



Sacred Depths

COACH CERTIFICATION

Shift Your Relationship with Time

Joanna: Okay, let's start to look at time. So, time is really one of the most important issues that can come up when you're working with clients, particularly if you're working with clients on a project, completing any kind of project. So, whether it's in their work, in their business, in their home, with their health, that kind of thing, time can come up. If you're working on establishing new habits, new routines. Time can come up if there's inner work, that's follow up from the work that you're doing in sessions. I mean, time just comes up everywhere.

And as you know, I don't have to tell you, if time isn't working well for yourself, for a client, that can be a big obstacle to progress. It can be a big obstacle to feeling the way that they want to feel. It can be an obstacle to having the values that they want in their life. Your time is so related to the value of freedom, to the value of spaciousness, to the value of pleasure, to the value of happiness, so on and so forth. So, as a practitioner, you want to have some tools in your pocket as well as deeper understanding around time. Because if not, and again, now you know you know this, time can really sabotage things. And I've seen this for myself more than once.

So, the more that I have in my own life learned how to work with time, what I call move with the flow of time, not only has that made me a happier person and helped me do the things that I want to do, but then it becomes easier to check my own filters on it. When I'm working with clients, it's easier for me to create awareness on it with clients, et cetera. So, we want to be doing this work for ourselves as well.

So, let's start real simple, and I'll just ask you to take a moment and jot down. How do issues with time show up for you? So, what I mean is... Well, let's start with this, make a list of what's not working because of time or what you're

tolerating because of time. Make a list of what's not working in your life for work because of time or what you're tolerating because of time. And I'll give you some examples. Maybe you feel like you don't have enough spaciousness in your life. Maybe self-care or meditation, or well-being practice, has just gotten thrown out the window. It's not happening. Maybe for you, what's not working is you constantly show up late for things because of how you're moving or flowing or not flowing with time. Maybe for you, because of issues with time, you're not creating what you want in your work.

Maybe because of issues with time, you're tolerating working much later than you would like or working on the weekends. Maybe because of issues with time, you're feeling angry at others because you work more than you would like to and started blaming it on others or feeling like it's their fault. Maybe you have anxiety because of how you're working with time or not working time. So, those are just some examples. So, take a moment and think about that. How do issues with time show up for you? Make a list of what's not working because of time or what you're tolerating because of time.

Maybe it has to do with your home. There's something broken in your home, but you just haven't gotten around to it. And as you make this list, be kind to yourself. This is a no-judgment list. It's just like, "Here's the truth list." And speaking of truth, be honest. If you haven't gotten to that thing that's broken in your home simply because it's not a priority, not truly because there's an issue with time, then be honest about that. Maybe because of issues with time, you don't spend as much time with people that you love or family members or children. Let's really take a look. I'll give you another moment with this.

And then take a moment and consider this. With your clients, so if you're working with clients, think about your clients or think about your ideal client, or even just your coaching partner. How do issues with time show up for your clients? How do issues with time show up for your clients? Probably there will be some crossover, at least a little bit, with your issues with time.

Joanna: Yeah. Thank you. There's some comments in the chat. Amy saying, "Sometimes I find that I think something will take a certain amount of time, and it often takes longer." Yes. That happens all the time, Amy and for me, and I think Allana spoke to this in the chat. I always add-in. And in the recording that I'll send, there'll be more of these concrete tools. But one thing is, when I'm allotting time for things, I always add in what I call contingency time. It's like a budget. I learned this when I was doing budgets in the museum world for exhibitions I was

putting together. The first budget I put together, I did everything to the exact dollar. And my mentor was like, "No, if you think it's going to cost \$100, put 130 in the budget for it, or 150, whatever it is because you never know, it might end up costing more."

And as we'll see, time and money are related in a lot of ways. And so, just like contingency for a money budget, I put contingency in my time budget as well. Teeny, "The resistance to managing time and then the, not in the mood for the schedule." We're going to get into some more inner pieces, so I'm wondering if you can pick out that more and let us know throughout the call today.

All right. Let's keep on going. So, we're already starting to see, and pretty much everybody who spoke already spoke to this is that much of the time, really all of the time, if you're struggling with any issue around time, there are for sure outer tools that can help with that. And I am a big fan of different types of outer tools that can help manage time and schedule time, and all the things. But what I have found for myself, for my clients, is that those outer tools are only as good as the inner work that you do around time. They have to really go hand in hand because if you are not in a harmonious relationship with time, it's very hard to utilize those outer tools to really use them in a way that works for you. And the truth is that most people in our culture, in our patriarchal culture, this is in part because of the patriarchy. Most people have a misaligned relationship with time.

