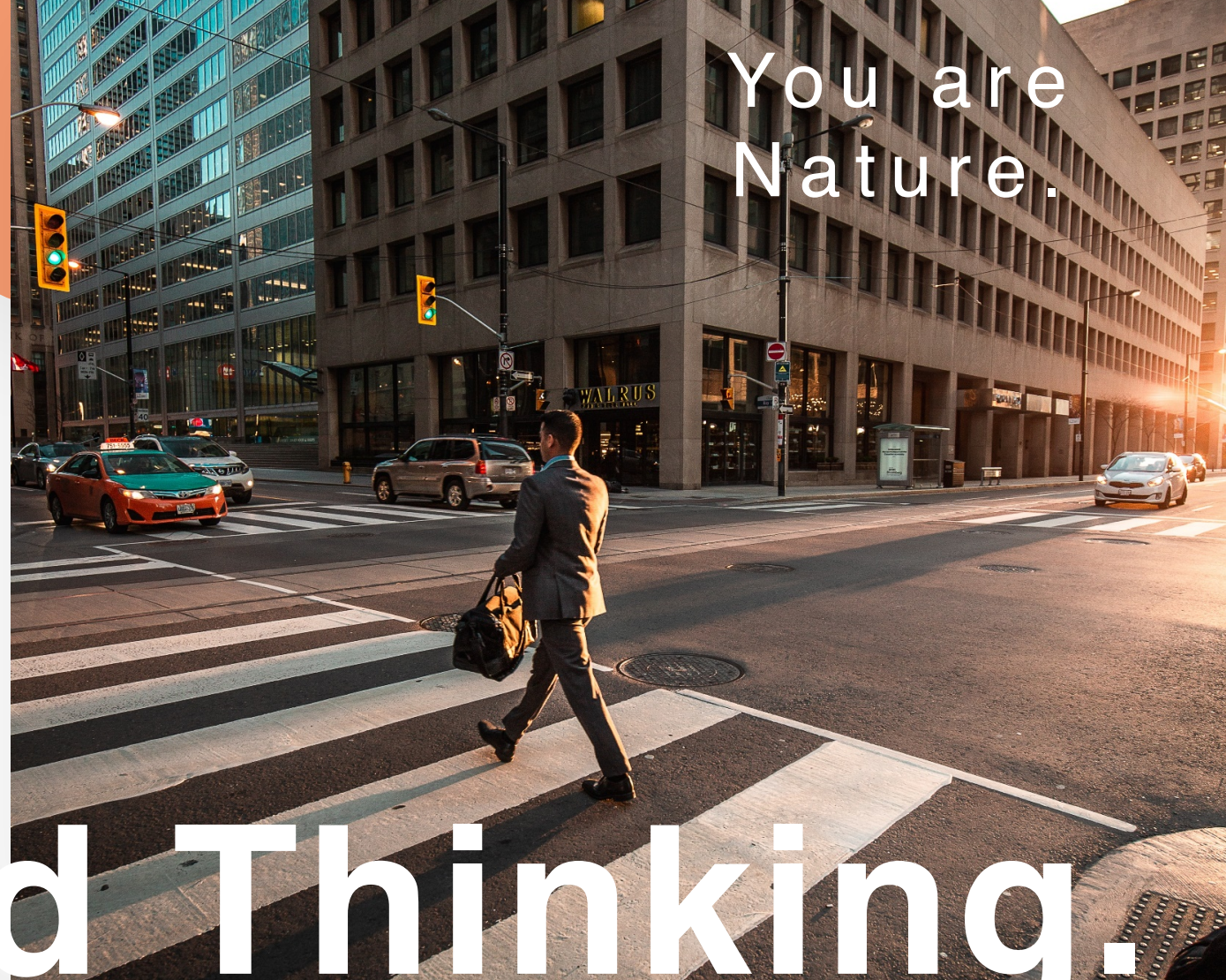


You are
Nature.

Balanced Thinking.

Innerwealth Chris Walker



Hi.

Intro.

We all know the cost of lost balance. It impacts everything. And yet, the mechanics of keeping it, finding it, holding onto it are, at best, ridiculous and expensive. It doesn't have to be this way. Being balanced, is not hard. I'm going to show you how in this deck.

Once upon a time, you would hear people in the office saying "oh, I'm knackered, I just can't wait for the weekend (substitute: holidays, time off, public holidays etc). Most of those are now pushing up daisies in cemeteries or watching the clock under the radar hoping their super carries them far enough to the grave with the Netflix account paid. The cost of imbalance, and the fear of it, drives great people to stupid choices.

