress, make green smoothie, leave for work.

Night: Drink sleepy tea, take a bath, journal, sleep by 11pm (really important for my self care)!

I try to exercise at least 4x a week for at least 30 minutes and I try to go into nature at least once a week. When I need super healing, I wanna be among the trees. I seek out positive people and try to maintain positive relationships. I don't consume negative music, too much junk food or TV. I call my parents and best friends back home at least once a week.

In your opinion, what is the number one threat to our wellness right now? Explain.

LE: I think the only threat is how we think of ourselves. Regardless of what society, media or other people think about you, and most often, what you think they think about you, what matters most is what you think about yourself. Do you love yourself? Do you think you are capable of changing your life?



LENORA ELAINE:

REEVALUATE, REALIGN & REROOT

Interview by Sarahn Sankofa

Lenora Elaine Magee is the kind of woman whose smile makes anyone feel safe and loved. Her fiery energy and warm spirit exudes joy in every way and she wears her wild womaness with positivity, passion and pride. She is not only an educator, but also an entertainer. Her poetry has led her across the country sharing her gift with audiences of all backgrounds. Lenora's commitment to bettering the earth by connecting to one spirit at a time through her writing and art, has challenged her to study and apply her growing knowledge of self-love and self-expression. She is doing this through mindfulness, meditation and manifestation. Her studies over the past several years have led her to find inner peace and purpose that has made a true impact for her own life and the lives of those around her. Her business Orisun Arts & Wellness LLC is an organization that uses art and indigenous practices as tools for healing. Orisun has hosted events in the city of Philadelphia for the past few years and has nurtured a community of women who are committed to loving themselves and freeing themselves to the forces of nature. Lenora herself, is no stranger to going with the flow of life's many changes and she aims to use every obstacle to gain wisdom and clarity, with which to enrich the lives of those she serves. Her mission at this stage in her life is to continue to grow Orisun by creating healing environments for her community and to enjoy the wonderful wild experience of reevaluating, realigning and rerooting.

How does being a black woman influence the way you love yourself and others?

LE: Being a black woman growing up in America, who I was naturally-- physically, mentally and spiritually -- has always been deemed wrong. I had to take time to validate myself in a world that seeks to vilify me. So in the act of loving myself, I have to have FULL self acceptance. In my self-acceptance, I have a better understanding and acceptance of others. I know I can not be happy as a black woman unless my people are happy with me so I seek to give joy to others. I am also working on setting strong boundaries not allowing other people's desires or opinions of me disrupt my love for self.

At what age/stage did you begin to take real ownership of your 'woman-ness'? How have you shown up differently in your life since then?

LE: I started when I turned 25 and just got out of a toxic relationship. He was clingy and controlling and blamed me for things that were not my responsibility. As a result, it pushed me to protect myself. I started actualizing my power through meditation and changing my diet first. Then I started performing poetry more knowing that was one way I felt most attune to my truth. Then I started studying divine femininity and reading literature by women I admired to give me the mindset needed to remain in my strength. Every day, I become stronger in my woman hood. Everyday I learn from my sisters, students, mothers, aunties and mentors how to be better.

Everyday I am tested and challenged to do better. I have battled with depression, abuse, anxiety and toxic patterns. I recently got through a battle and everyday I am forced to answer, "But do you love you?" And I have to tell myself yes so I must act like it and I must push myself through.

How do you give power to other women and create room for them to evolve in their own lives?

LE: I love my sisters and being a sister. My sisters teach me so much about myself and how to be powerful in myself. I seek to offer wisdom and time when possible but I created an intentional space called Orisun Sister Circle, a safe space for women dedicated to using art as a tool of healing. We study indigenous healing practices, exchange wisdom on becoming more whole and give each other love in a way no one else in this world knows how. I also seek to empower myself and thus inspire women to stay empowered within themselves.

How do you find healing through your creativity/art?

