

ENDING WORRY

I often hear clients express worry about their age, or how much time they have wasted on a situation or a person, and how they are either running out of time or the clock is against them.

Anyone who has ever suffered a heartbreak, or who has been unemployed for any period of time, or has watched a loved one transition knows that it doesn't matter if it's been five minutes or five months. The feeling of insecurity, loss or sadness knows no time frame. It lasts until it doesn't.

What makes a difference for any of us is how we cope with what life hands to us. Peace does not come from time but rather our ability to bring balance to a feeling of imbalance. This is a perspective shifting activity not a time shifting activity. What we think is happening is all that matters to us in the moment. What we think is happening is a reflection of our perspective. Perspective is where we need to put our focus, not on time itself.

We can look for perfect timing to make choices. That means we do not choose unless we are in a place of balance, or the best awareness of balance we can generate in the moment. This is when timing matters. Does our choice reflect an attunement with higher consciousness? If we make a decision when we are out of balance, the outcome is inclined to be of similar imbalanced energy. If we wait for a state of readiness to reveal itself through attunement and allow balance to guide the path, benevolence and synchronicity will follow.

In self realization we recognize we are part of a greater reality. When that awareness becomes integral to how we balance our life experiences, we can move through difficulty more quickly in the human experience because we recognize the greater objective at play. Our focus remains on balance and expanding perspective, not on outcomes or deadlines. When we are balanced, we are. The timing is always perfect when balance has been achieved. Until balance is achieved, time makes no difference.