

# Bringing You to Balance Lifestyle Coaching

Lesson 1  
Stepping Stones of Balance





<http://www.mygreatandhra.com/top-yoga-asanas-for-peaceful-mind-new-techniques/tree-poseyoga/>

When balancing on one leg, you are not trying to stop all movement and stand completely still. There is still a subtle fluctuation, a rhythm. When you sync your energies with that rhythm, you balance. You're in the flow of the dynamic dance of opposite forces at work.

Finding balance in everyday living is the same process. It's not about coming to a static state of existing in equalized proportions. Finding balance is about harmonizing with the dynamic rhythms of life.

# What We'll Be Doing

Creating new habits and rhythms around food, rest, and activity that will provide a support structure for:

- Better Diet
- Better Sleep
- Better Energy
- Better Connectivity





Notice I said “**BETTER**”

Not Perfect...

# Expectations & Commitments

## Expectations:

- Progress Not Perfection
- Technology is as Technology Does
- Growing Together



[http://storage.cloversites.com/northriversidebaptistchurch/site\\_images/sub\\_page70\\_picture0.jpg](http://storage.cloversites.com/northriversidebaptistchurch/site_images/sub_page70_picture0.jpg)

# Expectations & Commitments

## My Commitment to You:

- **Open and Honest:** I will be open and honest with you about where I am in my journey.
- **Evolving with You:** Most of what I will teach you I have had in place in my life for some time. Some of it, I am working to implement at an even deeper level. I commit to evolving with you. I won't ask you to do anything I'm not already doing myself.
- **Offering Support and Guidance:** I will listen to your questions and concerns and do my best to offer support and practical solutions for transforming your difficulty into a solution.
- **Finding Answers:** If I don't know the answer to your question, I will do my best to find it and share it with you.

