



BALANCE YOUR LIFE NOW!

Ignite your life with happiness,
fulfillment, love and full self expression.

*Includes
Action
Guide*

Julie Renee Doering

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Balance Your Life Now!

There are eight essential elements to living your life in balance. When you embrace these vital fundamentals and keep them in a fulfilled state you will experience your life in a profound state of satisfaction and ease.

Often when your life is off kilter, you have put all of your energies into just a couple areas of the balance wheel.

It's also fun to see that you can take your life back. When you get responsible for how life shows up and bring just a little more satisfaction into each area of life you begin to feel powerful beyond measure and truly unstoppable.

Two years ago Sharon started doing life coaching sessions with me. She is an American born Asian woman with very traditional Asian parents. She had made a mark for herself in the New York fashion industry, but decided to return to San Francisco to spend some adult time with her aging parents. She had a few personality quirks that she was embarrassed about. She found herself often critical and judgmental. "I have all the money I need, but I spend so much money on clothes I don't really care about." Her life was unsatisfying and she truly didn't know why.

We began working on the balance wheel. At the same time, I suggested she read "The Four Agreements" by Don Miguel Ruiz. While working together, we discovered that she felt her life was void, without meaning or purpose. She questioned her career, her friends and her entire life style.

Gently, we worked the balance wheel together. Step by step, she committed to small changes and shifts. These shifts continued to bring her satisfaction and joy in each area. She began an extensive training as a yoga instructor, her friends started shifting and some old friendships faded while some healthy new ones emerged. She implemented new meaningful practices in her daily routines. Sharon was waking up from the sleep of an unconscious lifestyle. She was making powerful choices to be the captain of her ship rather than let the current take her where ever a rudderless life goes.

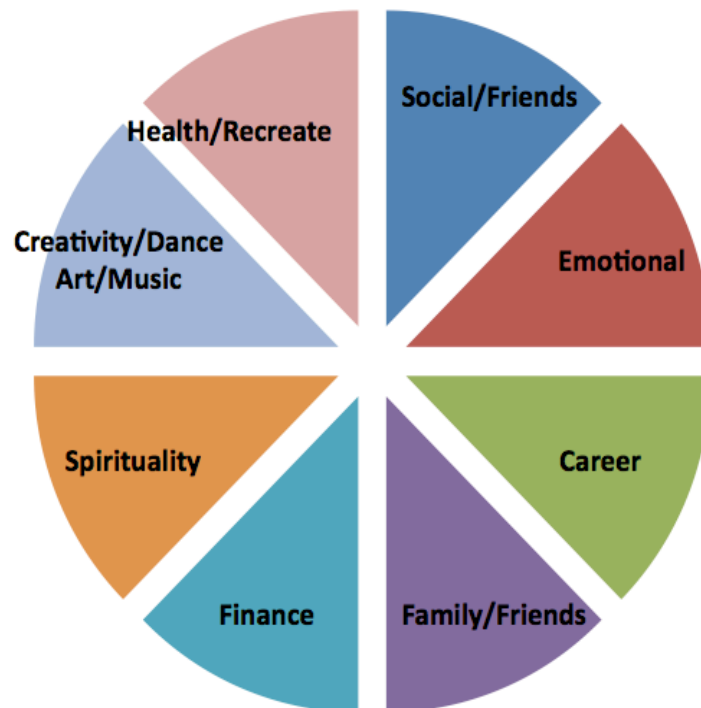
When Sharon graduated from her coaching experience she emanated joy and peace. The aspect of her personality that was frustrated and judgmental had calmed. Her love and gratitude vibe had greatly expanded. "I had no idea how unhappy I really was" she told me. Her life had turned around 180 degrees. She was now embracing a future of intimate friendships, purposeful livelihood and a new energy signature in the love vibration!



In the following pages you will discover the secret of true and profound happiness. This information is priceless. Don't be fooled by the simplicity of the process. This really is the answer to a content, fully self-expressed life.

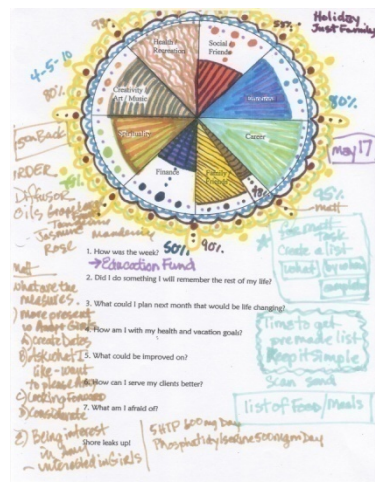
Grab a marker and a piece of paper. Draw a circle, and divide that circle into a pie with 8 segments.

In the upper right segment, write "social and friends".



Element One: Social & Friends

Let your mind search through your recent history. Bring into focus the sense you have of your social life. When you think about your social life, are you feeling fulfilled and happy? Are you connected with friends who are positive and fun to be with? Are you feeling like you are often in your tribe, the social group where you feel like a 'pea in the pod'? Get a percentage of satisfaction level in mind. Very happy and fulfilled might be 90 or 100%; very low satisfaction might be 10 or 20%.



Does your social life have a place of prominence? Are you making sure you are having some relaxed, easy moments as you go through your week? Living life in balance requires you have an excellent relationship with friends. Statistics show that we age better with a sense of connection in community.

Why is it important to have a social life? We, as humans, were meant to experience relaxation and joy in the body. Our bodies gain courage and strength from those easy happy times. Those happy moments are the emotional fortification we need for when tough times come our way. You can weather stress and challenge with little interruption to equanimity when your emotional bank of happy moments is well stocked.

What is your social behavior policy? Are you set to have relaxed happy moments out in the world several times a week? Do you know and feel the importance of this activity? Some families have a policy related to working hard, being self sacrificing or denying social pleasure unless it is well earned. If you have come from this patterning you may not realize that working in overdrive and placing your social activities at the bottom of the list may affect you in the most adverse ways.

Some problems that might show up if you are ignoring your social life

- Overly critical of family members and self
- Lack of constructive communication styles
- Overly self-identified
- Short temper
- Depression
- Bland affect
- TV addiction
- Lung and digestive problems

Signs of having a good balanced social life

- Sense of connection

- Support
- Camaraderie
- Good sense of humor, laugh easily
- Resilience in difficult times
- Increase in satisfaction levels with inner and outer expressions of self

Do you reside in your happy life with a good balance of play time with friends?

Draw a line in the first segment of your wheel that identifies your satisfaction level in present moment.

Balance in this area does not mean that you are doing things with your friends around the clock, 7 days a week. Although satisfaction levels are unique to each individual, a good guide for testing if you are in the ball park of living life in social balance would mean you are spending about 10-20% of your time enjoying life with other people.

What you are looking for is personal satisfaction. Anyone can raise their satisfaction level to 100% over a period of weeks. If you are feeling a bit low in this area, you can create some action steps to elevating your contentment point.

Here is a short list of activities that you could take on to feel deeper levels of connection and ease

- Meet a girlfriend for tea
- Hook up with a buddy for mountain biking
- Throw a dinner party and invite folks you'd like to get to know better
- Catch a baseball game with friends
- Rally friends for a night of dancing
- Join a meet-up group that is focused on your favorite special interest
- Plan a monthly girls night out and go see a romantic comedy
- Invite all your musician friends over to jam in your living room
- Go camping with other families or friends from school
- Assemble for lunch or supper at a new restaurant.
- Plan a spa day with a few close friends
- Meet up with your sports enthusiast friends at a sports bar to watch the Super Bowl
- Attend a spiritual event and circulate
- Go to a concert or Ballet with associates
- Plan a beach day or picnic with the ones you love - bring a Frisbee

If you are in the minority of folks who are overly active and addicted to going out, you will want to create a plan for less activity. Perhaps you'll develop your filter for experiencing high quality activities and reducing your overall number of activities. This selectivity will elevate your satisfaction. When you are overly busy with social activities, you will find your satisfaction level low because you are over stretched. You may often

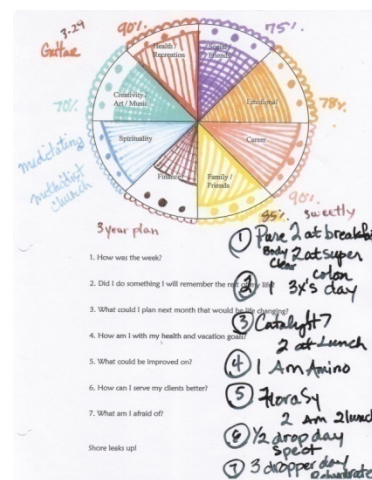
be participating in an activity without embracing the joy in it. We need both movement and rest, but too much of either is not a good thing. If you are in overdrive with your social life, take a look at where you are getting the good stuff from. Leave out the activities that just seem to be wasting your time.

Element Two – Your Emotional Body

The second segment in the wheel is the category for our emotional body. 100% satisfaction in the emotional category reflects your feelings of living a blessed life; you are often in bliss and feel so grateful for everything coming to you. You have a sense of love and anticipation for the wonder and goodness of life. You live in a gentle flow of grace and ease.

Are you mostly in the state of bliss? Are you content, connected with the divine, and feeling that all is well in the universe?

Let yourself get in touch with your feeling body. Reach out with your thoughts into the recent past. What were the recurring feelings that came through for you this past week?



On the low end of the emotional segment is sadness, melancholy, depression and anxiety. At the extreme low ebb, we find 'bottom of the barrel' emotions: thoughts of suicide, ongoing pain and anger, jealousy and unrelenting self criticism. Sometimes folks get so low they wonder if life is worth living. If you find yourself in the low range, it is definitely time to start taking some action to improve your happiness and satisfaction.

Pick a number to rank your emotional body. There is a wide range for emotional contentment and ease. If you are under 50%, you will find that there is something else on the wheel that is also out of balance. If it is creativity, you may find that you are not spending enough time painting or dancing. Perhaps you may be out of balance in finance or recreation. When you are looking at true abundance, you are looking at an emotional segment that is pretty rockin'.

