



## Thank You

Well, it's the week of Thanksgiving here in the U.S., and there sure is a lot to be grateful for. First of all, we at EG are so grateful for all you readers out there, who've been following along on this endorphin-filled journey. Thank you, thank you, thank you. We know the holiday season can be a bit of a tense time for some, and it can be a bit hard to get back to the truest meaning of holidays, with all the commercial nonsense of it all. But holidays are a time for celebration, for spending time with loved ones, a time for connecting and sharing, whatever the holiday is. And funnily enough, we can piggyback onto the topics we talked about last week, which were about yoga and union, so we're going to do just that. 😊

## Karma and Change

As we discussed last week, yoga has come to mean union. Which feels quite appropriate this week, as many of us prepare to reunite with relatives, loved ones, friends, from all over. Yoga, as we now know, has many paths, which have been detailed in India's ancient and sacred texts, but this idea of union has always been the same. Some of the paths of yoga include Karma, Bhakti, Jnana, Raja, Hatha Yoga, and more, and we'll be diving a little deeper into the meaning of these throughout the coming weeks. We thought, however, that it would be fitting to start with Karma Yoga, because Thanksgiving is in just a few short days. The word karma has become a bit of a buzzword these days, but if we look at the direct translation from this Sanskrit word, it means action. To go a little deeper, it's essentially this cause and effect idea and how our thoughts and actions directly affect how we experience this life, how our past thoughts and actions have an effect on our present experience, and how our future thoughts and actions can be changed based on what we do and think right now. Everything is somehow connected. Even if we can't explain it (although sometimes we really, really want an explanation!), we at EG believe that there is a powerful force behind all that occurs. And the ancient yogis believe that this law of karma, of cause and effect, is the force of all change, because all actions influence future experiences. Transformation, creation, change, all that good stuff. It's really what makes the world go round. If we didn't have change, we wouldn't be here. So all in all, Karma Yoga is the yoga of service, of action, of good intentions, without getting attached to the outcome. Because although we choose our actions and reactions, it's the attachment to the outcome that can cause our heartaches and dilemmas.



## One Person Can Make A Difference

For those of you science-lovers, this principle of karma, can perhaps even be thought of in physics terms, as every action has an equal and opposite reaction (aka Newton's 3rd Law). It's not only our individual actions, but the actions of all the humans and other living beings on this planet, collectively. Remember the story of A Christmas Carol, where we see how Scrooge's actions have unfortunate consequences for the people around him, especially Tiny Tim? We humans are powerful beings. Our thoughts and actions, and the way we react to



other people's actions can have profound influences on not only our own, individual lives, but also the collective wellbeing of the planet. We hear a lot of this "one person can't make a difference" these days, and it can be easy to get discouraged. It is probably the easier way out anyway. But, we think it is nonsense. Because if one person does something nice, one person has one nice thought, it can truly create a domino effect. A domino effect of kindness, compassion, love, helpfulness, community, union. And that, my EG friends, is what it's all about.

So whether you celebrate Thanksgiving or not, EG invites you to take a moment to think about karma this week. Your thoughts, your actions, and how they can impact not only your life, but the lives around you. You may be surprised by what you find because . . . one person truly can make a difference.

## EndorphinGirl® News

Not too much news this week, EndorphinFriends. Perhaps, it's good though, because we can take this time to pay a little more attention to being grateful. We know it's all people talk about during this time of year, but it really does make a difference! Gratitude, whether it's expressing thanks for food at each meal, or writing down one thing you're grateful for each day, or even just saying more "thank you" can do wonders for our mental and emotional well-being.

But of course, there are many ways to say thank you. So if giving gifts is one way you like to do this, be sure to check out the shop for a meaningful gift for your loved ones. And if you are interested in made-to-order Essential Oils holiday gift package(s), contact us at [endorphingirls@gmail.com](mailto:endorphingirls@gmail.com) to place your order. 🎁



## EGFam Updates

A quick EGFam update! EndorphinGirl™ Barbara is back to hiking, having spent her Sunday afternoon with an EndorphinGirl™ buddy, Kerry, hiking a small part of the Appalachian Trail on Mount Tammany. A beautiful trail hike with good company indeed! EndorphinDaughter™ Mia spent the weekend enjoying the Alpine Skiing World Cup in Levi, where she watched an American beat out all the others in the women's slalom! 😊 EndorphinSon™ Erik participated in the El Tour de Tucson over the weekend, and came out finishing strong and with his best time yet! An endorphin-filled weekend for all!

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