

Dealing with the Lack-of-Time-in-the-Day Issue

Lack of time is closely tied to priorities. Our class's "priority rule" is to remember our health as an everyday priority. Are you remembering to fit in some health-promoting activity every day? Closer to every other day? Or has it slipped through the cracks?

When it comes to time, we say we don't have enough time in a day to do everything we want or need to do. So, we make concessions: sleeping less and working more are common "solutions." Yet everyone has the same amount of time (24 hours, right?). And some people manage to get a lot done without compromising their health and fitness.

Those are the people whose effectiveness habits we'll study during another *BC Endurance* course. Meanwhile, here are a few thoughts to initiate change. Let's begin by admitting that our lives are terribly skewed towards the external world. It could be work or family priorities that drive our everyday time-management decisions. There is nothing wrong with those priorities. What could be missing, however, is a sense of balance.

I used to think of balance as prioritizing my life into four equal parts, including work, relationships, fitness, and religion. Nowadays, I strive to simply balance my inner world with my outer world. When we sit in silence, we see the outer and inner worlds as mirror images of one another. And when we act in daily life, we can also see what we've seen in silence. So, what do we see in silence? And why is it important?

I believe we see—as matters of life and death—the illusory nature of the outer world (work, family, fitness activities, etc.) and the real nature of the inner world (commitments, fundamental values). Here's a relevant question: what are the two most important times of your life? In my opinion, they are now, and the hour of our death. Everything we do in the present moment (now) should be held in context with our imminent and inevitable death. And virtually everything we do in life is an illusory distraction from thinking about our death.

Suppose you didn't have a family. Suppose you didn't have to work? What would you do? How would you structure your life in the present? Would you choose to do the same things? Be the same person? How would you arrange your time? And if you could change your life, what would it become? You wouldn't necessarily know (I maintain), unless you were to spend time in silence for the sake of living more powerfully.

Fear is the great impediment to living a powerful life. What, for instance, would your boss say if you refused to work overtime? Or if you were to sit in silence three times a workday, reflecting on what's happening? You might cut through the minutia and realize what's most important in the next several hours.

They are, after all, the most important hours of your day because they represent the Now. So, you might get up from sitting in silence with a new and clear resolve. And isn't remembering your resolve in the coming present moment where we were at the start of this essay?