

2018-11-28 Dharmette Time

Mon, 8/31 8:19AM • 11:11

SUMMARY KEYWORDS

timeless, mind, ideas, timelessness, moment, live, concepts, clock, construct, thoughts, conceiving, peaceful, driven, cleaning, minutes, ceiling, started, quickly, notion, clockwork

SPEAKERS

Gil Fronsda

One of the significant preoccupations of many modern minds is time. And we live in a world social world that is very driven by time, organized by time, in a way that probably down through the millennia, very few human beings have had such a time. limited lifetime defined life. Most of us have Have a clock a clock or watch relatively close by, either on our wrists or on our phones are all around us. We have all kinds of socially created deadlines. Do we have a notion of time we have hours and minutes that I bet 10,000 years ago didn't have hours. They divide up the world that way. And, and then we have the tremendous impact of the Industrial Revolution. We started having factories and the idea that there was really, people had to show up for particular time for work clock in and clock out. school started to follow that pattern, schools and beginning and end and everyone's kind of following the clockwork of time. And then we have these emotional relationship to time that people are greedy. That time You know get something out to get it now or will forward in time to get something and go somewhere. People have fear that comes along with their relationship to time afraid there's not enough time and I can't do it all I won't get there enough for what's happened there. Or people have ideas I don't have enough time. But another way of saying I don't have enough time is that I want too many things. Then we know if you can't say I've done enough time that puts the responsibility in one place the blame. You say I have a lot of once that's a different reflection. And, or if I have too much time, too much time I'm getting bored and I we always our problem with having too much open time on it unused time. Some people get impatient, some people actually get afraid of time that's not filled. Get behind. And it's you know, so we measure the days by time and what we need to do by time and time time. And so I think for many of us, it's the time factors is some of us get so embedded in the way of thinking and how we go through the day, that we're not necessarily so conscious of how we construct time, how has time misconstrued that many of the notions and concepts of time that we operate under our concern are conceived, they're constructed conceptions of the mind? And the unknown, nothing inside? I don't think they're actually in the world in some real way. I mean, I suppose there is some kind of continuity of time. I don't know what time is. But it's relatively ours. All these categories of time that we have. Some of them are relatively arbitrary, could have been organized different ways. Why do we have 24 hours? Wouldn't 20 of hours been better or 36 that I could have gotten more done and you know, this calendar that we have that's measures a time of months. It's kind of this in English it's kind of completely confused. Because September means in Latin the seventh month in October means the eighth month, November means the ninth month in December means the 12th month isn't that I'd be confused. The so we have these, you know, conventions and ideas we live in and get caught up in. And so, there's another perspective that can come that has its time and time and place, look to appropriate That is timeless that there is no time timeless present, to be able to look out into the space the world look around and not see it through the lens of time.

Not look at it and say, well now it's seven minutes to 12. And in a few minutes, we'll do some cleaning and we'll have 15 minutes to do the cleaning and then we'll have to eat our lunch quickly because then

there's more things to do and following you know, we could kind of live in that kind of, kind of treadmill or you know, this, of assembly line of time that we kind of can move along. Or we can also sit quietly and just be here kind of perceived maybe with a mind's eye or their fist maybe Other physical eyes, that there actually is no time. That's also true or that right now there can be a sense of timelessness the timeless presence that seems so, pregnant or so filled with potential are so peaceful are so vast and to find myself centered on this on this timeless time to be kind of open and relaxed and not be driven by the concepts of the mind the conceiving, so the mind that construct time that make time that live in time that concerned with time, but not to have those thoughts operating. And then what then is there some quality of timelessness right now? Is there something about being here this moment which is, in one hand, we say the present moment is fleeting. I can use the word now to designate a moment. Now, it's already gone. That particular time was gone. And we just absolve changing and moving. But it's also there's something about timelessness that is not even timeless. Now, it's bigger than this moment of now. That somehow it is too expensive or too vast, to be limited by a second or limited by ideas of past and future. And it can be a very satisfying feeling, because to really be centered or connected to a sense of this a timeless moment or a timeless expanse is to be free from the impatience of the mind or the congestion of the mind of thoughts and ideas in which should happen, which should happen over time. It's associated with being at peace, being peaceful being at ease, being content being relaxed, with a mind not racing in a hurry, wanting avoiding kind of like the mind becomes as spacious as this room if you look at the ceiling and how high the ceiling is this great space in the room it's kind of it's pretty cool. But you know, the timeless now with a mind that's peaceful because it not driven by thoughts and ideas. So I associate this feeling of timelessness with peace, with not being caught in the grip of thoughts and ideas and not being caught in the grip of time. Not in a hurry to do anything, just here. And for that to feel satisfying, meaningful. Freeing suggests that maybe we should be careful with how quickly and we get swept in or quickly we step into the thoughts, the ideas that conceiving the concepts that are all connected to time that we end Being claustrophobic or being we lose touch with some kind of peace and some kind of freedom, some kind of timelessness. We're just here. timelessly here.

As if there's all the time in the world, infinite time, as if and maybe maybe nothing needs to happen for a few moments, few moments of timelessness.

So with that we live in the world of time and I'm looking at the clock on the wall over there, and it's two minutes to 12 and I'm looking at a clock here, it's 12. And then look at my watch, and that's also 12. So whose time do we live in So, we'll spend some time doing some cleaning those of you can stay it's very much appreciated. I would like to ask if there can be some people who ...