

It's the same for everyone.

No matter what your circumstances nor where you live, each one of us has 168 hours per week. What we don't know is how long our individual life span is.

I had a mentor once who suggested I make a 'budget' for my weekly time allowance. I began by subtracting the hours I slept each night. I then added the time I was at work. To this was allocated travel time to and from work.

I was already up to 104 hours of my 168 and I hadn't even considered meal preparation, social outings, exercise, hobbies and interests, travel or time with loved ones.

This simple exercise thoroughly changed the way I viewed my world. It encouraged me to deeply consider my values. Up until this point, I had never contemplated what was most important to me. I was just going through the motions of what I believed was expected of me.

I realised that I wasn't living at all. I was simply existing within a framework of work, eat and sleep with the occasional time for pleasure.

I was consistently frustrated, quick to anger, dissatisfied and continually ill at ease. I knew something was amiss but I didn't know what.

Many of the people I train are or have been in similar situations. Society has unspoken rules that include words like hustle, strive, luxury, wealth and elite.

What we forget is that underpinning all of this, is family, love and community. Without these as our foundation, whatever we build will eventually topple.

Most of us can see that society is changing. Systems that we have depended upon for most of our lives are disintegrating. Structures that provided security are failing - rapidly.

We are being offered an opportunity; a chance to reflect upon our own lives and determine what is truly of the highest value.

Stuff will never fill the void that broken relationships and disconnection creates. Money can not buy happiness and luxury does not promise inner peace.

Take some time to discern where your 168 hours per week are being spent. Your time is your life. If you're perpetually exhausted and dissatisfied, it may be that you're spending your precious energy on things that are not of value to you.

Empowerment arises naturally with self awareness. Practices like Qigong can help. When you release stress and anxiety, vitality, health and inner peace become available to you.

The better we feel, the more naturally we are inclined toward excellence. We want to create a life worth living. Our relationships improve. Our health becomes more robust. We gain resilience and strength.

If you're ready for true, lasting transformation and the sanctuary of a warm hearted and sincere community, reach out. I offer several weekly sessions as well as a 10 Week Self Mastery Program that is offered both on line and in person. All programs can be adapted to your service or organisation.

Details may be found on my website
@whitecraneqigong.com

With Love,
Shawna