To get your feelings into the emotional range of over 75%:

- Notice all the good you have in your life
- Stop talking about poor behaviors of others
- Start talking about how loved and lucky you are!
- Keep a gratitude journal
- Create a bulletin board of all your happy adventures or all the wonderful cards you receive from those you love
- Send a love letter to an older relative. Let them know how much their life and examples have meant to you
- Volunteer at a soup kitchen or shelter
- Be a Big Brother, Big Sister or adopt a Grandparent
- Get out in nature, hike with a friend, go mountain biking or take a ski trip
- Babysit and have fun getting into the playfulness of life
- Forgive everyone

- Forgive yourself
- Plan a trip around the world
- Go dancing
- Dress up
- Turn off the TV
- Avoid violence
- Avoid sensational news and radio shows
- Listen to classical or mellow music
- Watch a romantic comedy or a really good documentary
- Find reasons to laugh! The average child finds 300 occasions a day to laugh while the average adult may laugh 3 times or less. Kick up your laughing quotient.
- Light some candles and enjoy a fresh bouquet of flowers
- Spend some time in prayer and meditation
- Journal

Helpful supports for when action is not enough

- If you have been in a low vibe for a long time, get a neurotransmitter test to find out if your serotonin and dopamine levels are high enough. Neurotransmitter supports are available from Neuro Science Labs at www.neurorelief.com
- Alternative products to improve brain chemistry are:
 - Essential oils: grapefruit, tangerine and mandarin quell anxiety and stimulate productivity. I like Amrita Oils.
 - Sam E, St John's Wort, 'Rescue Calm' and 'Field of Flowers' from Energetix
 - "Happy Hormones" CD for women and men through www.julierenee.com : If you are prone to mood swings, look into balancing your hormones
 - Experiment with herbs: Black Cohosh, Evening Prim Rose, Borage Oil, DHEA and Wild Yam Extract

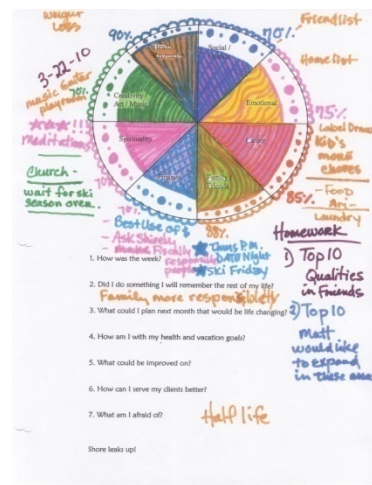
One of the sure fire ways to raise your satisfaction in this area is to start loving yourself the way you are. Praise and bless yourself for the little steps you are making. It takes courage and discipline to transcend an old pattern. You can do it! Remember a time when, against all odds, you rose to the occasion and took a stand for yourself. Do you remember how good it felt then? Use the memory of that experience to fuel your steps into pleasure and ease.

I encourage you to be the 'scientific researcher' in the area of emotions. Get to your happy space. Take little steps and be firmly focused on the happiness coming in. This area must be fortified for true peace.

Element Three: Career

Just under the midline on the right side is Career. 0% is dismal. If you are there, you are hopelessly lost. On the other hand, at 100%, you are in your dream job, making all the money your heart desires. The middle range is where you will find some satisfaction in your career, but you are not yet feeling aligned with your higher soul purpose or calling.

Slow and steady wins the race with raising the bar in career. Where ever you find yourself, claim that you are on your way. You are just looking for ways to make your career more embodied. If you are under 50%, you want to put some energy into that. "Book Yourself Solid" by Michael Port is a great book to help you on that path and get you on the road to that rockin' career.



When thinking about deep satisfaction with your career you will first want to get happy with your present calling. Think about what you are doing right now. What do you love about it? Why did you choose this position over all other choices? Do you enjoy the environment, the people you work with? Do you enjoy working for your Boss? Do you look forward to the tasks at hand? What areas of accomplishment do you enjoy at work?

When you are bringing your life into balance, you are not looking to blast your life apart. You are looking to gradually bring more satisfaction into your life. Eventually you might graduate to a career that you really have a passion for. First, you will need to raise the energy vibration of your relationship to work itself – this will allow you to bring in your true, fulfilling life's passion.

- How could you bring in more satisfaction to this area?
- Do you feel you are the best at what you do?
- What would you need to shift to make that last statement true? *
- How could you serve your clients better?
- How could you improve on fulfillment?
- Are you impeccable with your word?
- How could you contribute to the folks you work with in extraordinary ways?
- If earning large amounts of money would add to your pleasure and satisfaction, what steps would you need to take to make that happen?

If you are not in a high level of satisfaction in this area, you only have yourself to answer to. At any moment you could change your mind and create a new a thrilling livelihood for the fulfillment of your soul's calling.

experience. After the clearing, she returned to her family for her Grandmother's birthday celebration. Just as a side note, I had also been working with her younger sister, though she was not apprised of the clearing we had done for her older sister. The whole family had received the healing and for the first time ever the family members got along beautifully together. Chrissie, her little sister, called me after the fact to find out if I had anything to do with this phenomenon! "It was an absolute miracle Julie Renee! Everyone was talking to each other. We actually let our guard down and were really enjoying each other!"

Spiritual entanglements and how to clear them-

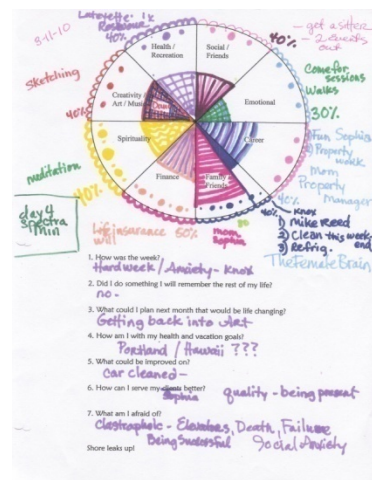
- **Contracts**
A spiritual contract is an agreement you have, consciously or unconsciously, made that does not go away until it is fulfilled. You could have said, "Let's grow old together" or it could be something implied: for example, you always knew your Mother expected you, as the oldest daughter, to stay with her and take care of her in her old age. So here we have spoken and implied contracts. Both can weigh heavily on you until cleared.
- **Agreements**
Agreements are very much like contracts. Some agreements may no longer have any validity but they may still play out like the voice of guilt always curtailing your full enjoyment of life or in a particular arena of life.
- **Energetic chords**
The first way we experience chords is when we connect in with our little bodies as a newly forming embryo. We first chord into our own little body and by the time birth takes place we are well chorded to our Mothers and perhaps our Fathers. This is really a life line for us at this point. Mothers are said to have a sixth sense; many times it's the open chord that is a clear flow of information to mommy about the safety and comfort of you her baby. Since that worked out for you as an infant, it often becomes a habit to chord into the ones you are close to. It is part of human nature. However, we really don't need to be chorded into anyone once we reach the age of decision and discernment. Leftover chords often need conscious unplugging to fully complete and clear.
- **Energy exchange**
When you have a strong emotion, whether it is love or hate, tenderness or anger, your energy goes into the person who you are having the feeling about. The energy from strong emotions goes from you into them and vice versa. I use a spiritual magnet to pull all the energy out of each of you and return the energy to its original owner. If you are no longer being treasured and have become somewhat invisible in relationship, try magnetizing your energy out of your partners. This really works in most cases. When you have too much energy in someone else's body, they no longer experience you as a separate individual.
- **Karma**
Karma includes all the entanglements from this life time and all the past entanglements from previous lives that were generated between you and your loved one. The bottom line is that we cycle through life times creating unresolved issues. We come back together in the hope that we will get it right. Sometimes we do naturally complete karma but, more often than not, we just add to the list of unresolved problems to fix in some future life. There is a meditation tool that clears this karma permanently!

If you would like to discover more about clearing energetic entanglements you will find several wonderful resources on my website including “The Definitive Guide to Karma Clearing,” the “Unlimited Love” Special Event and the Monthly Secret Keys audio series - www.Julierenee.com

Element Five: Finance

The next category is finance. This category includes everything needed to be financially balanced and secure. It is wonderful to have a good cash flow and to earn enough to support your healthy lifestyle, but often folks forget the other important ingredients of being fiscally wise and monetarily sound.

My youthful self was dynamically entrepreneurial. In high school, I had multiple streams of income. I earned money from babysitting, sewing bow ties for the boys in the Select and Chamber choir and I was a hostess at Burger King. In my teen years, I always had extra cash to lend my sisters when they needed a few extra dollars and I had a hope chest of treasured gifts from saving some money to take with me into marriage. At age 18, I married a farmer.



As the years went by we struggled financially with the family farm. The life style of daily chores and field work was an honorable and sacred path, but our financial life was dismal. I literally went seven years without a new dress or new shoes. My father would say, "He may not have much money but he is a hard worker." These were hard times filled with struggle and trying to survive but love was rarely present.

I sewed clothes for our children. The neighbors were always more than generous with providing hand-me-downs and extra food from their gardens. Somehow we got by.

I divorced at age 24 and was a young, very sick mother of three. I was ill- equipped to understand the big picture around creating financial security. Through a series of mistakes, I learned how to proceed and create a sound financial picture.

Mistake number one: after I secured two part time jobs working at Kentucky Fried Chicken and the North Hennepin Community College Library on a work study program, I filled out forms for a credit card! I had no furniture to speak of or home supplies to furnish my little apartment, so I applied for a number of credit cards!

Oh, my gosh, that was fun for a couple months. I bought what I needed and maxed out the credit cards; with the little money I was earning, I truly had no way to repay the debts. After some time of phone calls and small payments, I landed better jobs: waitressing at a classy Mexican Restaurant, Estebans, in Anoka, Minnesota and also working as a graphic design intern with the Minneapolis Police Department. Slowly, I chipped away at the unrelenting bills. The weight of debt caused me to feel over-alert and anxious. I don't remember feeling happy or content back then.

During my college years, I relied on the medical program available for students. I drove a wreck of a car with minimal insurance.

I had a checking account but no savings. When I graduated from college and went to work selling Real Estate I was able to round out the picture a bit better.

My learning curve and improvement in fiscal health was a long and winding road. I came to teach about abundance out of a real need to generate abundance. My early career as a farm wife, student, realtor and healer was smattered with endless health challenges. Days, weeks and sometimes years off of work to recover from surgeries and a serious accident truly wreaked havoc on my bank account.

When I was working, I would gain momentum and begin the catch-up process only to fall again from working and go into another health recovery cycle. I have always felt blessed and have somehow made ends meet, but actually I was homeless, at age 34, for one year. That was the year I house sat, and slept in the back of my station wagon when I had no house sitting gig. I needed to find a way to consistently bring in abundance. As you know, abundance isn't necessarily money. Abundance could be a living situation, food or loving friends.

I sought out to discover how I could be a living, vital magnet for all good. I studied in India and learned the chants to remove debt and manifest income. I read books on Feng Shui and learned how to transform my home and my spirit toward attracting all good. I learned about meditation techniques to magnetize abundance and all excellence to me.

