



Sacred Depths Certification

Shift Your Relationship with Time - Part 1

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Hello Hello everyone get everyone a moment Hey Oh jolly, I'm sorry, you're not feeling well definitely just participate in ways that are right for you.

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And you hope you feel better soon. Okay. So we are going to look at time today. And in this module, we have two calls, we've got our live call today, where we're going to really been looking at the inner pieces related to being able to what I call move with the flow of time. And then you'll receive part two as a recording, where I'll go through some specific exercises and strategies that you can use for yourself and with clients when it comes to times and some fun things. The strategies only, I mean, you all know this, but I say it like the strategies only work so well. Without the inner pieces in place. And when I say in place, I don't mean myth of perfection, because I am still working through all of my, you know, continue to work through all of my inner pieces around time. There's a lot around it. But it's that's why planners don't work necessarily are all of those like time tool, strategies that are about organizing, they generally don't work unless we kind of shift some inner pieces as well. And then just logistically, we're not meeting next week. And I don't know if I shared with all of you, John and I, for the first time in 15 years since I was pregnant with my older daughter, Nina are going on a proper vacation next week. I'm so excited. I never thought we were gonna become those people that didn't go on vacation without their kids. But we did we slid right into it. But so will I'll be actually going to Paris where I'll be out of town next week. So I say this so you can all celebrate with me. But also to know that I will I'm going to be completely out of touch next week. Yeah, how you doing?

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So anyway, so you'll have the recording, that's all to say I won't be around but I'll be checking in when I get back. And also you'll have the part two of this module to chew on and work through while I'm gone. Okay. So I have found and maybe you have found as well that time, the the issue of time or the concept of time or the idea of time is actually one of the most important like the word issue, but it's like one of the most important pieces that comes up in coaching in supporting yourself or supporting anyone to move towards the goals that and the visions that they want to achieve. And if time isn't in flow, if time isn't working well with a client that can be in addition to all of the, you know, all the other types of obstacles we've looked at so far, time can be a real obstacle towards moving forward towards progress towards feeling the way that the clients want to feel as they as they take their action steps. And also time is very much related to being able to have an experience the values that we want to experience in our lives, whether the value is freedom, or spaciousness, or whatever it is, time in one way or another often plays a role in that as well. So, let's start. real basic, but important, none the last, I'm going to invite you in a moment to kind of make a little bit of a list of how issues with time show up for you in your life. And so the invitation is to make a list of what's not working when it comes to time, or what you're tolerating because of issues with time. So for example, maybe one of the things on your list is you feel like you don't have enough spaciousness in your week. Or maybe a way that time isn't working for you, as you end up feeling like

you don't have enough time for self care, or for meditation that just gets thrown out the window. Or maybe the way time. Issues are at a time isn't working with you is that you constantly show up late for things. Or maybe for you, this has happened to me, if you have children, your children get mad at you because you're showing up late for things. Maybe you're not creating what you want in your work in part because it feels like there's not enough time, maybe you work much later than you want. Or maybe you're constantly working and it feels like that's there's a time thing in there. Maybe one of the ways it's impacting you is that you feel like you get angry at other people because you're working more than you would like maybe time issues show up for you as feeling stressed or feeling like you can't you're not getting anything done. So take a moment and just kind of start to think about and make a list what's not working for you because of time or you know you feel like time is a piece of that or what are you tolerating in your life because of time and I'll be right back I'm just going to make the heat a little lower

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so how are issues with time showing up for you and impacting you?

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And please share some in the chat so we can both normalize as well as kind of get different ideas both for ourselves and also to help us see like how it might show up with clients. And Elisa saying scattered focus. Yep, what else? Good there's never enough time to get everything done. Time flows while I stand still I often feel I can't fit into my schedule some of the things that most matter to me the time goes so quickly not getting my work time within the timeframe I give myself It seems to take too long. Randa saying I get super stressed when someone needs more of mine than I have allotted for them. Funny enough it doesn't apply to my clients as I leave space for that but not for my family. That's that's a good thing to notice. Barbara says time is a blur for me unless I've scheduled items that I actually follow through with what I think about working on just escapes my focus Yeah. Lack of clear boundaries between structured and unstructured time. These are all great Ajay Singh time optimism I love that you're naming that that way that's great time short sightedness as the saying tolerating a total mess of a home upstairs where folks can't see it not very self loving yeah I feel I'm chasing time all the time. Too much time procrastinating desiring more time for self care Yes. Client sessions not feeling like I use the time well running over client sessions Yep. Still saying I feel like time is working me like I don't get why something doesn't happen until after I see that it's a seven year cycle or something else like that. Yeah. These are great.

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Okay, good.

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And then take a moment to jot down if you're working with clients and if you're not working with clients, you can think about other people in your life. How do issues with time show up for that? So how do issues with time show up either with clients or other people in your life

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I love what Ajay saying Open Ended or very long term projects are my kryptonite. Yeah, I know you've mentioned that before anything that's true for a lot of people

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now Michael and saying I'm getting old and running out of time Alright, so take them out one more moment with that how do you issues show up with time show up for clients or for other people in your life? lateness Brenda's saying Yep, impatience to find relationship fear of death scattered doing too many projects at once and Elise's multitasking because of time, right now Carla's saying something interesting the men in my life don't appear to have time problems they quit when they are done and rest when they are tired I it's a it's an interesting thing. I

wouldn't say across the board but my guess is that if you surveyed women may have some more of this issue.
Me Yeah.

