

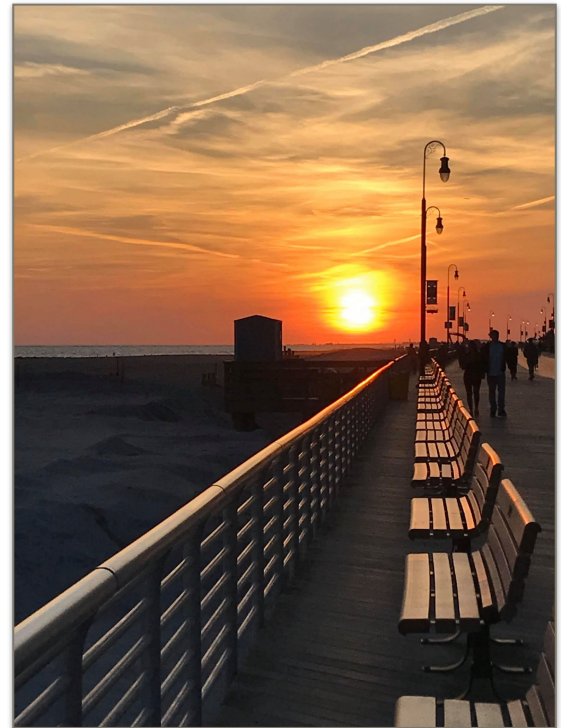


## Together

We hope you've had a fabulous weekend. And to all of you mothers out there, we hope you especially enjoyed your weekend. It's because of you that we're all here, and we're incredibly grateful for you. We see you, we support you, we salute you, we love you. This week, we wanted to talk a bit about this idea of 'we're all in this together'. What do we mean by that? What is the first thing that comes to mind when you read that? Before we go into possible answers, we wanted to, like we have been in the past few weeks, ask you how you're feeling? How are things right now? Take a moment to ask yourself this and notice how you're feeling.

## Hand in Hand

EndorphinDaughter™ Mia has been listening to a lot of music from her middle school days recently, and one of the songs that keeps coming up is the song "We're all in this together" from the movie High School Musical. Perhaps some of you know it, perhaps not. Either way, [here's a link](#) to the music video because it's a feel good one, and it's really all about us working together, supporting and honoring each other, recognizing that we all are different and unique in our own way. At the same time, it's about bringing these differences and our uniqueness together, as we experience this world differently, but 'hand in hand'. Perhaps there have been some feelings of loneliness, some feelings of isolation during this time. It's a strange time we're living in. There's no doubt about that. But we also hope that no matter how tough it has been, there have been ways and moments for you to notice the small wins, the opportunities, the good. In no way are we minimizing the difficulties this strange time has brought, but we do want to recognize that it's possible to get stuck in the rabbit hole of negativity. We all make mistakes, we all slip up, we all experience moments when things are cr\*p. That is absolutely okay. We learn, we get over it, we move on. What's important is that we recognize the we in all of it. We all, we all, we all are in this together. Experiencing this strange time, experiencing life on this planet. Whether it's literally hand in hand, or virtually, or through our words. Let's remember this 'we all' in our everyday interactions.



## Keeping the Togetherness Alive

So what does “remembering this ‘we all’ in our everyday interactions” even mean? It could mean a lot of things. What first comes to mind is that we treat each other with respect, that we honor each other’s experience and place in this world. We recognize that each of us is going through our own experience. Each



of us is experiencing life on this planet through our own perspective. This is something we cannot change. We can change how we view things, how we think about things, the ideas and beliefs we have about things, but we cannot change the fact that we all experience things differently. That is life. That is this thing called being human in a world full of humans and other living and non-living things. It’s pretty cool when we think about it. We all have our differences in opinion, different beliefs, views on life and all the things. But what’s even more amazing is that we all have them. We all. We all. We all. And what comes with that is this idea of togetherness. So whether it’s taking the time to ask another human how they’re doing, lending a helping hand, agreeing to disagree, or calling the

friend you haven’t spoken to in a long time to check in, or perhaps holding the door open for someone. There are many things we can do to help each other, to remind ourselves that we are all in this together. There are many things we can do to honor each other’s experience in this world. What will you do this week to remind yourself that you are not alone? What will you do to keep this togetherness alive?

## EndorphinGirl® News

EG Barbara has been back in the oils lab in between teaching yoga. She has been working on some new oil subscriptions ordered as Mother’s Day gifts. She has also just concluded a 3-week class teaching yoga on [outschool.com](https://outschool.com) and is delighted to say there are some new teen yogis out there - she is thrilled they liked her class on ‘How to Reset Your Day the Yoga Way’. Check out her listing of classes [here](#). It is free to sign-up on the platform!

Check out our products in the [shop](#) if you’re looking to get your EG on! T-shirts, meditations, yoga classes, and more are all available for purchase!

Stay tuned for more information on yoga classes EG Mia will be offering online!



## EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is busy preparing for Erik’s virtual graduation on Friday - - She is so proud of her EndorphinSon™ 😊! EndorphinDaughter™ Mia taught a few online yoga classes this weekend, and is in the process of opening up her online ‘store’ to start teaching regularly online! Exciting things happening up in Lapland for her. EndorphinSon™ Erik is officially done with college classes, and only has a few more assignments to finish before he is a college graduate! We are so proud.

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