

## MAY 2007 - ABOUT BALANCE

While pondering on just what to write in my second Latest News, I realised that there is a thread that is common to all the clients I see. They all need help coping with the stresses of our modern, so-called civilised society. We are constantly bombarded with new technology and, as fast as we try to keep abreast of it, it's superseded.

Then, in the evenings, there's the news on the TV. Night after night I watch how unbalanced society, in general, is. No wonder the average person struggles to retain a sense of balance within this world. Which brings me to the A, B, Cs of my last newsletter.

And, yes, the most important of the three is Balance. Because if you are out of balance it's harder to maintain a positive attitude and downright difficult to remain in control.

So I decided to talk about my holidays spent kayaking around the outer islands of Fiji, in which my wife and I joined other members of our bushwalking club. The kayaking itself was fantastic. But it was the local culture obvious in the villages we paddled to that I found so interesting.

The sun comes up. The sun goes down. The coconuts grow on the trees. And there are fish in the sea. They grow vegetables and feed their hens (or 'chooks', if you're an Australian!) and their pigs. There's no rent, no rates, 'body corp' fees or mortgages to pay.

Their community is extremely family oriented and they spend a lot of time helping one another. They have a very deep Christian and spiritual belief system. There is no alcohol to disrupt and bring disharmony. Yes, they have the local Kava, but it seems to have a calming effect, if anything. Most notable of all, everyone has a smile on their face.

After my week of tranquillity, I felt much more balanced within myself. Yes, I know that I'd just spent a week in paradise and we live in a very different world day to day. But there's still a lot that I took away with me ... and I hope my words will help you too.

Even though we're 'stuck in the rat race' and can't easily walk away from it, we can change how we think and feel about it. We can stand back and use the information to put a truer perspective on things.

The messages the media constantly bombard us with are only sales spiels. Keep up with - or doing better than - the neighbours won't keep us happy. We, or the kids, don't have to have the latest gadgets in order to survive. We can only sleep in one bed at a time ... wear one set of clothes at a time. In order to be safe and happy, we actually only need three meals a day.

My suggestion to you is to bring balance into your life by putting material desires into its place ... second place. Then sit back and assess what it is you really want. What it really will take - deep down - to make you happy ... what will bring true contentment.

And, then, focus on it. Because what you truly believe in and focus on will happen.

Till next time

Roland James

