**Balance**

**Teach me your way, O Lord,**

**and lead me on a level path.**

***(Psalm 27:11)***

**Those of low estate are but a breath,**

**those of high estate are a delusion;**

**in the balances they go up;**

**they are together lighter than a breath.**

***(Psalm 62:9)***

**Give therefore to Caesar what is Caesar's,
and to God what is God's.  *(St. Matthew 22:21*)**

**Love your neighbor as yourself.  *(St. Matthew 22:39)***

**Let no one be mindful only of his own things,**

**but let everyone be mindful of the things of his neighbor also.**

***(Philippians 2:4)***

**There’s only one way to advance: by taking hold of some things and letting go of others. *(Ashleigh Brilliant, in Pot Shots)***

**True, all work and no play makes Johnny a dull boy. But trying to turn everything we do into play makes for terrible frustrations, because life – even the most rewarding one -- includes circumstances that aren't fun at all. I like my job as a journalist. It's personally satisfying, but it isn't always fun. *(Mort Crim, TV commentator)***

**What I dream of is an art of balance, of purity and serenity devoid of troubling or depressing subject matter . . . a soothing, calming influence on the mind, something like a good armchair which provides relaxation from physical fatigue. *(Henri Matisse)***

**In Hollywood, an equitable divorce settlement means each party getting 50 percent of the publicity. *(Lauren Bacall, actress)***

**It's all about balance -- balance that helps maintain the fine line between a career, a family and their faith. Their faith is Baha'i. *(Eileen Collins, in Rocky Mountain News)***

**Be on your toes, but do not tread on other people's. *(Dr. Ernest Wilson)***

**Always behave like a duck: Keep calm and unruffled on the surface but paddle like the devil underneath. *(Jacob Braude, author)***

**One of the best compliments a person can pay you is to say that you have a balanced view of life. (Bits & Pieces)**

**Keep both feet on the ground and you’ll be less likely to jump to a conclusion. *(Bits & Pieces)***

**When billionaire Warren Buffet hears friends complain about poor people who are dependent on government handouts, he starts complaining too -- about rich kids who are dependent on their parents' trust funds. He acknowledges that his own kids started out way ahead in the race of life. "I believe in leaving them enough so they can do anything," he says, "but not enough so they can do nothing." *(Warren Buffett, in The Associated Press)***

**Cut off your capacity for grief and you cut off your capacity for joy. They both come up through the same tunnel, and you don't have one without the other. *(William Hurt, actor)***

**That people crave something to love is clear. Less is said about the craving for something to hate. The claim is we are happiest when we have both -- a cause to fight for and a cause to fight against. Inspirational leaders always have given followers hate targets. Your assignment is to list groups sometimes used to fill the need. You can end with those shy solitary souls who want to live alone up in the mountains. *(L. M. Boyd)***

**Three statisticians go deer hunting with bows and arrows. They spot a big buck and take aim. One shoots, and his arrow flies off ten feet to the left. The second shoots, and his arrow goes ten feet to the right. The third statistician jumps up and down yelling, “We got him! We got him!” *(Bill Butz)***

**Man says to Garfield: “You need to eat a more balanced diet.” Garfield: “Balanced? You mean as in more than one kind of donut?” *(Jim Davis, in Garfield comic strip)***

**At times, it is difficult to keep a proper balance in our lives. But, over time, an improper balance will lead to problems. *(Catherine Pulsifer)***

**Am told the Best Western lodging chain instructs waiters to put the dinner check on the table exactly halfway between the man and the woman. *(L. M. Boyd)***

**A deadly disease must infect as many new victims as it kills to reach that critical line known in medical jargon as the “epidemic threshold.” Doctors say a disease that continues to fall, however gradually, below that threshold eventually will disappear. *(L. M. Boyd)***

**Just do your best to keep yourself in balance. One of the first things that causes energy misalignment, is asking or demanding too much of yourself in terms of time and effort. In other words, you just cannot burn the candle at both ends, so that you are physically tired, and then expect yourself to have a cheerful attitude. So, the rule of thumb has to be: "I'm going to be very, very, very happy, and then do everything I have time to do after that." *(Abraham / Hicks)***

**In a survey of eighty thousand American women it was found that those who drank moderately had only half the heart-attack risk of those who didn’t drink at all. *(Noel Botham, in The Ultimate Book of Useless Information, p. 69)***

**The human ear contains the structures that not only enable you to hear, but also assist you in maintaining your sense of balance. The ear consists of three basic parts: the outer, middle and inner ear. Each section performs a unique and necessary function. *(Robyn Dawson, in Tidbits)***

