

# Time & Peace

The Secret of Peak-Performance

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*Dedicated to Hua-Ching Ni\*, the true master of peak performance, and one of my teachers for the integral way of life.*

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# Introduction

Since many years I have observed that peak performance that is 'robbed' from the body or the mind will severely damage the organism and, consequently, shorten life.

Sport, as it is understood and widely practiced in the West, is therefore a sickening, not a healthy activity. It shortens life instead of prolonging it. Besides that, it is only because it is big business, not because it is something valuable that it is so heavily promoted in the media. Just as with Western medicine which does not prolong life either nor render us more healthy, but which assures the pharmaceuticals multinationals constantly high profits.

Therefore, let us put all this aside for a moment and consider how we can possibly maximize time while living with inner peace. Thus our goals in peak-performance are these simple objectives:

- Maximize time
- Create inner peace

Why do I mention these two aspects? Because I think that peak performance, in whatever field or sector of life, is founded exactly on these two components: maximizing time and living with inner peace.

All the potential, all the output that we need, be it as an Olympian or a film star, a bank director or celebrated artist, is at

our disposition if we can effectively maximize time and (simultaneously) live in inner peace.

# Maximize Time

If you tightly observe and recall success stories, outstanding and excellent achievements, you see that the persons who have accomplished those achievements have the talent and the skills needed to maximize time and to live with inner peace.

Why do these two qualities help us to achieve our best performance? Because

1. with more time we learn more and thus achieve more;
2. with inner peace our inner powers develop to peak values.

Let's have a look now at these two factors more in detail.

*'All good people never have time!'*, told me a business friend recently. She herself, very successful, is one of them. Her agenda is thick with appointments, but she always manages to have a moment for a good friend, for a glass together, for her family and social obligations.

Asking her for advice about finding a reliable secretary, she advised me: *'Take the one with the least available time, the one that is the most charged with work already!'*

Her advice puzzled me at first. Wasn't it paradoxical? Why should I take someone who is already very charged, very busy? Would it not be wiser to take someone who is still vacant most of the time? Would such a person not give me more attention, and thus more of her energy for the work to be done?



Sharing with my friend my doubts about her advice, she smiled and replied: 'No. You see, we are not today vacant and tomorrow busy. Human beings are either vacant or busy, during all of their lives, even as children already. There are the vacant ones and there are the busy ones. Haven't you observed that yet?'

I kept silent a moment and then nodded. So, were you already as busy as you are now when you were a child?. "Of course!", she answered. "And there were quite a few of those little girls, I remember, who were vacant. Nothing to do. Bored. And guess how they are today: They've nothing to do. They're bored."

From this encounter I had learnt one of the most important criteria to identify valuable employees or, more generally, effective people. They all have one thing in common: they have filled agendas but they can manage time. And they can maximize time, the little time they have left, maximize it to such an extent that it sometimes seems a miracle. What is their secret? What is it that makes them so effective?

I did not find the answer in one day, believe me. Although the answer is bluntly easy, it took me years to find it. My answer is that effective people are effective because they use energy in a very economic way. They do not waste energy, as most people do. They use their energy very consciously because they are focused upon what they are doing. They are focused generally.

What does that mean, to be focused? It means to be aware of one's thought processes. Because thought is energy, thought consumes energy. The more we think the more energy we consume.

If I run around, day by day, without controlling or channeling my thought processes, I am like a motor running which consumes gas. The more I indulge in thought, the less I can find peace inside, and the more I consume my life's primordial energy, the gas I got from birth to make me live. Once I have consumed this gas, I will leave this body because my fuel is off for this life. I will go on toward another dimension. Therefore, if I want to prolong this existence, I have to conserve my primordial energy, and consequently limit my speech and my thought because these activities, talking and thinking, consume much energy.

It seems that, until now, no educational system has ever taken into account the subtle rhythm and cycles of the bio-organism. SuperLearning® may be an exception to this rule. But SuperLearning® is unfortunately until now only a method to learn languages or professional knowledge. It is not a complete educational concept that could be the basis for a holistic schooling system.

# No-Time Management

*No-Time Management* is a concept of mine which, it seems to me, is widely contradicted.

And, by the way, it is not theory. Let me report the practice first because indeed, it was first. And the concept came later.

In high school I used to write the best resumes. The teacher would read them in front of the class, and the whole school knew me since there was a general agreement that I wrote the best school resumes. Some of them were published in the school magazine of which I was myself a founder and editor.

But how did those resumes come into existence? In a rather strange way it seemed to me at that time. I would sit one hour or more in my bench daydreaming, literally doing nothing. The others were already very busy writing or working out their initial sketches. For me there were no sketches, there was no time table, there was no plan.

