



Balance
Equals Power

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Introduction

How can we hold on to our well-being with all the negativity thrown our way through the horrific news, disastrous world events, and challenges in our personal life? This guide is designed to help us find ways and means to do just that. We can create our own world within the world, our own energy within others energy and our own magical life within the mundane everyday life. The human is made up of four elements, mind, body, emotions and spirit. When these four elements are in balance, we feel a wellness that may become disrupted through difficulties but not dismantled through proper distribution.

The key to a successful journey of life does not come from anything external, as most people think. It comes from our being and our beliefs. The only thing that can change our life is ourselves. The faster we realize that we cannot change another and often we cannot change a situation, the faster we become empowered to implement the very things that can bring us happiness and contentment.

We are here as humans to listen, learn, love and become enlightened. Therefore, the more balanced we are, the more at peace we become. This kind of peace is like a lighthouse. It keeps steering us to the right course and lightens our way, as we sail through life. This guide is a voyage to a human existence filled with wellness and balance for our mind, body, emotions and spirit.

Everyone has a purpose. No matter our age, when we become one and unified with that purpose, it becomes harder for the negativity of the world to soil our life canvas. We live faithful to ourselves and our connection to our reason for being. What we do may seem insignificant, yet in our hearts, we thrive because we know it must be done. We become content because we have a certainty.

Exercise 1

Mind

We can only achieve what the mind can conceive.

Our thoughts create our actions. If we have negative thoughts, then we will manifest negative events and relationships. The expression – “watch your thoughts” is much more powerful than people realize. Yet in this world, we are fed so much violence, lust, lies and greed in order to stay enthused; we have to protect our mind-space. We need to re-train ourselves to stay away from negative information because it numbs our wisdom and hope. Our wisdom genes thrive on being infused with promise and peace which lead to prosperity. Our light stays bright and our minds stay awakened. An active mind is what yeast is to bread. It broadens our horizons and rises dreams and yearnings.

Instructions

1. Read the following 23 mindful wisdoms that instigate living a healthier life.
2. Using the numbers 1-5, 1 being the lowest and 5 being the highest, score yourself on where you think you are with each statement.
3. Taking the three highest, state how you manifest them in your life.
4. Taking the three lowest, state how you plan to integrate them more in your life.

23 Mindful Wisdoms

- _____ 1. I have the mindfulness to be honest and truthful.
- _____ 2. I have the mindfulness to be aware of lies.
- _____ 3. I have the mindfulness to be drawn to truth tellers.
- _____ 4. I have the mindfulness to not be a people pleaser.
- _____ 5. I have the mindfulness to not be afraid of confrontation.
- _____ 6. I have the mindfulness to be conscious of dangerous situations.
- _____ 7. I have the mindfulness to be detached from outcome.
- _____ 8. I have the mindfulness to handle my jealousy appropriately.
- _____ 9. I have the mindfulness to be a good team player.
- _____ 10. I have the mindfulness to keep my ego in check.
- _____ 11. I have the mindfulness to have patience and learn to wait.
- _____ 12. I have the mindfulness to fight self-indulgence and narcissism.
- _____ 13. I have the mindfulness to take care of myself appropriately.
- _____ 14. I have the mindfulness to go after my dreams and destiny.
- _____ 15. I have the mindfulness to not judge another.
- _____ 16. I have the mindfulness to not watch violent news, TV and films.
- _____ 17. I have the mindfulness to stand up for justice.
- _____ 18. I have the mindfulness to help when and where I can.
- _____ 19. I have the mindfulness to attract people and situations where I feel safe.
- _____ 20. I have the mindfulness to show compassion wisely.
- _____ 21. I have the mindfulness to be keep my word.
- _____ 22. I have the mindfulness to use my heart intelligence.
- _____ 23. I have the mindfulness to discern wisely concerning people and situations.

Taking the 3 highest, state how you manifest them in your life.

1. _____

2. _____

3. _____

Taking the 3 lowest, state how you plan to integrate them more in your life.

1. _____

2. _____

3. _____

Exercise 2

Body

*The body is the vehicle for our soul and life purpose -
therefore, it must be tended well.*

The body was created to be the carrier for our thoughts and feelings. It is the reason our feelings so often dictate our health. When our body becomes unhealthy, it is a statement of our dis-ease. Our body sends us messages that something is wrong and then it is up to us to make it right. Most people think the answer is strictly in the physical, however the physical is the end result of what has been ailing us. It has been proven over and over again, that people who are optimistic fall sick far less than people who are pessimistic. Our will to maintain our positivity and hopefulness is what keeps us thriving and healthy. However, we must also take the steps to maintain our health and well-being, through paying attention to how our body feels.

Instructions

1. Read the following 23 statements for body.
2. Using the numbers 1-5, 1 being the lowest and 5 being the highest, score yourself on where you think you are with each statement.
3. Taking the 3 highest, state how you manifest them in your life.
4. Taking the 3 lowest, state how you plan to integrate them more in your life.

