



TABLE OF CONTENTS

[Welcome Letter](#)

[I. Article Submission Guidelines](#)

[II. Sample Articles - COSMIC CORNER](#)

[III. Sample Articles - IN DEPTH](#)

[IV. Suggested Topics and Article Series](#)

[V. Linking with Yogamint](#)

Dear Yogamint Contributing Expert,

We are delighted you will be sharing your wisdom and expertise on the pages of Yogamint! Our e-letter subscribers and website visitors care deeply about improving their health and the health of the planet through positive lifestyle choices and community interaction. Your contributions are a vital part of the uplifting message that Yogamint sends out to thousands of “minters” each week. Please read the [Submission Guidelines](#) and follow them carefully, so as to minimize article revisions.

Please Note: By submitting to Yogamint you are asserting that all content is original to you and that it has not been previously published by you in print or online media. *Should you wish to submit a previously published article, please contact us to discuss.* Copyright to your material is solely yours and we hold no rights regarding its usage. While there is no monetary compensation for articles, we do encourage our readers to learn about you and your interests through links to your business or personal websites. With your contribution to Yogamint of two or more articles, you will be considered a [Yogamint Contributing Expert](#) and will receive a “badge” that you can place on your website, newsletter, Facebook, My Space or Blog. On the day your article publishes, we will send you the link to your article, enabling you to send out notices to your fans, friends and family!



Your article will be treated with the utmost respect in preparing it for publication. We do reserve the right to edit your article to improve the flow and presentation of the content. Should there be any questions or suggestions on our side regarding the substance of your piece, we will contact you to discuss the options before proceeding with publication. Our Content Editor is available should you have questions or need a little help in putting your article together.

Upon approval and final revision of your submission, we will schedule your article for publication. Your piece will be featured on the [Yogamint Home Page](#) for one full week. The title and subtitle of your article will appear in our e-letter, allowing readers to easily click over to the website to read the full piece. It will be stored in our archives and will be searchable on our site. This means that your link will remain valuable real estate for a long time to come!

The three areas you are invited to contribute content for are: [In Depth](#) (yoga, healthy lifestyle, humanology); [Cosmic Corner](#) (the mystic arts, journeys); and **Video** (yoga, food, interviews, music).

Thank you so much for sharing your wealth of insight with our growing community of consciousness! We are grateful for all the talented and dedicated people who contribute their wisdom to Yogamint. May all your days be blessed with awareness and with loads of love.

Please send your completed article to:

Sarb Nam Khalsa
Web Content Editor/Mint Alchemist
Yogamint, LLC
editor@yogamint.com

I. Article Submission Guidelines

Article Information (place at top left of document):



- Title of your submission
- Subject matter
- Word count of your article
- Your E-mail address and phone number (for Yogamint internal contact only)

Author Information to appear on Yogamint.com (place at bottom of article):

- Your name
- One-line tagline about you
- Website name and URL (where you'd like us to link)
- Include links to any websites you reference in your article
- Title of book, video or product relevant to article (this can be YOUR book or product)

Format:

- MS Word Document - 12 point Times New Roman Font
- Articles for **In Depth** should be between 250-350 words (for samples, go to <http://yogamint.com/in-depth/all>)
- Articles for **Cosmic Corner** should be between 150-250 words (for samples, go to <http://yogamint.com/cosmic-corner/all> or for **Journey** articles, see <http://yogamint.com/cosmic-corner/journeys>)
- Images for use in the article must be in .jpeg format, preferably 148x148px, 72 dpi resolution
- Where called for, include attributions and citations at the conclusion
- Additional materials, such as recipes or yoga/meditation sets can be included as a separate document, which we will link to your article on our website

Style:

- Our mission is to “Inform, Instruct & Inspire”
- Articles should be written to reach the widest possible audience
- Use accessible language
- Write in a friendly, personal style – speak to the individual reader by addressing them as “you” (as in “Yoga is a great way for you to experience health and relaxation.)
- If you cannot avoid “yoga-isms” explain them
- Promotional references or links are not to appear in the body of the article
- ALWAYS proofread and spell-check your article prior to submission
- Provide a book, DVD or CD recommendation on your topic, if possible.

II. Sample Articles — COSMIC CORNER

150-250 Words on topics such as Astrology, Numerology, Feng Shui, Crystals & Gemstones, Hand Reading and Tarot, as well as spiritual Journeys (reflection and philosophy).

[A Mandala to Call Your Own](#)

Release, Relief and Healing

Mandalas are living entities with their own life force energy. These ancient symbols bring the ability to communicate and facilitate healing, both subtly and powerfully, through your subconscious mind. At this time of great shift on our planet, you can develop a relationship with mandalas to help bring this healing into your life. What is the best way to work with mandala energy? Begin by choosing a mandala that speaks to you. You'll be drawn to it for one reason or another. Try not to let your mind decide— just feel it.

