

A Place In Time



“WHERE ARE YOU GOING!!!” I yell in my vehicle as another car rushes pass me at race track speed making dangerous maneuvers only to speed extraordinarily fast to **A RED LIGHT**. Was all the **danger** that the other driver put themselves and me in really **worth the risk** to be 1st at the same **RED LIGHT** that stopped all of us? And even if he had made that light, doesn't he know that **there are a lot more RED LIGHTS** on this road? Why is he in such a hurry? Why is **EVERYONE** in such a hurry? Why was **I once** in such a hurry? Really Now, **“WHERE ARE WE GOING!!!”**



While taking a long bike ride, It hit me one day that no matter where we go or what we do or how **fast or slow** we do it, we are still existing inside **TIME**. For the Entire existence of Humankind, **TIME** has been **constant** and moving **forward**. **TIME** has and **will outlast** All of Mankind. So why are we trying to race against **TIME** as if our **extra efforts** will make any difference in the **Grand Concept** of **TIME** itself.

Racing through **TIME** leads to *mistakes, inefficiency, and disillusionment*. But still we press on so that we can get to **“THERE”**.

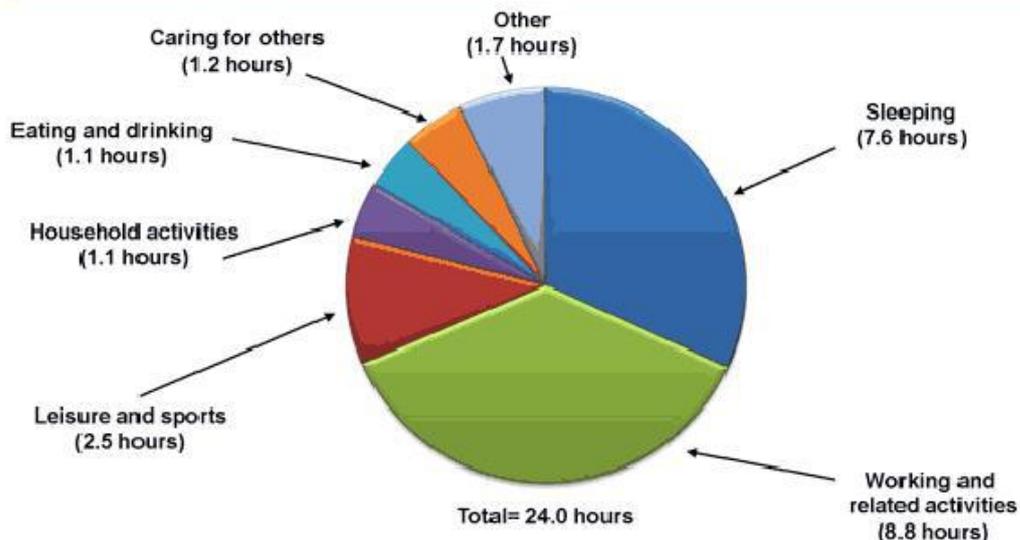


Whether **Real** or **Imagined**, it seems as if Humankind is conditioned to the **illusion** that **“There** is better and more satisfying than being **Here”**. We tell toddlers to *act like “big” boys/girls....preschool is for Kindergarten....Kindergarten is for Elementary....Elementary and Middle School are for High School...High School is for College....College is for our Career....our Career is for acquiring ‘stuff’ and planning for a leisurely Retirement...* Wherever we are, there always seems to be **another place or situation** that we should be aspiring to reach so that we can attain the **better “next level”**. Friends this concept of **‘There’** being better is an **illusion** because:

6. “There is no better a place than “here.” When your “there” has become a “here”, you will simply obtain another “there” that will again look better than “here”.

One of the reasons that we love to watch babies, toddlers, and nature is because they are so **content doing whatever it is that they are doing in the very moment that they are doing it.** There is no worries about “what’s next”.

Time use on an average work day for employed persons ages 25 to 54 with children



Everything that we do during our day may **not** be our preference but remember that even our least favorite thing to do is a **Valuable Piece of TIME in Our (1) Lifetime**. Each **TIME Slice** whether large or small will **over the course of time** be a **Large Chunk of Our Life**.



It is an **advantage** for us if we learn to **enjoy every moment** no matter what we are doing. We can increase our **Satisfaction & Life Enjoyment** by focusing on whatever we are doing in **“The Right Now”**. Don't use the moments that we have **Right Here Right Now** as just a **projection** to propel us to the **Next Thing**. Instead focus on **what does it take to make this Slice of Time Enjoyable**. If we sleep for 33% of our life, sleep should be comfortable and fun as possible.... get the most comfortable

mattress, pillows, and sheets that we can....do whatever we need to do (soaking bath, reading, music, aroma therapy...) to relax before bed. We should also strive for **contentment & comfort** with **ALL** of our other **Daily Time Slices**.



To increase our **Daily Satisfaction**, I propose that we **All SLOW DOWN** and **recognize** that we are **NOT leaving the Planet** while we are alive. None of us know the exact amount of **TIME** that we have to live, but **we know** that we have **A PLACE IN TIME RIGHT NOW**. **Accept Our Place In Time....Be Intentional With Our Actions....Don't Delay or Rush**. Remember that **Life** is lived **One Slice at a Time** and we don't get a **Giant Pie** somewhere **in the Future**. Choose to be **Thankful for Every Moment** for **Each Moment is Our Life**.

