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Regardless of what is going on outside of me, **I find solace in my heart.** My heart is my sanctuary. It is my place of peace. I abide in my happy place within my heart, even when the outer world is filled with chaos.

When the outer world threatens to draw me into its chaos, I take a breather. I take a breath. I breathe in and out slowly. I calmly come back to balance now. It just happens naturally.

In this moment, I feel my shoulders relax back down to their healthy position. I feel my jaw unclench. Thank you, breath, for making it easy for me to be well.

I choose to unplug from technology. I walk away and get back into nature. I listen to peaceful music. **I begin to become centered in my heart again.**

I know it is important to balance my work/home life. I take frequent breaks when things become tense. I walk away from conversations that are escalating into drama. I am proud of myself for taking the

high road.

I choose to disengage with activities that take me away from my calm nature. I increase my meditation time. I find reading material that helps me feel balanced. I carve out time for my daily devotional. I write in my journal to express my emotions and release any built-up pressure.

The more I sort out companions who help me be in balance, the more I am able to assist them as well. We find balanced reciprocity in our relationship.

Today, I realize how rewarding it is to feel balanced. I strive to keep that feeling - that balance - within me, even when chaos reigns around me.

Self-Reflection Questions:

1. What brings balance to my life?
2. Who helps me feel centered?
3. How can I return to balance faster and stay in balance longer?