



WIELDING *Time*

TAKING BACK YOUR POWER
TO INCREASE PRODUCTIVITY

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Sheila Hawkins

A Third Eye Press Book

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By Sheila Hawkins

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ISBN 978-1483932316 (Paperback)

ISBN (Electronic)

Library of Congress control number 2013914620

Published by Third Eye Press

a division of Third Eye Group, Inc.

P.O. Box 361119

Grosse Pointe Farms MI 48236

Chapter 1

Time Does Not Exist

We are in a time of information overload and life is moving at the speed of light. In this information overload age, so many of us are wearing a number of different hats--juggling business and our personal lives. Executives, business owners, entrepreneurs, solopreneurs, office workers and homemakers alike are all feeling the pressure that the high speed pace of today's culture brings.

The challenges that people face daily that I address in the second section of this book are actually all outcomes or results of not effectively managing your time. Disorganized spaces, the clutter and the paper tiger that both seem to have more control of your environment than you do; procrastination and the multitasking that you do every day are all simply what show up as a result of ineffective time management. None of these, or any other challenge for that matter, is a reason for low productivity. Now, while you wrap your head around this one, I'm going to throw a real curve ball at you. Ready? Okay...

Time does not exist.

I know that you might be wondering what in the world I mean by that and you might even be thinking that I've completely lost it, but it's true. Time does not exist. Time is a concept. That's all it is, and nothing more. Einstein said, "The distinction between past, present and future is only an illusion, however persistent." There is no yesterday, there is no tomorrow and there is no today. The only thing that exists is now. Time is simply a concept. Time is something created

by man to help understand and comprehend the physical world as we see it in our every day experience. The same is true for space. It is a concept as well.

Time is an illusion masquerading as something real; as something tangible that can be grasped. Time exists because man made it up, and you continue to believe it as you go along in every moment of every day, you just aren't conscious of it. The only reason that time exists is because you believe it exists. To be able to increase productivity you have to let go of this illusion of time. If you believe that time exists, then it exists in your world and you will continue to struggle, trying to manage something that does not exist. Seeing beyond this illusion is the primary key to increasing your productivity. This is where people are stuck. Being stuck in that illusion you come to the conclusion, rather a misconception, that you can control it. No wonder you can't get anything done! You're trying to control something that doesn't even exist. This is why time gets wasted and squandered. Now is all that there is. If you're having trouble grasping that, it's because you're trying to understand it from a mental perspective. You have to let go of that perspective and that process to be able to grasp what I'm saying.

Let me play out a scenario for you. I wondered what would happen or what would be said if I was able to have a conversation with time. What would time say? This is how I think that conversation would go...

My Conversation With Time

I came out of the café and looked at my watch to see if I was still on schedule and noticed that yet again I had killed another watch. Not the first time I'd killed time. When I was seven years old my maternal grandmother transitioned from this life. At that time, I was given a few of her things. One of those things was her watch. That was a pretty big thing for such a small person. I always kept it in a special place and one day years later started to wear it. Since the watch was older it needed to be wound instead of running off of a battery. After wearing it for a while it stopped working so I put it back in its special spot. What happened later got me to pay close attention. I had several watches over the course of a number of years and they all stopped working, some just days after purchasing them. Even the ones I would only wear occasionally. If I replaced a battery, a short time later the watch would run fast—at first by a few minutes, and then going up to 20 minutes fast; then it would stop altogether. It didn't matter what brand of watch it was or how well made it was the same thing continued to happen. Grandma's watch was a Timex and I killed it. So much for "It takes a licking and keeps on ticking." I killed time over and over for a number of years and finally gave up wearing watches in my mid 20s.

It didn't make sense to me back then, but all those years that I was killing time was meant to have me understand something. It was meant to have me see that time wasn't real and that the agreed upon concept didn't line up with my personal relationship to what is known as time. I didn't have that "Aha moment" until I began organizing people's spaces and coaching.

So anyway, after I left the café I was walking down the road of life and lo and behold, who should I pass but Time. Yes, Time—funny because Time is always passing us by, now here I am passing by Time.

