



## Act up, Show Up

*This week's newsletter is important.*

It's June first. We're almost halfway through this year, and it's sure been a rollercoaster ride. A lot has happened over the past few months. A lot of pain, a lot of hurt, and the past few days haven't been any easier. Maybe the past few days have even been a wake-up call to the fact that there is real injustice happening all around us, that this injustice has been going on for far too long. Discrimination is real, racism is happening, people are suffering. So while we are a platform with the goal of uplifting and helping figuring out what makes you feel good and empowered in the health and wellbeing world, ignoring these injustices would be just another act of privilege. Wellness, healing, body acceptance, health, all of this stuff we talk about on here is important. But what does it all even mean, when there are people, people of color, who are fighting for their right to survive, their right to be seen, to be heard, to be treated equally. These things are not easy to talk about, and we acknowledge our privilege when trying to open up a discussion about these things. As we continue to talk about wellness, about health, about collective healing, it's important to talk about these issues. If we care about collective healing at all, we must talk about the real injustices, the prejudice, the discrimination occurring around us and beyond. So here we are, planting a seed, especially if this isn't something that's been at the forefront of your thoughts. It's important. So with that being said, what a way for us to continue with the next and third Chakra, the Chakra of doing.

## Back to the Chakras

So we've talked about the first two Chakras, the root and the sacral, and this week we're moving on up to the solar plexus. This Chakra is located just above the bellybutton. The color associated with this one is yellow, and the element is fire. A fitting element for these times, in our opinion. This is the center of personal power and strength, of ego, of passion and impulses. When this center is balanced, we exhibit a real sense of personal power and self-respect. This center is also associated with the digestive system, the stomach, liver, gall bladder, pancreases, all those organs that are necessary for us to process and digest food and liquids. We've talked about digestive fire before in these newsletters, but essentially, it is said that our stomach is the center of our digestive fire, or Agni in Sanskrit. This digestive fire allows us to optimally digest, optimally assimilate and absorb nutrients in our physical body. But it also affects us on an energetic level. This center helps us digest the things happening in our life, the things happening around us. So in this sense, how we digest what's going on energetically around us, affects how we show up in the world. Our personal power, our self-confidence, our inner fire and strength to do and act and show up in this world, these things are all related to the third chakra.



## Act Up, Show Up

This Chakra is the center of doing, of showing up, of taking a stand. So, again, how fitting is it to talk about this one this week? Extremely. We are all capable of helping in one way or another. Whether it's speaking out against injustices, holding space for others looking to heal, starting conversations, however difficult they may be, asking the difficult questions, confronting our own privileges and internalized racism, donating money to



different **funds**, reading, listening, getting educated on these issues. There are so many ways for all of us to take a stand, to make a difference. We must stand up, we must do something. Do the right thing, stand with our human friends of color. Staying silent is not an option anymore, staying silent is staying complicit. Who are we really, if we allow these things to go on and continue to live in ignorance, in denial? Let's support each other. Let's support our friends of color. Let's listen. Get educated. Stand in solidarity in this movement to eradicate injustices. We know it's not easy, and we are also confronting the internalized beliefs and ideas about this stuff, we are also confronting our privilege as white folks (yes, we're white folks over here at EG). If we want a world in which we can live without this injustice, we must confront this privilege. We must educate ourselves. We must stand with our friends of color. So yes, while this 'all lives matter' phrase is important and true, it's another form of invisibilizing humans of color who have been oppressed for far too long,

it's another way of not acknowledging their existence and continuing to live in ignorance. We at EG stand with our friends of color. Let's use our inner fire to ignite change, to ignite conversation, to create a more just world. #blacklivesmatter

**Recommended listening:** <https://www.youtube.com/watch?v=leBPMYQ6oHM>

**Recommended reading:** <https://www.buzzfeednews.com/article/ariannarebolini/george-floyd-amy-cooper-antiracist-books-reading-resources>

## EndorphinGirl® News

In keeping with our weekly news update - EG Barbara here: If you're interested in following along with me on some of my favorite shows on Gaia check out my **portal** where you can get temporary access to some of the shows I list. For those new to Gaia, it is essentially Netflix for wellness enthusiasts. It offers over 8,000 ad-free yoga practices, documentaries, and original series that explore our human and cosmic stories. And Gaia means Earth, which is so cool! If you are so inclined to join Gaia, details can be found from the above link. I recently became a Gaia Ambassador and have started sharing some of the programs because I think the stories are amazing and inspiring, **especially with all that is going on in the world today.**

Another thing I've been diving deeper into is, of course, all things essential oils. If you are ready to take the leap into the oil life and thinking of purchasing that starter kit, check out my **portal** sponsored by the **letsbefrankessentials.com** website. The starter kit and essential awards programs run by Young Living are easily explained on the website, and you can contact me through the portal if you are interested or have any questions.

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.

EndorphinDaughter™ Mia EndorphinDaughter™ Mia is continuing to teach yoga online. Check out her shop [\*\*here\*\*](#) if you're interested in taking a class with her.

## **EGFam Updates**

A quick EGFam update! EndorphinGirl® Barbara is back east and getting back into a routine after her time with EndorphinSon™ Erik in Arizona.

EndorphinDaughter™ Mia has been prioritizing spending time outside these days, as the weather has started to warm up quite a bit in Lapland (finally). EndorphinSon™ Erik is enjoying the days after graduation, relishing in being finished with college, and just enjoying having some free time after all the hard work he's put in over the past four years. We're excited to see what's next for him!

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