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**For everything you have missed, you have gained something else, and for everything you gain, you lose something else. *(Ralph Waldo Emerson)***

**It is easy to live for others, everybody does. I call on you to live for yourself. *(Ralph Waldo Emerson)***

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**More than three in four U.S. employees say they have no desire to move up in their organizations. Some workers credit their lack of interest in promotions with having found a good balance between career challenges and family stability; others say they are wary of office politics, managerial responsibilities, and taking on tasks that don’t excite them. *(The Wall Street Journal, as it appeared in The Week magazine, August 2, 2013)***

**When I lived in the city, I never knew what an equinox was. It is an astronomical term for the time when the sun crosses the equator, making night and day of equal length in all parts of the world. In December, the sun is lowest in the sky and the nights are longest. This is the winter solstice. In June, the opposite happens – the sun is highest in the sky and the days are longest. This is the summer solstice. All of this has to do with the equinoxes, but I didn’t learn any of it by studying astronomy. *(Gary Zukav, in Soul to Soul: Communications from the Heart, p. 6)***

**If we can estimate people not by how they disagree with us, but by their contribution to some good cause, it helps to put us in right balance. *(Ernest Wilson)***

**A new fabric absorbs heat to keep you cool when the weather is hot and releases heat to keep you warm when it's cool. Couple of Department of Agriculture chemists came up with it. They think it might be good for diapers. *(L. M. Boyd)***

**The most common method of balancing the family budget is by cutting down payments to the savings account. *(Joseph C. Salak)***

**I spend fifty percent of my time in front of the TV watching programs. The other fifty percent is spent looking for the remote. *(Art Samsom, in The Born Loser comic strip)***

**Flamingos' balancing act: Biologists have long wondered how flamingos can stand on one leg for so long. Now researchers may have an answer. The birds have a unique anatomy that makes the posture almost effortless. Young-Hui Chang of Georgia Tech and Lena Ting at Emory University had several baby flamingos stand on a force plate, which measure the body's sway as it maintains stability. "They found that when the birds fell asleep on one leg, they actually swayed less than they did on two. In a separate experiment, the researchers held up a flamingo cadaver by one of its shins. To their surprise, the limb locked into place and the dead bird could stand upright unaided -- something it couldn't do for two legs. "It was a light-bulb moment," Chang tells The Washington Post. "We weren't expecting it to be stable." The pair concluded that whereas humans use muscles to balance on one leg, the flamingo's unusual skeletal and muscular systems essentially let gravity do all the work. It remains unclear why they stand on one leg, however. Chang and Ting posit that it is to reduce "muscular energy expenditure." But other researchers believe flamingos may stand on one leg to preserve heat, by keeping their non-standing limb out of water. *(The Week magazine, June 16, 2017)***

**If gravity were slightly stronger, all stars would be large, like the ones that produce iron and other heavier elements, but they would burn out too rapidly for the development of life. On the other hand, if gravity were weaker, the stars would endure, but none would produce the heavier elements necessary to form planets. The weak nuclear force controls the decay of neutrons. If it were stronger, neutrons would decay more rapidly, and there would be nothing in the universe but hydrogen. However, if this force were weaker, all the hydrogen would turn into helium and other elements. The electromagnetic force binds atoms to one another to form molecules. If it were either weaker or stronger, no chemical bonds would form, so no life could exist. Finally, the strong nuclear force overcomes the electromagnetic force and allows the atomic nucleus to exist. Like the weak nuclear force, changing it would produce a universe with only hydrogen or with no hydrogen. *(Charles Edward White, in Christianity Today)***

**Be aware of wonder. Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some. *(Robert Fulghum)***

**Sherlock Holmes once pointed out the danger of being uninformed when he said, “It's a mistake to theorize before one has data. One begins to twist facts to suit theories instead of theories to suit facts.” In other words, without good information you won’t see things as they really are -- you'll see them as you think they are. *(Dr. Charles Dickson, in New Realities magazine)***

**A six-legged insect always has at least three legs touching down -- alternating, fore and hind on one side, middle on the other. *(L. M. Boyd)***

**The best part about my job is I get to see just about every movie made. The worst part of my job is I have to see just about every movie ever made. *(Richard Roeper)***

**One must learn to be silent just as one must learn to talk. *(Victoria Wolff, novelist)***

**Here's to learning the ropes without coming unraveled. *(Reader's Digest)***

**Food is an important part of a balanced diet. *(Fran Lebowitz)***

**If everything balances out, I wonder what life someone is living somewhere, to balance mine. *(Ashleigh Brilliant, in Pot-Shots)***

