



# Being Balanced

Mount Cook, New Zealand

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# Introduction

How can we hold on to our well-being with all the negativity thrown our way through the horrific news, disastrous world events, and challenges in our personal life? In truth, we can create our own world within the world, our own energy within others energy and our own magical life within the mundane everyday life. The human is made up of four elements, mind, body, emotions and spirit. When these four elements are in balance, we feel a wellness that may become disrupted, but not dismantled through difficulties and challenges.

The key to a successful journey of life does not come from anything external, as most people think. It comes from our inner being and our beliefs. The faster we realize that we cannot change another and often we cannot change a situation, the faster we become empowered to implement the very things that can bring us contentment and fulfillment.

We are here as humans to listen, learn, love and become enlightened. Therefore, the more balanced we are, the more at peace we become. This kind of peace is like a lighthouse. It keeps steering us to the right course and lightens our way as we sail through life. Our voyage is to fill our human existence with wellness. This wellness comes as a result of making certain to take care of our mind, body, emotions and spirit equally.

Through this intention, it becomes harder for the negativity of the world to soil our life canvas. We live true to ourselves and our connection to staying whole, holy and wholesome.

# Exercise 1

## Mind

*We can only achieve what the mind can conceive.*

Our thoughts create our actions. If we have negative thoughts, then we will manifest negative events and relationships. The expression - “watch your thoughts” is much more powerful than people realize. Yet in this world, we are fed so much violence, lust, lies and greed. In order to stay enthused; we have to protect our mind-space. We need to re-train ourselves to stay away from negative information because it numbs our wisdom and hope. Our wisdom genes thrive on being infused with promise and peace which leads to our prosperity. Our light stays bright and our minds stay awakened. An active mind is what yeast is to bread. It broadens our horizons and rises our dreams.

### Instructions

1. Read the following 23 mindful wisdoms that instigate living a healthier life.
2. Using the numbers 1-5, 1 being the lowest and 5 being the highest, score yourself on where you think you are with each statement.
3. Taking the 3 highest, state how you manifest them in your life.
4. Taking the 3 lowest, state how you plan to integrate them more in your life.

## 23 Mindful Wisdoms

- \_\_\_\_\_1. I have the mindfulness to be honest and truthful.
- \_\_\_\_\_2. I have the mindfulness to be aware of lies.
- \_\_\_\_\_3. I have the mindfulness to be drawn to truth tellers.
- \_\_\_\_\_4. I have the mindfulness to not be a people pleaser.
- \_\_\_\_\_5. I have the mindfulness to not be afraid of confrontation.
- \_\_\_\_\_6. I have the mindfulness to be conscious and aware.
- \_\_\_\_\_7. I have the mindfulness to be detached from outcome.
- \_\_\_\_\_8. I have the mindfulness to handle my jealousy appropriately.
- \_\_\_\_\_9. I have the mindfulness to be a good team player.
- \_\_\_\_\_10. I have the mindfulness to keep my ego in check.
- \_\_\_\_\_11. I have the mindfulness to have patience and learn to wait.
- \_\_\_\_\_12. I have the mindfulness to fight self-indulgence and narcissism.
- \_\_\_\_\_13. I have the mindfulness to take care of myself appropriately.
- \_\_\_\_\_14. I have the mindfulness to be devoted to my purpose.
- \_\_\_\_\_15. I have the mindfulness to not judge another.
- \_\_\_\_\_16. I have the mindfulness to not watch violent news, TV and films.
- \_\_\_\_\_17. I have the mindfulness to stand up for justice.
- \_\_\_\_\_18. I have the mindfulness to help when and where I can.
- \_\_\_\_\_19. I have the mindfulness to be devoted to my own safety.
- \_\_\_\_\_20. I have the mindfulness to show compassion wisely.
- \_\_\_\_\_21. I have the mindfulness to keep my word.
- \_\_\_\_\_22. I have the mindfulness to stay loyal to my heart.
- \_\_\_\_\_23. I have the mindfulness to be discerning.

Taking the 3 highest, state how you manifest them in your life.

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Taking the 3 lowest, state how you plan to integrate them more in your life.

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## Exercise 2

### Body

*The body is the vehicle for our soul and life purpose  
therefore, it must be tended well.*

The body was created to be the carrier for our thoughts and feelings. It is the reason our feelings so often dictate our health. When our body becomes unhealthy, it is a statement of our dis-ease. Our body sends us messages that something is wrong and then it is up to us to make it right. Most people think the answer is strictly in the physical, however the physical is the end result of what has been ailing us. It has been proven over and over again, that people who are optimistic fall sick far less than people who are pessimistic. Our will to maintain our positivity and hopefulness is what keeps us thriving and healthy. However, we must also take the steps to maintain our health and well-being, through paying attention to how our body feels.

