



EVERYDAY TOOLS FOR HEALTHY LIVING



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I was up to my eyeballs in the delicious & demanding experiences of being a mother, wife & art festival producer when, in the winter of 2012, the life I envisioned came into focus.

Working with my health coach, I started to work out & eat more healthily, & kept my intentions for myself present in my mind. Among other changes, I needed to drink more water. In a “eureka” moment, it occurred to me to combine the concepts of hydration & life design & write my intentions for my life on my water bottle! Everywhere I went my water bottle went with me – so I always had my intentions or mantras in view & I always had water at my fingertips.



I still do this today & the life I envisioned has materialized. IamTra products (tea, magnets, beads, candles, etc) are tools that I use in my daily life for healthy living, inside & out.

I have found that if you stay focused on who you want to be & what you want from your life, it will happen!

Xo, Jennifer



*Jennifer and her boys
in New Orleans*

IAMTRA *Bottle*

What we focus our attention on is what we experience. With your IamTra Bottle, it can be easy to anchor positive intentions for yourself and your life. Choose the trio of intentions that best aligns with how you want to feel. Repeat your mantra - those on your bottle plus any other mantra that serves you - with each sip. Drink in your positive energy, trusting that your mantras will attract what is uniquely beneficial to you because you're focused in the right direction. You don't have to be specific about the details; they'll align themselves with your intention. Repeat throughout the day. In addition to keeping your body well hydrated and happy, you'll find your day-to-day experiences reflect who you are. You CAN change your life.

26 fl. oz. stainless
steel bottles with
BPA free plastic wide
mouth top

#1 - Positive, Open, Limitless
#2 - Joyous, Balanced, Healthy
#3 - Fearless, Focused, Ready



POWER PINS by IAmTRA

Claim. Be. POW.

Iamtra's POWER pins reminds you of your personal quest. Whether to proclaim you're a DREAMER or cheering a friend on her JOY JOURNEY, these mini-tools for healthy living have outsized impact.

Choose words to focus the mind and help bring your intentions to life.

Pins are 1" round.

500 Opening Order POWER pins: 180 pins, display, 20 offset

501 POWER pins individual *12 per style

502 POWER pin display only



EVERYDAY TOOLS FOR HEALTHY LIVING





16 fl. oz. ceramic cup
available in 8 mantras and create your own
hand washing suggested

What we focus our attention on is what we experience. With your IamTra Cup, it can be easy to anchor positive intentions for yourself and your life. Choose the trio of intentions that best aligns with how you want to feel. Repeat your mantras - those on your cup plus any other mantra that serves you - with each sip. Drink in your positive energy, trusting that your mantras will attract what is uniquely beneficial to you because you're focused in the right direction. You don't have to be specific about the details; they'll align themselves with your intention. Repeat throughout the day. In addition to keeping your body well hydrated and happy, you'll find your day-to-day experiences reflect who you say you are. You CAN change your life.



#30 - Positive, Open, Limitless



#31 - Happy, Creating, Free



#32 - Joyous, Balanced, Healthy



#33 - Safe, Centered, Loved



#34 - Present, Passionate, Purposeful

EVERYDAY TOOLS FOR HEALTHY LIVING



#35 - Peace, Beauty, Change



#37 - Fearless, Focused, Ready



#38 - Brave, Healing, Blessed



#103 - Create Your Own lamTra Cup

Set your intention & stick to it!
Permanent waterproof &
scratch resistant pen included





Adding the power of mantra to the calming and delightful ritual of tea makes for magic. Brew a delicious cup of your favorite herbal blend, and focus on how you want to feel. Repeat your mantras with each sip. Enjoy IamTra tea – hot or cold – often.

