



How to Create More Time *By Rev Kelly Swartzlander*

“There’s not enough time!” This lie is uttered by millions around the world as truth. Everyone in modern society seems plagued by the effects of this mantra which produces stress, anxiety, fatigue and a feeling of helplessness. Fear not! The answer is quite simple.

**“We can’t solve problems by using the same kind of thinking we used when we created them.”
- Albert Einstein**

We can’t solve the problem of no time by playing with time. Our lack of time has nothing to do with our schedules. We read countless books and articles telling us the answer is we just need to be better at scheduling and prioritizing. So, we try that for a while. Yet, it doesn’t solve the painfully futile puzzle where every hour we find sets us two hours back, and the harder we work to catch up the farther behind we get. Eventually we give up resigning ourselves to the idea “this is just how it is in this crazy world”. The world isn’t crazy, we are. We do the same things over and over expecting different results (the definition of insanity) and can’t figure out why nothing changes and we continue to suffer. The problem isn’t in our ability to manage our time. Our problem is in our thoughts about time.

**The real problem?
We actually believe there isn’t enough time.**

Until we correct this error thought we will always run ourselves ragged. Belief creates experience. The first time we had the thought “there’s not enough time” we didn’t challenge it. We accepted the idea as true and marched on with the rest of the world adopting its tired thinking. As kids came into the picture and careers increased in responsibility we thought “this is just how life is, it’s not my fault”. But it is. We are responsible for everything in our experience which we create with our thoughts, beliefs, feelings and actions, and by changing them we can change our experiences. We are so powerful we can even create time.

Mantra: a sound, word or phrase that is repeated by someone who is praying and meditating, or that expresses someone’s basic belief; a mystical formula of invocation or incantation.

“I don’t have the time” is indeed a mantra. As each successive chant becomes our standard response to requests for our time the less time we create! Words represent our thoughts; both have power. As creators our beliefs and the feelings behind them call everything into manifestation. Every time we say (*or even think*) “There’s not enough...” we empower that limit. Whatever we put at the end of that sentence (time, money, support, love) is what we decrease. All thoughts and words are a form of prayer activated by our creative nature which calls on the universe to create the experience of the words we speak. By making the declaration “there’s not enough” the universe must create “not enough” to comply with our invocation. Here are a couple of examples of the spiritual laws which express this principle:

- The Law of Mind Action: thoughts held in mind create after their kind
- The Law of Attraction: like attracts like (what you resist persists)
 - People and their thoughts are both made from pure energy. What we focus on becomes our experience. The Law of Attraction is a tool that helps us amplify our ability to manifest. Because it got us into this predicament it can also get us out. In our frazzled rushing state we broadcast that energy outward, and the universe constantly responds to our vibration by trying to match it, seeking out more “like” energy and returning it to us. By making opposite statements, feeling opposite feelings and taking opposite actions we can create opposite results. Here are a couple of the many YouTube videos on the subject:

- The Secret – Law of Attraction <https://youtu.be/lj16MvB9YyE>
- How to Change Your Frequency to Change Your Reality <https://youtu.be/CuM678WXs0c>

Being unaware of spiritual laws puts us at a great disadvantage because they run everything, including business and our schedules. They are constantly operating whether or not we are aware of them.

**“Can you imagine what it means to have no cares, no worries, no anxieties, but merely to be perfectly calm and quiet all the time? Yet that is what time is FOR; to learn just that and nothing more.”
- A Course in Miracles**

So, how do we solve our time issues?