They're not myself included, and I've been working on it for a long time. We're not in complete harmony with time. And the way I see it is isn't a side issue or an issue we should get to someday. I really think this is a central issue for us to be exploring for ourselves and for us to be tracking with our clients because how we experience time is how we experience our life. How we experience time is how we experience our life. How we spend time or use time is how we spend our life. And how we experience time, and how we spend our time, has everything to do with what we believe about time, whether we realize it or not. So, what's your relationship with time? Take a minute or two with that. What's your relationship with time? (silence).

Take another half a minute with that. What's your relationship with time? Let's take this a step further. So, check this out for a moment. Not always, but often our beliefs about the universe or spirit, or God, or our beliefs about our own deserving get projected onto what we believe about time or how we feel about time. I'm going to say that again, and then I'll give some examples because I know it might take a moment. Often, whatever it is that we believe, not our more

evolved beliefs, but those older beliefs about God, the universe, life, spirit, or what it is that we actually deserve, get projected onto what we believe about time and how we feel about time.

So, I'll give you some examples. If you have a core belief somewhere that you're not in control, that time is in control of me. There is likely a relationship to how you feel about an authority figure or God or the universe being in control of you. If you have a core belief that there isn't enough time. That kind of scarcity, there's never enough time, it is likely related to some core beliefs around scarcity in the universe, or not being able to have enough, or there isn't enough.

If you have a belief that I can't relax because there's too much to do, there is likely a relationship there that's not just about time. There's a relationship there to God, to universe, to spirit, to authority figures, or to your own deserving. If you believe that time isn't on your side, same thing. So, let's just do a little exploration there. What is it that you... Well, I'll ask you first, what are you starting to see, and some of you have already been mentioning this, what do you believe about time? So, what are some of your beliefs about time? There's never enough time. Things go by too quickly. Time isn't on my side. I can't ever catch up with the time.

What are your beliefs about time? If I can have time, then I can have pleasure. There isn't enough time for pleasure or how I want to spend. Similar to what Allana said, how I want to spend my time is not what's going to make me abundant in the world. So, just do some looking and inspecting. What are some of those beliefs about time? The biggest ones that you can see really fuel your decisions, your actions. And then let's see, you may or may not see a relationship, but let's explore whatever that belief or those beliefs that you have about time, how do they relate to your beliefs about the universe, or your own deserving, or authority figures? So again, there's not always a relationship, but oftentimes there is. So if you can't find one, it's all good, but sometimes it's helpful if there is a thread to see what that is.

Right, a couple more questions. Taking everything that you're seeing so far into consideration, what is it that you would like to believe about time? What would be a more aligned belief for you right now? What would be a more aligned belief around time for you? And then the last question for right now, what would change for you if you believed that new belief? What would change for you if you really believed that new belief?

Allana: I would say it got quite actually deep, and I don't want to share maybe other people's personal revelations, so I'll just share... I see Tel saying it's okay.

First of all, just like you mentioned patriarch in our patriarchal relationship to time, but for me personally, the sense of my value being determined by how much I accomplish and do, as opposed to just my humanity. And I think Nicole was bringing up being a descendant of immigrants and feeling like always having to get things done, and Tel also shared just like owing a debt almost to our ancestor. We came here owing a debt and all that we have to... So, it's actually quite deep. It's not just a simple belief to unwind.

So those are some of the things that came up in our group that feel important. And then it's like holding it up against like Tel was saying, okay, well I have this belief, I want to shift that belief and be like, my pace is good enough, and whatever else I'm saying, just my value and yet we do exist within the confines of a capitalist system, and we are in the marketplace, and we do have to. So, it's like holding the paradox of that. It feels like you're holding that paradox to try to be true to your own essence and be true to the belief that you are valuable because of your spirit and soul, not just because of what you do. That made me think about the Nap Ministry that she's a... anyway read about it, but it's just that whole idea. And our whole fucking country is based on that. I mean, that's what slavery is, and that's what... So, it's like we learned that because that's actually the model that exact is that the very ground that we're standing on.

Joanna: 100%, which is why one of the reasons why this conversation is so important because it's like most of us are sleepwalking through. Myself included a lot of the time and on autopilot and just taking these messages and these beliefs as true when they're actually not. And you're right. It is, or I should say I agree with you. I believe what you're saying. It is this chance of being in our culture and our environment while also extracting ourselves from. It's an ongoing inquiry for me on how to be in, while extracting myself from the shackles out and holding both. And it's not a once and done. It's an ongoing work and conversation, but one that I think is really valuable for us and our clients because of all of the ramifications. Happy seeing Jacqueline and I were looking at the construct of time versus being in the flow and relating that to time as we see a similar... Yeah, there's a little bit of a similar flavor to what Allana just said. Yes.

