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### The Brain Balancing Programme

###### For Brain and Neuronal Development



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**What is The Brain Balancing Programme ?**

The Brain Balancing Program is a comprehensive training designed to raise your awareness and intelligence on all levels.

It is a process that involves meditation and focus for 15 minutes a day with profound results. Learn to raise your consciousness and fully live into your potential through this process.

This is a time-honed program that has a long-established history of helping people achieve more of their potential and expand their consciousness. The ‘meditation’ system was pioneered originally by Viola Pettit-Neal (author and ‘channeller’), Walter and Marta Burleigh and Anna Holme.

The ultimate goal of the Brain Balancing Program is the restoration of whole brain functioning along with emotional coherence.



**THE FOUR QUADRANTS OF THE BRAIN & THEIR FUNCTIONALITY**



[**Philosophy**](http://balancingprogram.org/philosophy/) **of the original Brain Balancing Program**

The original institution founded by Walter and Marta Burleigh and Anna Holme, was dedicated to exploring the knowledge and understanding of consciousness along with the nature and full capabilities of the human spirit. We are currently seeing profound transformations occurring on this planet within the collective mind, consciousness, and spirit that go beyond physical existence. The Brain Balancing Program as such directs its energies toward the fields of ethics and spirituality encompassing all religious persuasions.

The following core beliefs were espoused by the founders and subsequent directors of the program, and are upheld by myself:

* The physical world we live in is closely aligned with our Inner Being.
* By raising our Emotional Coefficient level to that of our Mental Potential level, we gain the capacity to research and understand our Inner Being or Inner World, as thoroughly as we know and understand our physical or ‘outer’ world.
* We believe that to be human IS a journey into consciousness. The capacity of Spirit is infinite.
* Spirit-Self is vastly ‘superior’ to that of the physical being.

The mission of the Program is to focus on the integration of personal and collective consciousness so that we may be more nurturing toward our world as we develop and evolve.

At the heart of the Brain Balancing Program is an ethos of concern for the ultimate welfare and well-being of humanity. We are personally and collectively seeking to expand our minds, deepen our values, recover our spiritual lives, and use our full capacity as human beings to affect the world around us.

There is a deep understanding that a positive change in mass consciousness is necessary if humankind and all that is on this earth is to continue to survive and flourish.

What gets expressed in the world we live in, our beliefs, conclusions, thoughts, and intuitions are a reflection of our ‘interior’ landscape. It is maintained that the ‘Balanced’ people of today can serve as the foundation for an expanded world of peace and love for the future.

If we learn to balance the opposites in our lives, we can begin to get totally in touch with who we are in body and spirit. Our knowledge of life and spirit, the peace of our presence, and the love for all beings are gifts to the world.

Through being ‘Balanced’, we have the power to detach, if necessary, from the illusions and negative vibrations of the world around us. We can be beyond worrying about what other people like or dislike about us. We can understand that we do not have to live the lives or images of others. We can say with conviction, “I AM the God Force. I AM part of God as a drop of water is part of the ocean.” There is nothing in the universe that is not a part of us. Our inner world reflects our outer world and with close scrutiny will teach us about ourselves.

Constant change is natural in the universe because it presents new worlds and dimensions. As it is with the universe, so it is with humanity.

**HOW MIGHT YOU EXPERIENCE THE BRAIN BALANCING PROCESS?**

1. Most people experience a deep, meditative state, very much like that of yogis who meditate many hours daily. In this state, the brain produces a whole host of very pleasurable neurochemicals (including endorphins) and it feels very good. Anyone struggling with stress will benefit from the program.
2. As these new neutral pathways connect and synchronize the two sides of the brain, the user **develops what scientists call “Whole Brain Function**”, including dramatic improvements in a wide variety of mental abilities such as learning, intuition, mental clarity, creativity, focus and concentration, and intelligence. Many report what can only be described as quantum leaps in self-awareness. The tissues of the body respond respectively. The immune system’s function is enhanced, the aging process is significantly slowed, and the ability of the cells to regenerate is accelerated. As the intelligence of the mental body increases due to increased brain function, the intelligence of the DNA is activated and enhanced. This ensures that the cells can remember their normal, healthy state and recreate it spontaneously.
3. Every time the nervous system recognizes itself at a new and higher level, **you experience yourself and your world in a totally new way!** Your threshold for stress goes up and many of the uncomfortable, dysfunctional feelings, behaviours and limitations we all experience from time to time, begin to fall away ; even those that have resisted change with other methods over the years. This means dramatic changes in your mental and emotional health. **This program accentuates the release of self-defeating behaviours, childhood traumas, and personal limitations and the release of unresolved anger, fear, and sadness is accelerated.**