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Okay.

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Ha saying with money work people sometimes feel like it's already too late. Yeah, I've already run out of time. Okay, good. So, as I said before, and I'm going to say it again, because it's so important. If you are struggling with time It's not just about let's get more organized, or let's get this planner or even let's blueprint, even though you know I love through blueprinting. And it's so important without the, without the pairing of the inner exploration and the inner work, the outer tools are really, they don't work so well. And that's because, and this is a bold statement, I'm gonna make. And you can challenge me on this if you want. But I would say that most human beings today have a misaligned relationship with time. Most human beings today have a misaligned relationship with time. So much because of the messaging, as we'll look at some so much of the messaging and the ways that our culture works. So we have a misaligned relationship with time. And what how we experience time is how we experience our lives. Not to say that, again, how we experience time, is how we experience our lives. And so if we have a misaligned relationship with time, we are likely to feel that there are misalignments in our lives

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and how we experience time has and then how we use our time has so much to do with what we believe about time. It has so much to do with what we believe about time. So some of you have already started to answer this next question I see in the chat. Based on what we've already looked at. I'm going to ask this in a pointed way. What's your relationship with time? If time were an entity that you had a relationship with? What is that relationship?

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What is your relationship with time ticker? Take a minute with that one. Just be honest with yourself without judgment. How do you relate to time what is that relationship like?

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Miranda's got a love hate relationship with time assisting time and I are strangling each other and ready for divorce. Tina is saying time is so precious to me if I waste time I feel guilty because I can't get that time back. Time is something we don't get back when it's gone. Yeah, and there's I think that guilt piece in there is important. Tina Barbara says I always want to feel into the expansiveness of time and it seems to let me down almost every time. An se says insecure attachment issue. Angela says time is a regulatory entity that provides an opportunity for self discipline and for organization and management. He says we don't communicate I sometimes feel neglected and abused. Sarah says I'm not always gentle with time but time is always teaching me to be gentle. Jana has got a dysfunctional relationship. I feel stressed and upset about time off. And Amy says I really believe that this moment is the only moment all of existence always exists right now. Carla's got an antagonistic relationship. I demand too much of time. And I feel like a time slave. Hmm. So which one is it? Dave is starting to enjoy her time more that she's in her relationship. You're prioritizing daily walks swimming in the ocean. Beautiful, beautiful, yes. If you have one foot in the future, these are all great s. Okay. I mean, I'm going to share this next thing for you to consider. Well, first, let me ask you this. Some of you have already answered this question. But I'll ask it anyway, just to go a little bit deeper. What do you believe about time? What are some of your beliefs about time? And just be honest, like I know what we're taught spiritually. Right. But do you actually believe that like, what are your actual beliefs about time? Not like what you should know better. Maryann saying it's precious scarce and an unremovable resource. Brenda saying it seems that there's never enough time. Nellias saying it's precious and fleeting should be used wisely. That everything takes a few minutes when it all really takes a few hours. Yeah, that one's come up a couple of times already. And I just want to say, I can't even though

we're looking at the inner pieces, I do just want to say from like strategically on this, whenever I blueprint, if I think something is going to take me 30 minutes, I put aside 60 minutes for it specifically for this thing that keeps on coming up is that I kind of learned it, actually, when I was learning how to do budgets when I was in the museum world. And a mentor always told me when you do a budget for an exhibition, if you know the frames are going to cost 15,000 but 20,000 in the budget, so that you have it there for yourself.

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Okay. Okay, so now here's the thing, I'm going to toss your way, some people over the years have clicked with this, and then other people are like, I don't really get it. And so if it clicks, great. And if it doesn't click, it's fine. Often times, this is what I've come to see a lot for folks. Oftentimes, our beliefs about time or our relationship with time, in one way or another is intricately connected to our beliefs, or our relationship with authority figures, or the universe. I'm gonna say that again, because it's kind of like a bigger or deeper concept. Oftentimes, our relationship with time or our beliefs about time, are, are related to or modelled on our relationship, our relationship with authority figures, or belief about authority figures or the universe. So in other words, if we tend to have a relationship or a feeling of time is always in control of me. How does that relate to authority figures in your life? If we have a belief that others have more time than me, I can't relax because there's too much to do. How does that either relate to authority figures or to universe or God? Time isn't on my side, et cetera. A lot of times it has to do with what we feel we deserve as well. So I'm just gonna like put that's out there for you to kind of journal on and see, are there any connections? To be made there for yourself? And if not, like I said, then it's not for you. But for some people. It's a, it's a click moment. Yes, so oftentimes, I'll repeat it. So oftentimes, our relationship with time or our beliefs about time, are somehow related to our beliefs, our relationship about authority figures, the universe, and I forgot to say or what we deserve in life. So authority figures, the universe, or what we deserve in life, do you and then we project those old beliefs about authority figures or, or relationships with authority figures, or the universe or God can come from religion or just what we believe we deserve on to time we project those that relationship or those beliefs on to time. Are there any connections there for you?

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Alright, so let's pause here. There have been great things in the chat. And by the way, because Aj is bringing up money, a lot of times our beliefs about time mirror our beliefs about money, just a little side note there. But I'd love to hear some voices on what you're seeing so far. What's feeling important so far? What are you noticing so far? Who'd like to share? Vlada?

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Right, this is a really great topic for me, because, um, can you hear me? All right?

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Talk a little louder. I can hear you, but I would see your Yeah.

