

Time

You will receive a body.

You may like it or hate it, but it will be yours for the entire period of this time around.

You will learn lessons.

You are enrolled in a full-time, informal school called 'life'. Each day in this school you will have the opportunity to learn lessons. You may like them or think them irrelevant and stupid.

There are no mistakes, only lessons.

Growth is a process of trial, error and experimentation. The failed experiments are as much a part of the process.

A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. When you have done so, you can move on to the next lesson.

Learning lessons does not end.

There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

Others are simply mirrors of you.

You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. The choice is yours!

Your answers are already within you.

The answers to life's questions are to be found within. All you need to do is to look, listen and trust your 'inner voice'.

You will all forget much of this, as indeed we do with so many of the important insights received throughout our life. Though we need to be reminded from time to time, never worry; this is what you, life and the Universe are here for. This very moment is truly the greatest of gifts we shall ever be given. Take care of each precious moment as best you can. *Author Anonymous*



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Quotes from Swami Sivananda on time:

- Time is more precious than money. Time is more precious than the most valuable thing in the world. It is the richest treasure. Time is the soul of the world. Time is life. Utilise time profitably; waste not even a second.
- Time is the rat that cuts off the thread of life in this universe. There is nothing in the world, which the all-devouring time will spare. Time pervades and controls all things.
- Life is not only meant for eating, drinking, dressing and procreating. There is something more grand and sublime, we must get to know and understand who we are. Every second must be well utilised for the achievement of this goal of life.
- Life is short. Time is fleeting. Obstacles are many. The world can, at times, seem full of miseries. People have risen to greatness and prominence by utilising every second profitably.
- Keep a daily diary. Reduce your sleep. Give up all the idle talk. Understand the value of time. Draw up a daily routine and stick to it tenaciously. Grow. Evolve. Expand. Get success in life.
- Life is a link in the chain of time. If you waste time, you waste life. Do not postpone doing good deeds; for there is no certainty of life. What you propose to do tomorrow, do it today. What you propose to do today, do this very instant.

Living in the Moment by Dr. Keith Jeffery

We are a civilization of "human doings" not "human beings." Don't get me wrong; I do as much as the next guy. But as I approach 50, I am more and more interested in slowing time, in enjoying each precious moment, in appreciating all that is profound in its simplicity. I still set goals by visualizing exactly what I want, but I'm not assuming that my peace and contentment is dependent on the achievement of those goals.

In fact, more and more I am finding ways to enjoy the journey toward the goal. Here are some ways that may help you be present. Methods to pull yourself out of the past and future, to a place of residence preferred by the mind.

Each day, spend some time alone. Spend time in prayer, meditation, yoga, or tai chi. Time just sitting. Not reading, knitting, watching TV, talking, scratching, or sleeping. *Just sitting.* Not even thinking. Thoughts will, of course, try to invade. That's fine, but let them drift away, like clouds floating across the sky. This process will awaken you to the frenetic, constant, repetitive activity of the mind. The constant pressure to be elsewhere with the assumption that something more needs to happen so you can be happy. The first step is the recognition of this process on a regular basis. The next step is to continue spending time alone, in prayer, meditation, yoga, tai chi.

Each day, find something simple in your life that is beautiful, interesting, wondrous, or amazing. Like a spider web. Or a flower. Or the sun reflecting off a colourful bird. Or a



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sunset. Maybe the moon. Or a smile. You get the picture. Living in appreciation makes every day better, and there is always something to appreciate.

Each day, decide to listen completely in every conversation. Without second guessing the content you are expecting from the other person. Without finishing the sentences for him or her. Without already preparing your rebuttal to the anticipated conversation. Just listen. Listening is a rare skill these days. It takes practise, and is enhanced considerably by having a quiet, still mind.

Quit fighting 'what is'. Whatever is happening in the present moment is happening, whether or not you like it. It is as it is for now, so increase your level of contentment by accepting each moment as if you have chosen it. Of course, you can take actions to improve your life, but you can't change the present moment because it already is.

Replace every negative thought with a positive one. We are all too aware of the effects and dangers of filling our stomachs with impurities. We should become equally aware of the very real and equally damaging results of doing the same with the mind!

If you don't follow through on your creative ideas, someone else will pick them up and use them. When you get an idea of this sort, you should jump in with both feet, not just stick your toe in the water. Be daring, be fearless, and don't be afraid that somebody is going to criticise you or laugh at you. If your ego is not involved no one can hurt you. *Guru R.H.H*