[**History**](http://balancingprogram.org/history/) **of the Brain Balancing Program**

In the early 1980s, The Balancing Program, as it is presented today, was formally re-established and organized by Walter and Marta Burleigh. Our roots, however, date back to the earlier part of the Twentieth Century and the work of Dr. Oscar Brunler and Dr. Maurice Bovis in France. Dr. Brunler developed a system of measuring the “Brain Radiation” or “Mental Radiation” of a person through the use of an instrument called a biometer. Dr. Maurice Bovis originally invented the Biometer and used it to detect the quality of a wine, through its “radiation”, without having to open the bottle.

By the time Dr. Brunler and Dr. Bovis met, the instrument had been refined to a point where it could measure the health of various organs within the human body by measuring the “radiation” from a person’s fingertips. Their collaboration led to the measurement of over 30,000 people in Europe. They continued to perfect the instrument, finally calling it the Brunler-Bovis Biometer. During this process, Dr. Brunler established the classification of the various levels of human mental capabilities. With all this information, Dr. Brunler came to the United States and founded The Brunler Research Foundation with his wife, Dr. Grace Calvert and two associates, Roland Neal and Dr. Viola Pettit-Neal.

The Balancing Program is born… By 1951, Dr. Brunler was having health problems and wanted to remove himself from the intense activity going on at the Foundation. He and Dr. Calvert set up a small practice in their home and the Neals took over the institution renaming it the Biometric Research Foundation. It was at this point that Marta and Walter Burleigh became actively involved with the discoveries that were being made there.

Marta was a native of California and Walter of Nebraska. In 1936, they met, married, and settled in California. Marta and Walter began their studies at the Brunler Research Foundation in Beverly Hills, California in 1949. Although Marta and Walter had received their initial measurements at the Brunler Research Foundation under Dr. Brunler, they decided to remain with the Neals when Dr. Brunler left the Foundation. Their decision was partly based on the close relationship they had developed with the Neals.

Although the principles of the Balancing Program were based upon the great quantity of work originally done by Dr. Oscar Brunler, the Neals discovered yet another measurement and called it the “Emotional Coefficient”. They also decided to rename the brain radiation and call it the “Mental Potential” measurement. The Neals found that the ideal relationship between these two measurements was in a 10 to 1 ratio. For instance, if the Mental Potential level was 398, the Emotional Coefficient should be 39.8 for the person to operate most effectively. If the Mental Potential was 410, the Emotional Coefficient should be 41.0, and so on. They also discovered that most human beings were dramatically “out of balance” as their Emotional Coefficient measurement was almost never compatible with the Mental Potential. This low Emotional Coefficient resulted in a wide variety of negative behavior patterns for those individuals suffering this disparity — such as stress, failure in business and personal relationships, and even physical illness.

Finding how to correct this situation became their primary goal and the Neals endeavored to find a way to raise the Emotional Coefficient to its appropriate level. A wide variety of techniques were tested, but nothing seemed to work. It was not until Viola Pettit-Neal recalled an incident during her PhD thesis research. She was teaching at the American University in Lebanon and, while visiting the Monastery of St. Catherine in the Mt. Sinai area, the monks showed her three symbols and told her that Pythagoras used them in his Mystery Schools. Pythagoras had required his students to study these three simple geometric forms, in a particular order, for a period of seven years. Viola remembered these three forms and their proper sequence and decided to introduce the technique to the class at the Foundation. We have learned from anthropologists that these symbols seem to have been a part of all cultural traditions dating back to ancient times.

Much to the Neal’s delight, using these images worked! Each day that the symbols were studied the Emotional Coefficient would increase a little until finally the two sets of measurements were in their proper ratio. However, it was through Marta that another discovery was made. Once the Emotional Coefficient was 1/10th of the Mental Potential, BOTH numbers seemed to lock and start climbing together until the Mental level was up three points above its initial measurement. Marta and Walter both felt this Program was of profound and far-reaching importance and decided to become counselors at the Foundation. Walter studied and worked with Roland Neal for over three years. Together, they measured thousands of people through photographs in college yearbooks. They measured and counseled individuals in an effort to assist them with career choices and fields of interest. Many of the people that they counseled went on to complete the Program.

