



I was up to my eyeballs in the delicious and demanding experiences of being a mother, wife and 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 and eat more healthily, and 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 and life design and 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 and I always had water at my fingertips.



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

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

XO, Jennifer



Jennifer and her boys in New Orleans



## **TERMS & CONDITIONS**

These Terms and Conditions apply to the supply of all Goods by lamTra, Inc. to you from the date that you submit an order or accept delivery of the goods.

### How to Order

Complete an order form, found at **lamTra.com** and send it to us by email at info@lamTra.com or via fax (401) 397-5036. You can also call in an order (401) 374-3899.

### **OPENING & RETURNING ORDERS**

There is a \$100 opening order and no returning order minimum. All opening orders must be paid in full before shipment. Returning orders may set up NET 30 after the third order and with credit references. lamTra Inc. reserves the right to collect payment by legal means for delinquent accounts.

### Payment

lamTra accepts all major credit cards and Paypal.

Any questions, please email us at info@lamTra.com

### DAMAGES/DEFECTS

Please, inspect all shipments immediately upon arrival. Please, contact lamTra at info@lamTra.com within 5 days of receipt of damaged or defective shipments. Returned merchandise will be replaced with new merchandise. Returned merchandise will not be accepted if it is held for more than 15 days after receipt.

### **RETURNS/EXCHANGES**

Wholesale merchandise may not be returned or exchanged. We only accept returns in the case of defective merchandise as noted above.



### Claim. Be. **POW.**

lamTra'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 and/or people to focus the mind and help bring your intentions to life.

### Pins are 1" round.



- #500 Opening Order POWER pins: 270 pins, display, 30 offset - \$192
- #501- POWER pins individual 60¢ each \*note style in note section, minimum is 3 per style.
- #502 POWER pin display only \$30



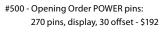




lamTra.com







#501- POWER pins individual - 60¢ each \*note style in note section

#502 - POWER pin display only - \$30







Gloria Steinem



Hedv Lamarr





Jane Goodall





Amelia Earhart

Coretta

Scott King













Maya Angelou

Mother Teresa





Rachel Carson



Sally Ride



Sandra Day O'Connor







Sojourner Truth

# Frida Kahlo

Florence Nightingale

Billie Jean Kina



Charlotte

Perkins Gilman







Audrey Hepburn











Anne Frank

Emmeline

Pankhurst



Julia Child





# Maraaret Mead















Margaret Thatcher

Shirley Chisholm







Everyday Tools for Healthy Living











#511 - Perfectly Imperfect



#512 - Kickass



#513 - Goddess



### Claim. Be. POW.

lamTra's POWER plaques reminds you of your personal quest. Ready to hang inspirational art for your wall. Whether to proclaim you are IN HARMONY or cheering a friend on her JOY JOURNEY, these mini-tools for healthy living have outsized impact.

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

Plagues are 6"x6" Printed on Metal. Ready to hang. #510-524 - \$5.50 #535 - Plexi display bin with signage, 1 free offset - \$15





IAMTRA.COM





#514 - Free



#518 - Joy Journey





#519 - Upward



#523 - Manifestor

**Powerful** 

#516 - Powerful



#520 - Fearless



#524 - Linger



#521 - Dreamer



Back of Plaque \*Includes hang tag







### Claim. Be. **POW.**

lamTra's POWER bands remind you of your personal quest. Whether to proclaim you are POWERFUL or STANDING FIRM, the gorgeous jacquard ribbon bands with pewter bead closure will keep you moving the right direction.



#450-461 - \$3.00

- #498 Opening Order POWER bands: 6 per 12 designs, display, 6 offset - \$256
- #499 Opening Order POWER bands: 12 per 12 designs, display, 6 offset - \$472
- #497 POWER bands display only \$40



Packaged in Tin Boxes



#450 - manifestor



#451 - visionary





#452 - upward

#453 - in harmony



#454 - linger



#456 - magical



#457 - stand firm



#458 - wanderess



#460 - feeling good



#459 - kickass



#461 - free



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 each features many mantras on its neoprene bag with strap. Change your jar to go to a drinking jar with our straw add on. *Neoprene bag keeps contents hot or cold*.

