

On time, and in plenty of time

By: Maureen St Germain



Time seems to be one thing that everyone has opinions about. Its abundance or lack can be a blessing or curse. If you are reading this you probably fit into the category of individuals who generally think (or say) "I don't have enough time." Me too. I've found some solutions though.

I quit using an alarm clock about 11 years ago. I started asking my angels and guides to wake me up at a certain time to make my appointments. I got so tired of setting the clock for my schedule - which kept changing and often meant getting up extra early to take care of mom duty before work.

Using this method, I always was awakened in plenty of time to do what needed to be done. It was fun, and exciting to be able to know that I was disengaging from the mass consciousness reliance on an alarm clock. I started traveling on weekends to lead seminars, and I decided to rely on Spirit to wake me up to get to my flights.

One evening, after working a full day at the office, I was packed and ready to go to my seminar - except that I decided my teacher's manual needed some updating. I loved my lobbyist job, but the seminar work made me blissful.

I was so happy playing with my manual and mentally preparing that I completely lost track of the time. I happened to look up at the clock. It was 2:30 AM! Jolted into reality I thought, "Oh my gosh, I need to get on a plane at 6:30 AM! I must go to bed right now!" I then asked Archangel Michael "to wake me up, on time and in plenty of time" to catch my flight - now in just a few hours.

What happened next is still totally amazing to me. At 6:30 AM I sat bolt upright in bed. As I looked at the clock, I mused, "What is going on?" I'd been relying on this method of wake up call for at least five years without failure!

Thankfully my local airport is only 15 minutes from my home. I hurried to the airport - arriving in one hour. When I arrived, ready to offer my apologies, the airline clerk surprised me with, "Your flight was cancelled." She was the one to apologize and happily put me on another flight.

Because I had relied on my spiritual helpers to wake me up, I was actually able to get two hours MORE sleep than if I'd used an alarm clock! You can see why I like this system!

Since then I've devised all kinds of experiments with time. The most recent one is for jet lag. Whether you fly a lot or a little, you will love this method. First let me give you a little background information.

When we go about our daily business, we leave little pieces of ourselves wherever we go. Since most individuals typically return to the same places, like work and home, it really isn't a problem, because you can be re-assembling these little parts of yourselves all the time.

However, when you travel, these parts can be left behind. Think of those stories of heroic cats and dogs who take weeks or months

to find their way from hundreds of miles or more from home. I maintain that the root cause of jet lag is attempting to integrate into your current time zone when "all of your parts" are not fully present. You are bound to catch up with yourself eventually, but it may take a few days! And you call it jet-lag!

Einstein taught us that time is NOT mechanistic, as previously thought by Newton and others - but it is relativistic, in relation to the experience and the experiencer. Actual experiments were done in the '70s where cesium-beam atomic clocks were flown around the world, with the control clocks remaining stationary.

The final results proved Einstein's special theory of relativity, once and for all that everything moves through time and space at the speed of light, and that whatever energy is diverted in speed, then reduces the amount of time elapsed. The net results are that the stationary clocks showed more time elapsed than the flown ones. Still with me?

How can you use this knowledge to your advantage?

Why not imagine collecting all the threads of you and then sending them ahead - to the arrival airport - with the charge to become acclimated with the time zone or your arrival city? These parts of you are waiting for you at your arrival city. You simply instruct all of the parts of you to integrate into you. Since they were already waiting for you, and integrated into the current time zone you are now in, you will discover that you are fully present and locked in this time zone of when you arrive in your new city!

The way I do this is to see myself as Superman collecting all of the parts of me and almost instantaneously (at the speed of light) delivering them like a little compressed ball to the arrival airport. This little ball of leftover parts of me is waiting for me in the new city before my plane has taken off from the departure city. It easily integrates into the new time zone while it waits for me to catch up. When I arrive, I reassemble.

It works every time. I just received a call from a friend who flew home from Russia yesterday. She was reminded by her husband, to do this exercise as they boarded the plane. When they arrived home, she "integrated all of the parts she sent ahead" and Voila! She had a good night's rest, and is fully functional on her home time zone!

Please let me know how this works for you. Maureen can be reached at:

www.TransformationalEnterprisesInc.com Maureen's book, You are the Genie in the Bottle, published by Hampton Roads Publishing will be available in 2006.