

FINDING Love

Part Two – Maintaining Sacred Balance

By Rev. Nina Roe



“Balance” is one of those words that summons mixed emotions. I hold it in high regard, although the only time this sneaky noun comes to my attention is when I’m not balanced. The faint whisper of “balance” or the loud scream of “BALANCE” mean I have tossed my equilibrium aside and I have work to do. It means I have somehow decided that my connection to one or more aspects of who I am aren’t a priority. It means I have let my self-care rituals for my physical, emotional and/or spiritual wellbeing slide leaving me in a wobbly and precarious state. It means that any stress or challenge floating my way could send me plummeting into the wild abyss of chaos, frustration or sadness. It means I need to set aside any other tasks at hand and render restoring balance my number one priority.

So why is maintaining a state of balance such a fine art and so critical? This is a wonderful and challenging world we live in. Everyday, the vast majority of those living in the US have more choices than you can shake a stick at. We have so much freedom we literally don’t know what to do with it and for many of us these choices cause stress and distraction.

We can get in our cars and drive in any direction (okay, borders and oceans excepted.) We can go to any one of the mega malls nearby and shop at a store that is mostly pink, or jungle themed, or high-tech streamlined, or has red doors. We can pick up a cell phone and connect with anyone, anywhere at anytime. We can press a few buttons or power up a laptop and be entertained by anyone of the hundreds of Hollywood actors; and if they don’t tickle us, then we can watch regular Josephine battle regular Desiree to be America’s Next Top Model.

The choices we face make it hard to “see the forest for the trees.” If we skid to the left with caring for our physical selves by neglecting the need for exercise, fresh air and the consumption of foods that nourish, the result can be a body we dislike possibly hosting a range of allergies, sensitivities or diseases. If we skid to the right with caring for our emotional selves by doing the things that join us together and bring us joy everyday, the result can be loneliness and depression. If we slip down the center crack with caring for our spiritual selves through prayer, music, meditation, yoga, or whatever connects us to that powerful chord of self-Love, the result can be apathy, isolation and despair.

Each of us has a path of service, a reason for being here. All the choices we have in our world are wonderful, so long as they don’t cause us to skid left, right or slip down Alice’s rabbit hole. It takes work and dedication to first of all figure out what routine keeps you in balance. There are no two paths that are the same. Then secondly, holding steadfast to that routine because you love yourself, because you care.

My angel friends have recently guided me to a no-wheat, no-dairy,

no-meat, no-sugar diet. May sound like no-fun, but as drastic as it seems, it’s actually fine because I feel better and I love my fruits, veggies and grains. Fine that is, until I go out for dinner. I was recently in a restaurant where there was one thing on the menu I could eat – a dinner salad. Everyone around me was enjoying all sorts of delicious choices: pizza, meat, pasta, you name it – all America’s comfort foods. I was tempted to turn my back on my divine instructions and say “forget it – I’d rather exercise my right to choose and side with your red skinned, fork-tailed counterpart”, when I heard a little voice ask “Do you love yourself enough to say no? Do you love yourself enough to only eat what nourishes you?” Of course, what else could I say but “YES?!”

Finding and maintaining balance is all about making the choice in the moment that consistently answers Yes to the questions of “is this what the Angels would choose for me? Is this how I love me?”

When my fresh, green serving of happiness was placed in front of me, I smiled within because I was connected to the Love I have for me. There was no teetering. There was no tottering. I felt balanced physically, emotionally and spiritually.

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