



Open to the New

We've made it to the end of June, and what a month it's been. We've made it halfway through this year and what a year it's been so far... Last week we took a moment to reflect on all that has happened in the past six months. Perhaps, before we move forward, take a moment to do the same right here, right now. We've officially made it through the first week of summer, but it probably looks quite different compared to what we had originally planned for. Things change, things come up, we learn, we adapt, we grow. The past half a year has shown front and center how quickly things can change, and how quickly we must learn to adapt based on what's happening around us. These past few months have been, perhaps for many, emotionally, mentally, physically, financially, exhausting. But these past few months have also shown us what can happen when we come together. When we unite to fight for what is right. This time, as we hope will continue, has been a call to action. A much needed call to action to join in fighting for equality, a fight that has been ongoing for ages, even if it hasn't felt like that or looked like that for some of us. Throughout the past few weeks, we've been focusing on the various energy centers in our bodies, and the ways ways we can activate our energy centers to improve our own lives, but also to engage together. To unite, take action, stand up for what's right. We hope that you've found it useful in one way or another.

Back to the Chakras

We've made it to the final Chakra of the seven. This one is known as the Crown Chakra (Sahasrara in Sanskrit). It is located just above the top of the head, and the body part associated with it is the brain. The color of this Chakra is usually violet or white, but sometimes all colors are also associated with it. The element for this one is thought; it's the center of spirituality, enlightenment, wisdom, knowledge, and a connection with a higher power or energy. When balanced it is said that there is an ability to open up to this higher power/ energy of the universe, whatever that energy may be for you. Tapping into this center also has the potential to give us access to the unconscious and subconscious mind. When blocked or imbalanced, there may be feelings of frustration, lack of joy or connection, maybe even destructive feelings. These can potentially manifest in the form of boredom, close-mindedness, chronic fatigue, migraines, and depression, for example.



In continuing to amplify voices of color, we wanted to share this **important article** written by environmental activist, Leah Thomas. She writes about the intersection between environmental issues, climate change, and racism, and how we cannot look at these things separately. Communities of color, marginalized communities, these are the communities that, research has shown, tend to experience the negative effects of climate change at a higher rate (ie. pollution, quality drinking water, food deserts, etc.). According to Leah, "Intersectional environmentalism is an inclusive version of environmentalism that advocates for both the protection of people and the planet."

We are all about this! Go follow her on instagram [@greengirlleah](https://www.instagram.com/greengirlleah) as well.

Open to New Ideas and Information

Things have been boiling up for a while, and we've reached a point where many people are feeling this call to action. Many people are stepping up to join this movement for black lives, for lives of humans of color. These injustices, this fight has been ongoing, but it seems that things are different this time around. More and more people are engaging, showing up, doing the work to unpack privilege, understand how privilege shows up in their (our) lives. It's confronting, it's challenging, it's hard. But it's necessary work. In thinking about this



Chakra, and the themes associated with it, we started thinking about what enlightenment means, what true wisdom means, what true understanding means. There is no one correct answer for this. We see it more as a point in which we 'wake up' to what is happening around us. A point in which we start to realize and understand all the complexity, intersectionality, differences, similarities, everything that makes this life so interesting, so diverse, so beautiful. We see wisdom, understanding, enlightenment, not as a place in which we know everything, or a place that we must reach to call ourselves whole and perfect and good humans, because we already are perfect and whole as we are, even though we don't know everything and don't have all the answers. Instead, we view reaching this point as coming to a place of curiosity, of being open, surrendering to the fact that we are open to new knowledge, to understanding, to wisdom and vulnerability. We believe this is important right now. Making space for being vulnerable, for

being open to hard conversations about difficult topics like injustice, privilege, and racism is important. Making space for humans who have been oppressed is important. How are you showing up? How are you doing the work? We'd love to hear some of your thoughts. Let's surrender to the discomfort and keep showing up together.

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!](#) And she is very excited to start practicing meditation this week with the 5-year old crowd!

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. She is offering classes every Wednesday, Thursday, and Sunday!



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is missing her EGKids; she's also been enjoying LI beach moments every free chance she gets. EndorphinDaughter™ Mia has headed to the south of Finland to visit family and friends, and for some summer cottage time. There is such a benefit to having a change of scenery, to switch things up, to see something different; it's been a long time since she's been anywhere (perhaps you can relate 😊); she lives in a tiny village with very few people, so getting out to see something else has been much needed. EndorphinSon™ Erik has been adding some outside workouts into his life again. He's also recognizing how important it is to switch things up every once in a while.

We also wanted to wish everyone, especially those who identify as LGBTQIA+, a happy Pride. ❤️🧡💛💚
💙💜🖤🤎🤍 Let's continue to create space, accept, and learn more about how we all show up in this world in different ways, with different identities.

Stay tuned for more adventures with EndorphinGirl®!