

Time ... the Bridge to Your Tomorrow

By Feng Shui Expert Pat Heydlauff

Do you have time on your hands and worry about what tomorrow will bring? Do you have so many things to do tomorrow that an army of six couldn't possible accomplish in a month? Do you think your time is an endless commodity? Or, is your time a valued treasure in a finite quantity?

Besides change, time is the most dependable certainty you have in your life. Every time the sun rises and sets another 24 hours of time arrives and passes. Time is truly your connection from yesterday to tomorrow. It is the bridge to your future. Where are you on your time continuum? Are you tired before your week begins? Do you live for your weekends? Are you always behind? Do you wonder where your day went? Are you so busy doing for others that you forget to do something good for you? Upon reflection, how did you spend your last 24 hour day? Was what you did with those 24 hours worth trading for a day of your life?

Do You Control Your Time?

Everyone has a time line but has never been taught how to use this precious treasure of time. As children grow up they can hardly wait to become a teenager, then 16 and then 21 as if there is something magical about each of those measurements of time. Then as adults, you start dreading the 9 years, 29 and then 39; and at 49 you think the world will surely come to an end as you turn 50. After your 50th birthday, as the next 24 hours pass, you realize that it was truly just another 24 hours of time passing but somehow your perspective does change and you look forward more and more to each and every day ahead that is still on your time line into the future.

Balancing Time puts you in control!

Imagine ending each day with time left over just for you. Imagine a better tomorrow without stress, filled with joy. Imagine your world where things go right 98% of the time. Imagine a world where you control time and time does not control you. If you can imagine this, you can create it and control your time not the other way around. When applying Feng Shui to your life, balance is the key. Balance in your surroundings provides you supportive positive energy so you can live a better life. Balance in self leads to peace and joy within. However, balanced time keeps you in control of the events in your life, not the events controlling you and your time. When you are in control, you are no longer a victim of circumstances but have taken charge of your own destiny.

There are six basic ways time is spent. Try treating these six segments of time the same way you treat a budgeted amount of money. If you treat your time as an allotment of 24 hours much like you treat your money when budgeted for certain expenses and savings, you will soon realize that time is of great value and to be guarded at all cost. By realizing how you spend time you will be able to gauge whether it is in balance and serving you well or where it needs adjustment. For the most part, people spend time in the following categories:

- Earning an income to support self and/or their families
- Relationship interaction with a spouse, family members, raising children and with friends
- Recreation, creativity and play
- Sleep to meet the needs of their body
- Taking care of self – this includes everything from purchasing clothing and food to taking a shower
- Nurturing your spiritual self – this includes anything from church or synagogue activities to meditation, journaling and prayer

Now that you have an idea of the basic ways a person spends their time, it is up to you to determine whether you are missing any one of these categories creating a major imbalance in your life. If you are, in order to find balance you need to make a conscious decision as to how to go about adding it. If you are not missing one of the above then evaluate whether you are unbalanced in the way you actually do spend your time in the various categories.

This is not a one size fits all process. Each person needs a specific amount of sleep and recreation to balance work and relationship interactions. Most people also realize they need a certain amount of time to take care of self including doctor and dental appointments. The part most often overlooked is time devoted to nurturing your soul which causes the dilemma so often faced at age 50 of “is that all there is”. No, that is not all there is but in order to find the illusive “that”, you need to spend time nurturing your soul to find it.

Review and balance the way you spend your time so you can be in control. Rearrange your time expenditures as necessary so you have extra time to do the things you want to do, have less stressful days that provide you with more peace and joy.

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