### Instructions

1. Read the following 23 statements for body.
2. Using the numbers 1-5, 1 being the lowest and 5 being the highest, score yourself on where you think you are with each statement.
3. Taking the 3 highest, state how you manifest them in your life.
4. Taking the 3 lowest, state how you plan to integrate them more in your life.



## 23 Body Statements

- \_\_\_\_\_1. I eat a balanced diet.
- \_\_\_\_\_2. I exercise regularly, could be walking or cleaning.
- \_\_\_\_\_3. I listen to my body when it is tired or hungry.
- \_\_\_\_\_4. I get the proper amount of sleep.
- \_\_\_\_\_5. I take vacations or resting days.
- \_\_\_\_\_6. I stay away from substance that is unhealthy.
- \_\_\_\_\_7. I make a statement of gratitude at least twice a day.
- \_\_\_\_\_8. I do not obsess over my weight.
- \_\_\_\_\_9. I am not addicted to anything, including work.
- \_\_\_\_\_10. I find time to be in nature.
- \_\_\_\_\_11. I sleep on a good mattress that supports me.
- \_\_\_\_\_12. I make time to be near water.
- \_\_\_\_\_13. I listen to good music.
- \_\_\_\_\_14. I find time to be alone and quiet.
- \_\_\_\_\_15. I wear clothes that express my soul and personality.
- \_\_\_\_\_16. I work at being aware of my breathing.
- \_\_\_\_\_17. I pay attention to my aches and pains.
- \_\_\_\_\_18. I love my work.
- \_\_\_\_\_19. I foster only good and healthy relationships.
- \_\_\_\_\_20. I keep my personal space tidy and clean.
- \_\_\_\_\_21. I am grateful for the clean water I have at my disposal, since millions die from not having it.
- \_\_\_\_\_22. When I get sick, I focus on all aspects as to why I am sick, emotional, spiritual and physical.
- \_\_\_\_\_23. I have a good sense of humor and try to laugh at my mistakes.

Taking the 3 highest, state how you manifest them in your life.

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Taking the 3 lowest, state how you plan to integrate them more in your life.

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# Exercise 3

## Emotions

*When one is warmhearted - no one is brokenhearted.*

Our feelings are directly connected to our heart and our heart is directly connected to our soul. Therefore, the more we know our feelings, the more we know our soul. If we examine what is behind our actions, we shall find there is always a feeling. Our feelings create our thoughts and our thoughts create the outcome. Therefore, our emotional intelligence is the key to a hopeful, happy and successful life.

Feeling emotionally healthy is nourished by love - not hatred; forgiveness - not resentment; compassion - not cruelty; generosity - not greed. These all comply with the mission of our heart which carries our emotional vitamin C. In truth, what a person feels in his or her heart is what he or she is.

Our heart intelligence reigns high above our intellect. Most people are not aware of this because so often our decisions are made from our mind instead of our heart. If we are to use our 'heart intelligence', we must be more aware of our feelings. When we expose our heart intelligence, we expand our feelings of well-being. We then make our decisions based on goodwill, goodness and good thinking. Therefore, more often than not, a good outcome is assured.

### Instructions

1. Read the following 23 powerful feelings and answer the questions on the next page.

## 23 Powerful Feelings

- \_\_\_\_\_1. I feel humble and humility.
- \_\_\_\_\_2. I feel committed and devoted.
- \_\_\_\_\_3. I feel kind and understanding.
- \_\_\_\_\_4. I feel loving and compassionate.
- \_\_\_\_\_5. I feel serene and calm.
- \_\_\_\_\_6. I feel disciplined and responsible.
- \_\_\_\_\_7. I feel discriminative and discerning.
- \_\_\_\_\_8. I feel patient and contemplative.
- \_\_\_\_\_9. I feel enthusiastic and inspired.
- \_\_\_\_\_10. I feel integral and honorable.
- \_\_\_\_\_11. I feel secure and strong.
- \_\_\_\_\_12. I feel persevering and determined.
- \_\_\_\_\_13. I feel decisive and clear.
- \_\_\_\_\_14. I feel appreciative and grateful.
- \_\_\_\_\_15. I feel reverent and virtuous.
- \_\_\_\_\_16. I feel generous and charitable.
- \_\_\_\_\_17. I feel bold and courageous.
- \_\_\_\_\_18. I feel sensitive and empathetic.
- \_\_\_\_\_19. I feel attentive and learning.
- \_\_\_\_\_20. I feel detached and relinquishing.
- \_\_\_\_\_21. I feel loyal and faithful.
- \_\_\_\_\_22. I feel focused and certain.
- \_\_\_\_\_23. I feel optimistic and hopeful.

