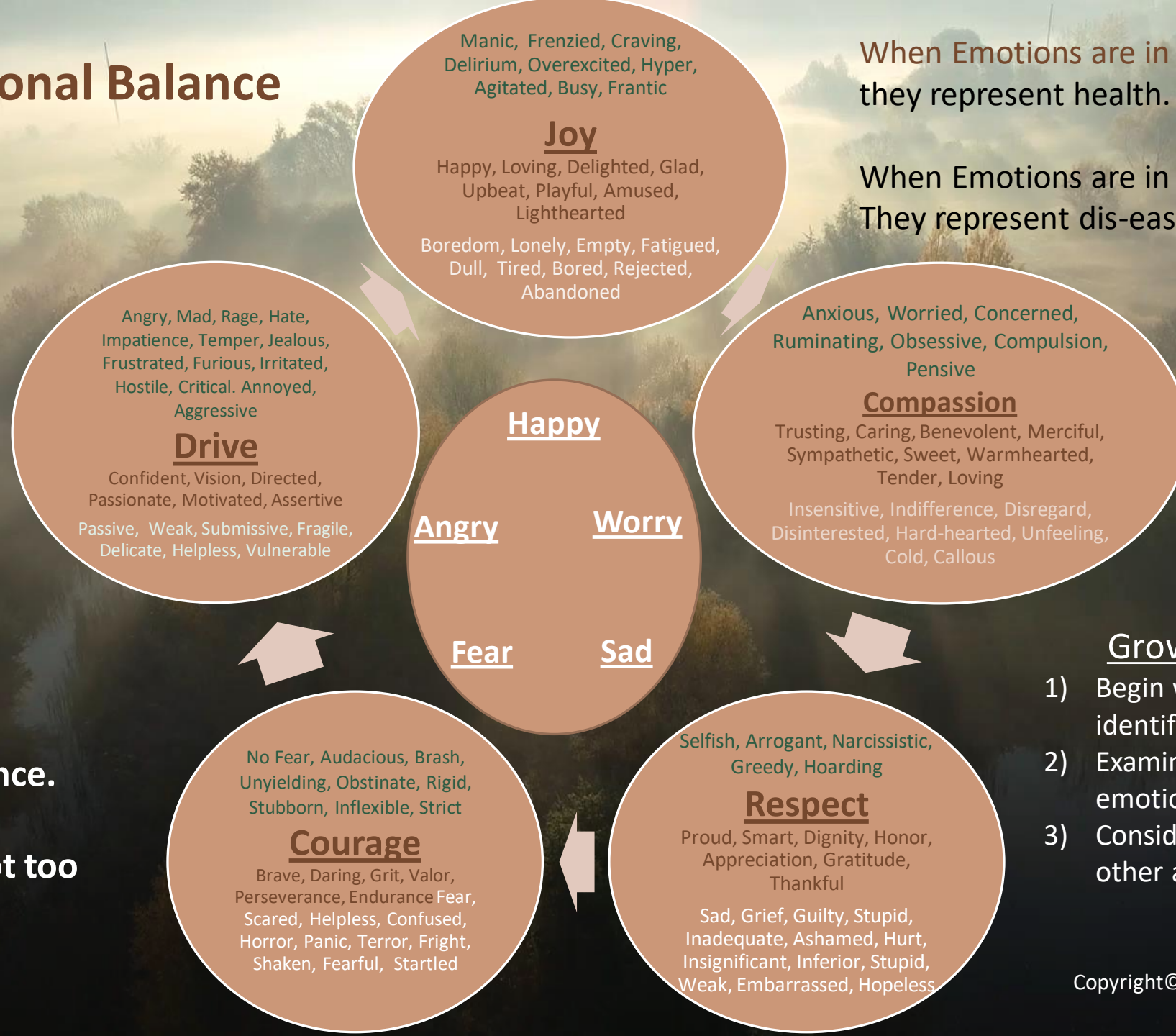


Finding Emotional Balance

When Emotions are in Balance
they represent health.

When Emotions are in Excess or Lacking
They represent dis-ease.



Seek to find balance.

Not too much, not too little.

Growing Awareness

- 1) Begin with the inner circle to identify a core emotion
- 2) Examine the range of that emotion in the outer circle
- 3) Consider other emotions from other areas also