



# *The Balance Between:* Thinking & Feeling

## Part 2 in the Restoring Balance Series

April 13-17 and October 5-9

Being stuck in negative or repetitive thoughts is often synonymous with feeling stressed. When thinking dominates, we can easily fall into feeling tense, overwhelmed, or disconnected from ourselves. In this retreat, you will explore how thinking is just one part of the mind, and how giving space to feelings and engaging your broader intelligence can bring balance and clarity.

By integrating thinking and feeling, your mind becomes more flexible, grounded, and capable. We strengthen aspects of your inner intelligence such as focus, curiosity, concentration, introspection, presence of mind, creative imagination, and insight.

You immediately put these insights into practice—either by helping with daily activities at the World Peace Stupa Center or attending to your own daily (online) work.

Note: we recommend spending no more than 90 minutes on your personal work. You are on retreat, not at work.