

HOW TO ACHIEVE BALANCE



IN YOUR LIFE

(The Keys for obtaining Peace and Harmony)

Non Religious Universal Timeless Non Judgemental

Household HOPE

Let all who enter this Home,

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Find Peace and Harmony

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In their Hearts, and Minds,

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*Through Forgiveness and Generosity,
Empathy and Compassion, so that with
Courage, Wisdom, and Stamina,*

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*They shall find Happiness, through
Truth, Fulfilment and Fruitfulness.*

We Hope for these Benefits through

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The Words and Actions of Ourselves, and Others.

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Action !

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With much Wisdom, found from an honest appraisal of the history of our own mistakes and failures, Peace and Harmony can be Ours, too!
Do what is just, show constant love, and live humbly with nature, each other, and all who crawl, walk, swim, fly, ride, drive or burrow,
± on this, our only earth home. ±

- **Speak only the Truth**
- Examine Yourself Honestly
- Learn Self Restraint
- Empathise with Others
- Learn to be Humble
- Share, and Care
- Seek Knowledge
- **Switch on the Light**
- Grasp Wisdom
- Take Courage (Let Go of Fear)
- Be Steadfast
- Embrace Life
- Be Kind
- Have Patience
- **Always Remember:**
 - Any Fool can criticise, condemn, and complain
 - Ignorance leads to Misery
 - It takes Strength and Courage to show Kindness
 - Where there is Kindness, there is Greatness
 - To err is Human, to Forgive, Divine
 - In War, there are No Winners, Only Losers

- 1. The First of Life's Benefits is Independence.**
2. Those who live Peacefully are Beacons of Light.
3. We often see things as We are, not as They are.
4. You can't do Everything, but you Can do Something.
- 5. Death can overtake us at Any Time.**
6. Know that Half Truth's are Whole Lies.
7. Tell a Lie, Live a Lie; Think a Lie, Live a Lie.
8. Accept the things you cannot change.
9. Not all Good Deeds are Rewarded, but are Still Worthwhile.
- 10. Bad Deeds may be rewarded Here, but Do Not be Deceived - The Pendulum Will Swing Back to Strike You.**
11. Many People may try to Influence us.
12. True Friends will help us remain focussed on our goal.
13. True Friends will leave Footprints in our Hearts.
14. False "friends" will cause us to Stray from our Path.
- 15. Let Go of Fear (take Courage).**
16. Don't Blame, or Shame.
17. Always Share what you Can, or Trouble Awaits.
18. The Eyes are the Mirror of the Person Within.
19. Beware of people who Grin, Wink, Pinch and/or Nudge; They have thought of something Evil already.
- 20. Your Vision will only become Clear when you Look Deep Within Yourself.**
21. Acknowledge your Faults.
22. Recognise your Talents, and Value.
23. Be Respectful to Others.
24. Don't hold a Grudge.
- 25. Generosity and Forgiveness are the Same – Love !**
26. One who Strikes First, Admits Defeat.
27. Life Teaches us as we go along; Experience gives the Test First – the lesson is learned afterwards.
28. To Err is Human. To Forgive is Devine. Learn from all Mistakes, and Avoid Repeating Them, If Possible.
29. Continue to Search for Truth and Understanding.
- 30. Awaken the Giant Within.**

BALANCE = PEACE AND HARMONY = REASON = WISDOM

Reason is the intellectual process of the mind, which can sift through many facts and opinions (which may not themselves be based on facts) to draw a conclusion through logic, and so reach an Understanding. This understanding will make sense at that moment of time. This understanding must never be set in concrete. Concrete, like other constructions, decays in time, and a new material will be formed. Unless, of course, the concrete is shattered by blinding new insights, which can come at any time, out of the “blue” – from God? However, some understandings should be treated as the whole truth (axioms). These have been with us from the beginning of time, and can be changed at our peril, and only for “Good Reason”, so that “balance” and “equity” (equality) can be maintained.

DBChalmers 2003

I - 1

Me - 1

You - 1 - One

We - Us - All - Sum - $\Sigma = \infty =$ Unity = Community.

