



## Into The Darkness

Yet again, halfway through the month, and that means we're even closer to 2020! Wowza! Over here at EndorphinGirl®, we've been getting ready for the holidays and Christmas cheer and all that jazz, but we've also been trying to make some time for ourselves to pause, reflect, and recharge. We all know how things can get during this time of year. Lost in the shopping, in the consumer nonsense, in the hectic and busy workdays, you know the deal. Perhaps that leads us nicely into the next path of Yoga, though. For a little reminder to ourselves to focus on our sacred energy and space during this time of year, as well.

## Raja Yoga

Raja Yoga, or Yoga of the mind, it seems, is the most fitting to write about right now, and is the final of the four main paths of Yoga. Raja Yoga is essentially the process of slowing down the mind, of letting go of the mental attachments, thought patterns, and different tendencies we have that may be blocking and stifling us from experiencing life to the fullest. Raja Yoga seeks to 'master the mind', to still the monkey mind 🐒 that is ever-active and over-active, through various practices, particularly meditation. EG definitely knows how that monkey mind feels. The mind is a tricky thing, and most of the time it tries to find things to think about, things to organize, things to play on repeat. This excessive thinking, this overactivity, leads to so many things, from exhaustion and stress, to anxiety and depression. But these thoughts, emotions, whatever is happening with the monkey mind, is not who you are. It doesn't define you, even though sometimes it may feel that way. We feel that 'quieting the mind' or 'silencing the mind' is not exactly the best way to phrase things, because there will always be thoughts and emotions and whatnot. It's more about removing the attachment to them, and perhaps looking at them from a more observational perspective. To see them as they come and as they go. That, for us at least, is the first step in calming the monkey.



## Mindful Darkness Meditation

'Tis the season for spending time together, for celebrations, for holiday shenanigans and whatnot. All hopefully filled with joy and laughter. As we've been in the holiday swing over here at EG, we've noticed how necessary it is to hit the pause button, even if its for just a few moments of silence and stillness. It's easy to get caught up in all of it, we know! But taking a moment for ourselves is crucial. Crucial so that we can return and continue on in the holiday spirits without getting burnt out by everything. Sunday, December 22, is the Winter Solstice in the Northern Hemisphere, just a few short days away. Darkest day of the year, here we are! Perhaps this is dreaded by many these days, but for thousands of years, this day has been worshipped,

marking either the middle or the beginning of winter. Celebrating hibernation, rest, and stillness, but also the fact that the sun will slowly start to rear its head again. Before the sun does start to make its way up, though, we wanted to touch upon the darkness. The shadow side of things. Perhaps also dreaded and feared by some, but without it, we wouldn't have all the light. We wouldn't see the sun or the stars or the moon. We operate in



a world where often times darkness is looked upon as a negative thing. This week, we wanted to counter that and offer a little mindful meditation on darkness. To appreciate the darkness. Take a moment to sit quietly in a silent space for a few moments. Turn the lights off and make sure there are no distractions. Close the eyes, and simply begin to notice how it feels to have them closed. Notice what it feels like to sit in the darkness, both in the room, and with your eyes closed. See what comes up, and see how it makes you feel. Allow yourself to feel the darkness, to connect with it, to embrace it and fill your entire body, as it is right here and right now, during this time of year. We often want to reject

anything dark, anything that might seem scary, as darkness is so often correlated with. But we find it necessary. Because it's in those places that we can learn about ourselves in deeper, and perhaps even more meaningful ways. Sit in this darkness for a few moments or minutes, and take note of how your experience affects you once you move on throughout your day.

## EndorphinGirl® News

Check out the **Holiday Oil** post up on our blog! Holiday oil selections for all your favorite celebrations! The EndorphinGirl® Chakra Handbook is also available this month in digital form, in case you didn't manage to get your hard copy yet. Check it out in our **shop**! There are also other gift options for loved ones to peruse in the shop. Essential oils, books, gift certificates, and more! If you're interested in purchasing a Starter Kit from Young Living® Essential Oils, **let us know**! We can help you out with that as well.

## EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is in training for Reiki Level I and Reiki Level II. Level I started last Saturday with Level II this Saturday and some practical work in between! She's also been potion-mixing these past few days (EGKC subscribers, your oils are being shipped this week), and is waiting with bells on to see the rest of the EG fam all together again after 6 months! EndorphinDaughter™ Mia is in the middle of Polar Night up in the Arctic. Only a couple hours of twilight really, as we near the darkest day of the year. She's looking forward to heading back stateside for Christmas, though! EndorphinSon™ Erik is in final exam mode, and will also soon be heading home for the holidays! 🧡



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