




THE ENERGY OF TIME



From *Mastering Life's Energies*...

“Time and money are entwined in our culture and in our individual lives. They are the two major reasons people give for not going for their goals and dreams.

In fact, although money is a concern for many of us, I’ve noticed that conversations about the energy of time are increasing dramatically.



**“As we become busier, we measure
out our lives in minutes...”**

Five hundred twenty-five thousand-six hundred minutes

Five hundred twenty-five thousand moments so dear

Five hundred twenty-five thousand-six hundred minutes

How do you measure - measure a year?

In daylights - in sunsets

In midnights - in cups of coffee

In inches - in miles

In laughter - in strife

Five hundred twenty-five thousand-six hundred minutes

How do you measure a year in the life?



TIME IS ENERGY

“Energy has to be directed. When the pipe is drawing water from the lake, we want to make sure it’s pointed in the right direction.

You can have abundant energy pouring through that pipe, but if it isn’t aimed at the garden, the flowers will still wither and die.”



TIME IS ENERGY

“We see this analogy in how we use our own energy.

For example, we may have all the energy we need in the shape of time, money, and physical vitality to create and live in luminous moments, but we still need to learn to direct this energy in an astute and discerning way toward the ideas and dreams we wish to nourish and grow.”



So how clean and clear is our “pipe”?

Are we using the Energy of Time consciously or unconsciously?

From *The Energy of Money*...

- ~ Do I waste time on unimportant activities?
- ~ Do I leak time by compulsive activity?
- ~ When am I most likely to leak time?
- ~ Do I make promises to myself or others, only to be distracted by “squirrels”?
- ~ Do I spend as much time as I want with friends and family?
- ~ Is it possible for me to work less and have more of what I truly want?



SMALL SWEET STEPS

Small, sweet steps are an integral part of creating success in our lives... doing what we said we would do, consistently, with clarity, focus, ease and grace.

So how do we use small, sweet steps to empower our energy of time, and keep our pipes clean and clear of sludge and leaks?

Let's start with our best excuses for NOT having enough time....



WHAT'S THE TRUTH?

We all have the time
to do that which
we decide is
important to us.



10 MINUTES A DAY

Look at your Life's Intentions Inventory. Are you spending most of your time on your 1's or your 5's?

What could you accomplish in 10 minutes a day?

If we spend 10 minutes a day doing something that we love, that adds up to 60 hours in a year.

What can you create in 60 hours?

THE MYTH OF MULTITASKING

While we're talking about the energy of time, let's address the myth of multitasking.

According to Nancy K. Napier, Ph.D.:

“Think you're good at doing several things at once? Reading and listening to music? Driving and talking on the phone (hands free, of course), or texting while sitting in a meeting?”

THINK AGAIN

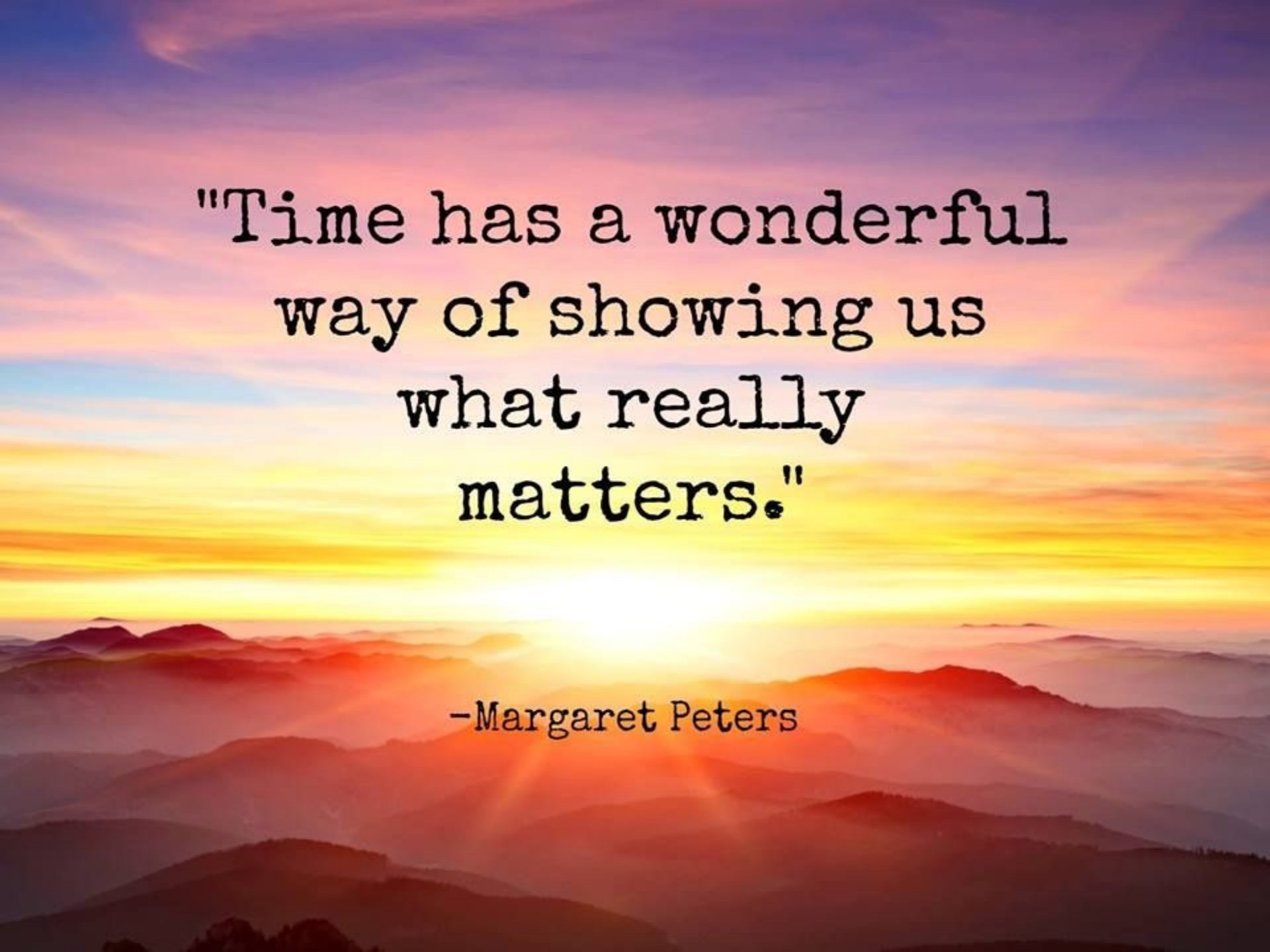
Much recent neuroscience research tells us that the brain doesn't really do tasks simultaneously, as we thought (hoped) it might.

In fact, we just switch tasks quickly. Each time we move from hearing music to writing a text or talking to someone, there is a stop/start process that goes on in the brain.

THINK AGAIN

That start/stop/start process is rough on us: rather than saving time, it costs time (even very small micro seconds), it's less efficient, we make more mistakes, and over time it can be energy sapping. Multi-tasking is switch-tasking and it takes time.

So next time you think you're multi-tasking, stop and be aware that you are really switch-tasking. Then give yourself a time limit (10 minutes, 45 minutes?) and focus on just one task and see if you can't complete it better, faster, and with less energy.



"Time has a wonderful
way of showing us
what really
matters."

-Margaret Peters