

## Living In Balance

*By Rev. Lauren Skye*

Have you seen the new medication out on the market for “persistent fatigue?” It’s a pill for people who live a healthy lifestyle with plenty of sleep, good food and exercise. Some folks’ lives are so busy that, no matter how well they take care of themselves, they experience a constant tiredness; always feeling drained and unable to reenergize. Here the body is calling out that life is out of balance. The outward physical fatigue is a symptom of inward spiritual deprivation.

For many, life has become a persistent call to action. There’s a loss of balance between action and rest, the male and female energies, yang and yin. We have both yang and yin energies within us, regardless of our physical gender. The yang, or male, energy is more action-oriented, productive, and focused on result. Yin, or female, energy is more receptive, intuitive, and focused on process or feeling. Yang is symbolized by the Sun, while the moon is the sign for yin. These are simplistic descriptions of profound natural forces. It takes both of them to make us whole.

Right now, it’s a yang world. More and more, our lives have become focused on male considerations. Acquisition, productivity, and the completion of daily to-do lists define our self-worth. The more we get done in a day, the better. Whether in the name of God, corporate power, or the sacred dollar, yin has been pushed aside. When we do nurture ourselves and honor the natural rhythms of life by and focusing inward, it’s called taking time off. Many of us are encouraged to feel guilty about giving to ourselves and are coaxed toward using our time off “productively”, to get things done!

There’s a saying among scientists that the best work is done in the bed, bath, and bus. The adage describes times when one is receptive, not thinking about the goal. These are decidedly feminine moments. When in balance, male and female energies both work their best. I just read this piece on a website for Chinese medicine; “Yin is like woman. Yang wouldn’t grow without Yin. Yin couldn’t give birth without Yang.”

Without the yin inspiration, action-oriented energy can easily become misdirected. The inspiration that comes from the yin presencing and stillness gives rise to yang action toward a worthy goal. I wonder how differently we would use our ability to act; as individuals, as a culture, and as a country; if we had more permission for yin to move our hearts and minds.

Yin can be pushed to the background, but she won’t be denied. This new condition of “persistent fatigue” is a great example of yin’s quiet insistence. Emotional imbalance, a feeling of futility or unfulfillment, and even addictive behaviors might also arise when yin is repressed. When we try to prove our self-worth with over-action, spirit within won’t support that path. It’s based on a lie that who we are isn’t enough. Yin knows the truth.

Meditation is a yin activity. Connecting with oneself, spirit within, brings true self-awareness, peace, and healing. Interestingly, it also makes actions flow smoother and easier. Sometimes it’s hard to find the time to be still. What about taking the time for yourself, instead of finding it?

Try this simple process; ground the body by imagining a connection from the base of

your spine (the first chakra) all the way into the center of the earth. A beam of light works great. Next, settle your awareness, your point of attention, in the center of your head, behind the third eye. Take a breath. Imagine a balloon in front of you. Fill it with all your troubles and cares. Let the balloon go. Take a break from these considerations and breathe. Imagine a big gold ball of energy above your head. Imagine that this ball is filled with joy, peace, abundance, or whatever vibration you'd like to experience. Drop this ball into your body through the top of your head, like a setting sun. Allow the energy to permeate your whole space. Bring in another gold ball if you'd like.

Notice that you are a unique expression of spirit, a unique piece of the puzzle of all that is. All that you are right now is more than enough. Enjoy this moment of just being you. It's a beautiful day on planet Earth.

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