In 1954, Walter became an accountant for the United States government and the Burleighs moved to Washington, D.C. and from there to many places around the world. This forced them to give up their close contact with the Neals and the Foundation, but both Walter and Marta continued to support its ideals and its efforts. Roland Neal died within a year of the Burleigh’s move and the foundation was closed. Viola continued The Balancing Program until the late 1970′s. She died in 1981.

In 1978, Walter and Marta retired to Tucson. Finally, they had the precious time required to re-establishing the program. They started by introducing The Balancing Program to the people they met. Walter and Marta worked very hard to establish a sound foundation for the Program in order to ensure its continued expansion. One of the Burleigh’s most important contributions during this period was finding a method to measure and counsel people without having them come to Tucson. They were able to develop a pendulum dowsing technique that allowed them to accurately measure and track the progress of the participants. By the time Walter died, in November 1989, the Program was virtually worldwide with participants in many countries including several thousand people who were Balanced and Locked.

Anna Holme was a close friend of Marta’s. Their friendship began over 30 years ago when Marta and Walter lived in Washington, DC. Anna was an early participant in the Program and was Balanced and Locked in 1974. In 1990, Anna moved to Tucson to work under Marta’s direct tutelage. Anna was to help Marta with participants’ measurements, preparation of the progress letters, phone calls, and correspondence related to the Program. Over the next few years Marta continued to support the efforts of the Balancing Program, but gradually transferred more responsibility to Anna, including most of the measuring.

Anna brought many skills and talents to the Balancing Program. For a period of 11 years she studied comparative religions, also had a vast background in the Sufi religious philosophy, expertise in Jungian dream interpretation (she conducted many effective classes over the years), and her long-time business experience. She was a weaver and owned her own shop in New York.

Anna’s long affiliation with The Balancing Program made her the logical choice to carry on the Program. When Marta decided to retired in 1994, she was fully confident in Anna’s integrity and skills. In spite of Marta’s death in 1999, Anna’s guidance and strength enabled the Program to move forward without interruption.

Kathryn Draman and Sharon Hart assisted Anna in Tucson; much of the program success can be attributed to them. Kathryn started working for the Burleigh’s in 1986. She had initially volunteered to organize an office system for them as the Balancing Program had definitely out-grown the “cottage-industry” stage. After the system was in place, Walter asked her to stay with them as an employee. Their expertise in business management, along with their loyalty during the last 18 years, have made the Balancing Program what it is today. Their integrity is interwoven into the fabric of the Program and has made the program stronger and established a feeling of trust and reliability with those who undertake it.

Into the Twenty-first Century… The consciousness of Humanity as a whole is shifting and expanding very quickly. It should be noted that at the beginning of the Program in the 1950s, participants would Balance and Lock at a level of 3 to 5 points above their original Mental Potential measurement. By the 1980s, this had increased to +20. By the early 1990s this was at 50+. By 1999 the increase was at 60+. We are no longer satisfied with the status quo and old paradigm. We are searching and finding answers. We are discovering new adventures and challenges on this most glorious voyage called LIFE.

In keeping with our commitment to aid humanity, the Board of the Directors have elected to release the complete Balancing Program into the Public Domain, as the Program is officially disbanded.

Full instructions that will enable individuals to benefit from this unique approach to expanding consciousness are available in this workbook as The Balancing Program website has now been discontinued.

**WORKING WITH THE BRAIN BALANCING PROGRAM**

INSTRUCTIONS

The Brain Balancing Program consists of concentration on each one of the three geometric symbols in sequence, with the concentration on each for five minutes. The symbols are :

1. The circle with a dot;
2. The cross or plus sign,
3. The equilateral triangle.



These MUST be done in 1,2, 3 order. The circle is composed of one line, the cross of two lines, and the triangle of three lines, so you will always be sure of the order in which to do them.

You are to concentrate 5 minutes on the circle with a dot, 5 minutes on the cross and 5 minutes on the triangle in 15 consecutive minutes. If your concentration is interrupted for a few seconds only, continue as you were. But if you are called away for an appreciable period of time and your thoughts are completely distracted, start the concentration over again.

If your attention wanders and thoughts or emotions intrude, do not resist them or feel guilty about these intrusions. Thoughts and feelings are just that- thoughts and feelings—and endeavoring to suppress them is counter-productive. Whatever one constrains or endeavors to subdue will grow in strength. Instead, anchor your EYES on the symbols, as your actual connection with the symbols is through your eyes.

