



## Halloween Shenanigans

Another month, another Monday! But this week is particularly exciting, as Thursday is Halloween! 🍬 Perhaps you like this holiday, perhaps not. Either way, there is a certain kind of energy that Halloween brings about, and we thought it would be cool to give a little tidbit on where the holiday even came from. But before we get into that, we wanted to note that even if you don't particularly *like* this holiday, it does give us an opportunity to play a little bit more. To have some fun, dress up, perhaps even get into the pranking and spooking spirit. And whether you celebrate or not, EG thinks we could all use a little bit more fun in our lives. A little more playfulness and laughter, and perhaps even some spooks to shake things up a bit! 🎃

### What's the Deal with Halloween?!

So where did this holiday come from anyway? It isn't actually just a bunch of "Hocus Pocus"; it didn't start out as a way for candy companies to make a lot of money (although last year about **\$9 billion** was spent on Halloween candy purchases, yikes! 💎) The true **origins** of Halloween come from the Celtic celebration of Samhain. November 1st was celebrated as the new year, and they believed that on the eve of the new year,



the boundary between the living and the dead became a bit unclear. On this night, people would light bonfires and dress up to ward off ghosts and spirits, as they believed this was when the dead could come back to Earth. They believed that these ghosts and ghouls would wreak havoc in the community and damage crops, but they also believed that on this new year's eve, it was easier to make predictions about the future, which was useful in order to prepare for the winter season.

Since then, it's morphed and developed and changed as all things do with time. Once the Romans took over, they incorporated some of the Samhain traditions with their own, as they began celebrating All Saint's Day on November 1st, a day to commemorate saints and martyrs. This day was also called All-hallows, hence **All Hallow's Eve**. As people from Europe started coming over to the Americas, so did these traditions, which eventually led to more parties, more community gatherings, more games, and more festivities, and into what is known today as Halloween, a mix of many different cultural traditions.

What's your favorite Halloween activity? EG loved trick-or-treating as a kid. EndorphinDaughter™ has fond memories of returning home and watching scary movies on the living room floor while eating her candy. 🍬 What about your favorite costume? Or your favorite scary movie? The classic "Halloween" is an EG favorite,

for sure! Carving pumpkins was always a fave as well, but did you know that “Jack-o-Lanterns” were first carved out of turnips, beets, and potatoes? Imagine that! And black cats, which have been feared on Halloween, were thought to actually be witches in disguise to hide themselves from the general public. Think about that, the next time you see a black cat!

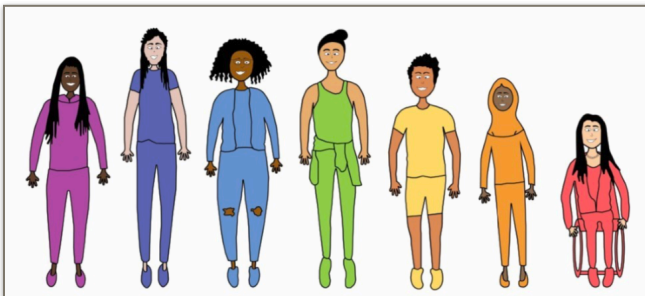
This week, EG has a small challenge for you. Even if this holiday isn't particularly your favorite, do something fun that brings out the holiday spirit of laughter and playfulness, and maybe even a little spookiness. 🐱



## EndorphinGirl® News

Friends! Remember to check out The EndorphinGirl® Chakra Handbook, which is available through this link [here](#) on Amazon. Perhaps you've heard about the Chakras already, or perhaps want to learn how to integrate them into daily life in short and simple ways? There's a lot out there about the Chakras, we know that. But we also know that while the essential concepts are basically the same, we've put the knowledge we've gained into an easily digestible handbook with lots of awesome photos created by our one and only EndorphinSon™. Or, perhaps you know someone who wants to go a little deeper, a young teenager who's interested in yoga maybe? This handbook can be used by anyone and everyone. And anyway, those holidays are creeping up soon! 😊

As a reminder, beginning in November, we're offering a subscription-based EndorphinGirl® Kit and Caboodle (EGKC) Essential Oils Collection. As a Member, you'll receive your own 'kit' with a 'caboodle' packed with EO-related items monthly, or bi-monthly, depending on your preferences. We'll be sending out an email with more information on **Tuesday**, so keep a lookout if you're interested. Send us a shoutout at [endorphingirls@gmail.com](mailto:endorphingirls@gmail.com) if this is something you'd like to be a part of!



## EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara has returned stateside after her week of walking along the Camino and what a week it was! She sure does love Spain. 🇪🇸 EndorphinDaughter™ Mia is preparing for the yoga weekend full of workshops and classes she is co-leading in two weeks! Lots of yoga excitement up in Finnish Lapland these days. 🧘 EndorphinSon™ Erik is relaxing a bit, after his busy weeks of mid-terms. This past weekend, he attended a sustainability festival, and is really getting more and more excited about getting out into the world to implement all the things he's learned once graduation comes around! 🌍 And of course, the whole EGFam is excited about Halloween.

**Stay tuned for more adventures with EndorphinGirl®!**