



Life Musings, Chakra Handbook, Fall Faves

Another week behind us, a new week ahead, and we're trying to stay present and in the moment as these days fly by. These days, these months, I mean really, these years, have just been zooming on past. It was a year ago that we revamped the EG site and since then, we've continued changing things up and learning new things and sharing more and more. And with all things changing all the time, it's even more important for us to make time to be still, especially during this time of the year.

Life Musings

EG has been doing a lot of reflecting lately. A lot of thinking and looking at the things she and those around her have accomplished, the things that didn't go as planned, the things that happened synchronistically. It's all been one heck of a ride. There have been travels, there have been trainings, lots of yoga and movement, and lots of learning and getting out of comfort zones. But this is how we grow, right? Perhaps this time of year, when things start to quiet down and we get back into the rhythm of autumn, of slowing down, of stillness, these things start to come back into our thoughts and minds. And maybe, as this is a time for inviting silence and for releasing, we could look back, with a gentle eye and accept all the things that have happened to us, but most importantly, for us, because even if it was difficult or challenging or exhausting at times, life, the universe, God, whatever you want to call it, is on our side. So maybe, just maybe, as we move deeper into this season, deeper into the quiet and the darkness, we can softly say to ourselves that it's okay to let go. It's okay to have experienced all that we have in the past days, weeks, months, years. And make space for what is to come, but even more importantly, for this moment right now. 🌕



Fall Faves

Manitoba Harvest Hemp Hearts: The hemp craze has been on-going, but we're still firm believers in the power of these tiny little seeds, and have been for a while now! Like other seeds, hemp seeds have a fabulous nutritional profile, but they're also used for so many other things, like textiles, plastics, construction material, and more.

As for nutrition, hemp hearts (or raw and shelled hemp seeds) have:

- tons of protein (10g per serving!)

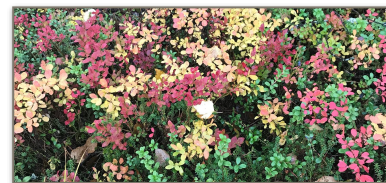
- omegas 3 and 6 for good, essential fatty acids
- magnesium, iron, zinc, phosphorus, potassium, calcium, and more

Some benefits include relieving skin disorders, aiding in digestion, and reducing PMS and menopausal symptoms. And as autumn has an airy/ windy energetic quality to it (see our old newsletters on [Ayurveda](#) and the fall season), it's important to make sure grounding foods are a part of the diet during this time, hence protein! Check them out and let us know what you think.

Yogi® DeTox Tea: We are big, big fans of the Yogi® Tea brand. The variety of flavors, blends, and tastes are a-plenty, but we are particularly in favor of the ones that give us that warm and fuzzy feeling of autumn and cozying up by the fireplace. This DeTox Tea combines lots of wonderful herbs and spices, including:


- ginger
- burdock root
- cardamom
- black pepper
- licorice
- cinnamon
- clove
- dandelion and more


Some of the benefits include its ability to stimulate digestion and elimination, aid in balancing hormones, and promote relaxation and calmness. It's also organic, Non-GMO, and caffeine free. Win win win! Do you have a favorite Yogi® Tea? Let us know!



EndorphinGirl® News







It's out and it's live on Amazon! The EndorphinGirl® Chakra Handbook

 is finally available. [Here](#) is the link to order your copy today! We hope

you enjoy it as much as we did putting it together. Let us know what you think. We'd love to hear your feedback, as always. [Be sure to use the link provided since you may see two books on line, one version, the black & white limited edition is out of stock.] This version is all color ! Happy reading.

Oils, oils, oils. EndorphinGirl® is all about the oils. If your interest has been piqued stay tuned for a chance to join our subscription-based EndorphinGirl® Kit and Caboodle (EGKC) Essential Oils Collection. And if you're thinking to yourself, what's a caboodle? Well, essentially (no pun intended) it means a pack, group, or collection of things all put together. So, as a Member of the EGKC, you'll receive your own 'kit' with a 'caboodle' packed with EO-related items monthly or bi-monthly. More to follow soon on how to join.

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is soon off with two of her good friends, yes two EndorphingGirls™ (shout out to Tricia and Pat    ) on a bit of an inward journey that has to do with the Camino de Santiago. Let's say her Teva's these past weeks have been put to the test in preparation. More on all of this next week. EndorphinDaughter™ Mia is enjoying the quiet life in Levi. Reindeer outside her window, snow already(!), and reading Harry Potter. EndorphinSon™ Erik is enjoying  college life and continues his intense training for the El Tour de Tucson which is already next month.  How about all of you EndorphinReaders...what endorphin-filled fall adventures have you been up to these days?

Stay tuned for more adventures with EndorphinGirl®!