



Allowing + Releasing

How are you? What's new these days? We hope you are doing well and have had some time to slow down and soften in the past couple of weeks. We know it takes some practice, and allowing ourselves to do so can be hard, but it's worth it. And that actually brings us into the topics we wanted to talk about this week. These two topics might feel pretty relevant right now; at least in our opinion they are! What are they, you ask? Allowing and releasing. Allowing and releasing, and then doing it all over again. Let's get right into it.

Allowing

How do you feel when you read this word above? What kinds of things come to mind when seeing or hearing this word? Accepting can relate to so many things and can bring up so many different emotions. Perhaps now, more than ever, bringing this idea of accepting into our lives is crucial. The past few months have had a profound effect on our lives, in ways that perhaps no one could have imagined. Plans have changed, our daily lives and routines are exponentially different, our ways of communication have changed, so many things have changed. While so much has changed, we also recognize that this time, this time of uncertainty has given us space to reflect on the ways in which we have experienced this world, the ways in which we have participated as humans in this world. What does accepting have to do with uncertainty though? We see acceptance as this space where we can allow ourselves to be okay with the unknown of the future, and let it be what it is. Allowing ourselves to recognize that even though we don't know what will happen next, even though we cannot predict the future, what we do know is that we have this moment right now. And we have the choice to either allow ourselves to live in the present moment, or in the past or future. Accepting that things have changed, in our daily lives, seems to be the current theme these days. All we can do is take it one day at a time. Accepting is an opportunity for feeling what we feel, for recognizing the impermanence in all things, for recognizing that we do not have all the answers. We also want to recognize that acceptance doesn't always need to be a passive thing. In fact, we think at this moment in time, it must be active. Accepting the situation, whatever it is, is important, but taking responsibility and being proactive in whichever way feels best for you is also crucial. If we accept that things don't feel good, or that someone is being treated unjustly, but don't do anything about it, it will continue on. Do we want to be the passive one's who let things go unnoticed? Or the passive ones who let pain continue? Let's be active in our acceptance these days!



Releasing

While acceptance is an important aspect of everyday life, we recognize that another key part of this act of acceptance is being able to release, to let go of what is no longer helping us evolve. Whether it's habits or coping mechanisms, toxic people in our lives, the environment we live in, or even physical, material things. Many things come to mind when we think about the idea of releasing. Perhaps these days, it could be letting go of the idea of travel plans (we know the feeling!), or letting go of the structure, the 'normal' that once was, the routines we were so used to, and needing to create our new normal. It's easy to get caught up in the daily monotony of life, and then feel discomfort and fear when something uncomfortable or challenging creeps up, or boils to the surface. Things get shaken up, and we have to come to terms with the changes happening around us, however difficult they may be. Acceptance that change is the only constant in life is something we try to remind ourselves of daily. When we allow ourselves to release from the tight grips of our old 'normal', we can begin to create space for what is to come in the next moment, the next day, the next month, the next year. We invite you to think about the kinds of things, or emotions, whatever it may be, that you feel like releasing these days!



EndorphinGirl® News

EG Barbara continues to move along on all things endorphins, essential oils, and yoga; her young student community is continuing to grow as well on Outschool.com and in the past number of weeks she has been teaching a daily practice of meditation to the 5- and 6- year old crowd. She is loving every minute of this meditation class! Gaia continues to be one of the weekly 'channels on her station' so if you are looking for some otherworldly shows instead of a Netflix or Amazon Prime binge, check out the Gaia portal [here!](#)

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! And finally, if you're looking to step into the essential oils area this summer, you can find some info [here](#) to get started or contact us at endorphingirls@gmail.com.



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is enjoying days at the beach in between yoga classes, and spending as much time as possible in nature. She is fervently waiting to be able to get to Finland to see Mia. EndorphinDaughter™ Mia is back up north in Lapland, beginning to prepare for the upcoming winter season. Things are calm here in Finland, and she is hopeful they will stay this way. EndorphinSon™ Erik is making the most of his time at home these days, as he continues to develop online courses. All things digital coolness is his jam; more on that in the weeks to come!

Stay tuned for more adventures with EndorphinGirl®!