So, this is the backdrop. Right? I opened up this conversation and this exploration, again, not just for ourselves, for us to see some of the different pieces of play, but to understand that if we've got a client, who's like, "It's the week in a row, and they're like, I know I should have done that. I meant to make time for it, and I didn't, or I know I said I was going to open up space in my calendar, I know I want spaciousness, and I didn't." For us to understand that there can be a lot of

different pieces going on in the background, and those are places for us to hold with our clients and to make space to explore with them.

So, as we started saying, shifting your relationship with time isn't a once and done. I've never seen it be a once and done. I don't know, maybe somebody has a magic potion, but I don't. It's not a once and done. It really does take persistent and consistent work because of how deep these messages are and because the messages aren't just, hopefully, as we've all seen, don't just have to do with time. Time is really a metaphor for so much more than these pieces are... Again how we relate to time and our schedule, and how we move through time, and all of that, it's so deeply embedded. It hooks into so many other pieces. It's embedded in our thinking patterns, in our sense of self, in our orientation to life, in what we think is expected of us. In what we think it means to be valuable or good, or having pleasure or all of it.

So, what I have found is it's a journey, and it's you, who's really working through it piece by piece. So, how do you work through it with clients? So, number one, just like the work that we're doing today, I would say that creating awareness is one big piece. Just starting to support clients, to see these threads, to see these beliefs, you can use some of the questions that we looked at together today. And then from there using the rewiring tool, or using a friend of a friend, your fear process, or looking at how it relates on a wheel of self-sabotage, whatever you want. Like you use the different tools, apply it to this topic. One thing I will say is that for some people, just for some clients, when you start to poke holes at their beliefs about time, some people can go into pretty massive resistance around it.

A resistance archetype may show up. Not for everyone, but for some, and again, that's because our beliefs about time are at the core of our beliefs about ourselves and our value and the universe. All the things we've been looking at. And so, we all here already understand resistance. It's if you start to poke holes, sometimes the victim can come up. Sometimes the judge can come up. Sometimes the flake can come up, whatever it is. So, that's just something to be aware of as you do this work with clients. So, creating awareness, doing the fear work, the belief work, all of that.

Another tool that you can add in is to support clients. And befriend your fear of does some of this, but to do this even more explicitly, to cultivate trust with time, to do some work around cultivating trust with time, to make friends, not just with the fears around time, but literally to make friends with time. And one way to do this is to journal with time. Time as an entity and we've all done this, I think with

different things in this program already, but to support your client, to channel the energy, the personality of time, and to write a letter to the client. And to do that a couple of times, not just one sitting of it, but to really cultivate that relationship.

So, that's a piece of homework that I'll give to all of you to make some time for time over the next week, and to journal with it, and to see what it has to say to you. But let's just toe-dip for a moment into it right now. Do this for a minute. Take a moment and close your eyes and connect with time as an entity. Not in its lowest levels, how we sometimes unconsciously connect with it but use what we're starting to really uncover more today. It's highest level. Take a moment, connect with time, with the energy of time. Notice what it feels like. Notice what its personality is. Notice what its energy is.

And ask time, what do you want me to know? What is it that you really want me to know right now? And then take a minute and write from the voice of time. Let time answer through your writing. What does it want you to know right now? Take a minute to just write. Keep on going, another 20 seconds. And take a moment and read over what you've written. Think of it this is just a beginning, a toad tipping, and see what time has to tell you.

Joanna: So, this is a place where I want to invite all of you to practice over this next week. Give yourself a couple of sessions with time. And by the way, if it says the same thing from one session to the next, don't be like, "Oh, I already heard that." Be like, "Yeah. You're taking it in more. You're integrating it more." And this is another thing that's related to time and patriarchy, whatever. It's sometimes wisdom comes up, but it's been there, done that to it, instead of doing like, "Oh, I'll take this in deeper." It doesn't always have to be new, new, new, new, new. Okay, good.

So that's another tool you can use to support yourself and your clients to move more with the flow of time. A couple more tools I want us to look at today. Another one we already touched on this, when Tel was sharing earlier, make requests of time and treat time with respect. Make requests of time and treat time with respect.

So, what this is really about is, for example, what I was sharing with Tel earlier, making containers in your time for the things that are important to you. That you know that left to your own devices. you don't prioritize, even though they are a deep priority for you. So, for me, just being totally honest, if I don't create containers of time for my inner work, for my journaling, for ritual, for tarot, for movement, that gets thrown out the window. First thing. It's lucky if it happens,

but if I treat my time and time with respect, and I make that request, and I put a container, I say, this is when I'm going to do it, it's much more likely to happen.

