



# Sacred Depths Certification

## Shifting Your Relationship to Time Resource Sheet

“ *When not working with time, or in flow with time, it impacts not only what you accomplish but also how you feel, how you perceive yourself, and how you show up in the world.* ”

### Moving in Rhythm with Time

- If a client is not moving in rhythm with time, it can be an obstacle to their progress on their goals
- It can also be an obstacle to feeling how they want to feel in their lives
- It can also be an obstacle to having the values they want in their life. Values like freedom, spaciousness, or happiness.
- As a practitioner if you don't know how to work with time or if you haven't explored your issues with time, it can be hard for you to work with your clients effectively.

#### *Personal Reflection*

- > How do issues with time show up for you? Make a list of what not working, or what you're tolerating because of time (for example, consistently showing up late for things, not creating what you want in your work, working later than you'd like, no boundaries around time, feeling anger at others because they work more like you would like, etc.).
- > How do issues with time show up for your clients (or loved ones)?

## Your Relationship to Time

- Everybody has a relationship with time and while some people have a good one, most people have a misaligned relationship with time.
- A misaligned relationship with time can impact us because how we experience time is how we experience life. How we spend time is how we spend our life.
- Often our beliefs about the Universe, our own deserving, or authority figures gets projected onto time. For example, if we feel as if “time is in control of me”, chances are that idea has gotten projected because we feel an authority figure has control of us.
- If we believe there is never enough time, chances are it’s related to a belief about the Universe.
- If you have a feeling time isn’t on your side, chances are there is an authority figure who is not on your side or you don’t deserve to have time on your side.

### *Personal Reflection*

- > What’s your relationship with time? Is it a good friend you get along with? Or is it the enemy you’re fighting with, struggling against, or trying to outsmart?
- > Do you feel like a victim of time?
- > What are some things you believe about time?
- > Whatever those beliefs are, how do they relate to your belief about the Universe, authority figures, or your own deserving/value?
- > What would you like to believe about time? (Tap into this desire even if you don’t believe it)
- > What would change for you in your life and work if you deeply believed this new belief?

## Tools for Working with Time on an Inner Level

### 1. Awareness and belief work

- Support a client to be aware of their belief around time and how those beliefs impact them.
- Sometimes a client may have massive resistance as you poke at their beliefs about time. This will look like a client wanting to cling to a belief or fight you on it.

### 2. Cultivate trust with time

- Sometimes our spirituality and relationship to time can be interconnected.
- Need to trust time. The more we can be trustful of time, the more we’ll be aligned and able to use it to our benefit.
- Make friends with time
  - Journal with the entity that is time, let it have energy, personality and dialogue with it.
  - Make requests of time and treat time with respect. This is not just about time better to us but about us respecting time more.
  - Respecting time means being conscious and intentional about how you spend it, what you’re devoting to it (e.g., create Get-It-Done time for yourself).
  - Another way to respect time is to slow down, create more spaciousness throughout the day (see the Feel Breathe resource sheet for more details).

### 3. Receiving

- When you or (your clients) have trouble receiving/taking in then you're going to have trouble with time.
- Time is not something you do; it is something you experience and allow to move through you.
- As a society, we have lost the sacred practice of receiving.
- You may be holding a limiting belief around receiving. For example, if I allow myself to receive it means I'm weak or receiving means I'm unable to do it on my own or I don't deserve to receive.

#### *Personal Reflection/Deeper Practice*

- > What are your beliefs about receiving?
- > Practice breathing with focus on inhale, opening body to take a deeper inhale.
- > Use visualization to open up your heart or yourself to be able to take in more.
- > Be in active gratitude for extra time found. Being in this moment of gratitude can help you be with time more effectively.

*Usually, if there is an issue with time, in one way or another there are issues with money and in one way or another there is an issue with self-care. These 3 are related to receiving.*

### 4. Correct the language used around time

- Words matter!
- Watch the language you use when talking about time.
- I only have an hour versus I've been gifted with an hour to do this.
- I get a day for vacation versus I've created a day for vacation.



## Homework

- Review the Breath and Feel Process activity sheet and practice it this week.
- Complete the Connect Your Pace worksheet.
- Notice your language around time and if any beliefs come up, try rewiring those beliefs.
- If you want to cultivate trust with time, do a dialogue with the entity of time.
- On Partner Calls: practice all of these skills in a general way.