



## Creating Space

an extract from

### “The End of All Problems: How to Use EFT to Support Spiritual Growth”

A phenomenon of modern life is the absence of space. We rush around busy doing, busy achieving, attending to this and to that. We have places to go, responsibilities to be fulfilled, new technology to be learned. Our heads are stuffed full of information, repetitive thoughts, lists of things to do, grievances to be dealt with, plans to be made.

Show me a working mother who doesn't feel rushed and I expect their children do too. Numerous extracurricula school activities often don't help children either, though they're supposed to. A young nephew once plaintively informed me he was so busy he didn't have any time to play. Working hours seem to get ever longer and more frenetic instead of shorter, followed by a collapse in front of the TV or surfing the net.

Where is the space to contemplate, to go within, to know the self and listen to inner wisdom, to connect with the sacredness of life?

We'll look at different ways of creating space, so first of all make a decision to create some space.

*Even though I'm so busy and stressed, I choose to find space and time for myself.*

*Even though I'm so busy with (work deadlines/family/travelling/social commitments, etc) that I don't have time for myself, I choose to create time to go within.*

*Even though I always seem to be rushing, I choose to STOP, and create space for myself.*

You may realise that you don't even know how you're filling your time – it just gets filled. This is a good reason for doing an analysis of just what it is you are doing. You can then assess what changes might be beneficial. Ask yourself “What am I achieving by all this doing?” It's a question a great many apparently successful people are asking themselves. There can be great wealth and great achievement but despite this there is still an underlying unease or emptiness which persists.

*Even though I feel the need to be doing and achieving, I choose to learn how to just be.*

Perhaps you relate to many of my clients who find it hard to take time out because it was disapproved of by one or other of their parents. It was frowned upon and considered lazy if you weren't actively engaged in some sort of a task.

*Even though my mother/father/guardian considered it lazy to be “sitting around” ...*

*Even though I was brought up to be doing something all the time ...*

*Even though I felt I had to be busy achieving in order to gain acceptance ...*

*Even though I thought the only way I could gain love was to achieve ...*

Of course we all want to feel loved and accepted and many adults are still striving to gain their parents or other people's approval.

*Even though I work so hard in order to gain \_\_\_\_\_'s approval ...*

It may seem impossible to do anything at all about the busyness:

*Even though there's just so much to be done ...*

*Even though it seems impossible to cut out anything I'm doing ...*

*Even though everything I'm doing seems essential and it doesn't seem possible to get any time for myself ...*

It's beneficial to tap on your feelings about being rushed or stressed:

*Even though I'm tired of being so rushed ...*

*Even though I'm so frustrated at having no time for reflection ...*

*Even though I never seem to catch up ...*

*Even though I'm irritated that there's always something that needs attending to ...*

We've been taught to meet other people's needs first and that it's selfish to put ourselves first but anyone who has been on a plane know the oxygen mask procedure – put your own oxygen mask on before helping others. Pity we don't live that in our lives because there would be a lot less burnout.

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