



Life Musings, Chakra Handbook, Fall Faves

How are you today? How are you feeling? Where's your head at these days? Take a moment to check in with yourself. Notice where you are, if you're sitting or standing, walking or still, busy or bored. What's happening with you at this moment? Take a moment to notice the feelings, sensations, thoughts, whatever comes up. Check in, acknowledge, and gently give yourself some lovin'. Give yourself a big hug for whatever it is you're feeling, wherever you are in your day. For all the steps you've taken to get to wherever you are right now, figuratively, and literally. You deserve it.

All Things Feet

Speaking of steps, we wanted to do a little tidbit on feet. Sometimes EG feels like feet are one of the most under-appreciated parts of our body. We do a lot with our feet, from running, to walking, to standing, to just overall allowing us to move forward in our daily lives. They're an incredibly important part of our body, yet so much of the modern lifestyle these days is actually incredibly detrimental to foot health and wellbeing. We're stuffing our feet into narrow shows, perhaps shoes that are even too small for us, shoes that don't allow our feet to breathe or move as they're meant to. And unfortunately, a lot of the information given to us about what good footwear is, is not doing us any good either!



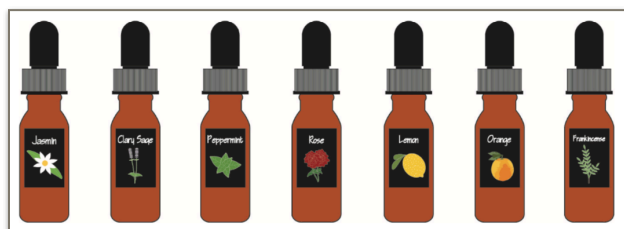
Our feet have evolved to be barefoot. But our modern lifestyle has forced us into doing the exact opposite, adding more and more cushion, less and less flexibility, different kinds of support, all the extra fluff. The more "stuff" we add to our feet and into our shoes, the less work they have to do. And the less work they do, the weaker they become, therefore affecting the strength of all the other muscles in our legs, as well as our joints and spine (and therefore posture). Our feet are what connects us to this earth we live on. They're the anchor that keeps us grounded and steady. But when our feet are weak, other parts of our body may very well be too. EG wanted to invite you all this week to take a moment to get back in touch with your feet. Check in with what kinds of shoes you're wearing. What does your arch look like? What do your toes look like? Do you have pain after being on your feet all day long? Just take a few moments to see what's going on with them. Next week, we'll go a little deeper to see how we can start to give them some more lovin'.

EndorphinGirl® News




In case you missed it last week, The EndorphinGirl® Chakra Handbook 📖 is finally available. **Here** is the link to order your copy on Amazon, and below is a little snapshot into what's inside. Our digital genius, (EndorphinSon™ Erik), went above and beyond in creating the visuals for the book and we are so excited to share!




“The body has different energy channels called Nadis; and there are over 72,000 Nadis in the body! Imagine these channels like highways flowing in the body, with energy moving from one place to another, and back around. When two or more Nadi ‘highways’ intersect, energy centers, or Chakras, are created. Chakra is a Sanskrit word that means ‘wheel’. Imagine the Chakras as spinning wheels, helping move energy along throughout the body. There are a total of 114 Chakras in the body; 112 are inside and 2 are outside. Even though we have many ‘highways’ running throughout the body, we have one main one called *Sushumna*. This ‘highway’ is

home to the 7 major Chakras, or wheels of energy.”



Clara - Heart Chakra (Anahata)

<p>4th Chakra Attributes:</p> <ul style="list-style-type: none"> • Locations: Heart center • Colors: Green • Sense: Touch 	<ul style="list-style-type: none"> • Element: Air • Crystals: Rose Quartz • Essential oils: Rose • Mudras: Padma Mudra
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Last week, we revealed that we'll be offering a subscription-based EndorphinGirl® Kit and Caboodle (EGKC) Essential Oils Collection. As a Member of the EGKC, you'll receive your own 'kit' with a 'caboodle' packed with EO-related items monthly, or bi-monthly, depending on your preferences. Be on the lookout in the coming days for next steps on how to join! We're so excited to get this off the ground running! And if you're already interested, send us a thumbs up at endorphingirls@gmail.com!

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is jetting off on a flight to Spain this week, with her final destination as the Camino de Santiago. Her feet, as well as her two EndorphinFriends' feet (a little shout out to Trish and Pat), will surely be in use during their time over the pond! 👟 EndorphinDaughter™ Mia is enjoying cozy nights, saunas, and lots of rest and relaxation these days. (🧘‍♀️ apparently this is a woman in a sauna emoji 😂) EndorphinSon™ Erik has been plowing through midterms, and is continuing his training for El Tour de Tucson!



Stay tuned for more adventures with EndorphinGirl®!