**Most human beings are quite likable if you don’t see too much of them. *(Robert Wilson Lynd, Irish writer)***

**A Harvard student on his way home to visit his parents fell between two railroad cars at the station in Jersey City, New Jersey, and was rescued by an actor on his way to visit a sister in Philadelphia. The student was Robert Lincoln, heading for 1600 Pennsylvania Avenue. The actor was Edwin Booth, the brother of the man who a few weeks later would murder the student's father. *(Isaac Asimov's Book of Facts, p. 422)***

**Vince Lombardi, the legendary Green Bay Packers football coach, was a feared disciplinarian. But he never leveled a man without also seeking to launch him. One day he chewed out a player who'd missed several blocking assignments. After practice, Lombardi stalked into the locker room. The player was sitting at his locker, head down, dejected. Lombardi mussed his hair, patted him on the shoulder and said, “One of these days, you're going to be the best guard in the NFL.” That guard was Jerry Kramer, and he says he carried that positive image of himself for the rest of his career. “Lombardi's encouragement had a tremendous impact on my whole life,” he says. Kramer went on to become a Green Bay Packer Hall of Famer and a member of the NFL's All-50-Year Team. *(Mark R. Littleton, in Reader's Digest)***

**If you fall in love there is no hope for you unless you can rise in love, unless you can recover your balance. *(Eric Butterworth, in The Commitment of Love)***

**Majority rule only works if you’re also considering individual rights. Because you can’t have five wolves and one sheep voting on what to have for dinner. *(Larry Flynt)***

**Think like a man of action, and act like a man of thought. *(Henri Bergson, French philosopher)***

**Fortunate, indeed, is the man who takes exactly the right measure of himself and holds a just balance between what he can acquire and what he can use, be it great or be it small! *(Peter Latham)***

**When patients complete tests at the Mayo Clinic they are given a card on which there is a diagram in the form of a cross. On each arm of the cross appears a word indicating a main factor in leading a balanced life. The four words are: Work, Play, Love, and Worship. *(Bits & Pieces)***

**For there is a meeting point of the silences of the spirit with the activities of our social conduct, a common ground from which we may look both to the One and to the many, to the eternal values and to the calls for service in the world of time and place, where inner peace is no less a power than on the remote summits of a mountain or in the saint’s lonely cell. *(Horatio W. Dresser, in Unity magazine)***

**An open mind is all very well in its way, but it ought not to be so open that there is no keeping anything in or out of it. It should be capable of shutting its doors sometimes, or it may be found a little drafty. *(Samuel Butler)***

**The balance of nature is reached when heating the house costs as much as going south for the winter. *(James Holt McGavran, in Ideas for Better Living)***

**I've read that my nostrils are “conditioned” to work alternately. What conditions them? How you sleep. You change positions. Down side of your nose cavities engorge. Up side breathes freely. You turn over and sides reverse, but the procedure repeats. It's a survival pattern in genetic memory. *(L. M. Boyd)***

**When musk oxen fight musk oxen, it’s always ox to ox -- no two ever gang up on one. You can say this too about sheep and goats. But you cannot say it about men and monkeys. *(L. M. Boyd)***

**Oxygen in the air is regulated by methane therein. Too much oxygen, everybody would burn up. Too little, everybody would suffocate. Bacteria make that methane in the digestive tracts of the cud-chewers -- particularly the termites. *(L. M. Boyd)***

**About 21 percent of the earth’s atmosphere is oxygen. Good thing. If it went down to 16 percent, you couldn’t build fires. If it went up to 24 percent, the earth would burst into flame and burn out. *(L. M. Boyd)***

**Football coach Joe Paterno, whose Penn State teams have had records second to none -- including winning streaks of 15 and 31 games -- said, “I like the idea of Saturday-morning classes. It takes their minds off football. I tell the kids, ‘Enjoy yourself.’ There is so much besides football. Art, history, literature, music, politics, the changing society. I consider football just another extracurricular activity, like debating, the band, or anything else on campus. It should never be taken out of that context. When a kid takes a look around Penn State and says, ‘Gee, there's nothing to do,’ I tell him I suppose there was nothing for the Romantic poets to do in the Lake District of England.” *(Cleveland Amory, in Saturday Review)***

**We find inner peace, not through silence alone, if by silence we mean exclusive solitude of some sort, as if we could find freedom only by shutting people out. To do this is to find that we have shut ourselves out, too. Nor do we find it by mere contemplation of “the One without a second,” by renouncing the social world that we have found too difficult. The many are also with us on “The Mount” of meditation. *(Horatio W. Dresser, in Unity magazine, February, 1934)***

