



Spring 2021

Dear EndorphinFriends,

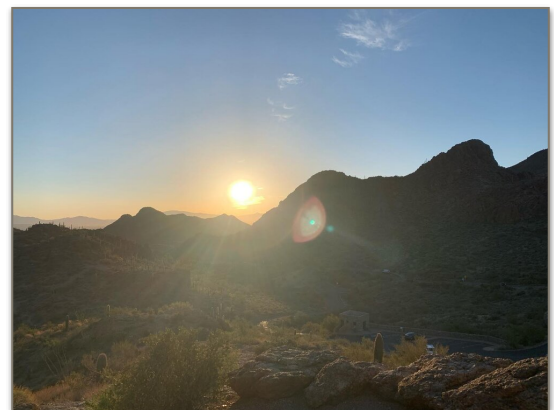
How are you doing? Better yet, how are you *feeling*? It's been a minute since our last update. If you missed our 2020 Year-in-Review, check it out [here](#)! We are grateful for all of you joining us on this journey. We also hope you are doing and feeling well these days. This idea of doing and feeling well may look a lot different than it did last year, but hopefully there is a glimmer of hope in your eyes. There is a glimmer of hope in our eyes. Things have been hard and we too have been feeling the exhaustion, but there is hope in our eyes.

Hope

So what does it even mean to be hopeful? What does it mean to have hope? Maybe for some, it's about wishing for or expecting something to happen, a constant look into the future. We like to think of hope a little differently. For us, it is staying grounded in the belief that things are going to be okay. It is knowing that even if things suck or if things are really good, they are not permanent. Things are ever-changing and ever-evolving, in one way or another. There will be things in life we want to happen, things we hope and wish for, and we do not discount these. They are an incredibly important aspect of being human. But instead of constantly expecting things to be a certain way, we'd like to invite you to think about hope a little differently. Hope as being more of a deep knowing or strong belief in things being okay.

We see being hopeful not so much about constantly wishing things will get better or change, but instead about being resilient and learning how to take things as they come. Easier said than done, yes, but this resilience allows us to respond to things with more discernment, strength, and clarity.

Humans, the planet, all living beings are constantly in change. Our bodies change, our thoughts and emotions change, the weather changes. Everything is in constant motion. Even if it sometimes feels like everything has come to a complete halt, things are still in motion. So maybe hope is more about seeing things for what they are, impermanent, accepting that, and continuing on, knowing that however things change, it will be okay.



Sharing Thoughts and Taking Time

What else have we been musing these days? A lot. Perhaps a lot of similar things we have previously written about, just with a different perspective. One theme that has always come up, and is yet again coming up, is going easy and being gentle with ourselves. Going easy. Making time for quiet moments. This has never been more true it seems, at least for this writer over here on this side of the screen in the EG fam. 😊 Before the pandemic, the world was on full spinning mode and it felt like we were all on a massive rollercoaster ride, going full speed ahead. Perhaps the rollercoaster ride is still in motion, or actually, we know it is still in motion, but hopefully we can see things a little more clearly now. Hopefully it's a gentler rollercoaster and we are looking at things with a little bit of a different perspective, to recognize what is important and prioritize our and our communities health and wellbeing. Rollercoasters will still have ups and downs and turns and twists. We need those to build resilience. But hopefully we can also begin to look at the things coming toward us, knowing that they will not last forever, knowing that we will be okay, whatever that okay may be for us.

We at EG are practicing this 'seeing things more clearly thing', practicing discernment and prioritizing what is important for us. We are practicing taking time to think things through and be thoughtful about our actions. Not rushing into things so quickly or making rash decisions because of overpowering emotions or worry. This can be hard when it feels like there might be no other option. But we are practicing. We are practicing. We are practicing.



EGFam News & Updates

EG Barbara is in Arizona enjoying spending time working at the [Sonoran Winds Women's Empowerment Center](#). She's also been enjoying spending time with the horses at [Steady Strides Riding Center](#). She cannot get enough of the sunshine, and is loving her Friday's off. We're sure you've seen some of her Friday social media posts, EG Barbara is eating Tucson up! And she feels so blessed to be spending a lot of time with the other important 'son'! 😊

EG Barbara also recently completed teaching a Level I Reiki Training. Reiki is a technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life force energy" flows through us and is what is the driving force behind life. If you're interested in learning more, let EG Barbara know at barbarakataistoyoga@gmail.com.

EndorphinDaughter™ Mia is enjoying life in Lapland. Her teaching has moved online again, so she's busy with that, as well as continuing to work on her Change: a seasonal journey videos showcasing the seasonal changes of Finnish Lapland. What a six months it has been so far! Check it out [here](#).

EndorphinSon™ Erik is busy working in Tucson. Always creating, always designing, and now he's even making crystal jewelry! So cool. He's been doing a lot of longer distance biking these days as well and loving it. He sure is a cyclist at heart!

Stay tuned for more adventures with EndorphinGirl®!