About 30 years ago, I took a stand on this topic. The lack of balance cost me dearly and with that discomfort I became obsessed with researching why it's so complicated to do something so natural and simple. 50+ trips to the Himalayas, 35 books and untold interviews later, the answer is right here in this deck.

Life changing work, for those who value balance.

Innerwealth Chris Walker.



About.

Going somewhere to find balance is where it all goes wrong. Greener fields are greener because there's manure under the grass. An unbalanced person will be an unbalanced person no matter where they go. So, let's get off on the right foot with a radical statement: Work - Life Balance is a corruption sold by real estate agents, travel agencies and yoga classes. It isn't real.



0 1 B a l a n c e d M i n d



0 2 B a l a n c e d B o d y



0 3 B a l a n c e d T h o u g h t

So, what is balance if it is not work life balance? A balanced person is balanced in each area of life. Each area meaning: Work, financial, social, mental, health, family, spiritual. Let's go over that. A balanced person is balanced at work. They come home balanced. They sleep balanced. They manage their money and mind with balance. They sit balanced, stand balanced, and therefore, if you work this all back to the root cause of balance, they think balance. An unbalanced person is an emotional person, and an emotion is, an unbalanced thought.

OPTIONS.

🎯 Option 1.

Emotion

Lots of fun, very entertaining, motivated, excited, lots of ups and downs, short term, process, reactive, stressed, depressed, celebratory, engaged,

💰 Option 2.

Balanced Mind

Adaptive, results, focussed, inspired, driven, long term, goal, reliable, leadership, financial profit, love, strong, achievement.

☺ Emotional Mind

Useful In ...

Marketing, romance, story telling, book writing, entertaining, cooking, comedy, sales, motivation, speaking, engagement, dominating, control, manipulation, dance, art.



Balanced Mind

Useful In

Leadership, Self control, inspiration, personal power, buying, finance, stock market, funds management, building, property, love, healing, decision making, mental health, resilience, sport.



Emotional Mind

Useless in

Mental health, money management, long term relationship, parenting, research, leadership, child care, buying decisions, business, sport, wellness healing, negotiation, conflict resolution, mediation, recovery.



Balanced Mind

Useless in

Fun, parties, games, entertaining, seduction, romance, sex, lust, appetite, cooking, motivation, performance, speaking, sales, art, motivating others, teaching, dancing.

Balanced Mind.

01

There are two sides to everything. Sometimes you see it and you like what you see. You relax. Sometimes you don't and you get excited, attracted and think you found a unicorn. But that excitement is always temporary.

02

Sometimes your emotions take over the ship. When that happens something outside of you is running your life. Anything you have an emotion about is running you. Then, even on holidays or working 3 days a week, you'll be out of balance.

03

Our ego is built from out of balance thoughts. Our identity is built from out of balance thoughts. We like to be stimulated by out of balance (emotional) thoughts. But the consequences are devastating.



Judgement.

A judgement is an imbalanced thought. So the more judgemental we become the more emotional and unbalanced we become. A judgemental person is out of balance 24/7.

What we learn is that what we judge we breed, attract or become. Judging others is how we push them away. What we learn is that every human has every human trait. So what we judge in others we judge in ourselves.



0 1

B a l a n c e d t h i n k i n g



0 2

B a l a n c e d m i n d



0 3

B a l a n c e d J u d g e m e n t

Inspired Mastery of Change

- / A good Heart = Gentleness, Kindness, Care and contentment
- / To breakthrough self set limits (barriers that protect the heart)
- / The ability to adapt and learn (wisdom)
- / The only constant in the whole universe is change (process not a destination)
- / Learning to grow through life is the key to happiness and success in all walks of life
- / 5 Laws of Nature keep your heart open

mastery of change

Naive.



E m o t i o n

N a i v e

The emotionally driven individual thinks there can be a positive without a correlate negative, a good without a bad, a right without a wrong. Always learning from bitter experience.



**B a l a n c e d
T h i n k i n g**

W i s d o m

The balanced thinker knows there are two sides to everything, however, they focus only on the positive. That means they know there are two sides and yet deny the negative (means have someone else worry about it)



Emotion



Balanced thinking

Presenteeism

When a person goes to work but their mind is elsewhere, worry, stressed, confused, agitated, anxiety (all emotion), they are at work but didn't turn up. It can also happen when a person goes home and their mind is still at work, they don't turn up. This is called presenteeism.

