



## New Pathways Wellbeing Circles

### EXPLORING FOUNDATIONS OF WELLBEING

13<sup>th</sup> March 2019

This month's program will explore the theme of balance in many different parts and perspectives of life, and how finding this sense of balance impacts on our health and wellbeing.

## BALANCE

A story to begin

An American businessman was on holiday in Mexico. As he relaxed on the beach, he noticed a fisherman coming in on his boat. The American complimented the fisherman on his catch and asked him how long it took him to catch that many fish.

"Not long." was the reply.

"Then why didn't you stay out longer?" asked the tourist.

"Because this is enough for me and my family." explained the fisherman.

"So, what do you do with the rest of your time?"

"I sleep late, fish for a while, play with my children, take a siesta and spend time with my wife. Then in the evening, I go into the village to visit my friends, I have a few drinks, play the guitar and sing a few songs. I have a full life."

The American was surprised. "I have an MBA from Harvard and I can help you. You should spend more time on the water fishing, then you can sell the extra fish, make more money and buy a bigger boat."

"And after that?"

"With the extra money from the bigger boat, you can buy two or three boats and eventually hire more people to operate a fleet of fishing trawlers. Instead of selling your fish to a middle man, you can start to negotiate directly with the processing plants. After a while you would be able to open your own plant. Then you could leave this little village for Mexico City and eventually, New York! From there you could operate the whole enterprise."

"How long would that take?" asked the fisherman.

"20-25 years."

"And after that?"

"Well my friend, that's when the fun starts." explained the tourist, "When the business gets really big, you can sell stock in the company and make millions!"

"Wow, millions. What happens after that?" asked the fisherman.

"After that you'll be able to retire on the coast, sleep in every day, do some fishing, play with your grandkids, take a siesta and spend time with your wife. In the evenings you will be able to go out drinking and singing with your friends."

The fisherman just shrugged his shoulders and walked away.

*Unknown*

Life is about balance. Be kind, but don't let people abuse you. Trust, but don't be deceived. Be content, but never stop improving yourself.

*Unknown*

The world in the past has been ruled by force, and man has dominated over women by reason of his more forceful and aggressive qualities both of body and mind. But the balance is already shifting—force is losing its weight and mental alertness, intuition, and the spiritual qualities of love and service, in which woman is strong, are gaining ascendancy. Hence the new age will be an age, less masculine, and more permeated with the feminine ideals—or, to speak more exactly, will be an age in which the masculine and feminine elements of civilization will be more evenly balanced.

*Baha'i Writings*

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.

*Martin Luther King, Jr.*

The game has its ups and downs, but you can never lose focus of your individual goals and you can't let yourself be beat because of lack of effort.

*Michael Jordan*

I'm from a working-class family. We didn't have a lot, but we had the arts. You're talking to a guy who is making a living at doing what he loves doing - acting, singing and dancing. So, any career ups and downs were not that significant to me; the only things that really powerfully impinged on me were my losses, and there were many in my life.

*John Travolta*

Too much of one thing can end up creating stress; this is something that no one needs in their life. But living a life in balance can provide harmony and peace.

*Catherine Pulsifer*

As human beings we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness.

*Dalai Lama*

When most people refer to balance, they envision a successful juggling act. A balanced life is one in which, simultaneously, I keep all my projects going and all my relationships healthy. I achieve this balance by sheer strategy and willpower. In Christian spirituality, balance has more to do with temperance, which means that we allow our deepest principles to hold our passions in check. I've discovered that whenever I feel pushed, desperate, or hurried, that's a signal that I need to apply some temperance. When I am driven to act—by my fear, my need to impress, or my own impossible expectations—I allow my perfectly good passions to run away with me. Passions themselves are not bad, but they were never meant to be in charge either.

One time, when my sister and brother-in-law were visiting, we'd had a full day of sightseeing and had returned home to cook a nice dinner. At about 8 pm, I started pulling out ingredients to make an apple pie, and my sister stopped me: "Are you on speed?" she asked, laughing at my insistence on providing a homemade dessert. I decided that it was more important to relax and watch a movie with my family than slave over a pie we were too tired to eat anyway.

Parents must practice temperance when it's time to let go of children, even though we know we could help them organize their lives or choose their friends. Our good desire to help those we love must be tempered by wisdom. One of the best gifts of temperance is that it frees us to enjoy our loves. Identify situations in which you feel pushed, or hurried, or desperate.

