The Joyful Exploration

2.6 Creating Wholeness & Balance, Fulfillment & Full Expression

to Genuinely Know Aliveness & Joy in a Rich and Meaning-Filled Life

Rough Draft

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Click Any 'Pedal' on Symbol to Explore Subject

Click for Synthesis Chart of Living Legacy (Left Brain Overview)



Click for Video Intro. of this Page

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2. Men Designing their Life Architecture

MEN'S LIFE ARCHITECTURE

2.6 Creating Wholeness & Balance, Fulfillment & Full Expression

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Our Life' Roles

The Joyful Exploration

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"Wholeness... Symbol's Details Chart"

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Click Any 'Pedal' on Symbol to Explore Subject

Click for Synthesis Chart of Wholeness... (Left Brain Overview)

A. Wholistic Wellbeing & Fulfillment
Holistic Wellness
Emotional Wellbeing
Mental Unfolding
Spiritual Fulfillment

B. Play & Recreation
Sports, Adventures, Travel, Family Outings ...
Entertainment & Edutainment
Being Absorbed, Cultural Activities, Sporting Events...

C. Creativity & Creative Expression
Making Music, Writing, Sketching, Painting, Sculpture, Ceramics, Wood/Metal Craft, Performing Arts
Inspiring Beauty & Harmony

D. Hobbies & Interests
Collecting, Handicrafts, Gardening...
Life Long Learning
Study Groups, Seminars, Adult Conferences, Educ. Travel ...

D. Expressing Oneself Fully at Home and through a Fulfilling Life Style; Fellowship & Spiritual Community

F. Participation & Stewardship
Community Fun & Participation; Nation to Global Citizenship; Planetary Sustainability

***Exploring, Experiencing, Expressing* Your Incredible Depth & Breadth**

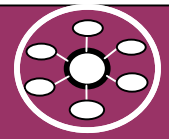
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A. Wholistic Well Being & Fulfillment

Holistic Wellness "*Cultivating Physical Being*"

- **Nutrition**
- **Exercise Core Strength**
- **"Flexibility" Stretching**
- **Rest Rejunvenation**
- **Nourishing Meals**
- **Cardio Fitness**
- **Yoga Palates**
- **Body Work Massage**
- **Cleanses Detox**
- **Self Defense Training**
- **"Fluidness" Dancing**
- **Specialized:** Climbing walls to skating rinks

Emotional Nurturance

- **Peace, Serenity, Harmony**
- **Beauty**
- **Spa Pampering**
- **Order & Simplicity**
- ***Senses - Continually Refining Senses***
- **E.Q.**

Spiritual Fulfillment Transcendent Living

Mental Unfolding

Life Long Curiosity, Gaining Wisdom
Cultivating Imagination, Growing Insight
Integrating Head & Heart, Left & Right Brain
Seven Da Vincian Principles (Gelb):
1. Exploring - Insatiable Curiosity
2. Pragmatic Experimenting with Knowledge
4. Embracing ambiguity, paradox, and uncertainty.
5. Balancing Art/Science, logic and imagination.
7. Interconnectedness - Systems Thinking.
(#3 Physical Being, #6 Refining Senses)

You are either expanding or contracting

B. Play, Recreation & Adventure

- **Sports**
- **Teams**
- **Gyms, Clubs**
- **Outdoor Adventures**
- **Recreation**
- **Recreational Toys**
- **Travel**
- **Local Exploration**
- **Dates Double Dates**
- **Family Outings**
- **Group Events**

Entertainment, Edutainment

Being Absorbed

Reading Great Book
Listening to Music
In an uplifting Movie
Inspiring CD

Cultural Activities

Concerts
Theater
Dance
Culture Events

Edutainment

Museums
Galleries
Expositions
Library Events

Sporting Events

Games
Race Track
Arena Events

C. Cultivating Creativity & Creative Expression

- **Learning & Making Music**
- **Writing,** Journaling, Poetry
- **Pencil Sketching Charcoal Drawing**
- **Painting** Oil, Acrylic, Water
- **Clay & Ceramics Sculpturing**
- **Wood/Metal Craft**
- **Performing Arts**

Inspiring Beauty & Harmony

Finding Profound Inspiration & peace from beloved sources: nature to sculpture

D. Hobbies, Interests & Life Long Learning

Collecting
Scrap booking
Handicrafts
Nature Hikes
Gardening
...

Study Groups
Seminars
Conferences
Adult courses
Educ. Cruises
Vacation Progs.
Certifications

F. Participation & Stewardship

Community Fun & Participation

Kids Sport League; Community Events; Fund Raisers; Non-Profit Activities...

National to Global Citizenship

E. Expressing Self Fully at Home

- Simply Beautifully
- Sacred Gift to Self and Family
- Soothing Sanctuary
- Loving, Nurturing Space
- Nourishing, Fulfilling
- Playful, Joyful
- Charming, Enchanting
- Creative, Imaginative
- Gracious Heartfelt Hospitality
- Compassion, Generosity

Feng Shui Programs (author) Creating a Meaningful Life

Kin & Ancestors
Helpful People
Children
Marriage
Fame - Reputation
Space and Grace
Health
Wealth
Career
Self Knowledge

- **Life Architecture ®**
- **Creating Sacred Spaces**
- **Cultivating Hospitality**
- **Second Homes, Condos:** Beach, Mountain, Desert, City
- **Co-Ownership of Recreational Homes -Toys**

Fulfilling Life Style

Putting it all together in a balanced, fulfilling, truly alive lifestyle. From home to neighborhood and planet.

- **Simple Abundance "Simplicity"**
- **Being - Doing - Having "Awakened Doing"**
- **Being at Peace** v. "More, Better, Different"
- **Inside out Joy v. Outside in Happiness**

Personal Stewardship, Planetary Sustainability

Thinking Globally, Acting Locally; Being Green: Home and Work; Supporting Community Conservation & Reuse; National to Global Citizenship

Spiritual Communion & Fellowship

Spiritual Exploration: "The Sacred Journey"
Daily Reflective Time, Weekly Contemplative Seclusion
Spiritual Retreats, Meditation Classes/Groups
Prayer, Study & Fellowship Groups
Spiritual Gatherings & Weekly Worship

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