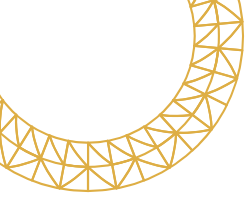


A TIME TO PAUSE AND RESET

AUTHOR: NIKKI GILLIS





A Time to Pause and Reset

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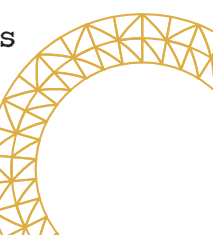
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The methods describe within this eBook are referenced and the author's personal thoughts. They are not intended to be a definitive set of instructions for this project. You may discover there are other methods and materials to accomplish the same end result.





Dedication

(Fragments of my Imagination)

To Whom This May Concern,

It's my fault.

You missed that important phone call, and seconds escaped you in calling back.

My apologies.

You didn't see that text message, and minutes vanished before you could respond back.

Blame me.

You skipped that email, and hours disappeared before you could reply back.

You see, to you, I am infinite, but to me, you're limited.

You may greedily expect me from others, especially those you say you love the most,
but fail to recognize, I was never truly yours to begin with.

It takes years for you to fully grasp how much of a gift I am to you.

You all have things in life you periodically do; without being told to do so. But when
it comes to me, I'm one of the abnormal ones, until I force you to deal with me.

So, more periodically than abnormal, you need to find balance in using me. You need
to be stingy with me so that you can deepen your appreciation for me. I'm going to
cause a shift in everything you do; making life uncomfortable at times. But there are
some of you who are willing to do the work. A few of you who are committed to
remaining open to see the big picture. A change awaits you, once you learn how to
harness my power more efficiently...

Yours Truly,

Time...



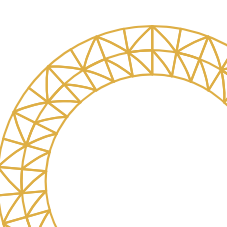


Intro

There are many things slipping through our fingers, limiting our grip to live a fulfilling life. The slickest of all is time. Most of us rely on some type of electronic device to narrate as the diary in our lives with communication and managing our tasks and time. This likely is our cellphone, fitbit watch, tablet, laptop, etc. “Time has a wonderful way of showing us what really matters in life,” says Author, Margaret Peters. Now, when I hear that quote there’s a sense of inspiration that comes over me. As cheesy as that may sound, there once was a time I wondered if those words were true. Could time really show us what is important in life; better yet what truly matters?

At some point, we must analyze the five W’s (who, what, why, when and where) we invest our time in. These are the objects or activities absorbing most of our attention. A few examples would be: our career, family, financial status, friends, leisure activities, etc. Yet still, there are other entities in life racing past the clock, spinning outside of our control. These entities flashing through our lens of life seem to slow things down. We dread watching the news just to have a first-class seat to the latest killings, natural disasters, or healthcare dilemmas. Uncontrollable epidemics such as cancer are still creeping in family’s back doors and bypassing what many believed money could buy a solution to. The harsh reality is, it doesn’t matter what your status is in life. Cancer seems to conduct roll call without titles or labels, claiming so many lives. Even in temporary circumstances as these, time can be the ugly duckling who later turned into a beautiful swan.

Time is the number one mismanaged secret exposed to mankind. In the same token, it is the remedy to our inner happiness. Many may disagree, while others may wonder; how? I promise there’s no mysterious link below, asking you to enter your credit card information to continue. The free answer lies in your mental perception of understanding. As a writer, I blush at the opportunity to be vulnerable as I retrace my steps of how I got here today in appreciating time. This brings me to how necessary it was for me to write this book. Why is taking a moment to pause in our lives crucial? Primarily, because our inner happiness is centered upon it. When we think of it in terms of nourishment, its one recipe with three main ingredients. We must learn to: remember, meditate, and ponder. As much as I want to say “in that order”, this time I’ll pass. But it won’t hurt us to start with the need to remember. Let’s find out what flavor memory brings to this mental recipe.