**Do you see the perfect balance? Day and night, spring and fall, hot and cold, planting and harvesting – everything is balanced at the equinoxes. This balance could not exist without the extremes. Midway between the heat of summer and the ice of winter, between sowing and reaping, between darkness and light, life goes on. That is now. *(Gary Zukav, in Soul to Soul: Communications from the Heart, p. 7)***

**Straight pins are precisely pointed, not too dull, not too sharp. On purpose. So they’ll pass between the threads, and penetrate them individually. *(L. M. Boyd)***

**The Catholic Church will soon have two new saints, said Nicole Winfield in the Associated Press. Pope Francis last week fast-tracked the sainthood of two recent popes – John Paul II, who died in 2005, and John XXIII, who led the church in the early 1960s. By simultaneously canonizing John Paul II, a conservative who fiercely defended the church’s traditional moral values, and John XXIII, a champion of social justice who liberalized many church traditions, Francis has honored both wings of a divided church. “That’s a good formula for harmony, something Catholicism needs right now.” *(The Week magazine, July 19, 2013)***

**What is the essence of America? Finding and maintaining that perfect, delicate balance between freedom "to" and freedom "from." *(Marilyn vos Savant, in Parade magazine)***

**John Wilkes Booth’s brother once saved the life of Abraham Lincoln’s son. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 1)***

**A minister went way back in the hills to substitute at a service at which one man proved to be the entire congregation. The preacher asked him if he thought they should go on with the service. The man thought a while, then replied, “Well, Reverend, if I put some hay in the wagon and go down to the pasture to feed the cows and only one cow shows up, I feed her.” So the good brother went through most of the service, including a full-length sermon. Afterward he asked the lone member of the congregation what he thought of it. “Well, Reverend, I'll tell you. If I put some hay in the wagon and go down to the pasture to feed the cows and only one cow shows up, I don't give her the whole damn load.” *(Allen R. Foley, in Reader's  Digest)***

**The most common psychological problem is shyness, say the scholars. Still, better too shy than not shy enough. It has been said the person with shyness suffers pain, but the person without any shyness inflicts pain. *(L. M. Boyd)***

**A spanking paddle patented in the U.S. in 1953, had a jointed handle designed to break if the child was spanked too firmly. *(Ripley's Believe It or Not!)***

**Spoil your husband, but don't spoil your children, that's my philosophy. *(Louise S. Giddings Currey, Mother of the Year)***

**When you strive for balance, be gentle with yourself. How can you recognize balance without recognizing imbalance? When you rejoice at the good that you discover in yourself, or despair at the evil, do you move past the balance point between them without noticing it? If you strive only to avoid the darkness or to cling to the light, you cannot live in balance. Instead, try striving to be conscious of all that you are, and to choose responsibly at each moment. That is balance. *(Gary Zukav, in Soul to Soul: Communications from the Heart, p. 7)***

**Symmetry on the brain: Why do people and animals find symmetry so appealing? It might result from the way their brains are set up to recognize objects, a study suggests. Researchers used a computer simulation of a visual recognition system and tested its ability to recognize patterns. They found evidence that a yen for symmetry develops as a side effect of a need to recognize patterns regardless of their position or orientation in a scene. That might have led to the human preference for symmetry in artwork and other contexts, the researchers report in the November 10 issue of the journal Nature. *(Rocky Mountain News, December 5, 1994)***

**Things I've learned from Nursing: If I don't take care of myself, I can't take care of anyone else. *(Nurses: Jokes, Quotes, and Anecdotes 2005 Calendar)***

**While I’m taking care of you, please remind me occasionally to take care of myself. *(Ashleigh Brilliant, in Pot-Shots)***

**My husband and his partner are both general surgeons and avid fly-fishermen. They were performing a routine hernia repair under local anesthesia, and their conversation turned to fishing. The wide-awake patient quipped, “I don’t think you should be talking about fishing while you’re operating on me.” “It’s okay,” my husband replied. “We talk about operations while we’re fishing.” *(Janice Stalter, in Reader’s Digest)***

**After leaving the car repair garage, Ziggy says to himself: “They balanced my tires and imbalanced my checkbook!” *(Tom Wilson, in Ziggy comic strip)***

**Yelling strains your vocal cords. But so does whispering, by forcing said cords nearly together. When you have laryngitis, you don’t do your voice much good by whispering. Or so says a doctor. *(L. M. Boyd)***

**When you go for a walk -- in a normal manner at a typical speed -- both of your feet are on the ground about 30 percent of the time. *(L. M. Boyd)***

**I still have my feet on the ground, I just wear better shoes. *(Oprah Winfrey)***

**The ostrich’s wings balance the bird when it runs. *(L. M. Boyd)***

**I wish I had more energy . . . or less ambition. *(Ashleigh Brilliant, in Pot-Shots)***

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