The following are some suggestions which may assist you in learning to maintain your focus if you are not already familiar with various meditative methods and techniques:

It is possible to stay in visual contact with each symbol image before your eyes while contemplating larger issues. For instance, go into the symbol exercise with a sense of respect because geometric forms are a part of your being. Know that you are “seeded” from the stars and breathed upon by God. In the circle of Wise Ones, it is known that humankind is made in the image of God. What does this really suggest to you? Explore yourself with the reverence and love to which you are entitled.

You may want to do this exercise with soft background music which should not be intrusive. You may also want to copy one of your favorite pieces of music with a break at five minute intervals so you do not have to use a timer or keep track of the time.

Once you have established the best time for you to do the symbols, they should be done at least once within every 24 hour period. When you do them, the Emotional level is raised. Then, gradually, it moves back toward the prior day’s level. If you do them with a 24-hour period, the level is able to stay above the previous day’s level.

Day by day, the level moves up until you get to a point where the Emotional Coefficient is 1/10th of the Mental level. At that point, the Mental level starts to move up as well and the Emotional Coefficient follows it. **This is called the Locking process**.

PLEASE REMEMBER, if you stop before you have become Balanced and Locked, you can lose all the gains you have made.

CAUTION: Please refrain from doing any other meditation for 30 minutes before and 30 minutes after the daily symbol exercise. This avoids weakening or reducing the effects of any meditative efforts.

Each day, the individual raises their “EMOTIONAL COEFFICIENT” and during the following twenty-four hours, the number slips back toward the measurement of the previous day — but never all the way back to the previous day’s number. Each day, then, there is a net raising of the number, and the next day, it is again raised fractionally. This is why the exercise must be done within each 24-hour period. Please understand that the Balancing process takes at least 36 months. If an individual misses a day, the Emotional Coefficient number goes back to the number for the previous day, and an extra day may be needed to make up for the lost progress. If an individual were to do the exercise every other day for the rest of his or her life, there would be no real progress or lasting improvement.

**Understanding the Mental and Emotional Co-Efficients**

It may help to understand that a person with a fairly high Mental Potential number usually has much greater stress in their life than a person with a lower measurement. For example, a person with a 360 measurement and a 22.0 Emotional Coefficient number might, in some cases, out-perform a person with a 400 number and the same 22.0 Emotional Coefficient number. The stress is usually greater for the latter person. The individual with the higher Mental Potential number in this instance is more aware of their frustration because they KNOW they are not fulfilling their innate potential in the world. Within themselves, they feel as though they are out of step with the world. Too many people feel they are a failure in achieving their goals. Certainly, they are more frustrated.

The majority of people have started out with a EMOTIONAL COEFFICIENT measurement between 18.0 and 22.0 on this scale.

This “LOCKING PROCESS” is the most important aspect or phase of the entire Program since, in the raising of the two numbers, a LOCKING seems to take place at about 60 points above the original Mental level with the Emotional level at 1/10th of the new Mental Potential number. Thereafter the two measurements stay at the same 10 to 1 relationship even after the individual stops doing the symbols.

All of the current research indicates that people’s numbers (MENTAL POTENTIAL, EMOTIONAL COEFFICIENT, and REACTION SYMBOL) seem to change very little in a lifetime except with this Balancing method. There have been programs found that raise one of the measurements for a short time, but it does not stay up.

At some point within the first six weeks of doing the daily symbol exercise, most people will begin to notice a new ability, new confidence, new poise, through the release of some emotionally limiting patterns. By that time they are aware that life “works better”, and thereafter they continue to do the symbols because they realize that they feel better each day and actively desire to become Balanced.

[**Discussion on the Meaning of the Symbols**](http://balancingprogram.org/discussion-on-the-meaning-of-the-symbols/)

Geometric forms are the handwriting of creation presenting divine Law and Order and the ultimate in organization and perfection in all the Universe. They are the building blocks of the Universe.

The Balancing Program in phase #1 works with these three Symbols:

The CIRCLE with a DOT in the center,

The CROSS,

The TRIANGLE.

These three geometric symbols are said to be the first forms through which the universe came into existence. Please be aware that there are several levels of interpretation of the symbols and the meanings are given by the ancient sages throughout times past.  The purpose is to unlock the Higher Intuition of the student as the student comes into more personal contact with the symbols through meditation. Consequently, as the various meanings are discussed, please activate one of the keys to your own Higher Intuition to start the process of expanding into the possibilities of your own life’s mysteries—those not clearly understood by you as yet.

