

The background features a soft-focus image of tall, golden-brown grasses against a clear blue sky. A semi-transparent white rectangular box is centered over the image. Inside this box, the text 'EDEN'S EQUILIBRIUM' is written in a blue, sans-serif font. Below this, the words 'Wellbeing Alignment.' are written in a white, sans-serif font on a light blue rectangular background. A decorative gold-colored geometric pattern, consisting of overlapping diamond and zigzag shapes, is centered behind the text.

EDEN'S EQUILIBRIUM

Wellbeing Alignment.

Equilibrium Calibration Graph ,
with Recalibration & Alignment tool.

WHAT IS EQUILIBRIUM?

'EQUILIBRIUM'

'A state of balance, symmetry, stability, harmony -a calm state of mind.'

Wellbeing alignment is the process of assessing each of the facets of equilibrium, to determine which are out of alignment and why, in order to restore equilibrium.

Working with individuals, we can measure their unique diagram to understand where their misalignments are, explore awareness of the root causes and empower them to put in place practical strategies to come back into equilibrium.

Understanding which facets are out of alignment then determines the strategy moving forward. It may involve counselling, mentor-coaching or just simple self-determined actions to bring equilibrium to your employees and the workplace.

'RECALIBRATE'

'The act of re-setting or fine-tuning something to bring it back into alignment, resulting in stability or balance.'

EDEN'S EQUILIBRIUM

The concept of equilibrium is found at the beginning of human history in the Garden of Eden. The state of perfect balance or harmony in the bible is first found in Garden of Eden, depicted as a paradise where Adam and Eve lived in harmony with nature, with each other, and with their creator.

This time in history is used in various contexts to describe an ideal state of balance, harmony, or perfection. It can be applied to ecological discussions, where it symbolizes a balanced ecosystem with all elements coexisting harmoniously. In philosophical or psychological discussions, it might represent a state of inner peace, contentment, and fulfillment.

In the biblical narrative of the Garden of Eden, evidence of equilibrium can be found in several aspects of the story:

Natural Harmony: The Garden of Eden is described as a lush and abundant paradise where Adam and Eve lived in harmony with nature. There was an abundance of food, water, and resources, indicating a balanced and sustainable ecosystem.

Lack of Conflict: Before the Fall, there is no mention of conflict or strife between Adam and Eve, or between humans and animals. This suggests a state of peace and harmony in relationships, further reflecting a balanced existence.

Fulfillment of Needs: In the Garden of Eden, Adam and Eve's physical and emotional needs are fully met. They have companionship, purpose, and a close relationship with their creator, indicating a state of contentment and satisfaction.

Absence of Suffering: There is no mention of illness, suffering, or death in the Garden of Eden before the Fall. This absence of suffering implies a state of equilibrium where all elements of existence are in perfect balance.

Divine Presence: The presence of God in the Garden symbolizes a perfect harmony between the divine and the human. It suggests a state of alignment and unity between humanity and its creator, contributing to the overall sense of equilibrium.

While the Garden of Eden represents an idealized state of equilibrium, it serves as a symbolic reminder of humanity's longing for balance, harmony, and perfection. The Fall from Eden illustrates the consequences of disrupting this equilibrium, leading to a fractured relationship with nature, oneself, and the divine.

The concept of equilibrium in the Garden of Eden serves as a powerful metaphor for envisioning ideals of balance, harmony, and perfection, but it also prompts reflection on the complexities and challenges of achieving and maintaining such states in reality.



HEAVEN'S EQUILIBRIUM

The concept of equilibrium in heaven is also often implied through descriptions of heaven as a place of perfect peace, harmony, and fulfillment. Various passages suggest a state of balance and tranquility in the heavenly realm. Here are some verses that hint at the idea of equilibrium in heaven:

Revelation 21:4 (NIV): *"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." his verse from Revelation depicts heaven as a place where there is no more sorrow, pain, or suffering. The absence of these negative elements suggests a state of equilibrium where peace and harmony prevail, where individuals experience perfect peace and contentment.*

Revelation 22:3 (NIV): *"No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him." Here, the absence of curse implies a state of balance and perfection in heaven, where all aspects of existence are in harmony with the divine will.*

Isaiah 11:6-9 (NIV): *"The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them. The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox. The infant will play near the cobra's den, and the young child will put its hand into the viper's nest. They will neither harm nor destroy on all my holy mountain, for the earth will be filled with the knowledge of the Lord as the waters cover the sea."*

Although this passage primarily speaks about a future state of peace on earth, it reflects the ideal of perfect harmony and equilibrium, where even natural enemies coexist peacefully.

