

the ONE about Time

by Guru Mani H

Time: A free gift to humanity; a free gift to me.

I lie in my bed at the end of another day. It's a day I can play over and again in my mind, but never in reality. It simply can't be repeated; ever.

There's a fairness with this time thing, a level playing field for the whole world. Different time zones, alternative ways of charting the seasons, but a day is still a day. 24 hours is still 1,440 minutes whether you're in the largest city on earth, the middle of a remote jungle, or somewhere in outer space. 1 minute is still 60 seconds whether you're rich or poor, famous or anonymous, old or young. Time is the great equaliser.

I daydream back to a scene from before; a perfect day, a sunny season in my existence on planet earth. I want to freeze it, or put on a repeat loop and play continuously; but I can't. My life has marched on whether I like it or not, pushing ever forwards into the future.

O that I could turn back the clock; rewind time to that single point in history, in my history, where I got it all wrong and hurt those I love. O that I could live that moment again, choosing a different path. If I could, then I'd time-jump without a second thought, for that one event in time, in my time, haunts me day and night.

For some, the weeks and months drag on; for others, they run on, knocking over and flattening everything in their path. The old book says that with God, a thousand years is like a day. To me, a day feels like a thousand years, keeping me stuck forever in my own hell.

How much of what I spend my time doing actually matters in the bigger picture of my life? I want more time, but how do I use the time I already have? I know that I've wasted my time, used it on things that I thought were important, but really weren't. I've gained the things that don't matter, and lost the things that do.

If I had the power to go back and re-write the past, be a character in one of the many movies I've seen who've had that ability, what would I change? What would then be the ripple effects of my altered path? Would I end up at the same point anyway, just arrived here by another route, or would I now be somewhere completely different? Would my life have then been better or worse? If my mortal journey, even a part of it, was somehow adjusted; would I be happier and more complete?

They say that time heals, and that might be your experience, but it's certainly not mine. I've found that pain from my yesterday has carried forward into my today, and looks very sure on staying exactly where it is into my tomorrow. Time doesn't heal, at least not for me. The hourglass empties, and the hurt is still there.

What a difference a day makes: Happiness and contentment can be stolen away and replaced with sadness and pain; paralysing fear and panic can be exchanged for an overwhelming sense of peace and calm; good health can be devastated by the news of a life-threatening illness; pitch black darkness can be unexpectedly pierced by radiant light; riches can turn to poverty; failure can be transformed into success; hopeless to hope; a normal life into a tragic one.

I continually said to my loved ones that I was too busy to spend time with them, but honestly, that was just another way of saying that something else was more important. Eventually, they gave up and stopped asking. Now, I hardly ever see them.

Many a moon has passed me by. I'll never be able to buy back my yesterday, even if I had all the riches in the world. Tomorrow however, is yet to come, and like a runner in a race, I'm cheered on by a vast crowd of people who all achieved their most valuable

life's work in their twilight years. That gives me a flicker of hope, that Future will be more useful than Past; the new moons brighter than the old.

Some **ancient wisdom** from Father Time; take a moment to **pause and reflect**:

"Whoever we are and whatever we do, we all reach the future at the same rate."

"Time: Quality is more important than quantity."

"Mistakes from the past can never be forgotten, but they can be forgiven."

"Time: What you do with it shows what your priorities are."

"Today is a bridge between yesterday and tomorrow; and everything can change from one side to the other."

"Time: Don't imagine for a moment that you know how much you have left; you don't!"