

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Top Ten Best Excuses To Not Use The Time Of Your Life

By Mahalene Louis

Top Ten Best Excuses To Not Use The Time Of Your Life by Mahalene Louis

"Time is on my side, yes, it is!" Each time I think of time, Mike Jagger's melody enters my mind... For me it is a song, for another a tragedy. What is time, that it consumes so many of us; how much of it we have, how little, what to do with it, how to conjugate it? The following "human reasons" are offered as the clever and humorous making of our mind time machine...

1. I don't have any!

Time is generally viewed as a measurable device. We are saving it, spending it, clocking it, wasting it, investing it! Time is money! Some of us experience lack, some abundance: If we just had money, we could buy ourselves time... If I just had time, I could make more money... I once read an unforgettable fortune cookie: "it is not as important to count time, as it is to make time count." Choose a moment today to use and utilize fully!

2. My time or yours?

This one concerns the overly committed, who is serving on so many committees, and helping so many friends, she has no time to take care of herself adequately. Time to learn to say "no" to others, and "yes" to my goals. Today pick an occasion to say a simple "no, thank you" and do something in that time you had never done before!

3. I was born that way!

"As long as I recall, I have always been late." Is being late a statement you enjoy making? Or are you late because you attempt to do too much at a time, and try to prove your worth by scheduling more in a span of time that it can possibly contain? Today do whatever it takes to arrive 10 minutes early to a meeting, and experience the expansion of your momentum...

4. I am not ready!

Top Ten Best Excuses To Not Use The Time Of Your Life

There have been times where I have used destiny and Ecclesiastes' saying (For everything there is a season and a time for every purpose under heaven,) as a reason to not change. "My time hadn't come," I would say! The sobering thought about waiting for the perfect time or procrastinating is that tomorrow might never come. To add to the dilemma, "I'm not ready" may become "it's too late!" Take action today on something you were not "ready" to do, dive, and watch your creative power soar!

5. I'm in a hurry!

This one is also about control, but in the other direction... The motion of life is oscillating, spiraling rather than straight and linear. Today, stop pushing the river: allow a certain amount of meandering time in which to do nothing. As you develop a habit for that, watch events that you could never make happen occur spontaneously! It's all in the rhythm, man, all in the curve!

6. I have no patience!

The gardener does not watch every single second if his tomatoes have grown, nor does the expecting mother ask her baby to be born before term! The mystery of creation and creativity demands that one respects nature's timing. From the perspective of allowing, how long it takes is irrelevant! Life, like art, takes what it takes, and as long as it will take. Today become pregnant with something; a book you will once birth, a decluttering project, a fitness goal...

7. I'm too busy!

Sidney J. Harris said it beautifully: "Indeed, the time to relax is when you don't have time for it." Are you hiding behind your busyness? Are you afraid to find out that you don't know what to do with yourself if you were to stop? Is the fear of emptiness making you fill time? Today do something full-filling: go see some great art, really taste your food, talk to a stranger as if he were a friend...

8. I didn't do it!

Most teenagers cannot wait to be older, and most middle age people regret their youth. Then there is the viewpoint of time being too long when in pain, too short when in joy, too slow when bored, too fast when passionate... Byron Katie wrote: "there is no beginning of time, only beginning of thought." Experience it for yourself: right now, remember a very happy event in your life. Got it? Next, right now, imagine what you might be 10 years from now... Would you then agree that the past and the future only exist from the decision you made in this moment to bring them to your consciousness?

9. This is Miller time

I love it: there is sunrise, sunset, and Miller time! Isn't it correct that you find time for what you want to do, and love to do, be it drinking a beer, exercising, writing, or socializing? So if you cannot find time to clean house for example, would it be appropriate to say that you did not choose to make time? Ask yourself today what is the real reason behind you're not finding time to do such and such? Begin to change your ritual today to align with your conscious decision.

10. I don't NOW

A client once asked me how I could accomplish so much in so little time. Before I could say anything, my heart answered: "Simple, I stay in the moment!" The spontaneity of this revelation transformed both of us. As long as I listen to my heart, my mind and my soul, and do what I am told to do, I find that there is time for everything, which makes for a life well-lived. The feeling is magical, time stands still, and eternity embraces one with the kiss of an ardent lover. Just being here and now — hear and know is all... That is a magnificent gift, appropriately named "the present!"

This piece was originally submitted by Mahalene Louis, Inspiration Anchor, Artist, Author, and Speaker, who can be reached at <mailto:mahalene@soulvision.com>, via phone 512.632.8952 or visited on the web at <http://www.soulvision.com>. Mahalene Louis wants you to know: As an Inspiration Anchor, I offer an engaging e-zine, free teleclasses and Turn on the Light!, a unique program to assist the creative genius in you to express and market your gifts successfully. Turn on the Light! inspires you to show up as a stunning masterpiece of unbridled passion and creativity, and to evolve consciousness by acting in alignment with the powerful force you are.

Mahalene, a native of France, began her career as a journalist and teacher in Europe. She spent her first twenty years in the US as a self-supporting artist while soon consulting with people on self-empowerment. As she is in all accounts a "true artist," one of her greatest gifts as an inspiration anchor is to offer "a new way to look at it," which is greatly instrumental to increase chances of success, prosperity, and happiness.

So What's Your Excuse?

By Maria Marsala

So What's Your Excuse? by Maria Marsala

I'm not sure what the history of "excuses" is, except to know that a majority of the time excuses equal some sort of self-dishonesty.

They're part of what we thought we "should do" vs. being a "must do"! Excuses come from us not being able to take our own "no's". They're what we say to people so that we "don't hurt their feelings". Excuses are what we say so that others don't hurt us. Excuses are part of what we're tolerating in our life (that which draws out our energy and squashes it)!

Excuses come back to haunt us unless we look at them as gifts from clients or friends or ourselves. Have you ever received an excuse for "something" and thought — Is that

Top Ten Best Excuses To Not Use The Time Of Your Life

person kidding with that excuse? Why didn't they just say NO? OH! ... I am doing the same thing to "so and so".

Say NO!!! Sometimes saying "NO" to someone means saying "YES" to someone even more important --- YOU!

What can you do when you give someone a "no" that they don't accept? Take the time to think about what type of answers you can give and things you can do to protect your boundaries so that you can raise your standards. Check out these Top Ten Lists about boundaries. They are just wonderful! "Things to say pleasantly when people attempt to invade your boundaries" by Coach Diana Robinson www.topten.org/public/BG/BG1.html and another wonderful Top Ten by Coach Dennis Tesdell www.topten.org/public/BN/BN1.html

Integrity Lesson

This month, write down all the excuses you hear yourself giving others and giving yourself. Look for the patterns. Are you not setting boundaries? Are you setting boundaries and the person isn't listening? Are you setting boundaries and you're not enforcing those boundaries? Or what other patterns do you see.

And remember: Yes, No and Maybe are all complete sentences!!!

Maria Marsala, Business & Life Coach–Consultant. Maria works with successful individuals as they take their success to an even higher level. Subscribe to "Helping You and Your Business Grow" our free weekly online newsletter or download our serenity cards at <http://www.CoachMaria.com/ebook/download.html>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!