



All Things Essential Oils and Autumn Faves

November November oh November! The leaves are changing, the darker evenings are upon us, and there is a pleasant crispness in the air for those of us in the Northern Hemisphere! November, November, oh November . . . A new month is here, a new year is near, a new decade, oh dear! How is that even possible?! We hope October was full of fun, full of spooks, and perhaps even full of pumpkin-spiced everything!

Oils and Intentions

In any case, we all probably know too well how the new year is a time for setting new intentions, but EG doesn't want to wait until then to do so! Each moment is a new opportunity to set a new intention. 🙏 So, for the first half of November, each morning she is putting aside 5 minutes to think about those intentions and focus on manifesting them (more to come during the second half!) While the year behind had many challenges (for there always will be some), it had many more moments of pure gratitude. EndorphinGirl® plans to continue to focus on gratitude as part of her intentions this month, which is perhaps relevant as many of us will be celebrating Thanksgiving in a just a few weeks. Surely it's not a coincidence that Thanksgiving comes towards the end of the year, inviting gratitude for what is behind us, and of course, for what is ahead. And most of all for what is right now.

EndorphinGirl®'s choice of oil for her 5-minute intention setting sessions in the first half of November is Clary Sage. While some may say it's not one of the more 'pleasant' smelling oils (though EG believes otherwise!), it is an oil that is widely accepted as the oil of "clarity." But perhaps, as with anything, we can learn to appreciate it and enjoy it over time.

Clary Sage aids us in changing our perceptions and helps allow us to see what is really in front of us. When we use clary sage during our intention setting session, we become open to new ideas and experiences. As we begin to set intentions and think about what we want to see and feel in the future, this oil helps us expand our vision and think big; we open ourselves up to all the possibilities. Place a drop on the spot between your eyebrows (also called the third-eye), or a couple drops in your diffuser and let the magic happen. ✨ 🧘

Lynn - Third Eye Chakra










6th Chakra Attribute:

- **Location:** Between the two eyebrows on the forehead
- **Color:** Indigo
- **Sense:** The Mind
- **Element:** Light
- **Crystal:** Amethyst
- **Essential oil:** Clary Sage
- **Mudra:** Hobini Mudra

What's the Deal with Daylight Savings Time?!

Perhaps from the heading, EndorphinReader, you're looking for an explanation of what Daylight Savings Time is. Well, sorry to say, you won't find it here! You see, EndorphinDaughter™, who is in the Arctic Circle had her clocks turn back a week ago on October 27th, EndorphinSon™, who is in the Western State of Arizona, USA, has a clock that doesn't turn back, and EndorphinGirl® Barbara, in the Northeast of the USA, had her clocks turn back Sunday morning, November 3rd. What is this nonsense? Did your clocks change?

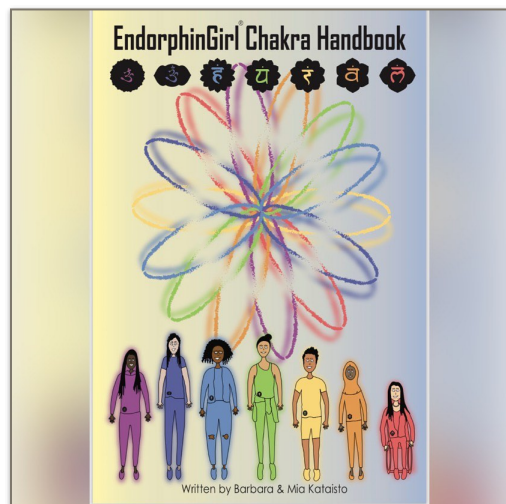
All EndorphinGirl® can leave you with is "Does anybody really know what time it is? Does anybody really care?" 😂😂😂 (quote borrowed from Chicago's song!). Let's leave the clocks alone!



EndorphinGirl® News

Thanks to all the subscribers who have already signed up for the subscription-based EndorphinGirl® Kit and Caboodle (EGKC) Essential Oils Collection. EndorphinGirl®

Barbara is already tucked away in her Oil Lab working her magic on some oil potions! Yay! If you live in the U.S. and have not yet ordered your kit, no need to worry. Check out the options in the **Shop**. We hope to get the kit going for subscribers in Europe in 2020! [Wow, it's definitely a bit weird to see 2020 in writing!] The first five subscribers of the EGKC, will be contacted separately, because they will be receiving a copy of the The EndorphinGirl® Chakra Handbook as a special gift! 🙌 And speaking of the The EndorphinGirl® Chakra Handbook, it is still available through this link **here** on Amazon! A handbook full of fun and exciting ways to bring some balance into this busy world we live in. Essential oils, healing stones, mudras (or basically hand yoga), fun with food and colors, and more!



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is super excited for the holidays and all the cool oil stuff that will be coming your way. Be on the look out for photos of her in her Oil Lab. 🧑🏻‍🔬🌿

EndorphinDaughter™ Mia is in the thick of it this week as she's getting ready for the **Arctic Yoga**

Weekend in Levi, Finland! ❄️🧘 EndorphinSon™ Erik has only a few weeks left until the El Tour de

Tucson, and you know what that means! Time to taper, or rest and reduce the training, as race day nears! 🚴

Stay tuned for more adventures with EndorphinGirl®!