



## Fierce Grace: The Gift of Balance

*By Hillary Schneider*

There is a picture hanging above the bed in my room. A picture that the first time I laid eyes on it brought tears to my eyes. It epitomizes to me what a perfect balance of energy would look like. The image by Tony Stromberg is a picture of a mustang standing still with the quiet confidence. Underneath the picture is the words **fierce grace**. Both energies are integral to life and without one we are completely off balance.

So what does fierce grace mean to you? What is your ideal picture of perfect balance?

We all have different facets to our being. We all have the aspects of light and dark. Both aspects are gifts and both have their purpose during our lifetimes. Both are needed to enable us to live lives that are healthy.

The light gives us the ability to have compassion for ourselves and for others. It enables us to forgive and to love others and show kindness to the world we live in. The light is what inspires others it is what attracts the good into our lives and opportunities that allow us to shine. The light is gentle and loving and is what nurtures our mind body and spirit. The light can be compared to the embracing nature of the goddess of the Mother Earth; that births and creates with love.

The dark gifts to us the ability to stand our ground. To provide us with boundaries as to protect us from all harm. The dark is the fiery passion that ignites our path. It is the energy that drives us to take action and to be strong in all we do. Without the darkness there would be no light. In order for our light to shine we must have boundaries to create self-care. The darkness provides for us to be protected guarded and to stay true to

ourselves. The darkness is the god and without the god there would be no creation.

One cannot exist without the other. The key is to learn for ourselves what that balance looks like; for it looks different for each person. We must listen to both energies and allow for them to be fully expressed. There is no shame in saying no to others in order for your values and your integrity to remain intact. There is no shame in allowing yourself to shine as to inspire others to do the same.

*What does perfect harmony and perfect balance look like to you?*

*Are there places in your life in which there is an imbalance?*

*What things can you do to gain back the harmony and balance you are seeking?*

Ponder these questions and look to each day as to how you create balance or imbalance. Notice how this world is filled with the beauty of both energies and what that looks like when it comes together.

It is a constant journey to establish and maintain balance but the gifts in doing so exceed any challenges that may arise during the process. You gain self esteem, confidence, and belief in yourself. Ask yourself what is it you lose if you don't? What is it that you gain being true to you and recognizing the importance and value of both the light and the dark? It is your choice.