

# Diary of a Psycho Therapist

## A BALANCING ACT



Balance. A simple and yet like many of the simplest things, so powerful. Powerful because the word itself demands so much. Balance has huge potential for change, for growth, for understanding. Balance can change lives, improve mental and physical health. If we could just find the elusive balance instead of a lopsided Eaton Mess with deliciousness hiding blobs of imperfection. I say we simply enjoy the sweetness anyway.

We are constantly seeking to find balance in life, our journey, how much we give and how much we take. Find balance in love and kindness, in yourself and others. Discover balance in food, activity and purpose. Find balance in our goals and aspirations to drive use forward and knowing when to rest.

**“ Wherever life takes you, and however you might feel, have no doubt that it is all on purpose. These states and feelings give value and meaning to your own journey of discovering the harmony that is right for you. — Alyaa Sadek ”**

Balance has always been a bit of a treasured friend to me. I also know why. I'm not an astrology kind of person and yet I always liked that my star sign was symbolised by a pair of scales. Am I who I am because of an unconscious affinity to a Libran scale? Do I have a need to align myself to the stars? After all that's what my name means, 'star'. Has this defined me, or have I defined me? Does it even matter? Probably not as long as justice, fairness, harmony prevail. I've learnt its all an inside job. That my words, deeds and actions match my values,

thoughts and principles has always been a road map for me throughout life. Logic and reason have challenged random statements of conformity to please others. This hasn't always been easy because we naturally gravitate to cave to others. After all we want to fit in and belong. I decided in the 'olden days' I would rather stand out if it means sticking up for the truth, fairness and with integrity. That has sometimes meant losing out as well, but when given no option, sometimes we have to make the harder choices for the right reasons, over the easy choice for the wrong reasons.

I strive so much, to pray more, get fit, be healthy, eat less 'bad stuff'. I try to learn more every day to feed myself spiritually, to be steadfast in faith and good deeds while I anchor myself to 'being good'. Being a good mother, a good friend, a good person and a good human. Always racing to work harder, do better, achieve more. More what? Money, health, wellbeing or a place of peace & rest from the grind. Every day I seek balance and yet simply do too much or not enough of anything and everything to feel any sense of success. Every day I wander off the beaten track and finally acknowledge there are no failures, only experiences and lessons.

I've told myself that all my efforts are enough. Enough? Yes, simply enough. I don't manage to achieve that unattainable balance that would eliminate procrastination, give me that buzz of reaching a finish line or getting it right, at last. No, I don't get it right every single day. So, I moved the goalposts and have gifted myself wiggle room to accept that this is ok.

Balance is the simple yet effective solution to our worries, anxieties and health. The solid bedrock that gives us stability by creating a natural therapeutic harmony, balancing life within the realms of our very existence on this planet. Yet we put pressure on ourselves for being perfectly imperfect. When I get fit, when I finish my studies, when I get the best job, when I am happy, when I achieve my goals. When after when after when, leaving no time for now. Well, that's sucks. It means we miss out. Just like the quote 'life is what happens when we are busy making plans 'we have to be self-kind'. Balance is all about a real life take through the lens of reality. There are 7.8 billion people in the world and yet not one has found perfect balance. Nope, no one. So, who am I kidding and who am I trying to be? Surely my flawed self is enough. We are all enough. Yes, really, we are all enough. To be in equilibrium it really is enough to be imperfectly perfect. That must be the perfect balance. After all, we are everyone and everyone is us.

THRIVE &  
SHINE

Tara x