Chapter One: Remember

As imperfect creatures, we tend to lose our appreciation for things that become a routine part of life. We seldom think of the time we may be without the things we have. This could be until an abrupt change, prolonged endurance, or unwelcome distress in our lives causes us to remember. Therefore, one reason for reflecting is to help discharge anxiety. Anxiety is rushed, tensed feelings of fear or in some cases eagerness. Everything we do is based on time, and the feeling of inadequacy when we feel we don't have enough of it. "The best moments of my life don't make it to social media," says Idealist, Rosalynn Mejia. As much as I like scrolling through social media, I must agree that my best moments aren't captured online. The ability to remember enforces creativity to recall information and data, thus enhancing our ability to make more informed decisions. Technology seems to replace the mentality "you just have to decide to remember" says Neuroscientist, Ted Bulloch. So, when we explore ways outside of technology to remember, we deepen our gratitude for life.

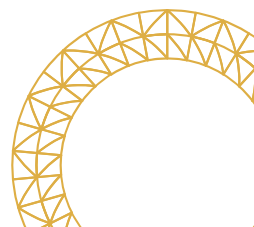
Still, some may ask, what exactly does it mean to remember?

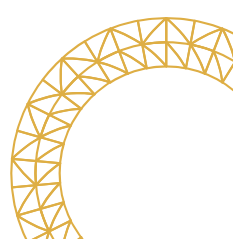
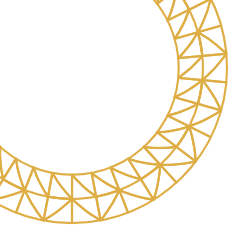
To remember, simply put, means to bring awareness to one's mind what it has seen, known, or experienced before. The opportunity to remember could stem from more challenging circumstances such as: missing a loved one from death, enduring a hardship, the aftermath of failed relationships/marriages, financial distress, terminal illness, etc. Or it could stem from my favorite one guys; just life in general. Let me be completely honest and say those moments of reflecting doesn't always bring on the emotions we can dominate. Sometimes we express anger, hurt, bitterness or sadness. It's evident in these instances there's still internal pain we must work through for us to continue growing. Still the question may arise; how can you deepen your appreciation for "all" moments in your life by remembering?

The reward comes in finding various ways to allow one word to resonate with you.

Allow it to make a permanent residence in your mental make-up. That word is appreciation. Appreciation is recognizing the need to be thankful even if the circumstances aren't pleasant. Think of it as being the nonfat, calorie-less dessert you enjoy every time you seek ways to use the recipe: to remember, meditate, and ponder in your life. We must shift our focus to being grateful for what we do have.

There's a need to appreciate that in this very moment, we can choose to cherish memories. We can choose to seek the lesson to appreciate the blessing. We can choose to recognize our limits once we've done all we can. That shift in focus can be just the baby steps you need to take, to deepen your appreciation for life in general. Open your heart to the gifts around you. It all starts with being open to remember.



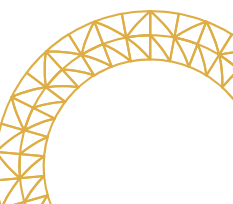


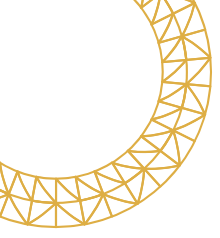


Chapter Two: Meditate

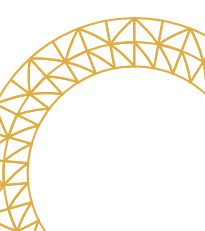
When I think of meditating the word stillness comes to mind. To define meditation is to think deeply or focus on something specifically over a period of time. Usually, when we meditate, we're in a quiet location, far from distractions, while being still. Forgive me for laughing, but this takes me back to my childhood days. When our parents told us it's time for a roadtrip to a place we loved, it sounded like music to our ears. We were so excited, we'd gather our favorite things, while eagerly peeping in on our parents to make sure they too were packing a bag. Our minds were racing, thinking of all the things we'd do once we got there. We're running through the house, jumping, singing, playing, etc. Then it happened; our parents encouraged us to sit down and just be still. It seemed like the clock stopped in that very moment. The word stillness to children is like a foreign language. You know that awkward piece that just doesn't fit into the puzzle. We immediately wanted to know why be still? As kids, we never registered that all this activity couldn't speed the clock up. All the anxiety and we still couldn't get to that special place any sooner. We didn't notice our parents were helping us out by telling us to be still. This ties in nicely with how our brain works. Sometimes, the activities we force it to do daily, or all at once, outweighs the functions we know it's capable of doing. We must learn to slow down to meditate. Some may wonder, how could meditating benefit me?