- Organic herbal blends
- Caffeine free
- Made in small batches in RI
- Each tin makes approx. 40 cups of tea



#80 - Peppermint
Positive, Open, Limitless



#81 - Lemon
Happy, Creating, Free



#82 - Chamomile
Joyous, Balanced, Healthy



#83 - Mint
Safe, Centered, Loved



#84 - Ginger
Present, Passionate, Purposeful



#85 - Hibiscus
Peace, Beauty, Change



#86 - Lemon Ginger
Fearless, Focused, Ready



#87 - Nettles
Brave, Healing, Blessed



#101 Gift Set:
tea, cup, strainer



#120 - Tea Sample Set (8 small jars)



#121-128



#131 - Tea to Go Display and Signage

#132 - Opening Order Tea to Go Display:

48 tea to go, 6 strainers, 6 bags, 8 tea offset



#89



#100 - IamTra Tea Strainer



#130 - Tea to Go Bag

IAMTRA

Tea to Go

Our IamTra Tea to Go kit contains three organic tea blends that make approx. 10 cups each, plus a tea strainer. Toss it in your bag, your briefcase or your luggage, you will always have IamTra Tea on hand to add to any hot cup of water!

- Organic herbal blends
- Caffeine free
- Made in small batches in RI
- Each glass jar makes approx. 10 cups of tea

Tea to Go Sets

#88 - *Mint, Ginger, Hibiscus*

#89 - *Lemon Ginger, Chamomile, Peppermint*

#121 - Tea to Go singles: *hibiscus*

#122 - Tea to Go singles: *mint*

#123 - Tea to Go singles: *peppermint*

#124 - Tea to Go singles: *chamomile*

#125 - Tea to Go singles: *ginger*

#126 - Tea to Go singles: *lemon ginger*

#127 - Tea to Go singles: *nettles*

#128 - Tea to Go singles: *lemon*

IAMTRA *Family*

Words have power to focus the mind and help bring our intentions to life. Harness the intentions of the group that sits at your table with the table water bottle.

May the words on this bottle positively impact the lives of your community. Fill your glasses, share your time and drink in your positive energy. Together.

34 fl. oz. swing top
glass water
bottle with wire bail
stopper

#10 - *Loving, Supportive, Kind*

#11 - *Healthy, Strong, Blessed*



EVERYDAY TOOLS FOR HEALTHY LIVING





Fill it up, strap it on, and go! With your Jar-to-Go, you have easy access to healthy food or drink – right when you need it. Fill the jar with lemon water, tea, fruit smoothie, salad, granola, nuts...slide it into the insulating, protective neoprene bag and clip it on your purse or backpack. Take your Jar-to-Go on the road, and nourish yourself with healthy choices and positive intentions – any time.

Your glass jar holds 25 oz. of food or drink, comes with a wooden spork (combo spoon and fork), and features 3 mantras on its neoprene bag with strap. Neoprene bag keeps contents hot or cold.

IAMTRA
Jar to Go

#12 - Positive, Open, Limitless

#13 - Joyous, Balanced, Healthy

#14 - Fearless, Focused, Ready



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IaMTRa Candle

Create your own ritual with the simple act of putting flame to wick. IaMTRa candles reflect your own inner light, whether you use it to create a peaceful atmosphere in your home...to initiate your meditation practice...to set an intention...or simply to add beauty to your day. Enjoy the calming, centering effect of candlelight.

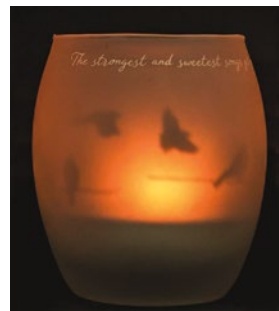
Candle is 3.5" tall, packaged in neoprene bag for travel, tealight candle included, votive insert into frosted candleholder. When lit, image appears as a shadow on frosted glass.



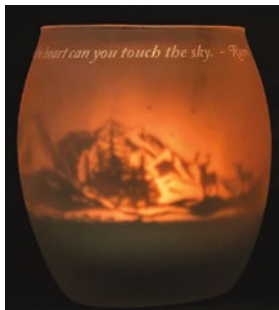
#222 - Ocean/Dante
Infinite goodness has such wide arms.



#223 - Meadow/Spinoza
The more joy we have, the more nearly perfect we are.



