

TIME MANAGEMENT - WHAT TO EXPECT

The PEACE IN YOUR WORLD program has specifically been developed for time-challenged people. It is designed to keep things simple yet very effective. Naturally, the best results will be obtained by allowing each of the ESSENTIAL EXERCISES adequate reflection time and energy. See below estimations of your participation time per week. These are only guidelines, not time limitations!

1 Week One



MEDITATION TECHNIQUE TRACK 1 32 mins / day

If you set your alarm thirty-five minutes earlier, and do this session of meditation first thing in the morning, you never have to lose any time out of your day to achieve this. And the time you spend meditating will give you more rest than in your deepest sleep cycle, so if you're sleep deprived it will only add to your energy levels going into the day ahead - not to mention the other enormous benefits you will accrue by meditating regularly.



ESSENTIAL EXERCISE #1 10 - 15 mins

2 Week Two



MEDITATION TECHNIQUE TRACK 2 24 mins / day

Once you have become familiar with the guided meditation process you can fast track things by moving on to the shorter Track 2 for the rest of the program.



ESSENTIAL EXERCISE #2 2 - 3 hours approx

This is an exercise that you will need to spend some time each day, thinking through and planning your responses. It's going to be quicker for some people to achieve than others. Spend as much time as it takes you to complete this process fully.



3 Week Three



MEDITATION TECHNIQUE TRACK 2 24 mins / day



ESSENTIAL EXERCISE #3 10 - 15 mins / day



ESSENTIAL EXERCISE #4 30 - 45 mins

4 Week Four



MEDITATION TECHNIQUE TRACK 2 24 mins / day



ESSENTIAL EXERCISE #5

It is difficult to estimate the length of this exercise because the time it takes is going to vary for each person. The secret here is to bite it off bit by bit, and persevere until you get the hang of it. This will pay off handsomely further down the track.

5 Week Five



MEDITATION TECHNIQUE TRACK 2 24 mins / day



ESSENTIAL EXERCISE #6

30 mins to contemplate the elements to practise throughout the week



ESSENTIAL EXERCISE #7 30 mins - 1 hour

6 Week Six



MEDITATION TECHNIQUE TRACK 2 24 mins / day



ESSENTIAL EXERCISE #8 1 hour



ESSENTIAL EXERCISE #9 30 mins