LE: Since I was 7 years old, creating has been my way of finding peace. It is sometimes hard for me to express myself. Sometimes I don't even know what I want to say until I write a poem about it. But when I do, I find myself at peace and emotionally clear. I also seek to create with intention. If I am having an issue, I create things to help with that. If I have emotional pain, I seek to cook green foods. If I am needing clarity, I will create a poem or prayer to welcome clarity. If I am feeling like I can't see my future, I will draw or paint an image of my future.

What women in history, present and past, famous or not, inspire you to grow and stretch yourself as a woman?

LE: My mother is definitely a strong influence. She is a hard worker and has so much love for the community. My grandmothers and great grandmothers have definitely taught me the fortifying power of prayer. My aunties/mentors here in Philly and in Minnesota are always there for me and willing to give me wisdom and love to build myself back up. My sisters/sister friends are SUPER inspirational as you all give me so much love and ways of being to face the modern world. Sonia Sanchez, Audre Lourde, bell hooks, Angela Davis, Assata Shakur, Maya Angelou, Dr. Joy DeGruy, Dr. Jewel Pookrum, Dr. Frances Cress Weisling, and Iyalna Vanzat have written things that inspire me everyday. Ida B Wells, Bessie Coleman, Ella Baker, Frannie Lou Hammer and Joesphine Baker and so many others in our collective history whose stories remind me that ANYTHING is possible and I have EVERYTHING I need inside me to succeed.

How do your life experiences show up in your work?

LE: It is my work. Everything I have been through, pushed me to create something in response to help myself and others - a poem, a workshop, an event, a Facebook post-- all created in response to an experience.

You (Lenora) were a main influence for me to explore and study tarot, chakras, and crystals. How do you use these tools to enhance your life and increase your health?