I stopped Time and we had a conversation. I asked how it felt to be Time. Time replied, “It makes me sad.” I asked “how”, and Time said, “I’m misunderstood. People really don’t get me. They don’t understand. I see them rushing from here to there, trying to get things done fast—trying too many things at once thinking that’s the way to do things. They’ve given me so much control by allowing me to dictate what they do, how they do it and when. They hand over their power to me and I don’t know what to do with it. It isn’t mine to handle. Not only am I misunderstood, I’m also confused.” “What are you confused about?” I asked. “I’m confused by a number of things, actually. First of all, why are they giving me their power? They seem to think that I control everything! Why would man create me and then hand so much of what is his over to me? Have they all forgotten that they created me? I’m just a concept and the only reason I exist is because of them. How can I be the one in control? They have given me so much to bear and quite frankly, in all honesty, it’s a burden.”

I said, “I don’t understand how all of this came to be; how did it get to be so out of control?” “Well, so long ago man saw a way to control things and decided upon me, but I was only created and exist as a concept. At first they used me as a guide and that worked for a good while. Then things began to change and they argued over me and about me, having and expressing different opinions about me. As things progressed, they came to depend upon me more and more, and I noticed them leaving things to me; letting me run them as though everything were up to me. They lost sight, forgetting who I was to them and were asking me to do something that I’m just not capable of doing.

“Then things really got crazy and they started trying to do more and more and when technology came into play and got better and better, things really got ridiculous. Now here I am with their lives in my hands; with them allowing me to control what they do. They’ve forgotten that I don’t exist—I’m just a concept. They can change me into what they want me to be, or, I don’t have to be at all.

“I’m not comfortable with people thinking they have no control; that I rule everything. That’s a responsibility that I don’t want and wasn’t meant to handle. They want me to do something they didn’t equip me to do. You see, they’ve forgotten that they are the ones with the power to control what they do, how and when they do it. They’ve forgotten that time is theirs to do with as they wish. They are the ones who have the control, not me.”

Having heard all of that, I asked Time, “What would you like to see happen now?” “Well”, Time replied, “I want them to remember why they created me in the first place. To simply use me as a guide, and that they don’t have to rush from here to there, cramming things into their days and trying to get so many things done so fast. They’ve made me into something that I’m not. They don’t have to operate that way. Simply put, I am a concept and I really would like to go back to being just that without all of the extra power they’ve given me in their misunderstanding. I want them to take back their power and remember that they are able to wield time.”

I bet that you never saw things from that perspective, and no one would expect you to. But to let go of your existing perspective you have to get beyond the dysfunctional relationship

you're in with time. Go your way and walk your path, take responsibility for yourself and your life and allow time to be what time is; stop making it be what you want it to be. Time is a concept and this book shows you how to accept it as such. Accept it for what it is and move forward and let time be what it is. In taking responsibility for yourself and your life, you have to let go of your expectations of time. It simply is not equipped to do what you expect of it.

You're in a dysfunctional relationship with time. Now, we all know how it can be to let go of a dysfunctional or unhealthy relationship. It's hard to even get to the point of making the choice to get out of the relationship and even once it's done it's hard to release the old relationship or shift it into one that serves your highest good. You struggle because you don't know how to move on and there are times when you want to go back because it feels familiar and comfortable, forget about the fact that the relationship wasn't serving you. Thinking and even saying to yourself or out loud that you can't live without that person. Knowing that if you go back, the relationship is not going to change and that person won't be able to be who you want them to be and won't be able to live up to your expectations because they simply aren't capable. Such is your relationship with time. Time can't handle the things that you want it to handle; it can't handle being the dictator or the one with power over you. Shift your relationship with time and allow it to be what it was born to be.

If you aren't able to wrap your head around what I'm saying to you, relax. Like I said it's a curve ball. For one minute allow yourself to take all of this in by stepping back and letting go of trying to process that. Simply put, now is always, eternal and constant. It is all that exists. To grasp this concept shift your consciousness, which is exactly what has to happen for you to make changes that will help you increase your productivity.

