



The Balancing Act

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The mind, body and spirit, in their perfect state, act to support one another. But in our stressed and scattered lives, that perfect state is not always the norm. Attaining a perfect harmony of these three will lead us to peaceful inner balance, allowing us to open to opportunities that are presented and to be our very best selves.

It is important to identify ways in which we can change our thoughts and behavioral patterns to bring our mind, body and spirit into balance. Recognizing patterns that may once have served us, but no longer work, is a critical part of this work.

First let's address how the mind, body, and spirit fall out of perfect balance. When we are not taking care of ourselves—not paying attention, not listening to our basic needs of hunger and sleep, or becoming overwhelmed by our everyday lives — we tilt off kilter. For example, we lose our balance when we are involved with addictions to alcohol, drugs, food, shopping, gossiping or working. When we are in those addicted states, we become distracted and lose our focus on balance. We may use those addictions because they feel comfortable, often because we have been that way so long that we simply do not know another way to be. It is like wearing old

comfortable shoes that may be held together by threads, barely giving us the support we need. We may think those tattered shoes are better than a new pair of shoes that feel stiff and need breaking in. Old patterns feel comfortable and predictable, despite the fact that they are no longer useful. New patterns of thinking or behaving may need the same gradual breaking in before they feel natural and right. But the result is worth the work, many times over.

One common example of a behavior pattern that may no longer serve us is avoidance. We may not want to examine our tendency to procrastinate. It may feel like too much work to change that pattern, in which we conveniently back-burner issues we would rather avoid. Our old pattern allows us to think that we will deal with the issue or task tomorrow. But when tomorrow comes, we feel disappointed in ourselves, often opting to do something that will distract us from that feeling — perhaps focusing on an addiction to gossip or alcohol or food. That distraction is just another pattern that is not serving us.

It takes work to balance our mind, body and spirit. It takes time and patience, and the desire to move to a more peaceful inner harmony. It also helps to identify what behavior and thought patterns need to change.



At its foundation, this work is about self-love. But how do we begin to work on our issues? The first step is to recognize that our behavior and thought patterns are interfering with a healthy, balanced lifestyle.

When we absorb negative self-talk and incorporate it into our thought process, those thoughts become patterns that may not serve us. For example, if someone in authority, a parent, teacher or partner tells us that we are stupid or not worthy and we believe it, those powerful words have a crucial impact on our psyche and can have lasting effects on our thought process. When our thoughts tell us that we are not worthy, it interferes with a balanced, healthy lifestyle that includes healthy thoughts about ourselves. And we may also develop negative patterns of behavior because we feel bad about ourselves. Those patterns may include but are not limited to the addictions listed above. All these behaviors take the focus off going inside to do the hard/heart work of looking at ourselves and discovering why we developed and still use these behaviors as coping mechanisms.

When we are ready to do the hard/heart work, we need to take small, manageable steps to find ways to make the changes.

Can we do this type of healing on our own? Yes, I think it is possible — if we have the information needed to heal ourselves. However, the support of a trained professional, therapist, facilitator, medical doctor or someone who has the ability to heal with words, touch, sound or support systems, medical or otherwise, is important to the healing process. Only you can decide which modalities are best suited for you. Explore alternative healing modalities — you may be pleasantly surprised by what you find.

Part of your success will be in discovering which healing modality works most effectively for you. I believe that all healing modalities serve a purpose. Because we are all unique individuals, our needs are different, and different modalities serve our various needs. For me, it was essential that the healing modality I chose incorporate the physical, emotional and spiritual aspect of healing. This allowed for healing on every level, creating greater balance in my life.

Would the modality I chose work for everyone? I can-

not answer that question. I can say that in my own experience, and for the clients that I serve, energy work was and continues to be a powerful healing modality.

As an energy practitioner, I recommend a variety of tools to support clients in maintaining balance in their everyday life. It is not just one tool, but a combination of many tools including diet, exercise and spiritual practice, whatever that means to the individual. While working with clients, I use an intuitive process supporting the mind, body and spirit. Because we are all different, different tools work for different people. For example, one may find being in nature clears out negative energy blocks while others find gardening has an impact on their wellbeing.

How do you find the right practitioner? One way is through a referral process — ask your friends if they have had a positive experience with an energy practitioner. Another way is to do an internet search and ask for a consult with the practitioner. We need to do the work to find the right person. At the same time, I believe we are led to the right practitioner when we are ready to do our hard/heart work. For me it was one internet search that led me to the perfect practitioner.

Reflecting on my own experience, it was energy work that allowed me to better understand the issues that were causing my dis-ease and emotional distress. This understanding allowed me to release the blocks of thought and behavior patterns that were not serving me. A commitment to live a more balanced and healthy life, as well as personal motivation, were the factors that directed me toward this alternative healing modality.

Energy healing was such a perfect fit for me that I found myself compelled to become a practitioner, helping to teach others how to become their best selves — a key to a better balance of mind, body and spirit. €



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