



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



A Love Note from Katie

Okay, here we go. It's November, loves. We only have two more months left in this beautiful year of 2021. September had us integrating, learning our lessons, bringing them into the world, and putting them into practice.

Last month, in October, it was about finding those awesome strengths within us and saying it's time to live life. It was a fun, action-packed month, but hopefully, you found it as challenging and as beautiful as I did.

And now here we are in November. This month is all about rooting into who you are. It's about rooting down into the new you, rooting into practices that fill your cup, and rooting down into your daily routines and rituals. November is the perfect time to honor your body and find the flow that works for you in your life - especially when it comes to your business.

Did you change things up in October? Did you feel inspired to **maybe** change things up? To simplify? You probably asked yourself, "What is it I'm really here to do?" And now you are doing it with confidence. Use the powerful psychic energy of this month to help you to tap into your soul's mission.

This month heralds new life chapters so the themes with our oils, our foods, and everything we do this month is going to be about you getting comfy in this new upgrade you've had. The two oils I've picked out to spotlight for you this month might surprise you a bit - keep reading to learn how to harness all of their goodness.

Make sure to stay connected to all of the events that we have on the calendar through the rest of the year. Our group energy work will take place on the New Moon this month - so powerful. I've also added a couple of different essential oil classes that people have been asking for! Make sure you join my events calendar and be on the lookout for "Mind, Mood & Sleep" and "Raise Your Vibrations with Essential Oils Each and Every Day."

Enjoy the juicy nuggets in this newsletter, and so much more.

xoxo Katie



Cosmic Updates

FUN COSMIC HAPPENINGS IN NOVEMBER

There were quite a few retrogrades going on the last couple of months that were a tad “rough” on us. November should lighten up a bit with fewer retrogrades and eclipse season. I’m feeling it’s going to be a nice balance of masculine and feminine energies coming in from all angles. We’re still in full expression of fall. The days are getting shorter and shorter as we move toward the winter solstice that will be in December. Even though the weather may be shifting, the seasons have not officially shifted. We’re still in that cumulation energy. What projects do you maybe need to wrap up so you can truly root all the way down into some of these new projects that are going to move you into 2022? This is still very much “let’s wrap things up” energy. Maybe there are house projects that you need to do or organize, get ready for the holidays? Maybe you’ve got some last-minute touches on different systems and tools in your business. I know that’s where I’ve been. Where are you now?

What you put into motion now will carry you into 2022 and set the foundations for your forward movement. Play with this energy and use it to your advantage. This is still a “let’s get stuff done” kind of month. It’s not time to relax and hibernate for winter quite yet.



NOVEMBER MOON DATES

NEW MOON: NOV 4, 2021

1ST QUARTER MOON: NOV 11, 2021

FULL MOON: NOV 19, 2021

LAST QUARTER MOON: NOV 27, 2021

Ready to Expand? ▶▶▶

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



Oils I'm Loving

oil SPOTLIGHT



CONNECT TO
MOTHER EARTH



OIL OF
CHANGE

Let's talk about the medicine of the season and the oils we're going to be using this month. We're going to be playing with oils that will root us down into our bodies, our message, and our purpose. Have fun playing with these two oils and enjoy some of the blends I've put together for you.

THE MEDICINE OF FALL

The first one is Patchouli - a warm root oil that invites us to root down into our first chakra, the sacral chakra, down into this earth and into our bodies. It invites us to practice those daily habits and rituals that keep us rooted inward.

Use this oil every day to root yourself into your current body and life choices. Try it on your big toe or on your perineum, yes, you can put it there, as long as you're using doTERRA. You can also get the rooting benefits of Patchouli by adding a few drops to the bath or dabbing it on your wrists.

I've created a blend for you this month featuring Patchouli. Use it to make a bath oil, a body oil, or it can be a diffuser blend. Patchouli is really going to help you root down into your mission. You probably remember me featuring this oil before because it's one of my all-time favorites for keeping your soul on track!

We're pairing Patchouli with Cardamom this month. Cardamom is a beautiful oil that helps us process and digest change. You have changed a lot, my darling. Look back to where you were at the beginning of this year or even the beginning of September. We've had a lot of shifts, a lot of integration. And as we're getting used to this new skin we're in, we're going to need an oil that helps us get comfy in it. Cardamom is the answer. You can apply it to your Solar Plexus, or your third eye area. If you're feeling these new changes giving you digestive issues, stress, or headaches, you can actually put it under your tongue.

Magic Potions for You

Here I am

MONTHLY BLEND

2 drops Patchouli
2 drops Cardamon
4 drops Bergamot



You are here to be confident and wild. This blend is beautiful to anchor you into who you truly are and live in full expression, free of frustration and full of life.

Diffuse, add a few drops to the bath or put the drops in the palms of your hands and inhale to remind you that you are in full control of your life and it's a beautiful thing.

Oils for November:

*Cinnamon | Cardamom | Patchouli
Cassia | Vanilla | Frankincense | Copaiba*



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!

November Thoughts

SEASONS . . .

Remember - we're still in this full-on season of Fall. We're going to be really gravitating toward those woody, balancing, harmonizing oils: Patchouli, Cardamom, Cinnamon, Cassia, Vanilla, Copaiba, Frankincense. These are all oils that are going to keep us rooted and grounded during this beautiful season of change.

We're also going to shift again the foods we're eating. We started out the Fall with some juicy berries, hearty broccoli, and green leafy lettuces. The temperature getting colder outside means that we have to eat warmer foods. Our body really, really likes warm foods when it's cold outside. It makes it work less to keep us warm so all of our internal systems can stay streamlined. Think of soups, stews, roasted vegetables, and anything you can find in-season where you live.

Here is a super yummy chili recipe that I put together a couple of weeks ago. I used the Whole30® chili recipe as a base and I want to give them credit for that, but then I jazzed it up Katie style. I think you're going to really, really like it!

INGREDIENTS

- 1 pound ground meat (I like ground beef)
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon cumin
- 2 teaspoon chili powder (I use Trader Joe's)
- ½ tsp paprika
- ½ teaspoon mustard powder
- ½ tsp salt
- 1 red pepper, finely chopped
- 1 green bell pepper, finely chopped
- 2 medium zucchini, cut into small cubes
- 3 cups chopped kale
- 1 8 oz package sliced portobello mushrooms
- 1 can (14.5 ounces) diced tomatoes
- 1 can of black beans
- 2 cups beef broth



Saute onion in 1 Tablespoon olive or avocado oil until translucent. Add garlic and saute for 1 additional minute. Add ground meat and cook until done. Drain meat. Add remaining ingredients and simmer for a few hours on the stove, or cook it in the crockpot on low for 4 hours. This is a wonderful soup to make and then have in the fridge all week and enjoy on cool fall nights.

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

November 4th @ 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 sacred space for
WOMEN
to tap into & explore
their gifts
as healers

CULTIVATE

Welcome Home

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](#)

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](#)

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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.