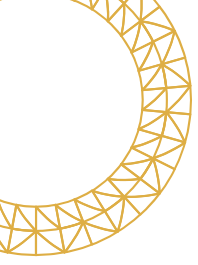
Slowing down to meditate gives us clarity. How many of us could use more clarity in our lives from time to time? When we think of slowing down and unplugging today, it just doesn't make sense. This is because all we see and think of, is time. But nicely tucked behind time, bashful as can be, is our inner happiness. Our happiness isn't centered on things, circumstances, or people. Happiness isn't an end goal or result after; it's a byproduct of being engrossed in gratitude. The simple definition of gratitude is the quality of being thankful; readiness to show appreciation for. It's interesting how tricky happiness can be. Someone comes to mind when you think of a person who has it all. They have the riches, success, looks, etc. but never seem to be truly happy from the inside out. On the other hand, someone else comes to mind when you think of a person, who just can't get a break in life; they've endured challenge after challenge, but always seem to be at peace and happy when we see them. Can you contrast, between the two, the extent of inner happiness in their lives? It's during the most uncomfortable times of your life where gratitude can blossom like a flower, allowing you to be happy despite your current circumstances. When your happiness is at stake, you grasp how necessary it is to take measures to achieve it. So, in what ways, can you meditate?





“The mind is like water. When it’s turbulent, it’s difficult to see. When it’s calm, everything becomes clear,” says Author, Prasad Mahes. The focus would be to bring yourself to a state of calmness. One way of doing this is by closing your eyes to minimize distractions. This would be a great opportunity to give the electronic world a break too. So yes, put away all your devices you constantly check in with. Practice breathing naturally for at least two or three minutes. Often in times of complete stillness the mind can wander. When this happens, quickly return your focus back to naturally breathing. During this time, everything you need to focus is already within you. Meditation nine times out of ten leaves you with a newfound outlook. You choose to look for blessings in your situation. You have a new set of eyes to see your trials differently and seek the positive. The purpose of meditation is to walk away with a deeper appreciation for life, to uproot your inner happiness.



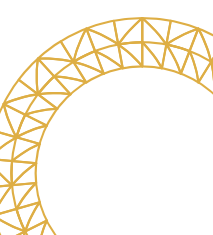


Chapter Three: Ponder

This has to be my favorite part, because I can see your smiles, and the confidence you're wearing. It's the little things you do, that no one else sees, when you know in your heart you've made the right decision. You can feel it and it takes over you unlike anything ever before. It's interesting how in these moments you seem to care less about time. You know you've made the right decision, and whatever happens or takes place, it'll be at the right time. This is the effect of pondering. To ponder means to think carefully before making a decision or reaching a conclusion. Many may wonder, is there really enough time to ponder anything these days? If you look at that question the wrong way, you might miss the point. The catch would be to make time to ponder and completely think things through regardless of if you feel you have enough time or not. Even if you can spare a second to ponder, why do so?

"Focus and simplicity, once you get there, you can move mountains," says Mogul, Steve Jobs. I like to think of this as the "lightbulb" quote. Sometimes through experience, trial and error, or perhaps life lessons, we began to see the big picture. We recognize one reason for pondering is to adapt a different mindset. One that involves sifting through the daily clutter of our minds so as to reason by keeping things simple. The more we do this, the clearer our vision becomes as to what our focus needs to be. So, how can you ponder?

