



Human Doing vs. Human Being?

It's almost the end of another month, and we just can't believe how these days are moving on by so quickly. We keep reminding ourselves to live in the moment and stay present, though sometimes it's hard to remember! Sometimes it's hard to be here now, when it feels like the days are all smushing together and yesterday feels like last year and last year feels like yesterday. Time is confusing and weird and confusing all over again. And when we add all the things we've been talking about in the past few weeks about being in a human body and experiencing this world in a human body, it brings this whole different perspective to the concept of time. Time is something we, as humans have created to try and bring some order and understanding into this big and mysterious world we live in. Time is inherently intertwined with the physical reality we live in, because we experience time in a physical body. Time is not time unless we say it is. It took us X amount of time to run that mile, it took us X amount of time to read that book, it took us X amount of time to drive home. You get the picture. Time and bodies are so connected. This week, we'll look at this idea of humans and bodies and experiencing life in a body. Experiencing time in a body. Whether it's by doing, or just by being.

Human Doing

Bodies are cool. Bodies are weird. *Bodies are different and bodies are beautiful.* The last of these words, for a bit at least. One final reminder, for now. A necessary one, because we all are beautiful. We all are awesome in our own ways. And we all deserve to be seen and heard and acknowledged. Our bodies are physical things. Physical things made up of energy on a scientific level, of atoms all clumped together to form this one blob of mass that is a human. And as humans, we are wired in the most primal of ways to move, to do, to experience the world around us through the most physical ways. Whether it's through taste, or sight, or smell, or touch, or sound. This looks incredibly different for each and every one of us, the way we go about physically engaging with the world around us. However, one thing that we feel has become all too common, all too often, is this excess doing. This excess need to constantly be doing something. A need to achieve, a need to accomplish, a need to be successful. Of course these are all fine, but there's a certain point where it just becomes about the doing, rather than the actual enjoyment of the doing. It's like we've become more human-doings than human beings. Let's get back to the actual being part.



Human Being

So what does it even mean to be a human being? We are here, in this world, in this physical human body, flesh and bones and imperfections and all. It's pretty awesome, we must say. We are here. Right here, and right now. You're here, sitting, or standing, or wherever you are, reading this right now. And that's quite honestly amazing. Often we get so caught up in the stuff we want and need to do to function in this world, and we



miss what's actually going on in the moment. Perhaps you've heard the quote, you know, the one from *Ferris Bueller's Day Off*?

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

Being in the moment, we think, is what it means to be a human being. (At least one of the meanings!) Whatever it is you're experiencing, allow yourself to experience it fully. Surrender to it. The good, the bad, the joyful, the sad, the easy, the challenging, all of it. Being human comes with its ups

and downs, and that is normal. There is at least some duality in this life, but it doesn't have to be so black and white, so concrete. Living in the in-between, finding the balance between the two, and allowing ourselves to accept the known and the unknown. That is the key, at least one of them. Being human is letting ourselves just be. Taking what comes, day by day, with a compassionate heart.


This is a nice segue-way into a gentle reminder of the Five Reiki principles which go hand in hand with human 'being'. Just for today:

- I will not be angry
- I free myself from worry
- I am grateful
- I am kind to myself and others
- I work honestly

Just be. See how good it feels 'to be' any/all of these, just for today!

EndorphinGirl® News

In case you missed it, we wrote a **Year in Review** blog post last week sharing about the waves we rode in 2019!

Check it out on the **blog**.  Barbara and Erik did some brainstorming during their time together this week on all things EndorphinGirl®-related. Stay tuned for what's to come! We sure are excited.

EndorphinDaughter™ Mia co-led another Arctic weekend full of all things yoga and relaxation this past weekend at **Levi Wellness Club/ KuruYoga Levi**. 🙏



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is enjoying Tucson time with Erik. Her daily morning practice has included a yoga class at her favorite Tucson Yoga Studio **4th Avenue Yoga**. 🧘 And of course, she and EndorphinSon™ Erik went on their usual their Tumamoc Hike, something they do every time they're together. 🏔️

EndorphinDaughter™ Mia is taking some days to rest after busy days full of yoga over the weekend. She's enjoying the sun, which has been in hibernation for a while, and of course is spending time on the quiet cross-country trails in the woods. I don't know about you, but EndorphinSon™ Erik is feeling 22! Today, the 24th, is his birthday, and he is celebrating another year on this planet, another day of life!

Stay tuned for more adventures with EndorphinGirl®!