

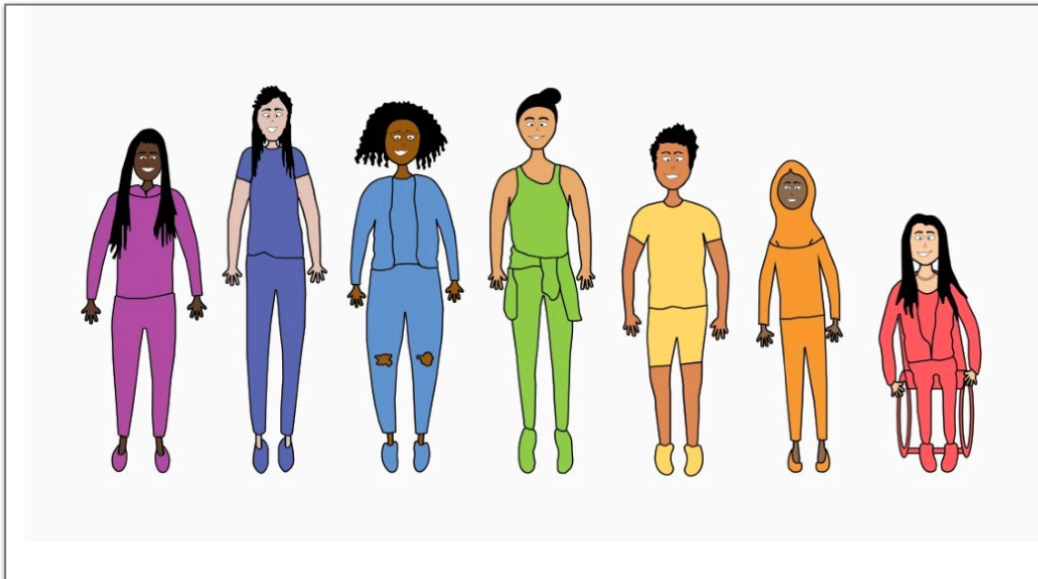


Chakras

How are y'all doing? We hope you had a fabulous weekend wherever you are in the world! Perhaps enjoying some sunshine, a walk in the park, or maybe even just a good show on the flix. However you enjoyed, it's important that there was, and continues to be, enjoyment! Finding ways to consistently enjoy is key to keeping mind, our brain, our lives in some sort of balance, whatever that looks like for you. Ask yourself what that might be? Maybe it's one thing, maybe it's three. It's all good. It's all important.

Back to the Chakras

This week, and for the weeks to come, we thought we'd go back to writing about the seven Chakras, or energy centers, that, according to yogic philosophy are located along the spine, from the root to the crown of the head. If you remember, in the fall, we published our **EndorphinGirl® Chakra Handbook**. We wrote about the Chakras, about various ways to balance them. We wrote about foods, essential oils, crystals, colors,

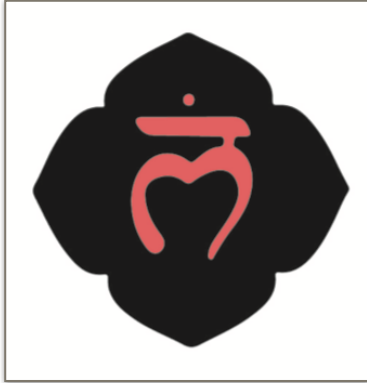


mudras, and more, all related to the Chakras in one way or another. We also introduced each of our EndorphinGirl@s more specifically in relation to the Chakra that they are most connected with. To give you a little reminder, the EndorphinGirl@s are Alisha, Lynn, Taylor, Clara, Luna, Dima, and Holly. They remind us all that

whatever we look, dress, or act like, no matter our personal preferences or backgrounds, no matter our differences, we all have that one thing in common. We all have that endorphin-filled fire within us, just waiting to be ignited. 🔥

Finding our Roots

We'll start with the root Chakra, the one that connects us to the Earth, the one that grounds us into this physical world. It is located at the base of the spine and the color most associated with it is red. This energy center is the center of security, of safety, of success, it's also the foundation of the self. When this Chakra is



balanced, we feel a sense of grounding to the Earth, we feel that our most basic and primal needs, such as having enough food and water, as well as shelter, are met. If unbalanced, we might feel feelings of fear, insecurity, frustration, perhaps even anxiety. The root Chakra is important because it is said to be our foundation for being in this physical world. We are human, we are here, living in this world, in our physical bodies. That is the reality.

Finding ways to get grounded in just being in a body is not always easy.

Finding our roots, whether that means finding a way to connect with nature, or perhaps learning more about our ancestors, eating a grounding, warm and hearty meal, or even something as simple as sitting on the floor for a few moments, these things are important. There are lots of things we can do to

connect us back to our roots. To connect us back to being in this physical world and in our physical nature. Bones, muscles, tissues, all of it. Some other favorites include putting on some red pants, eating root veggies such as potatoes and beets, or walking barefoot in the grass. Let's get grounded, get rooted, get connected, together! ❤️

EndorphinGirl® News

EG Barbara is enjoying time with EndorphinSon™ in Arizona. Some much needed family time after way too long! She is also continuing her online classes on [outschool.com](https://www.outschool.com) and Zoom. Contact her if you're interested in practicing with her!

Check out our products in the [shop](#) especially if you're interested in checking out the handbook we wrote on the Chakras! There is a digital version, as well as a hardcopy.

We also wanted to give a big shoutout to all the 2020 graduates! We see you, we congratulate you! A job well done.

EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara and EndorphinSon™ Erik celebrated a big milestone this past weekend, as EndorphinSon™ Erik officially graduated college! EndorphinDaughter™ Mia wished she could have been there, but she is glad that EG and ES were able to celebrate together. The two of them are enjoying time together in the Arizona heat, though it is definitely getting quite hot there! EndorphinDaughter™ Mia, on the other hand, is still managing to go snowshoeing in the mountains because there is still a lot of snow in Lapland in the middle of May! What a time to be alive.



Stay tuned for more adventures with EndorphinGirl®!