

Volume I, Issue 2

# Stillness & Me-Time

Magazine Series

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#WhileYouWork





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# *PUBLISHER'S NOTE*

This issue, being the second in this series, offers a holistic view of who we are.

Curated with features, guides as well as resources, I hope you find it all useful.

Best regards,  
Kaysha Sahai Reid

# Who Am I in Christ?

Who am I in Christ? I believe that at some point every Christ follower should know the answer to this question. Our interests, occupation and lifestyle are all aspects of who we are; however, I have learned that our true essence really lies in the reward we receive from eagerly seeking Him.

When I first accepted Christ into my heart, the love I had experienced made me want to please Him with every ounce of my being. As the revelations grew, that became more and more difficult. I later realized that although I had the right intentions, my efforts were not coming from an authentic place. I was still holding on to my own perception of who I was. But Jesus told his disciples: *"If anyone desires to come after me, let him deny himself, and take up his cross daily, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it."* Luke 9:23-24 NKJV

The Bible also tells us that when we accept Christ as our savior, we allow the Holy Spirit to dwell within us and we are each given spiritual gifts. *"But unto every one of us is given grace according to the measure of the gift of Christ"* (Ephesians 4:7 KJV).

Our spiritual gifts therefore help to define who we are in Christ; but they should never be confused with our talents. Talents are received by way of genetics and/or training. Our spiritual gifts, however, depend on the power of the Holy Spirit. They are therefore given to us not for our own benefit; but to serve - glorify God and to minister to others. The Bible also tells us that we are to use them in a manner that is proportional to our faith (Romans 12:6).

1Corinthians 12 8-11 outlines the gifts of the spirit.


Another scripture that outlines the gifts given to us by Christ is Ephesians 7:7-16.



Believe it or not, "finding oneself" involves trusting the Lord enough to let go of all that you perceive as yourself. We find our true Christ-centered selves when we willfully allow the Lord to direct our path. His story for us has already been written - His word also tells us in Jeremiah 1:5 that "He knew us before he formed us in the womb." Your story may have had more immediate gratification, different characters and "happier" experiences; but the amazing thing is that the Lord's path, though not always smooth, is the one that will eventually lead to the true fulfillment of your desires.

*"Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord: and he shall give thee the desires of thine heart.." Psalm 37: 3-4 (KJV)*





# Scripture Meditation Minute



# Meditation

Take a deep breath in and exhale slowly,  
and then say out loud:

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# Guided Morning Meditation

with Kaysha Sahai Reid



Join me every day at 6:30 a.m. EST  
on KaySahai Designs Radio

Tune-in at: [www.stillnessandmetime.com](http://www.stillnessandmetime.com)

*Me-time is those  
moments we set  
aside to refresh,  
renew and re-  
energize...*





A close-up photograph of two large, light-colored alabaster jars resting on a sandy surface. The jars have a smooth, slightly textured exterior and a large, circular opening at the top. The interior of the jars is a warm, yellowish-brown color, possibly due to the natural color of the alabaster or the lighting. The sand is light-colored with some small, dark specks. The text "Inside the Alabaster Jar" is overlaid in a white, serif font, centered horizontally and slightly above the middle of the image.

# Inside the *Alabaster* Jar

# Facts, Characteristics & Properties

Spikenard is an essential oil extracted from the aromatic plant *Nardostachys jatamansi*. While today it is utilized a lot for its balancing effect; in ancient times, spikenard was highly recognized for its healing properties. Back then it was used as medicine, a skin tonic, perfume and even to anoint priests, kings and high initiates.

In the Bible, spikenard is described as a very costly oil, which was preserved and stored in expensive alabaster jars. It is also referenced in scripture as a symbol of love and devotion.

The following are the four instances where the oil is mentioned in the Bible:

(1) Spikenard is the oil mentioned at the home of siblings Mary, Martha and Lazarus (the man Jesus raised from the dead). The siblings held a dinner in Jesus' honor. This was after He had arrived in Bethany, just six days before Passover. The Bible tells us that while Martha served and Lazarus sat with Him and other guests, Mary anointed Jesus' feet with spikenard oil, and then wiped them with her hair:

*Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair: and the house was filled with the odour of the ointment.* - John 12:3 (KJV)

(2) It is the oil used to anoint Jesus. In this scripture, a woman (whom some believe to be Mary Magdalene) pours spikenard oil on Jesus' head in preparation for His death and burial:

*And being in Bethany in the house of Simon the leper, as he sat at meat, there came a woman having an alabaster box of ointment of spikenard very precious; and she brake the box, and poured it on his head.* Mark 14:3 (KJV)



(3) Spikenard is mentioned in the beautiful poetry of King Solomon. In his poem, Solomon utilizes the oil as both a signal and a metaphoric symbol of the bride who has made herself ready for her husband:

*While the king sitteth at his table, my spikenard sendeth forth the smell thereof. A bundle of myrrh is my well-beloved unto me; he shall lie all night betwixt my breasts. My beloved is unto me as a cluster of camphire in the vineyards of Engedi. Song of Solomon 1:12-14 (KJV)*

(4) The oil is referenced again in the book of Song of Solomon. Spikenard is among a list of oils, fruit and chief spices used to describe the essence, fruitfulness and the flowing waters of love:

*Thy plants are an orchard of pomegranates, with pleasant fruits; camphire, with spikenard, Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices: A fountain of gardens, a well of living waters, and streams from Lebanon. Awake, O north wind; and come, thou south; blow upon my garden, that the spices thereof may flow out. Let my beloved come into his garden, and eat his pleasant fruits. - Song of Solomon 4:13-16 (KJV)*

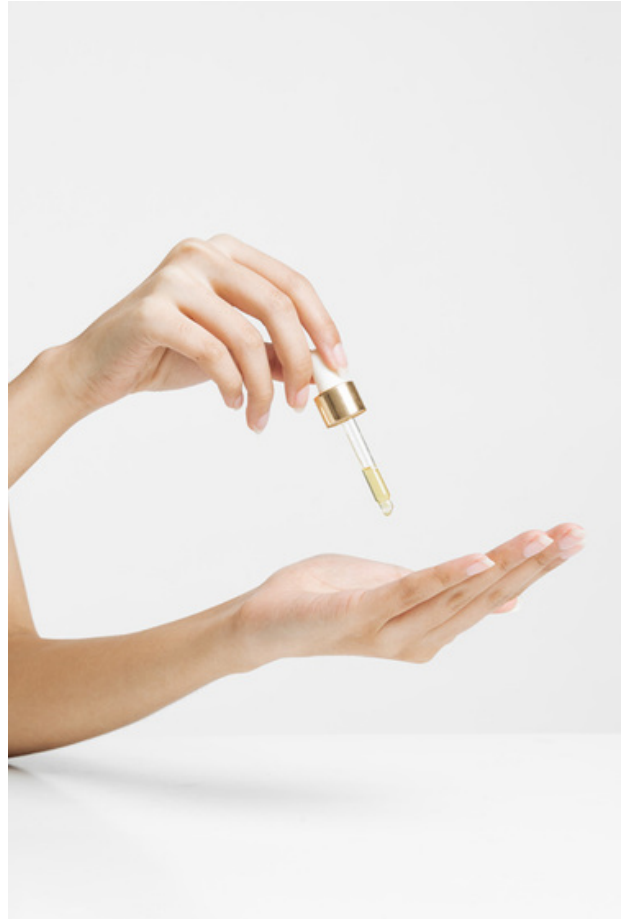


## Uses of Spikenard Oil

Spikenard essentially has "a regulating action on the skin and nervous system when inhaled, and a cardio tonic effect when inhaled or applied topically," according to [massagetherapy.com](http://www.massagetherapy.com).

Try diluting spikenard essential oil with carrier oils like sweet almond, coconut or jojoba to avoid any possible irritation.<sup>2</sup> You can even blend it with other essential oils like: patchouli, rose and lavender.<sup>3</sup>

Adding a few drops of Spikenard oil to a warm bath can also be very balancing.



\*\*\*Do not use while pregnant or nursing. There is very little information reported on any side-effects and precautions regarding proper usage. <sup>4</sup>

1. Associated Bodywork & Massage Professionals. [Massagetherapy.com](http://www.massagetherapy.com/articles/index.php/article_id/242/Essential-Oils-Aromatherapy). "Essential Oils & Aromatherapy: Healing Emotional and Psychological Needs."  
<[http://www.massagetherapy.com/articles/index.php/article\\_id/242/Essential-Oils-Aromatherapy](http://www.massagetherapy.com/articles/index.php/article_id/242/Essential-Oils-Aromatherapy)>

2. Dotdash Media. Verywell Health. "Essential Oils That Can Help You Sleep Better."  
<<https://www.verywell.com/the-benefits-of-spikenard-essential-oil-88802>>

