

Sig 04.22

The Significance of When Time Slows Down

Through out our lives, we have experienced moments, and often days, when time has slowed down. What was the particular significance of those minutes and hours that should consider recapturing or reliving. Here are a few sorted examples, mostly from our travel days.

1. Touring Cusco, Peru and visiting Machu Picchu seemed like the clock crawled to stop. Perhaps it was the relaxed pace of life, where locals savored every meal, enjoy conversations with family and friends. Or was it the 7th Wonder of the World, Machu Picchu that transported us into another era? Maybe it was the altitude, Coca tea and candy that we over consumed. Combine all of these elements and a seven day trip to Peru felt like a month.
2. For us, Christmas Eve was the longest night of the year. It was the anticipation of gifts, bed time rituals, family gatherings, and going to candlelight service together that easily stopped time.
3. The birth of our two daughters and the nine months leading up the big event was a time stopper. According to Carla, her perception of time was altered fueled by a range of emotions, and focus on the future makes the present moments drag on.
4. Preparing for our daughter's wedding and our engagement with yoga cultivated timelessness. Practicing mindfulness with breathing exercises was a game changer. Yoga became the ultimate way to prepare for the big event, and shed pounds, too.
5. Recently, our Reunion Podcasts conversations celebrating the 50th anniversary of Sherman High's Class of 1974, have left me with a sense of time dilation. As individuals, we have lost track of time during these intense conversations.
6. Spending time in nature and observing our animal kingdom, sunsets, waterfalls, shooting stars and even a total eclipse has evoked awe and timelessness.
7. Becoming a Grandparent and the intense joy that has followed has expanded time. We laugh more, play more and see the passing of time through a new lens.

Quote I'm Pondering: "Take note that it may feel like time slows down. It is often you, or energy and matter that actually slows down. Time is a measurement of motion, specifically the motion of particles, which is energy. Measurements do not move. Therefore, time does not move. We conceive or perceive time as moving in our mind as we experience and sense change, movement and progression in energy and matter." Milan Woodson

Upcoming Podcast: We are recruiting Ivan Maximov from Libras. Here's what Ivan says about time:

Your brain measures time as amount of new experience, not actual time units. Time goes faster as you run out of new things to be surprised by. If you go to a crazy world-round trip for two weeks you might feel it lasted subjectively longer than two years of "work-eat-sleep-repeat" cycles.

People that constantly learn, do and create awesome new things can live tens or hundreds times longer a life than your average couch potato. The first step is to ask yourself every day "what did I learn and try today that I never knew before? What good did I do to the world today?"

Make the most of your time this week and continue to learn. Rick