

The Three Pillars

Finding Balance and Renewal in Everyday Life

“I am the ultimate multi –tasker. I can arrange parties, text friends, run carpool, cook, work part time and after I get the kids to bed I can_____. Fill in the blank. Then, I get up again the next day and do it all over again. “ Sound familiar?

I hear this scenario over and over from my clients. The dilemma is how to get out of the craziness and off the treadmill. It is as if time and events are managing you, disabling your ability to solve problems, or even carve out a few minutes for your-self .

As human beings on Planet Earth we are interconnected. We are wired with three pillars: physical, emotional and spiritual. If we do not attend to one aspect of this precisely balanced triangle, then like a house of cards, it can all fall down. Journaling can be one of the most important centering tools available to help you maintain this delicate balance. Downloading the overwhelming thoughts and feelings that pre-occupy the mind not only changes your chemistry but helps to clear the space for you to focus on what is most important in your life or solve one of life’s many problems.

In my book, ***Journaling Through: Unleashing the Power of the Authentic Self*** I identify a three part process to assist you to journal through the events in your lives that have become unmanageable. Whether the event is finance, children, some type of loss, or simply a situation that you feel has gotten out of control and causes stress, this template will help you take defined steps to sort it out.

As a busy parent you don’t have time to add a lot more to that already bursting schedule. Journaling is a process that can be incorporated into “your” schedule. Using these three simple steps journaling and writing out answers that you pull from within will give you the insight to regain a balance of your three pillars. As you clear the emotional body you tap into the renewed energy and reserves to fuel the physical and free thoughts to focus on the spiritual parts of the triangle.

Template for Journaling Through Any Situation

1. Identification of the Situation:

The first step toward the resolution of a problem or situation is to **clarify** the situation. Sometimes we minimize problems or are in denial that a situation exists. We cannot change anything until we understand what we are actually dealing with. As we identify the situation, we can become aware of the enormous range of feelings that it is triggering. We must acknowledge the changes this situation has caused in our lives and the effects on our physical, emotional, and spiritual bodies.

1. Identify your situation, such as a loss of a love one, finances, relationship, addiction, etc.
2. What are the emotions, thoughts and behaviors this situation triggers?
3. What are the changes that have come about in my life because of this situation?

2. Integration and Reformation of the Situation:

Recognition and acceptance of where you are now is essential to understand how you can integrate this lesson into your life in order to enable you to move forward toward the next step. Begin the process by examining the beliefs that possibly limit your ability to grow from this experience and the wounds this situation is challenging you to explore in yourself. Write an alternative course of action that could help this situation. In this stage we are committing ourselves to a new relationship with our self and the Divine, exploring what the next steps are to move forward.

1. What beliefs or behaviors is this situation challenging me to explore in my -self?
2. How has my life changed in relation to my environment, my relationships, and my spirituality?
3. What are some of the small steps I can take to respond to my new environment?
4. What intentions can I set to help me respond in a different way?

3. Reconstruction/ Metamorphosis/ Transformation of the Process or Situation:

Try to understand how this situation or experience might be used as a tool to change some of your beliefs, thoughts, emotions, behaviors, and actions. Instead of resistance, accept the situation as a vehicle to develop the underdeveloped parts of yourself. Finding meaning in difficult situations awakens us to the process of becoming alive again. How could this situation be perceived differently and change the story – and the outcome? Allowing yourself to be responsible for your life opens you to a new level of consciousness, which joins with the transformational power of the mystical presence of God.

1. What has shifted in my beliefs or perceptions or consciousness as a result of this situation?
2. How will my life be different going forward because of this situation?

3. How have my spirituality and my way of being in the world changed because of my situation?

And remember, as you journal to download thoughts and feelings you are changing your chemistry and creating new thoughts to take you and your life to the next level -regaining the balance of your three pillars. You don't have to leave home to grow and expand - every situation is an opportunity for growth. .Enjoy the new person and the potential YOU that is being renewed, balanced and energized through the amazing process of journaling!

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