3. The Fusion Model. <<https://www.thefusionmodel.com/spikenard-essential-oil-benefits-uses-and-side-effects/>>

4. WebMD. Vitamins and Supplements. "American Spikenard - Uses, Side Effects, and More."  
<<https://www.webmd.com/vitamins/ai/ingredientmono-366/american-spikenard>>





# Dynamic

## TRIO



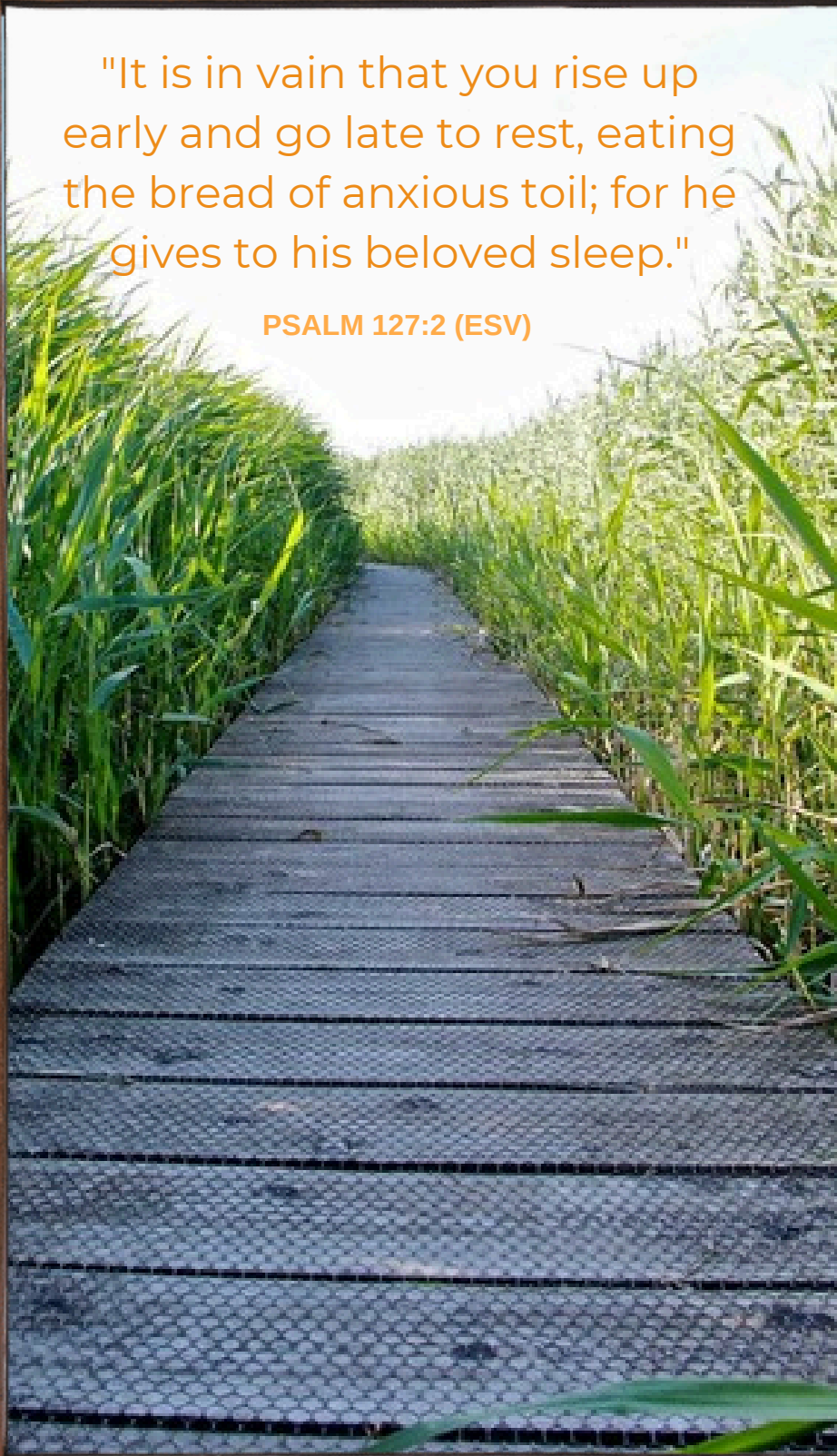
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# *Tea Time*

"It is in vain that you rise up  
early and go late to rest, eating  
the bread of anxious toil; for he  
gives to his beloved sleep."


