



## Chakras

Hello EG community! I hope you have had a few good weeks. We are circling back to a topic we have written about before - the Chakras. We would like to re-introduce the Chakras through our EndorphinGirl® friends - aka the EndorphinGirls™. We published The EndorphinGirl® Chakra Handbook a year ago, and over the next several Newsletters we will share excerpts describing each of the seven main Chakras through the eyes of one of the EndorphinGirls™.

We hope you enjoy!

### The Root Chakra

#### Chapter 1

##### What are the Chakras?

Energy is everywhere. Trees swaying, rivers flowing, sun shining, snow falling. Energy is the source of all movement. In Ancient Yogic texts, this energy that is the source of all movement, of all life itself, is called *Prana*. It is the life force that allows us to breathe, to move, to do the things we love to do every day.



Simply put, energy, or *prana*, is everything. It exists inside us, above us, below us, all around us. Breath, which *prana* is sometimes translated as, is how we receive this energy so that we can live happy and healthy lives; but it isn't the only source of energy. The sun, the moon, food, nature, water, essential oils, crystals and stones, and other people can give us energy in different forms too.

The first of the seven main Chakras is the Root Chakra. The Root Chakra is the foundational Chakra for the others. A balanced Root Chakra will provide a sense of grounding and security and provides a gateway to the other Chakras.

#### Balanced and Imbalanced Chakras

Each Chakra is associated with one or more parts of the body. When one of these energy centers is balanced, the part of the body associated with it is feeling good. But if one of these energy centers is not balanced, it might mean that you feel some discomfort in that specific part of the body. Think of it like this: our main 'highway' of Chakras, from the



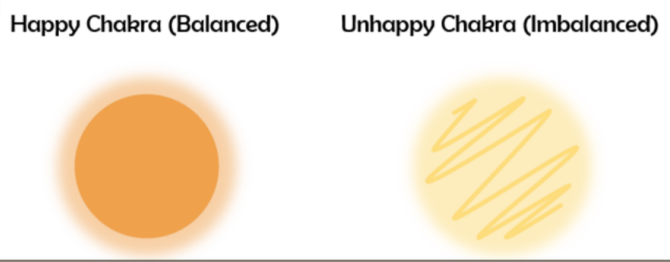
top of the head to the tailbone, works together with all other parts of our body, so that we can live happy and healthy lives. Sometimes, though, highways need a little bit of construction, a little bit of love and care to help things run along more smoothly. Imagine those imbalanced Chakras as little bumps or construction sites on the road. When we take the time to fix things up, our energy, like a car on a highway, is able to move along much more easily.

Let's look at which body parts are associated with each of the Chakras and see what a balanced (happy) and imbalanced (unhappy) Chakra might feel like. Imagine that balanced Chakras are full of energy, while imbalanced Chakras are blurred or stagnant.

EndorphinGirl® Holly has been focusing on her Root Chakra, she shares some of the tools she is using to keep her Root Chakra balanced below.

- Root Chakra:
- Location: base of the spine, in between the tailbone and the pubic bone
  - Body Parts: lower back, reproductive organs, hips, and legs
  - Center of: security, safety, success, and the foundation of self
  - Balanced: a sense of safety, stability, and grounding to the Earth and the body
  - Blocked/Imbalanced: feelings of fear, anxiety, insecurity, frustration

The body has different energy channels called Nadis; and there are over 72,000 Nadis in the body! Imagine these channels like highways flowing in the body, with energy moving from one place to another, and back around. When two or more Nadi 'highways' intersect, energy centers, or *Chakras*, are created. Chakra is a Sanskrit word that means 'wheel'. Imagine the Chakras as spinning wheels, helping move energy along throughout the body. There are a total of 114 Chakras in the body; 112 are inside and 2 are outside. Even though we have many 'highways' running throughout the body, we have one main one called *Sushumna*. This 'highway' is home to the 7 major Chakras, or wheels of energy.



## EndorphinGirl® News

EG Barbara has just signed up for Lightarian Reiki 🌟🙌 which offers the most powerful, highest vibrational Reiki healing energies available. She gets started this week and is super excited.

If you are interested in joining one of her yoga or meditation classes, you can reach her at [endorphingirls@gmail.com](mailto:endorphingirls@gmail.com).

EG Mia has been spending a good amount of time teaching Yoga in the Woods. A really unique form of yoga. Classes are truly held outside in the forest. If you are in the area and interested in a class, email her at [miakataistoyoga@gmail.com](mailto:miakataistoyoga@gmail.com). And check out her shop [here](#) for some of her other offerings.

And if you have not yet experienced one of EG Mia's on-line yoga classes in the stunning Finnish Lapland, give it a try. This month's classes, with the mystical fog and gentle breeze in the background are quite riveting. You can sign up for a monthly subscription or rent a class individually.

To join, click here: <https://vimeo.com/ondemand/change12months>

### Holly - Root Chakra (Muladhara)

<p><b>1st Chakra Attributes</b></p> <ul style="list-style-type: none"> <li>• Location: Base of the spine</li> <li>• Color: Red</li> <li>• Sense: Smell</li> </ul>	<ul style="list-style-type: none"> <li>• Element: Earth</li> <li>• Crystal: Garnet</li> <li>• Essential oil: Frankincense</li> <li>• Mudras: Muladhara Mudra or no specific name</li> </ul>	

With the holidays approaching, perhaps now is the time to consider essential oils as a gift. You can learn more on our [instagram](#) and [website](#) or contact us at [endorphingirls@gmail.com](mailto:endorphingirls@gmail.com).

Finally, if you are intrigued about the Chakras, and looking for a copy of *The EndorphinGirl® Chakra Handbook*, this [link](#) can help you order.

## EGFam Updates

A quick EGFam update! Not to much to report from EndorphinGirl® Barbara though she is looking forward to upcoming holidays with her EndorphinKids®. EndorphinDaughter™ Mia is enjoying the autumn up in Lapland which has quirky turned into ‘winter’ with the recent falling snow. EndorphinSon™ Erik is enjoying the continued sunshine and warmth in the Tucson autumn, which averages mid 70’s Fahrenheit temps. Quite a contrast to Finland. He has recently spent some time working on getting people to register to Vote for the next US presidential election.

We hope you have some intrigue about the Chakras, Dima and the Sacral Chakra are up next.

**Stay tuned for more adventures with EndorphinGirl®!**