Turning Up 110%

With balanced thinking a person arrives in this moment, they are in the now, turned up 110% and their family and work - know it. This is a huge asset for leaders, partners and friends. When we turn up it feels like we care, it feels like we are interested, it therefore feels like we are powerful.

Identity

Emotion

→ Puffery is a powerful way to present ourselves. The ego is in full bloom and we are inflated. The problem with the identity formed from emotion is that if a nail goes in the tyre, we deflate. Therefore, powerful emotion is also weak.

Ambivalence

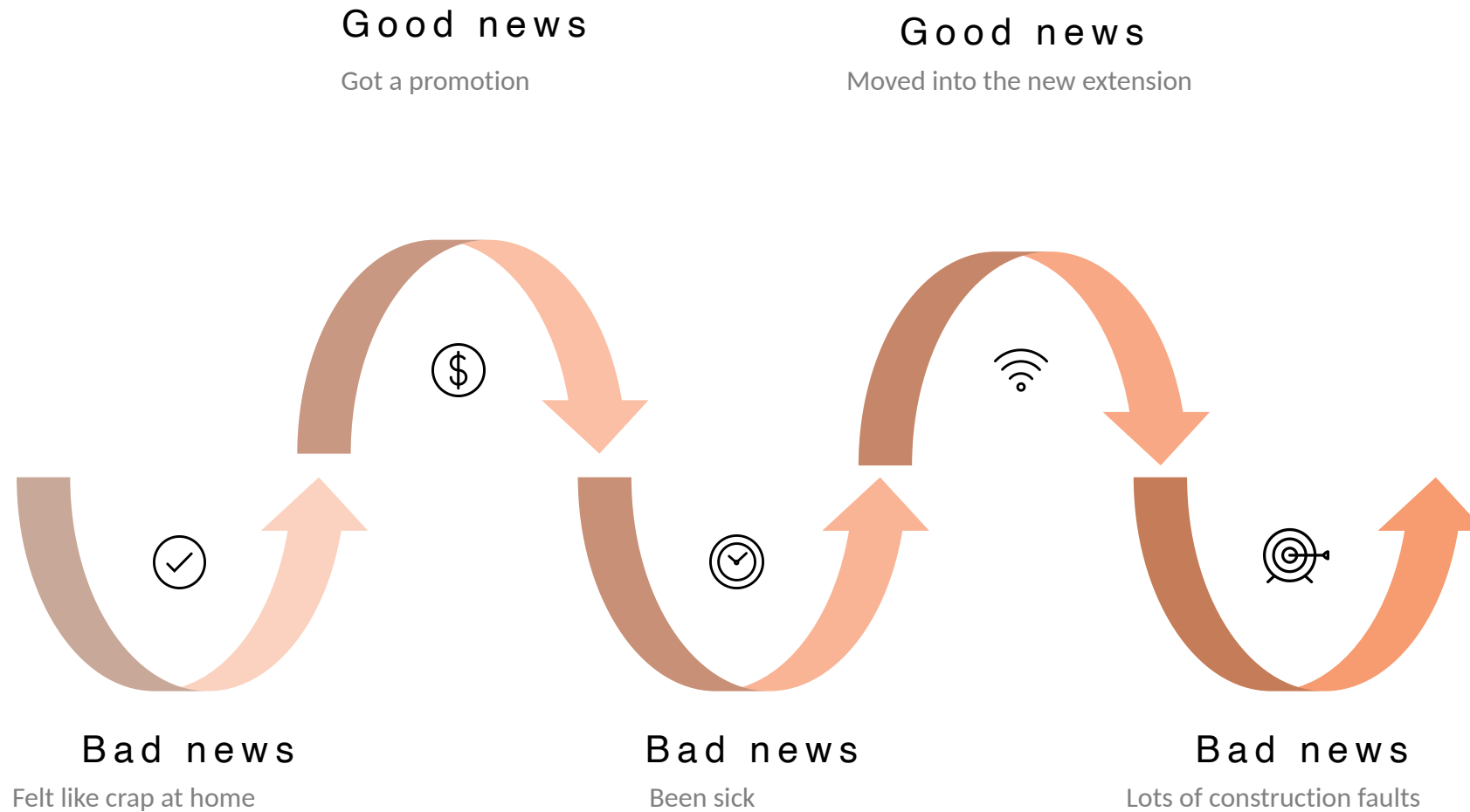
→ Between the puffery of emotion and the inspiration of truth, there is balanced thinking, it's called ambivalence. At first many are afraid of this but it is a powerful strong and stable identity.

