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Ciao for Now

Connie Boyd

For several weeks now I've been considering topics for my first article for the New Year. I've been hoping for an inspiration, but the truth is I've been so busy I haven't given it a lot of thought.

The Christmas and New Years holidays are a demanding time of the year where minutes, hours and days seem to disappear or fly away. Despite my best intentions, the extra chores the holidays bring in addition to regular personal and business responsibilities combine to create lists and checklists that seem to grow instead of diminish.

The pressure to create and be more productive than usual induces a panicked stress that I relate to every Christmas/New Years holiday season and show opening. In theory they should be different; in common, both have demanding non-negotiable deadlines, however the principle of celebration, rejoicing of goodwill and charitable acts and an artistic business commitment differ greatly.

Is my problem time management, or are my expectations unrealistic? Is this a personal problem relating to choices I've made or am I not alone?

Time seems to be my enemy lately. Everything takes more time than I imagine it will. I don't seem to have the time to work or even shop calmly and relaxed, at my full potential. Everything is executed at a manic pace and I never have the time to enjoy what I am doing. I feel as if I need to remember to breathe.

I'm trying to "enjoy the moment" and "to be in the now" but these clichés, when you are madly rushing through a crowded supermarket or trying to park the car in a full parking lot, tend to generate an agitated state rather than a soothing calm. It's easier and more realistic to barrel through the never-ending lists of responsibilities, commitments and day-to-day chores at a frantic pace and hope for the best.

True, we all have and make choices. Those choices reflect the responsibilities and obligations we create in our lives. It's generally accepted as norm to have a home, a family, a job, friends, a pet and a hobby. Balancing the time and energy to maintain each of these basic choices seems to require a magical spell and a sorcerer's powers.

It's well and good to "be all you can be" and "just do it" but at what point do we stop to say, hey, where did the last twelve months or twelve years go?

All the material and professional commitments we choose to commit to are gift-wrapped in responsibility. It may be simple maintenance or major up-keep, but life is filled with obligations that require attention and time. The obligations don't disappear during holidays or vacations. When your down time is over things you haven't done will be there, in addition to all the various jobs that have accumulated in your absence.

Entertainers have artistic soul's, it's difficult to utilize time management scheduling when you are having a creative moment. On the other hand we live in the real world and there life is full of responsibilities and commitments. It's becoming more and more difficult to find the time for lessons, idea/concept development and ideas that stimulate and encourage artistic growth.

Matrix Straight Jacket Escape over a bed of nails with a TIMED minute to escape

Computers are greedy time-hogs. Instead of making life more manageable and simpler all the multi-functions and programs available consume huge chunks of time. Computers now let us multi-task, something that makes a jugglers job seem easy in comparison. Accounting, correspondence, email, promotion and publicity are a few examples of time-consuming activities. In theory programs should be time-friendly, however, the reality is that time spent on the computer consumes a large portion of each day.

Is the rapid pace of life we lead a reflection of the times we live in? Has time become a valuable commodity to be savored and rationed? At a time where it's necessary to produce more in less time for less money perhaps quality of life has suffered over quantity of materialistic and "busy" activities. Perhaps in this new year we should make an effort to schedule time to breathe and appreciate simpler things, but who has time for that?