#16 - Jar to Go: Positive - \$8.50 #17 - Jar to Go: Kickass - \$8.50 #18 - Lid with Straw add on - \$3.00



VEN













What we focus our attention on is what we experience. With your lamTra 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.

16 fl. oz. ceramic cup available in 8 mantras and create your own hand washing suggested #30-38 - \$6.50 #600-602 - \$6.50





#30 - Positive, Open, Limitless



#31 - Happy, Creating, Free



#32 - Joyous, Balanced, Healthy



#33 - Safe, Centered, Loved



#34 - Present, Passionate, Purposeful



#35 - Peace, Beauty, Change



#37 - Fearless, Focused, Ready

#103 - Create Your Own lamTra Cup - \$8

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



#38 - Brave, Healing, Blessed



#601 - I am Getting Sh\*t Done



#600 - I am F\*cking in Love with Life



#602 - I am Kickass





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 lamTra 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 - \$7.50 Positive, Open, Limitless



#84 - Ginger - \$7.50 Present, Passionate, Purposeful



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#81 - Lemon - \$7.50

Happy, Creating, Free

#85 - Hibiscus - \$7.50 Peace, Beauty, Change



#82 - Chamomile - \$7.50 Joyous, Balanced, Healthy

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#86 - Lemon Ginger - \$7.50

Fearless, Focused, Ready



#83 - Mint - \$7.50 Safe, Centered, Loved



#87 - Nettles - \$7.50 Brave, Healing, Blessed



#120 - Tea Sample Set (8 small jars) - \$10



#121-128 - Tea to Go Singles



#131 - Tea to Go Display and Signage - \$28
#132 - Opening Order Tea to Go Display: 48 Teas to Go (6 each of 8 flavors), 6 strainers, 6 bags, 8 tea offset - \$175



#89 - Tea to Go Set - \$15



#100 - lamTra Tea Strainer - \$2

#130 - Tea to Go Bag - \$2.50



Our lamTra 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 lamTra 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 - \$15 #89 - Lemon Ginger, Chamomile, Peppermint - \$15

### Tea to Go Singles

#121 - Hibiscus - \$2.50 #122 - Mint - \$2.50 #123 - Peppermint - \$2.50 #124 - Chamomile - \$2.50 #125 - Ginger - \$2.50 #126 - Lemon Ginger - \$2.50 #127 - Nettles - \$2.50



Create your own ritual with the simple act of putting flame to wick. IamTra shadow 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. #222-233 - \$12





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



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



#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.





#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!



#228 - NYC The City of Dreams. Dream it. Wish it. Do it.



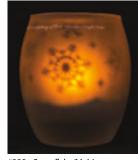
#229 - Seattle Morning walks, markets, coffee, fresh flowers, beautiful food, great company.



#230 - Sea/Cousteau The sea, once it casts its spell, holds one in its net of wonder forever.



#231 - Cows/Shakespeare The earth has music for those who listen.



#232 - Snowflake/Mabie Blessed is the season which engages the whole world in a conspiracy of love.

Constant Source Constant for fair

#233 - Trees/Shakespeare Health, Peace and Sweet Content be Yours.

#### **Display Options:**

#239 - Single Candle Light Box with one free offset. Wooden box with light bulb to display 1 shadow candle. - \$24

> #237 - Long Candle Box Display with one free offset. Wooden box to display up to 5 lit shadow candles. - \$24

#238 - Shadow candle video display with one free offset. - \$30









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. #400-405 - \$6



#### #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.

#401 - House/Jarjo

l say bless this house with stars, transfix us with love.

#402 - Dream/Goethe



w bless this b

transfer

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



#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.