Hang your mandala in a room that feels comfortable to you. Sit or stand in front of it. Get to know its lines and colors. Feel its vibration. Communicate with the mandala by focusing on its center while holding the palm of your hand over your heart. Remember to breathe! Ask for an opening, either silently or aloud. You're looking for a release, or a feeling of relief, in an area of your body that feels tight. It may come immediately or much later. Just trust that it will come.

For best results, place mandalas in every room in your house and practice connecting with them regularly. Discover your soul's treasure by opening to the power of mandala healing. Mandalas bring the power to transform and elevate your life from the inside out, so find one (or several) to call your own and find the healing through this powerful, transformative tool.

Dana

Freedom Pioneer, Lover of Lines

[NineTomatoes](#) Mandala Store

Recommended: *The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being* by Susanne F. Fincher

[Cosmic Resonance](#)

The Gong and the Chakras

Because of the intimate relationship between sound frequencies and chakras, the gong is a powerful instrument for opening and balancing the flow of energy through the chakras. As the gong is played with its wide range of complex frequency patterns, the chakras begin to come into a natural resonance. In effect, there is a grand tune-up of each energy center that releases a free flow of energy, creating a sense of fluidity and responsiveness in the energy body of the listener.

This can be experienced or expressed by the listener as deep sighing (first chakra), humming (second chakra), laughter (third chakra), crying (fourth chakra), coughing (fifth chakra), internal light (third eye), or blissful connection (seventh chakra). Sometimes the response to a released chakra can be as dramatic as man who had an out of the body experience, seeing his body as he looked down from the ceiling.

In effect, the complex and interactive sound of the gong creates a cross-communication between the chakras, releasing blocks and clearing old patterns that allow the subtle body to smoothly re-integrate and the energy centers to coordinate. In particular, by its coordinating and stimulating actions upon both the pituitary and pineal glands, the gong is especially effective in opening the sixth and seventh chakras, making it an ideal instrument for enhancing meditation.

Video demonstration by Mehtab: *Ride the Wave of Sound*

Mehtab Benton

Author, *Gong Yoga: Healing and Enlightenment Through Sound*

www.gongyoga.com

Yogamint

www.yogamint.com

III. Sample Articles — IN DEPTH

Topics that instruct and inform about yoga, relationships, diet, holistic healing, men & women, exercise and children.

Your Yogic Diet

Foods to Increase Your Flexibility

A diet promoting a healthy body and mind is vital to living your yoga. Your body and mind perform best when fueled by healthy and satisfying foods. My goal is not to endorse a specific yoga diet or yoga foods, but rather to introduce you to foods that may increase flexibility, brain function and overall health.

In addition to yoga asanas, a diet full of green foods can help to increase overall flexibility and body health. It is also important to supplement your yoga diet with natural vitamins and minerals. The following items may increase flexibility, improve digestion and assist with detoxification.

Spirulina: This super algae has countless health benefits. It contains ten times more concentrated beta-carotene than carrots in order to help your body's natural defense system and to help improve your eye health. In addition, spirulina is loaded with the rare, but essential fatty acid gamma-linolenic acid (GLA), found in mother's milk to help develop healthy babies. Spirulina is the only other whole food with GLA and also has the highest source of B-12 for healthy nerves and tissue (essential for vegetarians). For your yoga diet, this plant allows you to intensify your yoga because it helps create and mend muscle mass. Muscle endurance is heightened and cramps are warded off with use.

Chlorella: Chlorella, an algae found in fresh water is often used to prevent or curb the spread of cancer, promote a healthy immune system, balance good bacteria in the gut, and to lower blood pressure. Adding this plant to any yoga diet can be overall very beneficial to both health and flexibility. *Note: Do NOT use if you are pregnant or breastfeeding.

Sulfur: Sulfur is known to heal and repair connective tissues in the body and is needed to manufacture the proteins necessary for muscle formation. It contributes to fat digestion and absorption and also cures muscle soreness naturally. Sulfur is also found naturally in many foods such as meat, eggs, parsley, onions, chives, leeks, garlic, oysters, peppers, broccoli, cauliflower, cress and Brussels sprouts. Try making a sulfur-rich meal at home to improve your yoga and diet.

