



# **Awakening in Time: Practical Time Management for Those on a Spiritual Path**

*Pamela Kristan*

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So many of us are on a spiritual path-we're cultivating presence, acknowledging our interconnections, assuming responsibility for our choices, and dropping old behavior patterns. Our spiritual awakening is happening in the midst of modern America where intense time pressure permeates the atmosphere, where there's no time for planning, priorities are out of whack, people constantly interrupt, and we're always putting out fires. Staying later, working more, or moving faster won't solve the dilemma. How do we live authentically in such an environment?

Awakening in Time helps you manage your time sustainably, infuse your life with spirit moment by moment, and contribute to your own evolution and that of the world. You shift from doing more and doing it faster to engaging fully and appropriately with life. Time management becomes a spiritual, creative adventure full of satisfaction and sovereignty for yourself, and service to the greater good of all.

Awakening In Time helps you take your life in hand, carefully and consciously, discovering new insights and trying out hands-on practices. You dig down to the root issues of Attention, Boundaries, and Choices-the ABCs of the new time management-where change has a better chance of taking hold and many of the surface problems resolve themselves.

For example, getting distracted is an issue of Attention. When we learn how to maintain internal focus while responding to what's happening around us, distractions are less compelling. Feeling torn between several demands is a matter of Boundaries. Setting appropriately firm yet flexible boundaries allows us to consider demands from both the outside and the inside. Having too much to do in too little time is an issue of Choice. When we learn how to choose what serves both ourselves and the greater good, we can let go of the rest. As we practice the ABCs, we create a life of richness, complexity, satisfaction and simplicity.

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