Pick 3 of the 23 powerful feelings that describe you and write how you live them.

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2. I feel

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3. I feel

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Pick 3 of the 23 powerful feelings that you have trouble with and write how you plan to improve them.

1. I feel

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2. I feel

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3. I feel

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# Exercise 4

## Spirit

*When we lose our spirit - we lose all.*

Our spirit thrives on love, wisdom and light. It shrinks when we are lonely, foolhardy or involve ourselves with people and places that are darkened. As well, an enlivened spirit keeps us protected from any kind of addiction.

If we all listened to our spirit, we would have a life filled with wellness and wonder. Our spirit teaches us how to become aligned with a higher way of thinking and behaving. As a result, negative events seem to stop interfering with our energy field. No matter the circumstances our days become filled with peace and quietude. To keep our spirit alive and thriving, we need to stay attuned to our own mandate and mission. We cannot be attached to what others think of us. We need to only care what we think of ourselves. We must also be aware of the unseen and coincidences because this is how spirit communicates.

“See it to believe it” is not the mandate for our spiritual existence. “Believe it to see it” more fits the mold. The world as it exists today is extremely challenging for our spirituality wellness. This is because it is based on the facts that we are what we have, or we are what we externally look like, or how successful we are financially. None of these things concern our spirit. Our spirit thrives on respect, integrity, caring, compassion and love. When we know and accept this, we become wise and enlightened.

### Instructions

1. Read the tips on how to keep your spirit enlivened and mark yourself 1-5. 5 is the highest and 1 is the most neglected.
2. Write a plan of action as how you will pay more attention to the neglected ones.

## Tips on How to Keep Your Spirit Enlivened

- \_\_\_\_\_ 1. I observe myself so that I may better myself.
- \_\_\_\_\_ 2. I am a truth teller.
- \_\_\_\_\_ 3. I make sure to spend some time in nature.
- \_\_\_\_\_ 4. I make time for quietude.
- \_\_\_\_\_ 5. I do yoga or meditate.
- \_\_\_\_\_ 6. I know my character and spirit feed off each other.
- \_\_\_\_\_ 7. I read spiritual books.
- \_\_\_\_\_ 8. I respect the unseen.
- \_\_\_\_\_ 9. I am not addicted to any substance.
- \_\_\_\_\_ 10. I examine my heartfelt feeling.
- \_\_\_\_\_ 11. I seek knowledge.
- \_\_\_\_\_ 12. I keep myself and my personal belongings clean.
- \_\_\_\_\_ 13. If I eat meat, I thank the animal for giving its life to me.
- \_\_\_\_\_ 14. I maintain my principles.
- \_\_\_\_\_ 15. I know that spirit shows itself through good and resolute actions.
- \_\_\_\_\_ 16. I look to learn more about spirituality.
- \_\_\_\_\_ 17. I believe in miracles.
- \_\_\_\_\_ 18. I do not gossip.
- \_\_\_\_\_ 19. I am concerned for the welfare of others.
- \_\_\_\_\_ 20. I work to handle my anger appropriately.
- \_\_\_\_\_ 21. I have a great regard for myself.
- \_\_\_\_\_ 22. I give animals and nature the respect they deserve.
- \_\_\_\_\_ 23. I am aware that the children today are losing their innocence.
- \_\_\_\_\_ 24. I involve myself with things that are worthy.
- \_\_\_\_\_ 25. I love to learn from people smarter than myself.
- \_\_\_\_\_ 26. I stay grateful, even when things are challenging.
- \_\_\_\_\_ 27. I ask for guidance when I am confused or frightened.
- \_\_\_\_\_ 28. I believe in angels, spiritual guides or ascended masters.
- \_\_\_\_\_ 29. I realize the importance of awareness and consciousness.
- \_\_\_\_\_ 30. I respect all religions and races.
- \_\_\_\_\_ 31. I study to have a better understanding of things.
- \_\_\_\_\_ 32. I avoid movies, books and things that are violent.
- \_\_\_\_\_ 33. I strive to be a better human.
- \_\_\_\_\_ 34. I hold the concept of trust dear to my heart.
- \_\_\_\_\_ 35. I love to love.

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# Exercise 5

## Closing Exercise

1. What element of your being do you feel was the most neglected and why?

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2. What element of your being do you feel the most comfortable with and why?

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3. How do you plan to work on all four elements so you can live a more balanced life.

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