

"Keeping Balance"

By Katherine Torres, Ph.D., D.D.

Creating a balance in our lives provides a tremendous amount of success in our experiences. Without balance, we sit in hope and wishful desires seem to always keep our thoughts somewhere in our future.

We can create the manifestation of our desires today, not tomorrow. Tomorrow we can stand in the position of honing our desires, adjusting the pitch of our talents, and expanding our creative realities. Following some very pertinent steps to achieve our highest desires can be done by using the schematic above. It's as easy as four steps with eight qualities. By utilizing the steps we can maintain ease and flow as well as feeling and expressing our Essential Beingness.

As you look at a circles divided into four, think of them as the vision of equality and from equality comes balance. Continue to look at the four and you see the sacred elements that create patterns in our life: fire, water, air and earth. The Elements of Fire, Water, Air and Earth are very important for our existence. They serve to keep our Earth alive as well as ourselves, from a biochemical standpoint. From the human development and spiritual wholeness reality, these elements are the materials that keep us empowered and evolving.

Understanding the elements, what they do for us, and how to instigate more in our life, will be useful initiating and encouraging balance. Then, deciphering what you are doing with the other elements: Spirituality vs. career, Self vs. relationships will guide you to the empowerment of Creativity and Communication as well as Productivity and Profitability. First, notice what the elements provide and contemplate how you are using them now.

The Elements:

Fire: Fire expresses itself as an energizing, enthusiastic and passionate condition within us. It encourages boldness and impulsiveness. It stirs confidence and faith in our abilities, thus encouraging strong or exceptional leadership abilities. It provides an intuitive, spiritual and inspirational process that allows new ideas to flow. Too much Fire and we tend to experience the 'burn-out' factor and often become very concerned with getting stuff done rather than seeing a whole picture. Self-centeredness is also a trait if we carry too much fire. Too much fire and we can initiate situations, but not follow through to completion. Too much fire and we can also be less than sensitive in dealing with other people especially if we believe they may be slow and are "just not getting it." Judgment becomes a challenge. From the spiritual standpoint, zealotry becomes an overbearing reality.

People with too little Fire in their blueprint can seem to be joyless or lacking in optimism, enthusiasm, or faith in their own abilities. Initiating a project seems almost impossible. Getting started is a tough process (even getting up in the morning). Little or no fire causes that lazy, "I don't want to do it" experience. Motivation is a struggle to feel and utilize to initiate a goal.

WATER - Expresses itself through feelings, emotions and instincts. It is the reservoir of our unconscious. It helps us recognize things that the rest of the elements don't even notice. If you think about the way water acts you will understand the depth and scope to which it has access. It gets into every nook and cranny and sinks down into the sand or the psyche. It can be reflective and quiet, or turbulent and deep.

Water is our emotions and our basic or primal instincts and reflexive behaviors that permeate everything we do. The Watery element within us gives us the sense of need to nest, collect and contain. It helps us feel like we belong in a secure home-base in order to function well. Water is a creative element within us that flows through us like an urge to do something (fire says we have to do something, water says "I feel like I have to do something.") Water is akin to our soul, in that the soul provides us with the constant feelings that direct our need to evolve and go forward. With too little Water in our imprint, and we will find we have a tough time trying to "feel" our emotional self, "get in touch" with our inner being, "or reach" into the deep inner consciousness of our soul or the Universe.

Too little water and it is difficult to empathize with others. Too little Water sometimes expresses as a distrust of our intuition. Lack of water will cause our emotional needs to become bottled up. With too much Water we are usually extremely impressionable and super sensitive to other people's problems and may well over react to any stimulus. Too much water and we are very self-protective, can be fearful or timid in dealing with the world.

AIR - Expresses through ideas, mind, vision and thought. It creates the ability to vision our desires and outcomes. It causes us to have a tendency to experience perceptive objectivity. If we have a lot of air in our blueprint, then we may be seen or experience ourselves as intellectuals or mental personalities. In order to express our thoughts, we must have someone to express to or with, and so Air qualities are about relationships and how ideas are communicated between people.

With too little Air we seem to be less perceptive, objective and overly detached. We seem to be unable to adjust to new concepts and ideas and may not feel comfortable with intellectual types. Too much Air tends to over stimulate our mind. We will need to think everything over first and this often causes our imagination to run wild.

