

# The Law of Balance



**Mushiba:** What is the *Law of Balance* and why do we hear about it so often? *The Law of Balance* is one of the Universal Laws that states order must be maintained within The Universe ~ in its Oneness. In its separateness, however, each energy form has opportunities presented where a choice must be made, and when those choices are made, in conjunction with the flow of The Universe, balance is maintained.

Waith continually counsels us to bring balance to Self, while at the same time, indicating that the only way to grow and strengthen is to be *out of balance!* Yikes! During a Public Session in April 1988, Waith discussed Balance:

**Waith:** *“It is important to have a balance in the physical, the mental and the spiritual. This has been said many times by others ~ this is nothing new. It is a Law of The Universe, and cannot be emphasized enough. It is in written form in many ways, and yet, few seem to pay attention to it. It is the Law of Balance. When one of those components ~ body, mind, spirit ~ is unbalanced, in the end, they all react and shut you down in some way.”*

I know how easy it is for Self to be shut down because of an imbalance with one of the three components. Waith mentions, many people now accept the concept that if we are ill, it represents an imbalance. Yet, when we are in the midst of an imbalance ~ and often distress ~ we usually do not want to think about *how we are balancing by being out of balance*. Plus, someone asking, “What do you think you’re learning through all of this?” is usually a question to avoid ~ or said with great Lightheartedness!