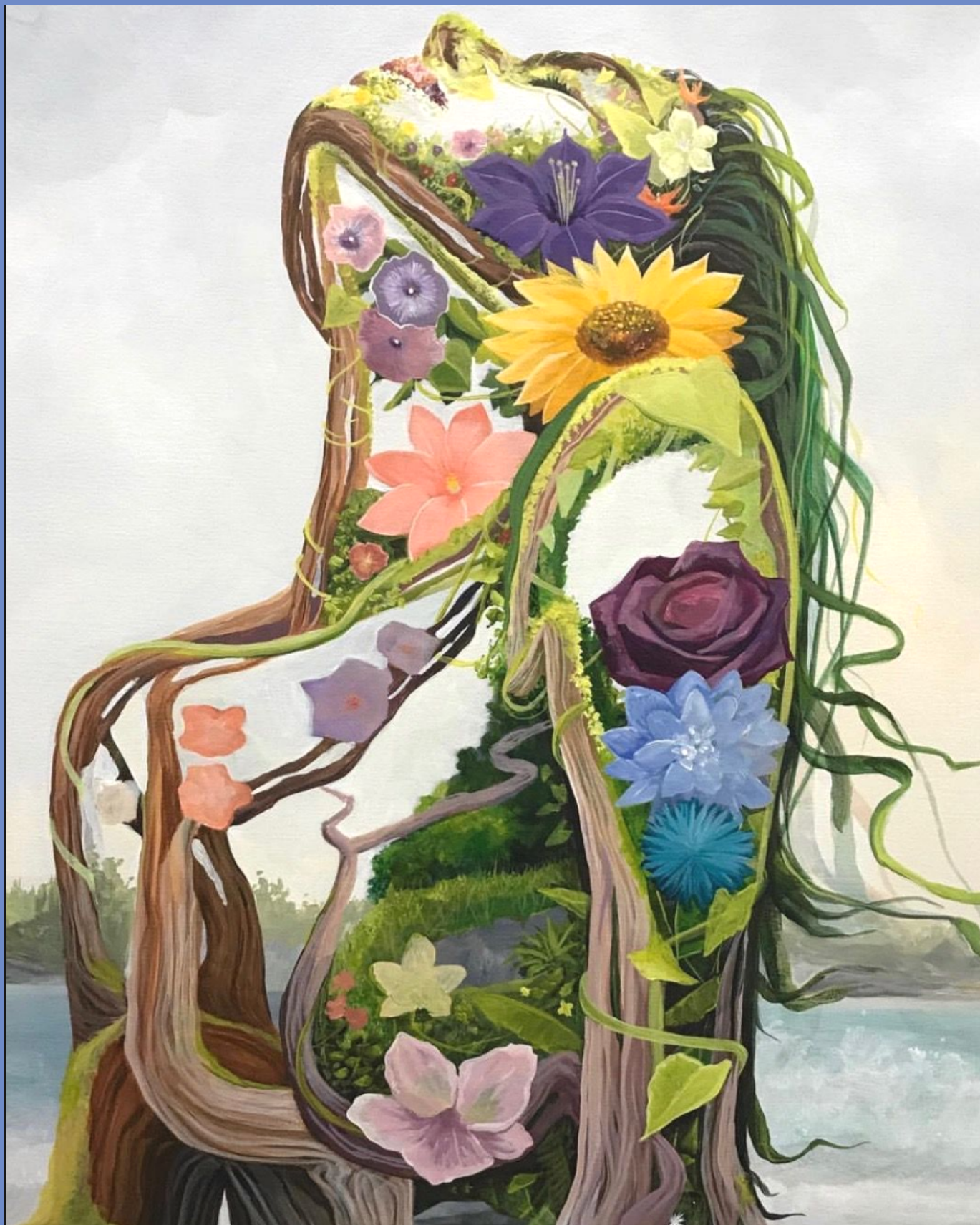
LE: It starts with the one thing scientists, spiritual leaders and laymen can agree on -- everything is energy first. From this starting point, I can use tools like Tarot, crystals and chakra knowledge to manage the energy that flows in, out and around me. I used Tarot to get in touch with my intuition after a period of not being in touch with my inner truth. The Tarot just let me get in touch with how my mind was flowing based on the clues in the cards. Crystals are a concentration of energy found in Earth and in my body. According to the studies of my ancestors, we can use certain minerals to help attract certain properties from the energy around us. Even if it is placebo, the placebo effect of carrying Jade to help heal an aching heart is healing in it self by influencing my thoughts thus influencing the energy in my body. Chakras are the most tangible of all aforementioned energetic manifestations. The most common known 7 chakras, are connected to a hormone gland or major energetic point in our body (for instance, the sacral chakra is located on our reproductive organs and controls our sexual and creative energy). Studying chakras help me connect to the tools I need to heal from those energetic centers by guiding me to specific crystals, food, yoga poses, music or meditation techniques.

continued on page 8

@LENORAE LAINE

@ORISUNWELLNESS

LENORAE LAINE.COM



ARTWORK BY **BK THE ARTIST**

What is the biggest challenge you are experiencing as a woman during this stage of your life?

LE: As a woman, I am challenged to balance my masculine side and allow myself to be creative and free without internalizing societal judgement. As a human being, it has been a challenge overcoming low self-esteem carried since I was young and how that influenced how I thought about myself and my potential. Also, healing from a recent break up from a very toxic relationship.

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The biggest triumph thus far?

LE: Attracting a beautiful and bomb ass community/tribe

What is your winning formula for success?

LE: Prayer, meditation and action

What's the most exciting thing about being Lenora?

LE: There is so much life to live and so many possibilities!

What things are you most grateful for? How does gratitude take shape in your life?

LE: I'm most grateful for my people. My family, friends, tribe, black folk, women, freedom fighters all those who understand this Earth is our spaceship we need to take care of, and are willing to work together to do so. I'm also grateful for all the ways God exists in living beings and how I have access to God through people.

What's the biggest challenge you encountered in 2019? How are you working on it? And how has it made/is it making you stronger?

LE: The biggest challenge was getting through a tough break up after a toxic relationship ended. I had to cry and get to the root of why it was toxic and how I contributed to it being that way. I had to seek self forgiveness and release whatever hold I had on him, which was difficult. I am still working to get rid of blocks that made relationships and self love a challenge but everyday I practice my rituals, practice giving love and practice peace within, through mindfulness. Saying mantras also helps to reframe my mind around the idea of loss. This journey is helping me know myself and love myself more and more each day.