And then suddenly it came. What came? An inspiration, an inner feeling that I could begin. And then I would just start writing, writing, writing, quicker and quicker, until my hand cramped and hurt, and until the ever last second that was allowed in order to finish.

So it went on. My writings, my art, drawings, painting, my music, my piano or organ improvisations, my scientific writings,

too. All is born in that way: spontaneously and without any effort. And the theory is: Everybody can do this provided they forget time and establish peace, peace of mind.

What is peace? What am I talking about? Just sitting quiet? Sitting quiet may be one element of it, but not an essential one. The quietness, the peace I am talking about is a special state of mind, a state of mind where the two brain hemispheres are more connected and where mind and emotional body are swinging in harmony. It is a state of mind where you leave the periphery of your being moving to the center. When you reach the center, there is peace, because the Self is peace.

Many religions have tried to teach people how to establish peace, many moral theories have been invented and applied, with no avail. Many religious people have punished themselves senselessly because outside peace that is forced upon is sheer non-sense. At the outside level there is continuous change, and change is the form of life that is appropriate. Because life is change. The state of affairs at the periphery is movement.

To establish peace we therefore have to move away from the periphery toward the center of our being. This is an inner movement. And you do not need to travel around the world for that. You don't need any guru for that, neither in India, nor in California nor elsewhere.

My idea is that the more time management you do, the more you are caught in the busy outside movements of life, the more you are dealing with the petty little things of daily life, the less you will bother with the fundamental issues of life - or of your business.

Because one thing is clear. There is no essential difference if you deal religious issues or business issues. The principles of life reign all matters, religion, business, marriage, education or going to the toilet.

Some famous trainers, such as Dr. Stephen Covey, the founder of the *Covey Leadership Center*, nowadays acknowledge that the daily schedule is a trap. They favor the weekly schedule that is a much more natural time span. This is certainly true.

But I go farther and question even the concept of time management as such. I rather favor intuitive time management or, radically, no-time management. Instead of managing time, I prefer to manage no-time, i.e. to care for the soul.

It could be argued that deep down in ourselves we have an inner clock. This clock adjusts our biorhythms and keeps us tuned according to the challenges we face. This inner clock, I assume, watches even the subtlest matters of time management. If you question this, please consider how many times in your life, when you were just thinking of a person, this very person called you -

right at the same moment, not one second before and not one second later. And how many times it happened that you 'ran into' somebody you just badly needed for a communication and could not find, for some reason or another? And how many times it happened that you made a new contact, for a new love or a new friendship or business relation, just because the other person was sitting next to you, perhaps only for two minutes, so that you could exchange your business cards or phone numbers?

If this inner clock can time even the subtlest and unforeseen events taking into account not only the movement of our own life but also the movement of other people's lives, thus synchronistically, it is a genially useful thing, and certainly one to rely upon. Because it knows so much more than our ratio can ever know. It anticipates changes that frequently overthrow planning.

When I wrote my resumes, I intuitively knew that I would block my creativity with plans and sketches. Nobody had told me. In the contrary. The repressive culture I grew up in taught me exactly the contrary.

But I did not believe it. I knew this culture was wrong in all that it essentially requires from us. I know that this culture, this civilization, is wrong in its fundamental life issues. Otherwise it

would not educate children in systems that kill creativity and spontaneity and that are based on concepts that have been worked out to produce soldiers, and not citizens. And about the two most essential topics traditional education never bothered:

- The education of intuition
- The education of love

Therefore already as a young boy I trusted more my own intuition and lived my own love. But the lacking support regarding the integration of my emotions was a big problem for me.

It seems that the almost paranoid busy-ness of today's modern world is not so much a modern phenomenon but simply the consequence of a very old premise: the 'don't use your intuition but stress your ratio' concept. And this is truly a repressive concept since it represses life itself, its spontaneous and highly intelligent synchronistic expression. Life is not linear, not logical. It contains a higher logic, a *Logos* which is beyond the very limited human intellect.



# Time & Peace

Nowadays more and more managers, and not only managers, want to escape from this busy-ness in order to find the peace they need to listen to their inner mind, their subtle inner voices, their intuition.

Many of them are conscious about the destruction that a Cartesian or Newtonian worldview has brought about, within their own upbringing and worldwide. They want to rediscover the cyclic processes of life and, more generally, really conceive the fruits of wisdom that life itself contains. In the United States and Japan, especially, there is a growing consciousness about the need for this new form of learning not only within the top management. America bears the great advantage, the precious treasure, to have the greatest teachers of humanity around: the *natives*.

