

## **A Message from our Editor, Issue #20 - Balance**

Written by Jeanne Ohm, DC

Monday, 01 December 2008 00:00 - Last Updated Wednesday, 22 January 2014 12:28

---

### **Balance**

There is a tendency in all of us to allow our emotions to lead us to states of elation and despair. An experience comes our way, and we often judge that experience as either good or bad, up or down, happy or sad. When we allow ourselves to judge, we enter into a state of polarity. It is important to realize, polarity seeks balance. Very often after a day of high elation, we have a day of low despair. I have become so much more conscious of this in my life and I now recognize that the swing from one emotion to another is a means of keeping me in a state of balance, extreme though it may be. I have also realized that if I do not allow myself to entertain these polarized emotions, I maintain a greater overall state of ease.

In the holistic perspective of health care, there is a lot of emphasis on maintaining this balanced state of being. We recognize the need to have balance in our nutrition, our body movement, our spine, our breath, and our ability to produce and rest. In the holistic perspective of health, we also emphasize the importance of balance in our emotional being and its direct relationship to our overall well-being. Balance in our emotions leads our entire being to a state of ease, a consciousness of trust and ultimately an easier environment for healing and wholeness.

# A Message from our Editor, Issue #20 - Balance

Written by Jeanne Ohm, DC

Monday, 01 December 2008 00:00 - Last Updated Wednesday, 22 January 2014 12:28



LETTER FROM THE EDITOR, JEANNE OHM, DC

There is a tendency in all of us to allow our emotions to lead us to states of elation and despair. An experience comes our way, and we often judge that experience as either good or bad, up or down, happy or sad. When we allow ourselves to judge, we enter into a state of polarity. It is important to realize, polarity seeks balance. Very often after a day of high elation, we have a day of low despair. I have become so much more conscious of this in my life and I now recognize that the swing from one emotion to another is a means of keeping me in a state of balance, extreme though it may be. I have also realized that if I do not allow myself to entertain these polarized emotions, I maintain a greater overall state of ease.

In the holistic perspective of health care, there is a lot of emphasis on maintaining this balanced state of being. We recognize the need to have balance in our nutrition, our body movement, our spine, our breath, and our ability to produce and rest. In the holistic perspective of health, we also emphasize the importance of balance in our emotional being and its direct relationship to our overall well-being. Balance in our emotions leads our entire being to a state of ease, a consciousness of trust and ultimately an easier environment for healing and wholeness.

There is a Buddhist story that offers us a lesson in choosing our responses in a more holistic and balanced way...

There was an old farmer who lived in a small village. One night the farmer's only horse ran away. The next day the farmer's neighbors lamented, "What great misfortune has befallen you?" The farmer only replied, "Maybe yes, maybe no."

The following morning the farmer awoke to find that his horse had not only returned, but had brought back 4 companion horses. The neighbors all rushed to congratulate the man on his great luck, to which the farmer simply replied, "Maybe yes, maybe no."

The next day the farmer's son tried to ride one of the foal horses, but he was thrown off and broke his leg. Having heard the news the neighbors sympathized, "You will surely become poor now as you have no one to help you on your land! How terrible!" The old man smiled and said, "Maybe yes, maybe no."

The following afternoon a conscription officer of the army came to the village recruiting all young able-bodied men to fight in the war. The farmer's son was passed over due to his injury.

In the holistic perspective of health, we are encouraged to look at the whole situation, and not merely judge a symptom and try to eliminate it. We are guided to make choices from a greater perspective of wellness, a perspective that draws us away from the limitations of judgment and fear into a more balanced consciousness of trust, confidence, and ease. It is this consciousness that allows us to have certainty in our innate ability to heal and be well.

As the man in the story, we should refrain from emotional judgment and allow for the bigger picture to unfold. It is a powerful lesson for us in healing and maintaining a state of balance and wellness. Author Eckhart Tolle tells us, "The moment that judgment stops, through acceptance of what is, you are free of the mind. You have made room for love, for joy, for peace."

We wish for you to find a greater sense of ease and peace for your family as you explore our family wellness articles and resources.

Many Blessings,  
Jeanne Ohm, DC



This article appeared in [Pathways to Family Wellness](#) magazine, Issue #20.