

Achieving Greater Balance In Your Life

December 2014

The following are some mental & physical health “tools” – ways of thinking about things and physical & mental exercises – to help you achieve Greater Balance in any aspect of your life.

- 1) **Analyze Self** – Examine your beliefs and attitudes about food, exercise, health, politics, peoples idiosyncrasies, spiritual growth, etc. and ask yourself why you hold them? Do they benefit you? Do they harm you in some way? Then Keep the positive ones and Release the negative ones.
- 2) **Budget Your Time** – Learn to budget your time between those activities that demand your attention. Learn to balance your time between spiritual, mental, and physical activities. This does not mean each must be give equal time but rather *equal emphasis*.
- 3) **Activities & Your Ideal** - Keep your activities in accord with your purpose, mission or Ideal. Ask yourself the following questions:
 - a) Is this activity in accord with or contributing to achievement of my purpose, mission or Ideal?
 - b) In this activity are my thoughts, attitudes, words, and acts in accord with my spiritual, mental, and physical Ideals?
 - c) Is this activity in accord with my spiritual guidance?
- 4) **Flexibility** - Be flexible! Don't set up rigid rules and regulations for yourself – they are self-defeating. Don't become a slave to your schedule. When you budget your time, you are making a plan, and plans should make life easier, not more difficult because. Plans provide guidelines and should not be cast in concrete.
- 5) **Moderation & Balance** – Practice moderation, avoid excess. One hour of meditation or exercise is NOT 3x better than a regular 20-min meditation or exercise. Learn to play as well as work. Learn to relax as well as drive yourself. Follow the middle way – the way of the Tao.
- 6) **Act Rather Than React** - When discouraging, disorderly, or disturbing events occur in your life, make a CONSCIOUS CHOICE to think, ASK what is my lesson here, then make a conscious choice to respond. Don't allow yourself to simply react.
- 7) **Manage Your Own Life** – Do not allow yourself to be drawn in to the self-created problems in other peoples' lives unless you *choose* to. Recognize that they have their own Souls Journey which they are in the process of creating. Be loving and empathetic but don't allow yourself to be the manager for them – it will only hurt both of you.

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REMEMBER

You are body, mind, and spirit - these are one. The way we can become whole, balanced people is to live in a holistic manner by fully recognizing, honoring, and coordinating all aspects of our being in all that we do.

We are then living from the inner to the outer and reflecting our inherent wholeness, of which balance is a vital element.

Rev. Lowell K. Smith