



## Step Back and Observe

We're sending you all a big virtual hug from this side of the screen. Things have escalated pretty quickly with all of this virus stuff, and we recognize how much it has affected each and every one of our lives in one way or another, whether directly or indirectly. But since we could all use some distractions right now from all the media and constant updates and changes, we wanted to continue on with the eight lights of yoga. Because as things change by the moment, such is life and we must keep on keeping on. Keep some form of sanity and hold moments of silence and gratitude for what we have in the here and now. Last week, we talked about physical yoga postures (asana) and breath work (pranayama), and this week we're going into the next two limbs of yoga, number 5 and 6. It is said that the first half of the eight are more of the external, physical limbs, how we as individual humans experience the world around us and in our physical body, but as we go deeper, we get into the more spiritual aspects of life, as well as our connection to a higher power, God, or whatever it is you feel connected to.

## Pratyahara

Perhaps this one comes at a most relevant time. This word in Sanskrit means withdrawal of the senses. More specifically, it's about making the effort to consciously disconnect from the external stimuli and all the stuff happening around us in the outside world. Pratyahara is disconnecting and unplugging from the outer, so we can connect with the inner. Think about it like this: consciously stepping back to look at ourselves from a different perspective, without judgement or criticism. Through Pratyahara, we can examine the different ways we behave, our thought-patterns, our habits, all the things we do in our daily lives, whether they 'promote' self-healing and wellbeing or not. It's an interesting limb, this one. We can also think of it like mini moments of wake-up calls, where we can confront the things that are not serving us individually, but also on a more global level, as well as look at what things that are helping us grow and develop. Practicing Pratyahara is an opportunity to reset and refocus. We all need this at one time or another. The world and the global community need this at one time or another. And we do believe, that time is now.



## Dharana

Each of the steps, in one way or another, prepares us for the others, and while practicing them doesn't necessarily have to be in order, Pratyahara definitely prepares us for Dharana. The meaning of this Sanskrit word is concentration. When we let go of the outer distractions and all the external stimuli, we are able to



concentrate on the stuff happening on the inside. The stuff happening in the mind. Remember all the monkey mind stuff we've talked about? Well, this practice of Dharana is a great way to help calm that monkey mind of ours that can jump and fly and run and flail around all over the place. Perhaps you know the feeling? Dharana is concentrating on a specific thing, whether, for example, it's an object, image, mantra/ phrase, or sound in the mind. This practice is simply focusing, and refocusing; it's returning to that one specific thing we are concentrating on. It's not easy. Distractions, both externally and internally, will come and go, but it's a practice. A gentle

practice to help calm the mind, body, and spirit.

## EndorphinGirl® News

Big news! EndorphinGirl® Barbara's essential oils excitement has just multiplied! If you missed it last week, she has been selected out of hundreds of candidates to participate in an 8-week coaching program led by Young Living's Diamond Level leaders. Over the next coming weeks, she will learn how to bring her essential oils toolkit to a whole new level! She already has one week of coaching behind her, stay tuned for the updates we'll be sharing.

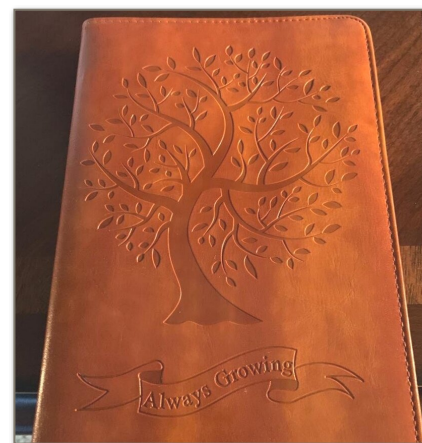
Check out the two new blogs EG Barbara wrote over the past weekend. Feeling inspired for sure! One of them is of course about essential oils. 😊 Check out her blogs:

**Essential Oils (EO) can change your life. Start today!** and **Making Peace with the Mountain!**

Unfortunately, due to the coronavirus, EndorphinGirl® Barbara will not be traveling to Finland to visit EndorphinDaughter™ Mia, which also means that the Essential Oils Workshop has been cancelled (for now!).

## EGFam Updates

Things are changing rapidly as the world takes steps to prevent the spread of this virus. And all of our lives are being disrupted in one way or another. As mentioned EG Barbara will not be traveling to Finland, which she and Mia are both very sad about. EG Barbara is taking the time to focus on oil shenanigans, as she believes they can help us heal during these trying times. EndorphinDaughter™ Mia is up in Lapland, trying to spend as much time in nature to find some relief from all the madness. She cross-country skied 7.5 miles on Saturday, the longest she's gone and is loving it so much. EndorphinSon™ Erik took time to rest during his spring break holiday, and is getting ready to get back to classes, though they will be held online for the next month.



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