Community = Common Unity, which benefits ALL !

Common Unity benefits and brings blessings to us ALL !

$\pm \pm \pm \pm \pm \Sigma -$ All as One - 1 - One for All - $\Sigma \pm \pm \pm \pm \pm$



We, the current generation of this, our world, must stand in the shoes of previous generations of sage persons recognised by our own, particular faith, or lack of it, remain vigilant, and be prepared to, with vision and courage, fight injustice, inequality etc. in all their insidious forms.

On the next few pages I have presented a number of wise sayings and poems which express our human condition, simply, and without judgement. Perhaps, by the brevity of their stanza's, or just by their simplicity, and directness of meaning, you will be able to remember parts of them when you are confronted with any difficulty, and your remembrance will help you.

In any case, I encourage people of all faiths and belief systems to get to read their own, and others' collections of wisdoms (leaving fear, ego, and blame and shame games behind). I am confident that all of these are entirely consistent with each other. It is our job to let our Hope for Peace and Harmony come to Fruition. It is in this way that we can be fruitful, and live into the future, remembered with pleasure.

Donald Chalmers, December, 2003

Unknown

Don't look for the flaws as you go through life
And even if you find them
It is wise and kind to be somewhat blind
And look for the virtue behind them.

.....

True friends are like diamonds
Precious and rare
False friends are like autumn leaves
Found everywhere.

.....

After a while you learn the difference between
holding a hand and chaining a soul.

You learn that love isn't leaning,
but lending support.

You begin to accept your defeats with the grace of an adult,
not the grief of a child.

You decide to build your roads on today,
for tomorrows ground is too uncertain.

You help someone plant a garden
Instead of waiting for someone to bring you flowers.

You learn that you have been given the strength to endure,
and that you really do have worth.

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The person who sits on a Thistle
Will yell, not whistle –
Will Learn from the Experience,
And will surely Rise, Enlightened !

.....

As we grow older, and totter to the grave,
We find that we care rather less
Who goes to bed with whom.

.....

The Plot of Life's Play Revealed

Donald Chalmers



There are some who Pose, and
Some who Know, that
Life's not a Game, and that
We're all the Same !

There are some who know how to "Look", and
Some who are an Open Book.
Some who know how to Manipulate, all
For their Own Sake. They know how to Hate !

So Beware, if you Care, of those who would Ensnare, of
Those who are interested only in Self, who
Will soon leave You on the Shelf,
Aware for a Moment, only of Self !

Some love only the Performance,
Mere Actors on the Stage,
Interested only in the Audience, but
Not in Fair Play !

When will we find a Fine Balance,
Where All will be Fine Tuned,
With each living Truth and Substance, and
Not just waiting for the Applause !

And Look for the Content that's Important:
For Courage and Compassion, and much Empathy
Because those are the True Traits,
Of Someone who does not Hate !

*Generosity and Content, not the Performance,
Lies at the very Heart of Life's Play, and
So I Hope that your Heart will be Filled,
This very Day. Not Empty, Not Afraid !*

Forgive

Give

Live

Life's Lessons

A person surrounded by:

- **Ridicule** — learns to be — **Shy**
- **Criticism** — learns to — **Condemn Others**
- **Hostility** — learns to — **Fight**

The Lucky Person Surrounded by:

- **Encouragement** — learns — **Confidence**
- **Praise** — learns to — **Appreciate**
- **Fairness** — experiences — **Justice**
- **Security** — gains — **Faith**
- **Approval** — Learns to — **Like Themselves**
- **Tolerance** — learns to be — **Patient**
- **Acceptance** — learns how to — **Give Love**
- **Love** — learns to — **Accept Love**
- **All of the Above** — learns to — **Live Love**

All of us can improve our situation, by letting go of fear, by taking courage, and by “Surrendering all Judgements” (i.e. allow no more shame and blame games!).