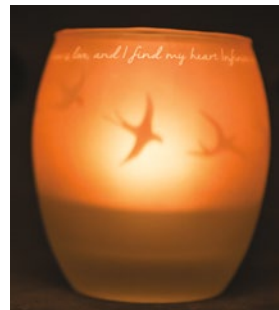
#224 - Birds/Whitman
The strongest and sweetest songs yet remain to be sung.



#225 - Mountain/Rumi
Only from the heart can you touch the sky.



#226 - Hummingbird/Emerson
Beauty is its own excuse for being and joy is beauty felt.



#227 - Swallow/Hafiz
All I know is love, and I find my heart Infinite and Everywhere!

#239 Single Candle Box Display with one free offset.
Wooden box with lightbulb to display 1 shadow candle.

IAMTRA Tealight



#400 - Apache Blessing

*May the sun bring you new energy by day,
May the moon softly restore you by night,
May the rain wash away your worries,
May the breeze blow new strength into your
being, May you walk gently through the world
and know its beauty all the days of your life.*



#403 - Wings/Rumi

*You were born with wings.
You are not meant for crawling,
so don't. You have wings.
Learn to use them and fly.*



#401 - House/Jarjo

*I say bless this house with stars,
transfix us with love.*



#404 - Flames/Rumi

*Set your life on fire. Seek those
who fan your flames.*



#402 - Dream/Goethe

*Whatever you can, or dream you
can, begin it. Boldness has genius,
power and magic in it.*



#405 - Love/Longfellow

*There is nothing holier in this life of
ours than the first consciousness of love -
the first fluttering of its silken wings -
the first rising sound and breath of that
wind which is so soon to sweep through the soul.*

Find the perfect quote for an event or your daily ritual. Tea lights can brighten more than tea time. They're a lovely gift – for housewarming, birthday, any occasion – or to add light to your own private moment. Light a candle and let poetic wisdom shine. Made of frosted glass and inspiration, includes cool wooden trivet.

Candle is 2.75" tall.
Tealight candle included.



IaMTRa *Beads*

IaMTRa Beads are more than jewelry, they're an opportunity to get quiet and give thanks for friends and family, appreciating what's come into your day, sending love and care where they're needed - bead-by-bead - every day. You may call it meditation or prayer or focus. You may go through half the beads or the whole string. Be in your bed or in your car or on a park bench. Wear them around your neck or your wrist. However you use them, IaMTRa Beads are your tool for staying centered, appreciative, and heading in a positive direction.

Made of 108 ebony beads with a pewter bee charm by a cottage industry of women in rural RI. Ebony wood symbolizes beauty. The pewter bee represents the honey of life. The red glass bead symbolizes passion.



#28 - 108 Necklace/Wrap in Jar



IAMTRA Necklace

Simple, elegant, and powerful, lamTra necklaces grace your neck with intention. Choose the stone whose qualities speak to you, and draw on its resonance whenever you wear this lamTra amulet – your central stone balanced by cut glass beads on a 17-inch silk cord with silver plated brass clasp.



#19a - aventurine: *success, clarity, prosperity*



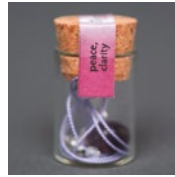
#19b - amethyst: *peace, stability, healing*



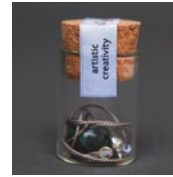
#19c - amazonite: *lessens stress, strengthens self-esteem*



#19d - rose quartz: *self-love, unconditional love*



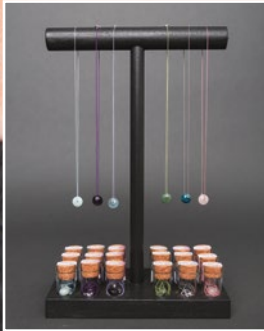
#19e - fluorite: *peace, clarity, mental order*



#19f - blue picasso: *intuition, artistic creativity*



#19a - 19f



#20 - Opening Order:
24 necklaces, display,
2 free necks offset

#21 - Display & Signage

IamTra *Stacks*

Stones and words have power to focus the mind and help bring your intentions to life. That's why IamTra Stone Jewelry is more than jewelry, it's a beautiful opportunity to strengthen what you want to experience. Choose the stone whose properties resonate for you, and use it as a meditation tool or simply a daily reminder. However you use IamTra Stone Jewelry, it will help keep you centered, appreciative and heading in a positive direction.