Unless you are very fortunate and are trained in having a healthy financial life by your parents or teachers, you may have also learned from the mistakes and pressures of living in a (plastique) culture. Earning money is only one component of a complex picture for a dynamically successful life. Let's take a look at the other items you will want to put in place to round out the picture:

- 1.) **Income** from work or other sources: preferably, multiple streams of income.
- 2.) Conscious, functioning **Budget**. If you are currently in debt, establish a repayment plan.
- 3.) Two **Savings** accounts. One account for planned spending: things that are not in a monthly budget but that you know will come up during the year. A second account as your security account: six months of savings set aside if you should chose to take some time off or need to for some unexpected reason.
- 4.) **Retirement** fund and a retirement plan in place even if you don't plan to 'retire': funds in a 401k or IRA and a written plan of what you are intending to do after age 70 (or earlier).
- 5.) **Will and Trust, Durable Power of Attorney and Health Care Directive**

6.) **Insurances:** Home Owners (or Renters), Car, Health Care, Disability, Life

7.) **Home ownership** or savings towards home ownership

8.) **Read** a minimum of two good financial books a year to keep up to date with the changing trends.

9.) **Teach your children** to do these steps and pass the legacy of financial abundance on to generations to come!

To be brilliant with your finances, to be able to say with great conviction 'I am unbelievably blessed in my financial life', you need to embody the space of impeccability and honor.

The financial programming I grew up with went something like this "You don't need to know the ins and outs of the complete financial picture; a man will do this part of your life." I have struggled for years to get beyond that programming and truly enjoy the aspects of wealth and abundance that I so live ecstatically.

Four years ago I started affirming:

I am a Financial Genius and a Master of Money. Everything I touch turns to GOLD. I live in Divine flow. All goodness comes to me in Divine right order.

If you are just starting to consider these concepts and ideas, I would suggest choosing a good book to guide you as you uncover your Inner Money Master! I personally love Suze Orman's style and variety of skillfully written books and programs to get you in charge of your money. I like the idea of doing it yourself first. Take on implementing each step yourself. You can always tweak your information later with a good financial counselor, bookkeeper or accountant. If you learn it and implement these things first yourself, you will be unstoppable because you will understand the foundation. You'll build the foundation of your fortified financial life yourself. You can't be successful in building a skyscraper without a solid foundation. So if you are interested in playing big with money, learn these concepts well.

On an energetic level, I would encourage you to purchase the book "Feng Shui for Abundance" by David Daniel Kennedy. It took four months for me to fully integrate all the shifts in my home and work space that Daniel Kennedy recommended, and I am so happy I did. My financial flow and ease dramatically shifted. You can find this book and Suze Orman's books on my web page - www.julierenee.com/resources

Being right with your money gives you a chance to soar. You can be a true philanthropist. Having integrity with money allows you the freedom to travel, own the home and car you want and to live with freedom in your retirement years.

On your wheel, find your level of satisfaction based on the completion of the bullet points listed above. 100% means you have it all handled and 0% is being dismal.

Element Six: Spirituality

The next category is Spirituality. Naturally this is one of my favorite sections of the wheel. Spirituality and feeling connected to the Divine seems to be built into my nature. I love meditation, prayer, studying about many paths to the Divine and the Devotional path to being present to the Divine.

100% is feeling really rockin' and connected with the Divine. For some, it may mean going to church or having a regular meditative practice, etc. 0% is feeling that you are blocked in your connection with the Divine.

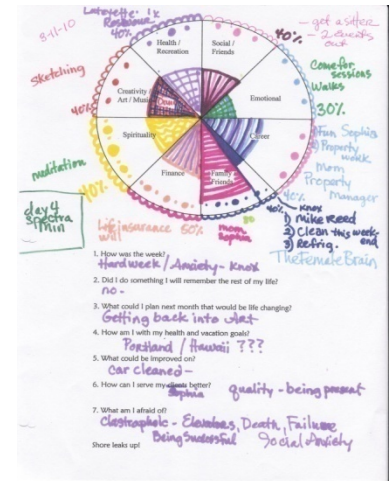
I have always loved God. In my childhood, the God of my heart was Jesus. I was raised in a traditional German Lutheran home in Minnesota. We prayed at the table and had daily scripture reading. My church, Holy Nativity Lutheran Church, was really my second home because I was there so much. I sang in the choir, was active in the youth programs and lead the youth services. The pastor at my small suburban church, Pastor Pete (Ronald Peterson), was my mentor. He was a charismatic preacher who loved serving God. His compelling message packed the pews to the brim, then chairs were added and finally people stood outside the door to hear his sermons. I read my Bible daily and breathed the word of God in my heart.

When I married at 18, I continued my intense activity in the church. I became a youth counselor, participated in the choir, women's circles and a Sunday school teacher. I loved the activities of the church and I loved the God of my Heart.

When I became terminally ill, it became clear to me that the dysfunctional dynamics of our marriage were unhealthy. A large contributing factor for the breakdown of my health was the profound unhappiness I experienced in the marriage. At the time, it was my belief that divorce was an unforgivable sin; after painful consideration, I did leave my husband. When I filed for divorce, I was asked to leave my church.

The pain of that day affected me for years, but the blessing hidden in the event revealed itself a few years later. As a spirit seeker, I could not stay away from the love of God. I found unique ways to feel the presence of the Divine and out-of-the-box experiences that led me to my spiritual quest and transformation.

I reached out into my new community and discovered the Aquarian Light Church, Lake Harriet Community Church and Unity. My heart began to heal and open. I was no longer on the single track of one religion, but my spiritual path had begun to open in ways I could not have predicted. I began to travel to South Fallsburg, New York to sit with Gurumayi at her Ashram.



Then the door opened full wide and I stepped off the precipice to my awakening. I found myself on a spiritual pilgrimage in India, traveling with a holy Man and learning the ways of a Pujari (Priestess). I studied with the young Brahmin priests and learned Vedic scripture, a rite reserved only for men.

I went from my youthful experience of God through organized religion, to the expansive experience of the Mystical, all and ever-presence of Divinity. I did not become a Hindu; I expanded my awareness to reach higher to the cosmic oneness of all and everything. I was no longer trapped in a belief structure. I had moved to a gloriously free and open exploration of all the beautiful ways humankind experiences the Divine. The world became simpler and the experience of Divinity could be experienced now, in every moment!

Healthy Spiritual Life; Simple and Easy

- Pray and meditate daily
- Be connected with others in spiritual community
- Practice kindness and generosity of thought
- Have an Attitude of Gratitude in all things
- Bonus: Make God Your Partner!

Element Seven: Creativity, Art, Music, Dance

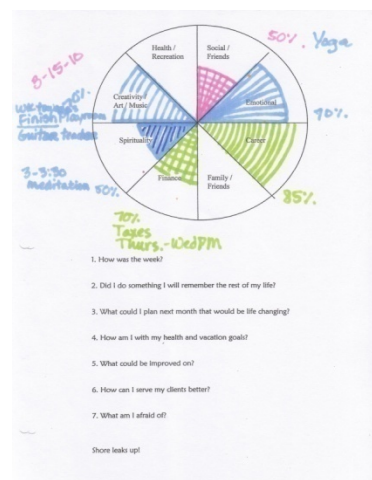
Creativity/Art/Music/Dance is the next segment. This is food for your soul. You, as a being, need to create. We were created in the image of God, Creator and we have the gift of creating if we maintain open creative channels.

In your physical body, you have creative channels running from your heart, flowing through the shoulders, arms, hands and out the finger tips. These channels can stay tuned up and open by creating. The creative chakras are the second and fifth. The second chakra is about creating on a physical level and includes the miraculous process of pregnancy and birth. It is from this chakra that our physical projects are made manifest.

Projects from the second chakra include but not limited to:

- Painting
- Sculpture
- Dance
- Gardening
- Creative cooking
- Home decorating
- Playing the Harp (or any instrument)
- Sewing
- Beading
- Embroidery
- Carpentry
- Wood carving
- Basket weaving
- Jewelry making
- Ceramics
- Stage design
- Pottery and clay works
- Print making, lithographs
- Hand book binding
- Making handmade paper
- Quilting
- Crocheting
- Drawing, doodles, sketching
- Stain Glass

The fifth Chakra is the chakra of communication. Creative expression from this chakra can include:



- Poetry
- Creative writing
- Story telling
- Opera singing
- Vocal presentation
- Inspirational speaking and reading aloud

To turbo-charge your ability to manifest on the spiritual realm you need to incorporate your 'creator god in training' status. Creation is the way in which you express yourself beautifully.

Creating is God's gift of healing through our essence; leaving the mind out of the equation, we move out that which has settled in our body. Think about a time when you were in the zone of creativity. What did you create? What did you release? What did you become aware of?

In my spiritual life coaching practice I occasionally hear, "Oh, I used my creativity to design a new accounting system". Although this may in some way be mental creativity actually, I am looking at the kind of creativity that will keep your channels open and your joy factor high.

By doing a little of this every week you will notice a sense of well being in your essence. This is because creativity gets you into a relaxed flow and a state where the mind is not badgering you to pay attention to all the things that constantly call you away from your essence. The happy endorphins are released into the body's chemistry and you feel what you were meant to feel and enjoy - a happy, calm body.

Please don't stress, if you are not naturally a creative person. We are looking only for about one hour a week of creative activity. It's not going to be full time unless this is your career. If you are getting an hour or two a week on something creative, that counts, that's good.

That might be enough to provide the satisfaction you need, others may require more. This is one thing my students often think they can let go and still succeed. Creativity is the frosting on the cake of your life! The cake may be okay without the frosting but when you add just the right amount it becomes oh so very sweet and delicious.

If you are finding that your emotional life is a little out of whack, it may be because you are not getting enough creative expression and the creative channels are blocked.

Element Eight: Health & Recreation

The final segment is health and recreation. What is included in this section is a healthy lifestyle. It reflects your commitment to living life in a healthy, happy body with great ease and vibrant wellness. The four key players here are:

- Ecstatic Exercise
- Nourishing Nutrition
- Captivating Vacations
- Rejuvenating Rest



Ecstatic Exercise

When I refer to ecstatic exercise, I am referring to a way of moving your body that brings you joy! When I was in recovery from my accident, I chose to do restorative yoga in my bed. Having always loved yoga, this was a naturally joyous experience. In vibrant health, I love working out with the Power 90 Extreme and running 20 miles a week. There is no right way: just your way, until you find another.

Nourishing Nutrition

Feed your body with life-giving foods and nutritional supplements that support your energy, vitality and strength. There are many wonderful healthful ways to eat. I loved reading the “Slow Down Diet”, by Marc David, last year.

