



Intentions

We hope you are all doing well and your new normal is finding its way to feel more comforting and acceptable. Did you have some time these past weeks to find time to think about your intentions for the approaching fall. We have found that focusing your intentions as short vignettes often make them more reachable and realistic. Intentions are quite powerful and whether yours are focused with a vignette style or you have set some bigger intentions for yourself, setting these intentions are quite empowering.

Intentions

What is an intention, really? An intention is an idea for how you want to be, how you want to live, how you want to show up in the world. We set intentions that respond to any area of our life - relationships, work, other activities such as meditation and yoga. Setting an intention can align your thoughts and attitude for your day, your week or even your month. If you think about the intentions you may have set over the past weeks, these may be directing the way you lead your day or your entire fall ahead. Having a clear intention with you at your fingertips can help guide your actions as you continue forward. Intentions are not meant to be goals. They are meant to help you to align something within your life, not lead to an evaluation or attach an expectation. Often if an intention is set with true “intent” you may notice a beautiful shift in how it moves you about during your day.



Often in a yoga class, a yoga teacher asks you to set an intention for the class and will sometimes encourage you to take that intention with you during the rest of your day or week or even month. Intentions must come from a place of authenticity - from your heart. An intention is a purpose or attitude you want to align within your life. One that you'd be proud to commit to. Setting an intention is a way to bring your heart and mind into alignment. Intentions evoke feeling and purpose. For example - “being kind to myself and others” or “letting go of worry” or “letting go of anger” or “remaining calm in all parts of my day” or “sending compassion to the world.”

An intention is really the first step in realizing what you want. As Wayne Dyer said, your intention creates your reality. You can set an intention at anytime, like with the Fall season upon us in the Northern hemisphere or as you may do in a yoga class. Intentions can easily be just one word or be very specific. For instance if you chose the word “vulnerable” as your intention this can mean you want to allow yourself to be vulnerable and share that vulnerability in all aspects of your life. Or “open yourself to ongoing acts of kindness” to find this opportunity in your day or week.

Things to Consider

It is good to keep the intention with positive words. Some ways to consider your intention include:

- What is important to you?
- What are you grateful for?
- What would you like to create or take care of in your life?
- What would you like to let go of?
- What would you like to forgive in your life?
- What habits would you like to let go of?
- How do you feel when you are your happiest self?
- What makes you proud?
- What word(s) would you like to align yourself with?
- What fears would you like to let go of?

EndorphinGirl® News

EG Barbara is busy with her on-line yoga teaching and mediation classes.

If you are ready to do some yoga or meditation classes this fall, you can reach her at endorphingirls@gmail.com for the Zoom schedule. She is also excited to be working towards her Reiki Master level with a final course scheduled for this Saturday! 🙌

Are you ready for a beautiful change project to consider over the next 12 months? Join a journey of change and transformation watching the seasons in Finnish Lapland transform while participating in self-care practices with this beautiful Finnish Lapland backdrop and inspiring teacher EndorphinDaughter™ Mia. Have a click here: <https://vimeo.com/ondemand/change12months>

EndorphinDaughter™ Mia is also enjoying teaching at Levi Wellness Club and continuing with online classes. Contact her at miakataistoyoga@gmail.com if you are interested in taking an online class with her! You can also check out her shop here.

And finally, if you're looking to step into the essential oils area this fall, we have a new instagram page which is really cool <https://www.instagram.com/oilistry/> and our updated website <https://oilistry.carrd.co/> or contact us at endorphingirls@gmail.com.

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara has made her way to Finland finally but is under self-quarantine for 2 weeks before the long awaited visit with EndorphinDaughter™ Mia. Yayyy! EndorphinDaughter™ Mia is enjoying the autumn up in Lapland and is so excited to be following the changing seasons and sharing this with all of you too. EndorphinSon™ Erik is enjoying the continued sunshine and warmth in the Tucson autumn and is enjoying his first semester not in school. We hope you have a wonderful couple of weeks, feel fulfilled by your intentions and see you again on October 5th.



Stay tuned for more adventures with EndorphinGirl®!