THE CIRCLE AND DOT:

The circle represents the Cosmos and the outermost edge of all creation. The dot itself, in this instance, is creative force—the invisible Sun, Sun of Suns, Light of Light. The dot within the circle represent our Universe.

The Cosmos mirrors itself in ALL the Universes including the smallest atomic particle. The dot indicates the Sun-creative force of the Universe while the circle reflects its outermost limits.

At an individual level, the dot represents our innermost spiritual core of Being—the Spark of Life and is the First Ray of the Seven Rays of Energy.  Our personal circumference extends far beyond our Aura and includes our Esoteric, Mental, and Emotional vibrational selves. One again remembers that, within the circle, we are a creative force without limits and the mysteries to be unlocked reside within ourselves.  The dot within the circle also represents the Will aspect of the Creator who is described in biblical terms as “The Father who art in Heaven.”

THE CROSS

On the solar level the cross represents the SUN. While, in the highest context of creation, the symbol is the SON, the “CREATED”. On all levels, the vertical line represents SPIRIT descending into MATTER, with the horizontal line representing MATTER. Always, at the center of the cross, is the point of CONSCIOUSNESS which is the SON/SUN.

In sacred geometry where two equal circles are placed overlapping each other’s circumference, the points of intersection are called Vesica Piscis. Superimposed upon the Flower/Tree of Life, we look at the first relationship that becomes visible as we come out of the Great Void.

In relation to the Seven Rays before the Throne of God, the CROSS symbol represents the Second Ray of the Seven rays of Energy.

On the Kabballah tree of Life, the symbol of the CROSS belongs to Chokmah and is called Wisdom.

THE TRIANGLE:

The triangle is the first and the simplest of all linear figures.  It manifests in all creation as Mercury, Sulfur and Salt. From one perspective, it is the Mother aspect of the FATHER/MOTHER/SON trinity. It represents the FORM aspect of CREATION from its most finite to its most infinite forms.

In relation to the Seven Rays before the Throne of God, the TRIANGLE symbol represents the third ray.

On the Kabbalah tree of Life, the symbol of the TRIANGLE belongs to Binah, and is called Understanding.

PLEASE NOTE: The symbols should be approached with an attitude of reverence such as we exhibit when we enter into a mosque, synagogue or a chapel to pray. The intent should be that of devotion and a dedication to that which is holiest – the purest, Divine essence within us.

# SOME [**Frequently Asked Questions**](http://balancingprogram.org/frequently-asked-questions/)

1. What is the Balancing Program?

The Balancing Program is a comprehensive training program designed to raise your awareness and intelligence on all levels. We believe you can raise your consciousness and achieve your full potential through our process.

2. Is there an age limit for The Balancing Program?

No, there is no age limit for The Balancing Program. We have used shadow boxes to work with babies on the program. We have also had many people on the program who are over 80 years of age.

3. What does being “in Balance” mean?

You are “in Balance” when your Emotional Coefficient is “locked into place” at a measurement of 1/10th of your Mental Potential measurement. Once these energies are “locked”’ in that harmonious union, they can thereafter move up together.

4. What happens if you stop the program too soon?

In almost every case the Emotional Coefficient will go back down to where it started. However, things will not simply go back to normal. You have experienced life at a higher level, and are bound to feel a sense of loss at now returning to a lower level of awareness.

5. How long does The Balancing Program generally take to complete?

People must move at their own pace. In most cases one can expect to be Balanced in in about 36 months. Seldom has anyone become “locked and balanced” in less than this time, and many people do not achieve this momentous experience until they have diligently meditated on the symbols for 48 months. Just as a child must grow, so must the consciousness of the individual and this requires time and spiritual growth. There is no ‘fast food’ equivalent to obtaining spiritual maturity.

6. What happens after Balancing?

The process of growth continues, although at a slower pace than before you were Locked and Balanced. However, you will continue to notice changes in your comprehension, capacity, expression, and in your sense of peace and harmony with the world. The Mental Potential and Emotional Coefficient may not move to a higher level, but the inner growth to achieve the new level of expression will continue to expand.

7. How will your being Balanced effect others around you?

The result is very positive, with the “ripple effect” allowing others in your vicinity to have noticeable improvements in their emotional patterns and in their lives simply by being around you.

