

Day 8 - Restoring Balance

21-Day Meditation Challenge <meditationchallenge@chopra.com>

Mon, Mar 18, 2013 at 1:14 AM

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"Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." —C.G. Jung

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Welcome to Day 8—Restoring Balance

This week, we have even more transformational information to share with you, and it all has to do with cultivating greater balance in our lives.

Today's discussion and meditation focus on restoring balance and how we can become more self-aware. Throughout our days, we tend to repeat the same activities without thinking much about them. At some point, though, we become aware of these habits and, later, we may even become self-aware, wondering why these habits are part of our lives and deciding whether they benefit us.

Our entire journey together over these three weeks is one that will lead us to greater self-understanding.

Our centering thought for today is:

With awareness, I create healthy habits.

We look forward to connecting with you in meditation.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style.

MINDFUL MOMENT

Examine your habits today. Ask yourself, "Why did I begin doing this?" and "Does this benefit my body, mind, and spirit?" If you find yourself habitually engaging in activities that do not support your healthy lifestyle, begin taking steps to change those habits that do not serve you.

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