What are you inviting into your life at the moment?

LE: I'm inviting health, peace, positive relationships, beauty, abundance, opulence, freedom and creativity.

Where do you see yourself in 5 years? 10 years?

LE: In 5 years I want to have started my family and had kids, and settled in my home somewhere in between the trees. In 10 years, I want to have published my work, still be in good shape, be debt free... And just feeling wonderful about my life decisions. I want to own multiple properties and have a physical space for Orisun Sister Circle.

You're a Sag/Cap. What does being a true Sag/Cap mean to you?

I don't really find much meaning behind my astrological sign/ birth chart anymore. All I know is that I'm unique due to the heavenly bodies that influence me the are outside of my own or inside of me. Everyday I learn something new. I know being a Sagittarius makes me an optimistic philosopher. Being born almost a Capricorn makes me grounded and career driven. I say all this makes a wonderfully unique person.

Passions:

My people being free, holistic health, indigenous culture

Purposes:

To help my people find more balance and connection to their purpose

Hobbies:

Hiking, cooking fun recipes, writing, reading, creating Spotify playlists lol

Habits:

Staying up late for sure (so bad), my rituals

What's your favorite book/Last good book you've read?:

The Broken Earth Series

What's your favorite music album?

Baduizm

Where's your favorite place in the world?

I love Jamaica but anywhere my loved ones are

What things in life bring you the most joy? My friends a family, good music, performing poetry

What's your spirit animal?