Inspiration

→ Build on ambivalence, inspiration is a balanced mind with gratitude added. A balanced, non emotional mindset with gratitude is an inspired mind and this mind is intuitive, has vision, loves life and is magnetic.

Emotion.

The emotional
Roller coaster





Turning up.

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book.

- 🎯 01 Turning Up Home
- 💰 02 Turning Up Work
- 🕒 03 Dealing with Downers

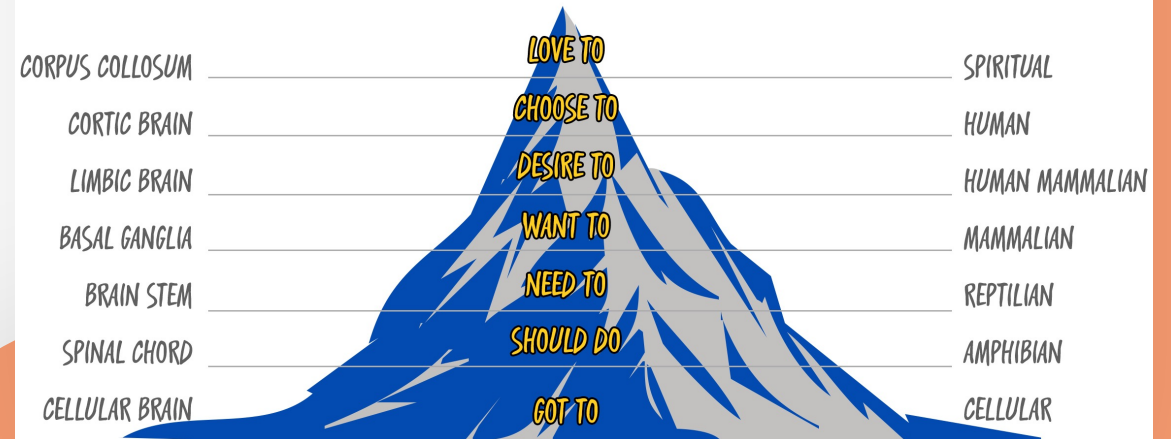
Balance.

Take a look at the consciousness cone on right. Different levels of the mind/brain have different language association. But most important you can see the lower consciousness has the highest emotion. The lower realms of our mind operate on a more polarised level. At Got to, we are looking for 7 +ve to 1-ve. That's extreme and of course it can be in reverse. As you go up the cone you get more balanced in thinking.

“The Biggest Risk Is Emotion in life”

- Chris Walker

SURVIVAL THINKING OR INSPIRED THINKING



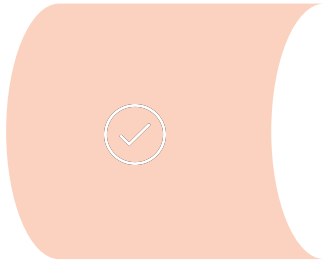
Total Human Awareness

Balanced at home

At home when we're balanced in mind, we are 100% available and that's the secret.

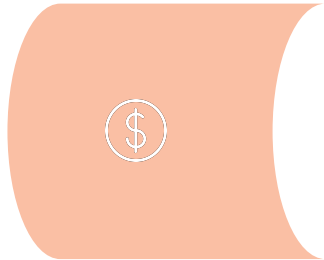
Balanced at Work

At work when we are balanced, people will, in the longer term, respect our opinions.



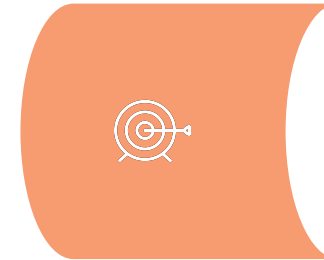
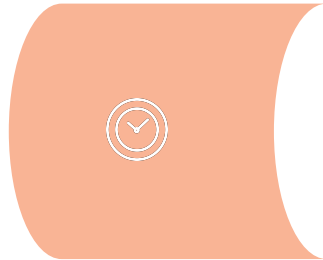
Balanced in Health

It is no secret that emotion causes disease. The more emotional thinking, the more illness.



Balanced in \$

Try getting a bank to invest in you when you are emotionally charged about the future. They will not, balanced thinking gets investment.



Balanced Mind

Mind noise is unbalanced thinking, it blocks intuition, inspiration and love for life. Balanced thinking gets ideas.

Reminders.



E m o t i o n

Emotions waste valuable energy that is needed to manifest and cause success.



E m o t i o n

Is at the core of aggression, arguments, anxiety, stress, depression, frustration, anger. It is also behind fun, happy, laughter, joy and more..