1 Corinthians 2:9 (NIV):

"However, as it is written: 'What no eye has seen, what no ear has heard, and what no human mind has conceived'—the things God has prepared for those who love him—"

This verse suggests that the blessings and glories of heaven are beyond human comprehension, hinting at a state of divine perfection and equilibrium that transcends earthly limitations.



HEAVEN'S EQUILIBRIUM

- **Unity and Reconciliation:** Heaven is often portrayed as a realm where all divisions, conflicts, and disparities are overcome. People from different backgrounds, cultures, and beliefs are united in love and harmony, suggesting a state of equilibrium where differences are reconciled and unity prevails.
- **Divine Presence:** The presence of God or the divine is central to the concept of heaven. In this divine presence, individuals experience a profound sense of connection, love, and intimacy, contributing to the overall sense of equilibrium and well-being.
- **Eternal Life:** Heaven is often described as a place of eternal life, where individuals enjoy immortality and eternal communion with God and fellow believers. This eternal aspect contributes to the stability and permanence of the heavenly state, reinforcing the sense of equilibrium.
- **Spiritual Perfection:** In heaven, individuals are believed to be free from sin, imperfection, and spiritual struggle. They are transformed into their best selves, fully embodying virtues such as love, compassion, and righteousness, which further contribute to the sense of equilibrium and wholeness.
- **Celebration and Joy:** Descriptions of heaven often include imagery of celebration, joy, and abundance. This atmosphere of joy suggests a state of equilibrium where individuals experience complete fulfillment and happiness. **Perfect Harmony:** Heaven is a realm of peace, unity, and reconciliation where individuals experience perfect harmony with themselves, others, and the divine.
- **Fulfillment of Desires:** In heaven, individuals are believed to experience complete fulfillment and satisfaction. Their deepest longings and desires are met, leading to a sense of contentment and joy beyond earthly comprehension.
- **Unity in Diversity:** Despite the diversity of individuals in heaven, there is a sense of unity and interconnectedness among all beings. Differences are celebrated rather than divisive, contributing to a sense of balance and inclusivity.
- **Transcendence of Time and Space:** Heaven is often depicted as transcending the limitations of time and space. It is a timeless and boundless realm where past, present, and future merge into an eternal present, fostering a sense of equilibrium and continuity.

THE IMPORTANCE OF EQUILIBRIUM

The idea of equilibrium in the past in the Garden of Eden and in the future in Heaven shows us God's will and intention for our wholeness and complete well-being. But in the gap, in the in-between, where we find ourselves in a fallen world, is equilibrium possible? Some argue that perfection or complete equilibrium might not be achievable or even desirable in this temporary world, as change, growth, and adaptation are inherent to life and ecosystems. Since the Fall of Man, human nature has tended towards imbalance, imperfection and discord.

Except, we don't live by the flesh, but by the spirit. While we can't always attain equilibrium, and not perfectly this side of heaven, it doesn't change the fact that we need it. Life balance is essential for overall well-being and happiness.

The truth is, that when individuals prioritize balance in their lives, they cultivate resilience, reduce stress, and enhance their ability to cope with challenges. Balancing work, relationships, personal interests, and self-care activities allows individuals to maintain physical and mental health, fostering a sense of harmony and fulfillment. By allocating time and energy to different aspects of life according to their values and priorities, people can experience greater satisfaction and a deeper sense of purpose.

Life balance also promotes productivity, creativity, and personal growth, enabling individuals to lead more meaningful and fulfilling lives while navigating the complexities of daily life.

As human beings, we all have multi-faceted lives. Work, family, friendships, bills, past baggage, future dreams, fears, obligations, demands, expectations, joys and sorrows. Sometimes we want to dream big and live out a meaningful and purposeful adventure! ...Other times we feel stuck in a certain situation that feels overwhelming, and we can't seem to find a way out. We are so busy and exhausted caring for others that we wonder who is caring for us. We forget what we need, what we want, where we are heading and who we are, it's like looking at a stranger in a mirror.

