



Speak Up

What's up, wonderful human? How are you doing right now? It's the middle of June and we can't even believe that we're almost halfway through 2020. Let's just take a moment to reflect on that for a moment. What are your thoughts on how this year has gone so far? How are you feeling about 2020? Just notice what comes up. Notice how you feel when reflecting on all that has happened, all that's happening right now. No need to judge or criticize. Just allow yourself to feel whatever you're feeling. Perhaps it's anger, hurt, rage, sadness, confusion, exhaustion. You're allowed to feel what you feel. Your feelings are valid. We want to remind you that it's okay, that it's important to take a moment for yourself, to take care of yourself. But as we continue on in all the current happenings, we need to remember to keep up the momentum. To keep on listening and learning, unpacking our own internalized biases. We need to keep on speaking up against oppression, against injustice, to help create a world in which humans can live in safety, in health, in wellbeing in their bodies. We're allowed to feel tired, we're allowed to feel exhausted, we but we can't give up. We must speak up.

Back to the Chakras

We're moving on up again this week, to yet again, another Chakra. For this newsletter, we're taking a look at the Throat Chakra, which is located in the space between the collarbones, in the lower part of the neck. The body parts associated with this Chakra are the neck, throat, teeth, thyroid gland, and ears. The color of this one is blue (generally a lighter blue), and the element is ether (or space). This Chakra is the center of communication, sound, and expressing creativity through thinking, speaking, and writing. Through this Chakra, there is possibility for change and transformation. When balanced, it is said that it is easier to speak your mind. This can be, for example, musically, artistically, or in any creative way, but when there is a block in this space, it could lead to holding back from speaking up, staying quiet, and not expressing our thoughts or feelings. Essentially, this Chakra governs us being able to speak our truth, speak up for what is right, speak up and actually say what we feel. So, yet again, it is incredibly relevant right now.



As we did last week, we're continuing to share and recommend BIPOC (black, indigenous, people of color) voices, so here's another: If you're interested in how injustices and racism show up in the wellness space, we recommend checking out Chrissy King's work [here](#) (an incredible important article to read!!!), and perhaps even participating in her **Anti-Racism for Wellness Professionals** workshop (there are still some spots left!). This workshop was incredibly informative and important, and we highly recommend it.

Speaking Up for What is Right

We'll say it again. There is a lot going on these days. But we truly believe it's for the better. Things are changing, more and more people are showing up, taking a stand, supporting this movement for black lives, this fight for justice and equal rights. This fight is an age old fight, a fight that has been invisible to so many who haven't continually experienced oppression, racism, injustice. This is important to acknowledge and understand. Injustice is a part of the system we've grown up in (we, speaking from the experience of growing up in the U.S.). And while privilege is a difficult thing to talk about, it's important to acknowledge. We all have privilege to varying degrees. Some have more than others, but without acknowledging our privilege, or



the certain advantages we are automatically given due to our skin color, or our sexual orientation, or religion for example, it is difficult to begin to unpack and actually create change, so that those with less privilege will be treated more justly. As people with white privilege (us here at EG), we know it's our duty to acknowledge that this has granted us certain immunities and advantages that have allowed us to move through this world with more ease, with less fear of being discriminated against, with less fear for our lives, if we are to be completely honest. It's not easy to acknowledge that, but we must. We must acknowledge, so that we can continue to learn and unpack and do the work to create a more just world. A world without

oppression, where humans can live in safety, can live without fearing for their lives. So, this is a call to action. A call to not stay silent any longer. Staying silent is staying complicit. Let's start having difficult conversations with each other, start questioning the 'norms', shut down inappropriate jokes that harm others. Using our voice can be hard, especially if it means risking the comforts we have. (Oftentimes it's easier to speak up when it's convenient, but if it means losing or risking the comforts in our lives, would we do it for the greater good anyway?) This work is uncomfortable, confronting privilege is uncomfortable. But when not speaking up means that others will continue to experience harm, we are perpetuating these injustices, even if we say we believe in an equal and just society, country, world.

Martin Luther King Jr. said it best:

"In the end, we will remember not the words of our enemies, but the silence of our friends."

When you see harm being done, speak up. Even when it's uncomfortable, speak up. Each of us have a voice, and using our voice will help create change.

Let's remember though, that while it's important that we, as (white) humans who hold privilege speak up against injustices, it's crucial that we make space for humans of color and amplify their voices. Hear them out, learn, listen, because they are the ones actually experiencing this.

EndorphinGirl® News

So, in keeping with our weekly news update -EG Barbara here: just continuing to move along on all things endorphins, essential oils, yoga and now Gaia sharing these days. I hope you have a chance to follow along on some of the shows I share on my [portal!](#) Email me at endorphingirls@gmail.com anytime for info on any of these topics, I love to discuss all of them.

And if you didn't have a chance to join me for one of my free yoga classes yet, happening over the next several weeks, the second class is on Tuesday, June 16th at 7.00 a.m. ET 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 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! A quick EGFam update! EndorphinGirl® Barbara is excited to be able to start getting out a bit more to see friends since some restrictions are lifting. Yay - still stay safe everyone!

EndorphinDaughter™ Mia has been doing a lot of reading and learning these days about how she can show up better as a human, as a yoga teacher, for other humans. She's been teaching online, and is also enjoying summer in Lapland outside. She's been getting back into running and even decided she's going to do a half marathon in the fall. EndorphinSon™ Erik is working on creating some online content and courses, which we'll be sharing in the next coming weeks as things become more finalized!

Stay tuned for more adventures with EndorphinGirl®!