

An Organic Approach: Cultivate the Authentic You™ Lesson Twelve - Dynamic Balance

“My imperfections and failures are as much a blessing from God as my successes and my talents and I lay them both at his feet.” - Mahatma Gandhi

I hear folks say all the time that they want balance in their lives. What they really mean is that they want to perform like a set of old-fashioned scales, where the two sides are perfectly balanced, not moving - what I call Static Balance.

They want to have the perfect job where they work the perfect amount of hours, then come home to the perfect home and cook a perfect meal, with exactly the perfect amount of time in the day to spend quality time with the children and finish up the volunteer work for the PTA. Then, of course, a perfect amount of time for a little romance with the spouse, followed by eight wonderful uninterrupted hours of blissful sleep. Then, they awaken to do the exact same, perfectly balanced day all over again! Aahhhh! Wouldn't that be great?

We all know that's NOT how it usually works. And, striving for that perfect static balance can actually cause more stress than the bliss and harmony we expect.

Hence, the concept of **Dynamic Balance**, which means Balance in Motion. The true test of balance is not having everything exact, scheduled, with no room for error. Dynamic Balance is about understanding and accepting that sometimes one thing or another takes precedence and something else has to give. And, then, most importantly, to give yourself compassion and not beat yourself up about it!

Maybe this week, you're working on a big project at work and you can't cook your usual delicious meals for the family, because you're getting home late. Relieve your stress by explaining that it's sandwiches or pizza for a few evenings and being okay with that. Sometimes, an illness arises that throws you off your exercise routine for a week or so. Don't throw out the baby with the bath water - you'll get back to it when you feel better.

If we think of our life as a circle that equals 100%, we may shoot for certain percentages for certain categories of our life - 33% for work, 33% for sleep, 5% for exercise, 5% for Daily Spiritual Practice, 15% for family time, 5% for volunteering or hobbies, etc. When you have the flexibility to adjust these percentages as needed is what will allow real balance in your life - all of your priorities will be met in the amounts that are needed.

Of course, if one area of your life continually edges out another, then that's not Dynamic Balance at work. Something is definitely **out** of balance. That's when you will want to examine what's causing the imbalance, check it against your values and priorities and make a correction in that area.

As we have talked about throughout this course, making that correction is a process, as are all of the things we have explored in these twelve lessons. This is where my mantra for clients, ***“Practice IS Progress!”***, comes into play. We’ve prepared ourselves, we’ve begun to do some things differently and we’ve been nurturing this growth of these new habits and of our authentic selves.

As you think back over the lessons (or perhaps re-visit some of them), how your life is different than it was when we began? What new perspectives do you have now? Do you feel more like the real you? Are you happier? More satisfied? Feel more purpose? I hope so! And, I’d love to hear your comments and stories about what you’ve learned. Please share them with me, either on the Kentucky Living Health Club Facebook page or feel free to email me by visiting my website at www.LisaCapehart.com and click the Contact tab. Your feedback helps me to continue to improve this course for future participants and I really appreciate it!

Questions for Pondering and/or Journaling

1. What’s your definition of balance in your life? Are you creating an unattainable vision? Is there some area of your life that pulls a larger percentage of your time and attention than is comfortable for you? How can you bring that area back into balance?
2. What have you learned about yourself as you have worked your way through this 12-lesson Ecourse? How has your perspective changed about yourself, your life and your wellness goals and promises?