8. What do I need to do?

Our time-honed process involves meditation and focus for 15 minutes per day on sacred geometric symbols.

9. Must the symbols be done in some systematic order?

They must be concentrated upon in the manner we explain in The Balancing Program. You will be guided in your path by our staff who is always here to assist you. You will not be alone, nor should you be. We have known people who tried doing the symbols on their own, but found that they needed assistance to follow through and needed support to monitor their progress effectively.

10. How soon will I see positive changes?

Most people on The Balancing Program report observable changes within the first two months of starting to concentrate on the symbols.

11. How much time each day must I invest in doing the symbols?

Only 15 minutes daily is required. It is most desirable if the concentration is done at approximately the same time every day.

12. Can I meditate on the symbols more than 15 minutes per day.

Yes, there is no adverse effect from increasing the time you spend in meditation. However, like a glass being filled with liquid, each individual can only process information to the level they are presently ready to grow at the present time.

13. Do I need to listen to music while meditating on the symbols?

No. However, many people find it relaxing to have background music on while they meditate. For other people, the music acts as a deterrent to their focusing on the symbols.

14. How do the symbols work? Why do they produce the results that occur?

The symbols are truly powerful. It is important to stress that it is the geometric form, which accomplishes the results. The symbols are very ancient and have been referred to for centuries but have apparently not been used in this sequence and relationship since the time of Pythagoras.

It’s as though they reach into the higher frequency energies of the universe and turn on a tap to let that higher quality energy flow into your being. The first symbol reaches to a very high level or frequency and brings energy into the realm of mind or mental activity. The second symbol, again reaches to a very high level and brings energy into the feeling aspect of your personality. Then, the third symbol brings in a magnetic force, which seems to “pull” the other two energies closer together. Since the Mind aspect is higher and more powerful, it acts to pull the emotional aspect UP AND INTO HARMONIOUS ALIGNMENT WITH THE MIND ASPECT.

If people attribute an idea, a word, or a thought to the geometric form, the symbols can only reach up as high as the frequency of the thought, which in essence, is rather limited compared to the power available just from the form. In other words, assigning words or meaning to each of the symbols acts to limit the source of energy you contact. It means that the energy will not be coming from as high a level or frequency as it would if you merely focused on the geometric form.

15. Once Balanced and Locked, does that act as a limitation on our development?

Locking does not constitute a limitation. Many people who have been checked after a few years have been found to be higher on the scale than they were immediately after they were Balanced and Locked. Quite a number of people have chosen to continue the Program (symbols) after they are Locked. Those who continue the symbols have moved up in their Mental Potential number quite slowly but steadily, year after year.

The observations about those who have shown continued growth has enabled us to verify that there always continues to be new insights, new perceptions, and broader horizons.

16. Can this be measured?

Yes. Since the inception of the program, there has been a process of measuring people’s overall status at the beginning of the program, and measurements can be updated as you progress. However, the real “measurement” of the program’s effectiveness is how you move in the world, not the diagnostics provided.

17.  Once I’m locked and balanced, can I “fall back” to an earlier measurement?

Generally speaking, once someone is locked and balanced, they do not revert to an earlier status. However, major traumas, such as terminal illness, severe unethical behaviors, divorce, bankruptcy, or uncontrolled and sustained periods of anger can cause one to become “unlocked.” With a return to diligent meditation on the symbols, one can regain their locked and balanced state after a period of several months.

18. Is there anything else I can do to reconnect with my own inner wisdom, to find my own answers, and to rediscover those powerful moments of choice out of which lasting change grows?

Whatever your circumstances, goals or dreams might be, the bottom line is that once you start the Balancing Program your life is in transition. While you are engaging in the balancing process, you may find it useful to have a trusted advisor, coach, spiritual teacher or therapist to assist with transitional issues that may arise.

It may be helpful to consider the following questions :

What are your challenges?
Are you ready to create more balance in your life?
Are you ready to improve your personal or business relationships?
Are you ready to make real and positive changes in your life?
Are you ready to find and live your life’s purpose?
Are you ready and willing to overcome self-limiting beliefs and behavior?
How would you feel if your life were just exactly the way you wanted it to be?
Would you like to reach beyond where you are at, and to your highest potential?

If you’ve been putting off, putting yourself first, and coming into alignment with your truth and your highest potential…then without doubt, the time is now!!

**How the Process Work**