23 Body Statements

- _____ 1. I eat a balanced diet.
- _____ 2. I exercise regularly, could be walking or cleaning.
- _____ 3. I listen to my body when it is tired or hungry.
- _____ 4. I get the proper amount of sleep.
- _____ 5. I take vacations or resting days.
- _____ 6. I stay away from substance that is unhealthy.
- _____ 7. I make a statement of gratitude at least twice a day.
- _____ 8. I do not obsess over my weight.
- _____ 9. I am not addicted to anything, including work.
- _____ 10. I find time to be in nature.
- _____ 11. I sleep on a good mattress that supports me.
- _____ 12. I make time to be near water.
- _____ 13. I listen to good music.
- _____ 14. I find time to be alone and quiet.
- _____ 15. I wear clothes that express my soul and personality.
- _____ 16. I work at being aware of my breathing.
- _____ 17. I eat foods that are organic and drug free.
- _____ 18. I love my work.
- _____ 19. I foster only good and healthy relationships.
- _____ 20. I keep my personal space tidy and clean.
- _____ 21. I am grateful for the clean water I have at my disposal, since millions die from not having it.
- _____ 22. When I get sick, I focus on all aspects as to why I am sick, emotional, spiritual and physical.
- _____ 23. I have a good sense of humor and try to laugh at my mistakes.

Taking the 3 highest, state how you manifest them in your life.

1.

2.

3.

Taking the 3 lowest, state how you plan to integrate them more in your life.

1.

2.

3.

Exercise 3

Emotions

When one is warmhearted - no one is brokenhearted.

Our feelings are directly connected to our heart and our heart is directly connected to our soul. Therefore, the more we know our feelings, the more we know our soul. If we examine what is behind our actions, we shall find there is always a feeling. Our feelings create our thoughts and our thoughts create the outcome. Therefore, our emotional intelligence is the key to a hopeful, happy and successful life.

Feeling emotionally healthy is nourished by love - not hatred; forgiveness - not resentment; compassion - not cruelty; generosity - not greed. These all comply with the mission of our heart which carries our emotional vitamin C. In truth, what a person feels in his or her heart is what he or she is.

Our heart intelligence reigns high above our intellect. Most people are not aware of this because so often our decisions are made from our mind instead of our heart. If we are to use our 'heart intelligence', we must be more aware of our feelings. When we expose our heart intelligence, we expand our feelings of well-being. We then make our decisions based on goodwill, goodness and good thinking.....and more often than not, a good outcome is assured.

Instructions

1. Read the following 23 powerful feelings and answer the questions on the next page.

23 Powerful Feelings

- _____ 1. I feel humble and humility.
- _____ 2. I feel committed and devoted.
- _____ 3. I feel kind and understanding.
- _____ 4. I feel loving and compassionate.
- _____ 5. I feel serene and calm.
- _____ 6. I feel disciplined and responsible.
- _____ 7. I feel discriminative and discerning.
- _____ 8. I feel patient and contemplative.
- _____ 9. I feel enthusiastic and inspired.
- _____ 10. I feel integral and honorable.
- _____ 11. I feel secure and strong.
- _____ 12. I feel persevering and determined.
- _____ 13. I feel decisive and clear.
- _____ 14. I feel appreciative and grateful.
- _____ 15. I feel reverent and virtuous.
- _____ 16. I feel generous and charitable.
- _____ 17. I feel bold and courageous.
- _____ 18. I feel sensitive and empathetic.
- _____ 19. I feel attentive and learning.
- _____ 20. I feel detached and relinquishing.
- _____ 21. I feel loyal and faithful.
- _____ 22. I feel focused and certain.
- _____ 23. I feel optimistic and hopeful.

Pick 3 of the 23 powerful feelings that describe you and write how you live them.

1. I feel

2. I feel

3. I feel

Pick 3 of the 23 powerful feelings that you have trouble with and write how you plan to improve them.

1. I feel

2. I feel

3. I feel

Exercise 4

Spirit

When we lose our spirit - we lose all.

Wonder is a gift from our spirit when it feels happy. However, for our spirit to feel joyful, it pleads for two emotions; **love** and **purity**. To fund love, we must have purity and to fund purity, we must have love. As we strive to become immersed in these two emotions, our spirituality becomes ignited.

The block to love is resentment and the key to love is forgiveness. The block to purity is shame and the key to purity is the willingness to apologize for our wrong doings.

We all have resented others and we have all done things that we are ashamed of. We are here to learn and if we let our errors become the doorway to a better life unfolding, we will indeed be filled with hope and happiness. Very often mistakes and difficulties are openings to disguised opportunities.

Our spirit, when healthy, teaches us how to be in harmony with our thoughts, words, feelings and deeds. We become aligned with a higher way of thinking and behaving. As a result, negative events seem to stop interfering with our energy field and our life becomes filled with wellness and wonder. To keep our spirit alive and thriving, we need to stay on top of forgiveness and amends. These are the two keys to our personal freedom. We soar like an eagle and fly like a dove.

Forgiveness

Instructions

1. Make a list of people that you have not forgiven, and how you will forgive them.
2. Make a list of things you do not forgive yourself for, and how you are going to forgive yourself.

Forgiveness to Others

Rebuke the wrongdoing - not making the person wrong

Things I will forgive others for.....

I forgive _____ for _____

I forgive _____ for _____

I forgive _____ for _____

Forgiveness to Myself

Things I will forgive myself for.....

I forgive myself for

I forgive myself for

I forgive myself for

Apologies

Instructions

1. Make a list of all the things you have done incorrectly to others and want to make right. Write a letter of amends that you will send or not send.
2. Make a list of things you have done incorrectly to yourself and want to make right. Write a letter of amends to yourself.

Exercise 5

Closing Exercise

1. Where do you feel imbalanced in your work life and how will you change that?

2. Where do you feel imbalanced in your personal life and how will you change that?

3. What do you feel you need to work on most - mind, body, emotions, spirit? Make a plan of action to live a more balanced life.

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