

BALANCING YOUR WHEEL OF LIFE

Perhaps too much of everything is as bad as too little. -Edna Ferber

Imagine your life as a what the Buddhists refer to as the “wheel of life” and you are its “hub,” or center. Each spoke on your wheel represents a different aspect of your life: relationships, work, health, finances, spiritual growth, social activities and so forth. Is your wheel balanced, or are one of the spokes getting more attention than the rest? Like a wheel that is meant to rotate smoothly with each revolution, we are happiest when our lives are flowing smoothly because we are in balance.

You’ll know when you’re out of balance; life will feel heavy, your energy will be lower than usual and your enthusiasm for life may be missing. The problem may not necessarily be that there’s anything wrong, but that you’re overly focused on one area while neglecting others that are equally important to your well-being. Which area might that be, you wonder? Well, it’s usually the one that you’re constantly thinking about, worrying about and probably talking about. Most likely it’s the one that your friends are tired of hearing about!

For example, a couple of years ago, I delved into a three month period of intense meditation and spiritual practice. For ninety days I completely changed my schedule to accommodate hours of meditation and contemplation. I felt a strong desire to connect with my deepest self and experience some significant internal shifts, which I did. However, I could not have kept up that pace forever. After ninety days it was time for me to reduce the amount of spiritual practice and integrate the other areas of my life back into my “wheel.” Spending time with others, preparing for a message at the Circle of Spiritual Enlightenment, traveling, having fun--these are all integral to my living life to its fullest and having a sense of balance. The ninety days of intense spiritual practice was akin to fasting for it allowed me to release what no longer served my highest good which led to a more balanced lifestyle.

What is your wheel of life like? Are you in balance? If not, your response may be: “I’m not having any fun,” or, “I have lost my zest for living.” As summer unfolds and we’re touched by longer days of sunshine, notice if it’s time to come into balance. A couple of practices for creating more balance include: 1. *Live life as an adventure.* Every single day you are on an adventure of Self-Discovery. Daily, ask yourself: “What am I going to learn today? What might I discover on today's adventure? What am I going to know that I don’t know now? What’s going to be activated within me that has been latent?” 2. *Approach all the tasks and duties that you have throughout the day with awe and wonder.* Albert Schweitzer likened indifference to a sleeping sickness of the soul. Its most dangerous aspect is that it sneaks up on you. Schweitzer wrote: “As soon as you notice the slightest sign of indifference, the moment you become aware of the loss of a certain aliveness, of longing, of enthusiasm, of zest, of zeal, take it as a warning. You should realize your soul withers and suffers if you live superficially.” We all have the capacity to awaken from slumber to greater aliveness, even while doing tasks we believe are menial and inconsequential.

The color yellow matches the color of the sun and symbolizes the qualities of humor, playfulness and cheer. It reminds us to “lighten up.” If it’s time for you to experience more lightness in your

life, be willing to create a better balance. Develop and focus on the spokes in your wheel of life that have been neglected. Attaining balance adds greater harmony and helps us to be hopeful and optimistic about the good in our lives. Vital optimism is a quality that runs deep in us; it's a belief that the best is yet to come.