



EVERYDAY TOOLS FOR HEALTHY LIVING

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*

POWER NEW 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 and/or people to focus the mind and help bring your intentions to life.

Pins are 1" round.

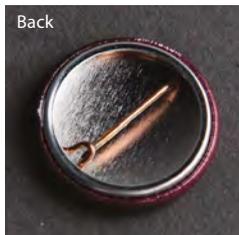


#502 - POWER pin display only - \$30

#500 - Opening Order POWER pins:
270 pins, display, 30 offset - \$192

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

#502 - POWER pin display only - \$30



Back



Magical



Kickass



Visionary



Destined



Alive



Free



Vital



Roar



Lucky



Feeling Good



Manifestor



Perfectly Imperfect



Joy Journey



Perfect



Creator



Rock Star



Powerful



Feminist



Tuned In



Aligned



Goddess



Persist



Spirited



Best



Dreamer



Worthy



Strong



Excellent



Wanderess



Healthy



Linger



In Harmony



Lioness



Go Confidently



Pivot



In The Vortex



Activated



Girl Boss



Limitless



Stand Firm



Warrior



Brave



Imagine More



Fierce



Enough



High Flyer



Magic Maker



Joyful



Healing



Tapped In



Survivor



Sister Moon



Fringe Dweller



Turned On



Loved



Actionary



Fearless



Seeker



Upward



Properous

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Amelia Earhart



Anne Frank



Audrey Hepburn



Billie Jean King



Charlotte Perkins Gilman



Coretta Scott King



Eleanor Roosevelt



Emmeline Pankhurst



Florence Nightingale



Frida Kahlo



Gloria Steinem



Harriet Tubman



Hedy Lamarr



Indira Gandhi



Jane Goodall



Julia Child



Margaret Mead



Margaret Sanger



Margaret Thatcher



Marie Curie



Maya Angelou



Mother Teresa



Oprah



Queen Victoria



Rachel Carson



Sally Ride



Sandra Day O'Connor



Shirley Chisholm



Sojourner Truth



Virginia Woolf



#510 - Strong



#511 - Perfectly Imperfect



#512 - Kickass



#513 - Goddess



#514 - Free



#515 - In Harmony



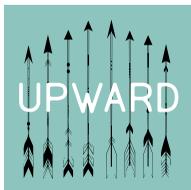
#516 - Powerful



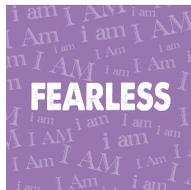
#517 - Lucky



#518 - Joy Journey



#519 - Upward



#520 - Fearless



#521 - Dreamer



#522 - Visionary



#523 - Manifestor



#524 - Linger

POWER PLAQUES by IAMTRA

Claim. Be. POW.

IamTra'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.



Plaques are 6"x6"
Printed on Metal.
Ready to hang.

#510-524 - \$6.50

#535 - Plexi display bin
with signage, 1 free offset - \$15



IAMTRA *Cup*

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.

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



#38 - Brave, Healing, Blessed



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

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



IAMTRA Tea

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 - \$7.50
Positive, Open, Limitless



#81 - Lemon - \$7.50
Happy, Creating, Free



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



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



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



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



#86 - Lemon Ginger - \$7.50
Fearless, Focused, Ready



#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 - \$223



#89 - Tea to Go Set - \$15



#100 - IamTra Tea Strainer - \$2



#130 - Tea to Go Bag - \$2.50



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 - \$15

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

Tea to Go Singles

#121 - Hibiscus - \$3.50

#122 - Mint - \$3.50

#123 - Peppermint - \$3.50

#124 - Chamomile - \$3.50

#125 - Ginger - \$3.50

#126 - Lemon Ginger - \$3.50

#127 - Nettles - \$3.50

#128 - Lemon - \$3.50

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.

#10 - *Loving, Supportive, Kind* - \$12
#11 - *Healthy, Strong, Blessed* - \$12

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



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* - \$8.50
- #13 - *Joyous, Balanced, Healthy* - \$8.50
- #14 - *Fearless, Focused, Ready* - \$8.50



IAMTRA

Shadow Candle

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.

