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## Finding Inner Balance - Guilt and Innocence

Have you ever felt a sense of inner imbalance?

You look good. You are doing everything right. And yet... something doesn't feel good. Things just feel a bit off, and you do not really feel good about doing them.

Have you ever wonder why? ... Could it be connected to guilt? And if so, is there an alternative way of being? ... Innocence perhaps?

Let's unpack that.

Family Constellations & Yoga



Have you ever thought about what guilt really is?

it's that part of us that connects and feels "out of place". We feel like we do not belong. We can feel hurt, judged, or excluded. The feeling inside is heavy.

Even when we try to be at our best, something feels off - like being trapped. Like sitting inside invisible jail. It restricts us, weighs us down, and keeps us closed.

What is the alternative if any?...



And what about Innocence?

Think about young children. They are so pure in their expression. They say what they think, often without a filter. Not because they want to hurt but because they don't carry the weight of judgement.

Innocence connects us to the state of openness. When we are in that space, we feel light, free and safe. We are not overthinking, or doubting ourselves. We simply flow with the flow of life!

This is where we operate at our best.

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Yes, the balance lives in the heart.

It is the space where giving and receiving meet in pure harmony. It is where we can observe without judgement. The place where we no longer overextending, nor holding back tight.

Most of us tend to lean in one direction. We may give too much and struggle to receive. Or we may receive without truly giving. Over time, this creates the imbalance. The soul starts to suffer and we feel uneasy.

inner balance comes from gently restoring that flow of giving and receiving. Balance is not something you can force. It is something you allow... and yet, that is the tricky bit.

Once you allow it, you return to yourself too!