

Shift Your Relationship with Time I

Time Modules



Time Module One

Inner Work



Time Module Two

Outer Tools

Moving with the Flow of Time

Aligned

Healthy balance of structure and flow



Misaligned

When our clients are not working with the flow of time, it can:

- Create obstacles to feeling freedom or spaciousness
- Impact progress on their goals
- Get in the way of feeling how they want to feel
- Impact how they show up in the world

Our Experience of Time

How we experience time is how we experience life

- Time, money, self-worth, our ability to receive... they are all interconnected
- Relationship to time vs management of time
- Measuring time (minutes, days, seasons)


Shift Your Relationship with Time I

Inner Work Tools

① Awareness and Belief Work

Inner Work Tools

- ① Awareness and Belief Work
- ② Cultivate a trusting relationship with Time

- 
- BYF with Time
 - Re-wiring Negative Thoughts
 - Journal with the entity that is Time
 - Dialogue: what does time's higher wisdom want me to know?
 - Breathe & Feel Process

Inner Work Tools

- ① Awareness and Belief Work
- ② Cultivate a trusting relationship with Time
- ③ Receiving Practice

Inner Work Tools

- ① Awareness and Belief Work
- ② Cultivate a trusting relationship with Time
- ③ Receiving Practice
- ④ Language around Time