



ITS A BALANCING ACT

Experience life in all possible ways - good - bad, bitter - sweet, dark - light, summer - winter. Experience all the dualities. Don't be afraid of experience, because the more experience you have, the more mature you become.

Osho

Life is a balancing act between the poles that are influencing our life. Good and bad is probably the most used terms when it comes to opposites. It is in my opinion a very limiting approach as it does not consider the aspect of balance. One of the many inspirations that I find in asian philosophies and healing is toward understanding the aspect of balance - which considers these opponents as one - while every one got a little from the other one. Time is not spend on the measuring but on creating balance.

It is the night that leads us to realized the day - and it is the day that shows us the night. Both in harmony and balance - while every day has some darkness and every night shows some lights

During this creative process you might want to look into what throws you out of balance. Which balance act seems to repeat itself ? How could you create more balance in you daily life ?

Enjoy !

With Love

Marion I. Maenner