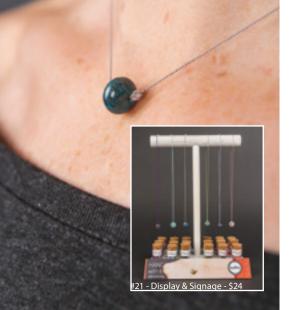
#404 - Flames/Rumi Set your life on fire. Seek those who fan your flames.



#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.







#19a - aventurine: success, clarity, prosperity

#19d - rose quartz: self-love,

unconditional love

#19a-19f - \$7



#19b - amethyst: peace, stability, healing

#19e - fluorite: peace,

clarity, mental order

#20 - Opening Order: 24 necklaces, display, 2 free necks offset - \$192



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



#19f - blue picasso: intuition, artistic creativity



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.

# 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 - \$264
#23 - Stone Earring Display and Signage - \$24
#22a - 22v - \$5

#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

#221 - 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







Stones and words have power to focus the mind and help bring your intentions to life. That's why lamTra 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 lamTra 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.





#25a - snowflake obsidian balance, serenity, protection



#25d - carnelian - creativity, individuality, courage



#25b - sodalite - intelligence, efficiency, communication

Opening Order Options #24 - 36 quote stacks, display, 2 free quote stacks - \$294

#24z - 48 stone, display,

2 free stone stacks - \$288

2 free stone stacks - \$240

#26 - 36 stone, 12 guote,

display, 2 free stacks - \$330

#26a - 48 stone, 24 quote, display, 2 free stacks - \$492

#24v - Assorted Stone Stacks - \$6

Individual Options

#25a-25v - \$6

#25 - 36 stone stacks, display,



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



#27a - Adjustable Trio Display and Signage - \$30



#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



#251 - honey jade - powerful emotional balance, unconditional love



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



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



#250 - 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, tranguility, 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



Words have power to focus the mind and help bring your intentions to life. That's why lamTra 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.

> **Opening Order Options** #29 - 36 stone, 12 quote, 48 earring, display, 3 free - \$576 #29a - 48 stone, 24 quote, 48 earring, display, 3 free - \$738

Individual Options #24a-241 - \$7.50 #24x - Assorted Quote Stacks - \$7.50



#27a - Adjustable Trio Display and Signage - \$30



#24a - Alis Volat Propriis/fluorite She flies with her own wings



#24b - Make Voyages/blue agate



#24g - Love is Enough/rose quartz



#24h - I Will Stand Firmly/amazonite



#24c - I Choose All/blue picasso



#24d - The Beginning/aventurine



#24e - Miles to Go/aqua terra jasper



#24f - Nothing/snowflake obsidian



#24i - To Thine Own Self/Qinghai jade



#24j - Wonder Overflows/amethyst



#24k - Love Grows Love/garnet



#241 - Seek/tourmalated quartz





#700 - The will to do



#701 - Forgive Everyone



#702 - The Strongest and Sweetest



#703 - Shine like the Whole Universe



#704 - All I Know is Love



#705 - Into a Daybreak



#706 - Latin: Nothing Is Heavy, To Those Who Have Wings



#707 - Latin: She Who Dares, Wins



#708 - Latin: I Came, I Saw, I Conquered



#709 - Latin: Know Thyself



#710 - Latin: While I Breath, I Hope



#711 - Latin: Love Conquers All Things

### **Opening Order Options**

#748 - 6 per 12 designs, display, 4 free - \$382 #749 - 12 per 12 designs, display, 4 free - \$724

**Individual Options** #700-711 - \$4.75

#750 - Display - \$40

\*Packaged in tin box with quote information on back label. \*\*Ribbon colors are shipped in mixed colors.



IamTra.com



Part comfort, part good luck charm, and more subtle than Superman's cape, lamTra Clothing helps you stay focused on your personal power. Slip on as you step into being your truest self. Every day.

Super soft black short sleeve dress with scoop neckline.

70<sup>%</sup> Viscose Bamboo, 30<sup>%</sup> Organic Cotton Machine wash cold. Do not Bleach. Tumble dry low. Do not iron decoration.