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So time is one of my hardest my relationship with time is one of the hardest things all my life. And I'm, I wrote very interesting things. I mean, I feel like I never have enough. And always last minute and procrastinating a lot of times, it feels very slow and spacious, and then it really rushes forward. And one of the beliefs that came when actually the only belief that came through was that it's infinite. So I can't, I'm trying to make sense of it. And it's infinite. But I also don't, don't, I can't I feel like I'm wasting it, and I don't value it. And so it's this like, I didn't know even where to start with it. Yeah.

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Yeah, so what I'm hearing so far, and we're just I like identifying the beliefs. But what I'm hearing so far is that your relationship with time and beliefs are about time, like there's a lot of self judgment in it. Like I'm just,

there's so much time it's like this beautiful gift, and I'm just wasting it. It's just slipping through my fingers. I'm doing something very wrong with it.

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Yeah. And I can hear that that judgment has been coming through the voices of parents grandparents saying like, why are you doing this? Why? Why are you wasting your time?

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Yeah. Yeah. So it sounds like that's a strong belief for you as I am someone who wastes time I am a time waster. And then think about how that impacts you on a daily basis. And what that motivates when you have that belief that is just there consistently around that. Good. Thank you for sharing. AJ. I've just had this huge,

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sort of hilarious revelation about the time and money piece because I've done a lot of work on my own money, story and beliefs. And one of my co or feelings on that is that there's enough? There's always enough. I will have enough. I do have enough I have had enough.

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And then, you know, there is an end, there is there can be an end to it. And yeah, so yeah, I track my time and my money in very different ways. But sometimes hold on to that belief. A little too long.

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Good, good. Yeah, I'm glad you're seeing that. And when you say a little too long, like what's the tipping point there for you from it that is working to that is not working? Well,

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I guess what time it is. The deadlines, it's the

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waiting until it is short. And I can see that ending. The stopping point to change what's happening.

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Yeah. Is there like, as you're seeing it in this way? Now? Is there a tweak and how you are looking at this that can be more helpful for you?

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Yeah, what I what I've worked, and what I teach is in gratitude, abundance, and aggressive truth telling. So grounding in, in the gratitude part for what we do have and the grace and, and privilege that I do, you have with time. Accepting the abundance of it that is

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vast

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that everyone else having, whatever time they have, if they have more time than me, or they have such a full and busy life, there is enough, there is time for all of us. Their time doesn't impact me. Except I guess sometimes it does

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impact each other.

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And then the aggressive truth telling is in in time, for me, it's calendar, it's making appointments that are now I've been using focus made a lot like all the time now. And it's really making a difference for me and admitting that I thrive with more structure to create my flow.

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I love it. Ha, I feel like even just this last piece that you're saying right now is like I've watched the evolution of that over these last months, like you have arrived to a very new place. So I just want to really acknowledge and celebrate that. And also share I love like what you're talking about. It's like a paradox, not paradox, right? It's like, tiny, there's an abundance of it. And it's infinite. And also, it's really important that this thing happens now. And this thing happens now. And as you're talking like what I'm what I'm feeling and tell me if I'm getting this right, and that paradox is like this belief in the infinite is actually what's calming the nervous system. So that it's not this undue pressure on the aggressive truth, but it's just like a neutral and also this is the truth so that the nervous system can be calm enough to actually like do the things and do them in a way that feels good. That doesn't really

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no, no, that doesn't really

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right. Infinite. The abundance, calms the nervous system. And allows allows me to not be worried about time on a daily basis, to not be worried about the time I have left to complete a thing, whatever the thing is. So the one thing I wrote an earlier where Mmm, scarcity creates clarity. And I learned that in, in budgeting, like, the amount in your checking account may be abundant, but then you see all these are the things that I want to do. And they take up this much, and now there's this much left are the things that I have to do take up this much, and that abundant feeling of the bank account. Now I'm like, Okay, well, what do I want it to do for me?

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Good. Great. Thank you for that clarification.

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Yeah. So it like it calms me too much.

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Okay. That's, that's good noticing. In the question that well, we'll get to the question. I'll ask everybody next, but focus on that in the next question. Thank you, Carla. Sorry,

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I'm on my phone. I don't know where the buttons are. There. We are. Just confirming you can hear me. Yes. Okay. So I think there might be something worth exploring and this idea about authority figures, and what I believe I just I deserve and stuff like that. And then I'm, I think, AJ might have been on the verge of articulating what I'm trying to articulate. I know I, I look at at the demands, I look at the appointments, I put things in my calendar, and make I make a list so that I can check them off. And it does not help me get my priorities straight. And so time, the thought of maybe a new relationship with time as something is a resource to invest in myself. And my priorities, because I think I am spending time very often on the other not priorities.

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Yeah. So that's such an important awareness. Carla, I'm so glad that's coming forward. And the shifting towards the beliefs around that priorities. It sounds like that's going to be so valuable for you. And in part two in the

recording, one of the the time tools, the more like strategic time tools is about coming back to priorities and looking at priorities because that that is an essential piece of it, because time is infinite. And also there are a certain amount of hours in every day that we have to you know, we want to make decisions about or at least that's, that's, you know, one of my beliefs. I shouldn't say that as a universal truth. But it sounds like that's something that resonates for you. Yes,

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thank you.

