

THE BALANCING ACT

ISA WORKSHOP – 1-3PM DEC 12, 2021 QUARTERLY MEETING

SEEKERS JOURNEY

At first we seek directions; Tell me or show me what to do.

Then we seek understanding; I want to decide what's right and why.

The seeker remains on this path towards a better understanding; Absolute Truth eludes us. We only have our truth, that is our subjective and best understanding of Absolute Truth.

Absolute Truth is not just elusive but is a misnomer. It is an attempt to quantify a Principal, a Law of Creation, a Law of Life. To quantify is to oversimplify. It is an experiential process – we live, we experience, we observe, we question, and we adopt a scientific approach to accept new evidence. In this way we remain malleable letting go of the old and adopting the new if and when it's proven worthy.

Wisdom is the result of experience understood. The hallmarks of wisdom are humility, an open mind and a willingness to test again and again any truth we hold sacred. Allowing it to either be reinforced or discarded after careful scrutiny. The first Emporor of China was given tablets containing Mercury to extend his life. No doctor and extremely few lay people would consider such a thing today.

BALANCE

At the center of everything is balance. Nature returns to a new balance when the old balance has been disturbed. We too will do so after every disturbance in our life. It is a natural and necessary process that too often we resist. Resistance is painful and drags out the process.

What is balance? A visual aid and experience is to hold a broom. It is immediately obvious to anyone that it is very difficult to hold a broom from near the end of the handle and hold it parallel to the floor. A natural response is to grasp it nearer to the head. As you grasp near the head you naturally seek the balance point and can feel the difference – you don't think about this, you just do it naturally. Feel the ease by which you can hold it almost indefinitely. This is obvious to all.

Our interest in this discussion is the more subtle differences between holding near the balance point and exactly in balance. You can even hold it with one finger. The physical energy required is at it's lowest point. Small investment of energy yielding a maximum result.

Balance is one of the first things we learn as a child. It is required to walk upright. Walking and running require going off balance, again and again finding a new balance each time. BIKE METAPHOR: We learn to balance a bicycle without understanding the gyroscopic laws at work. We do experience these laws and soon understand that balancing a moving bike is easy but a stopped bike is very hard to balance. There are forces and laws at work; Gravity and gyroscopic action. Spiritually we seek to understand the energies and the laws at work. Like riding a bike it is not necessary to understand the forces at work to go through life as a *Spiritual Being having a*

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Human Experience. However, to be Spiritually awakened is to recognize and understand these forces.

Our physical life is a balancing act as is our Spiritual Journey. Spiritually it is an energy balance we seek to understand and powerful results happen when we find do. The most powerful results will happen with the least effort. Recall the broom and the difference in energy required holding away from the balance point. Canoeing is easiest in the flow of the river. Sailing is the greatest and takes the least effort when sails are trimmed and rudder is set for the conditions at hand.

TITHING

Tithing is a long standing religious teaching and tradition. 10% is often the amount suggested or required. For some organizations it is 10% of net income and for others 10% of gross income. A seemingly good idea that too often leads to corruption and misuse of more money than can be used. New ways to spend it are sought or a church leader lives a lavish lifestyle justifying jet planes and multiple mansions.

A balanced tithing might be 10% of our personal energy devoted to our personal growth. This would include our time devoted to our spiritual journey as well as money from the time we devoted to earning it. The balance makes sense when comparing church donations of \$10 and \$100 which might represent 1 hours work in each case. The time counts that we spend meditating, reading scripture or other enlightening material, attending workshops, volunteer work at our church or in our community. When seen in this comprehensive way the 10% begins to make sense in a balanced way. Utilizing 10% of our waking energy to understanding better our spiritual nature is a worthy goal.

INTENTIONALLY OUT OF BALANCE

We may have times of intense interest where we exceed the 10% rule devoted to our church and spiritual learning. This is natural and is a swing of the pendulum perhaps to make up for a period of less than 10% devoted to these activities. This can be very useful when employed in the short term, but in the long term it will not serve you well.

IN THE FLOW

Being *in the flow* is a description often used and it is appropriate to both the feeling and the results of balance. The mundane world is not the enemy of spirituality to be avoided. The mundane is a natural part of this life experience. Neglect it and be prepared for the consequences which usually include poverty or at least struggles with money. For thousands of years the churches have taught that poverty was a virtue and required of the spiritual. It's a long standing lie we may have believed for many lifetimes. When you think of a well known billionaire is your first thought "how spiritually adept they must be?" Likely not. This may be an indication of lifetimes of programming. It may well be that a billionaire is not very spiritual for it is not required, however the very spiritual may well become billionaires – we cannot discount the

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possibility. It is not for us to judge but it is necessary for us to counter the programming that keeps us out of balance and in less abundance rather than more abundance.

Good metaphors for being in the flow and demonstrate the purpose of balance are canoeing on a river and sailing a sailboat. In both cases there is a flow to be dealt with. A river flows with a current in one direction and that is strong in the center but weaker on the sides. The center is also free of obstacles unlike the sides that are shallow and have bushes or trees overhanging. The obvious one is paddling upstream -it takes a huge effort and apparent progress is slow. Perhaps we have all experienced this feeling.

CANOING METAPHOR

Canoeing near the banks requires more paddle effort as well as avoiding obstacles that will slow you or capture you. The center of the stream offers no obstacles and strong current flow. No paddling is required only a little steering to stay in the flow. It is easy and the progress is great.

SAILING METAPHOR

Sailing requires an understanding of the characteristics of both water and wind as well as the laws of aerodynamics. The sailor who understands these things will safely make progress in most every set of conditions. The same wind that batters the inexperienced sailor may be celebrated by another that knows how to utilize those conditions. With the right balance the wind propels the boat in a desired direction with minimal effort. A good metaphor for our life experiences.

INDEPENDENCE

A Seeker's Journey is towards independence. That is we will get a lot of help along the way but like training wheels on a bicycle we must let go of aids and helpers to move on.

The macro and the micro:

We all are aware of the macro.

The micro is the fine tuning that finds the narrow path.

Work and play. Study and application.

Master Jesus showed the way to being Christed. He beckons us to follow, "Come, follow Me, I have shown you the way."