



JAN DESAI'S

# COMPASS ROSE

---

A Weekly Roadmap to an Authentic Life

---

Get Your Bearings and Stay on Course to the Life of Your Dreams



## IN THIS ISSUE

- Observations on time
- Thinking of time as a cycle
- Moving past the past and into the NOW!

## The Upward Spiral

Time waits for no one, but if we get stuck in *remembering* instead of *living*, we miss all the opportunity of today!

*"Yesterday is gone.  
Tomorrow has not yet  
come. We have only today.  
So, let us begin."* -Mother Teresa

I look at my four youngest children and I *catch my breath in wonder*. With each new discovery, developmental milestone, and physical growth spurt I am reminded of how **swiftly** time passes. They are growing and changing so quickly that I often wonder where the time has gone. As for my two adult children – regardless of the passage of time, I believe they will *never outgrow being my 'little kids'*. And yet time has impacted them immeasurably. I am constantly amazed and humbled by their inner growth, evolving wisdom, mature insight, and worldly sophistication. Trust me, at their age I **never** had it together like they do.



Everyone, whether they're a parent or not, has felt this sensation of time moving too quickly, so quickly that it seems like individual moments are being *scattered in our wake* like a trail of beautiful jewels carelessly strewn across the ground. The days gallop away like horses over the hills and we are left dazed and stranded in a present that is already becoming the past even as you read these words.

**Time is a curious thing.** It is an irresistible force that has the power to grind mountains into sand and people into dust. Yet, for all that power, *it cannot be touched or pinpointed*. The only way we can experience time is through its effects, as if something gigantic and unseen had swiftly and silently passed by us leaving the air swirling in its powerful slipstream.

Even though we can't see it, *we tie ourselves and our stories to time's passage*. The ebb and flow of love. The rise and fall of success. The arrival and departure of those we love. The passing of important

events. The daily reminder of the multiplying and deepening wrinkles around my eyes and mouth as I smile back in the mirror. We mark our lives in hours, months, days, and years. We divide our days into minutes and seconds, performing tasks, routine or otherwise, by the dictates of a ticking clock. *Rarely are we unaware of the time of day or the day of the week.*

---

**RARELY** are we unaware of the time of day or the day of the week.

---

Time also has a strange, flexible quality that is highly subjective and can make it feel as if time is passing slowly or speeding by in a rush. As Einstein said, *"When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a hot stove for a minute — and it's longer than any hour."* The passage of time, it seems, is relative to the person experiencing it and the very experience itself.

Yet, despite all of this, time can be

remarkably *ephemeral*. While we sleep, time appears to pass unnoticed. It's as if our awareness of time is an artifact of consciousness and higher consciousness at that.

Any pet owner will tell you that their dog appears to be completely unconcerned with time. Each day seems to be a new slate for your four-legged companion and they are just as excited to see you if you are gone for **five minutes** as they would be if you were gone **for five months!**



It seems that our ability to think rationally has also given us the ability to see time as linear, moving forward in one direction only – from past to present and from present to future. However, if we look at the natural world, we can see that time is also

circular. The sun rises, sets and rises again. The moon moves through its phases, the seasons advance and spring surely follows winter as regularly as autumn follows summer.

This *cyclical sense of time* gives its passage a slower, more rhythmic feel that is less about moments being lost and more about a ceremonial and circular dance. Things change, but this change is not a loss, instead it's a promise of **continued renewal!**



This cyclical change is a part of the balance that is at the heart of creating the life that you want. *In all ways, change is the only reality.* In the short term, things may appear

stable, but this is all an illusion. Life is always moving us into more, doing its best to nudge us in the direction of our *enlightened* selves, and the life that we were *born to lead*. Being afraid of this necessary change causes us to resist, to push against what is unfolding, to disallow the experience. We stomp our feet and shake our fists and scream *"No!"* at the sky. But to no avail.

We are attempting to control events that, over the long term, cannot be controlled. As a result, while our attention and focus rests solidly on resisting change, *we miss the ultimate opportunity: the invitation to surrender into something greater!* The chance for essential growth that, ultimately, leads us to a vibrant and aware life!

---

The opportunity to **surrender** to growth leads us to a **vibrant and aware** life!

---



The truth is that life, at times, hurts. It's painful events leave scars and marks. If we focus on those scars, we can find ourselves trapped in the past like a fly in amber. We begin to celebrate the pain instead of the present.

In that stuck and static state, we become consumed by what was and ignore the *eternal and ever-renewing present*. In the futile search for justification of why things happened, we become lost in the continual replay of how things might have been... could have been... should have been.



By believing that a **different** past would have delivered a **better** present, we forfeit and squander all

of the potential and possibility that is ***currently all around us***. As a result, we get caught in a downward spiral that keeps us focused backwards, trapped in the past, nursing old wounds.

There is a way out of this negative cycle. It begins by **realizing that the past is dead and gone**. It is shadow. It is dust. It is smoke that has been blown away by the winds of time. The fact is, your past has no inherent power. The only power it has comes from the energy that **you** imbue it with. Like a patient on life support, its soul has left the building. It is being kept alive solely by your stubborn desire to ward off change.

---

Are there certain things in your past being **kept alive** solely by your desire to avoid change?

---

So stop languishing in what no

longer exists. It is **not** a reflection of where you are headed nor is a foretelling of whom you have yet to become! Once you realize that your desire to look back is preventing you from evolving into more, you can begin to take the steps that are necessary to change that behavior.

This is the start and the essence of the **wild courage** that you need to create the life of your dreams. The wild courage to accept **what's possible** leads to an increase in meaningful behavior.

---

## Having **WILD COURAGE** will lead you to the life of your **DREAMS!**

---

Your moments are *no longer lost* in an endless looping replay of your blooper reel. Your hours *aren't* invested in holding yourself hostage as penance or punishment for things long gone. Your days *aren't* punctuated by habitual and often destructive behaviors designed to

anchor you solidly to an artifact of what is over and done. You begin to move **with** the river of time, so you have the energy to follow more physically, emotionally, and spiritually productive pursuits. You begin to grow, and that growth leads to **more joy** in your life.

***Your life takes on a new quality.*** It feels fuller, and synergies and coincidences take up residence. You are moving ever closer to the life that you always envisioned and that you've always deserved.



You are now consciously doing things differently. This, in turn, leads to even more **wildly courageous** behavior. You begin to welcome change because you know that it is serving a.

powerful purpose, helping you to understand the positive dynamic that it brings.

*Increased courage leads to increased meaning which leads to increased joy,* all of which are the foundational bricks upon which a balanced and fulfilling life is built. You are now on a positive spiral that leads up and up to a new and better you. You fully become your highest self. You see what's possible and what you're capable of doing. **Every aspect of your life begins to fire on all cylinders.**



Physically, you just feel better. Emotionally, you are balanced and level. Spiritually, you are suffused

with peace, acceptance, and understanding. Because of your newfound ability to be wildly courageous, you become wildly successful at being who you were always meant to be.

In short, you start living the life of your dreams. I promise, you will get there. Have no doubt. ***Remember, time is on your side.***

Until next week,



## ANNOUNCEMENTS & INSPIRATION

---



Don't forget - every Monday there's a new Monday Mindful Minute video from Jan, direct to your inbox! Sign up [HERE](#)!