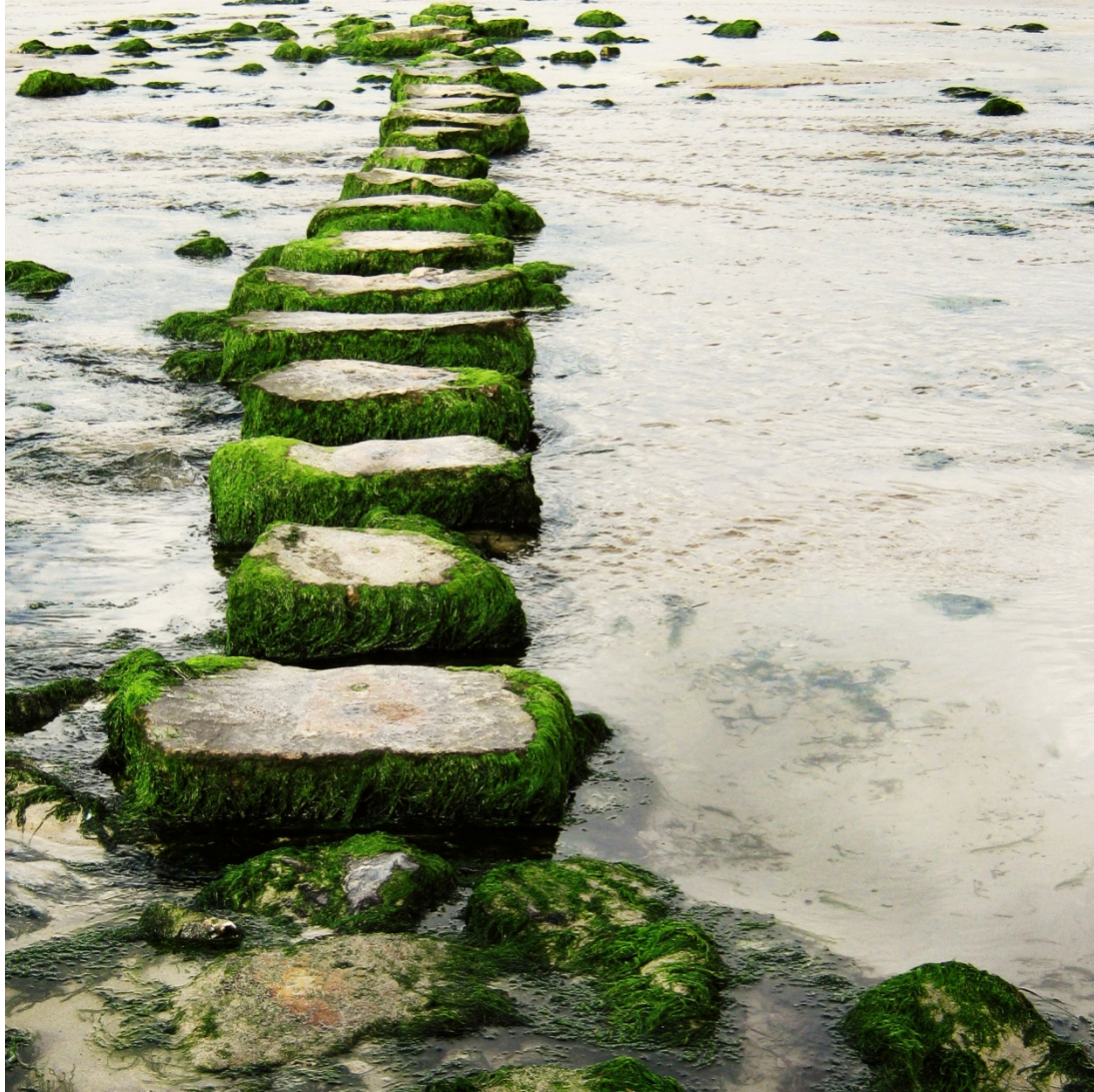
# Expectations & Commitments

## Your Commitments to Yourself, to Me and to the Group:

- **Keep an Open Mind**
  - We are all at different places on this path
  - Be ready to receive new information
- **Give it the Old College Try**
  - Follow the guidelines and lessons most of the time. I define most of the time as 60 - 70% of the time, or 4-5 days out of 7.
  -
- **Share Your Triumphs and Your Struggles**
  - We are here as a group to support each other
  - Ask for help when needed
  - Share what's working
- **Involve Goethe ☺** “What you know you can do or think you can do, begin it. Action has magic, power and beauty in it.”

# My Story





<http://www.higheredutah.org/wp-content/uploads/2010/07/stepping-stones.jpg>

Lesson 1: Principles of Creating Change and Finding Balance

# STEPPING STONES

# Easy Does It

**“When we are impatient for [change] and no [change] comes to us, we take an action at random just to feel we are doing something... As a result our frustration mounts, our anxiety increases, we feel like failures, and we vow to try even harder.” ~ Anonymous**

- Allow for a bigger energy to come through and guide your actions and efforts
- Take a gentle approach
- Break a large task down into small parts



# Progress not Perfection

“Progress can be hard to recognize, especially if our expectations are unrealistically high. If we expect our negative attitudes or unhealthy behavior to change quickly and completely, we are likely to be disappointed – progress is hard to see when we measure ourselves against idealized standards. **Perhaps it would be better to compare our present circumstances only to where we have been in the past.**” ~ Anonymous

“There are two kinds of perfect: The one you can never achieve, and the other, by just being yourself.” ~ Lauren King



<http://endtimeinfo.com/wp-content/uploads/2011/01/mountain-climber.jpg>

# Stability

## Sticking with it, Not Walking Away

“A maintained and steady commitment of action...that is given  
*from your heart*” ~ Wil Derkse

- The intention or desire underlying and fueling your commitment to change
- Gives you the answer to “why bother?”
- Provides incentive when change is too challenging, or when growth and improvement feels stale, lacking or slow



<http://teacher.scholastic.com/activities/explorations/bug/images/butterfly.jpg>

# Daily Improvement

- Attempt lifestyle changes with small, realizable habits each day
  - Not trying to do everything at once or in one grand gesture
  - What can I really do *today*?
- Baby Steps
  - Picking one aspect you can incorporate now and having a goal to incorporate others one step at a time in the days or months ahead
- Way of cultivating dynamic, positive growth