Two of them, Rainbow Hawk and Wind Eagle, a couple, the founders of the Ehama Institute in California, are now doing consulting with major companies such as General Motors and AT & T.

What Rainbow Hawk and Wind Eagle teach are the fundamental, cyclical processes of life and living, processes that have their influence up until our most daily and earth-down business decisions. They stress most of all the need of modern man to get connected again to our inner potential, to develop a regular habit

to move back into one's ocean of stillness and peace that is the inner Self, and to base decisions upon a holistic view of events both from the standpoint of our ratio and from our deep-down wisdom or intuition. It is to overcome the deep and schizophrenic split that repressive education has forced upon the human being.

It sounds a bit ridiculous that the guilt for this state of affairs is generally put upon a generalization called modern life. It is in reality not modern life that creates the split, not the computer or the airplane technology and not the microwave or laser disc, neither the quantity of work we have that creates it.

It is man, man who comes from a schizophrenic past and has never learned to live peacefully while acknowledging and integrating their emotions that has created this kind of life.

With peace it is a bit like with health. Peace is not all but without peace all is nothing. Turning around like a tiger in a cage we only create further problems, further stress and further confusion instead of resolving existing problems, reducing stress and getting clarity of mind. Clarity of mind is not the fruit of intellectual training. It is the fruit of inner peace.

Time and peace are interconnected and interdependent. In a way time is a function of peace. Where there is more peace, there is more time. Knowing this, we can create more time in our

lives by establishing more peace, by relaxing for example, by introspecting, by taking intimate moments for ourselves at regular intervals. Also by avoiding conflict through the right communication, the right attitude toward ourselves and others, an attitude that is based upon peaceful living, openness and truth. How much time, I dare to ask, do most of us spend, on the other hand, for administrating problems that have become so complex that they cannot be solved any more on our existing level of thinking?

# Time Management is Peace Management

Once we see that time and peace are interdependent, there is only a little step to conceive the idea that in fact time management is peace management.

First of all, time cannot be managed. Our language is mistaken. Time cannot be managed, only affairs can. Affairs are managed in time and space. But okay we have got this misleading expression and that is why I use it, keeping in mind that it is a non-sense or a no-sense.

Peace management: that is what Olympians do. Peace management is the management of peak performance. Sounds odd? Why? Simply because it sounds unusual.

Peace management means to manage affairs in time and space by managing them outside time and space. To remain always within our time and space continuum means to exclude love and any form of higher wisdom. For those qualities are not bound by time and space.

When I say in some other publications that my art is born within my own continuum, I actually want to say that it is created outside the time-space continuum. That it is born within the ocean of peace that we all bear in our inner Self. The difference between me and you is simply that I recognize the existence of this Self and that I consciously developed ways to get connected to this inner treasure. I am not connected all the time, far from that.

Otherwise I would be a master or guru. But I am not a master and do not want to be a guru. Because I do not want you to be my disciple. I want to be with you on equal levels. And from there we start in our work, not from a guru-disciple biased system.

In our work, then, what we can do is to facilitate the process in the way to prepare ourselves to be visited by what we cannot perceive by thought.

This also implies to live with a certain purity. It would go beyond this text to explain what I mean. I *do not* mean that by all means we need to be vegetarian or live an ascetic life. This may help but is no guarantee. Purity of mind primarily means to keep an innocent heart. It means to keep a balance in all we do and also in all we think. Keep a balance means avoid extremes.

Peace settles on the way that is between extremes, as Buddha put it, the midway. I know that many of us have a big problem with keeping a balance in what we do. Because it means not to judge, not to refuse, but subtly being conscious and, first of all, remaining sensitive to all. Not shutting out anything.

Our education, based upon 'sugar bread and whip' (to paraphrase Nietzsche), stresses the rights and wrongs, the white and the black, the angels and the devils. It accepts partly and partly shuts out. It is literally the philosophy of half-heartedness. Its du-

alistic philosophy feels threatened to conceive the possibility of a tertium. The Aristotelian logic with its *tertium non datur* has deeply perverted our culture and makes for hassle, for quick judgments, for prejudice and yes, for violence.

If you wait for me giving you a quick recipe for installing inner peace and creativity in you, I must disappoint you. I would be dishonest with you if I did. Because there is no quick fix.

But there is a way, a very personal one. And it is not a quick fix. It does not fix something since there is nothing broken that needs to be fixed. And it is in most cases not quick, but can take a life or several lives.

But I recommend you to try this one, even if it takes you centuries. Connected to your Self, you will be guided on your own track and not any collective, ideological or consumer track you may be on right now.

Every minute that you work getting on this track is not wasted time, but the best investment you can do for your future. While it is a waste of a cosmos to stay any further minute on a track that is *not* yours.