

Quality #5: Joy in the Journey

Managing Time:

Again we pose the question, “What creates or threatens joy at this deep personal experience we call living in the here and now? Let’s take a look at how our management of time can impact joy.

We live in linear time. Tick, Tick, Tick. We cannot speed it up or slow it down no matter how much we want it to be otherwise.

In Scroll V: I will live this day as if it is my last, Og writes, “I have but one life and life is naught but a measurement of time. When I waste one I destroy the other. If I waste today I destroy the last page of my life. Therefore, each hour of this day will I cherish for it can never return. It cannot be banked today to be withdrawn on the morrow, for who can trap the wind? Each minute of this day will I grasp with both hands and fondle with love for its value is beyond price. What dying man can purchase another breath though he willingly give all his gold? What price dare I place on the hours ahead? I will make them priceless! I will live this day as if it is my last.”

At the center of this discussion are again unrealistic expectations. When our mind is fixed on an unrealistic outcome and it becomes a very real, non-negotiable concrete condition for happiness, we introduce two of the greatest thieves of joy – unrealistic urgency and frenetic non-goal directed activity. The best visual for both is a dog chasing its tail or a chicken running around with its head cut off. We are busy, busy, busy, instead of intentionally focused on creating our dreams one millimeter at a time.

Unrealistic urgency and this frenetic craziness drives us to load our plate with a million things that all need to get done today. It's like saying, "I've told you a million times not to exaggerate!" To justify this craziness we may use vapid and banal comments like, "I am multi-tasking," the real definition for which is doing a lot of important things poorly. Even if we are doing each task well, is what we are doing moving us one millimeter closer to our dreams or are we being distracted by seemingly important things that are robbing us of our dreams? The litmus test? Are you still experiencing continued and high levels of stress and frustration at the end of the day? Do you ever wonder, "What did I get done today?"

What is the cause of this urgency? Does everything really need to get done today? Here is the bottom line: We may want to speed up the process of creation and shorten the time needed to create our dreams in tangible reality. Why? We need to create today what our mind already believes is so. The conflict between what our mind believes is so and tangible reality can be deafening!! When we engage in this type of urgency and frenetic action we do so at the peril of our sanity and physical health.

In addition to our attempts to speed up the process of creation, we may be attempting to find our self-worth in our doing and being busy. We may also be trying to hide from something that we do not want to face or look at. "Busy" is a powerful drug that can anesthetize pain. Have you been overdosing? Quality #6: Self-Esteem will serve you.

In all of these situations, instead of steadily creating and moving our lives closer to our dreams, we are actually lengthening the time needed to create them. We avoid the truly difficult. We look for big solutions or quick ways to solve our problems instead of focusing on the millimeters of creation. We often leave loose ends or poorly completed tasks that have to be re-done. We are too busy to take on the meatier matters because we just don't have time.

So much is also dependent on others to respond and perform perfectly and we provide little or no leeway for their errors that almost always occur. We have no time to breath. No time to rest. No time to be honest with ourselves. And most importantly, there is no time to get into that private quiet space where our partner manifests ideas, impression and solutions to problems. Absent this, we work on exhausted and in despair, often driven by self-imposed urgency instead of passion. The results speak for themselves.

In Scroll IX: I will act now, Og poetically emphasizes this principle when he wrote, "Only action determines my value in the market place and to multiply my value I will multiply my actions. I will walk where the failure fears to walk. I will work when the failure seeks rest. I will talk when the failure remains silent. I will call on ten who can buy my goods while the failure makes grand plans to call on one. I will say it is done before the failure says it is too late."

The work of creation is organized, focused, priority driven and filled with joy. It is about carefully and deliberately laying one brick at a time. It is about building a solid foundation on which to lay additional

bricks. There are enough errors that can occur when we are focused and in creation. Why compound the errors with unrealistic urgency and frenetic non-goal directed activity.

Passion ignited by inspired manifestation can cause us to work tirelessly but not frenetically. We are in creation, not into working hard and being busy. We can see our vision clearly. Each piece, each part is important and adds to the previous parts. And in the completion of each part or step we receive a prize – joy from a sense of accomplishment. Experiencing this joy we are inspired and re-energized and ready to tackle the next step and then the next.

Frenetic non-goal directed activity can be exhausting. We can be tired and believe we have “worked really hard.” However, creation is not focused on working hard. Creation takes hard work, however, creation is focused on bringing a vision into tangible reality not just getting a multitude of tasks completed. When vision and passion drive us, these tasks have meaning and purpose. Crazy busy work only generates disappointment and overwhelm from a lack of real accomplishment.

Go to your assessment and look on the right side, your internal world, and find the eighth Characteristic of an Intentional Creator – Effective. If this measurement is green, orange or red, double click on the Characteristic and discover what your thought processes want you to do.

First ask if these thoughts are supporting or sabotaging your ability to experience joy in the journey? Then ask these questions.

What would it be like if I started each day by reading one of Og's Scrolls?

What would be different in my life if after reading the Scroll I prioritized my tasks and focused my efforts on the most important task first (often the most difficult)?

What would be different if I consciously sought guidance from my partner regarding what I can create, how to create it and how that will serve others?

What would it be like if my partner manifested ideas, impression and solutions to problems that ignited my passion?

What would be different if I were driven to do the work of creation by passion instead of frenzied urgency?

What would it be like if I were experiencing a sense of accomplishment at the end of each day, grateful for what has been created and committed to create even more in next day?

What would it be like if at the end of a productive day, I could close my eyes and sleep like a baby?

You can do it and have all of this. Go back to Quality #1 and review the Seven Principles of Intrinsic Validation and recommit to serving others. Then go to Quality #2: Goals and Expectations, and focus on the five constructive ways of using your very powerful mind so that you can receive inspired ideas, impressions and solutions to problems that will ignite your passion. Then turn to Quality #3: Completing Tasks, to

create Power Sessions around each of your important tasks throughout the day and then do the work of creation.

Is it that simple? Yes, it is. Will you do it? Put these principles to the test. Your life is too important. As Og stated regarding time management as quoted earlier in this section, “What price dare I place on the hours ahead? I will make them priceless! I will live this day as if it is my last.”