



Devotion, Rituals, Pure Love All Around

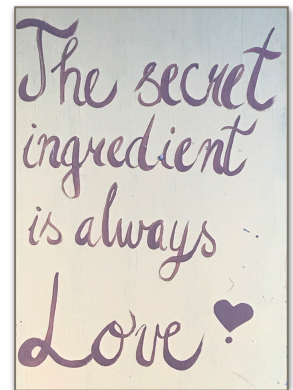
Well it's the start of the last month of this decade. And that sure is crazy to say! We hope that those of you who celebrated Thanksgiving had a wonderful time with family and friends, and enjoyed those traditions that you hold so close to the heart! Traditions are such a beautiful thing, a way to bring people together, to celebrate with loved ones, to honor the past and the present. As we near the end of the decade, we wanted to touch upon this idea of sacred traditions and rituals. And this actually takes us to the next path of yoga.

Bhakti Yoga

So here we are, continuing our learning of the various paths of yoga, and this week we're looking at Bhakti Yoga. This is the yoga of devotion. The yoga of faith, of spirituality, of sacred connection. It's really the yoga of love, and of surrender, to the idea that everything has a divine nature, that everything is sacred. This devotion can be to a god, a guru, a family member, or anything that you feel a strong connection to. Essentially, Bhakti yoga is a practice of pure love, of seeing pure divinity in everything and everyone. Bhakti yoga can be religious in nature, but it doesn't have to be. Prayers, chanting, mantras, all are a part of the Bhakti tradition, but you don't necessarily need to be devoted to a specific religion in order to practice Bhakti yoga. Rather, it's about being love, and not necessarily being in love. ❤️ Through embodying this love, this pure and unconditional love, this love that is in each and every one of us, and seeing it in others, we can begin to remove the anger, hate, jealousy, greed, lust, and all that jazz, that can pile up inside of us.

Devotion

Devotion can be practiced in many ways. Faith, surrendering to something greater, showing it unconditional love, this all can be practiced in so many different ways. Some go to church, some to temple, some into nature. Some worship a god or goddess, some meditate or pray. The rituals and traditions we have are all so different, but it's the intention that counts. The intention, the why, that sets these rituals and the traditions that are held so close to the heart apart from the everyday. We believe that we're born with this unconditional love, that it's our true nature. But as we grow and experience life in this modern world, things sometimes cloud this true nature of our being, and we forget that we are all made of this pure love. We wanted to come back to that. To the fact that love, pure love, is in each and every one of us. And this week, EG invites you to think about this idea of love and devotion. Perhaps there is something or someone you are devoted to, unconditionally? Perhaps this past decade, this past year has strengthened your faith in something? Do you have any specific devotional practices or rituals that feel good for you? Take some time this week to ponder what devotion means to you. Perhaps it can help lay a foundation for the decade that is to come. 🙏



EndorphinGirl® News

Lots of activity these days in the EndorphinGirl® shop. In the new year, we will relaunch our EndorphinGirl® T-shirt and EndorphinGirl® cap, so stay tuned for those. Meanwhile, the EndorphinGirl® Chakra Handbook is available for the month of December in digital form, in case you didn't manage to get your hard copy yet. Check it out in our **shop**! If you are looking for other gift ideas, there are lots of essential oil options for stocking stuffers, or even for yourself to reduce the stresses that can pop up during these hectic times. While you can order single oils or blends by contacting EG at endorphingirls@gmail.com (some of the favorites remain lavender, orange, peppermint, lemon, Peace & Calming™, Stress Away™), one of your best options is to purchase a Young Living® Premium Starter Kit. As you may have read before, the



Starter Kit comes with 11 essential oils, a diffuser, and some other goodies. You can certainly keep the oils for yourself, but they are also great to share as holiday gifts. The Premium Starter Kit gives you the most bang for your buck, for sure. Check out an EG **blog post** from earlier for more info and how to order! And of course, remember to check out the shop for other fun and meaningful gift for those loved ones. Made-to-order Essential Oils holiday gift package(s) are still available until December 10th by contacting us at endorphingirls@gmail.com to place your order. 🎁

EGFam Updates

The EGFam is so grateful for each other. While they didn't get to spend Thanksgiving together this year, they will super celebrate during the Christmas Holidays! 🎅

EndorphinGirl® Barbara dusted off her running shoes on Thanksgiving to do an 8K Turkey Trot. It was the <https://www.ashenfelter8k.org>. She was a bit curious about who Ashenfelter was, so she googled and chuckled at what she found out. Now if you know the EGFam, there are lots of connections to Horace Ashenfelter. This is what Wikipedia has to say: "Although he was considered a long shot, Ashenfelter was the surprise winner of the steeplechase at the 1952 Summer Olympics at Helsinki with a dramatic surge on the last lap following the final water jump after trailing substantially early in the race. In what was considered an early athletic Cold war battle, he finished ahead of Vladimir Kazantsev of the USSR and John Disley of Great Britain, and broke Kazantsev's unofficial world record (the IAAF did not accept official records in the steeplechase until 1954) in the process. Since Ashenfelter worked for the Federal Bureau of Investigation,[2] it led to humorous comments about him being the first American spy who allowed himself to be chased by a Russian. In addition, Ashenfelter won the Sullivan Award as outstanding amateur athlete for the year 1952." Quite the story, we must say!

EndorphinGirl® Barbara is grateful to her EG friend Kerry for getting her out to run again. She has a few other EG friends who get her out running every now and again, including EGDaughter Mia, EG Mary-Pat and EG Rita. The sneakers are away again for a while now and may collect a bit of dust until another run prompt from the EG friends. EndorphinDaughter™ Mia is enjoying her last couple of weeks in Levi, before heading stateside for the holidays! And EndorphinSon™ Erik spent a few days in Phoenix chilling over the long holiday weekend.

Stay tuned for more adventures with EndorphinGirl®!