Welcome to your full self-expression guide book.

This work book is meant to be used over a period of weeks with the intended goal of bringing life into more balance and full self-expression.

As you progress through each week you will be working on filling out the balance wheel so you each week are feeling more satisfaction in all 8 areas of life.

- Financial
- Spirituality
- Creativity
- Health and recreation
- Social and friends
- Emotional balance
- Career
- Family intimate friends

Each of these areas is addressed in your Balance Your Life Now book and you are given suggestions on how to raise your satisfaction and happiness in each area up to the goal being full satisfaction or 100%.

I originally developed this training to go along with my spiritual life coaching practice years ago. I was mainly working with women back then, and a key focus was on helping women either get back into a relationship that had lost its luster, or to step out of the relationship and move on feeling complete. Other women who had not been in a long term love relationship but were very successful in their career, at the expense of feeling happy or joyful also felt this was of great benefit.

And of course a natural evolution to this was to add charts for children (typically over 10) who with their mom's also were having difficulty finding balance and ease. This is a very helpful guide to getting grounded and enjoying life. And finally you'll see women wanted to find the balance with their man and a couples tool, a balance wheel used for weekly check-ins on how are we doing and what can we work on together to build our happiness came into existence.

To begin. Pick a day of the week that will be your 'self-accountability' day. Make a date with yourself to review your chart and questions each week. Once you have measured how satisfied you are feeling in each area, look to the lower areas and day dream, brainstorm, a research, how can I bring more satisfaction into this part of my life? Add some action and activities to your week with the intention of raising the satisfaction number to a higher level.

What I have found is most folks are able to accomplish their goals in a matter of 8 to 12 weeks, while others who were very far out of balance got it done in 6-9 months. Everyone di get it done!

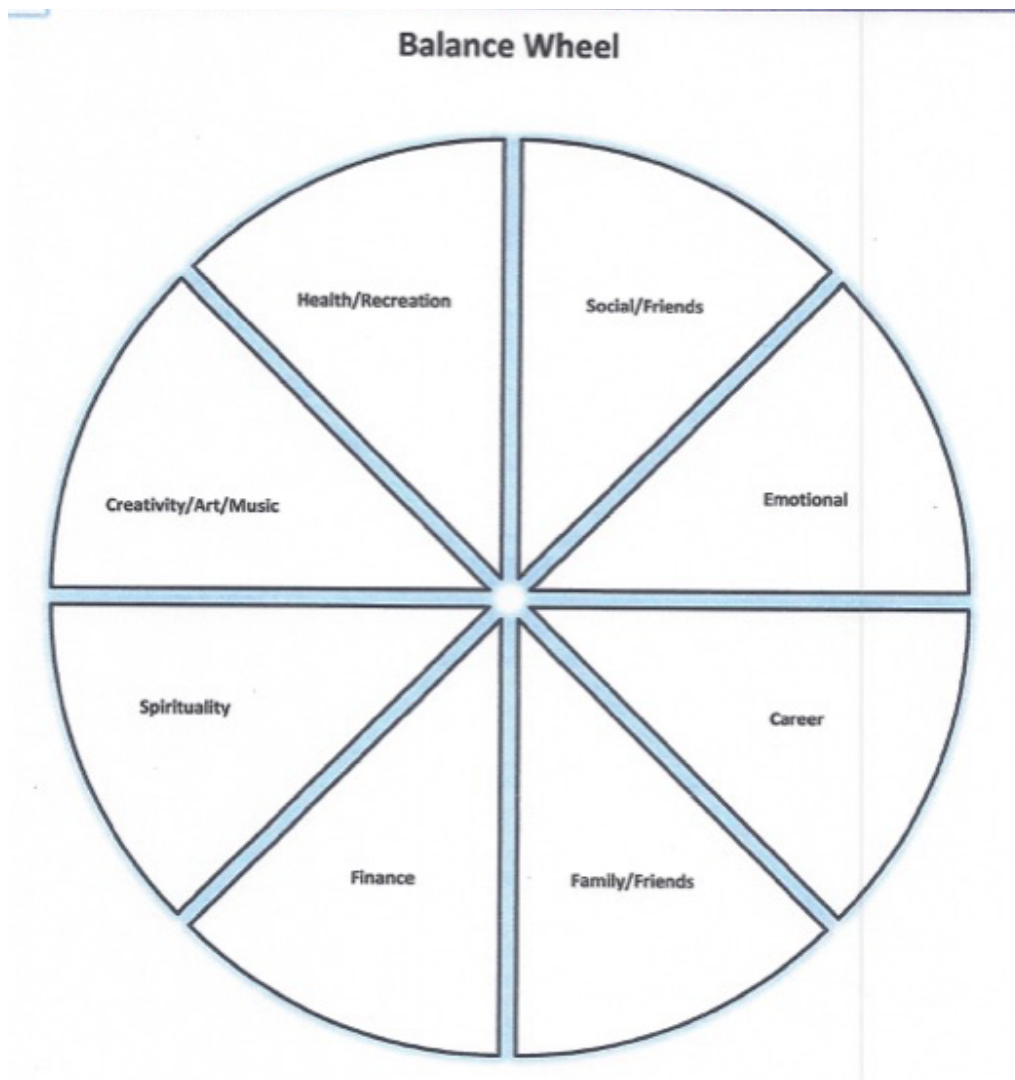
Week One: Creating Balance

Okay Let's get Started! This is your assessment week. Ideally you have already read the Balance your life book, it is short sweet and to the point most folks are able to get through it in about an hour. If you haven't gone through it yet, now it the time to read it!

Please also watch this 9 minute video on balance

<http://julierenee.com/life-in-balance-video-bonusmqv/>

Please fill in your first balance wheel now



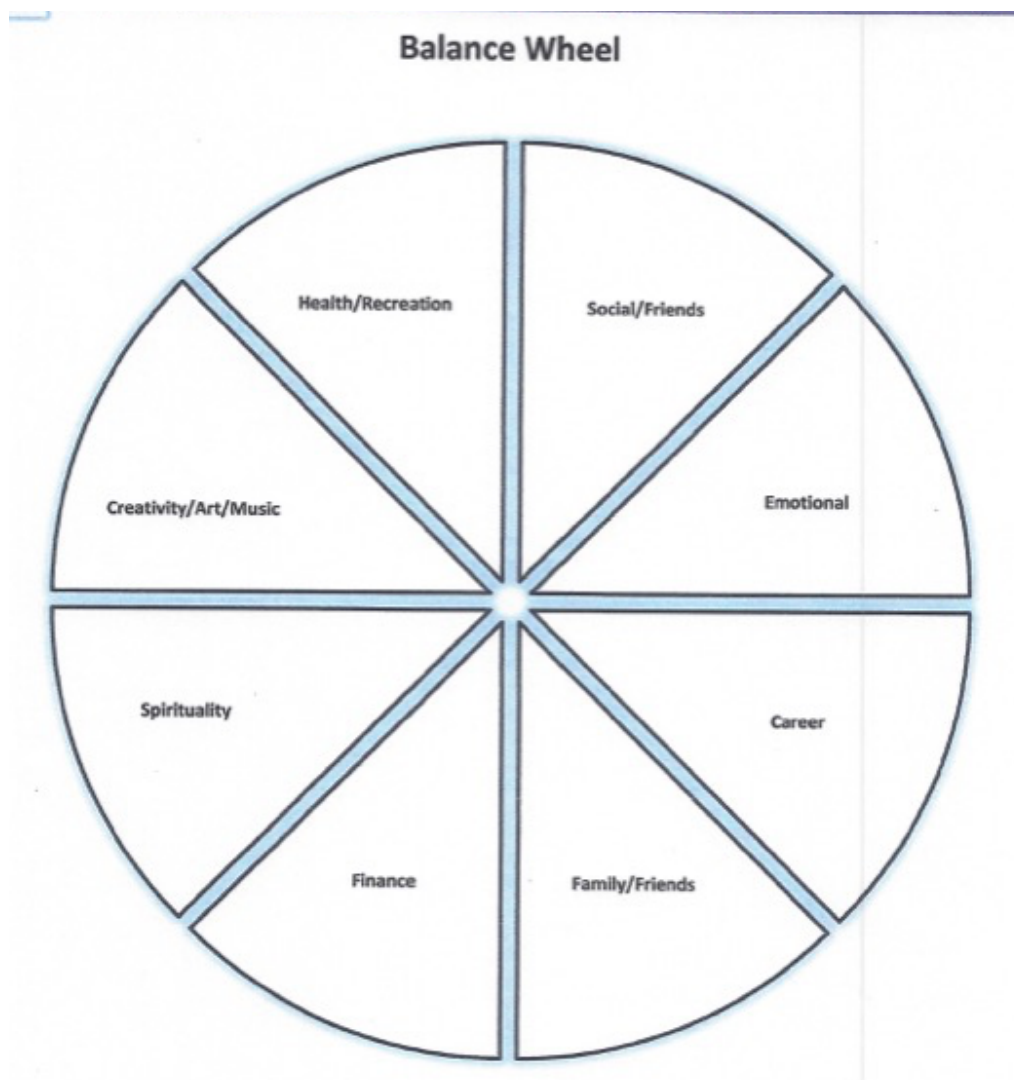
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5. What could be improved on?
6. How could I do my work better?
7. What am I afraid of?

Week Two....Signs of Improving

as you look at your balance wheel for this week, you may notice a few of your satisfaction levels have begun to rise. It's a fact that what we bring attention to and focus on expands. If you have been looking at how can I make this a little better for myself, then you are on the right track. As we work the balance wheel we are looking for sustainable steps that we can incorporate and enjoy over a lifetime, slow and steady, small steps are the best approach for not getting overwhelmed and bailing on yourself prior to completing the course.

