

ME AND MY UNIVERSE: **A SPIRITUAL ENCYCLOPEDIA**

By Dr. Sandra Adler

BOOK 4 - MY BALANCE

There're two parts to me - a head and a heart.
Having them balanced - a good place to start.

Adults say the intellect is my head
Or they call it the thinking part instead.

I'm unbalanced when I'm a heavy thinker
I'm not too kind and act like a stinker.

I've a thinking part and a feeling part
I'll follow my head or follow my heart.

My feelings are: understanding, sharing,
Feeling one with all things - being caring.

My feeling wants to be a part of things –
To be one with trees and the bird that sings.

In my feelings I have all my answers.
They're deep inside me like happy dancers.

And they jump right out when I need advice
They are always helpful and always nice.

Feeling is where my direction comes from.
I know what to do then I tell my mom.

In my feelings there's a lot of power.
I can run a mile or climb a tower.

In my feelings is where the Real Me lives,
The wise old soul who always loves and gives.

I belong in this world as we all do.
We have come here to ourselves to be true.

**Feels really good to know that I belong
To me and my family all along.**

**I call my thinking part my intellect.
That is where the facts are that I collect.**

**My intellect is the WHEN and the WHERE
To do the WHAT that my feelings do share.**

**My intellect is what thinks, thinks and thinks.
It says what it likes and it says what stinks.**

**When I want to or don't want to do it –
That is a feeling, the way I see it.**

**Thinking about what you want me to do
Puts my intellect first. Then I'm not true**

**To my feelings which make the unique me
So I can feel happy, joyful and free.**

**In one way I'm similar to a car -
With power and direction I go far.**

**Feeling is like the rear wheels of the car
Attached to the engine. That's what you are.**

**That is my power, my 'get up and go.'
That tells my thoughts what they do need to know.**

**A car can't move forward without power.
The steering can sit there for an hour.**

**I have to feel it before I can move;
And then I know I am in my own groove.**

**Feeling comes from my gut, thoughts from my brain,
My feeling comes first. I hope that is plain.**

**First the feeling then the thought, is the way
For me to be balanced throughout the day.**

**The engine is like the power I feel.
My intellect is like the steering wheel.**

**My intellect is like the front wheels, dear,
Attached to the steering and waits to hear**

**What my feeling will tell it day by day.
This makes me balanced I'm happy to say!**

**I have a feeling for every thought.
That means I really like what I have bought.**

**I have a thought for every feeling.
That's understanding; and it's revealing.**

**When I think too much I'm stuck to the ground
When I'm more balanced I'm flying around.**

**When my heart is so full I can't hear my head
So I go around in circles instead.**

**I like it best when I'm right in the middle.
When I'm balanced I feel fit as a fiddle.**

**My goal is to be balanced all my life.
Then I'll be happy and I'll have no strife.**

**My purpose in life is to be the Real Me;
Being loyal to myself I'll always be free.**

**Being balanced I can do anything
I am so happy that I want to sing!**

**So at the right time I'm in the right place.
There's nothing that happens that I can't face.**

**When I'm balanced, life is a lot of fun.
I enjoy every day under the sun.**

**I can stay balanced if I put me first.
When I love myself my bubble won't burst.**

**Being balanced I'm nice to be around;
And you can tell by how my voice will sound.**

**Cheerful and happy, I'm getting things done.
A balanced me is more fun than a ton!**

When I'm not balanced you don't want to be

Around a person as grumpy as me.

**Being balanced I am my true feeling;
Being around me is fun and healing.**

**I can be a wayshower for others
Backing all my sisters and my brothers.**

**My two natures are: intellect, feeling.
Having them balanced is very healing!**

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