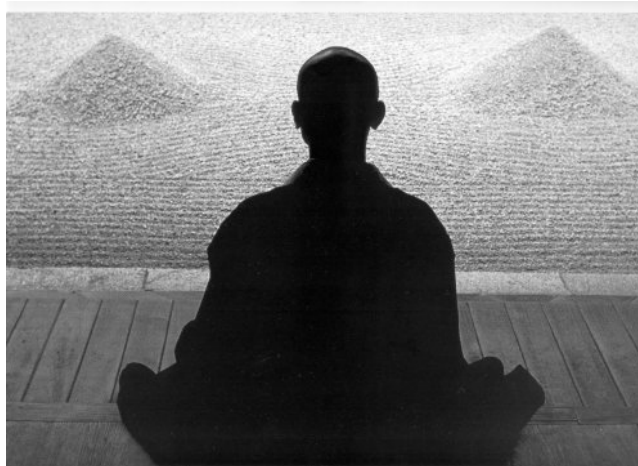


<http://www.positive-focus.com/wp-content/uploads/2010/05/baby-steps.jpg>

# Deep Listening

## Answering your own call

- Listening with the heart
  - “The cracking of the the thick crust around my ‘I’ and the orienting of myself to who or what has something to say to me” ~ Wil Derkse
- Hearing the “still small voice” of intuition inside
  - That says ‘do this’ or ‘don’t do that.’ Yes or No
- Enables you to notice cause and effect
  - This awareness is key because it will begin to feed your intention, your stability





<http://us.123rf.com/400wm/400/400/roblan/roblan1111/roblan111100014/11323744-pouring-steaming-hot-tea-from-a-blue-tea-pot-in-to-a-green-cup.jpg>

First new rhythm

# GET INTO HOT WATER

# Get Into Hot Water

Hot water is the universal solvent – think of washing your dishes!

- Heat promotes downward movement through the stomach and intestines, reduces gas and bloating, and supports elimination
- Digestion occurs most efficiently in a warm environment
- Extra warmth and fluid aids in dilating the circulatory vessels and helps dissolve toxins to clear them from the body



<http://blog.visiondecor.com/index.php/2008/11/18/the-explainer-why-does-hot-water-clean-better-than-cold-water/>

Info from [http://ayurveda-ayurvedic.net/recs/HOT\\_WATER.pdf](http://ayurveda-ayurvedic.net/recs/HOT_WATER.pdf)

# Get Into Hot Water

## Simple Effects:

- Stimulates digestion = better absorption of nutrients
- Aids in defecation
- Hydrates your internal organs and skin
- Calms nervous system and mind
- Brings a sense of grounding, settling and refreshment especially on cold, wet or dry days
- Curbs cravings – really!



[http://sandycovetrail.blogspot.com/2009\\_02\\_01\\_archive.html](http://sandycovetrail.blogspot.com/2009_02_01_archive.html)

# Get Into Hot Water

## Techniques

- Boil or warm water on the stovetop or in a kettle rather than the microwave
- Drink a few cups of hot or warm water first thing in the morning, *before* any coffee or tea.
- Put in a thermos (glass or stainless steel, no plastic) and sip throughout the day
- Sip only warm or hot water with meals
- When cravings (mental, emotional or food) occur, try a cup of hot water first



<http://untitledchinablog.blogspot.com/2012/12/how-hot-water-saves-your-life.html>

# Get Into Hot Water

If you want to get a little fancy:

- Add a slice of lemon, a pinch of salt, and a bit of raw honey



<http://thrivefarm.files.wordpress.com/2012/02/honey-pots1.jpg>

# Next Steps...

- Growthwork
  - Download the growthwork from [Member's Page](#) at [www.householderspath.com](http://www.householderspath.com)
- Log on to [YogaHealer](#) (member's page coming soon!)
- Interact in our Facebook group
  - Friend me on FB so I can add you!



<http://prize31.com/financial-stepping-stones-by-terisa-clark/>