

Zelda Hall Psychologist and Therapist

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Welcome to Zelda's e-zine

I've been living in Amsterdam for more than 30 years now. Through my work, I've met many people from all corners of the globe. My e-zine provides the opportunity to stay connected with people from past, present and future. Where ever they may be on their life's journey!

Does anyone else feel like time is speeding up?



Last week, I attended a seminar with one of my favourite teachers, Caroline Myss. She talked about how we are 'squeezing' time and everything is going faster.

Only a few decades ago a letter would take weeks to reach another part of the world. Now an email is delivered in an instant. Video calls were the stuff of science fiction movies.

Now even my mum and dad, who are in their eighties, are talking to their offspring on [Skype!](#)

I am trying to keep in mind Caroline's quote from Thomas Merton. "This day will never come again". It helps me to stay in the present.

Philip Zimbardo, a researcher into the psychology of time perspective maintains that our attitudes to time explain why we are chronically late, why you're likely to fight for rainforest preservation, or why we might be pre-disposed to addictions.

One of the reasons that time, for many of us, seems to be speeding up is that we are 'future orientated' and have a great deal of difficulty living in the present.

Time turns into the enemy and we get angry if we have to wait at traffic lights or if the internet connection is too slow. Thus creating a great deal of stress in our lives and that of others!

Watch this great [video](#), in which Philip Zimbardo explains his theory with a cartoon. It goes a long way to explaining cross-cultural misunderstandings around punctuality.

And for my friend Christine, who is a self confessed sucker for tests, and all you others who enjoy them, take Zimbardo's 'Time Perspective Inventory' [survey](#) to discover your time orientation.

Stretching time

One of my favourite ways of stretching time is to travel. A reason that time seems to speed up as we get older is that much of our behaviour is automated. Travelling, especially to places or cultures, which are less familiar to us, presents us with new information and experiences.

My recent trip to the Swiss Alps really helped me be more mindful of the moment. If you can't get away easily, I recommend taking a new route to work or walking there if you normally cycle.

"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul". - Samuel Ullman

For many of us thinking about time also makes us think of getting older. There are many belief systems attached to getting older. And in Western culture most of them are about losing something - your hair, memory, hearing or loved ones.

I have often wondered about, how our attitudes and belief systems around aging determine the effects of getting older, on our bodies. You may have heard of the Counter Clockwise study and book by Dr. Ellen Langer (an appropriate name if you read it in Dutch) on reversing the aging process.

The results are astonishing! When she was asking gerontologists about the biological markers of old age they said that there were none!

In this [video](#), she also talks about the effects of how we THINK about exercise, affects what happens to our bodies. Quite reassuring for all those like me, for whom the idea of going to a gym is very unappealing.

Personally, I've become much happier as I get older. And I am certainly much kinder to myself. Like many women of my age, contrary to the prevalent myths in our culture, I also appreciate my body more.

Watch this film of a [70 year old woman](#) dancing salsa... Now that's what I want to be doing when I'm her age!

If pigs could fly - an Irish tale



I always love a good story, especially if shared over dinner with friends. I've never forgotten one particular story, told years ago by a friend, on one such occasion.

He lives in Amsterdam and was driving to Ireland to visit relatives. On the way through County Cork down a small country road, he came across a farmer driving a herd (or should it be flock?) of pigs along.

He drove slowly, hoping that at some point he could pass them. After a while he decided that since passing didn't seem to be an option, he should perhaps get out and talk to the farmer.

He made the kind of remarks that are a necessary opener for conversation in Ireland and then inquired where the farmer was taking the pigs to. The farmer replied, that he was taking them to a village further up, where he would leave them in a field and a truck would later come to collect them.

My friend, looking around, remarked that since there were lots of fields on both sides of the road, it might be more efficient and save time if he were to leave them in one of these fields instead.

The farmer stroked his stubble thoughtfully and then said, "Well, I suppose you're right but ah, sure, what's time to pigs?"

"The moment one gives close attention to any thing, even a blade of grass it becomes a mysterious, awesome, indescribably magnificent world in itself." - Henry Miller

As Ellen Langer says, mindfulness in our daily lives creates more joy and fulfillment. Being aware of aspects of ourselves, which we often pay little or no attention to, and take us out of our heads and into our bodies enriches our lives.

Come join me and mindfully spend time discovering the wisdom of your dreams and your body. There are still places available in my [workshop The Wisdom of Dreams](#) on 10th October.

Between now and then, I'll be spreading the word with an interactive lecture in [Dublin](#), followed by another lecture in Belfast.

In November, I'll be speaking in [London](#). If you know anyone who would be interested in attending, please feel free to forward this newsletter to them.



Now available my [Dreamwork Booklet](#). [ORDER](#) your free copy!

Agenda 2010

Don't miss out...

The Wisdom of Dreams
1-day [Workshop](#)
10 October 2010

[Register today!](#)

Explore the connection of dreams with your physical, emotional and spiritual health.

Learn different ways of accessing the information available to you in your dreams.

Discover the meaning of recurring dreams.

Date: Sunday 10 October

Time: 10:30 till 18.00 hrs

Cost: € 90
(incl.coffee and tea)

Location: [Lumen](#), Nieuwe Keizersgracht 58, Amsterdam

Cost of the workshop is payable in advance.

For more information, please visit my [website](#) or [email me](#).

[Unfolding Destiny](#) - Your Life's Purpose
Lecture
30th September
Dublin

[The Wisdom of dreams and the body](#)
Lecture
4th November
London

[De Kracht van Dromen](#)
Workshop
21st November
Amsterdam

If you have any comments or feedback about my e-zine, please feel free to drop me an email

Interested in 1:1 Therapy or Counselling? Contact me via [email](#) or call 31(0)20-6831892.

The [Lumen](#) Group Practice Room in Central Amsterdam on the beautiful Nieuwe Keizersgracht is available for rent. Email [me](#) for more information.

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