PSALM 127:2 (ESV)





# Stillness & Me-Time

a meditation and self-care  
**course**

A photograph of a person sitting on a boat, leaning back against a wooden railing. The boat is on a body of water, and the background shows a hazy, mountainous landscape under a bright sky. The person is wearing a dark cap and a light-colored shirt. The overall mood is peaceful and serene.

*Breathe...  
Confess  
and Meditate™  
on God's Word*

[https://stillnessandmetime.com/course  
-and-instructionals/course-details](https://stillnessandmetime.com/course-and-instructionals/course-details)

## BUSINESS



The domain name you choose is very important to the success of your site. A domain name basically tells people where to go to find your website. You may secure your personal name or the name of your business or ministry as your domain name. However, if you are creating a blog or trying to build a niche site, then you may use the following strategy to draw more people to it:

- Choose a domain name that is as short as possible.
- Include relevant and popular keywords that are already being used by the customers in your chosen niche, who are seeking out more information in search engines - the key is to use keywords that are high in demand, yet low in competition.
- Your domain name should be easy to remember. Use memorable keywords that can be easily branded.
- Do not include words that will be difficult to spell.
- Include words in your domain that when combined, it sounds catchy. Domain names with a particular sound and appeal have more of a branding factor.
- Avoid registering any domain names that could infringe upon the copyright of an existing company. Use copyright.gov to do a quick check.
- Avoid misspellings. The worst thing you could do is misspell a word in your domain.

Now it is time to purchase your domain.



## CREATIVITY

# Website Design

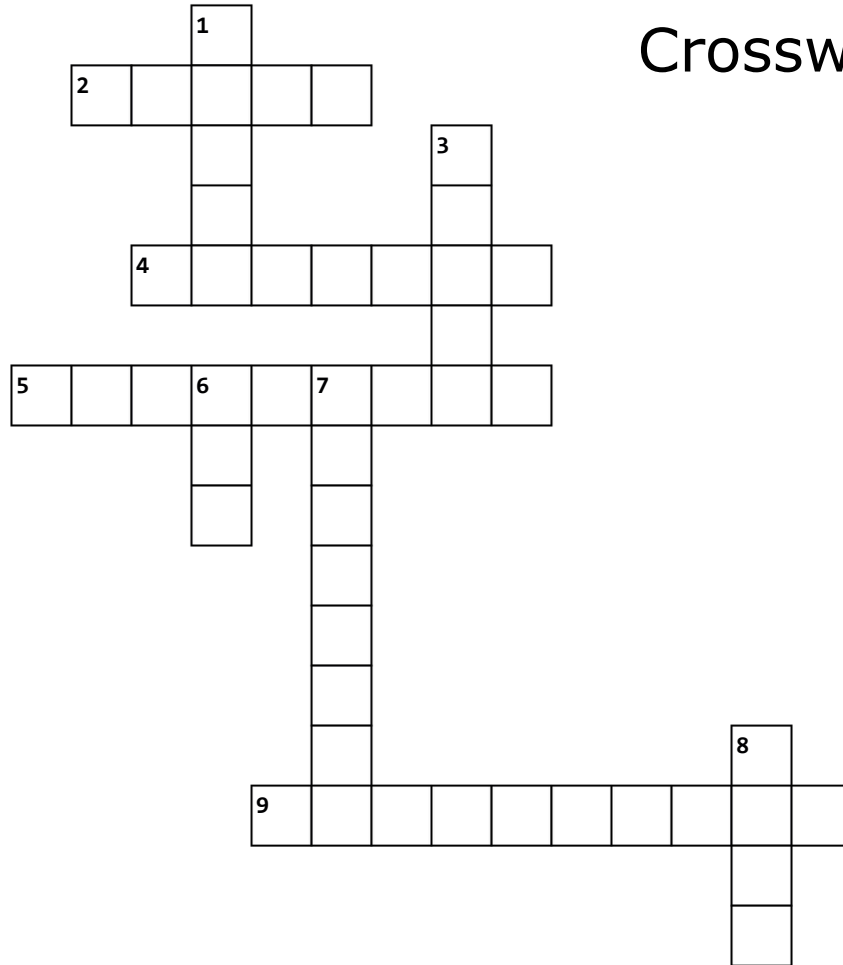
An effective website is aesthetically pleasing, while having a clear and consistent conceptual structure. A functional website is also technically sound, user friendly, and search engine optimized.

Want to learn more about how to create an effective website for your business or ministry?

