



Full Moons

How are you doing, EG community? Life is busy in the EGFam world. So busy that EndorphinGirl® Momma forgot to send out the October 12th Newsletter. Forgive us, we are catching up now! This is our 96th Newsletter. Holy Moly. We are so proud to be approaching the 100th Newsletter and honored that you have continued on this endorphin-filled ride with us! Thank you. Last month, we were all about intentions. We invite you to continue to carry your intentions (in Sanskrit, also known as sankalpa) with you through your days and weeks ahead. Setting an intention each day can really be a game changer in our physical, emotional, spiritual, and mental being. 🙏 For this month, we are turning over to the moon. There are so many things we can write about regarding the moon. We chose to focus on the full moon because during the month of October there are two full moons. Two full moons in a month doesn't happen often. In fact, it happens about every 2 to 3 years, so it's a pretty cool occurrence.

Full moons carry a lot of energy and may affect what is going on within us. This time may feel a bit unsettling or even disruptive, particularly for example, with our sleep and behavior patterns. We may even feel anxious or tense in our bodies and minds. With this in mind, it's important to bring in more moments of self-care, and especially more rest. The full moon is a time of reflection and letting go. It is about how our energy shows up in the world and is expressed in relationship to others. It is a time for releasing barriers that prohibit us from stepping out into the world and noticing what is coming to realization in our life. In other words, what is working? What isn't working?

The full moon gives us an opportunity - every month - and sometimes twice a month to think about what is working (or not) and think about how, through connections and kinship, there is opportunity to give and receive. Everything is about cooperative connection, at least that's what we believe.

The Harvest Moon

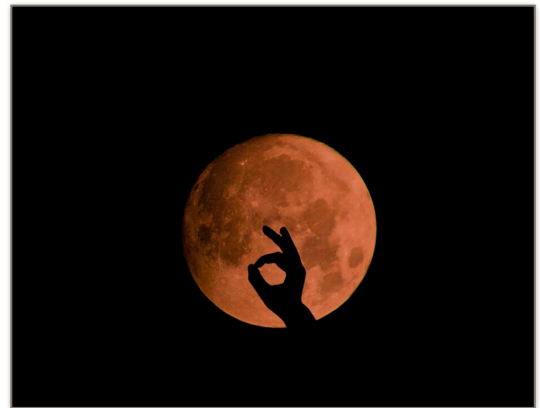
The October 1st, 2020 Full Moon was the Harvest Moon. You know the moon that is referenced in the classic Neil Young Song (an EGFam fave).

“Come a little bit closer
Hear what I have to say
Just like children sleepin'
We could dream this night away

But there's a full moon risin'
Let's go dancin' in the light

We know where the music's playin'
Let's go out and feel the night

Because I'm still in love with you
I want to see you dance again
Because I'm still in love with you
On this harvest moon



When we were strangers
I watched you from afar
When we were lovers
I loved you with all my heart

But now it's gettin' late
And the moon is climbin' high
I want to celebrate
See it shinin' in your eye..."

If you think about the words in the song, they exude reflection, connection, and love! Apparently Neil wrote that song for his wife Peggy and the words still ring true today.

Have a listen: <https://www.youtube.com/watch?v=n2MtEsrcTTs>

The Harvest Moon appears after several evenings of the moonrise, soon after sunset, creating an abundance of bright moonlight early in the evening. Traditionally this helped farmers with the harvesting of their summer-grown crops. In the Northern Hemisphere this comes in October and in the Southern Hemisphere in March or April. The moon is typically orange in color and very beautiful!

The Harvest Moon is often associated with a 'harvesting' of new beginnings. Perhaps a time for a heartfelt reflection on what you want to manifest ahead. Something to ponder!

The Blue Moon

The October 31st, 2020 full moon is the Blue Moon or also known as the Hunter's Moon. Perhaps you are familiar with that expression 'once in a blue moon'. The idea is that it is quite rare to have more than one full moon in a month, and thus the expression 'once in a blue moon' was born. It's suggested that the moon appears bluish due to smoke or dust particles in the atmosphere.