Please fill in your first balance wheel now



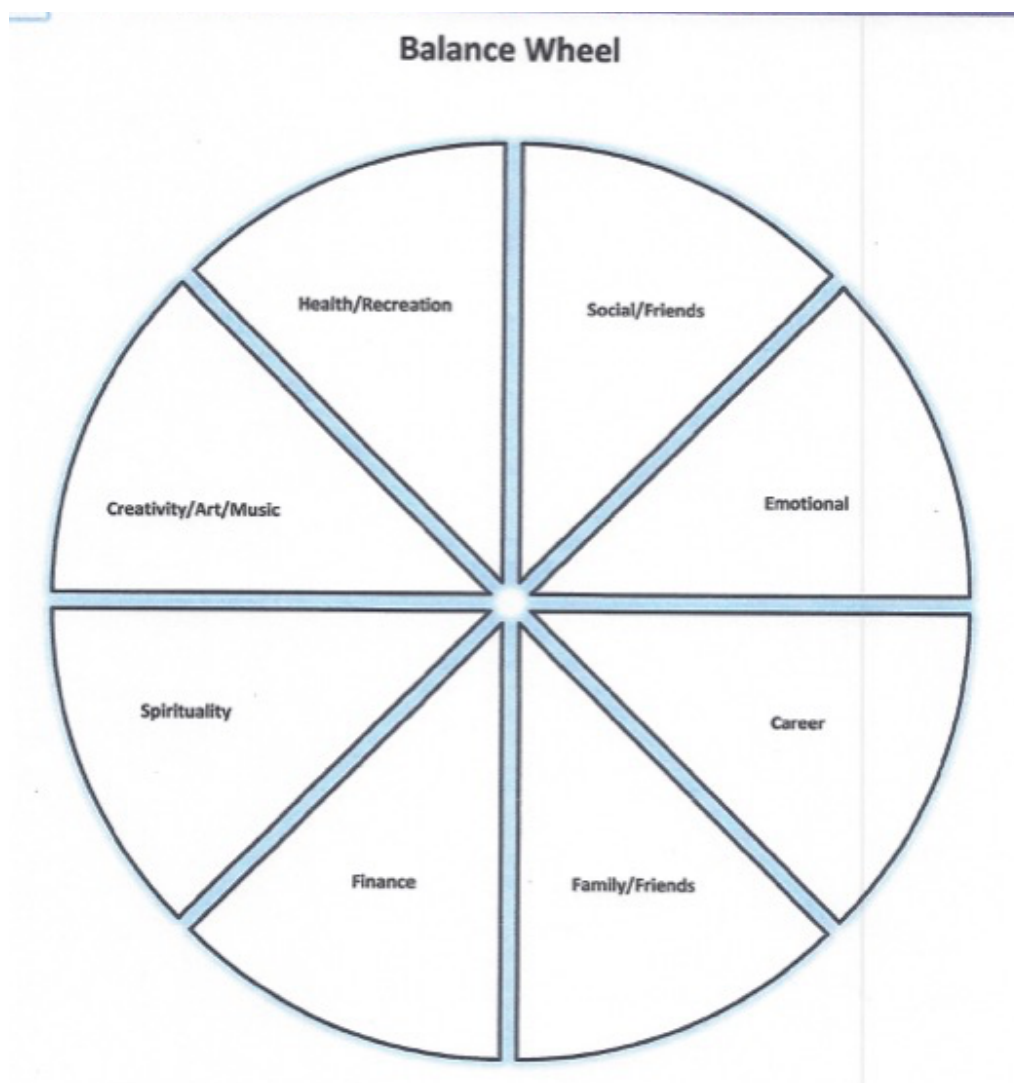
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Week Three...Creativity Unleashed

I always find this surprising but it is so very common people rarely wire in creative expression and an ongoing basis unless they consider themselves a fine artist. And yet creativity, drawing painting creating a beautiful meal, doing a craft, sewing, these are steps to calm, and peace, and the human essential nature needs this activity to fully blossom. Art music poetry dance, woodworking carving all fall into this category. What can you do, or experiment with, perhaps something new, or something you loved to do when you were much younger to fill your satisfaction in this category?

Please fill in your first balance wheel now



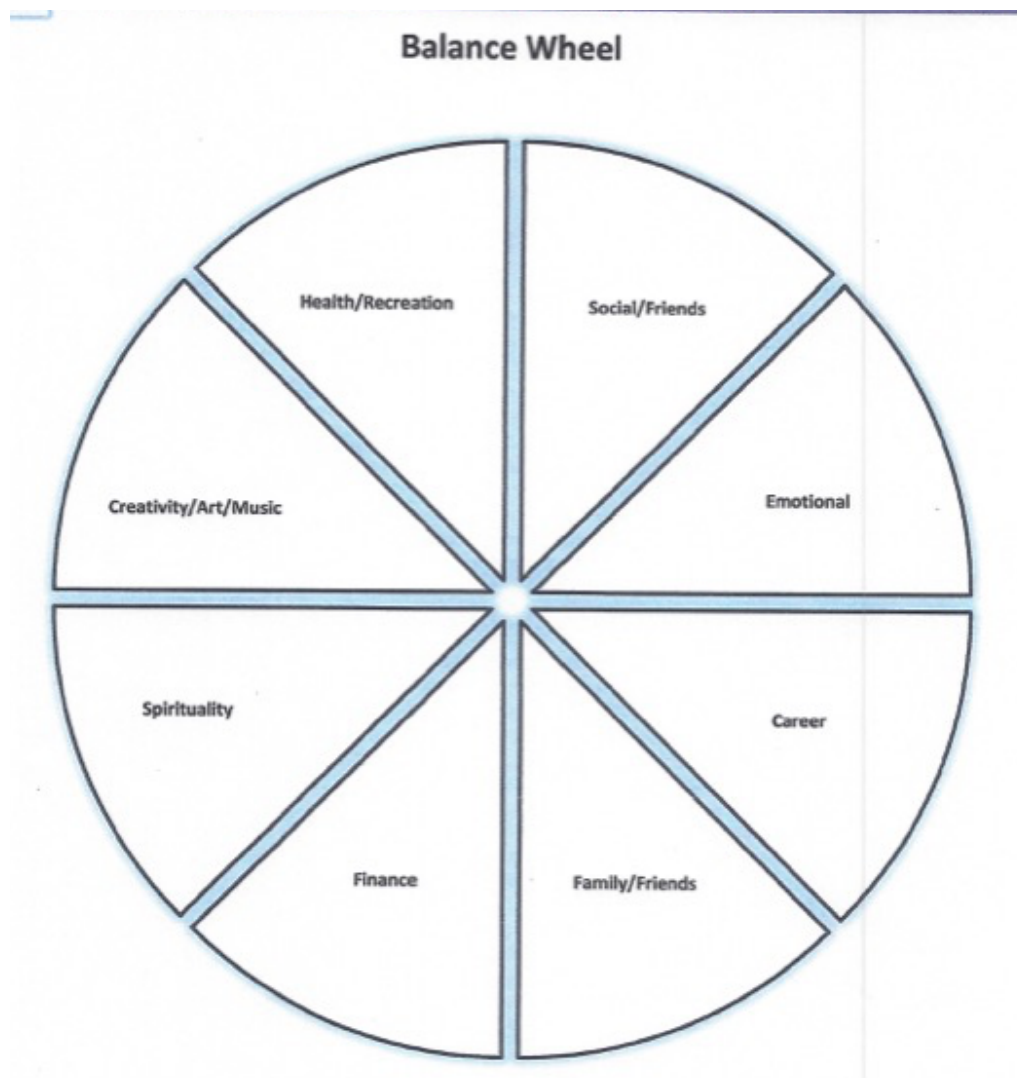
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Week Four.... Improving Intimacy

When we go for improving intimate relationships we are really asking the question, how am I directing the flow of love around me, and what have I previously set in motion that I may wish to now shift, change or transform? All relationships improve when we are not blaming, upset or assigning responsibility to another for our happiness. This week I encourage you to look at the relationship dynamics with loves ones and fine some fine tuning you can do for yourself that will spark a renewed and happy sense with the ones you love. Write a love letter or find ways to give more appreciation for the efforts made.

Please fill in your first balance wheel now



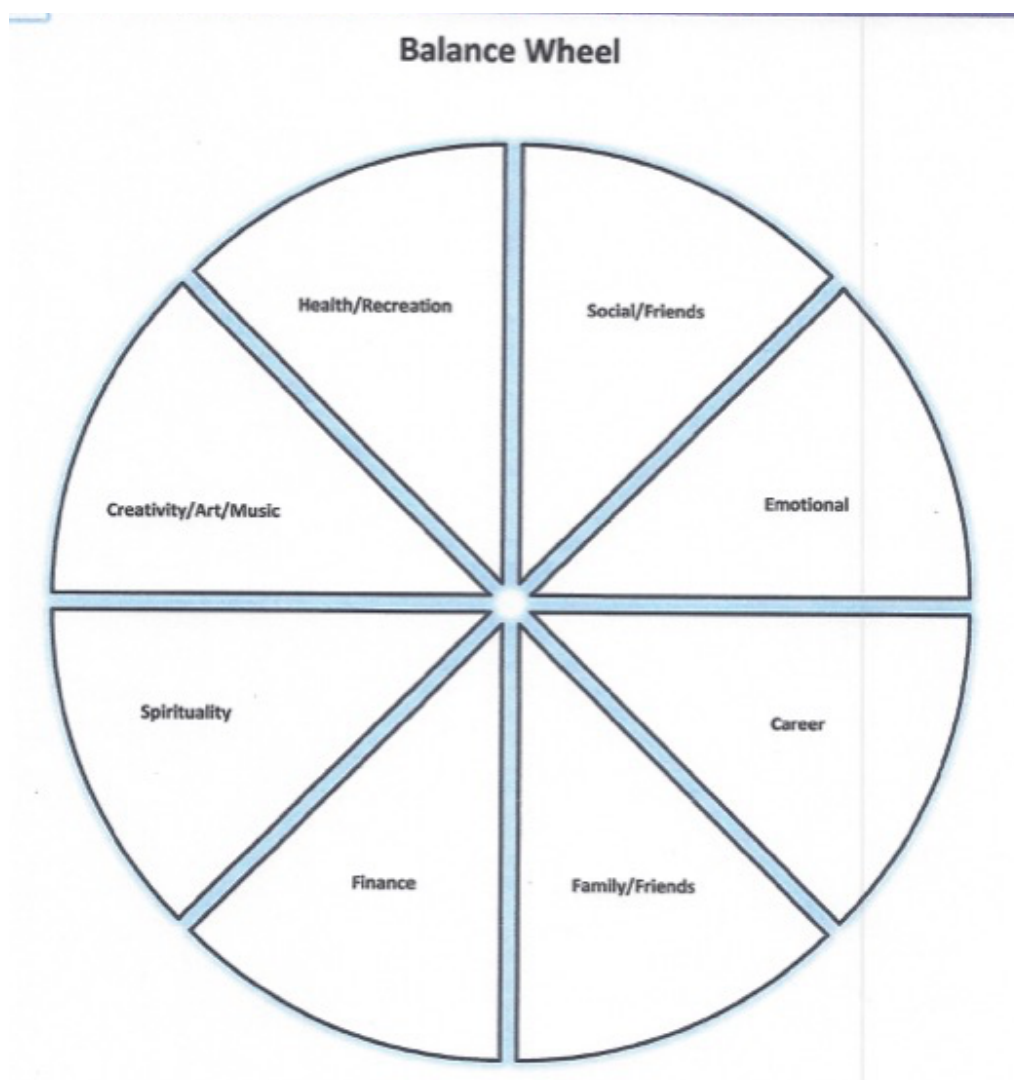
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Week Five....Better Body

Okay we've been at it awhile now. Do you have a routine you follow for keeping your body fit and flexible or is it time to add this to your weekly/daily schedule? I recommend a combination of yoga and stretching with some aerobic exercise, dance or hiking, biking and also a couple days of weights. You can stay fit and healthy by working out at home, or is you like the gym and classes, you can enjoy the structure and comradery of a gym membership or exercise club. You do not have to be perfect, and the goal is not to be a skinny mini or muscle man, just within reason keep your body in good shape. Everything will work better, and you will have the lovely side benefit of regularly released endorphins helping keep you happy and enjoying life.