We all need different things in different seasons of life, and as much as we attempt to compartmentalize and separate certain areas of life, the truth is that every area of life affects the other.

That is why, when there is a disturbance in a person's equilibrium, well-being alignment is essential.

ECG

EXPLAINING THE EQUILIBRIUM CALIBRATION GRAPH

Wellbeing alignment is the process of assessing each of the facets of equilibrium, to determine which are out of alignment and why, in order to restore equilibrium.

The ECG - or Equilibrium Calibration Graph, is a tool created to measure where our misalignments are, so that we can then explore further to gain awareness of the root causes of this disruption to our equilibrium and be empowered them to put in place practical strategies to recalibrate our life rhythms.

Understanding which facets are out of alignment then determines the strategy moving forward. It may involve counselling, mentor-coaching or just simple self-determined actions to bring life back into alignment as as close to equilibrium as we can.

12 categories are broken up into 3 clusters of 4 categories, from A-L.

Internal Health Cluster (A-D):

- A) Spiritual Life
- B) Self Perception
- C) Meaning, Purpose & Vision
- D) Mental and Emotional Health

External Health Cluster (E-H)

- E) Personal Growth
- F) Physical Health
- G) Recreational Health
- H) Environment

Relational Health Cluster (I-L)

- I) Family relationships
- J) Friendships
- K) Occupational
- L) Financial Health

Each category (A through L) are rated on a graph, noting personal wellness satisfaction from 1 to 12. 1 Being the lowest satisfaction rating, to 12 as Highest.

Each score is marked on the graph, and falls into one of three zones: Red, Amber or Green.

HIGH: 33 - 48

MEDIUM: 17 - 32

LOW: 0 - 16

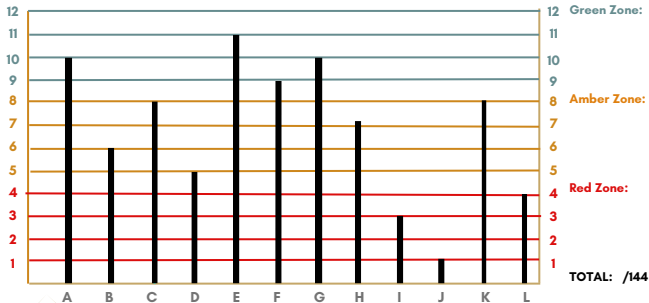
On the Results Tally Sheet (RTS), the scores for each cluster are added together to determine each health cluster score, and then all scores added together to determine the ECG Overall Health Score out of a total possible score of 144 points.

Once results are determined, the Recalibration & Alignment questions sheets are used for deeper inner reflection and helping to pinpoint misalignments, so that strategies for recalibration back to equilibrium can be achieved. This process can be self-reflective, journaled or if needed, worked through with the help of a Mentor Coach or Counselor.

EXAMPLE

ECG - Equilibrium Calibration Graph

Name: *Jane Smith* Date: *21/01/2024*



WELLBEING
ALIGNMENT
CLUSTERS

INTERNAL CLUSTER:

- A) Spiritual Life
- B) Self Perception
- C) Meaning, Purpose & Vision
- D) Mental and Emotional Health

EXTERNAL CLUSTER:

- E) Personal Growth
- F) Physical Health
- G) Recreational Health
- H) Environment

RELATIONAL CLUSTER:

- I) Family relationships
- J) Friendships
- K) Occupational
- L) Financial Health



EXAMPLE

ECG - Equilibrium Calibration Graph -RESULTS

Name: Jane Smith Date: 21/01/2024



- 10 A) Spiritual Life
- 6 B) Self Perception
- 8 C) Meaning, Purpose & Vision
- 5 D) Mental and Emotional Health

INTERNAL SCORE: 29/48



- 11 E) Personal Growth
- 9 F) Physical Health
- 10 G) Creative & Recreational Health
- 7 H) Personal Environment

