

Good evening. We are ready to begin. Clear your mind and just write the words you are hearing. You are in danger of having too active a mind. You were almost trying to decide what the subject was going to be this time, but you should know by now that it is us that make that decision on most occasions. I have a question for you to ponder over after I'm finished with you. What would you do different each day if you were to find out that you only

had a year of your time to live? Now the problem most people have with answering the question is that they do so with the comfort that it is only a rhetorical question and not really going to happen. But even so, most will declare details of things they'll get done in those remaining days and weeks they'll suggest visiting lost or distant family members. Perhaps they'll decide to go places they've

not been yet but want to go. They'll live life with more care for themselves for fear of reducing the time accidentally. They'll get all their things in order, such as wills. And as that time remaining reduces, they'll panic even more and reduce their sleeping time. They'll eat more food and their attitudes will change. They'll become sad, disappointed and angry.

So why am I asking

this question? Well, it's not for the reasons you might think. I'm not asking it, so you can appreciate your days more. Nor am I asking it because it relates to you, because it doesn't. I'm asking it because time on earth is the most undervalued asset that you all have. We know there's nothing you can do to stop time flowing by. But there is something you can do with it now. That is to appreciate it more.

and spend more time being  
aware of the here and now.  
Worrying with your thoughts  
too much on future plans  
and events is a sure way  
to make time pass faster.  
Many of the stress related  
worries people have are  
future based. Worrying about  
things that might happen  
tomorrow. Even living in  
the past is stressful because  
too much energy is spent  
on missing things that  
happened and judging how  
much better than I am

are apparently better than nowadays.

Think of the time line as the arm across the weighing scales. Too much time spent in the past and in the future off balances the scales, whereas time in the here and now brings balance and stability. When people have that example in their mind, they can learn to recognise how balanced their imaginary scales are.

Time is precious of course.

But a normal balanced life isn't lived by constantly thinking about it. However, living life with an attitude and awareness for how time is used, does bring with it more peace of mind.

Keeping the balance of mind right is one really good way to honour the time you have.

Everybody on earth will at some point take their last breath. Worrying about it or when it will be is nothing more than

wasted energy. Equally  
worrying about every thought  
and moment of time is also  
wasteful energy. Being  
occasionally grateful by  
reminding yourself how impatient  
this time is is appreciating  
the gift of time. Appreciation  
is one of the most powerful  
and positively charged  
emotions to live life by.  
Have you understood  
my message this time?  
Thank you for letting  
my words be heard in  
your world. Good bye.