**Life in Dynamic Harmony (LDH)**

**Key Questions to Ask Oneself While “Walking the LDH Circle”**

**(and to be displayed next to the LDH Circle for ease of reference)**

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The following questions should be asked of oneself on a regular basis after gaining a grasp of:

* The four guiding principles: wholeness, transformation, the mirroring of the inner life and the outer live, and beauty.
* The seven parts of the LDH Circle: (1) the outer circle and the space between the outer and inner circles, (2) the inner circle and space between the inner circle and the center, (3) the center, (4) the spiritual quadrant with its inner and outer sections, (5) the psychological quadrant with its inner and outer sections, (6) the physical quadrant with its inner and outer sections, and (7) the social quadrant with its inner and outer sections.
* The thirty-four basic, life processes.

1. Am I able to see my life as a seamless **whole** composed of basic, interrelated, basic life processes that revolve around the center of my existence?
2. Is my character being **transformed?** That is, are my God-given potentialities being translated into manifest reality?
3. Am I dedicating sufficient time to both my **inner life** processes and my **outer life** processes?
4. Is my life **beautiful**? That is:
   1. Is it characterized by **balance** amongst thefour domains and between my inner life and outer life processes?
   2. Do I have **order** in my life?
   3. Does my life have **unity** of purpose?
   4. Is there a balance of order and **contrast** or novelty in my life?
   5. Do I feel a sense of **harmony** amongst my life processes and in relation to those of other people in my life?
5. Am I maintaining my chosen **center** as the central focus of my life? Or has another priority become the hub of my activities?
6. Using the metaphor of a traffic light:
   1. Which life processes are “shining green” because they are **going well**?
   2. Which are “pulsating yellow” because I need to slow down and give them **increased attention**?
   3. Which are “flashing red” because I need to stop and give them **immediate, serious attention** before problems occur due to their being neglected?
7. Based on this reflection, what are my **goals and plans** for today, this week, this month, and/or this year?