Our lives demonstrate the consequences of our decisions. Therefore, making time to ponder can be beneficial for numerous reasons. If it's two things that we all can relate to, one, is we all desire to be truly happy; and two, we long to connect on a deeper level with ourselves to understand our being and purpose in life. Adapting this mentality helps us to appreciate it's more than a feeling, it's a mindset, and a way of living. We're choosing to allow our decisions and reactions to filter through this process.

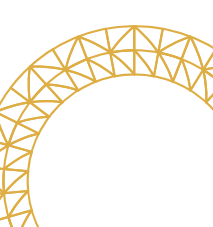


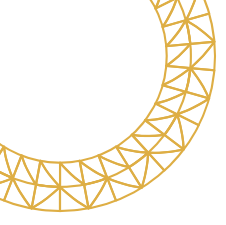


Closing

Being a writer has been an admission ticket into various peoples' lives and I take that very seriously. Some of my deepest lessons of life while choosing to remain open to different viewpoints have come from my clients. As I write for them, their stories and journeys help me unveil a layer of myself. I can honestly say time hasn't always been my friend. I recall moments of hating to see time coming, I was trying to figure out how can I speed the clock up with some things? Or if I couldn't speed it up, then let me hold tightly to what I think I can control. The truth was, I was choking my inner happiness by not appreciating every step involved in this mental recipe. I never had trouble remembering, even when I didn't want to. The problem was feeling paralyzed by remembering, stripping myself of the ability to be creative and press forward in making more informed decisions at times. One informed decision was sharing my journey as a writer and some of the lessons my clients and I have learned throughout life.

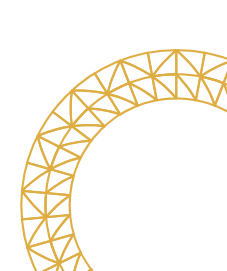
"At the end of the day, it's not about what you have or even what you've accomplished...it's about who you've lifted, who you've made better. It's about what you've given back" says Actor, Denzel Washington. I love some zillion quotes and couldn't imagine what my favorite one is, BUT I can admit this one is definitely in my top three. But when we glance at our circumstances or our surroundings we sometimes feel time escapes further and further away from us. It becomes extremely hard to see happiness peeking out at you behind the word expectation. But when we pause to take time to meditate so we're analyzing the full picture at every angle, it's amazing how appreciation overtakes us. We learn to expect nothing and appreciate everything. We become more grateful. We decide to take our time with the pondering process because that launches the outcome or result. Going back to chapter two; can you feel how calm your mind is? Can you see how still the water is now? If you haven't, this is your opportunity to deepen everything you're taking in.

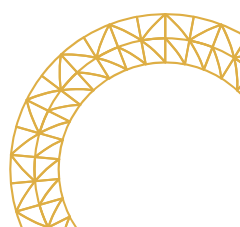
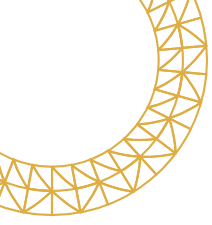




Make mental room for two permanent tenants: appreciation and gratitude. Allow gratefulness to flow from the inside out to inspire you to feel your best. We're never more than a thought away from increased peace of mind. Do what's necessary to free yourself from the prison of self-entitlement. As mentioned a few times, find and explore ways to make these changes. Trust the process of your life that everything comes to you at the right time, just do the inner work to receive it. Be patient with yourself, it's not going to happen overnight and it can't be brought with money. Even when the days seem unbearable to manage you still can win. When it seems that no one else sees the turbulent rainstorm pouring down within your life or home, you still can see the sunshine again.

Accept the fact that everything you need to graduate to this level of life is already within you. Soon you'll discover the smile you're obsessed with is yours. You'll discover the laugh your ears are tickled to hear is yours. The glow you're seeing is beaming from within, and it's yours. All of this is happening and occurring because you've chosen to remember, meditate, and ponder with the time you're given now. You've decided now is the time to pause in your life and reset for balance. So, I'm putting the pen away for the remainder of the day so I too can go to a quiet location and practice this myself. If you're ever on social media or use email, I'd love to hear from you as to how often you pause and reset. What have you found to be helpful in your methods? As always, love yourself, try something new, and appreciate your tribe!





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