Please fill in your first balance wheel now



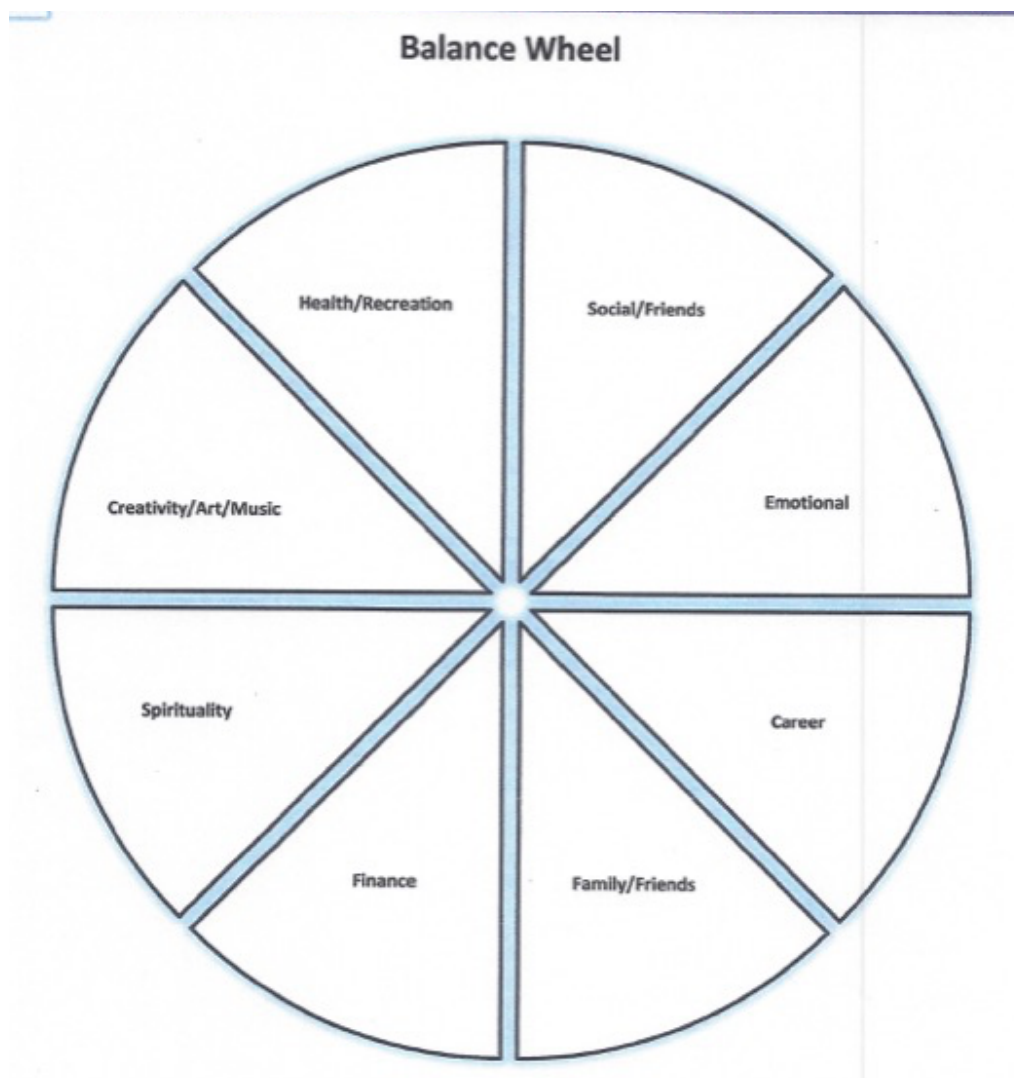
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Week Six....Even Emotions

there are actions and activities we can do to keep our emotions calm and enjoyable. Choosing a life in balance may mean you will consciously choose to walk away from drama, and heated discussions, in lieu of a healthy happy disposition. You may also take a look at how many hours are spent working and curb your hours of balance work and fun activities. I know for myself I always feel accomplished having gotten my work outs in in the morning and a weekly massage squeezed in one night a week. What's your strategy for even emotions? What could you try out that you haven't yet tried ?

Please fill in your first balance wheel now



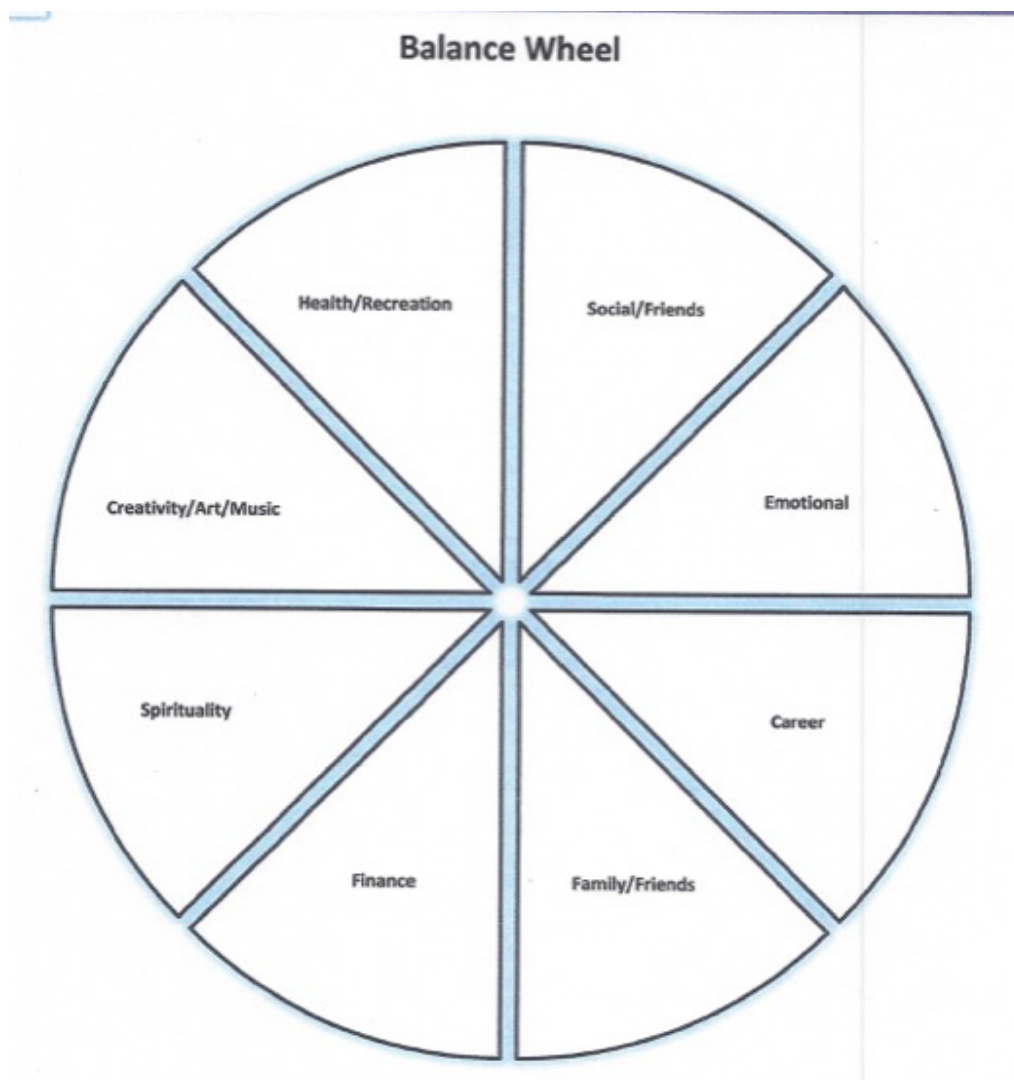
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Week Seven....Catapulting Career

Are you working for yourself or another? Are you doing what you love? When it comes to a career catapulting upward and outward we first want to look at whether or not you feel you are where you are supposed to be or in need of rectification and adjusting to a new path. I always encourage folks to explore finding happiness where they are before abandoning ship for an entirely new venture. Ask yourself How can I do my job better? How can I serve folks better? What can I do to improve my performance impeccability attention to detail? By just asking these questions you begin to create a new happier relationship with your career.

