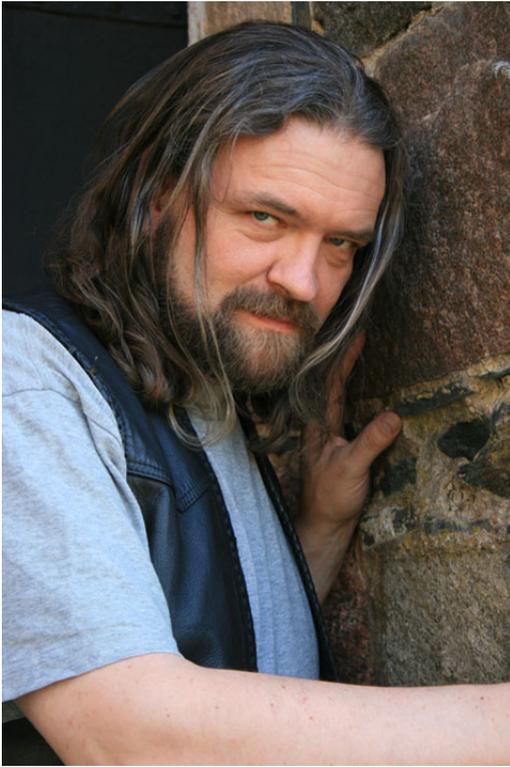


Attracting Balance



Everyone talks about balance.
Everyone is seeking balance.
How many actually know what it is?

Balance is the point in the middle, the fulcrum of two opposing forces; dark/light, male/female, black/white. Balance is a point where there are equal parts of opposite things – both are present at the same time.

The autumn equinox, the time of the harvest, is a time of balance between the night and the day. It is a perfect time to reflect on what is in balance in your life and what is not.

Balance is not about doing everything right or about everything happening in a way that is easy or sweet. That would be the opposite of balance in fact; if everything is sweet then only one side of the fulcrum would be present.

Balance is a very powerful place to achieve. When you are standing on the fulcrum of any situation then you have the choice of both possibilities. Balance is actually a neutral stance, ecstatic in its own way, yes, but neutral, one that accepts both sides and then chooses both.

When a person's life is in balance, they are free of judgment and express unconditional love. That person allows all things to exist in full awareness of the balance.

There is no emotional charge on either side of the fulcrum. Night is night and day is day and neither are better or worse than the other – both have their joys and good points; both have their comforts and their purpose.

A person who is in balance experiences both easy times and hard times – they welcome both. They take both as they come, attracted as they are, and learn the lessons offered. They do not seek to avoid one or the other.

A balanced life is actually a life that is being lived by life itself and all of the delicious possibilities are there for the tasting.

Are you aware of the feeling when you are being lived, when all life lives through you?

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