

P. 100-101

IT'S ABOUT TIME!

TIMES UP!

EXCUSE ME, DO YOU HAVE THE TIME?

I'M BEHIND THE TIMES....  
AND ON AND ON

**“The idea of time is essential to understand. Your idea of time is based in collective agreement to what time is, how many hours in a day, what constitutes a minute in time. These are agreed upon things, so to move beyond the idea of time may not be to move beyond time itself, but beyond the idea of time as a construct, as form, as a dictate that you have ascribed power to. You are now as big as the sky, as great as the ocean, and from this perspective you give permission to release the idea of time itself.”**



The focus tonight is to realize/become aware of how much we have become a victim to our own construct.

What we call time is essentially a measure of change.

- Whatever is subject to change is not “real” in the deepest sense. It’s the whole “here I am wasn’t I thing.” I love my new car---but it’s not my new car anymore.

What we call time is a necessary element for the small self’s operation in the material world. So it would be foolish for me to deny it, but it would also be foolish for me to think or act as if time is an essential aspect of my higher consciousness.

In higher consciousness we live in eternity, timelessness. It is the eternal NOW of the present moment. It cannot be defined or grasped or pinned to a board, nor is it something observed (you cannot say, “Ah, I’m in the present moment,” because it has already passed. You can only be “in it.”)



The experience of the NOW MOMENT is with us, more often than we might imagine. We can become lost in a day dream for instance and while we are wrapped in that fantasy--whatever the form--we are in a state of timelessness. Watching a sunset, holding a baby, walking in nature, listening to music--the means to the end of timelessness are infinite, but beware, since the small self/ego personality consciousness is grounded in time/change/limitation that it does not like to lose its control--so it will bring you back to time again and again.

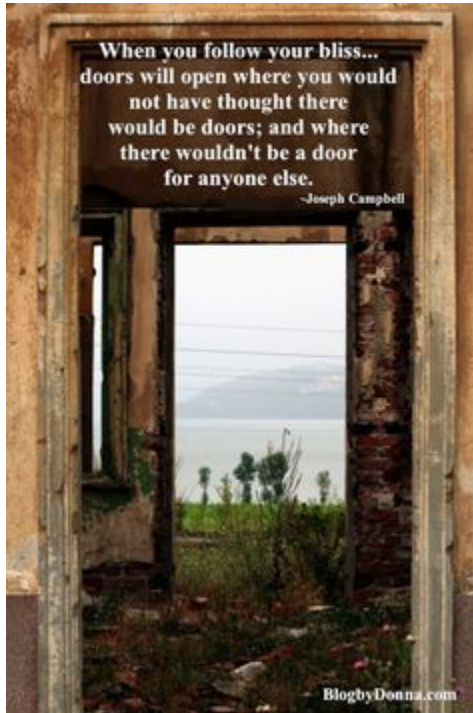
The ego is not the enemy here, it is just doing what is natural to it. In our continuing spiritual awakening we work on not letting ourselves get too caught up in ‘living’ in time.

What are the events or circumstances that help put you in a state of timelessness?

What sucks you back into being controlled by time?

We cannot ignore the external world, where time is a necessary measure.

What helps me balance the “demands” of the world and the lightness of Spirit?



\*\*\*\*\* “When one is one with God, one knows no separation. In infinity, in the infinite now, you are met in vibration, in tone, in agreement to the True Self who exists beyond time, but may know herself in time through the form that you have chosen to experience this life in.”\*\*\*\*\*

And for our final paradox of the evening: it's never a nice neat little package, is it?

