



## Revisiting the Chakras

Hello EG community! Nice to have you here again!

Thanksgiving is upon us in the U.S.A. and for anyone else celebrating wherever you may be in the world. Perhaps you read about gratitude and thanks all the time, so we won't go too far down that path. Yet this is the season of gratitude, but really any time, any day is a season of gratitude. In trying times, finding gratitude is a gift. And we feel that we can find gratitude in everything, every time, every day, everyone and every where. Now that's something to ponder.

EndorphinSon™ recently shared the Japanese philosophy about giving thanks. In Japan, the expression of gratitude through speaking is part of the moral compass - truly a part of the cultural norm. *Arigato* is the most common expression of thanks in Japanese. Thanks is given for everything, after every interaction, whether a purchase in a store, an exchange with a friend, or a blessing over your food, among everything else! And gratitude really does beget gratitude.

So in whatever expression works for you - being grateful is a gift we can give ourselves, and of course others as well.

We are continuing 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!

## Heart Chakra & Throat Chakra

In [Newsletter 98](#) we shared some about the Sacral Chakra and the Solar Plexus Chakra, the second and third Charkas, respectively. EndorphinGirl® Dima shared some tools she uses to help find a balanced Sacral Chakra, which when balanced, will enhance your ability to express your feelings and self-worth and to find and maybe even share your creativity. EndorphinGirl® Luna shared some tools she uses to help find a balanced Solar Plexus Chakra, which when balanced gives you permission to exude a sense of empowerment and strength.

The lower chakras are considered the physical chakras. These are responsible for

<p><b>Clara - Heart Chakra (Anahata)</b></p> <p><b>4th Chakra Attributes</b></p> <ul style="list-style-type: none"> <li>• Location: Heart center</li> <li>• Color: Green</li> <li>• Sense: Touch</li> <li>• Element: Air</li> <li>• Crystal: Rose Quartz</li> <li>• Essential oil: Rose</li> <li>• Mantra: Dharma Mudra</li> </ul>	<p><b>Alisha - Crown Chakra (Sahasrara)</b></p> <p><b>7th Chakra Attributes</b></p> <ul style="list-style-type: none"> <li>• Location: On the top of the head</li> <li>• Color: All colors; sometimes violet or white</li> <li>• Sense: No specific sense or pure state of being</li> <li>• Element: Thought</li> <li>• Crystal: Clear Quartz</li> <li>• Essential oil: Jasmine</li> <li>• Mantra: Sahasrara Mudra or no specific name</li> </ul>
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your identity, including your self-image and emotional and physical identity. The lower chakras hold the experiences, memories, personality, and expressions developed in your first 21 years. These memories define us, if imbalanced symptoms connected within that chakra may persist.

Once the so called pollution is removed from your lower chakras, it is easier to find a balanced Heart Chakra. The lower three chakras connect through your heart chakra to the upper three chakras, which are regarded as your spiritual centers.

We focus on the Heart Chakra and the Throat Chakra this week. A balanced Heart Chakra allows you to shine your compassion in the world for yourself and others - a true sense of love for self and others. And when your Throat Chakra is balanced you express yourself with integrity, clarity and authenticity.

The Heart Chakra acts as a center of integration between our lower and higher chakras. Our earlier experience and our higher aspirations. Essentially it is a bridge to our higher

#### Heart Chakra:

- Location: in the center of the chest, behind the chest bone in front, and on the spine in between the shoulder blades in back
- Body Parts: heart, circulatory system, thymus, lungs, shoulders, and upper back
- Center of: love, compassion, relationships, forgiveness, and spirituality
- Balanced: compassion and love for yourself and others, friendliness, empathy, desire to nurture others and see the good in everyone
- Blocked/Imbalanced: feeling sorry for yourself, paranoia, difficulty making decisions, afraid of letting go or getting hurt, feeling unworthy of love

chakras. Our Throat Chakra rules self-expression and allows us to speak our truth in a way that others can hear it and to speak truth to receive harmony in mind and body.

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

#### Throat Chakra:

- Location: in the space between the collarbones, in the lower part of the neck
- Body Parts: neck, throat, teeth, thyroid gland, and ears
- Center of: communication, sound, expression of creativity through thinking, speaking, and writing; possibility for change and transformation
- Balanced: ability to speak your mind, musically or artistically inspired
- Blocked/Imbalanced: holding back; feeling quiet, weak, angry; can't express thoughts

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

## EndorphinGirl® News

EG Barbara is busy with all things yoga, essential oils and Reiki. She is working on some new themed classes incorporating all of the aforementioned. Stay tuned. Meanwhile, you can find her schedule [here](#).

EG Mia is continuing with her Forrest 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](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, are now available and the changing seasons which are breathtaking and significant between September, October and November are magnificent! 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](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! *ThanksMas* was celebrated in Southern Finland - EndorphinGirl® Barbara and EndorphinDaughter™ Mia were together and a lovely time was had, but EndorphinSon™ Erik was terribly missed at *ThanksMas*. Barbara heads Stateside in a few weeks but how nice to combine these holidays before leaving.

EndorphinSon™ Erik is still enjoying warm Tucson and heads to New York soon for Christmas with EG Barbara and extended family!

We hope you are enjoying the Chakras Series. In the next Newsletter, the last two of the seven main chakras will be discussed with Lynn on the Third-Eye and Alisha on the Crown Chakra. Stay tuned!

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