A gazelle that morphs into a panther

Fruits or veggies? Veggies

Yoga or gym? Yoga

Kale or spinach? Kale

Incense or sage? Incense

Water or tea? Tea

Reading or writing? Writing

Night in or night out? Out

Morning routine or night routine? Both

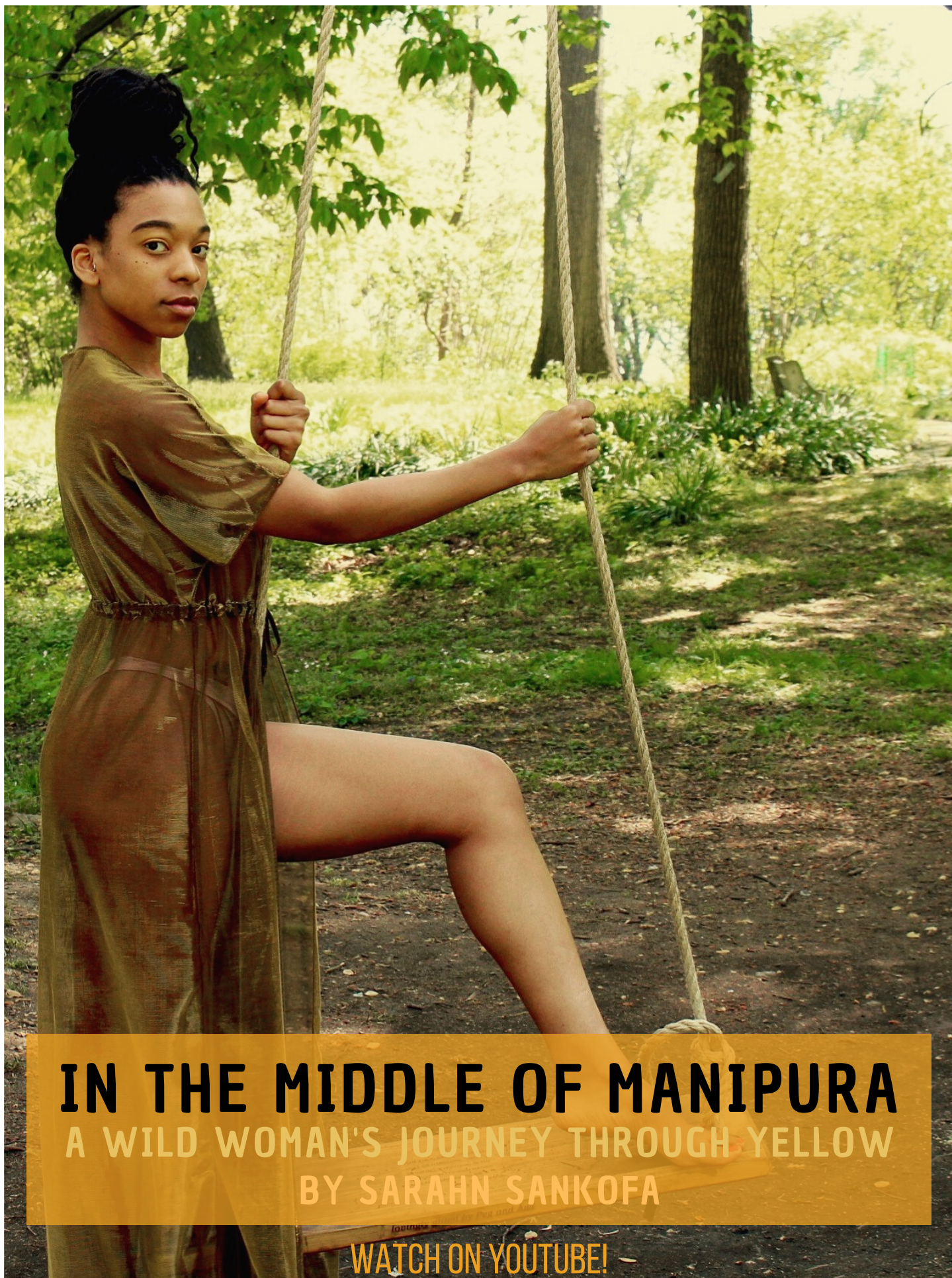
Texting or talking? Talking

Truth or Dare? Truth

Audiobook or Podcast? Podcast

R&B or Neo-Soul? Neo soul is R&B!





IN THE MIDDLE OF MANIPURA

A WILD WOMAN'S JOURNEY THROUGH YELLOW
BY SARAHN SANKOFA

WATCH ON YOUTUBE!

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Women of the Wild by Rashaun Williams

There is no shortage of women who march to the beat of their own drum. From the all-women warrior tribe of the Dahomey Amazons in Benin to the Mujaji of South Africa, the examples of a matriarchal power, dominance, and divinity lives forever. This month in 2020, we look to the past for precedents of what it means to harness the divine feminine. Know history and celebrate HERitage to inherit all women have created and shared wherever they go. Master the wild, whether that be new and foreign lands, or new social or professional territories like so many ancestors before us. Master the wild, like Yennenga mastered battle and Tiye mastered business. Master the wild like Amanirenas mastered both war and diplomacy. Be fierce in the fight for freedom. Master the wild to master the world.

Amenhotep III was known to be one of the greatest kings of Egypt to ever live. His son Akhenaten was the first man in history to establish monotheism and change religion and spirituality in the world forever. Infamously after him, his son was King Tut. Who was the woman to be wife, mother, and grandmother to all three of these powerful men? Queen Tiye. Queen Tiye was known to rule with the same authority as a man, if not more at times, and was the first queen of Egypt to have her name written on official acts, dealing with both domestic and foreign policies. Her statues today show her and her husband at the same height to demonstrate not only their balanced love for one another, but their status being equal in their shared empire for the world to know this truth forever. She was so powerful, a temple was built for her to be worshipped in as the living form of the goddess Hathor, Goddess of sky, of women, and of fertility and love.

During the year 40BC, Rome was known to have the most powerful army in the world. This however meant nothing to the Sudanese Nubian Queen of Egypt, Queen Amanirenas who chopped off the head of a statue of Augustus when the Romans tried to tax her on her land. Of course with his ego hurt, the two went to battle, but her perpetual wins drove the Romans out of Kush for the remainder of her rule as Queen. Queen Amanirenas was said to have a scarred eye from war, and was so tough, she once had a bundle of golden arrows delivered to the Romans with a message saying "This gift is from the Candace. If you want peace, this is a token of her warmth and friendship. If you want war, keep the arrows because you're going to need them."