Let me expand on the time illusion for you. Time is not the only illusion. So many times you've heard people reference the game of life. I believe it is just that. It is a game and how you play it makes all the difference. Most people think that what they think, is reality. Everything that you see before you is an illusion. What you see as reality is a merely a dream. You are a spiritual being having a human experience. Part of your task while you are here is to wake up from the dream state and realize that you are here to evolve through the experience of human being. Waking up, seeing the illusion makes you conscious. When you become truly conscious you see the entire illusion before you and know that you have to operate outside of it, letting it go completely, so that you can function in the now.

Once you acknowledge the illusions before you, understanding that time does not exist, you have the understanding that the concept of time can be molded to your situation and your personal needs. This is why I have said in the past that what people call time management it personal. Since time is a concept, it can exist only as you say it exists. Just because man created it doesn't affect your ability to change it for yourself. I recently had a conversation with someone about time as a concept and she saw exactly what I meant, adding that if inside of her concept of time one minute lasted 80 seconds instead of 60, then one minute would be equal to 80 seconds and she would create her productivity system around that belief. Now, this might be a bit out there, if you're having trouble grasping that time is only a concept. Along with attempting to process this mentally, you may also be stuck because you are listening to what you learned as a child and to what you've always been told. Let me tell you something, the sooner you let go of what you've been taught, the sooner you will come to understand what I'm saying.

Doing so is part of awaking from the dream that you think is reality. It is part of regaining the consciousness that you have as a spiritual being.

Do you remember the movie The Matrix? At the beginning of the movie, Keanu Reeves' character, Neo is offered help from Morpheus. He escapes people who are looking for him with the help of Morpheus, and when they meet Morpheus exclaims that Neo "must be feeling like Alice tumbling down the rabbit hole." And that he "Looks like a man who accepts what he sees because he expects to wake up." He then asks Neo if he believes in fate and Neo's reply is, "No." When he asks him why, he says, "Because I don't like the idea of not being in control of my life." When Neo asks what the matrix is, Morpheus tells him that it is the world that has been pulled over his eyes and that he must see it for himself, he cannot be told what it is. If you've seen the movie you know that next Morpheus offers him a choice to take one of two pills. The blue one that would have him carry on with life as he knows it, and the red pill that will have him complete the trip to Wonderland and see just how deep the rabbit hole goes. He is being offered the choice between reality as he knows it and the truth.

If you are struggling to grasp that time is an illusion, you might consider yourself to be in the same place as Neo. After seeing the illusion of time and reality you can choose to continue along the path that allows you to function as you always have and continue to sleep or you can take the pill that will remove you from the matrix or what you see as reality. Like Morpheus, I'm offering you the truth, nothing more. You have free will and the power to choose.

Given that you have the power to choose your reality and create what you want with the concept of time, you have the ability to personalize it; to make it whatever you say it is, therefore having the power to wield it in a way that fits your needs. If you begin to look at who you are as an individual, you will see various aspects of your personality, preferences and your temperament that afford you the opportunity to create a system that allows you to manipulate time in a way that fits who you are as that individual. Again, it's personal. Inside of what you and many others see as reality, people make choices when it comes to what they use to manage their time and the biggest mistake they make is choosing a tool that doesn't speak to who they are as an individual. Then the problem is compounded by the fact that they build their system around this without the knowledge that time is a concept.

On your quest to manage your time you may have already chosen a tool to help you manage your time and it didn't work for you. This happens a lot. You chose a tool from what's available on the market, without considering your own unique productivity persona.

There are various time management tools that can be used and choosing one that fits who you are as an individual is so important. It can make the difference between you being able to manage your time effectively or not. Part of the challenge is that there are so many tools to choose from, and people don't know how to make the right choice; they may not even think about it. I've seen people go and purchase a tool without considering what they need according to their individuality and then end up not liking it and having it not work for them. This only adds to the existing frustration that comes with not being able to manage time. In addition to understanding that time does not exist, take the step to discover your own personality,

preferences and temperament. You'll learn more about how to do this as you go through this book.

