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*SIMPLICITY and SUCCESS:*

A Newsletter about Creating What Matters Most in Life and Work

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5. Upcoming Events
6. The Small Print: Copyright; Sponsors and Affiliates; Getting On and Off the List
7. Useful Stuff: Resources for Personal and Professional Mastery, and Links
8. The Last Word: Quotable Quotes

1. QUICK TAKE: Forget Balance—Integrate!

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I know it's heresy, but this New Year's I'd like to question whether a balanced life is a useful goal to pursue.

Balance is a mechanical concept. It explains how simple machines work. However, it's not very useful when trying to explain how human beings work. Biologists and complexity theorists tell us that living systems like human beings exist "far from equilibrium." In nature, balance usually means death, such as when our body temperature balances with the air temperature in the arctic. A healthy body temp is far from balance with the minus 30 degree Arctic air.

Too often, attempts to balance competing interests or desires leads to a seesaw



action is far more likely to produce results you want than merely reacting or responding to what you don't like and don't want and trying to get rid of it or fix it.

If you've made New Year's resolutions and want help integrating vision, reality, and

YOUR POSITIVE CREATE CORE GENERATES ENERGY AND HOPE





—Rainer Maria Rilke

"The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves."

—Carl Jung

"Inscribe this single word on your heart: Compassion. Whenever you are confused, keep heading in the direction toward deepening your love and care for all living