Stacked with intention, each bracelet is brought to you by a cottage industry of women in rural RI, and tagged with the name and properties of your stone. Made of ebony wood, red glass representing passion, and one of 25 semi-precious stones to support your dreams.



EVERYDAY TOOLS FOR HEALTHY LIVING

- #24 - Opening Order: 36 quote stacks, display, 2 free quote stacks
- #24y - Assorted Stone Stacks
- #24z - Opening Order: 48 stone, display, 2 free stone stacks
- #25 - Opening Order: 36 stone stacks, display, 2 free stone stacks
- #26 - Opening Order MIX of Stacks: 36 stone, 12 quote, display, 2 free stacks
- #26a - Opening Order MIX of Stacks: 48 stone, 24 quote, display, 2 free stacks
- #27 - Quote/Stone Stack Display and Signage



#25a - snowflake obsidian - balance, serenity, protection



#25d - carnelian - creativity, individuality, courage



#25b - sodalite - intelligence, efficiency, communication



#25e - unakite - heal abandonment, weight loss, gardening



#25c - garnet - romance, love, self-confidence



#25f - new jade - prosperity, financial healing



#25g - tourmalated quartz - protection, reduces anxiety, stress & depression



#25h - labradorite - magic, attract success, mental clarity



#25i - fluorite - brings peace, mental order, clarity



#25j - aqua terra jasper - inner peace, love, compassion



#25k - Qinghai jade - relaxation, balance



#25l - honey jade - powerful emotional balance, unconditional love



#25m - tigers eye - protection, grounding, integrity



#25n - fire agate - courage, protection, spiritual advancement



#25o - amethyst - peace, stability



#25p - aventurine - success, prosperity, clarity



#25q - amazonite - lessens stress, strengthens self-esteem, hope stone



#25r - mookaite - internal and external balance



#25s - ocean jasper - love self and others, heal emotions



#25t - blue agate - gentleness, tranquility, communication



#25u - blue Picasso - intuition, artistic creativity



#25v - dragonblood - brings joy to community interactions



#25w - obsidian - protection, grounding, remove negativity



#25x - rhodonite - grace, elegance, decrease anxiety



#25y - rose quartz - unconditional love, opens heart, romantic, self-love

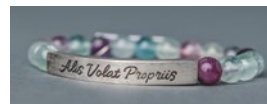
IAMTRA Stacks

Words have power to focus the mind and help bring your intentions to life. That's why IamTra Quote Stacks are more than jewelry, they're a healing spell made of the phrase you choose to wear on your body. Select the quote that resonates for you, and allow the wearable art around your wrist to support your life journey.

Stacked with intention, each bracelet is brought to you by a cottage industry of women in rural RI, and tagged with the quote and author. Made of semiprecious stones and an engraved pewter bar with your quote.



- #24x - Assorted Quote Stacks
- #27a - Trio Display and Signage
- #29 - Opening Order Trio Display:
36 stone, 12 quote, 48 earring,
display, 3 free
- #29a - Opening Order Trio Display:
48 stone, 24 quote, 48 earring,
display, 3 free



