

BALANCE AND INNER UNITY



When our thoughts and feelings are not in harmony, and our actions are out of tune; when we say something we really don't mean to say, or do something we really didn't want to do, we have forgotten to align our... "antennas!"

When this happens we need to recover our balance. Here are a few simple rules to follow:



- Eat good food; it will make you healthy and strong.
- Give rhythm to your breathing; it will foster calmness and serenity.
- Watch your thoughts and focus on the positive ones.
- Sit in silence a few minutes every day.
- Make it a habit to tune into your inner sun. Illumine your thoughts, words and deeds with its light.

When you follow these rules you feel good and in unity with yourself. As a result, you don't lose precious energy because your thoughts, words and deeds cooperate bringing inner harmony and satisfaction.



Try this exercise in the morning. It will help you align your personality. Result? A positive charge of energy for the whole day!

**UNITY
MEANS
BALANCE**

Sit comfortably and gently close your eyes. Imagine the sun beaming right in the middle of your heart. Let its light and warmth fill your entire being. Remember that your loving heart contains human qualities and virtues! These qualities are like the rays of an inner sun, and are the best part of yourself. Sit quietly and catch a sun ray! Can you identify its quality? How can you make it visible?