Please fill in your first balance wheel now



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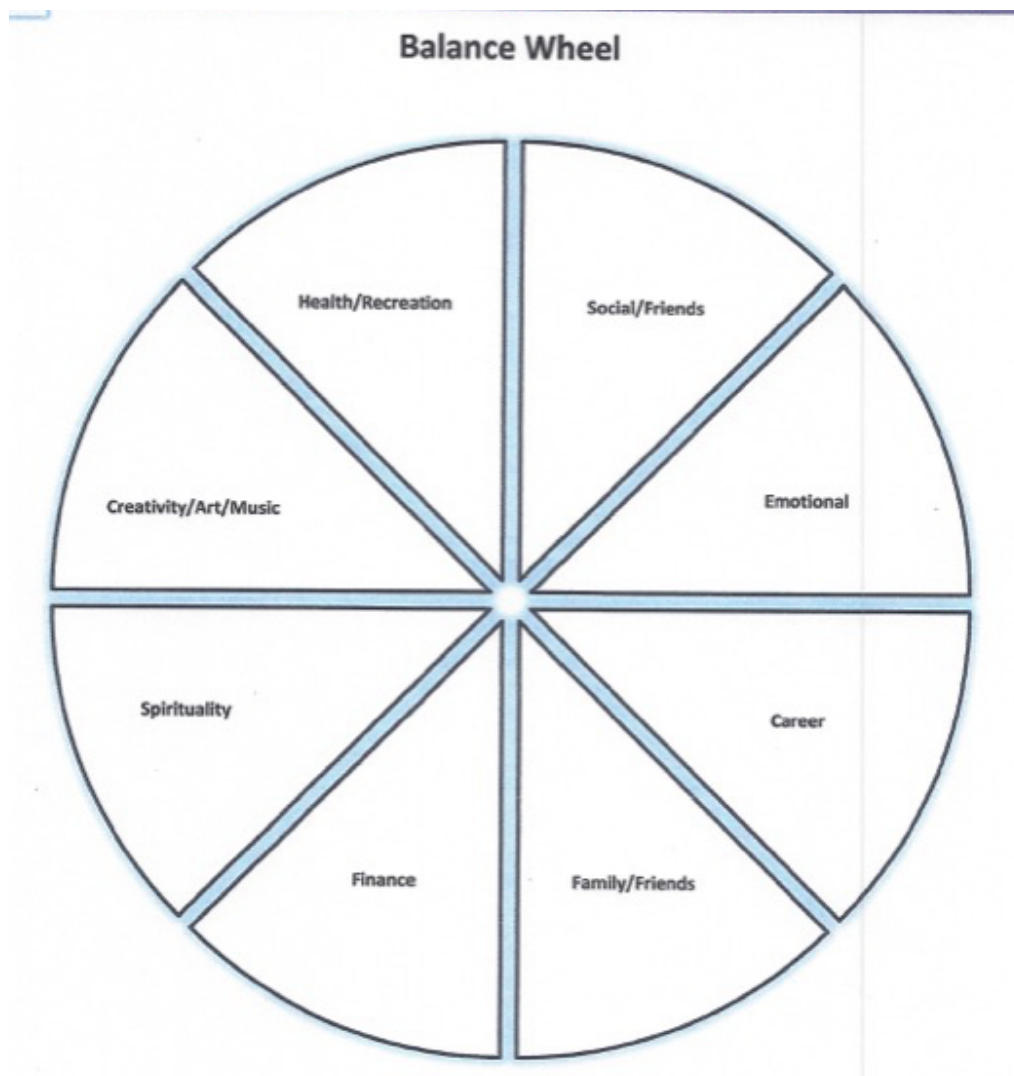
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Week Eight...Up leveling to Inspiring

Who are you hanging out with? Are they good for you? Do you feel inspired to do and be more as a result of your social relationships? I am reminded that some of our friends should be truly inspiring to us. They should be a bit out of our league, and prompt us to do more, be better, and continue to raise our standards and the bar for fully lived fully expressed life. Think of yourself as a seed. The environment you are planted in will help you flourish, barely grow or become stagnant and die. Your environment, or the earth you plant yourself in are the folks you are regularly engaging with in your daily activities.

I challenge you to be both an inspiration to your friends and family and to let go of the negative pull of those who are not on your trajectory for full self-expression and living an awakened joyous life. The folks you hang with are often setting the bar for how high you can rise... slowly gently start moving away, spending less time with folks who are downers. Your fulfillment and your best life depend on this.

Please fill in your first balance wheel now



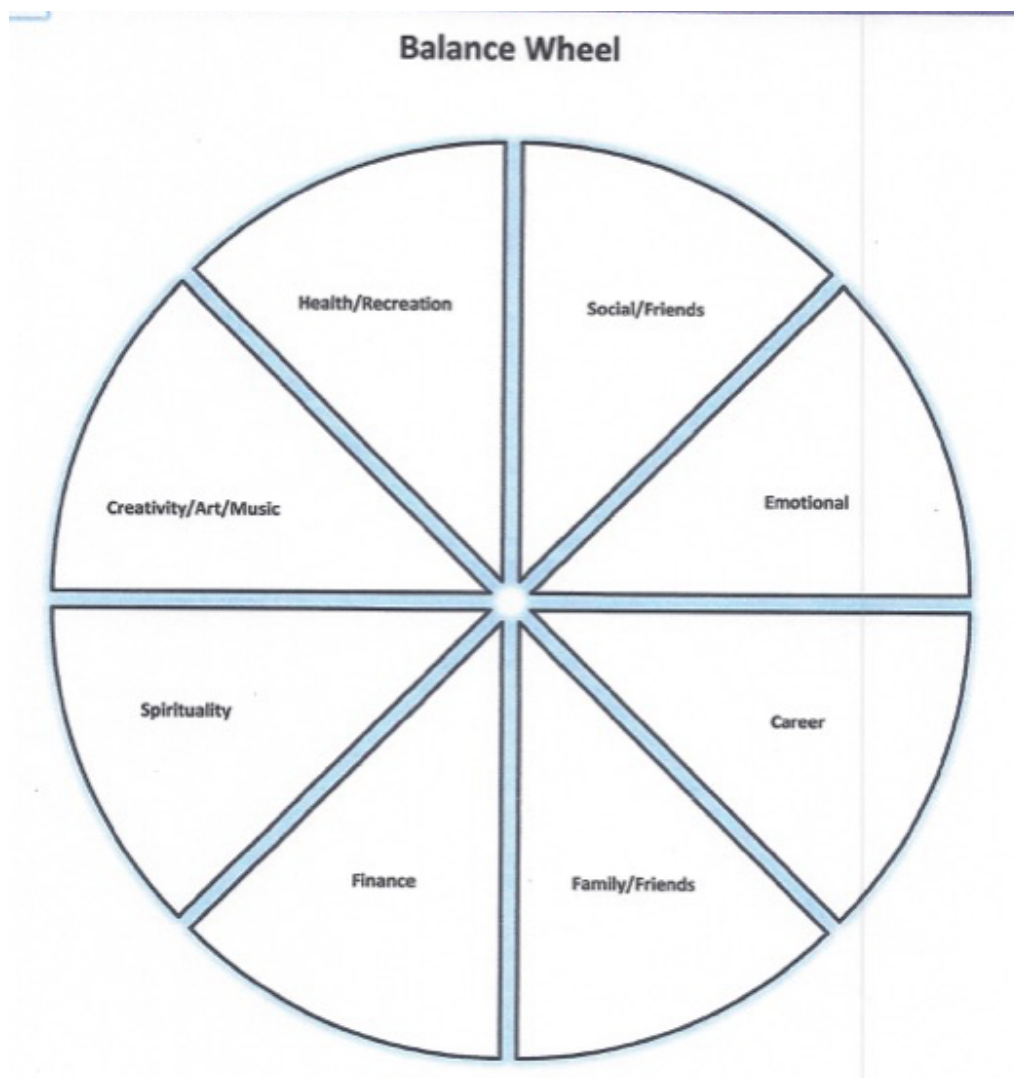
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Week Nine...Time to Work the Numbers

Full self-expression includes having a grounded and peaceful financial life. This may be the perfect time to take a financial peace class. What are the parts of your financial life you have done well in addressing? What do you know you have let slipped or have failed to take care of? There are many financial gurus out there teaching the basic of savings, getting debt paid off and being properly covered with the right amount and right kind of insurance. I teach on wealth magnetization and acceleration, but I also want you to get into action about organizing yourself in a way that you are prepared for all of what life has instore for you.

Please fill in your first balance wheel now



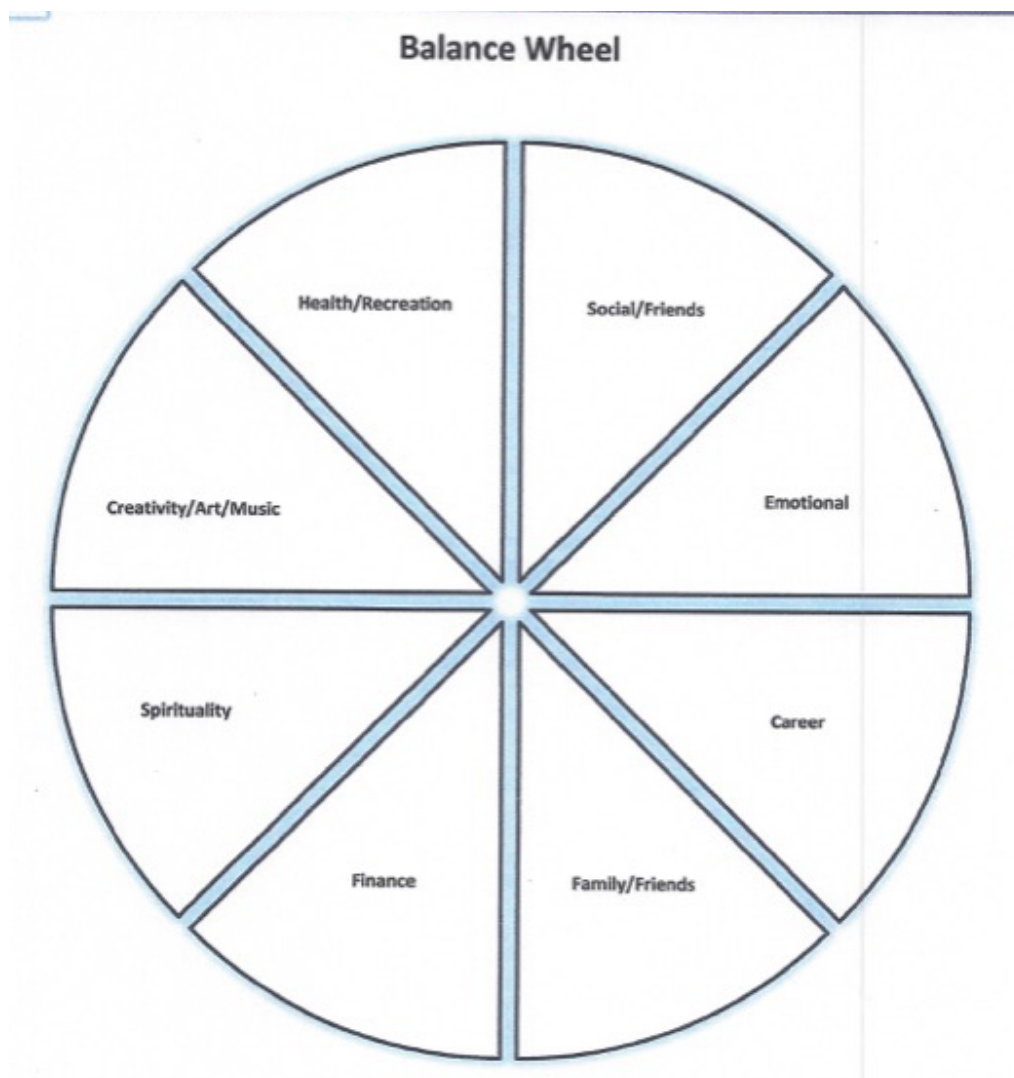
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Week Ten....Prayer and Meditation

Prayer, meditation, attending church or synagogue or what every your place of worship is called, can help remind you of who you are and why you are here. Meditation restore equilibrium and balance of your inner and outer world, while meeting with others to share your faith and prayers, help you know with certainty you are a beloved daughter or son of the most high God. You are and your essential nature is Divine. It is important to keep this awareness as you progress through your days and weeks, and ultimately your lifetime. Life, your life is meant to be precious and wonderful. Find ways to remember who you are as a spirit in body.