#24a - *Alis Volat Proprius*/fluorite



#24b - *Make Voyages*/blue agate



#24c - *I Choose All*/blue picasso



#24d - *The Beginning*/aventurine



#24e - *Miles to Go*/aqua terra jasper



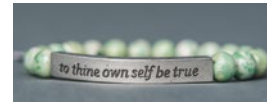
#24f - *Nothing*/snowflake obsidian



#24g - *Love is Enough*/rose quartz



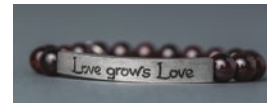
#24h - *I Will Stand Firmly*/amazonite



#24i - *To Thine Own Self*/Qinghai jade



#24j - *Wonder Overflows*/amethyst



#24k - *Love Grows Love*/garnet



#24l - *Seek*/tourmalated quartz



#22a - 22v

- #22a - amethyst
- #22b - aventurine
- #22c - amazonite
- #22d - mookaite
- #22e - blue agate
- #22f - blue Picasso
- #22g - obsidian
- #22h - rhodonite
- #22i - rose quartz
- #22j - snowflake obsidian
- #22k - sodalite
- #22l - garnet
- #22m - carnelian
- #22n - unakite
- #22o - new jade
- #22p - tourmalated quartz
- #22q - labradorite
- #22r - fluorite
- #22s - aqua terra jasper
- #22t - qinghai jade
- #22u - tigers eye
- #22v - assorted stone earrings

IAMTRA *Hoops*

Dangling with intention, these high quality earrings are made by a cottage industry of women in rural RI, and packaged smartly with the name and properties of your stone. Brass hoops with silver plate, two cut glass beads, plus one of 21 semi-precious stones to support your dreams.



#22 - Opening Order: 48 earrings, display, 3 free earrings
#23 - Stone Earring Display and Signage

IAMTRA *Socks*

Part comfort, part good luck charm, and more subtle than Superman's cape, lamTra Socks help you stay focused on your personal power. Slip them on as you step into being your truest self. Every day. Available in 4 mantras and 4 quotes. Socks are 83% cotton, 16% nylon, 1% spandex. Size 9-11 sock usually equals size 5-10 in a women's shoe. Made in Columbia.



- #240 - *A journey of a thousand miles* / Tzu
- #241 - *The world will freely offer itself to you to be unmasked* / Kafka
- #242 - *Live for Friendship* / Emerson
- #243 - *Courage, Strength and Hope posses my soul* / Goethe
- #244 - *Fearless, Focused, Ready*
- #245 - *Positive, Open, Limitless*
- #246 - *Brave, Healing, Blessed*
- #247 - *Joyous, Balanced, Healthy*

EVERYDAY TOOLS FOR HEALTHY LIVING



#244-247



#240-243



#301a - High Flyer small
 #301b - High Flyer medium
 #301c - High Flyer large
 #301d - High Flyer xlarge



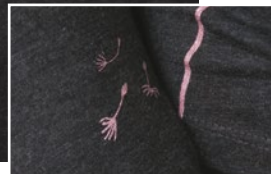
#300a - Wanderess small
 #300b - Wanderess medium
 #300c - Wanderess large
 #300d - Wanderess xlarge

Super soft charcoal grey long sleeve shirt with flattering scoop neckline.

50% polyester, 25% cotton & 25% rayon

Machine wash cold. Only non-chlorine bleach when needed. Tumble dry low.

Do not iron decoration.



#302a - Magical Manifestor small
 #302b - Magical Manifestor medium
 #302c - Magical Manifestor large
 #302d - Magical Manifestor xlarge

IAMTRA Do-Rag

DO-rag: a small, tactile reminder of your personal quest. Part security blanket, part good luck charm, it can be tucked into a pocket, purse, briefcase, or bra (close to your heart). Threads of inspiration to keep you grounded in your vision - all day.

4" square, 100% organic cotton.



#220 - Display: 12 of each DO-rag display, 4 free

#199 - DO-rag: Display & Signage



#200 - Joyous



#201 - Healing



#202 - Prosperity



#203 - Love

IAMTRA *Magnets*

What we focus our attention on is what we experience. With your iamTra magnets, it can be easy to anchor positive intentions for yourself and your life. Choose a magnet or a few that best aligns with how you want to feel. Post in an area where you will regularly see your mantra like your refrigerator or file cabinet. Repeat often and drink in your positive energy, trusting that your mantra will attract what is uniquely beneficial to you because you are focused in the right direction.

12 mantras available
approx. 5" long
durable 30 mil magnets

- #170 - Fearless
- #171 - Joyous
- #172 - Healthy
- #173 - Positive
- #174 - Loved
- #175 - Brave
- #176 - Strong
- #177 - Present
- #178 - Wonderful
- #179 - Perfect
- #180 - Limitless
- #181 - Enough



#221 - Display: 2 sided rotating display,
72 magnets, 12 free magnets



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