

Health for Life Monthly

Monthly Newsletter●

●April 2007

The golden moments in the stream of life rush past us and we see nothing but sand; the angels come to visit us, and we only know them when they're gone. ~George Eliot (1819-1890)

Time to Enjoy

You know that every day we are endowed with a fresh hourglass of 86,400 measured moments of possibility. Many of these are frittered to frivolity or plain unfulfilled while the majority of them are given to the race of "getting things done". Yet what I find from talking to a lot of folks is that this allocation is not enough on any given day. It's like we're racing the clock. Unfortunately, in this race there is no finish line and it's extremely tough to know when you've reached a way station or guidepost to settle back and enjoy the fruits of your busyness.

With our overly pixelated and bombarded sensory system we are easily pulled into the productive agenda of the world around us. Americans historically struggle with keeping free-time free and taking quality vacations. This is an area where it's important to see that many of the messages of our capitalistic agenda coerce us to produce, strive, and accomplish but not necessarily be fulfilled by these pursuits. The current expectation resonates somewhere around the battle cry of, "**my terms, on my time, the way I like it or I'm out of here**", which is a pretty tall order to fill. If we don't slow the speed of our life down how can the meaningful things in life discover us in a receptive state? My most challenging days fly by blindly where I'm chasing the secondhand down all day long only to find that by the end of it I've come home empty handed and fatigued.

The solution appears in bringing quality to the fleeting moments that we do have. It literally only takes one second to stop everything and be grateful yet it is one of the more challenging things to do. I've come to see that taking time out, throwing a few moments of possibility back into possibility's face, is extremely rewarding as well as a somewhat radical political act these days. It's not a waste, it's a revolution. Reclaim the time in your life by tithing it to acts that don't pressure it for productivity. Meditate, observe, breathe, and smile is one sequence that is popular for this kind of activity.

The art of dropping by and visiting or sitting back and watching life happen around you can be extremely rewarding. Break up daily routines creatively by making spontaneous choices. Take a different route to the places you frequent and randomly pay compliments to others. When we engage new activities the experience of time tends to feel more spacious. Utilize the equivalent of "traffic calming zones" throughout your days via chimes, post-its, and alarm clocks that all point your focus into appreciating the time you're having. Don't let time fly blindly or it will assuredly pass without a trace.

A human life is precious and should be valued as a treasured gift here for a limited time. I urge each of you to take some time to feel like there's enough time. If one is to be a human doing outsourcing there experience for remedial accomplishment the human being ultimately suffers. Aren't we here on the planet to enjoy this miraculous opportunity? Where are your short circuits, energy drains, blockages, and attachments to moments not congruent with your life? **Make changes, you are the one you've been waiting for.**