Please fill in your first balance wheel now



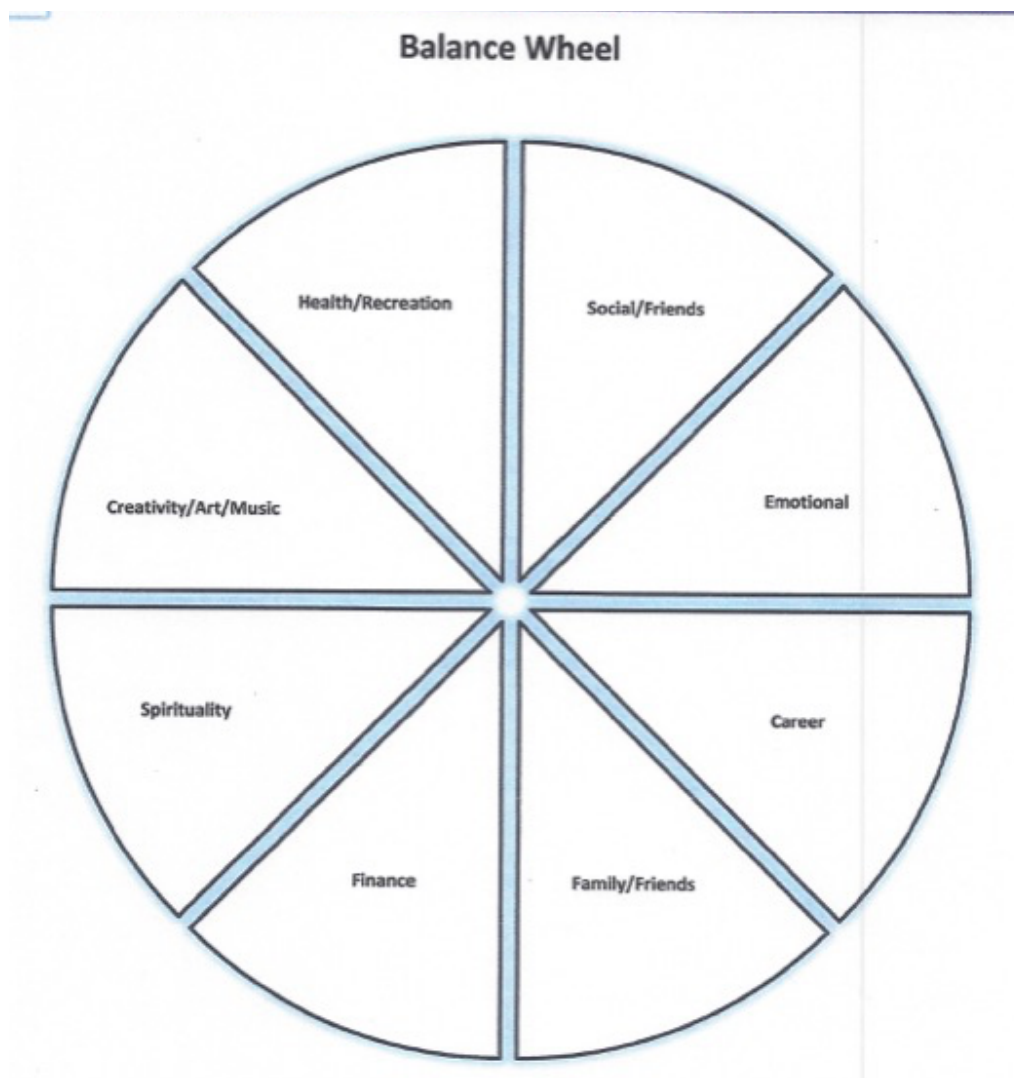
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Week Eleven.. Vacation Plans

When was the last time you took a real vacation? When people are out of balance one of the common themes is too much work and not enough time to play. Small children giggle hundreds of times during the day, their life is simple. Eat play potty nap and lots of hugs and exploring along the way. When we grow up we sometimes forget what makes life fun and interesting. Give yourself permission to explore your world. Have days with little responsibility to others, and a mission for feeling joy and relaxation. Schedule a couple great vacations each year and then take them!

Please fill in your first balance wheel now

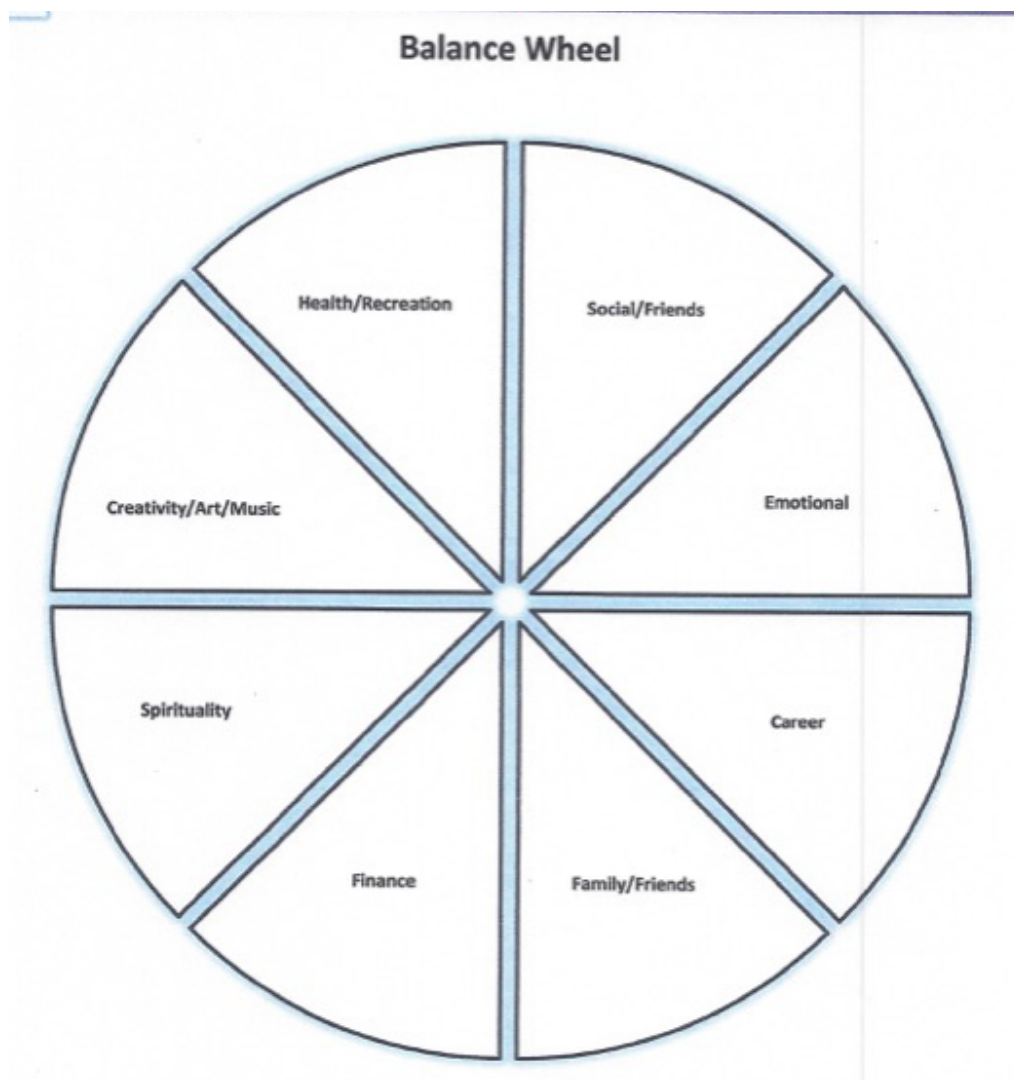


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Week Twelve...Reflect Refresh celebrate your wins

congratulations on completing the first 12 weeks of your balance your life Now program. You may wish to start again at week one and go another round or take some time to reflect refresh and rejoice! How are you feeling now? How balanced are you? I have taken many people just like you through this wonderful process and it is such a healing for each person. A huge gift to give yourself, the time and attention to look at and improve all rest of your life so that all of the rest of your life will be built on a firm foundation. Congratulations!



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There are two additional balance wheels I have included here, though I feel the most important one is the individual one as we start to find happiness for our self and this is the source of all we draw to us. If you decide to use the couples balance wheel ladies men often are much less verbal about their satisfaction, and unless they are truly unhappy they will report they are good in certain areas. Trust them that they are good. The children's balance wheel is for kids around age 10 and up. They may find it a fun tool for become more self aware. This is helpful when a child is consumed with screens and missing out on an active happy childhood filled with fun friends creativity and learning.

Children's Balance Wheel



Relationship Balance Wheel



Rev. Julie Renee – Innate Intelligence – www.julierenee.com - (415) 491-4951 – ln8@juliereene.com
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Reverend Julie Renee

Speaker, Author & Master Healer – www.julierenee.com

NAPW's
Woman of the Year!

Questions for the *Best Ever* Relationship

1. Do I feel loved, honored and respected?
2. Do I feel supported in my journey?
3. What inspires me about our dynamics?
4. Are there Emotional leaks? (things that deplete me?) Shore up leaks
5. How was this week?
6. Did we do something together that we will remember for the rest of our life?
7. Did we celebrate our union?
8. What could we plan together that would be life transforming for us both?
9. What am I afraid of?
10. How can I serve/honor/respect my partner better?
11. Was this our best ever week?

Afterword's

Thank you for participating in this balance your life now 12 week home study program. Being balanced is a work in progress as you grow and your circumstances change it will be helpful to come back and review the program to realign and adjust to a high level of satisfaction in new circumstances.

Blessing and love

Julie Renee

Bonus Material for Balance Your Life Now

Please visit us at <http://juliereenee.com/your-free-bonusnfg/> for a ten minute bonus audio.

The ten minute Life in Balance video is found at <http://juliereenee.com/life-in-balance-video-bonusmqv/>

The PDF down load of the powerful Miraculous Livings Balance Wheel is found at: <http://juliereenee.com/life-in-balance-video-bonusmqv/>