



6 Ways to Bring Balance To Your Life *by Pam McCall*

1. YOUR PERSONAL ENERGY SYSTEM – Our 7 Chakras are the energy ecosystem of your body. Each corresponding to a different aspect of your life such as wealth, love, health, and creativity. (ref: Carol Tuttle – Master Energy Healer)

You can support your 7 Chakras and bring balance to your energy system by:

- Wearing specific colors that support each Chakra such as Reds/Root Chakra, Oranges/Sacral Chakra, Yellows/Solar Plexus Chakra, Greens/Heart Chakra, Blues/Throat Chakra, Indigos/Third Eye/Brow Chakra, Violet/Crown Chakra
- Physical exercises such as yoga, stomping your feet for the Root Chakra, or dancing the twist for the Solar Plexus Chakra.
- Specific exercises such as visualization and sleep for your Third Eye Chakra, salt water baths to clean your Aura, prayer for your Crown Chakra, etc.
- Listening to music that lifts your spirit, smelling certain corresponding scents such as essential oils, meditating with stones that represent each Chakra.

The best way to support your personal energy system is to raise your vibration. Simply staying in a positive frame of mind, practicing presence, following your ease, and doing things that bring you joy will raise your energy level. If you can't think of anything that brings you joy all you have to do is watch a funny YouTube video.

2. CHANGE YOUR LANGUAGE- Words matter. The words you think and speak have impact on yourself and others. If your words/thoughts are centered on negativity, this will throw your emotions off balance. You can change this.

Swap out words and phrases to bring more balance into your emotional life.

- I am so fat today / I like my hair today.
- I have so much debt / I am grateful I am able to purchase things I want and I have enough for now.
- I'm not a good driver / I am going to focus on being more present when I drive.
- I feel overwhelmed / I am going to pamper myself this weekend.
- I am not that good at math / I am grateful for calculators.



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3. **GET ORGANIZED** – Systematizing, simplifying, and organizing help to bring your home or workspace into balance. This includes organizing emails, images, or your thoughts. Mindmaps (Dumping all your thoughts onto paper) help you to organize your worries and responsibilities, balancing your fears with inspiration.
4. **RELATIONSHIPS**- Are you just spending time with those you love or are you engaging with them? Spending too much time on your cell phone, in front of the TV, or working too much defy relationship building and bonding. Set technology aside and talk to each other. Share your day and your dreams with each other. This will help to balance your relations with people you care about most. Find a way to laugh together.
5. **YOU FIRST** – Putting yourself at the top of your list is essential to living a balanced life. Think about how many people you impact. (Your spouse, kids, parents, siblings, friends, or co-workers). If you aren't in a place of contentment or peace then you can bet your inner circle isn't either. This makes your day to day life unstable.

Have you ever tried to take care of everyone else around you and fulfill their agenda only to find yourself run down and sick? Who were you helping then? Nobody.

How many times do you look in a mirror and think I have got to go on a diet soon! Then you never do. Your self-esteem and confidence wanes and so do your relationships. You don't socialize as much, you don't dress up as much, and you feel insecure around those that do take care of themselves.

Are you helping your kids if you're working too much so they can have more things but you're screaming and yelling at them all the time because you're so damned tired?

These examples are all signs of misalignment and imbalance. Find where you're leaving YOU out of the picture and make time to make you a priority.



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6. MONEY – As we all know our emotions are fickle and can get off center really easy. It's should be no surprise then, that we have so many hang ups and emotions about money. If it's plentiful we feel excited and blessed. If it's scarce we feel afraid. The money doesn't change but our thoughts about it do.

Money is nothing more than an energetic means of exchange. I want something you are willing to trade me for the money (paper) I have.

We have an emotional attachment to the stuff we buy, therefore, we connect the emotions for the stuff to the money that we trade for it.

Our parents or circumstances teach us different beliefs about money and given certain perspectives can cause imbalance in your finances.

- **FEAR** – If you feel you only deserve money if you work hard for it then you may fear for your future in the event you become unable to work.
- **SECURITY** – If you believe money can be made any number of ways and where one dollar came from you can always make more, then you don't allow money to be the deciding factor in your decisions in life.
- **PERSPECTIVE** – Debt can debilitate some while it motivates others to be creative and find new ways to pay it off.

Are your beliefs about money out of alignment with what you know about money?

Experiment with changing your thoughts about money and see if it changes your situation.



Finding the inconsistencies between your thoughts and your reality concerning money will help to balance your emotions and decisions around your finances.

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