

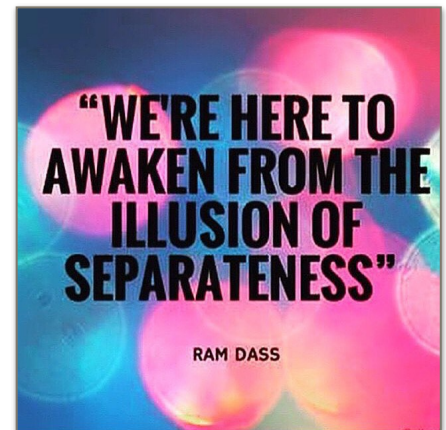


We Are Not Alone

We hope you had a wonderful weekend, filled with lots of coziness and joy. Did you have a chance to think about devotion? And what it means to you? Perhaps some unexpected things came up? In any case, we wanted to send you all some lovin' and remind you all that we are very grateful for your support. To remind you all that we are devoted to continuing on an endorphin-filled journey together, with each and every one of you. You, EndorphinFriends, are why we are here. We love to share the knowledge and information we've learned, and we love that you join us each week for these newsletters. And speaking of knowledge, that leads us straight into the next path of yoga we wanted to discuss this week!

Jnana Yoga

While Bhakti Yoga is the path of love and devotion, Jnana Yoga (**pronunciation**) is said to be the path of knowledge and understanding. It is the path for those who are more intellectually inclined, for those wishing to understand through deep study of different sacred texts and scriptures. It's said that this path of yoga is the most difficult, as perhaps one can imagine, reading and trying to comprehend ancient, spiritual and sacred texts. Those on this path continue on through self-questioning and reflection, in regards to what they have studied, asking themselves difficult questions, such as "who am I", "or why am I here". It should be clarified, though, that this isn't the path of knowledge in the sense of devouring and memorizing information just for the heck of it. It's not about who is 'smarter' or more well-read. The goal of Jnana Yoga is to understand, through self-inquiry, through reading and studying sacred texts, the true nature of our being. And to ultimately be liberated from the material path and the illusions of the mind (such as thoughts and perceptions), and realize that we are one with the Universe, with Source, with God, with whatever it is you believe in. That we are not alone.



Understanding

This is the time of year that some of us may, perhaps, start to get a little touchy about things. The holidays can bring up lots of different emotions for people, from loneliness, to frustration and stress, and even depression. And that's even though we know holidays are meant to be a time for getting together, for celebrating, for spreading joy and laughter and good cheer, for sharing, understanding, and connecting. This week, we wanted talk about these things in relation to Jnana Yoga. While we're not asking you all to deep dive into all the spiritual and sacred books out there, we did want to take a moment to look at the understanding part of Jnana Yoga. There is endless knowledge out there for all of us to access. But it's what we do with the knowledge, how we use the knowledge in everyday life that seems to indicate how well we can truly understand the information. What does this have to do with the



holidays? Perhaps it's a little bit of a stretch, but we know that this is the season of giving and celebration and joy and love, right? We know this, yes, but do we really understand it? Do we really, truly, put it into practice? Jnana Yoga is not just knowing the facts about these sacred texts, it's about cutting to the core and understanding the truth of it all. We can think about this time of year in that sense as well. Knowing that this is the season of joy and love won't do us nearly as much good as understanding the true meaning of the holidays. This week, and of course every week, we encourage you to check in with yourself. Check in with how things are going this season. We may know that things can be difficult for many

this holiday season, but it's how we choose to act on that knowledge, that is the true test in our opinion. That's what we believe brings a deeper sense of connection and sacredness. If we see someone struggling, if we know someone is hurting, give a little compassion and understanding. Maybe a nice gesture or just a big hug. Because once again, we are not alone.

EndorphinGirl® News

Did you happen to see the **Holiday Oil** post up on our blog? Check it out here; you'll find lots of awesome oil options for all of those holiday celebrations and events, from which oils to use for winter coziness, to sparking joy and laughter, even our recommendations for celebrating the New Year in scented style! The EndorphinGirl® Chakra Handbook is also 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**! And of course, there are lots of other gift options for loved ones to peruse in the shop as well. Essential oils, books, gift certificates, and more! If you're interested in purchasing a Starter Kit (in the photo) from Young Living® Essential Oils, **let us know**! We can help you out with that as well.



Plus, a reminder: 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 tailor-made order. 🎁

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is back in the Oils Lab mixing up December's EGKC (aka EndorphinGirl® Essential Oils Kit & Caboodle) potions. 🌿 Send us an **email** if you're interested in signing up! EndorphinDaughter™ Mia has laced up her running shoes again as well 🏃, though it's baby steps for her here, as the cold weather (some days up to -10F!) has arrived! EndorphinSon™ is spending the next couple of weeks in final exam mode, before heading back east for the holidays with the rest of the EGFam. 🧸

Stay tuned for more adventures with EndorphinGirl®!