

Let's try putting them together and finding each topic's proper level in order to achieve a maintainable balance.

Sounds difficult I know. But in reality it isn't. You have already faced truths about who you are. Learned what is important to you through understanding your needs and wants. Challenged your perception on how you use control. You have seen how fear is nothing to be afraid of!

Through looking at all of these, you have already given yourself one of the biggest gifts you can. A good foundation on which to appreciate a new trust in yourself. Now you are beginning to take "ownership" of your life. The realization that you are no longer defined by exterior inputs.

Your well being, health, happiness and direction all come from within you.

You are replacing the forced control over your life with the power of self truth in your life.

I know that right now is both a liberating time, where anything feels possible, and a time where the reality of self governing can feel scary.

Being in charge of your own life, direction and ultimate destiny is what you always wanted right? You fought for position in the pack. Followed the rules that said you would be accepted at a higher level.

Showed success through material gains etc.

Well now you are no longer tied exclusively to the one systems you are truly in charge of your life. No one else or anything to blame. This can feel a little alien to start with. We have all grown up in quite a negative environment. One in which you were taught to rationalize everything. Success or failure and little room for anything in between. This way of

thinking is only made possible through a intricate control system of apportioning blame when things go “wrong”. Usually on people or things exterior to ourselves. The system also promotes the taking of credit in order to enhance (feed) your ego and pride. But now that you are self aware, this old system no longer applies. You don’t need to see in black and white. Success or failure are no longer the only options. Even deeper than this is the fact that “success” stops being the driving force behind or the primary goal to be achieved!

Enough theory...let’s get practical about balance.

Without physical equilibrium you wouldn’t be able to do, well pretty much, anything. So why do you expect your spiritual and emotional being to be any different? Achieving balance requires:

Identification of what’s in play in the given situation.
Understanding of your immediate physical, mental and emotional response to it.

Checking your responses against both the natural order and your instinctive feeling. (Which you have to learn to trust.)

Re evaluate your initial response and remove the negative influences of the wants that your ego (and or) pride inspired before.

Now what you are left with is a balanced view of the situation. One that is ready to be put into action.

True balance is not something that magically arrives one day. You have to be willing to let go of the want to control. Firstly identifying what we have in our lives and then seeing the reality of how that influences us. Pride, ego, trust etc. Only through honesty can balance be achieved. I don’t know why we, as humans, seem to be so afraid of what we might

find if we are truly honest with ourselves. This is at the very core of our problem. It keeps us from the balance and in turn the freedom that the balance brings.

No-one is able to hack your thoughts or emotions if you sit by yourself and start the process of getting to know who you are right now.

The fear of what we might find deep inside is rational only because we sub-consciously know that basing our self image solely on external influences is not right. Doing so forces your ego to “take up the slack” and only pushes it out of balance.

For me one of the great expressions of the importance and evidence of being truthful comes from a great modern author Trudy Adams.

“Almost everyone has been hurt at some point because of a secret, a distorted truth, a lie, and/or the discovery of something that should have been talked about openly. Dishonesty hurts because it undermines the relationship, breaks trust and is the opposite of intimacy. That means that instead of feeling secure in the fact that you know the other person and are known by them in turn, you now have doubts about them and no longer feel totally safe in the relationship.”

If you apply this reasoning to your relationship with yourself it is both damning and evident why we feel so disconnected. Honesty promotes trust and gives you the peace to just be. People often say that they have a problem to meditate because their head is so full with the speed of life. Life is naturally slow and deliberate. It is through the use of the excuse of “I have too much to do” that they can rationalize not connecting with themselves honestly.

No honesty = No balance!

I had cause recently to think about self defense (physical) and in doing so it led me to think about it in a spiritual way too. It is almost as if the way in which we allow ourselves to be programmed from the world acts as self defense against us obtaining balance as individuals. The collective balance is primary in the system of society and sacrifices must be made in order to maintain it. The reality of this for you and I is we have to give up personal balance.

The two are not mutually exclusive!

So do you choose peace of mind and body through honesty and balance?

Or do you prefer living in obedience and fear of never finding yourself?

In order to truly understand the reality of the damage that being out of balance causes us we only have to look at how we use the time given to us daily.

We all start the day with 1440 minutes so why is it some people seem to always be relaxed?

You know the type of person I am talking about. Always happy, usually very calm. They never seem to be in a rush at what they are doing.

Yet they always accomplish allot. Annoying (and somewhat unfair) isn't it?

Maybe they have been on a time management course or are financially wealthy enough to not actually need to be doing what they are doing and so don't feel the pressure to perform.

The truth is invulnerably neither of these excuses, which we make up in order to disguise the truth, that we know deep inside. They are what they are because they have looked at themselves with honesty and achieved balance through it. This then effects the choices they make.

To most of us it seems like an almost impossible goal. It is so hard just to know where to start. So let's start at the beginning...The core.