Perhaps you know one version or another of the song "Blue Moon" sung by Frank Sinatra, the Marvels, Ella Fitzgerald, Bobby Vinton, Rod Stewart and even Elvis Presley. They say the song was composed by Rodgers and Hart, but the backstory is that it was actually composed in 1930 or 1931 by a 17-year old man named Edward Roman, son of Polish immigrants, who grew up in Troy, NY across the 'pond' from Albany, NY. Edward would participate in speed-skate racing on the frozen pond and, as told to his daughter, he made a shape of a heart with his hands and said "the moon reflected blue on the ice." What a beautiful story which certainly lends for some more reflection and contemplation.



Have a listen to a few of our faves:

Marvels: https://www.youtube.com/watch?v=RnfP_wlAq5k

Rod Stewart: https://www.youtube.com/watch?v=RnfP_wlAq5k (uses his own words!)

Frank Sinatra <https://www.youtube.com/watch?v=Dw1ZC6sZjIY>

The Blue Moon is also known as the Hunter's Moon. Many moons ago (no pun intended) Native Americas named this moon for obvious reasons with the leaves falling from trees, and the preparation for winter ahead (Northern Hemisphere), such as fattening the game through hunting. And thus sometime

this moon is considered sacred. Some also called it Blood Moon or Sanguine Moon. Blue Moons may bring about heightened intuition and are a particularly good time to pay attention to our communication with ourselves and others. They are a great time to create visualizations of our desires through meditation or moments of silence.

The Moons


We focused on just one phase of the moon - the moon at its fullest, at different times in the yearly cycle. With any full moon, the energy will be elevated and energetic, and it is an opportunity for reflection, visualization, meditation, practicing forgiveness (on self and others) and taking time for self care.

Next time you look up at the full moon, perhaps give a thought to which full moon it is, feel the energy, and take a moment and do something really nice for yourself!

And feel free to reach out to us at anytime (at endorphingirls@gmail.com) if you would like a specific meditation or other tool to help support you with this.

We “love you to the moon and back”!

EndorphinGirl® News

EG Barbara recently completed her Reiki Master  level training and is so excited to now be practicing Reiki on a daily basis. She has also been busy with her on-line yoga teaching and mediation classes. If you are ready to do some yoga or meditation classes on ZOOM this fall, check out the **Classes** and/or contact her for private sessions at endorphingirls@gmail.com. She also is coaching graduate students on their transition into the business world and often finds the opportunity to talk about life-balance in these sessions. EG Barbara is so inspired to hear that graduate students these days are doing meditation and other similar practices for their own self care.



Speaking of yoga, meditation, and mindfulness, check out what EG Mia is up to up in Lapland. Her monthly videos lead you on 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. The sessions are available as a subscription or individually.

To join, click here: <https://vimeo.com/ondemand/change12months>

EndorphinDaughter™ Mia is also 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](#). The next Arctic Yoga Weekend is November 7-8. If you are in or near Levi, Finland - stop by for some relaxing sessions.

To join, click here: <https://ssl.eventilla.com/event/j10zg>

And finally, if you're looking to step into the essential oils area this fall, we hope you have had a chance to check out our new instagram page <https://www.instagram.com/oilistry/>.

Our updated website: <https://oilistry.carrd.co/> designed by EndorphinSon Erik. You can also reach us at endorphingirls@gmail.com to learn more.

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara spent almost 2 weeks with EndorphinDaughter™ Mia. It took 7 months, 3 cancelled transatlantic flights, 14 days of quarantine and almost 700 miles (just one way of driving) to get there. And she'd do it all over again in a heartbeat. So happy to spend time Mia! 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, is now the teacher and not the student, teaching more and more classes on **Erik Kataisto Outschoo!** We hope you have a wonderful couple of weeks, continue your intentions, and find some time during the Blue Moon for what you need!

In the meantime, send us an email endorphingirls@gmail.com or check out our **Facebook** or **Instagram** to connect with us!

Stay tuned for more adventures with EndorphinGirl®!

Image Credit:

Macau Photo Agency (blue moon)

Sam, Upsplash (orange moon)