EXTERNAL SCORE: 37/48



- 3 I) Family
- 7 J) Friendships
- 8 K) Occupational
- 4 L) Financial Health

RELATIONAL SCORE: 16/48

HEALTH CLUSTER RATINGS:

HIGH: 33 - 48
MEDIUM: 17 - 32
LOW: 0 - 16

ECG HEALTH CLUSTER SCORES:

INTERNAL HEALTH: 29
EXTERNAL HEALTH: 37
RELATIONAL HEALTH: 16

Medium
High
Low

ECG SCORE:

$(I + E + R) = 82/144$

OVERALL ECG SCORE:

HIGH: 97-144
MEDIUM: 49-96
LOW: 0-48



PERSONAL ASSESSMENT
& Recalibration & Alignment
-Questions for inner reflection



EQUILIBRIUM
Wellbeing Alignment.

ECG - Equilibrium Calibration Graph

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EQUILIBRIUM

Wellbeing Alignment.

ECG - Equilibrium Calibration Graph

Name: _____ Date: / /



WELLBEING
ALIGNMENT
CLUSTERS

INTERNAL CLUSTER:

- A) Spiritual Life
- B) Self Perception
- C) Meaning, Purpose & Vision
- D) Mental and Emotional Health

EXTERNAL CLUSTER:

- E) Personal Growth
- F) Physical Health
- G) Recreational Health
- H) Environment

RELATIONAL CLUSTER:

- I) Family relationships
- J) Friendships
- K) Occupational
- L) Financial Health

EQUILIBRIUM ECG - Equilibrium Calibration Graph -RESULTS

Wellbeing Alignment.

Name: _____

Date: / /

INTERNAL
HEALTH

- A) Spiritual Life
- B) Self Perception
- C) Meaning, Purpose & Vision
- D) Mental and Emotional Health

INTERNAL SCORE: /48

EXTERNAL
HEALTH

- E) Personal Growth
- F) Physical Health
- G) Creative & Recreational Health
- H) Personal Environment

EXTERNAL SCORE: /48

RELATIONAL
HEALTH

- I) Family
- J) Friendships
- K) Occupational
- L) Financial Health

RELATIONAL SCORE: /48

ECG HEALTH CLUSTER SCORE:

INTERNAL HEALTH:

EXTERNAL HEALTH:

RELATIONAL HEALTH:

INTERNAL HEALTH RATING:

HIGH: 35 - 48

MEDIUM: 17 - 32

LOW: 0 - 16

ECG SCORE:

$(I + E + R) = /144$

ECG RATING:

HIGH: 97-144

MEDIUM: 49-96

LOW: 0-48



ECG - Equilibrium Calibration Graph

-Recalibration & Alignment -Questions for inner reflection

INTERNAL HEALTH CLUSTER A - SPIRITUAL LIFE

A) SPIRITUAL LIFE

How often am I spending quiet time and quality time alone with God or in nature?

How often am I reading or consuming media that strengthens my spiritual journey?

How close do I feel in my connection with myself and God?

What service am I giving to the world that is truly from my heart rather than obligation?

How connected do I feel with my friends & family?



ECG - Equilibrium Calibration Graph

-Recalibration & Alignment -Questions for inner reflection

INTERNAL HEALTH CLUSTER
B - SELF PERCEPTION

B) SELF

How do I view myself?

Do I have a positive self-image?

Am I taking care of myself and do I show myself care and respect? How?

Do I believe in myself?

Do I gently acknowledge the areas where I am growing?

Do I have boundaries with myself and others?

Do I allow others to love me?

Do I allow myself to love others?

C) MEANING AND PURPOSE

What are my best achievements in life to date?

What skills and areas of wisdom and experiences can I pass on to others?

What is my purpose? What do I feel compelled to do to make a positive impact in my sphere of influence?

When was the last time I felt a sense of excitement, meaning and purpose?

What opportunities can I see?

What can I learn?

What do I have in my hand?

What are the challenges I face?

What fears do I have? How are they stopping me?

What would I do if I wasn't afraid?





ECG - Equilibrium Calibration Graph
-Recalibration & Alignment -Questions for inner reflection

INTERNAL HEALTH CLUSTER
D- SPIRITUAL LIFE

D) MENTAL & EMOTIONAL HEALTH & ATTITUDE
(Relating to life and the world)

Are my thoughts mostly happy, positive and encouraging? Or negative, angry, cutting, fault-finding and sarcastic?

