

Dr. Chris Neufeld-Erdman's

# SPIRITUAL PRACTICES

awakening the spiritual life

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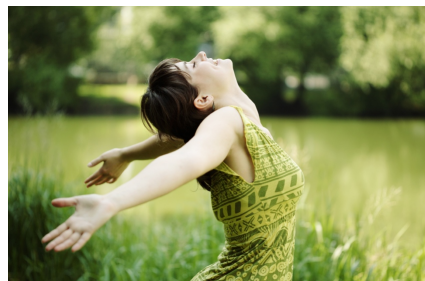
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“How much time do you think you spend fantasizing about life and not living it?”

## Auditing your time

Awareness is about being where you *are*, not some place else. Trouble is, most of us live mostly in our heads, absorbed in our thought-life and the emotions our thoughts trigger. But the truth is, what's going on in our heads is mostly fiction most of the time. What you're thinking maybe about a real event yesterday or one that'll come your way tomorrow, but right now, the thought is only a thought. It's not real . . . not really. So, take a guess: how much time do you think you spend fantasizing about life and not living it?

Try this: review an average hour of your day. During that hour, what were you doing—that is, where was your body? During that hour, what were you thinking—that is, was your mind where your body was or was it somewhere else? What percentage of that hour do you think you were really engaged and concentrating on the



“Be still and know that I am God”

*Psalm 46.10*



## YOUR MIND FLITS BACK AND FORTH, MULTITASKING

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conversation you had, the emails who wrote, the project you worked on, or the traffic you were driving through?

Chances are your mind was flitting back and forth, multitasking between what you were doing in real-time and something else that hooked your attention and dragged it away to some other place and time. And, let's be honest, if you audited how much time you were truly concentrating on what was right in front of you, it would amount to a very small fraction of that hour. Take a mental note (or write it in a journal or the margin of this book): what is your estimate of the percentage of time you were really right here, now . . . your mind present with your body.

Now, cut that figure in half and you'll be closer to the truth.