

ALMAPURA AWAKENINGS



BLESSED ARE THE PURE IN HEART

Achieving Balance



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Achieving Balance

With life's ups & downs, achieving a state of balance can be very challenging. Reflecting on, and embracing each phase of personal and spiritual growth equips us with the clarity to make the very best life decisions. Almapura breaks down the 3 phases of growth experienced during the course of our life. Every seven years a new phase of growth begins. The three phases of growth are **Spiritual, Human and Balance**.

Each phase will repeat itself several times during our life in seven year increments until *finally*, we achieve balance. Approximately every seven years, our life-focus changes to accommodate the particular phase we are in. Moving through each phase of growth can present challenging periods of transition but if we acknowledge and work through each phase we discover how the choices we make today shape our tomorrow.

Spiritual Phase

The Spiritual Phase is all about you. It's about how you feel! The Spiritual phase is profoundly connected to the inner-self or the emotional self. The focus during this phase is to honor and fulfill your emotions and inner spiritual truths.

Human Phase

The Human Phase is about all the rules and expectations that exist outside of you. The focus during the Human phase is to live-up to what's expected of you follow the rules!

Balance Phase

The Balance Phase incorporates concepts and truths that exist within *both* the Spiritual and Human phases. The focus during this phase is to take into account both the spiritual and human perspectives in the decisions you make. During a Balance Phase you may take some truths from the Human Phase and some truths from the Spiritual Phase and combine them to achieve Balance. A balanced decision is one that fulfills both the human and spiritual sides of self.

The following phases of growth bring us from birth well into old age. The ages shown for each phase are only estimates as people can pass through any of the phases several years earlier or later depending significantly on their progression through each phase.

| Age | Phase | Age | Phase | Age | Phase | Age | Phase |
|-------|-----------|-------|-----------|-------|-----------|-------|-----------|
| 0-7 | Spiritual | 21-28 | Human | 42-49 | Spiritual | 63-70 | Human |
| 7-14 | Human | 28-35 | Spiritual | 49-56 | Human | 70-77 | Spiritual |
| 14-21 | Balance | 35-42 | Balance | 56-63 | Balance | 77-84 | Balance |

As you review the phases of growth, think about now and who you are today. What phases have you passed through already and what phase are you currently in? What does that make you feel about who you are, and about the choices you are making in your life today?

Spiritual (Birth-7 years)

We are born Spiritual. The first seven years of life are Spiritual. This is because when we are born we don't have the human capabilities to survive on our own. We exist without any perceptions nor opinions because we haven't been taught them yet. We are completely dependent on our parents and caregivers. At this stage of our life, our only mode of communication is prompted by whatever feeling or emotion we are experiencing.

When we are babies and Mom takes us over to Auntie's house and we cry when Auntie holds us, what does Mom do? She takes us away from Auntie and holds us herself. In this Spiritual phase, Mom doesn't mind if we don't like Auntie. She doesn't get upset or demand that we stay with Auntie. She simply pulls us into her arms and loves us.

Our parents encourage us to express ourselves based on the emotions we are experiencing. When we have little temper tantrums during the terrible two's, parents tend to laugh at our expressions and emotions without much emphasis on the correct way to behave. When we are 5 and get a case of the giggles in church or at the bank, our parents don't really mind. They usually end up laughing right along with us. Basically this phase of life education begins at 0 and lasts until about the age of seven. This phase is all about how we feel! The expressions of those feelings are encouraged by those around us.

Human (7-14 years)

The second phase we enter into is the Human Phase. This usually begins around the age of 7 and lasts until about the age of 14. During this phase we are no longer encouraged by our parents to act on our emotions. At this stage, it isn't about how we feel. It's about following the rules and doing our homework. It's about learning how to be a productive member of society. It's about behaving accordingly. It's about following the expectations set out for us by the world, parents, caregivers, teachers, society, religion, and even by our friends.