How happy am I with my life in general?

Do I feel and express gratitude?

Is there a correlation between the things or people I feel negative toward and my lack of gratitude for them?

Which 5 people in my life do I feel most deeply connected with and why?

Which 5 people in my life do I feel most disconnected with and why?

Do I feel connected to my church or community?

Do I feel hope or excitement about the future? If so why? If not why?



E) PERSONAL GROWTH

Who are you?

What are your morals?

Who and what do you value in life?

What are your personal strengths?

Which areas would you like to strengthen?



ECG - Equilibrium Calibration Graph
-Recalibration & Alignment -Questions for inner reflection

EXTERNAL HEALTH CLUSTER
F - SPIRITUAL LIFE

F) PHYSICAL

Physical Health/Conditions What are my health practices? Am I getting enough?:

Nutrition

Sunlight

Sleep

Fresh air

Exercise

Weight

Fitness

G) RECREATIONAL

Hobbies, fun and downtime and creativity.

What activities do I like to enjoy on my own?

What activities do I like to enjoy with others, and who do I enjoy doing them with?

How do I take time to express myself emotionally or creatively?

What would I like to do more of?

What are some new activities, experiences, hobbies or creative arts I would like to try or experience?

Which places would I like to visit or travel to for holidays?

H) ENVIRONMENT

What am I absorbing through my 5 senses from the physical surroundings that I find myself in?

Sight: What am I seeing and is it healthy and beautiful? Nature, people I love etc

Hearing: What am I listening to? Music, news, the words of others, the words out of my own mouth... Is it encouraging, hopeful and positive?

Touch: Am I giving and receiving the right amount of appropriate physical touch and affection?
What touch and sensations help me to feel good and relax. Feet in the sand? A hug? A spa, bath or hot shower? A massage?

Taste: Am I taking time to enjoy my favourite flavours and foods?

Smell: What smells do I enjoy? Am I taking time to enjoy them? Roses? The salty air? Freshly cut grass? Coffee? Freshly baked bread?



ECG - Equilibrium Calibration Graph
-Recalibration & Alignment -Questions for inner reflection

RELATIONAL HEALTH CLUSTER
I - SPIRITUAL LIFE

I) FAMILY

How are the relationships with the significant family members in my life? Spouse, partner, children, parents & siblings?

Is there more I need from them? If so, what?

Which relationships need more of my time and attention?

Which relationships need grace, forgiveness and healing?



Am I truly doing all I can in the relationship?

Am I grateful and expressive of that gratitude to my family?

Am I owning my stuff and taking responsibility? Or am I constantly blaming, judging and finding fault?

10) FRIENDSHIPS

How are the relationships with the significant friendships in my life, my inner circle?

Am I feeling loved and connected or lonely and isolated?

Who are they and why have they earned a place in my inner circle?

Am I receiving the time, attention, love and respect I need from each of them?

Is there more I need from them? If so, what?

Does my inner circle need adjusting?



Which friendships need grace, forgiveness and healing?

Am I truly doing all I can in the friendship?

Am I grateful and expressive in my friendships?

Am I owning my stuff and taking responsibility or am I constantly blaming, judging, finding fault, making excuses and disconnecting?

K) OCCUPATIONAL

Am I happy in my work life? Why/why not?

What do I like about my job?

What are my frustrations and the things I dislike?

What would I change, adjust, or hand off to someone else if I could?

Do I feel a sense of satisfaction and purpose?

Do I feel appreciated and valued?

Am I earning enough?

Am I challenged enough? Do I have enough room to be creative?

Is it flexible enough for me? If there were no fears or obstacles stopping me, what would I do for a career if I could work in my area of passion?



ECG - Equilibrium Calibration Graph
-Recalibration & Alignment -Questions for inner reflection

RELATIONAL HEALTH CLUSTER
L - SPIRITUAL LIFE

L) FINANCIAL

Do I have an effective budget that is working for me?

What are my financial goals?

Do I have financial wealth & security/investments/assets/security?

Am I using my finances to give back to the community to do good?