

Is Time Ticking Fairly For You?

Have you ever commented on seeing a child after a gap that 'He/she has grown up so much?'

What does that make you realise? Time has flown by...

That's right; Time does not wait for anyone; we wait for the right time.

Time keeps ticking at its own pace. The seconds, minutes, hours, and days are the same duration consistently.

It is our perception of our experience that makes us feel that time is going slow or too fast.

Let us explore this further. Have you noticed that when you do not wish to experience something like an illness or a loss, you want time to run fast so that you can move to another situation?

People often comment: "It seems like we are in this testing situation forever!" That is our perception of suffering.

Suffering is objectionable for most, and even a minute of it seems longer than happiness of an hour.

On the other hand, when we are in a relaxed state and are having a good time with friends, we often say that time has flown by, not realising that we've been chatting for five hours. It



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seems like only five minutes.

Now, these five hours go quicker than the five minutes of anxiety, panic, and suffering.

But does time really slow down or rush past us?

When we are in a state of anxiety, our breathing gets constricted, our heart rate and pulse rate all get affected, and we start to function sub-optimally.

Depending on how severe our fears attached to the situation are, our reactions to it synchronise. That is what creates stress and suffering, and our ability to respond slows down, thereby projecting a slowing down of time.

When we are in a joyous state, our minds and senses send happy hormones and become relaxed and open. The more open we are, the easier it is for us to be in the present moment of whatever we are doing.

That is when we get a sense of timelessness or of time flying by.

While you may be rejoicing, someone else may be suffering. So, each person has a different interpretation of their time.

You might say, my time is excellent, and another person may say "Times are Tough."

Is time biased, or are we defining time through the lenses of our perceptions?

Time on its own, is unbiased and keeps ticking unconditionally. It does its job, whether we like it or not. No matter what judgment we label it with, it doesn't stop and defend.

It is our illusion when we say it seems like time has stopped. Our illusions, our perceptions, all come from the judgments we give to our experiences.

Is it the time that has to change or our beliefs and opinions that create the highs and lows in our life?

We say time is extremely potent and time can be brutal. Yet, time is the best healer too.

The only way to look at time objectively is by cleaning our lenses of beliefs and the perceptions we project on it.

That is when we will truly see time as our True Teacher. **BW**

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