

What is Time

Time is an artificial construct that people created to measure their progress going through life. In the Western traditions, time was viewed as being linear. There is a beginning and there is an end. The beginning is when you are born. Then you are suppose to spend the rest of your life doing good deeds to secure your place in heaven after you die or at the end of time.

In the Eastern traditions, time was viewed as being a circle. Wherever you begin, that was where you will return. Life was viewed as endless cycles of life, death and rebirth. Actions that you take during your lifetimes have “cause and effect”. For every choice that you made and every action that you take, there was a consequence. The consequence or consequences could happen in your current lifetime or in your subsequence lifetimes. Everything came full circle.

Whether we adhere to the Eastern or the Western concept of time, most of us often feel that there is *never enough time* in the day, month or year to accomplish what we want to do in our lifetime. How often have we heard the expressions “... *there is not enough time, ... what happened to all the time, ... quit wasting time, ... oh, if I only had more time.*” All these phrases are indicative of how we have placed artificial barriers and limitations on what we do, how we do it and when we do it.

There is always enough time to do whatever it is that we want, so long as we don't spin in our beliefs that there is *not enough time*. Instead of spending all of your time complaining about *not having enough time* or *creating reasons or obstacles to explain why you can't do something*, why not do something totally innovative and *just do it*. You will find that you have more than sufficient time to accomplish everything that you want. However, if you insist on a specific result it may not get it. For example, if you want a completely cooked turkey with all the dressings and condiments that takes 3 hours to cook, and you have only allocated 1 hour. You will get a perfectly cooked

turkey that was cooked for 1 hour. If you want the results of a perfectly cooked turkey that was cooked for 3 hours, then you will have to spend 3 hours to cook it.

The quality of your life experiences depend on what you are willing to put into it. It is not enough *to hope* that you will have the experiences of your dreams. You have to actively work for them and there is always enough time.

What are you doing with your time?

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