In this process, personality cannot be confused with temperament. Personality is dictated by environment. It forms based upon the outside forces that come into play and impact it. Temperament, on the other hand is not. It is innate, being the combination of mental, physical, and emotional traits of a person; their natural predisposition. Like personality, temperament cannot be ignored when it comes to productivity. Some may look at temperament when it comes to work environments and possibly other situations, but this is something that no one is looking at when it comes to productivity, but it must be included in the mix. I don't want to scare you by mentioning psychology, but I'm going to go there with you. When it comes to psychology, temperament refers to the aspects of an individual's personality like introversion or extroversion that are often regarded as innate rather than learned. There are plenty of classificatory schemes for temperament that have been developed however none has achieved general consensus in academia. Considering that temperament is natural, it must be included when looking to create your own personal way to manipulate the concept of time.

Time gets squandered because part of being human means that we have to make things fit into a box. We just can't help it. Think about instances where you do things a particular way simply because that's the way you've always done them. One example that comes to mind is cooking. As women, we cook the way that our mothers and grandmothers cooked. The only thing that changes that is a shift in our awareness. If your mother cooked only soul food and you got to be 30 or 40 years old with multiple health challenges, you learn that your way of cooking

is contributing to those challenges—you then cook soul food a bit differently. You start educating yourself and you learn that cooking and eating in the old soul food manner doesn't serve you. You change your awareness about it, which makes you shift and you come out of that box; whereas before, you had the same constant thinking and behavior.

You cook big Sunday dinners because that's what you experienced as a child. When it comes to big holiday dinners you learn to cook in the same order as what you've seen your mother and grandmothers do, without even thinking about why you do things in a particular way or why you do them at all. You never questioned the process and never even thought about questioning things and it's the same when it comes to time. Everything has to fit into that box; into that thinking and the way that concept has been designed and that's how people operate.

I remember something that I saw about an experiment done with a circus or performance elephant. The elephant was chained to a stump the entire time that he wasn't performing and was used to the chain allowing him to go only so far before it stopped him. He was, in a sense in a box. When the chain was removed, the elephant still only went as far as he had become accustomed to the chain allowing him to go and no farther. Even though the chain had been removed, his thinking remained in the box. He had been conditioned to only being able to go so far and it was apparent that he never tried stepping outside of that conditioning or learned behavior.

That's how limited we can be when we go to that "in the box" mentality and thinking. Get rid of the box. Notice I'm not talking about thinking outside of it; I'm talking about getting rid

of it altogether. If time doesn't exist, the box can't exist either. Time is a container, just like a box and given that you are a spiritual being, you cannot place yourself into a box or into any other container for that matter. Who you are does not fit into a box or other compartment. Spirit cannot be contained because it is boundless and that from which you are created knows no bounds. Spirit is bigger than you are physically, so how could it possibly fit into a box? The box is the one size fits all time management solution that you may have chosen and implemented that isn't helping you, but instead has you being even less productive than you were before and more confused about how to get it all done. The box comes with the instructions that time exists and that there are 24 hours in any given day and that's what you have to work with.

The box and its contents is what has you working late and weekend hours with thoughts of what you didn't do and what else has to be done when you're with loved ones or keeps you up at night. It's what has you not able to find what you need when you need it; get stuck online because you happened to click a link in an email and you wind up still engaged in it an hour later wondering how you got there. Oh, and what you went to the computer to do in the first place still isn't done. The box is what has you miss those beats that you miss every day like telling people you'll call them back and then you don't because you're so caught up, or being late to pick up the kids. The box has you shooting from the hip when it comes to the goals you set and operating without the tools necessary to get you through your days. Operating inside of the box has you without any systems or rituals to support you. It is not possible for you, any part of your life or any part of your existence to be contained in a box. If you choose to have the box as part of your reality, then you choose to live a life with limits and boundaries as far as your potential and the things that you will accomplish in this life time.

When you get rid of the box you become aware, allowing you to see things from a completely different perspective and to step into another realm of existence that gives you the ability to manage all there is to do. At this point you have taken the red pill and what you really end up managing is yourself, since, of course time doesn't exist, and there is no such thing as time management. Make your choice. Take the blue pill and continue living in the reality that you know, and life will continue as you know it, being caught up. Pop the red pill and turn to the next chapter.