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EMPOWERMENT



**Center for Tranquility
Archives Available
March 22nd 2018: Finding Balance**

The 2 natures of man are the intelligent part and the feeling part. Through understanding these two natures we can manage our lives in a way that keeps us in a sense of emotional balance. Think of them as the road signs along the highway of life. Most all of us have experienced days that flow by with contentment as the theme. The flip side we may have those days when we find ourselves struggling. We may feel pressure, anxiety, dis-ease or any number of symptoms when we least expect them. The tools we practice daily can seem to be ineffective, we may experience doubt and be left feelin

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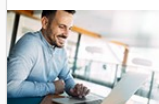
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