

# Essential Time Management Workshop

**April 9–11, 10 am–6 pm**

**Cost: \$250, all proceeds benefit the New Building Fund**

In order to live a life that recognizes and supports our unfolding self-realization, we need to structure the totality of our life in a way that is sensitive to the depth of our realization. Without this, our life can only support the conventional ego-self, rather than the deepening of our experience and understanding of our selves and the world we live in.

This workshop is a deeply spiritual work and a deeply practical work. It is dedicated to supporting our development by merging basic time management principles with two foundational supports for our self-realization – the Citadel and the Himma.

The **Citadel** and **Himma** work brings an invitation to investigate our historical ego ideals; our procrastinations; our tendency to over work and/or under work; our tendency to rush to keep up with daily life activities; our tendency to get stuck, lost or burnt out; and our tendency to believe our spiritual practices are another activity to do during the day, thus separating who we are from our daily active life.

Our self-realization needs to be reflected in our life as an authentic expression of fullness, harmony, meaning and effectiveness. By learning what is most important, we will explore what is required of us to take charge of the valuable time resource we are gifted with as human beings. Then we learn how to translate our time resources into prioritizing our daily activities so they continue to support and reflect our self-realization.

**Pre-registration is required.** The workshop is open to anyone who is interested; but space is limited and registration is required. By April 1, please send a non-refundable \$25 check made out to Janel Ensler to: Laurie Wattell, PO Box 70092, Pt. Richmond, CA 94807-0092. If you have further questions, please contact Laurie by email: [lauriesmail@earthlink.net](mailto:lauriesmail@earthlink.net).

## **Location**

Ridhwan Center, 2075 Eunice St, Berkeley

This workshop will be led by **Janel Ensler**. Janel has been a student of A. H. Almaas since 1981. She is a senior Ridhwan® teacher teaching several groups and individuals in the United States and Europe. She functioned as Executive Administrator of the Ridhwan School from 1995 to 2004.

Janel loves to manage her time so that she can fully and effectively live a life of service.

