

ABUNDANCE OF MONEY AND TIME

Rosie Spiegel



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We are all familiar with the abundance of opportunities we have to plan for the financial rewards we can anticipate as a result of building a thriving, stable organization through Usana. It is ingrained in our training to plan and expect to have our financial ceiling move way up, beyond our current situation. We are taught to guard our attitudes with our lives and learn to receive the financial rewards that come with perseverance, sustained effort, and unstoppable personal growth. Setting financial goals, we are told, is the backbone for achieving more. I have been encouraged to vanquish my fears and anxieties around money so as to receive the abundance that such a wealth sharing system affords me.

It dawned on me recently that my thoughts about having limited time are as potent as my thoughts about having limited money. It became clear to me that to affirm my being a master of my time is as critical to the attainment of my goals as the caliber of thoughts I entertain about finances. Shouting to the rooftops "I can't afford it," may perpetuate the reality of having limited finances as much as the recurring declaration of not having enough time will produce the same as well.

It is extremely empowering to take back the time we have been affirming that we do not have. Small tasks that symbolize to us that we ARE in control of our times will reprogram our subconscious mind as much as wealth affirmations will. The same is true of the effect that our "time thoughts" have on how we experience this resource.

Recently I began to tire of my thoughts around "time lack." Time is an abundant resource just as money is. I sensed that by declaring my lack of time, I just reinforced this reality. So, I began to chant a different time song, and I chose to have a new set of beliefs about time run through my conscious mind.

Several weeks ago I did two fabulous things to declare myself in charge of my time. One was to plant a whole new slew of flowers in my garden and to commit to feeding them every week. I had been putting my garden on hold for years because ... well, you know. I also acquired a new puppy, Gordo, who has captured my heart. Each time I walk him (instead of sending another email) or feed him (instead of calling that prospect) or play with him (instead of putting a

pre-approach package in the mail) I am reminding myself that I have an abundance of time and that I am the master of it. My business is thriving, in part, because as one who is in charge of my time, I have ample resources to complete all the emails, all the phone calls and all the packaging required to grow and support my organization. My flowers and my puppy are incredibly pleasing reminders to me that there is plenty of time.

What gestures can you make to help you receive and perceive time as an unlimited resource? If you took the next few days and caught each thought that reinforced so-called limiting beliefs about time, and chose to not finish them, how might your reality shift? How many more hot baths, massages, play sessions with your kids, hikes with your spouse or leisurely family breakfasts could you enjoy if you were master of your time? What is it that you would love to do if you could just tweak your perception of the time available to you? If you find yourself saying that you don't have the time, *that* is the perfect moment to give yourself a mental refresher as one more in charge that you thought. Simple gestures, where you flow with time as if it were unlimited, will bring you closer to the reality that you are creating the life you deserve.