

**Presentation International Kinesiology Conference
October 2nd-5th 2025 Assisi – Italy**

**Rosmarie Sonderegger-Hofmann
SWITZERLAND**

Title IN PEACE WITH TIME

Subtitle ... Life – Times ...

In our times we need to think about the definition and the value of DEMOCRACY.

Democracy is thought of as power of the people. And what we do in our work is empower the people!

Because, as Aleida, Jan Assmann, cultural scientists, authors of the book „Gemeinsinn“, (Public spirit, in the sense of humanity and willingness to take responsibility as a basis (PONS) C.H.Beck 2024) have stated in their book: „**The I is in need of a YOU.**“

Therefore, in the first part of this presentation we focus on the „I“, the practitioner.

What does it take to be in peace with time? Do you feel in Peace with time?

Mankind early on explored the meaning of peace. Already 421 before Chr. Aristophanes brought a comedy called PEACE on stage. Synonyms are f.e. Healing state of stillness or calmness, the absence of disturbance...

And children in countries of war felt that Peace is mother and father, the country, well-meaning people, GOD...

Some quotes about peace:

- „The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace.“ or
- „Remember each one of us has the power to change the world. Just start thinking peace, and the message will spread faster than you think.“
- „Peace of mind comes from not wanting to change others.“
- „I am happy and at peace with where I am.“ etc.

Generally spoken:

It is a very positive state of mind, feeling nurtured and content.

Being therapists and workshop leaders, it is necessary to be in tune with oneself. And it is a must to work continually on our wellbeing and our performance. We know, that a person who is seeking support has a certain vulnerability. And because of this, he/she relies on a therapist/workshop leader that meets him/her with respect and is well prepared. Well-fed, well organized and on time!

This allows the health professional to welcome the client, to see and hear him and lead him through the session/workshop with empathy. In Peace with Time.

It is difficult to be fully present and to give with your whole heart, if

- you are hungry
- you are wearing clothes that are too tight
- you have arrived late
- you are in conflict with yourself or with your material/technique etc.

And what it comes down to is self-awareness and self-contentment. A prerequisite for happy Time Management and being IN PEACE WITH TIME.

Time is irreversible and therefore has been explored through centuries and in many fields of knowledge.

The definition of time from Oxford languages is the indefinite continued progress of existence and events in the past, present and future regarded as a whole.

Definition of time in other areas of knowledge:

In **Philosophy** – time is seen in the concept of the worldview. All the great philosophers, in old times Platon and Aristoteles and in new times Newton, Heidegger and Kant dealt with it.

Time is the measure of every movement and can only be measured by it.

Physically, for Bio and Human science time is a central, measurable parameter, a sequence, a timely process, ... time zones

Astronomy is the oldest science to measure time, before and after Chr.

The Past is irreversible and cannot be influenced by present events, whereas the Future is depending on the Present (tomorrow you will be different from today) It can be influenced by actual actions and events.

This is our field of action; this is where we are strong - in Goalsetting!

With every Balance we are on our way to being IN PEACE WITH TIME.

Economy is teasing with time aspects such as speedy internet connections and the AUDI cars are promoted with the following Slogan:

I am the time – I am in flow or flying, and never stop. Here I am. What is the plan?

Linguistics is the grammatical form of words defining time, f.e. Present, Past, Future

In our work we are doing pretests in order to be present in the here and now. And, if adequate, we are exploring the past in order to release stress and get insight and a goal that leads us to the future.

In Psychology we are dealing with the perception of time.

Time is slow when you wait – Time is fast when you are late – Time is deadly when you are sad -
Time is short when you are happy – Time is endless when you are in pain – Time is long when you feel bored - ...

Time is determined by our feelings and our psychological conditions. (21 June 2023 Oxford Languages)

How come it is at times so difficult to be in peace with time?

Difficult patterns are often internalized in early childhood.

Looking at the 5 Elements some of them can be attributed to the elements as follows:

„Enemies“ against being IN PEACE WITH TIME?

Enemy Nr. 1

Wanting to

be more

Enemy Nr. 5

Pressure

Enemy Nr. 2

Competing

/Jealousy

Enemy Nr. 4

Self-pity

Enemy Nr. 3

Finding fault

Self-criticism

And what is the opposite? The challenge, the transformation?

Knowing is half of the solution. Which „enemy“ „shows“ up as intruder in your life once on a while or, at the wrong moment?

We will be studying the Law of the 5 Elements and move on to insight and take the possibility to release new potential.

Take your time – is a 10-step life awareness program for INNER PEACE of my father.

It is an important prerequisite for a fulfilling life with a successful professional life and happy clients.

The Wisdom of my Father:

1. Take time for **Work** – it's the price for success
2. Take time to **reflect** – it's the source of power
3. Take time for **play** – it's the secret of youth
4. Take time to **read** – it's the foundation of knowledge
5. Take time for meditation/prayer – it washes off the earthly dust from your eyes
6. Take time for your **friends** – it's the source of good luck
7. Take time for **Love** – it's the only sacrament of Life
8. Take time to **dream** – it leads your soul up to the stars
9. Take time for **laughing** – it's the relief that helps to carry the burden of Life
10. Take time to **plan** – because then you have time for the first nine things