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Thank you. Okay, I'm just looking at the chat. SC saying not understanding authority figures and they're arbitrary rules means I don't understand how this time thing works. Yes, it's like I'm excluded from what's possible. Good. That's a beautiful awareness. See, still saying I feel like time has got my back at a deep level. And yet on the every day to day level, I feel squeezed. It makes sense to me to differentiate on what levels I relate to time nice. That this is giving Michael and lots of new possibilities for how to improve your relationship with time and money. Good. Mary, I'm saying wasting time feels synonymous with wasting me my output in life Oof. Because wasting time means I didn't do or wasn't being something meaningful. Does that that's a that's a biggie. Marianne. I'm glad you're seeing that and how that's operating inside of you. And me seeing this conversation makes me want to trash my schedule, get rid of my phone and wonder. Can we all do that? Again, just logistical level. Phone and technology for many of us are a big factor when it comes to being able to experience time, the way that We want to experience it both in terms of getting getting to our priorities as well as literally how we experience our lives. I know that and thankfully, this is most of the time, but sometimes I give in the times that I have I take everything off my phone, all email and social media and all the things are absolutely when I am able to focus on my priorities on the present moment where I don't end up in a like the time vortex, you know, we just think I'm quick checking, but it, it takes away from our focus because it takes them time and energy and energy to come back to focus. So the phones and the technology really do, you know, wasn't part of the conversation maybe 20 years ago, but it really is part of the conversation now.

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Angeles saying I was puzzled by how authority and time are related. And like I said, That one doesn't land for everyone. I think the thought could be connected to the relationship of the person who made the statement. Yes. How to put time as a tool could change the prior statement time. Yes, yes. Okay, good. All right. So let's take this all a step further. And based on what you're seeing for yourself what would be a more aligned belief around time for you right now? What would be a more aligned belief around time for you right now. And I love that AJ brought this idea of like time is infinite and how sometimes it doesn't have a helpful impact to write because it's like anything that we go into blindly like these spiritual beliefs we have to make them work for us and sometimes it's a tweaking of some words or for a period of time it's looking at it a little bit differently or you know, a layer of it right so for you right now, for you personally, what would be a more aligned and helpful belief around time?

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What would be a more aligned or helpful belief around time?

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Tina's saying I respect time. Amy's saying time is a decadent morsel to be consumed fully in every moment. Friend as saying time and I are equal partners. These are also beautiful, I honest thing time is my friend. Time is here to serve me. I can use time however I choose time supports me I can bend time

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Dave is saying time is my ally when I choose to use it wisely. Barber saying I feel like we need more nouns to describe time when it's a human construct. I understand it differently than when I speak about the endlessness

of it. I love that insight. Yes, time is a gift. If I'm acting in line with my true priorities, I'm honoring time. Time is a resource for me. I can use it to create what I want is time is an energy that not only works me I also work it like Tai Chi. Beautiful Okay, so Michael When saying it's time to work on my stories around my dad because as I described time I'm describing him Yeah, that's where some of that authority figure piece might come into play. So let's just keep on going with this for a few more moments, whatever that more aligned belief is that you just identified I want to invite you to bring it into the body and then energetic level for a few moments so if it's helpful you can close your eyes and take a moment and feel where in your body do you feel the truth of this more helpful belief inside of you were inside of you do you know this to be true

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even if you're not living it yet you have this truth this isn't just in your mind you have this in your body somewhere just find this place where you know this new belief about time to be true and be with it and just be with it in your body and hold space for it

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and be present to it notice how it feels and as you hold space for this new belief and feel in to this new belief let's see if you can maybe even a little bit embody the energy of this more aligned and helpful believe see if you can lean into its energy

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and from this place and from this energy ask yourself or ask the belief What do I need to know about this coming week? What's important for me to really know about this coming week from disbelief. And then from this energy of this aligned belief and in relationship with it, ask it if there's anything that it would like for you to do right now or not do right now. Is there anything that it would like for you to do or not do

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and then just take one more moment with it make a body memory of the new belief and you can make any notes that you want to make on that

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Alright, so let's pause here. What are you So, seeing so far, that's important to you, personally, from practitioner point of view. What's feeling important so far? Who'd like to share? I'd love to hear a voice or two. Yeah, Jana.

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Yeah, the difference of feeling is incredible. And so easily accessible to step in that place of alignment. So I'd said I want to believe, in short, that, like time is my friend. So rather than just unconsciously thinking of it as some authority that I can't please, that I can never get it, right, that's never good enough, not enough and pressure, pressure, pressure, stress, stress, just that shift and save. You know, rather than taking that pressure and stress and trying to like, manage my time better, and push for more and shift inside that, that feeling of my relationship with time. And then it turns into, like, oh, I guess can be like, a really long, tantric lovemaking session, you know, my wife, do my schedule, like, you know, time is my good friend, and then I'm going to be in a really yummy like, place with it instead of pressured and stressed. Because I wouldn't be friends with somebody who's treating me like that.

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I love that I love that energy follows energy, right? So that the shifting of the energy can change so much about how we experience things. And then if we bring that shifted energy to the task at hand, and we don't feel the pressure, we don't feel like it's going to take too much time or whatever, but we bring this new energy of this belief to the task at hand, we might be more likely to do the task number one. And we might be more likely to enjoy the time and the experience

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and have more energy to get more done. Because it's fun, and it's flowing, instead of feeling. It takes a lot of energy to be stressed out.

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And then and then that takes time.

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Thank you. Thank you very much, Angela.