Christa Orecchio

www.thewholejourney.com

Recommended: Super Natural Cooking by Heidi Swanson

Heart Breath

Let Your Life Soar

Want to lighten up, heal your heart, enjoy the people around you and have things work out well—even magically? Just try this amazing experiment. Start with long, deep breathing through your nose, taking a longer time than usual to breathe fully into your abdomen and then exhaling while pulling your belly in, without ever holding your breath. Now, just on the exhale, feel as though the air that you are exhaling is actually coming out of your heart center. Yes, that's right! How does that feel? In just a few breaths do you feel movement in your heart? Do you feel your world opening, getting brighter? After a bit, are you feeling calmer and more peaceful? Cool, huh?

Next, if you find that someone is bugging you, or even yelling at you, or if you are in a group that is always bickering and not getting along, or your children are noisily unhappy, just do this fascinating Heart Breath. Consciously direct the opening, expansive space you're feeling towards them. Don't give up. Keep up! As you do, track the miracles of change happening before your very eyes. They happen subtly, but very naturally. It just might amaze you. That's because you are actually moving incredibly powerful healing energy with your breath. By no means get uptight or try hard. That would block this beautiful healing breath. Instead, relax and calmly breathe out of your heart. This is your own essential healing breath. Use it all the time and watch your life become magic!

Siri-Gian Khalsa

Intuitive, Healer and Teacher of Soul Connection

Soul Answer.com

Recommended: Three Cups of Tea

Yogamint

www.yogamint.com

IV. Suggested Topics and Article Series

Many topics for our In Depth and Cosmic Corner sections work well as multi-part series (3-6 articles per year). Our Content Editor works with contributors to develop an outline for exploring topics that will appear over a number of months in the pages of Yogamint (staggered articles every other month or so). Here are some samples of our popular series:



[Nerves of Steel](#)

[The Five Elements of Feng Shui](#)

[Astrology for Yogis](#)

[Ayurvedic Routines for Health and Cleansing](#)

We encourage you to think about developing a series of articles exploring areas of your expertise, including:



- Relationships, Yoga for Men, Women and Children
- Healing Arts (massage, acupuncture, aromatherapy)
- Numerology, Oracles
- Spiritual Journeys
- Healthy Diet & Vegetarian/Vegan Recipes
- The Art & Science of Yoga: Physical, Mental, Spiritual, Social
- Environmental & Eco Friendly Living
- New Age Business & Creating Products for the Aquarian Age

Yogamint Article Outline – Create Your Own Series!

- What is the overall topic you are introducing?
- What are the themes/issues you are addressing (healthy lifestyle, yoga practice, getting in touch with self, healing or relationship concerns, etc.)?
- What practices will you share to address these issues (yoga, meditation, art, diet, etc.)?
- What materials will you share for practicing these concepts (yoga sets, activities, recipes)?
- Do you have any photos that would illustrate your articles?
- Can you provide book or product recommendations for your articles?
- Can you send articles to us at least two months before planned publication date?

Below, please briefly outline the topics by article, including suggested title/subtitle and brief description of article. (See Sample Outline below.)

Article One (intro to subject): _____

Article Two: _____

Article Three: _____

Additional articles for this series: _____

Below is a sample outline from a Yogamint Contributor for an ongoing series on Relationships (first article already submitted):

**Hang Out on Your Own Mat
Relationship Yoga 2**

Just as comparing ourselves to the person stretching next to us makes us lose our center, we become ungrounded when we're mentally over on our partner's mat, worried about what they're doing and thinking.

**Stretch Yourself (or, S-t-r-e-t-c-h)
Relationship Yoga 3**

As in partner yoga, where we offer each other support and assistance, we can be each other's support and assistance in the pursuit of personal growth and enlightenment.

**Embrace the Unexpected
Relationship Yoga 4**

Just as many teachers understand the power of viewing interruptions in class—the inadvertent ring of a cell phone in someone's bag, the opening of a door during sarvasana—as an opportunity to practice being with what is, it's a powerful practice to have an intention to practice embracing whatever is arising in your relationship.

V. Linking with Yogamint

- To share Yogamint on your website or in your newsletter please visit our [Media Page](#) for a variety of banner to pick from and link to us at www.yogamint.com
- To add a Yogamint “widget” to your website (featuring rotating links to Yogamint articles), visit <http://www.yogamint.com/widget.html>
- To advertise your product or service on Yogamint, visit <http://yogamint.com/advertise>. (Yogamint Contributors receive a 10% savings on any ad packages.)
- We love to feature our published contributors on our Yogamint Facebook page and monthly RefreshMint bulletin, as well as our [Contributing Experts](#) webpage. Please send us a 125x125 pixel headshot and a short (100-word) bio.



We are so grateful for the energy, enthusiasm and passion of all our contributors, without whom we would not be able to work the magic of Yogamint!

We look forward to working with you and sharing your wisdom with thousands of devoted Yogamint readers.

Blessings and Namaste