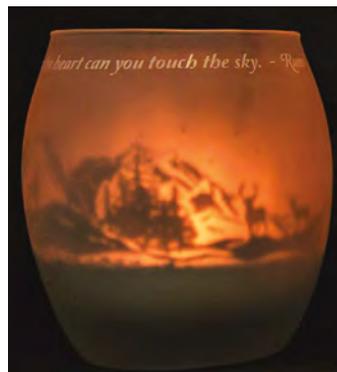
#222-233 - \$12



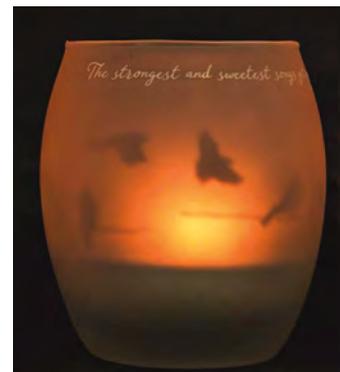
#222 - Ocean/Dante
Infinite goodness has such wide arms.



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



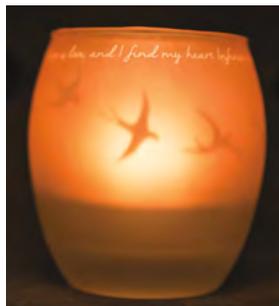
#225 - Mountain/Rumi
Only from the heart can you touch the sky.



#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.



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



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

IAMTRA Tealight

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

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



#402 - Dream/Goethe

*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

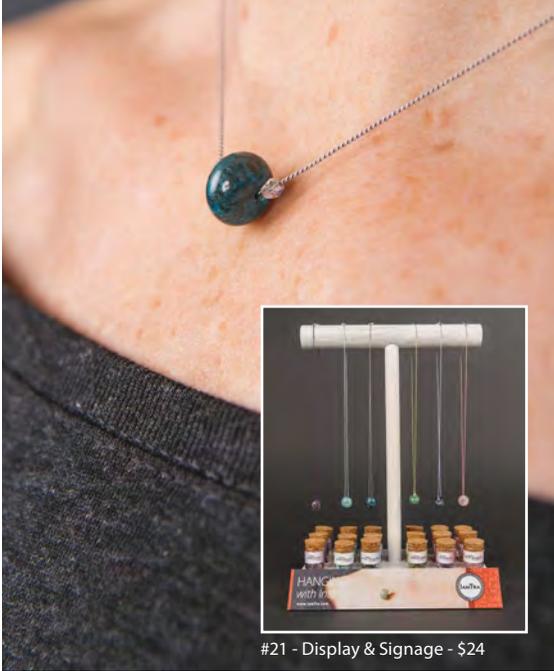
*Set your life on fire. Seek those
who fan your flames.*



#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.*





#21 - Display & Signage - \$24



#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 - \$7

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

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.

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. Wear them around your neck or your wrist.

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 - \$28



IAMTRA Stacks

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.



EVERYDAY TOOLS FOR HEALTHY LIVING

Opening Order Options

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

#24z - 48 stone, display,
2 free stone stacks - \$288

#25 - 36 stone stacks, display,
2 free stone stacks - \$240

#26 - 36 stone, 12 quote,
display, 2 free stacks - \$330

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

Individual Options

#25a-25y - \$6

#24y - Assorted Stone Stacks - \$6



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



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



#25b - sodalite - *intelligence,*
efficiency, communication



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



#25d - carnelian - *creativity,*
individuality, courage



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



#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.

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-24l - \$7.50

#24x - Assorted Quote Stacks - \$7.50



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



#24a - *Alis Volat Propriis*/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 - \$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
- #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 - \$264

#23 - Stone Earring Display and Signage - \$24

IAMTRA *Dress*

Part comfort, part good luck charm, and more subtle than Superman's cape, IamTra 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% Viscose Bamboo, 30% 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



- #306a - Swallows small - \$24
- #306b - Swallows medium - \$24
- #306c - Swallows large - \$24
- #306d - Swallows xlarge - \$24



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

IAMTRA *Tee*



Soft black short sleeve shirt with flattering v neckline.

100% Cotton. Machine wash cold.

Only non-chlorine bleach when needed.

Tumble dry low. Do not iron decoration.

*Graphic represents artwork on back of shirts.



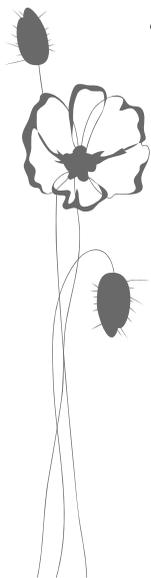
Briskly venture, briskly roam. ~ Goethe

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

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.

#240-247 - \$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*



#244-247



#240-243



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

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.

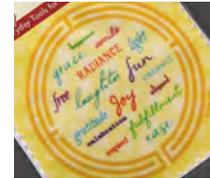
IAMTRA *Do-Rag*

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 - \$140

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



#200 - Joyous - \$2.50



#201 - Healing - \$2.50



#202 - Prosperity - \$2.50



#203 - Love - \$2.50



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