\*Graphic represents artwork on back of dresses.

#307a - Dandelion small - \$24 #307b - Dandelion medium - \$24 #307c - Dandelion large -\$24 #307d - Dandelion xlarge -\$24

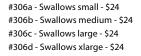


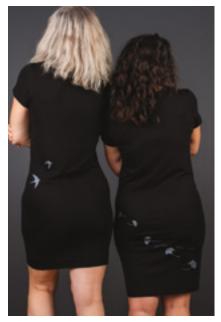
Everyday Tools for Healthy Living

What lies behind us and what lies before us are tiny matters compared to what lies within us. -Emerson Shine like the whole universe is yours. -Rumi Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

~ Khalil Gibran

\*





#308a - Gingko small - \$24 #308b - Gingko medium - \$24 #308c - Gingko large - \$24 #308d - Gingko xlarge - \$24

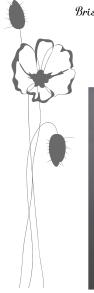
### IamTra.com



Soft black short sleeve shirt with flattering v neckline.

100<sup>%</sup> Cotton. Machine wash cold. Only non-chlorine bleach when needed. Tumble dry low. Do not iron decoration.

\*Graphic represents artwork on back of shirts.



Briskly venture, briskly roam. ~ Goethe #303a - Birds on Wire sm - \$13 #303b - Birds on Wire med - \$13 #303c - Birds on Wire large - \$13 #303d - Birds on Wire xlarge - \$13

The more joy we have, the more nearly perfect we are. -Spinoza

#304a - Poppies sm- \$13 #304b - Poppies med - \$13 #304c - Poppies large -\$13 #304d - Poppies xlarge -\$13



Alis Volat Propriis "Latin: she flies on her own wings"

-

#305a - Feathers sm - \$13 #305b - Feathers med - \$13 #305c - Feathers large - \$13 #305d - Feathers xlarge - \$13



#301a - High Flyer small - \$16 #301b - High Flyer medium - \$16 #301c - High Flyer large -\$16 #301d - High Flyer xlarge -\$16









#300a - Wanderess small - \$16 #300b - Wanderess medium - \$16 #300c - Wanderess large - \$16 #300d - Wanderess xlarge - \$16

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

50<sup>%</sup> polyester, 25<sup>%</sup> cotton & 25<sup>%</sup> rayon Machine wash cold. Only non-chlorine bleach when needed. Tumble dry low. Do not iron decoration.

#302a - Magical Manifestor small - \$16
#302b - Magical Manifestor medium - \$16
#302c - Magical Manifestor large - \$16
#302d - Magical Manifestor xlarge - \$16

lamTra.com



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. #240-247 - \$7.50

#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

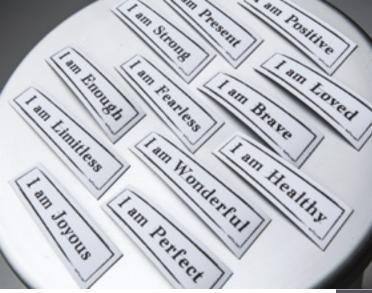








Inspiration Stations are custom made cabinents to fill with tea, mugs, jewelry, magnets and more. Each station is made to order. Free product offset. Please allow two weeks to ship. Dimensions are 24" wide x 36" tall. #1000 - \$60



12 mantras available approx. 5" long, durable 30 mil magnets #170-181 - \$2.50 each

#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 - \$228



What we focus our attention on is what we experience. With your lamTra 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.



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 - \$140 #199 - DO-rag: Display & Signage - \$20





#202 - Prosperity - \$2.50



#201 - Healing - \$2.50



#203 - *Love* - \$2.50 IAMTRA.COM



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# lamTra

Ph 401.374.3899 Fx 401.397.5036 jennifer@lamTra.com PO Box 143, Foster, Rl 02825 www.lamTra.com

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