

LIFE-WORK BALANCE

12 Life Lessons We All Experience

By Branch Isole

I'd like to thank you for tuning into my recent guest spot on one of your favorite podcasts. It's always a pleasure to share information with listeners who are seeking ways to improve their lives and relationships.

Life is about relationships. Relationships are about effective communication for growth and balance. Growth is accomplished when we learn to respond differently from our 'old pattern' ways. Balance is the stability that grounds and connects the four cornerstones of who we are in mind, body, soul, and spirit.

Life Lessons are interesting. Each of us experiences these twelve lessons throughout our lives.

- **Love**
- **Truth**
- **Forgiveness**
- **Commitment**
- **Trust**
- **Risk**
- **Credibility**
- **Accountability**
- **Dependability**
- **Reliability**
- **Responsibility**
- **Insecurity**

You'll notice "Insecurity" is at the bottom of the list, while "Love" is at the top. That's because we all start out in life full of Insecurities and we're always striving for Love. Insecurity is at the base or beginning of our interactive experiences first with family, then with peers and finally as part of the world at large.

Love is the ultimate emotion and feeling, for Love and Truth are the character and nature of God.

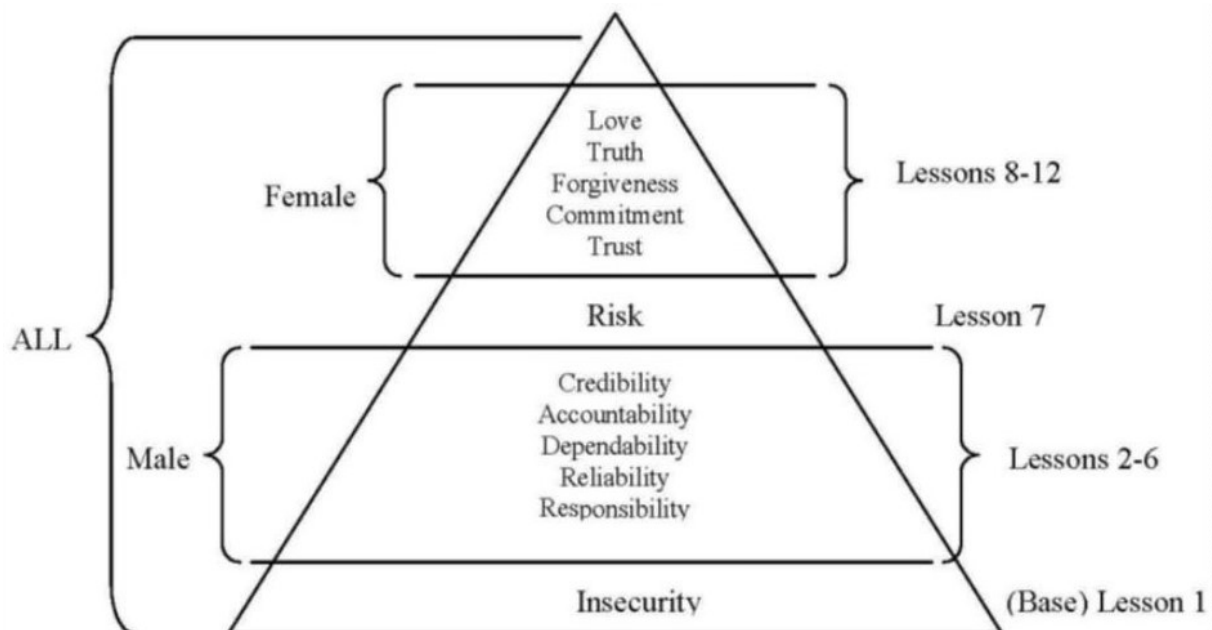
Here is a diagram to illustrate.



As you can see Insecurity is in a large block because this is the arena of growth where we spend most of our time in our early years, and where its grasp can keep hold of us indefinitely if we allow it. Even as we traverse the other lessons Insecurity often remains deep within the recesses of our mind, holding us back from growing fully and moving forward on our life's path.

You'll notice as we go up the pyramid, each lesson requires more of us while it builds upon the previous lesson. Number 7; "Risk" is a pivotal point between the others. For the lessons that come before Risk are lessons of 'practical' life experiences. These are the ones the world uses and revolves on to determine our place in its structures. The ones above Risk are the ones that connect with our spiritual presence and more of who we truly are outside of this world's efforts and energies.

Here is another illustration to help clarify.



Now you'll notice some more information about these lessons and their juxtapositions. Although we all experience all these 12 lessons they may occur in different orders, at different times and be manifested as different experiences throughout each life of every person.

Why are life lessons so difficult? One or more can be happening at any time, in any order, in isolation or in any combination. So, how do we navigate this matrix of life's lessons?

First, we need to understand the four cornerstones of a successful relationship, these are:

Love - everyone has the capacity to give and receive love.

Approval - everyone craves approval. We all grew up craving approval, first from our parents, then from our peers and then from the world at large.

Agenda - everyone has an agenda.

Spiritual Grounding - we all possess a spirit within our soul.

Next, we need to understand the block-chain elements of success:

- **Movement**
- **Direction**
- **Stability**
- **Applied Power**

And third, we need to understand the five determinates behind every response. That is, why do people respond the ways they do? These five determinates are - **Need, Want, Status, Love, and Fear**. These are the five motivations behind every decision, choice, response, or action we make.

To learn more, you're invited to read my books at
www.branchisole.com