

NEW CONTRIBUTOR

DINA DOES...

by Dina Cantin @dinadoespodcast



*“Always keep a little beach day (and night) in your heart”*

There is something so incredibly healing about the beach. The power of the sun (and moon) charges us and connects us to universal energies. The air is clean and crisp filled with negative ions known to elevate stress and deliver deeper healing breathes to your lungs. The sand will ground you leaving you feeling firmly connected to the earth. The soothing sounds of the waves lulls you into a hypnotic state as the salt water purifies your soul. Brain imaging research has shown that proximity to water is strongly linked to your brain releasing feel-good hormones, including dopamine and oxytocin. Pair this with some focused intention and be prepared for some big magic!

*“Change your energy, change your life”*

Native Americans and other indigenous peoples have burned sage for centuries as part of a spiritual ritual to cleanse a space or person, and to promote wisdom and healing. Enrich your beach ceremony experience by first clearing the energy with these fabulous creations adored with mega healing crystals and soothing aromatic flowers and herbs. [www.pamelarobins.com](http://www.pamelarobins.com) If you're ever in California be sure to visit Pamela at her tipi for a life changing sound bath.



*“You are magic, don't ever apologize for the fire in you”*

The element of fire provides fast and visual means of releasing and healing strong feelings and experiences. Full moons represent a peak and release of energy. Tap into this cosmic flow by releasing what no longer serves you. Spiritual kindling are gorgeous magical fire starters curated with organic medical herbs to help facilitate healing. Each bundle also includes a beautiful intention card. Personalized bundles can also be created for you and your loved ones through special order. Visit [spiritualkindling.com](http://spiritualkindling.com)

*“What you wear makes a difference”*

Daughters of India is a slow fashion label with the highest ethical practices and support for the artisans and makers. They are fair trade and work with their team in India on programs that build education and training for the people of the village and surrounding areas of Jaipur, India. Beautiful and effortless on or off the beach. [us.daughtersofindia.net](http://us.daughtersofindia.net)



*“Sometimes you just have to ride the wave you're given”*

Bring a little surf therapy to your home or office with these incredibly inspiring works of art by California Native, surfer and shaper Paul Carter. If you look closely the art is sprinkled with positive quotes and thoughts of wisdom. My husband and I were the winning bid for this amazing board at a charity auction in Laguna Beach. Good vibes all around! [www.cboards.com](http://www.cboards.com)