



Act up, Show Up

How are you all feeling? We know things are pretty intense right now. We're in the midst of some serious changes in our country, in our world, but all that has happened is perhaps, hopefully, finally, a sort of a wake-up call, a call to action, a call to finally take part in the change we want to see in this world. None of this is new. None of this is surprising. And the fact that we can even say that says a lot, in our opinion. People are hurting, suffering, in fear, and it's not okay. It's 2020. It's not okay. This year has been intense. We've seen a lot of things change in a matter of a few months, things have come to the surface, and it's about time. The normal we were living in is a normal we absolutely cannot go back to anymore. With all that has happened, with the virus, with the protests against injustices towards BIPOC (black, indigenous, people of color), it's a lot, yes. But there is work to be done. There is work to be done. There is work to be done. And really, it is on us, those who do hold privilege, as uncomfortable as it is to acknowledge, to make space, to let the voices of those who have been oppressed, be HEARD. It's on us to listen. It's on us to get educated. Learn. Read. Stand in solidarity. And to do this, with compassion, with love, with a big, open heart. We'll be offering some recommendations on different voices worth listening to throughout this newsletter.

Back to the Chakras

Last week we discussed the Chakra of doing, and this week we're moving on up a bit to the fourth Chakra, the Heart Chakra. It's located at the center of the chest, and the color associated with this one is green (though sometimes pink as well). The element of the heart Chakra is air. The physical body parts associated with this one are the heart, circulatory system, lungs, shoulders, upper back, and thymus. It is the center of love, compassion, relationships, forgiveness, and spirituality. It's said that when this center is balanced, there is a great sense of compassion and love for oneself and others, as well as a desire to nurture others and see the good in everyone. This Chakra is important because it connects the lower Chakras (the more physical) with the upper Chakras (the more spiritual). It can be thought of as a bridge between the more physical realities of this world, and the spiritual. Check out **Susanna Barkataki**, if you're interested in learning more about yoga and cultural appropriation in the wellness space. Her voice is one that we highly, highly recommend listening to and following!

Also check out **Sonya Renee Taylor**, author, activist, poet, who wrote the book, *The Body is Not an Apology*, which we also recommend. She is a truth-teller, and is constantly sharing incredibly important words we believe we all need to hear.



Heart in Action

There is a lot going on these days. A lot of hurt, fear, anger. All valid. Again, all valid. But how do we go about unpacking it all? How do we process our thoughts and feelings, so that we can show up and stand in solidarity with those who are facing injustice, our BIPOC friends & humans who matter. Showing up is something that needs to be talked about. Showing up is what we need to start doing more of, to create a more just world, a world with less violence, less suffering, less oppression. Showing up is crucial. We've made mistakes, we are making mistakes, and we will make mistakes in the future. This is life, and it is okay. What matters is that we are showing up, we are doing the work to learn, listen, understand the various privilege we hold, in whatever



form that is. At the same time, we must also do the work to unpack how these privileges have allowed us, in one way or another, to get to where we are today. This stuff is not easy to talk about, and most often it is uncomfortable to confront the privilege we hold, especially if it has allowed us to live in varying degrees of comfort throughout our lives, even if perhaps we haven't recognized it until now. We believe this work is necessary. We also believe, to quote Martin Luther King Jr. "Injustice anywhere is a threat to justice everywhere."

So where does the heart come into play with all of this? An important quote, from an important book (**Me & White**

Supremacy) by Layla F. Saad, says that "if you are a person who believes in love, justice, integrity, and equity for all people, then you know that this work is nonnegotiable." We agree. This work of unpacking systemic and internalized beliefs about race and racism, it's not easy, but it's crucial. We believe that at the core of our beings, in our hearts, there is good. Our true nature is compassion, is love. It's the systems and structures around us that have influenced and affected our beliefs and views on who is worthy and who is not, when in reality, there is no binary on worthiness. So while it's not our 'fault' per-say, it's on us to show up and be better, do better, with love, with good intention, with a big heart. Every. Single. Day.

EndorphinGirl® News

So, in keeping with our weekly news update - EG Barbara here: Have you had a chance to check out my **portal**? You can get temporary access to some of the shows I've posted about available on Gaia. I really enjoy being a Gaia Ambassador and love having the opportunity to share about some interesting topics. Send me a message for more info! I seem to be all about the portals these days! If you haven't had a chance to learn about the Young Living oils already, check out my portal sponsored by the **letsbefrankessentials.com** website. The starter kit and essential awards programs run by YL are easily explained on the website, and you can contact me through the portal if you're interested or have any questions.

Finally, during the next 3 Tuesdays, I am offering a free 7.00 a.m. ET yoga class in honor of this being the month of International Yoga Day - more on International Yoga Day in the coming weeks - the official day is June 21. If you're interested in joining the class, email **endorphingirls@gmail.com** for the Zoom link.



Classes held: June 9, June 16, June 23

Hope to see you on the Zoom mat!

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 busy as ever with all thing endorphins, yoga and essential oils. EndorphinDaughter™ Mia has taken to sleeping outside at least once a week. She is grateful to be living in Lapland, so close to nature. EndorphinSon™ Erik is keeping himself busy with all things digital creations. He's making logos, designing different images, just being the creative human he is.

Stay tuned for more adventures with EndorphinGirl®!