

# Strive to Achieve Balance Within, Not Work-Life Balance

by TARA MANIAR

Sadhguru Jaggi Vasudev said, "There is no such thing as work-life balance – it is all life. The balance has to be within you." In today's world there are many programs which aim at creating this work-life balance. This concept of "... it is all life. The balance has to be within you" is intriguing. The more I thought about it, the more I realized that this is exactly what I am living and what I teach in my workshops and coaching sessions – it is all life and the key is what energy you are bringing to each situation – at work, home, leisure.

Let's explore "work-life balance." This implies that our work is separate from our life and what we do at work is less significant than what we do outside work. Is this really true? Think of the jobs of the doctor, teacher, garbage man, police, waitress, firefighter, salesman, etc. All these individuals are important to us. When we start seeing our jobs as service to others and not just a means to earn money for ourselves, we will no longer separate our work from our life.

Work-life balance also becomes an issue when we identify ourselves by our job, our title at work or the education we needed to get the job. What we do at work is not who we are. When we discover the truth of who we are, we will simply be living life to the fullest. Each environment will be like a stage on which we take on a different role – that of the worker, father/mother, lover, dancer, runner, husband/wife, son/daughter, sister/brother, friend, etc. It is all life!

"The balance has to be within you." How do we get to that balance within so that we can experience all as part of life? On a very basic level we recognize that all is interconnected. Your work is important as it is the means of creating income so you can provide food, shelter and clothes for yourself and your family. You have a choice of how you want to be during your work hours (about 10 - 12 hours per day when you include preparing for work and traveling to and from work). You can choose to perform your duties joyfully with acceptance and bring joy to the environment or be irritable, indifferent and complaining about your work.

If you find yourself complaining about your job, decide how you want to feel about your work and what you can do

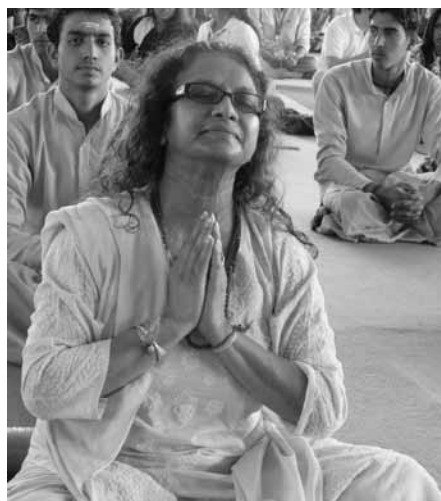


differently to achieve this. It is all in your hands. If the job is not satisfying or too demanding, are you ready to do what is necessary to change jobs? If not, can you see the benefits of your job for self and others so you can have a positive focus and change how you view your job. This is one action which will begin the process of getting that balance within.

On a more personal level, you can create that balance within by deciding how you want to be with self and others in every situation at home, work and leisure. This too is your choice. Do you make yourself angry, irritated, frustrated or stressed? Or would you prefer to believe that it is the other person or the situation that makes you angry, irritated, frustrated or stressed? If we blame the other, we are giving our power away to the other. This too is your choice. Recognize that these are simply the manner in which you respond to the various people and situations you interact with.

When someone says they have a stressful job, is it the job that is stressful or the person doing the job that is full of stress? You have a choice to take back your power and decide how you want to relate to others and situations. This choice to have balance within is in your hands.

Lord Buddha said, 'Change your thoughts and change your actions,' and Swami Sivananda said, "Sow a thought, reap a word; sow a word, reap an action; sow an action, reap a habit; sow a habit,



reap a character; sow a character, reap a destiny."

Thus your thoughts control your destiny and you control your thoughts. Our thoughts have been programmed since birth by our parents, relatives, friends, teachers, religious, political and social institutions, schools and media. What you may think are your thoughts are really the ideas of others which you have accumulated over time. The saints and sages, inventors and philosophers all had one thing in common – unwavering attention regardless of what others said or thought about them.

The key to this balance within is unwavering attention to stay focused on how you want to be. This unwavering attention is possible for each of us. Start with five minutes each day with unwavering

attention to your breath – the source of life and set your intention of how you want to be during your day. Then go out and live your day according to your intention.

Have that unwavering attention to your intention and watch the magic of the transformation to the manifestation of your intention! Set your intention to live with joy, compassion or peace and you will respond to all situations with joy, compassion or peace. You will decide how you respond to the external situation for the "balance within" and "it is all life!"



Tara is a Certified Chakradance™ Facilitator and Spiritual Life Coach empowering individuals to transform their inner turmoil to enlightened possibilities and awaken their divine shakti to live from their best self in all their roles at home, work and play. For a free consultation on 'creating that balance within' please email [tara@taramaniar.com](mailto:tara@taramaniar.com) or call / text her at 204-218-9722.



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