EARTH - Expresses itself through physical matter, the senses and practicality. It creates within us material desires, caution, conventional desires, and a need to have security as the highest goal. The earth element causes us to deal with that which is tangible and valuable to us on the material level. When we have too little Earth in our blueprint we seem to be unable to connect with the physical (ungrounded) or material (unable to manifest) world. We would find that we are not comfortable in our own body. With too much Earth we tend to be less idealistic and more pragmatic. The world of work and practicality may dominate over ideas and vision. Our Earth element, when balanced, is the Greatest Work of our Higher Self. When unbalanced it becomes the reminder to us that we are to create the Greatest Work through our power to manifest.

When all elements are balanced, we will experience the urge (fire) to succeed with a specific

purpose. The urge will emerge as an emotional, creative charge (water), where ideas will begin to manifest (air) and we will begin to plan and project the wherefore all to achieve the goal. We will put into action the plan and manifest (earth) the results with much success.

To create the balance, we need to consider the four qualities of life: Our spiritual, career, relationships and our self. We need first to contemplate where we are placing our time and efforts. What I discover from most people is that the career receives greater attention, time, and effort. Mind, emotions, physical endeavors and the purpose to manifest through the career becomes the main focus. However, when this is 70-90% of time and value, other qualities are left out and the syndrome of "something is missing in my life" sneaks up through the unconscious and begins to churn in negative ways. The "I'm not happy" message starts reflecting into the relationship world and negative judgment and need to change the relationship is the belief that surfaces. Or, there is the cry, "I have no time for myself!" This one starts promoting the selfish urges and dread of being with family, friends, or lovers. It stirs within a groping to snatch just a few minutes of fun, but never finding the playful time or when one does, it comes with the "guilt" factor of having taken time away from "family, friends, lovers or work."

Oh what tangled webs get woven when we are out of balance. If our spiritual aspects are not provided for, we tend to struggle through life events. Time is always off, needs for others must always be met, inspiration is low, new ideas are few, emotional stability is minimal, and manifestation just meets our requirements (or not). We feel no support, no guidance. We are left on our own and we know we must put in more time to succeed. Time where? Time with what? Time for???? We really don't know, we wait for the impulse to tell us, but it is not there, we have left out our spiritual quality which is the impulse, inspiration, drive and purpose for all events.

To balance we need to consider the four qualities: What is our spiritual path? Is it a weekly church meeting? Is it meditation on a daily basis, which calms and connects us to the Divine? Is it spiritual classes that keep us focused on the "more than" reality? Is it a walk on the beach, a mountain path, or simply a special time of sacred contemplation and silence? Whatever it is for you, do it regularly. It is known to provide peace, love, insight for problem solving and guidance beyond our personal expectations or perception. In our career, we need look at the efforts we present. Are they coming from creative urges, desire to achieve and perform our talents, support our companies and peers? Is the time given done with honor, respect, love of the team effort? Is it given our best and in a time frame that is healthy? A healthy time frame provides opportunity for greater inspiration to flow through, productivity that is profitable, and creative ideas that bring a company to the "cutting edge" of their field. In our relationships we need to give honor, love and respect for all levels of each other's personalities, drives and desires. Maintaining truthful communication, willingness to give and take, and compassion for each other's ups and downs will support relationships in a positive manner. Allowing personal time that is quality and has quantity within it fulfills the need to remember we are loved and are loving. Checking, periodically, to recognize the time given to our relationships will allow us to know if it is balanced with our spiritual, career, and personal self needs.

Our self needs are just as important as the other three qualities. We need personal time where there is no others requiring our thinking, feeling, and being natures. We need time to "be just me." The needs of each person are different in the "self" arena. For some it is total and complete silence for a day. For another it may be a day of uninterrupted reading, a bike ride, a drive to the ocean, a quiet time for creating and totally focusing on what one wants. It may be a day of shopping, playing, or just sitting and watching movies, a TV or whatever. What are your personal self needs? Do you allow them to be attended to?

Set out to provide yourself the awareness of your balance or imbalance. Then begin preparing a mission statement-a truth of who you are and how you provide your balance. Then plan your path of balance and live it. Revamp your mission statement and your world of balance periodically, because life is full of changes and acceptance and adjustment through these changes empower you."

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Respectively submitted ~ Anna H. Spencer, PhD

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