Princess Yennenga was said to be the most fierce, yet most beautiful girl in all of Ghana. A master of the javelin, spear, and bow, she began aiding her father, King Nedega, in battle at age 14, and together the two never lost a battle. By the time she grew old enough to marry, her thoughts for war and battle changed and she grew interested in beginning her own inheritance. Her father, unable to bare the thought of losing such a military leader to marriage, refused her that rite, so she planted a field of wheat, only to let it rot before the eyes of her father. When he asked why, she replied to her father "As precious as you say I am, still you would let me rot." With her father's heart hardened, Princess Yennenga decided she would live under his law no longer and ran away from the Dagomba Kingdom to become a queen in her own. The Mossi Empire would go on to reign independent for 800 years before European colonization in 1896.



ARTWORK BY **BK THE ARTIST**

THRIVING THE WILD

SURVIVING IN THE WILDERNESS OF THE WORLD

Written by Sarahn Sankofa

The world is your wilderness. You were born to survive in it. You must learn to survive in the wild. One day at a time, swinging from vine to vine, hiding in trees, and finding your food. Living in the wild is daring and challenging, often experimental and with every new sunrise comes a lesson to be learned, practiced and shared. Here are some lessons I've learned from living in the wild that have not just kept me alive, but guided me to thriving journey through the wilderness of the world.

PLANT YOUR SEEDS

Invest in your life. You have the power, you ARE the power that your life is dependent upon. Plant seeds of fortune and success and be patient knowing that they will not grow overnight. In order for your seeds to produce fruits and flowers, you have to invest in your seeds daily. Give your seeds the right amount of time and love energy so that they can grow strong and reward you for your efforts. If you fail to plant your seeds, you will go hungry, or have to be dependent on what someone else's seeds have produced.

SWIM DOWNSTREAM

Do not fight the current of change. The water is flowing downstream and it does not serve you to swim in the opposite direction. It may be scary and a little painful on the way down, but the water is carrying you to your destination. By going against the flow, you exert all your energy and remain in the same place. One you stop fighting the flow, it will continue to carry you in the direction it had intended. Trust the flow of the water.

BEWARE OF THE BERRIES

Pay attention to your indulgences. While things may appear to be sweet, there is often poison hidden in the juices. Make sure you are aware of what you consume. This not only includes the food you eat but also the music you listen to, the content you intake on TV and social media , and the people you engage in intercourse with. Nothing is only what it appears to be. Sometimes the sweetest berries are the most poisonous. Enjoy the adventures of the jungle, but don't be a fool by prioritizing a tasty treat over a healthy body.

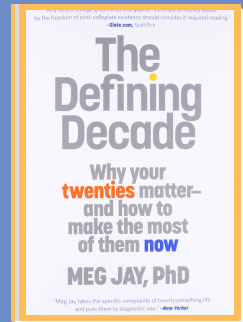
FORM A STRONG TRIBE

One of the most important ways you successfully survive in the wild is by forming a strong tribe. These are people who share the same values and common direction as you. You can get lost and end up somewhere you don't want to be by following the wrong leaders. Or maybe you are the leader, sticking around with the wrong followers. Surround yourself with people whose skills and natural abilities work interdependently with yours. Encourage your follow tribesmen and tribeswomen and stay close by to those you can both learn from and teach to.

BASK IN THE SUN

You don't have to convince yourself that you are worthy of great things. Nature has gifted you with the warmth and nourishment of the sun. The fulfillment and reward that comes with your achievements is already present in your life. You have worked hard and will continue to do so, and the sun is there to reward you regardless. You deserve the gifts of nature, because you are a living creature. You should not deprive yourself of feeling good about simply that. No one or nothing can take that freedom away from you. So stop being so hard on yourself. Take that same energy and find peace and purpose in loving your life, just because.

BOOK REVIEW: THE DEFINING DECADE BY MEG JAY, PHD



Review by Sarahn Sankofa



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ARTWORK BY BK THE ARTIST