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I Juwanna. So I put that thing on, on the text about changing the same time as a tool. And then barber asked to come forward to share a little bit more about this. So what what I think is, like we try and I see with my patients too, we have the idea, okay, from the time they wake up to go to bed 24 hours, and we try to fit in everything in that span in that space. So there'll be time and space, you know, but the momentum that it belongs to the person. So to have the aquarium talking physics a little bit, but to have that balance. We could use time as a tool, rather than trying to fit in everything that I have. You step back and you say, Okay, this is my tool, how can I use that for live my life in in a more peaceful way. But then he came up with this relationship with authority, and that they created a conflict because it came with the idea of I'm trying to the authority to fit to me rather than me fitting to authority, but I don't know those ideas that came up. That's why I create a conflict but for me, time is just a way of okay, opportunity. Now, this is how I can manage my day but not try. So I don't know, just ideas that came up.

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Yeah, I love it. So first for the first piece. So beautiful to think of it as that tool and you think a little bit also, I might just be reading too much in between the lines, but I think a little bit what you're speaking to and I saw some of it in the chat is way back to when we looked at strategizing and understanding our natural rhythms. And then the tool and the natural rhythms kind of work together. So it's not like I'm just trying to stuff as much as I can in a 24 hour period. But I'm really like working my rhythms with time. And I think that maybe that actually can support the second thing that you said that it's not that time is the authority or I am the authority times the authority over me or I'm the authority over time. But again, how can we make it more relational? Where we're working together? There's not an authority. But there's a partnership. Does that land?

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Yeah, the partnerships to putting time regulating you, in a way. Whereas if you, and that creates a stress, I think, I don't know. That's how I feel like, whereas if you use time as a tool, it makes easier to use. It is not like, I don't know.

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Yeah, it's not using you. I don't know. I'm not sure. Maybe I'm not understanding. It's okay. It's okay. But I want No, but I want to get it. So let's spend one more moment on it. So am I getting you right, that you're saying that it's helpful to feel like time is a tool?

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Yeah, I think it takes the power that time has over us? Yes. Because it became like this. Oh, look, we have so much time to do this so much time, that's the day 24 hours, but you have 1000 hours to fit in. When you you put as a relationship of time as a partner. You give too much authority to time, I see what you're saying. Whereas when you put as a tool, I see I see.

57:19

Okay, is that I don't

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know, is a different relationship with how do you deal with time, so it becomes a way of you. Fluctuating life? No.

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Yeah, I love that. No. And it sounds like that really works for you looking at it as a tool. So that's great. Like, that's a that's a beautiful thing for you to go with. And if that resonates for your clients as well,

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but then it creates the conflict about the authority piece that I got. Okay. I'm having a serious problem with authority here. Okay,

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what's a good journaling question for you on this?

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I think to see exactly what, why bother me to the authority as a piece of definition for time, I don't know. Yeah. Good.

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Thank you. Thank you, Cecil.

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Yeah, thank you. So I'm sort of a little bit in a struggle in a way. So

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on the one hand, I'm a person who lives in intimacy with time, in many ways, like, in terms of tracking my cycle, my menstrual cycle, and I, I'm sort of in a lot of wheels, at the same time, both that cycle, the day cycle, the year cycle, you know, like almost the tides of the water in this town where I live, you know, this sort of, and also the deeper oops, workings of time. And, like, one thing that comes up, up for me, it's also this coming out of maternity leave, for instance, and becoming a mother has also changed relationship with time. And there are these kind of unbelievable events that have happened. And it just is, I feel like I have to mention this, but there was like, a, like a huge earthquake at some point in my life that had a big, big impact. And it just, it made a decision on how, why to become a mother or not. And it was a long process that exactly 10 years later on the day began the pregnancy of my son now. So you know, there are some of these things that are just like you cannot believe it, but it is happening now. And then at the same time, I feel confusion and I'm sensing some sort of resistance in me that I cannot name while we go through this. I'm feeling on the one hand like, I don't have time for this class, because I'm in such deep relationship with time. And on the other hand, like, yeah, there's something. And I can sense also, what came up when I did the exercise was this sense of, if I don't hold my horses, I'm just going to be catapulted forward with such speed, that I don't know what I'm going to do. Yeah.

1:00:39

So that last piece that you're talking about, if I don't hold my horses, I'm going to be catapulted forward with so much speed, that I'm not going to know what to do. It sounds like there's a lot. To me, it sounds like there's a lot of juice in that. There, that might be a great place to unpack a little bit more and work with for yourself. So I can I work with that belief and continue to understand a little bit more, where is it coming from? What is this fear? This this fear of being catapulted? What is the actual deeper fear inside of that, maybe do some befriend your fear around that, and then see how that relates back to the belief and if the belief wants to change or not from

there, but it as you were sharing? For me, it felt like there's something about this fear of if I don't hold things, exactly. So it's gonna be so fast. And then what? And it could be helpful, like I'm saying to understand, like, what that fear is, so that you can make empowered choices about what the holding the horses actually are, and are not. Does that land?

