

Out of Balance

AnuBel's Field Guide to the Human Spirit

A gentle systems-based reflection on balance, flow, structure, and transformation. This guide explores how imbalance appears in individuals, relationships, and collective systems — and how small shifts restore life and movement.

OUT OF BALANCE

When Flow and Structure Separate



Why humans, relationships, and systems lose their center—and how they return.

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FLOW WITHOUT STRUCTURE

→ scattered



Flow is creativity, emotion, intuition, possibility.

Energy moves... but nothing holds it.

It's exciting, but exhausting.

It goes everywhere and gets nothing done.

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STRUCTURE WITHOUT FLOW

→ rigid

Structure is logic, systems, discipline, rules, roles.

Form exists... but nothing moves.

It's safe, but suffocating.

It controls, but it doesn't create.



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THIS ISN'T PERSONAL. IT'S SYSTEMIC.



What people try to fix in themselves is often a system out of balance.

No one is wrong. Something is missing.

The key is not to blame. The key is to see.

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INNER ↔ OUTER MIRROR EACH OTHER



The same pattern repeats across:

- Individuals
- Relationships
- Teams
- Organizations
- Society

Inside reflects outside. Outside reinforces inside.

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BALANCE IS RELATIONSHIP



Balance is not perfection. It's relationship. Flow brings life. Structure sustains it. Together, they create something that can live.

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IT'S NOT FAILURE... *it's compost.*



What feels messy, confusing, or falling apart... is often transformation in progress. Compost today. Clarity tomorrow.

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WHAT CAN YOU DO? 3 SIMPLE STEPS

- 1 Notice the pattern. Where is flow missing? Where is structure missing?
- 2 Name the imbalance. Be honest. Be specific. What's out of balance right now?
- 3 Adjust the balance. Add what's missing. Remove what's excess. Support the relationship.

Small shifts in balance create big changes everywhere.

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IF SOMETHING FEELS OFF, DON'T FIX YOURSELF. LOOK AT THE BALANCE.

What's missing—flow, structure, or the relationship between them?

CHANGE THE BALANCE—
AND EVERYTHING ELSE FOLLOWS.

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About This Collection

Created by **Jody Praigg**

These works are part of the evolving AnuBel universe — a story-centered exploration of emotional intelligence, imagination, healing, systems awareness, and human becoming.

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