

TIME STOPS

When was the last time time stopped for you?

It seems time goes faster and faster each day and year. How often have you said, "I don't have enough time"?

Occasionally, time stops for all of us. It's eerie, spooky, and unsettling. When time stops there is a void, emptiness, and a vast period of nothing. When time stops for us it feels like the whole world has slowed or stopped. We see ourselves, perhaps for the first time, as being part of, and also separate from, time itself. It's uncomfortable.

When our time stops others continue on with their lives and time keeps racing for them. But, for us, we sit and nothing moves, nothing happens. Time has stopped.

We are all aware that when we have fun time goes fast, when we have too much to do time goes fast, and when we hate what we are doing time drags. While time itself never changes, we change and our perception of time changes.

Time stops for many reasons. When a loved one dies, time stops. We just sit, all has come to an end.

When we finish a big project and the rush is over, time may stop. College students after the last exam or in business after the big presentation time may stop. It's over. It's done. There is time, there is no haste, we breathe, we rest in the stopped time.

When time stops for us we are uncomfortable. It's eerie, frightening, and it's not normal. We are anxious and want time to start again, quickly. This is time when we can look at ourselves, what we stand for, what we do, and what we don't do. It can be challenging, however it also helps to give us balance in life.

When time stops we heal, we become aware, and we learn. We learn from the void. We see that we need not rush all the time, that we have all the

time we need. Stopped time has value for us, rest in it, feel it, allow yourself to get comfortable.

Time never changes, and once wasted, can't be reclaimed. Time is life itself, and we all have the same 24 hours each day. The difference is in how we use it.

When we are racing, behind and stressed, the best thing we can do is nothing. Sit for a time. Let the world go by. Sit and realize it does not matter. Often that for which we are rushing still gets done or doesn't truly matter that much.

Don't fight time, you won't win. It's a gift to be used. Use it wisely. Wisely does not mean being busy all the time. On your deathbed you'll never say, 'I wish I spent more time at the office'. Too many of us wonder what we did do with all the time.

Sit with time stopped. Feel it, know it, appreciate it. Then, when time starts again, you will be better equipped to use it wisely and effectively for the important things.