

Parallel Learning Technology

Balanced or Out of Balance?

Your whole life is a process of change. You change everyday. You are different from one life experience to the next. What occurs in between each life event is a re-balancing. You move from being in balance, being pulled out of balance, to finding a new level of balance.

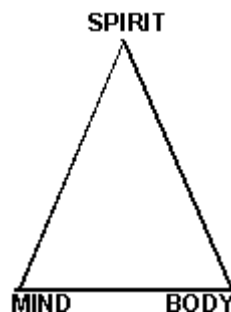
This process is natural to you because you are made up of three dimensions that form an integrated system. You are made up of mind, body, and spirit.

Your SPIRIT embodies the 'road map' for discovering your life purpose. Your MIND possesses the ability to reason and figure out this purpose. Your BODY is the vehicle through which you implement and experience this purpose.

Your life process is all about discovering who and what you are as a spiritual being having a human experience.

This requires that you utilize all three levels of awareness. These are what you know, what you understand, and what you believe:

- There are times when you just KNOW that certain things are true. You don't have to explain, prove, or defend these things. When this happens, you are experiencing your intuition, creativity, intimacy, and faith.
- There are times you have to UNDERSTAND things before they become true for you. When this happens, you are experiencing your use of logic and reasoning.
- There are times when you BELIEVE that certain things are true. When this happens, you are experiencing the decisions you have made about yourself and others based on past events.



You discover who and what you are through these three levels of awareness. When these are active, you are able to discover how to fulfill your five basic human needs:

- Survival - To know, think and feel that you will survive physically and emotionally
 - Freedom - To know, think and feel that you are free to be you
 - Usefulness - To know, think and feel that you have purpose and are useful for what you do
 - Love - To know, think and feel that you are loved for who you are not just what you do
 - Identity - To know, think and feel that you have a unique identity separate from others
-
- You fulfill these basic needs by constantly 'checking in' with all three levels. Your knowing level primarily talks to you about the future, your understanding level talks to you about the present, and your believing level talks to you about the past.

But how do you communicate with these different levels of awareness?

- Ask yourself, "What am I experiencing?" to get in touch with what you know.
- Ask yourself, "What am I thinking?" to get in touch with what you understand.
- Ask yourself, "What am I feeling?" to get in touch with what you believe.

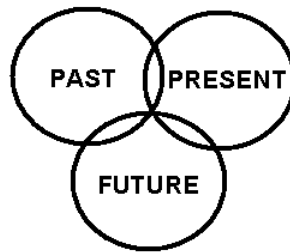
If you spend too much time in one level of awareness to the exclusion of the others you live out of balance: For instance:

- If you are stuck in your feelings, you limit your spontaneity.
- If you are caught in your thoughts, you drown out your intuition.
- If you are trapped in what you experience, you miss the intimacy life offers.

Knowing, understanding, and believing are the ways you constantly balance your past, present, and future.

- If you are balanced, you take the wisdom from the past, live in the present, and look forward to a future.
- If you are out of balance, your PAST keeps you from changing, your PRESENT keeps you from dreaming, and your FUTURE keeps you from enjoying the moment you are in.

Balancing your past, present, and future is what change is all about.



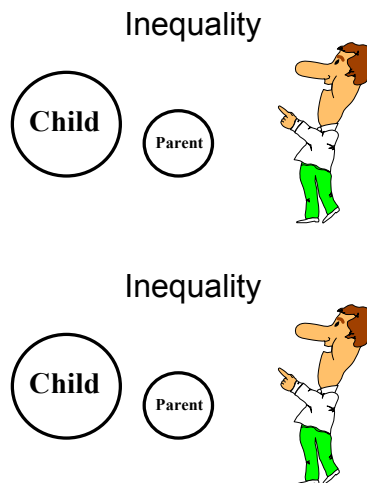
You are also balancing the four dimensions that make you human. These are:

- How you see the world (your perception)
- How you see yourself (your attitude)
- How you reason about yourself and the world (your thinking)
- How you relate to others (your behavior)

Your challenge in life is to choose between perceptions, attitudes, thinking, and behaviors that are either balanced or out of balance. Let's look at these choices.

Perception

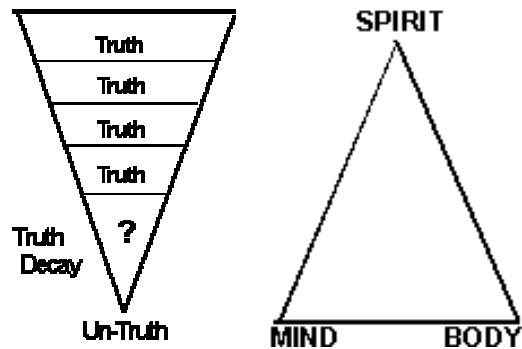
You can live from the perspective of inequality or equality:



Inequality is a world of inferiority or superiority. In this world, your greatness becomes dependent upon someone else's smallness, and your smallness becomes dependent upon someone else's greatness.

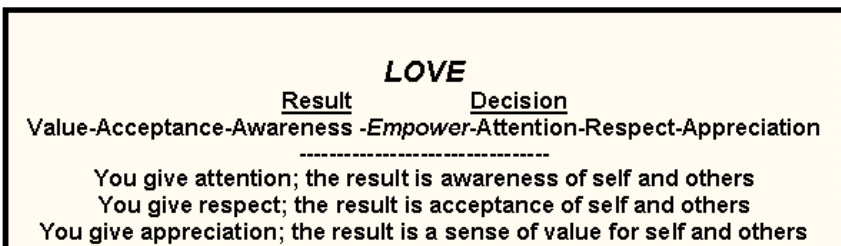
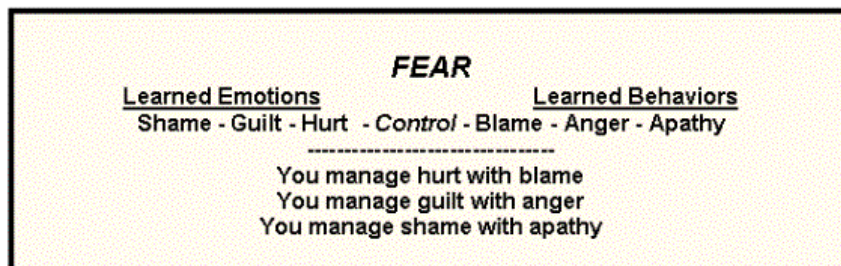
ATTITUDE

You can live from your “truth decay” or from the deep self-truth inside you:



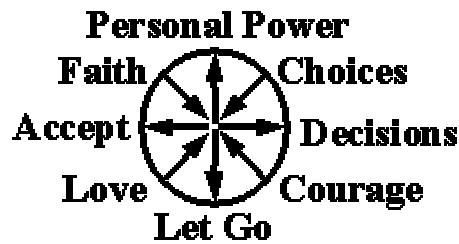
THINKING

You can live from a reasoning process based on fear or one based on love:



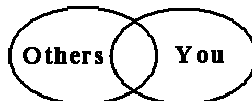
BEHAVIOR

You can engage in relationships filled with control and manipulation or create nurturing relationships coming from Personal Power:



The balanced perspective of equality, the attitude of deep self-truth, the thinking process of love, and the behaviors that come from personal power; result in empowerment.

Empowerment brings balance and harmony to all your relationships.



**(Excerpt: Concepts from Practical Spirituality,
Chapters 1 and 2)**

(Excerpt: Resolving Stress and Conflict in Relationships, Chapter 2)