

Life is a  
*balance* of  
holding on  
and  
letting go,  
and knowing when to  
do which of the two.

Rumi

**Balance.**  
*Stability found  
at the center  
of  
acceptance*

**Happiness**  
is not a matter of  
intensity but of  
**balance**, order,  
rhythm and  
harmony.

Thomas Merton

**Balance**  
is not  
something  
you **find**,  
it's something  
you **create**.

Jana Kingsford

The key to  
keeping your  
balance is  
knowing  
when you've  
lost it.

**Self Control.**

The balance  
between  
inner wisdom  
and  
outer action.

My **journey**  
has always  
been  
the balance  
between **chaos**  
and **order**.

Philippe Petit

Life is all about  
**balance**  
and following  
what the  
universe  
provides  
**for you**.

Gnash

**Serenity** is the  
tranquil  
**balance**  
of  
**heart and mind**.

Harold W; Becker