

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

CHAPTER **7**

It's Black and White

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

Reflect
Reflect
Reflect

“James’s Teachable Moment”

Life provides interesting challenges, doesn’t it? They take many different forms and come in many different circumstances. The trick in dealing with them successfully is perspective.

In this story, we’ve hopefully presented a different perspective for you to consider – one that will make a difference in your progress towards greater successes in your life.

Those of you who are reading this story want to achieve greater success in your lives, or you wouldn’t have purchased this book. You’re more than likely what we here at The Sage Academy refer to as new entrepreneurs. No matter what happens, you’re the ones responsible for results. Others often count on your actions to determine their day, so you could relate to James and his wife, Cindy. They were both responsible people. They got things done. Both assumed leadership roles in their own fields. However, James wasn’t a balanced individual; he was in a rut. His tendency to live by extremes was hampering his growth, and sadly, he wasn’t fully aware of it.

Many of us have experienced this at one time or another. Often it takes a *deer-in-the-headlights* experience – something that brings us up short – to help us refocus and get back on track. For James, his *deer* experience was a painful sunburn that he brought upon himself by his own actions. It humbled him to a point where a gentle mentor – his wife, Cindy – could teach him.

You see, Cindy was sage about this issue. She had learned from the experiences of others, as well as her own, that it’s important in life to recognize the foundations of balance and opposition and the part they play in reaching goals. Once understood, assimilated and applied, they can help individuals achieve harmony, and in turn, greater successes.

It was these sage understandings that empowered Cindy to use her *FaithSkills* to help James understand the foundations for himself, permanently, by offering an example to which he could totally relate – themselves.

Let us consider **Balance**
the first of the *leveling foundations*.

Balance is an integral part of life. Consider the relationship between James and Cindy. They had different interests and ways of doing things. If left to themselves, both would tend to their natural extremes and possibly never know the benefits of the other's approach. With encouragement, however, each could participate in the opposite experience and appreciate it for what it offered. These actions helped to satisfy their innate *fundamental need* for **harmony**.

Sage individuals recognize that maintaining balance helps to avoid extremes that interfere with the spirit's complete fulfillment.

Ponder this thought for a moment.

Have you as a developing sage individual been aware of times when you needed balance within yourself – you know, for whatever reason you just knew you were experiencing too much of a good thing, or worse, too much of a bad thing?

Now that you've read the chapter about *fundamental needs*, you know that the *force* of your spirit's *fundamental need* for comfort is more than physical. If misunderstood, however, it will usually drive you to physical extremes that often provide immediate, but short-lived, levels of comfort.

James found this to be true. He pounced on the opportunity to enjoy physical comfort, thinking that it would provide well-deserved fun and relaxation – the opposite of the office drudgery he had escaped – but he went too far.

Have you had similar experiences where you've overdone

something, and then you yourself suffered the uncomfortable consequences of being “*overdone*” as James did? What could you have done to bring balance to the situation?

Sages have adopted the attitude that is built upon the foundation of balance:

“You Need Balance to Have
Harmony.”



Carefully reflect for a moment. How can your newly enhanced understanding of balance clarify your own choices, as well as influence the results of your interactions with other people and circumstances?

Now that you understand the *fundamental need* for harmony or comfort that often drives us to points of extreme or imbalance, will you look at your own actions more carefully from an inner point of view to make sure that they truly do satisfy your innate need for harmony?

As you reflect, you may be asking yourself questions that you never thought would influence your decisions – such questions as: Do alcohol, drugs or tobacco really bring me true comfort? Have I misinterpreted physical comfort for the harmony that my spirit needs?

Focus Box

My thoughts...

Think about it

Esteem is an action word - it requires effort. Unless you apply yourself, you'll never be able to esteem yourself as your spirit knows you should. So, get on with it. Esteem yourself so you can become what you are meant to be!

Will a better paying job give me more money to pay the bills but demand more working hours and actually give my family harmony? Sure the physical needs and even wants will be taken care of, but will it balance my family's quality of life? Will more energy, thus stress, be created trying to spend time with your family?

Achieving and maintaining balance in life is an ongoing, lifelong learning process. We must consider this process in everything we do – whether it be eating, making money, playing, reading, loving, canning food, and so on. If we don't, we may find ourselves going to extremes and complicating our lives even further.

Let us now consider **Opposition**
the second of the *leveling foundations*.

Catch the rest of Chapter 7 in:

FaithSkills
Discover
the
Essential Foundations
of
Permanent Success