In a lot of the business programming that I lead and have led, we have, and some of you have been to these sessions, get it done sessions. That's making a container. It's we're coming together for 90 minutes, or sometimes it's three hours or a whole day. And it's in service of getting something done and really as a group in a container being conscious with time, doing things in pieces of time, really looking at what's the energy we're bringing to the time as we get the thing done again making those requests of time, treating time with respect. And part of this tool of treating time with respect is allowing for space.

Which, again, full transparency, I always need to do. I want to do a better job for myself as well. So, when I say allowing for space, it could just mean two minutes of turning away from the computer or whatever you're doing, closing your eyes, being with your breath, being fully embodied. As I think Penny was saying earlier, just focusing, bringing presence. I mean, doing that for 60 seconds and then going back to whatever you were doing and just raise your hand or let me know if you've had that experience. It just changes how you experience time. Not forever. It usually fades after 30 minutes or whatever it is, but then maybe you need that next 60 seconds or two minutes of coming back to actually respecting time being present, to time being present, to what's in front of you. I know these are basic things that we all know. You're all evolved and so smart, and I know you all know this, but I know for me, I need reminders of it. And so that's why I'm reminding you and also reminding you to remind your clients of it as well.

Another type of inner work that you can do around time. And you're speaking of time, we could do a full session just on this, but we'll tow deck here, is receiving work. So, a lot of times, when we have trouble, when we feel that we don't have enough time, it's related to our ability to receive time. I'll say that again. Sometimes when we feel that we don't have enough time, it's related to our ability to receive time. This is one of the reasons why time and money are connected. Because money in some ways has to do... And there's privilege involved in money. There's a lot of dimensions, so I'm oversimplifying, but just see if there's a piece of this that resonates. Sometimes money has to do with ability to... It's deserving receiving, a feeling that we can take in.

Sometimes we feel like we can have one or the other. I think Allana was speaking to this in the beginning. I can either receive money or I can receive time in spaciousness for myself, but there's not an ability or a capacity or a possibility to

receive both. Hopefully, I'm articulating this well. If not, let me know. So, looking deeper at what it means to receive... I sometimes call it the feminine art of receptivity because I feel I don't often like to get into binaries. It's too much masculine, feminine, but I feel like the ability to deeply receive is a feminine art that we've lost because of patriarchal culture.

Men and women alike in all genders, the whole spectrum. We've really lost our ability to take in deeply to receive. Is this making sense? Is this resonating what I'm saying? Just let me know. Okay. I just want to make sure. So, oftentimes if we have difficulties or blocks to receiving, it has to do with what we believe about receiving. For some people, it's that it makes us weak. For some people, it's that we don't deserve to receive. For some people receiving means, "Oh, I can't do it on my own. There's something wrong with me if I need to receive." So, looking at beliefs around receiving, looking at beliefs around deserving can be really important.

Practicing receiving. So, that can be actually like practicing receiving support, practicing when you get money from a client or however money comes in, being conscious about actually receiving it. Even to this day, with all of the work that I've done and my business is very thriving. I think sometimes I take money, but I'm repelling it at the same time, or I take time that I'm repelling it at the same time. If that makes sense, it's not embodied. I'm not in my body fully receiving. So, just practicing being open, opening yourself up. Again for me, I imagine this as a feminine practice and taking in.

Part of that is being in gratitude for the time that comes in. Thank you time for giving us these 90 minutes for this deep exploration. I'm so appreciative to have five minutes to walk around the block. I receive that. Right? So, just to consciously be receiving that. There's a queue here. Can you give an example of what it looks like to receive time? Yeah. So for me, and please chime in because we'll all have our different interpretations of it, but for me, it's instead of, "Oh my gosh, I have five minutes, let me do the dishes or this, that, or the other thing," it's like "Okay, maybe I do have to do the dishes in these five minutes, but let me be present to it. Let me enjoy and receive this time of putting away the dishes. Let me really be present and receive this time of journaling. Let me take it in.

Joanna: So, the last little piece I'm going to share is... This is a little thing that it can sometimes make a big difference. Is notice the language that you use around time? And for your clients too. I only have an hour versus I'm blessed with an hour, or I've been gifted an hour. From my work, I get a day for vacation versus,

I've created a day of vacation for myself. I'm running out of time. I lost time on that. When it comes to time, most of the phrasing is negative around it. There's very little positive phrasing in our culture around how we use and experience time. So, that's a place to play as well.

You'll get worksheets to go deeper with all of this and some homework in your partner, homework. Again, hard to manufacture it, but discuss through these issues, see if you can bring an issue around time to your partner's work. So, I know we are out of time, but any last thoughts or questions? Of course, if you have, go, but any thoughts or questions as we wrap for today? No. Okay. So you'll receive a recording in the next day or two with some other tools. And I hope you have the 8th and the 23rd on your calendars. I am thinking about all of you, and I'll talk to you soon. Have a wonderful rest of your day.