If we go over to Auntie's house now, what does Mom say? *"I don't care if you like Auntie or not, you better go over and give her a kiss and hug and say thank you for the gifts!"* Usually at this age, we will repeatedly hear.... *"I don't care what your friends are doing, you have to stay in and do homework"...or "clean up your room", or "mow the lawn", or "take out the garbage"...*and the list goes on. During this phase we have to learn to be human, learn to use

our logical mind, and learn to listen to the rules. It's not about how we feel anymore; it's about what is expected!

Balance (14-21 years)

The third phase we enter into is the Balance Phase. Although we will enter into the Balance Phase several times during our lives, it first presents itself around the age of 14. During this phase, the goal is to combine both sets of the 7 year educational influences learned during the Human and Spiritual phases. The goal is to make a good, balanced decision taking into account both of these perspectives.

The challenge that most teenagers are confronted with is how to make a balanced decision when it turns into a battle between both forms of education (*human & spiritual*). While hormones and physical development play a role in the stress level of an adolescent, they are also in turmoil over *how to be*. Teenagers are faced with decisions every day that challenge them on both an emotional (*spiritual*) and logical (*human*) level.

I'm 15. There's a party down the street. I want to go. My mom said no. I went anyway. The police brought me home. My mom yelled at me. She said, "Nicole, I taught you better than that!" I said, "No you didn't. In the first 7 years of my life, you taught me I can do and be whatever I feel like, and in the second 7 years of my life, you taught me I can't do or be any of those things. So now I'm in the third set of 7 years and you haven't taught me yet how to make a decision between what I want and what's expected. "

During the first seven years we are educated to express emotions and feelings and to act on them. During the second set of seven years we are educated to NOT follow or act on emotions and feelings but to act upon and follow the rules. It's really important to stress that a good decision for you, might not be a good decision for me. In saying that, when we go thru this phase we have to realize that some of the decisions we make will be good for us, but may be viewed upon negatively by others. That's ok because the idea is to practice making decisions.

When we make decisions, we have to weigh out what we want against what we should do. There are times when *what we should do* will win. There are times when *what we want* will win. There are also times when we can make a decision that will honor both what we want *and* what's expected. Our goal during the Balance phase is to think about what we *want* and what's *expected*, and to make a decision that fulfills both sides.

Human (21-28 years)

We enter the fourth set of seven years with the Human Phase. During this phase of humanity we deal with decisions that will motivate the course of our lives from a human perspective such as, what college to go to, what career to choose, whether or not to get married, whether or not to have children, where to live, etc. We approach this phase with an individual intensity that guides our life experience within society. In a sense, we decide who we are going to be and where we will fit into society.

Spiritual (28-35 years)

Now that we have decided who we are in society, we take a step back, and naturally, we wonder....What does it all mean? During this phase of growth, we take everything that we have gathered and created in the last seven years and we pick it apart to find the meaning behind it all. We wonder why we worked so hard and for what end result? From ages 28-35 we try to put meaning to our past and present efforts. We become more reflective and more respectful of self.

Balance (35-42 years)

I'm sure you have guessed by now that during these ages we are in another Balance Phase. This is where we are once again faced with similar challenges we have found throughout our lives and we have to decide how to handle them. The goal is to bring meaning to the life we have created for ourselves. This is usually the time when we remove ourselves from the people and situations that do not support our inner truths. This is the time of our life when we encourage and invite more meaningful perspectives to evolve. This is where we attempt to bring a little bit of Heaven to Earth.

Balance is the Goal!

If we don't establish a Balance perspective, the Human and Spiritual phases repeat themselves over and over again starting at the beginning with the Spiritual Phase from 42-49, the Human Phase from 49-56, and the Balance Phase from 56-63. The goal is to approach each phase from a balanced perspective taking into account both the Human and Spiritual truths.

Achieving Balance Worksheet

Think about now and who you are today. What phase are you currently in?

What does that make you feel about who you are, and about the choices you are making in your life today?

Think of a challenging situation in your life today. How could you perceive this situation from the **Human Phase** perspective?

How could you perceive this situation from the **Spiritual Phase** perspective?