- ✓ Pay attention
 - When we're anxious, stressed or hear words coming out of our mouth reflecting the idea *in any form* that “there’s not enough time” **STOP!**
- ✓ Change your thoughts & words
 - **Immediately say in your mind and aloud “There is plenty of time.”** Begin using this thought and these words to shift your consciousness. Whether or not you believe it you must start saying and thinking it.
- ✓ Feel it
 - While you are stopped and thinking there’s enough time **really feel what that would feel like, relax, pause, and immerse yourself in the feelings of plenty of time.** We can’t change our thoughts or beliefs without feeling the corresponding feelings. *They* cause the physical world to move and respond.
- ✓ Act!
 - **THIS IS THE MOST IMPORTANT STEP.** Nothing changes unless we do. Actions don’t lie - they reveal what we *really* think about time. **Immediately take or make the time you need to do what you want or need to do, even if you don’t think you have it.** Go to the bathroom, take that coffee break, if someone stops by your desk chat with them for a moment and really listen instead of shooing them away, take a walk around the building and decompress. Then re-engage refreshed and do your work in a nice relaxed pace. Everything will have to wait on you. If you do not take these actions you really still think there’s not enough time, and the frantic internal mess of rushing and stressing will keep spilling out into your external world and be your daily experience. Everything external is a reflection of what’s inside. By acting as if there is plenty of time you are actually affirming and creating more of it. The universe gets the message through your actions and starts reconfiguring your world to allow for more time because that’s the new vibration you are sending out so that is now what must find you; it’s basic physics.

Although the process of spending time you don’t *think* you have is counterintuitive, it works! I know this because I used to be the biggest believer in the scarcity of time. My body had been giving me feedback about the imbalanced fast pace of my life for years which I ignored; there was just too much to do as a single parent and I didn’t think I could ever stop, or ask for help or find another way. I spent two years undoing forty years of believing in the lie by practicing these principles and turned my life around, but I glimpsed my insanity too late and had already worn out both of my knees by my mid-40s. I only got the message to slow down after my legs were literally sawed in half and cut out from under me in two grueling surgeries to replace both of my knees. I hope you are smarter than I was and the rest of the buffoons who don’t get second chances because they literally kill themselves with heart attacks and stress related illnesses (the #1 killer in America) since ALL STRESS IS SELF INDUCED. Become aware enough now to make this shift before you have to experience painful consequences from ignoring your peace of mind and need for a healthy pace. I now refuse to be flustered by time issues. I created them so I can undo them. I am learning to bring the rest I need into every moment by embracing it; slowly, thoughtfully, carefully, reverently. These principles work precisely because if we take the time we need

we have already shifted our belief to “there is enough” and healed the source of the problem at its core in that moment. The erroneous belief is discarded and replaced with a new one which will become your reality as you practice it. The more breaks we take the more time we create because we’re changing the source of the problem, which is in us. It’s not an external problem, no problem is. When we start living from enough we will always have enough; time, money, love, whatever we want.

When you take center stage as the ruler of the universe it will start working around you, and you won’t have to work around it.
-Kelly Swartzlander

The world changes one person at a time. If we don’t change the world won’t either. Do you want to continue to buy into Western civilization’s unhealthy, neurotic, chaotic performance requirements? Do you really want to continue to accept unrealistic expectations on your time? They exist because we continue to comply with being overworked and people are too afraid to say “No, enough, this is insane and doesn’t work for me. This is how it’s going to be going forward.” You can shift your life and workload to a more reasonable pace. Use your power and you won’t feel powerless anymore. When you do people will notice you using your power for balance and sanity. They will be forced to question their own time issues as you become the positive example they wish to emulate when they see there is another way to be, another choice they can make to escape their insanity. Play with this, have some fun, and as you teach yourself you are teaching others around you how to slow down and the value of it. Not only will you create more time, you’ll create happiness and satisfaction you didn’t even know was possible in all the moments of your life because you’re not rushing anymore. We are not rats in a race, but until we stop treating ourselves and each other like rats and become the powerful creative beings we are and create an incredible life for ourselves we’ll always be rushing around with our heads down chasing cheese. Now the real question...”Are you worthy enough to take time for yourself when you need it to make your life happier and more relaxed”? You will know the answer to this before the day is up – the very next instant you decide for or against yourself, for or against taking time for you. □

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