



# STEP FIVE

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## PILLAR 4

### STAGE: EXPANSION

**Pillar Four: Balance**

**Contrast: Imbalance**

**Meaning:** Once Peace, Love and Connection are understood - Attaining, maintaining and expanding true Balance allows for the Expansion of a healthy, happy and purposeful life.

**Mind: Balance**

**Contrast: Imbalance**

People often say that they would like to achieve Balance in their lives. Balance is the harmony of life's components to a point that allows for the feeling of being in control, proactive rather than reactive and a life allowing space for JOY. Balancing the masculine (represented by your right side) and the feminine (represented by your left side) energies allows for the greatest stability for the Expansion or growth in your life.

**Body - General Health Pillar:**  
Cardiovascular & Respiratory

**Contrast:**  
Heart/Lung Dysfunction

**Meaning:** Imbalance – too much of or too little of, can have a great effect on the Cardiovascular and Respiratory systems.

Imbalance in these systems creates dangerous stress and strain in the body.

**Soul - Energy Pillar: Strength**

**Contrast: Weakness**

**Meaning:** To activate Balance, you must sit with the purity of Strength. Strength is the Balance between Vulnerability and Resilience. Vulnerability is the activated version of the feminine and represents where you step out of your comfort zone to stretch yourself. Resilience represents the activated form of the masculine and represents your resilience to recover quickly from difficulties or challenging situations.



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## PILLAR 4

### Additional Note:

The **masculine** represents: analytical, logical, strength, survival, career and finances, and the males in your world.

The **feminine** represents: intuition, caring, nurturing, love and healing and the females in your world.

If there is an imbalance, you don't have the Strength to Expand and may block what you are choosing to bring into your world.

Having awareness on what side of your body certain pain, ailments or dysfunctions occur will guide you as to the message the body is delivering. Once the message is clear there is no requirement for the dysfunction.







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## PILLAR 4

Tool - Exercise: Body Sealing

To SEAL - Self Energy Awakening Life

Right-hand heart, left-hand solar (upper stomach just below ribs). Focus on the breath like the Mind Sealing. You can stay here or move into a 'body scan' where you start from your head and work your way down to your toes, bringing awareness to each body part. Any blocks you feel, breathe into that space and bring your awareness to it and the blocks will release. "Calm the Mind, Clear the Body, Connect the Soul".

This is a self-treatment to clear the body of any ailments.

## BALANCE ALLOWS FOR THE EXPANSION OF LIFE

**PILLAR 4** PART 1 - MIND AND BODY

DATE:   /   /

Pillar Name \_\_\_\_\_

Contrast \_\_\_\_\_

Emotion \_\_\_\_\_

Message \_\_\_\_\_

\_\_\_\_\_

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**PILLAR 4** PART 2 - SOUL AND TOOL

DATE:   /   /

Body Sealing - *Please refer to the audios.*

Notes:

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