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Yeah. So they're not fear based, but they are in alignment with where I want to go and how

1:02:33

exactly it's an aligned holding of the horses when appropriate. And then what does that actually look like? And mean when it's when you're coming from a more regulated nervous system versus I don't want to be catapulted? I don't want to be catapulted. I don't want to be catapulted. Yes. Thank you. So and let me just pause there take, we still have a lot to look at today. But I'm gonna take Amy and Randa And Barbara's hands too. But what Cecil and I just looked at is a great example of how when we work with our clients, like Cecil, and I didn't have time to now move into a befriender fear, because it's not, we're not doing a one on one coaching session. But as we start to unpack these beliefs around fear or identify them with our clients, then we can use the other tools that we have in our toolbox that we've learned here. We could go deeper into a rewiring process, we could do a friend or fear process, we could do a wheel of sabotage process with it, there might be a resistance archetype that presents itself in there, right? So it's, we're kind of identifying first, like, what are the beliefs around time, and then we're pulling from our other tools to go deeper. That's, that's one way to be working with it. That makes sense.

1:04:00

Okay, great.

1:04:04

Amy,

1:04:07

hi. So I'm realizing a lot through this. And one thing that I really realized is, I've always known this, that I have a really good relationship with myself around time when I'm on my own and nobody else is around. At least I think it's pretty good. You know, I do pretty well, but then when I'm in a client session, and they're paying me for my time, and I'm, you know, there's so much value there. And I feel like I have so many skills, but often if a client wants to just talk and tell their story, I just feel like I'm just they've got a leash on my neck and I'm just kind of following them and and then pretty soon the hours up and they've just paid me to tell their story, you know, and I feel like we've got nowhere and I just can I can so easily. Just so anyway, It's also a fear process that I, I have a fear. As soon as they start telling a story, I have a fear that I'm not being a good therapist or coach, and and then all of a sudden, I'm trapped. And I kind of don't know how to get myself out of that hole very well, it just happened again yesterday. And I'm like, No, how can it happen now after all of this training, but anyway, I just feel like what I want to do is take this like positive relationship that I have with time, this what's kind of coming together for me, and somehow work on my fear. So I can bring myself into that beautiful relationship with time while I'm in the client session. I'm not fully sure how to navigate all that. But that's kind of,

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yeah, let me reflect back some things that I'm hearing that might be helpful. So first of all, I just want to remind you to have compassion for yourself, like it really did happen. And I get it. I mean, it's so easy to go to all the places. But from a little bit of what you shared, I could have been hearing this wrong. It sounds like you've actually made a lot headway on it. And then it just kind of happened to come up yesterday. Right? So let's honor and celebrate the fact that you have been making headway you're not starting, you know, square one. With all of this, there has been a lot of progress here. Right? I can, I can feel that. So then from there, now that you're

seeing this, like what if you can identify, what is the actual fear that comes up that has you say to yourself, I, it's not okay, for me, to support my client to shorten their story or right, whatever it is to interrupt or whatever it is, like, what's the fear that's coming up for you in that moment, when it when it happens? Because what just to clarify, what I'm hearing is, there are certain times when it's important for the session for the client to just be witnessed and share their story. That's not what you're talking about. You're talking about those moments where you know, that it's important for you to guide it a little bit more, but you're not. So what's the actual fear that's coming up for you, then?

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Well, I think that what happens is I just kind of go blank, and I don't have my tools there anymore. And I don't even know like what type of process is this at this moment. And I just kind of encouraged them to start to say more, or I'll ask questions that I have curiosity about, but I, I feel like I kind of lose sight on the bigger picture of like, is this a limiting belief situation? Is this a self sabotage situation? You know, like, what are we doing? Are we visioning? What some happening here?

1:07:45

Okay, great. There's a great question. It's like more tactical, but I'm gonna answer it. So you did avoid my question about what the fear is. And just because for the sake of time today, like I will, but I do want you to actually bring yourself to, you know, just like experience in the moment, bring it back to the moment and see what the fear is, and work with that a little bit. So that's just one piece. And if you're having trouble getting there, just shoot me a note, and I'll help you from it from

1:08:19

Oh, no, you answered it. It was like about like incompetence. Like, I don't know what I'm doing, like, I'm here. And I

1:08:25

think that's why you go into the confusion, right? Because it's like, I'm incompetent. And then I don't know, is it this thing? Or is that thing, right? So that's a place to work with that fear of incompetence, going to the next level with the befriending of it or do a rewiring around I am incompetent. At the those are some places to go. And then just strictly tact. So I think that's going to clear it up. But if in the moment, and this is for you, and everyone like you can't get over that hump, you know, in the moment, the best thing to do is say, Wait, you're sharing so much here and it's so rich, and I want to reflect back to you what I'm hearing and then as succinctly as you can reflect back and then say something along the lines of You know, ask if it's resonating and then from there, so what is it that you would like to receive this and that will help focus and give you that time and space to like you know recenter and go from there. So that's always you've got that tool in your back pocket whenever you need it. Okay, thank

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you so much, Joanna. That's helpful.

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You're welcome. Randa.

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Can you hear me okay, I miss one. Um, this timepiece today is like the perfect time Because I had my day planned out with sacred pepsin, and a client after and some time before. And then this morning, it was like, the guys showed up to install the wood pellet stove, I had to wake my son up, he didn't wake up for school, I had to wake my mom up because she had a massage box. And she's staying with us right now. But she's physically limited. And then she asked me to actually take her and dress her and all of that. And I'm just like, oh my god, I can't do

all of this. So I'm half assed doing everything, like I'm not really present with her, barely got the guys going. And then I'm on the phone, and then I'm in a cafe, and then I'm checking anyway, so it's been like three different connection pieces with this timepiece today. So just stress, like completely can't focus can't, yeah, it's just it was just like, overwhelmingly, I can't do this. And so the wisdom when we did the timepiece, thing was like, eyes need to park something. And it was like, I need to unplug from Sacred depths. But I'm like, no, because when I'm gonna, I'm gonna, we're gonna watch this next. And then as I'm listening in, and I'm dropping my mom home, the one person had mentioned that the new belief of like, taking it and moving the energy and like making time and energy that you can more malleable and to work with it. That just really resonated with because I work with energy and do Chi Gong. And we're like these energy balls. And having that concept was trying to get Somatic Experiencing while I was in the car and letting my moves and not working. So I'm gonna roll with his later. Yeah, the vending time here that Amy just put down, it's just, yeah, time is it feels tight and rigid and a resource. And sleep just is what disappears out of all of that, at how to take it and not even create space, but just allow for some fluidity around it, which is never. Right now in these moments.

