



Refocusing, Essential Oils, Clarity, and More!

We're back... and it's virgo season y'all! 🍷 How the heck is it September already? After taking a little hiatus, it feels good to be back in action these days. A new month, the start of school for some, new beginnings and birthdays for others. For one of the EGFam members, September is the best of them all. In any case, the summer is fading, cooler days are upon us, and perhaps we're all getting back into routines and schedules again. Hopefully the summer, at least if you're up here in the northern hemisphere, has treated you with a lot of sun, a ton of relaxing, time with your loved ones, and just all around fun. 😊

EndorphinGirl® News

Friends, we've got something exciting for you today! As we mentioned a few weeks back, we're cooking up some cool things over here. The Essential Oils Course is one of them, and Part 1 is available today! EndorphinGirl™ Barbara is all about oils these days, and as she continues diving deeper into the oil world, she wants to share what she's learned with you. So if you're interested, we invite you to listen to our Essential Oils 101: Part 1. If you like it, we hope you will continue to join us for the additional audio classes available in the weeks ahead. Some of the future topics will include 'cooking with essential oils,' 'aromatherapy and pain management,' 'DIY soaps with essential oils' and 'relaxing with essential oils', to name a few. And if you have a particular topic you would like covered, let us know. We've made the course available in audio form, and the first is an introduction into what essential oils are, how to use them, why to use them, and more. We're offering the first audio class free so that you can learn a bit more about EOs and see what you think. We will keep you updated on the additional classes in the coming newsletters as they become available, including special discount prices on future classes for our existing EndorphinGirl™ readers!

As a quick note, if you do take advantage of the suggested Premium Starter Kit purchase through Young Living™ (which you'll hear about in Essential Oils 101) use this link to sign up through us. EndorphinGirl® Barbara is excited about going deeper into the world of Essential Oils and sharing their magnificent benefits with you. Don't hesitate to contact us with any questions or to sign up for your Starter Kit at endorphingirls@gmail.com. Stay tuned!



Refocusing Energy

So here we are, after taking some time off to recharge and refresh. We all know that recovery periods are crucial for our health and wellbeing. Perhaps we've even personally experienced burnout on one level or another. And in this modern world we live in, it's sometimes hard to find those quiet moments to refocus. So much of what we talk about here on our EG platform is about doing things for our bodies, our minds, and our spirits, and of course, how to get those endorphins flowing. But in order to do any of that, we gotta go easy on ourselves. Take some breaks, relax a bit, be less serious, you know the deal! Our break time these past couple of weeks has given us lots to ponder, and as we mentioned a couple of months ago and above, we are really focusing in on our message and our ultimate goal of connecting, sharing, and spreading ideas and ways we all can take steps to regain and optimize our health. September feels like the right month to, let's say, begin again. Seasons are changing and we're closing the chapter of summer (or winter!) 2019. Refocusing



can sometimes be challenging, because we've become so used to our old patterns, our old habits and routines. We don't want things to end, or maybe we're afraid of changes and the unknown. These shifts, though, can provide us with some really wonderful insights into the direction we want our lives to go. Now we're not saying that we need to plan for the next five years, but having a sense of purpose is essential. And finding that purpose isn't going to happen unless we're willing to make some changes and refocus our energy in a way that will be more beneficial to us, and those around us, in the long run. In order to do this, it's essential to take stock of where we are right now- write things out on a board or on paper, make a list of the things that

are (and aren't) benefiting us. In the EGFam, we like things visual, so perhaps even a collage, or a vision board, or drawing simple pictures yourself will do the trick. Getting ideas out on paper makes it concrete, like it's been sealed with a kiss from the universe. As we find more clarity, we find more connection and truth to our purpose on this planet. So, heck, if refocusing our energy is what needs to happen in order to find that, we're all about it.

EGFam Updates

A quick EGFam update for you all! EndorphinGirl® Barbara has settled back stateside for now but you better believe her traveling soul will have her out on a new adventure in no time. EndorphinDaughter™ Mia celebrated a quarter of a century yesterday, and has settled into her own routine up in Finnish Lapland teaching yoga. She, on the other hand, is on a bit of a travel detox these days. 😎 And finally, EndorphinSon™ Erik has just begun his final year of college in Arizona, refocusing his energy back on learning and being involved more in the community. Such exciting times! We hope there's lots in store for all of you readers as well.

Stay tuned for more adventures with EndorphinGirl®!