**Here's where to start:**

<https://www.kaysahaidesigns.com/design/steps-to-create-a-website/>

# Crossword



## Across

- 2. "For we walk by \_\_\_\_\_, not by sight"
- 4. First book of the old testament
- 5. Included in the New Testament
- 9. The Word

## Down

- 1. How to live
- 3. Liquify fruits
- 6. Love
- 7. Taking time for you
- 8. We do this for 8 hours



# shopping list

FRUITS &  
VEGETABLES:

PROTEINS:

GRAINS:

DRINKS & SNACKS:

PERSONAL CARE

ARTS & READING

OTHERS:



Crossword

1 B

2 F a i t h

3 J u

4 G e n e s i s

5 T h e

6 G o

7 S p e l

8 W

9 M e d i t a t i o n

k

25

Stillness  
+ Me-Time

## Feature Tours



4 media features

*KaySahai Designs*

# Business Website

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<https://ksdbusiness.website/index.php>



Palma Christi. Haitian Castor Oil. Maskreti Lakay. - Bulk - ~~CHOOSE SIZE~~

<https://www.ebay.com/itm/253979350463>

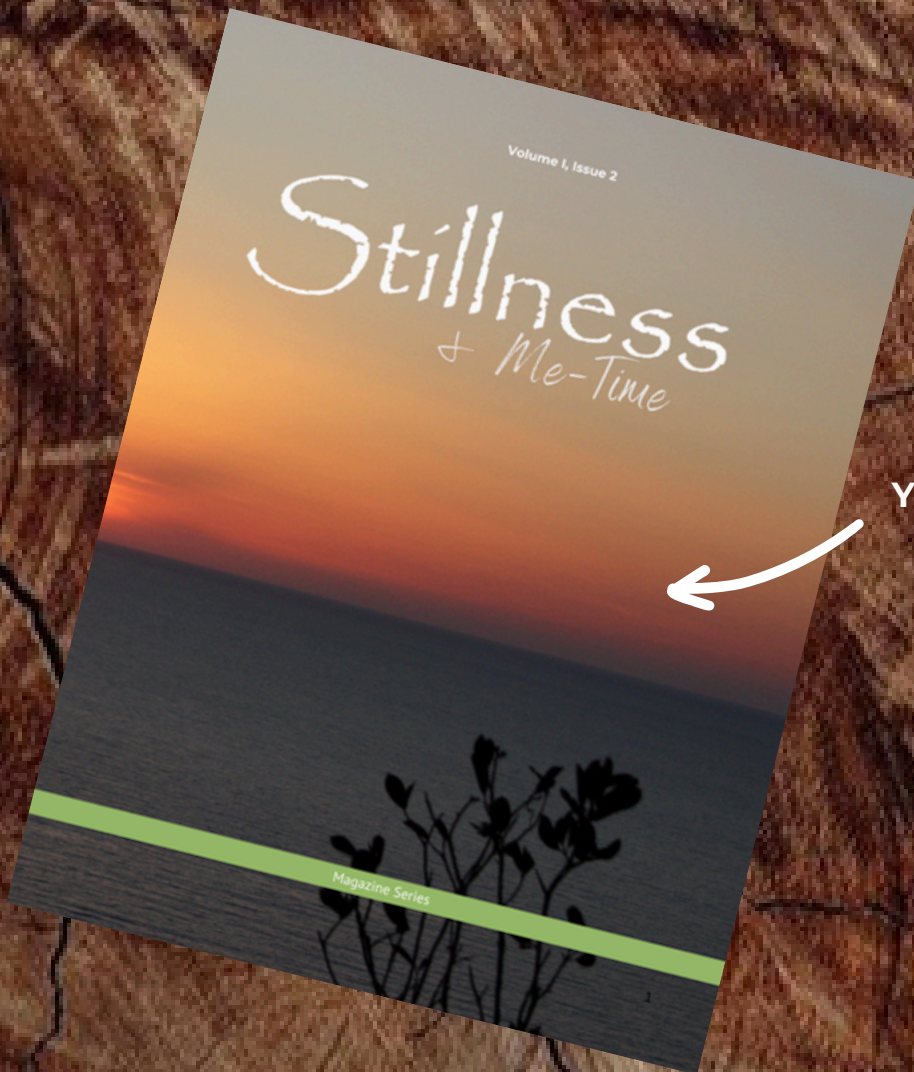
Also known as lwil maskreti, this Haitian Castor Oil has a very rich tradition in Haiti. This process gives the oil a distinctive dark color and nutty aroma.



<https://oldejamaica.com/olde-jamaica-black-castor-oil-growth-shampoo-and-vitamin-fortified-conditioner-8-fl-oz/>



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