*Vinita Hampton Wright*

Tell me and I forget. Teach me and I remember. Involve me and I learn.

*Benjamin Franklin*

I like to reference balance as the dance between order and chaos. The will of the universe is expansion. Balance is a point within every structure that is temporary due to the fact that creative movement is fluid and potential is limitless. All points of balance in the creation are temporary, with one exception, one frequency of Consciousness. Therefore we, our bodies, minds, emotions, and lives, our world, this universe, all express incremental points of balance which build upon to achieve greater potential. We are forever willed towards the embracing of greater potential. The Yin Yang symbol beautifully illustrates the principle of chaos within order, and order within chaos.

Balance in consciousness. Balance must be achieved between more than one element. When there is only ONE the concept of balance is transformed. The entire universe is driven by the will to achieve greater potentiality via the balance that chaos and order bring. A person's life may seem wholly chaotic, but this is merely movement towards the person embracing a greater balance in some aspect.

Bottom line, there must be balance in all things within the creation, but there must also be the vision to comprehend that what we may think is an unbalance, or chaos, may be in truth movement towards greater balance.

*Aurora Clawson*

Doubt can motivate you, so don't be afraid of it. Confidence and doubt are at two ends of the scale, and you need both. They balance each other out.

*Barbra Streisand*

The hardest thing to find in life is balance - especially the more success you have, the more you look to the other side of the gate. What do I need to stay grounded, in touch, in love, connected, emotionally balanced? Look within yourself.

*Celine Dion*

Getting in balance is not so much about adopting new strategies to change your behaviors, as it is about realigning yourself in all of your thoughts so as to create a balance between what you desire and how you conduct your life on a daily basis.

*Wayne Dyer*

Successful leaders are the power and intellect behind their organizations. They are the visionaries charged with steering their brand around pitfalls. They must know when to seize opportunities and how to rally employees to work hard toward their company's goals. Effective leaders transcend the title of "manager" or "boss." They have found a way to achieve the right combination of charisma, enthusiasm and self-assurance, probably with a healthy dose of luck and timing. It may seem like some people are just gifted with these skills, but the truth is most leadership traits can be learned and sharpened with time and practice. You can begin building your success by developing these 11 must-have traits of a powerful and successful leader.

*Deep Patel*

Some people say, "Train your mind to see good in everything! I say, 'Train your mind to see the truth in everything! Good and evil will always exist. However, when we condition ourselves to see only the good, we tip the balance by learning the door open for evil to rise!'"

*David Roppo*

Nothing strengthens authority so much as silence.

*Leonardo da Vinci*

Let us never forget that government is ourselves and not an alien power over us. The ultimate rulers of our democracy are not a President and senators and congressmen and government officials, but the voters of this country.

*Franklin D. Roosevelt*

The source to low self-esteem is the lack of control you feel you have in your life. If you spend your life competing with others, trying to make right the wrongs done to you, or waste your time trying to look right, you will never achieve contentment and emotional balance. People you encounter in life can't be controlled by you. You only have control of yourself. Build your life around a relationship with a higher power and achieving what you're passionate about. When you let go of what you can't control, true peace can then enter your life. This is the path to achieving emotional balance.

*Shannon L. Alder*

In all aspects of our lives balance is key. Doing one thing too much can cause upset, like the old saying goes, everything in moderation is the secret!

*Catherine Pulsifer*

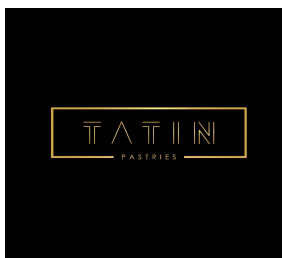
We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us —how we can take it, what we do with it —and that is what really counts in the end.

*Joseph Fort Newton*

Man is always progressing. His circle of knowledge is ever widening, and his mental activity flows through many and varied channels.....Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy.

*Baha'í Writings*

*Thank you for joining us this evening.  
We hope you enjoyed the reflections and discussions.  
Please join us for light refreshments.*



Thank you to TATIN for assisting with refreshments tonight. They offer fantastic bakery items baked daily - including bread, donuts, pastries and tea and coffee.

TATIN - Find them at 143 Bulleen Rd, Balwyn North

**UPCOMING - Wednesday April 10<sup>th</sup> at 7.30pm - 9.00pm**  
**THEME – Patience**

Feel free to invite family and friends to a future session. Please book online.



For more information  
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