



## Living Our Truth

Did you have a fabulous weekend? A Valentine's Day full of love and compassion? We hope it was truly enjoyable whether you went out with a loved one or stayed in with a cup of tea and a bar of chocolate! Notice we're big fans of chocolate here. 🍫😊 So we've gone deeper into this important topic of body love and self-compassion and being gentle with ourselves in the last couple of weeks. There's so much to unpack with that, so much that comes with bodies and body love and all that jazz, and something else we want to touch upon this week is truth. We feel that living in a human body requires a good amount of truth. What do we even mean by this? Don't worry, we'll explain! So let's get right to it.

## Staying True

Bodies are cool. Bodies are weird. *Bodies are different and bodies are beautiful.* Back to this again, because it's something we can always be reminded of. Sometimes, with all this external pressure from social media and marketing and whatnot, it's hard to remember that it's truly okay to be ourselves, no matter what we look like, or act like, or our preferences are or whatever. As humans, most of us want to be seen and heard and acknowledged for just being. But sometimes we hide behind different masks and we conform to social norms and standards because we fear that we'll be judged or not liked or whatever it is. It's real and we know the feels! But we also feel that as humans, it's our duty to be ourselves. It's our job to be as real and authentic as

possible. To live our truth, whatever that looks like. A huge part of that is finding comfort in our bodies, whatever way that means for you. Wearing clothes that feel comfortable to you, moving in a way that feels good to you, eating in a way that feels good for you, expressing and speaking with words that are true for you. Perhaps we've all heard the phrase to the likes of treating our bodies like temples, and we certainly agree, however in the most balanced sense of the idea. Our body is our home, our space, our vehicle for experiencing this world. Treating our bodies with compassion is imperative. It's our choice to express ourselves in the ways that feel most comfortable to us. Sometimes it's not always easy. But as humans, we deserve to be who we are wholly and completely. We recognize that figuring out how we want to express ourselves and show up in our bodies is a process, though, and that is completely

'i love myself.'  
the  
quietest.  
simplest.  
most  
powerful.  
revolution.  
ever.

okay. This whole thing called life is a process, but it seems that it's how we stay true to ourselves, to our values, as we move through this process, that matters most. So, to bring it to the point, we wanted to tell you, that we see you, we love you, we accept you for being you. 💜

## Our Truth?

What does this word truth mean to you? What does it mean to live in your truth and be honest with yourself about who you are and what you want and need in this life? These are oftentimes difficult questions because our minds are clouded with so many messages of what we're told we should want and should need and must have and must look like and blah blah blah. There're a lot of external voices coming at us telling us our truth, which is making it hard to listen to our hearts and our true needs and wants. We believe that it's our right as humans to express ourselves and be who it is we want to be. This autonomy has been taken away from us in many ways, even if it's not entirely noticeable. Subtle messages, subtle hints at what we need to do to be perfect and achieve health and happiness and all the things, when in reality we have most of those tools within us. It's not easy honoring our truth, especially when there is a lot of external pressure. The process is worth it though, and yes we believe it is a continuous process, just as is this life. So this week, we invite you to ask yourself some of these questions if you're interested in going deeper or beginning to understand the truth that is in you.

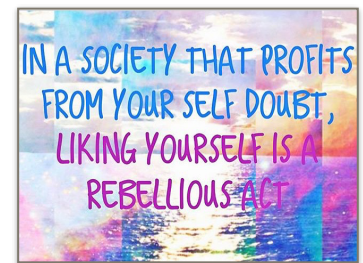


- What makes me smile? light my soul on fire?
- What brings a sense of fulfillment and meaning into my life? • What makes me feel good when I feel sad or down or a little off?
- What kinds of activities • What quiets my mind?
- What's not working?

As you ask yourself these questions, notice what answers come up. Notice the voices in there trying to be heard and be noticed. Give yourself some space to listen and acknowledge them. And maybe even take a shot at taking steps to do more of those things that are aligned with your truth!

## EndorphinGirl® News

In case you missed, we wrote a **Year in Review** blog post last week sharing about the waves we rode in 2019! Check it out on the **blog**. 📅 Be on the lookout for another one in the coming days, all about EndorphinGirl® Barbara's time downhill skiing in Vermont! February 22-23, 2020, EndorphinDaughter™ Mia will be co-leading a second Arctic Yoga Weekend in Levi, Finland; a weekend full of all things yoga and relaxation. Sign up **here** if you're interested! 🧘



## EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is heading back to Tucson, Arizona this week to spend time with EndorphinSon™ Erik, and to enjoy some warmer weather! EndorphinDaughter™ Mia is gearing up for the second Arctic Yoga Weekend this coming weekend! She's also thoroughly just been enjoying being in Lapland these days. The days are longer and the ski trails just keep calling her name. EndorphinSon™ Erik is has recently been taking it one day at a time. It's beginning to hit him that it's his last semester and so these days it's been all about making each moment count in the Arizona sunshine.

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