Time

Composed by: Ricki Yvonne

Does anyone really have time to think about or define time? ['Tick - Tock Tick - Tock '] We as a society are so busy in our lives that we really don't realize nor think about how quickly time passes by. ['Tick - Tock Tick - Tock '] What we don't or can't accomplish within our timelines established. ['Tick - Tock Tick - Tock '] How many things we should be doing. ['Tick - Tock Tick - Tock '] How many things we can't do. ['Tick - Tock Tick - Tock '] How many times we really should stop and just rest or just take a moment to regroup, breathe without rushing onto the next item on our busy agenda of life. ['Tick - Tock Tick - Tock '] It's not that we are on a run away train or a speeding subway. ['Tick - Tock Tick - Tock '] It is that so much is going on in our lives that takes up our time. ['Tick - Tock Tick - Tock ']

What prompted this crazy notion? It is how much, I, personally have accomplished but also how much is left to do that I can't seem to get done. ['Tick - Tock Tick - Tock '] How imbalanced my own time is right now. ['Tick - Tock Tick - Tock '] How much I am missing because of all the "to do's" requiring attention. ['Tick - Tock Tick - Tock '] How many priorities have been overridden by other priorities. ['Tick - Tock Tick - Tock ']

Time control our lives. ['Tick - Tock Tick - Tock '] We don't control time. ['Tick - Tock Tick - Tock '] Yet so many responsibilities steal away the necessary time required for one self's sanity and balance. ['Tick - Tock Tick - Tock '] Too many responsibilities overwhelm the allowed time given. ['Tick - Tock Tick - Tock '] People tell you to take control, tell you what to do, how to do it without really understanding anything in your personal space. ['Tick - Tock Tick - Tock '] The required responsibilities don't vanish, disappear, go away, no one else can take care of them. ['Tick - Tock Tick - Tock '] Bills come, chores mandate attention, reality is reality, appointments demand your attention, employers expectations center on their demands and time ticks away. ['Tick - Tock Tick - Tock '] Where is the balance? ['Tick - Tock Tick - Tock '] Something has to give. ['Tick - Tock Tick - Tock '] Whether we stop working, stop doing chores, stop running, walking, moving or change routines, time continues ticking away. ['Tick - Tock Tick - Tock '] It's the management of time that has gone wacko. ['Tick - Tock Tick - Tock '] Time still controls us. ['Tick - Tock Tick - Tock '] Time continues ticking away. ['Tick - Tock Tick - Tock '] Things may go undone, uncompleted, priorities pile up and time continues moving along. ['Tick - Tock Tick - Tock '] The key I discovered is to just understand the facts, the reality, don't stress about it, accept it. ['Tick - Tock Tick - Tock '] Keep doing the tasks at hand that require attention. ['Tick - Tock Tick - Tock '] Somewhere into the future, one will catch up and it will even out at some point. ['Tick - Tock Tick - Tock ']

There are so many things so many of us want to do, can't do, should have done, shouldn't have done, plan to do, will never do, and don't stop to realize that our lives have passed us by and we've missed so much. And sometimes it's too late for whatever reason. To seize every opportunity to accomplish anything, adjust, juggle to achieve your goals, never give up and keep your head high, spirits up or those levels of stress will take away a whole chunk of your life and tear you down to nothing with only anxiety. The darkness will envelope you and suck you into the recesses of blackness and despair while time continues ticking away. ['Tick - Tock Tick - Tock ']

With that said , maybe everyone will understand the delay in not getting a newsletter done in quite some time. It too is a work in progress. ['Tick - Tock Tick - Tock '] It, too, has been bumped repeatedly further down on that priority list of "to do's". ['Tick - Tock Tick - Tock ']

In closing, one day it won't matter anyway to anyone. ['Tick - Tock Tick - Tock '] Because time will continue ticking away whether you and I are here or not. ['Tick - Tock Tick - Tock '] Time will just continue marching on. ['Tick - Tock Tick - Tock ']