



Open to the New

Let's take a breather. Let's take a moment to sit in silence. Before reading on, just take a couple breaths. A couple moments, wherever you are, to just breathe. How does it feel to breathe? Notice, once you begin reading again, where your head is. Notice how you feel. Notice how your muscles and bones feel in the space you're in right now. Notice. No judgement. All feelings are valid, all emotions are valid. Let yourself be in the space you're in right now, without judgement. As you continue to breathe, notice how the breath helps bring you back into the present moment. Connect to your breath. Connect to right now. This week, as we continue on with the Chakras, we're moving on to the next Chakra of intuition, knowledge, information. Connecting to our breath is an important part of this, because focusing on our breath brings us into the here and now, so that we can learn, listen, and ultimately, grow.

Back to the Chakras

We're moving on up again this week, to the sixth Chakra, otherwise known as the Third Eye Chakra (Ajna in Sanskrit). This one is located slightly above the physical eyes, in the center of the forehead. The body parts associated include the eyes, brain, face, endocrine system, and lymphatic system. It is the center of intuition and psychic ability. It's said that this center purifies negative energy and selfish thoughts. When balanced, we may feel open to new ideas and information. There is a strong sense of intuition, of inner knowing, a knowing that you are your own master, in one way or another. Sometimes this Chakra can become blocked or imbalanced. This could potentially manifest in the form of headaches, migraines, blurred vision, or eyestrain, as well as a sense of non-assertiveness, uncertainty, and egotism. Possibly, also the inability to accept new ideas and information. The color associated with this one is indigo, while the element is light.

We want to continue to share and amplify voices of color, so here's a recommended podcast. Podcasts are a favorite for us over here at EG. They're a fabulous way to learn and hear new perspectives. They give us insight into new ideas about ourselves, about other people, about the world around us. If you're interested in Anti-Diet work, and how diet/ wellness culture (which we've talked a bit about) intersect with racism, sexism, many of the isms, we recommend listening to the **Food Psych Podcast** interview with Sabrina Strings, a sociologist and author (*Fearing the Black Body*), on how diet culture was born out of racist ideals. And maybe even read **this article** by her in *The New York Times* about COVID-19. Important stuff.



Open to New Ideas and Information

The events of the past few weeks and months have created a lot of energy in the world around us. There is energy in humans uniting against injustice, humans uniting to help fight systems of oppression, humans uniting to help other humans. This is beautiful. This is needed. This is constant work that we must do to continue to create a more just world. With that said, we know that there is a boatload of information out there. We know that the constant digesting of new information can be overwhelming and fatiguing in so many ways. We know that the consumption of new information from so many media platforms can be incredibly exhausting. So how do we navigate these spaces in a time where there is so much of this “us vs. them” mentality, so much defensiveness, so much denial? One of the most important aspects of the Third Eye Chakra is having this sense of openness to new information and ideas. Being open to differences, open to what might be different, compared to our own experiences. We all have our own experiences, our own beliefs, we’ve all internalized different ideas based on what we’ve been told, what we’ve seen in the media, and what’s happened around us in the spaces we occupy. It’s okay for us to have different ideas and views on things. It’s okay for us to have different values. What’s important to recognize is that others aren’t being hurt in the process. Listening to others’ experiences, especially if they make us uncomfortable, is how we grow. Being open to new ideas and information that are different from what we know is an essential part of life. Creating space for those new ideas and information is essential. Let’s allow ourselves to create space for new information, new ideas; let’s give ourselves the space to learn, to listen, to open up to the possibility of a world without injustices. Sometimes, we’ll feel tired. We get that. It’s important to rest. But let’s not give up. We believe that at the core of humanity is a belief in love. A love that recognizes differences, honors differences. But getting there isn’t possible if we remain closed off to new ideas.



EndorphinGirl® News

So in keeping with our weekly news update - EG Barbara here: I’m continuing to move along on all things endorphins, essential oils, and yoga, as well as sharing different wellness shows on Gaia these days. Check out the Gaia portal [here!](#)

This month’s EndorphinGirl® Kit & Caboodle packages just left ‘the station’ and are en route, so if you are a subscriber, your oils are on the way! 🙌

Speaking of oils, the Young Living Virtual Oil Conference was held over the weekend and so much oil plus+ info was shared by many; I’ll be sharing some more about that in the coming newsletters, so stay tuned!

If you didn’t have a chance to join me for one of my free yoga classes yet, the last class is on **Tuesday, June 23rd at 7.00 a.m. ET** in honor of this being the month of International Yoga Day. If you’re interested in joining the class, email endorphingirls@gmail.com for the Zoom link.

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 enjoying the summer days, and while her Finland plans ended up being bust for the summer, she is planning to get there in September. EndorphinDaughter™ Mia celebrated the Summer Solstice, or Midsummer, in the wilderness this past weekend in Lemmenjoki National Park in Lapland. She's been loving spending time outdoors in nature; Finland is full of beautiful outdoor spots to go hiking, camping, and just be outside. EndorphinSon™ Erik is continuing to plan some online courses, which we'll be updating you with once things become more finalized. Otherwise, he's been enjoying the Arizona heat and summer days.

Stay tuned for more adventures with EndorphinGirl®!