

# Readings for May 27, 2018

## Stopping, Calming, Resting, Healing

### Louanne Walters

DAILY WORD: Balance

AFFIRMATION: MY LIFE IS PEACEFUL AND BALANCED AS I TURN TO GOD WITHIN.

News feeds, social media, maneuvering the demands of work and family—these can be part of everyday living. But they do not have to consume my life. I can balance this busyness with moments of quietness and solitude.

I pause from all that is calling for my attention and create a holy space within. As I move more consciously and breathe more deeply, I refuel my energy and replenish my soul—I rest in God and find a divine balance.

Prayer and meditation allow me a peaceful place in which to rest and experience inner peace. Moments in prayer move my focus from my head and into my heart. They help me feel more relaxed and refreshed, able to meet the tasks of my day.

By balancing my tasks with moments of prayer, I am achieving a balance that helps me meet the demands of my day with an uplifted heart and greater energy.

By distributing my energies, I create a well-rounded life. I enjoy harmony and order. I invite equilibrium, even when life is pulling me in different directions. Staying balanced allows me to feel peaceful and grounded. Diving balance calms me and brings me back to center.

Just as the space between musical notes creates balance and harmony, so, too, does a moment of peace bring harmony to my soul. I rejoice in the right balance between doing and being.

My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places.—Isaiah 32:18

QUOTES:

“Sadness gives depth. Happiness gives height. Sadness gives roots. Happiness gives branches. Happiness is like a tree going into the sky, and sadness is like the roots going down into the womb of the earth. Both are needed, and the higher a tree goes, the deeper it goes, simultaneously. The bigger the tree, the bigger will be its roots. In fact, it is always in proportion. That's its balance.”

— Osho, Everyday Osho: 365 Daily Meditations for the Here and Now

“To find the balance you want, this is what you must become. You must keep your feet grounded so firmly on the earth that it's like you have 4 legs instead of 2. That way, you can stay in the world. But you must stop looking at the world through your head. You must look through your heart, instead. That way, you will know God.”

— Elizabeth Gilbert, Eat, Pray, Love

“My point is, life is about balance. The good and the bad. The highs and the lows. The pina and the colada.”

— Ellen DeGeneres, Seriously... I'm Kidding

“Your hand opens and closes, opens and closes. If it were always a fist or always stretched open, you would be paralysed . Your deepest presence is in every small contracting and expanding, the two as beautifully balanced and coordinated as birds' wings.”

— Rumi, The Essential Rumi

“When force of circumstance upsets your equanimity, lose no time in recovering your self control , and do not remain out of tune longer than you can help. Habitual recurrence to the harmony will increase your mastery of it.”

--- Marcus Aurelius

“If it feels heavy, balance it with Light.”

— LaShaun Middlebrooks Collier