

# Getting Back in Balance



A yoga teacher once told me that falling out of balance is important because it allows us to practice getting back into balance again. We have to learn what it takes to find that calm, middle point where we can exist with equanimity. And the more we practice falling out and getting back into balance, the better we will be able to tolerate life's ups and downs in the future. Here are some ideas and practices to help get re-balanced:

- **Change your diet.** A new way of eating may boost your energy level. Try reducing simple carbs in your diet and add green smoothies to increase your intake of vitamin- and mineral-rich vegetables.
- **Try a new exercise.** How about yoga, zumba, paddle-boarding or jazz aerobics. Or simply go for a quiet, mindful walk once a day.
- **Read a classic book.** Try *War and Peace*, *The Road Less Traveled*, *The Prophet*, *The Catcher in the Rye*
- **Tend a garden.** You don't have to have a "green thumb" to grow a few flowers in your yard or plant some herbs. Watching a plant grow and tending to its needs for water and sunlight are very therapeutic. Even if you live in an apartment, get a flowerpot, plant a geranium or azalea and place it on your windowsill.
- **Spend time near moving water.** Research has shown that there are high concentrations of negative ions in the atmosphere around moving water (oceans, rivers, waterfalls, streams) and those negative ions are energizing for us. If you can, sit and meditate or pray while you are near the water for a powerful effect. If you live in a big city without natural water resources nearby, you can at least seek out a fountain with splashing, tumbling water and imagine you are in the woods.
- **Gaze at the night sky.** Get away from city lights, lay down on a blanket and stare up at the vast expanse of stars, planets and galaxies above. When you perceive the enormity of the universe your own problems seem very small, indeed.