



Time

Time does not exist in the real world. It exists in our mind, and through our mind, we control our experience of time. When we say that it does not exist in the real world, we mean the natural world or nature. It doesn't exist as a tree exists, or a car exists, or your hand exists. It exists in our mind in the same way math exists, or geometry exists. We project it from our minds on to things to do or understand different things. We project angles and shapes onto wood and steel to build bridges. We project 'future' onto books and ourselves to plan for studying. We cannot go out into a field and find 'triangle' or '4' under a rock or growing someplace. We also can't find 'hour' or 'month' lying on the beach or under a rock.

When we understand the mechanics of how our mind works, we can understand how to take more control over our experience of time

- 1. Our first exercise is to write down an experience we had when time stretched out when time seemed to go on forever.**
- 2. The second exercise is to write down an experience we had when time disappeared when we were doing something compelling.**
- 3. What is the difference between the two experiences – why was one short and why was one long.**