SURRENDER ALL JUDGEMENTS

All judgements:

- Push love away
- Close and Harden our Hearts
- Perpetuate our Ego
- Are Self Judgements
- Split Ourselves into Two
 - “Good” versus “Bad”
 - “Right” versus “Wrong”
 - “Me” versus “You”
 - “Us” versus “Them”

Judgements are a conditional, controlling, possessive, dominating form of love, but “with strings attached”.

What we believe and say about others is only about our self.

The end of all Self Judgements is the re-birth of our Happiness.

Anger is just Love that has been Wounded before, by Judgements and/or Physical Pain experienced in our Lives.

To really “Live”, we must first reverse “Evil”.

NOW is the time to Champion our “Inner Child” –

Come out of our Closet to talk about our Sadness and Anger!!!

So that we can Laugh Loudly, Dance, Sing, Jump and Bounce –
And BE HAPPY once again!!!

When we surrender ALL Judgements of our Selves, and each Other, the “Beast within all of Us” disappears!

Condensed from the handwritten notes of an unknown Wise Sage –
Who freely distributed copies of same in Melbourne, 2003.
For what we have received, let us be truly thankful !

**Love Is: Truth, Faith, Hope, Empathy and Patience, combined with Kindly Action.
Action !**

Ω ■ Destruction ◀ Chaos ◀ Famine ◀ War ◀ Homophobia

◀ Racism ◀ Hate ◀ Lies ◀ Indifference ◀ Ignorance ◀ ☹ ■ “I”

Where do you fit on this test of balance? Which way are you headed? Squint your eyes, and you will be able to see that the arrows sometimes appear to point in different directions, so it is not impossible to go backwards – or forwards, or sideways, from any particular position.

We must all remain vigilant, and remain focused on our goals to achieve personal happiness, true satisfaction, and Peace and Harmony within. Always speak the truth, and seek knowledge and enlightenment, and you will not often be disappointed, so long as you are Kind.

None of us, if we live long, will escape being tested to the full, nor from making mistakes. All we can do is to learn from every situation, and strive to do our best, always remembering that Forgiveness and Generosity are the same. Love !

If we have more than we need, we should share, or trouble awaits.

Love is our best way forward to achieve our personal and global freedom. Awaken the Giant Within !

Donald Chalmers 2003

“I” ♥ ☺ ▶ *Enlightenment* ▶ Knowledge ▶ *Empathy* ▶ Inquiry

▶ *Content* ▶ Hope ▶ *Charity* ▶ Health ▶ *Happiness* ▶ Respect

▶ *Fruitfulness* ▶ Goodness ▶ 🎵 ▶ *LOVE* ▶ FREEDOM ▶ α

Have Content, and be Content.

Donald Chalmers, 2003

Because I Think
By Myself or with Others,
With my Heart and Question,
I know I am Uniquely Created ©
And Both **Male** and **Female** *Inside*.

There are Many Languages, Colours, Proportions and Perspectives.

Only some Numbers can be Rooted Exactly –
The rest of “Us” are In-between.

Life’s Path may take us through many Twists and Turns,
Crossroads, Blind alleys, Periods, Growth and Prosperity.

*Therefore, since We are ALL Subject to the Same Rules of Life,
We Must All Never Stop
Moving Forward
As We*

Seek Happiness and Freedom.

.....

From Rubin “Hurricane” Carter:

“Sometimes, readiness and change, come only because of all the heartache and pain and frustration that has gone on before. That is to say; every sin, every disease, every disappointment, every failure, every bit of difficulty, that has ever touched our lives, have all been a very necessary part of our entire experience, without which we would not have been made ready, or prepared, to receive the unfolding of a truly spiritual message.

And I say this knowing, just as you know, that some of us have been down, and are presently still down, into the very depths of human existence.”

Love, Not Hate!

Donald Chalmers, 2003

Everyone on this planet has legitimate rights and concerns. These must be addressed equitably, before peaceful solutions can be found.

In doing so, we will discover that love is not about leaning, but lending support! Love is about holding hands, not chaining souls! There is no hate in love!

To move forward at this time of great world peril, ALL of us must leave fear, ego, and our blame and shame games behind. We must acknowledge that all war is based on greed, fear and ignorance. Let us try more sharing and caring for others!