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I think writing down that phrase that you just said, allow for some fluidity is really, really important. As you were sharing, I mean, one of the first things that came up for me is like, yeah, life happens, and it's messy. And there, there gonna be moments where we like planned for the best and had the right, you know, relationship with time, and then the people show or whatever it is. And in those moments, and then you said, and then the stress builds, right. So it's like, I think what happened for you is that you had it planned and then messy life happens because life is messy. And then when there isn't that fluidity, that's when the anxiety shows up, which then creates a like, not good experience of the time that you're having. And then creates confusion and mis alignment around the choice making choices about what's next. But even when messiness comes up, because it will, if you can come back to first of all, this is normal, like I am having a very normal human experience. And then from there, there is fluidity here I can I can find a pathway through without perfection, what would be different for you in that experience and how you use your time.

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Blocking perfection, like I know that's going to happen, it's just more it felt really disjointed and feels very unpleasant. And it's just like cold and I can't talk to you and I have to drop, it just felt really disconnected from the people. And the places won't feel as long. That whole, like time doesn't exist when you're in that present moment because you're here and that's all that matter. That, to me is one of my values. And when that isn't happening often enough. I'm not connected to the people around me and that feedback loop is just did it what's the point it's almost like a experience but not accurate.

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So another good place for you to work on with that is I can still be present to myself and the people around me even when there's a time crunch or however you want to end that sentence ended up practicing of coming back to the presence Thank you, Barbara.

1:14:45

Wow, this is just so juicy. There's so many elements here and we just use like I said in the chat, you know, I feel like a lot more words to describe time because there's just so many aspects of it and kind of I'm following with what Randa was saying, I, for me, and I've read about this from elsewhere. So it's not like my idea, but that when we're in relationship, we don't usually, like want things ending at a specific time. So you know, you go to your mom's house for dinner or whatever, it's not like, okay, it's, you know, six o'clock, where's the food on the table? Or, you know, it's, you know, it's, it's eight o'clock time for me. I mean, some people are like that. But most people have a more fluid ending and beginning time, when they're in personal relationships. And in work life, that's very different, right? So there's these expectations that we're very precise with our time and we don't, you know, we start on time, and we don't go over time. And I understand that respect element. But like, when Amy

was talking about, like, letting her client just speak in like, oh, where's time going? I think those two are kind of coming in conflict, because, you know, we're in this caring relationship when we're coaching somebody, but then we have this business aspect of, you know, we have to be punctual. And, you know, I it's, yeah, that seems like, that seems fluid, but not in a good way. So, it's just very, it's very interesting to me to be like to be pondering about this. And I, you know, earlier in the conversation, I just wanted to really appreciate how you had just kind of go in with What's this new belief and like, feel it in our body. And I had this kind of brief visual of steps and like, time is providing steps for me, because I have kind of a like, there's all kinds of time. Oh, my God, there's a deadline, I'm going to be 2am, two minutes too late, you know, or whatever, you know, it's like, time and I kind of messy. And I do like a day of like those vast projects, or this is the unclear deadline is just like, Ah, yes, I'll get it done. Oh, my God, I didn't get it done. Um, yeah. So like, so I was just kind of like, I'm gonna go back to that, because I kind of recent time, honestly. I kind of resent it, because I want it to just have that abundance and not be that limitation. So I am seeing this steps structure as being supportive, and in that less conflictual. So

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I love I love that that came through. And because that's so resonant, I'd continue to work with it, speak to it, journal on it, maybe create your so artist, such an artist create a painting or a collage of what this idea of steps is, make it a visual, like really embody that more for yourself. And to your first point, absolutely, it's like, culture is in some ways, intention in tension. With this idea that time is abundant. And there's a like, there's that paradox, again, that we that is important to navigate for sure. Yes,

