



Revisiting the Chakras II

Hello EG community! Two weeks surely do fly by. It is nearing the middle of November and we are inching towards the end of one year and the beginning of another. You may be starting to think about your new year goals and resolutions, so we thought it would be a good idea to check-in on how you have been doing with intention setting.

Our recent, [September 21, 2020, Newsletter 95](#) was about the value of setting intentions; we hope you found this a helpful reminder that intention-setting focuses less on goals and more on the journey which leads to certain outcomes. For instance, intentions focus more on internal strength and long-term change, whereas resolutions and goals focus more on the external and are sometimes rewards that are short-lived. Each day is a new opportunity to start fresh, so why wait for the new year! We hope you find intention setting to be a valuable replacement tool to be used at any time during the year and not just at the start of a new year to begin.

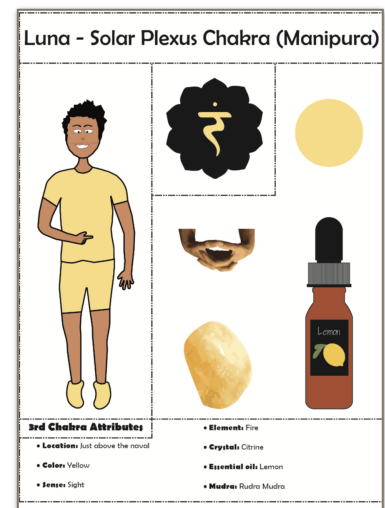
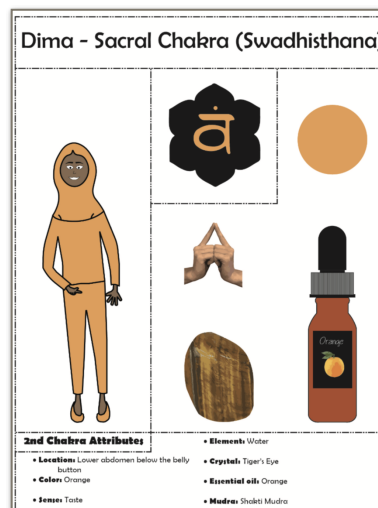
Here is another article from [November 4, 2019, Newsletter 57](#). A year ago we also wrote about the value of intention setting and have included it here in case you want to have a re-read.

We are continuing with the Chakras this month and continue to share some excerpts from the *EndorphinGirl® Chakra Handbook* describing each of the seven main Chakras through the eyes of one of the EndorphinGirls™.

We hope you enjoy!

The Sacral Chakra & Solar Plexus Chakra

In [Newsletter 97](#) we shared some about the Root Chakra, the first of the seven main Chakras. EndorphinGirl® Holly shared some tools she uses to help find a balanced Root Chakra, which when balanced, provides a sense of grounding and security. The Root Chakra is a gateway to the other Chakras.



This week we focus on the Sacral Chakra and Solar Plexus Chakra. A balanced Sacral Chakra will enhance your ability to express your feelings and self-worth and to find and maybe even share your creativity. And when your Solar Plexus Chakra is in balance you exude a sense of empowerment and strength in what you do. It is indeed a very empowering feeling.

Solar Plexus Chakra:

- Location: a little below the chest bone and above the belly button, in the center behind the stomach
- Body Parts: stomach, liver, gallbladder, pancreas, and small intestine
- Center of: personal power, ego, passions, impulses, anger, and strength
- Balanced: cheerfulness, outgoing, self-respect, expressive, able to enjoy a new challenge, a strong sense of personal power
- Blocked/Imbalanced: lack of confidence, confusion, worry about what others think, feel that others are controlling your life, depression

Sacral Chakra:

- Location: a little below the belly button, and rooted into the spine
- Body Parts: kidneys, bladder, adrenal glands, reproductive organs, and large intestine
- Center of: emotions, creativity, and self-worth
- Balanced: ability to express emotions easily, strong sense of creativity and self-worth
- Blocked/Imbalanced: feelings of emotional explosion, manipulation, lack of energy

EndorphinGirl® Dima has been focusing on her Sacral Chakra and she shares some of the tools she is using to keep her Sacral Chakra balanced.

EndorphinGirl® Luna has been focusing on her Solar Plexus Charka and she shares some of the tools she is using to keep her Solar Plexus Charka balanced.

EndorphinGirl® News

EG Barbara has completed the Buddhic Boost and Level I and II of the Lightarian Reiki 🙏🙏 process. The Lightarian Reiki offers the most powerful, highest vibrational Reiki healing energies available.



If you are interested in joining one of her yoga or meditation classes or to learn more about or to receive Lightarian Reiki healing, you can reach her at endorphingirls@gmail.com. Given these times of social distance, like yoga and meditation, Reiki can be done at a distance. **Distant Reiki** sessions work because energy is not limited by **space or time**. **Distance** is only a physical limitation, so sessions can be done without being physically present. We are all connected, as we are all energy matter and part of a larger whole. Pretty cool. Check out schedule [here](#).

EG Mia is continuing with her Forest Yoga classes and has begun teaching chair yoga classes to people with varying abilities.

If you are in the area and interested in a class with Mia in person or on Zoom, email her at 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, will be available on November 15th, but meanwhile the changing seasons which are breathtaking and significant between September and October are available. You can sign up for a monthly subscription or rent a class individually. Use this [link](#) to subscribe!

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.

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 too much to report from EndorphinGirl® Barbara. She is all things Reiki, Essential Oils and Yoga these days! EndorphinDaughter™ Mia is gearing up for winter in Lapland. It is coming quickly! She recently led classes at the Second Annual Arctic Weekend in Levi, Finland. While it was another successful event, the crowds were a bit smaller this year due to Covid-19. Onwards to Arctic Weekend 2021! EndorphinSon™ Erik continues to bask in the Arizona sunshine. Even if the evenings do get a little cooler, the sun is always shining! He continued up until the day before the US election, pounding the pavement to get people to vote. Go Erik! He also started a new job working with a solar energy company. Cool stuff!

We hope you have some intrigue about the Chakras. In the next Newsletter, we'll offer some ways to think more deeply about the Chakras. Clara and the Heart Chakra and Taylor and the Throat Chakra are up next. Stay tuned!

Stay tuned for more adventures with EndorphinGirl®!