E m o t i o n

Without emotion there are no stories. Without stories life is different. It is not about refusing emotion, it is about managing it so it doesn't manage you.



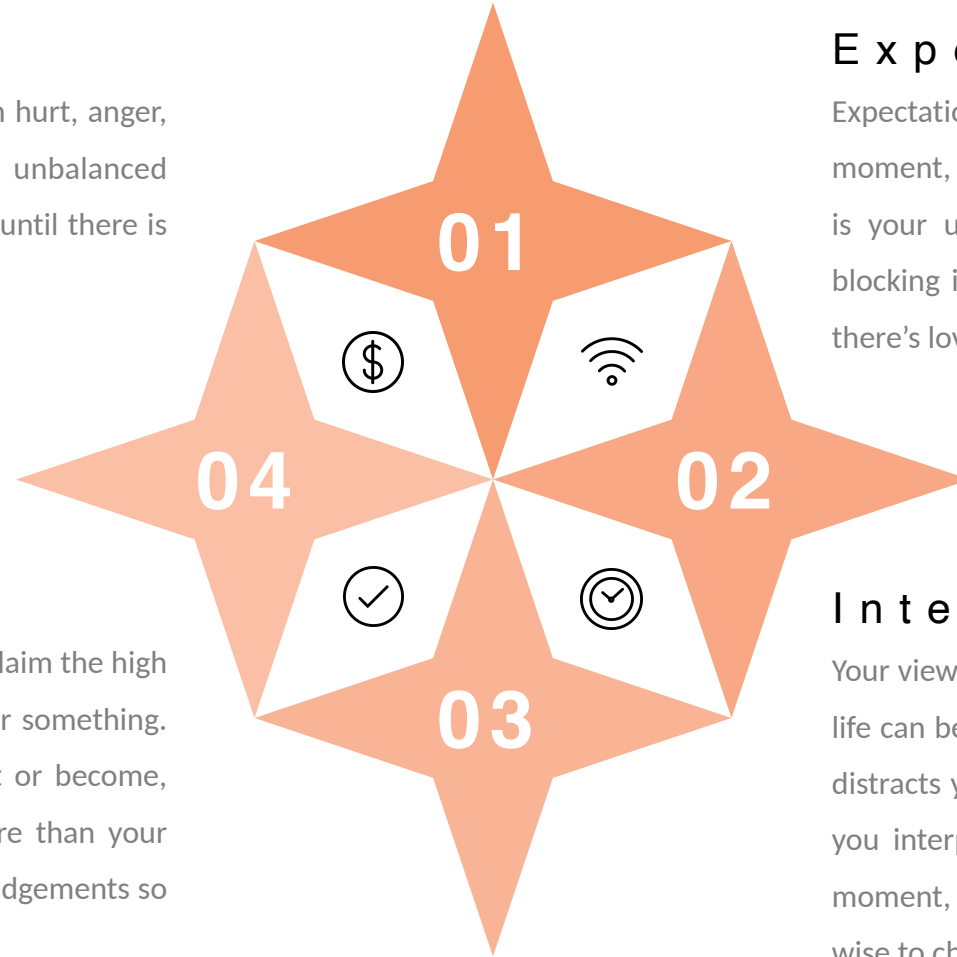
SUCCESS.

Inheritance

It is too easy to hold onto the past with hurt, anger, pain and regret. All of these are unbalanced thoughts. It is wise to process the past until there is nothing but gratitude for it.

Judgements

It is too easy to judge people and then claim the high ground that you are spiritual or good or something. But what you judge you breed, attract or become, and so, nothing affects the future more than your judgements. It is wise to process your judgements so you can have certainty of the future.



Expectations

Expectations block love and right now, right this moment, if you are not feeling love, loved or loving it is your unbalanced thinking, expectations, that is blocking it. It is wise to process life until you know there's love, as much as there will ever be, here now.

Interpretation

Your viewpoint - the lens through which you observe life can be foggy, and then your unbalanced thinking distracts you. Success is linked to your view, the way you interpret the day. If you are not enjoying this moment, linking it to what you value, it is probably wise to change your unbalanced thinking.

Partners.

The inner world of decisions is emotionless. It is balanced and inspired. The inner world does not function on judgement or emotion. It is soul, timeless and bulletproof. It has no sorrow, worry or grief. It knows, that it knows, that it knows.

The outer world is the world of goals, ambitions, desires, needs, wants. It thrives on emotion, loves to have pleasure and run from pain. It wants to be right, never wrong and is always measuring itself against an expectation. The more the better.



Thank
You

Create.



Innerwealth Chris Walker