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thank you. Good. Thank

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you, Melissa, I see that you have your hand raised, I had said earlier that I was going to take through because of time, I was gonna take through Barbara, because there's still a few things that I want to share today. But I really want to hear from you. So if you're able to hang on for a couple of minutes after class, I'd love to hear your share. A couple other pieces that I want us to take a look at today. So as you can see, there's so like, there's so much richness in this topic. And it isn't just like let's get a schedule together or use the planner or whatever it is. So we want to work on this inner peace, which isn't a once and done ever, especially around time with our clients. So opening up the conversation like we did today. And then as I said earlier, seeing like what tools do we have that we have in our toolbox do we want to use after we've created awareness can be so so helpful. So all of the awareness, the belief work, the fear work, like I said, pulling in a friend or fear or a wheel of self sabotage, resistance, archetypes, rewiring, any and all of that. Another way to support climb And and their inner work with time is to cultivate more of a relationship with time. So, I'm doing a befriend your fear, but not as a fear. But just with time, or inviting once you kind of model that in, in your coaching session, inviting a client every day to have a short dialogue with time to create more of that friendship, to create more of that relationship to cultivate trust, with time. So, going deeper with that relationship with time. Another way to work on an inner level, this is kind of inner and outer level with time, is what I call making requests of time. And treating time with respect, making requests of time, and treating time with, with respect. So I love that. In our cohort, some of you have been doing co working together, that co working or any time that you put aside time to get one thing done is making a request of time you're putting a container around it, you know, when you're doing it together, you set aside the time for it. And you're asking that hour, you know, you're asking time for that hour, please let me create this in this hour. You're treating it with respect, what I would add to the making request and treating time with respect is before you go into that co working time, or before you go if you're doing it on your own, I'm going to spend this hour writing a newsletter article or whatever it is, come back to the energy that you want to bring to time for that hour, come back to the belief and how that belief feels in your body to how you want to apply that hour. Maybe get clear on your inner intention for that time. Like yes, I want to write this newsletter article. And my intention for as I write it over this hour is that I have fun. Or that I do this with self love and compassion, or whatever that that quality or that energy that you want to bring to it. Again, how we experience time is how we

experience our lives. I'm a get it done gal. As you know, many of you know, I'm going to almost always get the task done by if I get it done with stress or pressure or like self judgment or not having fun versus fun or lightheartedness. Or I'm going to bring sacredness to this time, or like my love of self to this. That's what makes the difference of then how I experience it, which impacts so much for me.

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I know I'm going through these kind of quickly. So I'll just I'm going to share two more and then we can open up for questions. Receiving work. So if you recognize or if you recognize with a client that they have trouble receiving, and this goes for money, and and self care and love over so many concept of these bigger concepts. So many of us have difficulties with receiving time taking in allowing ourselves to have taking in goodness so sometimes unpacking some beliefs around deserving and receiving can impact how we experience and use time. That's a biggie that I just described in a minute. So come back to that and unpack it. But I looking at am I willing to receive the time that universe has for me, or that time has for me? What are my blocks to receiving? One of the things that can really help with this is gratitude. And this kind of adds up to the last piece that I want to share. But for example, instead of saying like a hi, I only have five time five minutes to do that. What if it's, I received the five minutes that I have for that, and I'm so grateful for those five minutes to get started on the X. Thank you time I thank you time, I just spent 45 minutes I know or maybe not want to use spent, I just took a 45 minute walk. Thank you. For those 45 minutes time I receive that or I'm about to receive that, as I take this walk. So looking at how can we or support our clients to open up more to receive time? And then last piece, and barber spoke to this? Not exactly in this way, but it has to do with language? How can we shift the language that we use around time? So think about what language do you generally use around time? Do you use spending time wasting time, et cetera? Are there different? Because how we use our words shifts how we believe and feel. So again, I only have an hour versus I'm blessed with an hour I've been gifted with an hour. Instead of I'm running out of time, right? If you're if you're someone that's like I'm running out of time, what is better language that you can use? I lost time on that. What is better language, more helpful language around that? Even some subtle things? Like, oh, there's a day of vacation, versus I created a day of vacation? Or, I feel so lucky that I get to have a day of vacation, right? So how can we also think about our language around time? Okay, I know that was a lot. You will get some resource sheets for with some homework in it. And going deeper. One of the things that you don't think is in the sheets, but I want to invite you to do if it's helpful is to track your language and your beliefs around time. So at the end of the day, just like we've looked at tracking for other beliefs, but track belief and language like at the end of the day, what what are what's the language that I use around time? What are the beliefs that I'm brought to time today, the tracking will help you shift and course correct.

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You'll get the recording with some of the more tactical things. So in our last minute left, I remember I forgot a logistical thing that I wanted to share earlier. And then I'll ask you to do takeaways, the logistical thing is on what's the date on November 9, which is a Wednesday, from 12 to 1:30pm. And I'll be sending out an email about this. I've added kind of an extra time for your cohort of sacred depths and the other active cohort of sacred depths. It's an open house 90 minutes. So it's for a couple of purposes. So number one for you to come it's extra q&a time I'm going to be teaching a little extra something that isn't part of the sacred deaths curriculum, I'll be giving a little tool and then you can bring any case studies or you know, any questions that you want to bring. Then the other purpose of that time is if you have any friends that you think would love sacred deaths. If they it's like to just give a little bit of a taste of sacred depths, I'm not selling anything on that call. I'm not making any invitation at all on that call. It's just a gift time for you. And any friends that you might want to bring if you're just like they would love that experience. Yeah, and Randa that'll be recorded as well. All right. So speaking of time, we're at to Eastern. So we're officially done. If you have to hop off, hop off, but before you do, please just write down what's one of the most important things that you're taking away from our time together today. And if you can hang on, I'd love to hear what you're taking away or any questions that you have. Divor

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and I'm taking away just how important it is to language, time and wasting time taking time off all of those things of just really honoring it and reframing around. Yeah, what an honor. I have five minutes to do this. And the energy follows energy and just working within that Bay. So thank you so much for this.

1:30:56

You're so welcome. Yeah, and I love I can feel that that reframe around language is gonna be really valuable for you. Thank you. Anyone else want to share or have any cues? All right, hate. Sending you all lots of love. Have a wonderful couple of weeks. I'm around until Thursday, end of day. If anybody needs anything, please reach out. If not, I'll see you in a couple of weeks.