We will then be able to bring love into the "World Peace, and Equitable Solution" equation. Bullies of all persuasions will then be disenfranchised, as they begin to feel the power of love, perhaps for the first time in their lives!

*So, let us move forward, as we
Allow our love light to shine brightly,
Leaving fear, ego, and blame and shame games behind,
So that all of life's benefits may be available for all!*



When will we find a Fine Balance, Where All will be Fine Tuned, With each living Truth and Substance, and Not just waiting for the Applause !

The answer to this question is to be found in previous pages:

***Generosity and Content, Not the Performance,
Lies at the very Heart of Life's Play !***

When I was very young, my mother liked to visit her mother's family's gravesite. This was in the country, and was very peaceful and quiet, with magnificent views all around. She came to pay her respects to the memory of her grandfather, and her favourite uncle, who had both inspired her. The first had lived in fine health to a grand old age; the second had been cut down in his prime. Father and son were buried alongside each other, with other dear, but departed, members of the family.

I was truly lucky to have witnessed her sorrow, and also her determination to make good her legacy to live with courage, wisdom, stamina, fulfilment, and fruitfulness. Later on, I also witnessed her desolation when my younger sister died unexpectedly, and she was stuck, for a long time, asking WHY ?

Many years later, I also witnessed her GENEROSITY, as she herself lay dying. She knew that my father would not last long without her, for they had been inseparable. She made sure that we children were aware that she had given our father permission to marry again. She even made out a list of her available friends she thought would make a good mate for her man. We should have anticipated this act of final generosity and kindness, because that is the way she lived life.

My father remarried almost a year to the day of mum's death, and with our blessing. We felt able to give it! He has lived, and loved on to a grand old age, fully engaged with, and contributing to life. He was lucky indeed! And so are we!

And so the topic of our inevitable illnesses, and death, presents itself.

I was lucky indeed to have seen a very old tombstone at my great grandfathers' cemetery, which gave me pause to think, all those years ago, and while still young. Quite profound, and not at all profane!

STRANGER, THINK !

**Stranger, think, As you pass by –
As you are now, So once was I –
As I am now, So you will be –
So thou prepare, To follow me !**

It is well to always remember:

- Life is precious, and should not be wasted
- Feed body *and* mind. The mind must *also* be fed
- Like the body, the mind will not grow if not nourished, with *care*
- The body *and* mind is who we *are*
- Live life to the full in the present
- Illness and death can overtake us at any moment
- Our words and actions have consequences, and we must live with them
- Clinging to our image (e.g. youth, or “status” etc) will bring pain, because
All things will change over time, and we must let these things go ...
- “Fear” is emptiness of the mind, based on ignorance
- An open enquiring mind is a healthily filled mind, but not over crammed -
- On mind over matter: If you don’t mind, it doesn’t matter !
- “Ego” is the façade we build up to hide behind
- Feeding and attending to ego is exhausting. Leave ego behind, to
Find the Truth and Substance and the Happiness “Within”
- Accept inevitable losses, gracefully accept things as they are, and move on
- “Civilised” persons are those of open mind, willing and able to change
- “Good” persons are those in touch with the wisdom of the “breath of life”
- “Evil” Persons have not lived, and are not worth remembering
- “Hatred” is the “wanting of something gone” with us already
- “Greed” is wanting something others have more of
- “Confusion/Delusion” is lack of perspective. Lack of empathy
- Don’t let illness, or physical ageing and suffering torment the mind
- “Mind/soul/spirit/persona” is our greatest treasure. Nurture it until the end
- Every person must *want* to gain wisdom, or the mind will come to nothing
- The quest for mind enlightenment has no end
- **Look always for Balance, and Peace and Harmony will be yours !**

Book of Life

Live Life Life Live

Live Love Love Live

Live Long Long Live

Love Long Long Love

Long Life Life Long

Live Well Well Live

Love Well Well Love

Love Content Content Love

That's All There is to it !

Just Do it !

Smile !

Be Happy !

α Have Content, and be Content ! Ω

± Tree of Life ! ∞