

Timeless: the illusion of the concept of past and future, a here or a now

One of the key difficulties people have in their lives, or what we might call dis-ease patterns, is to do with the concept of time. This needs to be clarified. While people commonly speak about “here and now” as being the foundation to health this is really a semantic issue, “now” implies the possibility of “then” and “here”, and “here” implies the possibility of “there”. This is important from the standpoint of reality while being almost impossible to clarify! When we realise there is no past or a place other than what *is* at this moment, this may allow a change of perception and understanding about what we call “past”. Simply “past” is memory and memory is also occurring in this moment because only this moment ever existed. As a result whenever we are thinking about a “past event” this is occurring in this moment. There is no moment other than this one, therefore it is impossible for “past” to be anything other than a function of memory.

In mental-emotional issues or “dis-ease” the key difficulty comes from self-image, the image of a “self” as a separate entity, and the embodiment of such a feeling. Memory is attached or adhered to, there is a holding-on process to the past picture and a claiming of it by a contraction of energy which we can call the “self” or the foundational idea that there is a “me”. This “self” is real, in so much that it is a contraction of energy, but it has no actual separation from anything and so is like a snake eating its tail, caught in a spiral of “self”-deception: the snake believes its tail to be all there is, it cannot see the earth it is moving across as being part of itself. This spiral is endowed with images and feelings, a mental-emotional sticky contraction of memory or “past”. Hence that which feeds this process is the idea that the past is a reality, that it actually occurred to the “self” which is now remembering the event. If the past is realized to belong to no-person, then it no longer is “past” but simply pictures, memory or colours/ images manifesting and then receding. There is no differentiation between an event in life and a film watched and then remembered, just that there is no ownership of the memory so it is irrelevant as an actuator, or something which provides “substance” to “self”.

Humans are caught within mental-emotional trappings of “self”. This process projects past into an imagined “future” and also dreams of the past as well as present-sensing concurrently, and all these processes become entangled. It is as though at least ten people or situations are in fact involved in the conversation at the same time which causes distortions to present themselves. While speaking to a lover or a friend we may transpose this into believing we are speaking to our mother, imbuing the conversation with all the anger we may have had for her. One tries to contort a person into a particular mould to try and complete or sedate our perceived “lack” or “deficiency “of the “separated/broken self”, but then no actual relationship occurs, it’s all a mess of reactionary interaction.

The majority of relationships incorporate possessiveness, control and manipulation all rooted in a sense of separation based on the past-based cinematic overlays/ projections we apply. Until natural process allows this to diminish there will be no actual response in relation to another aspect of oneself, just a continual reactionary process. The effect of this then spreads as it is the root of all “dis-ease”, from the illusion of an initial perception of a situation, passed on by others the process of “Chinese whispers” extends into a

wildfire of skewed frameworks which is often the process of gossip and/or media manipulation. This process in itself is a dis-ease and creates increasing movement away from the essence due to the belief in these ideas. But of course this is a universal phenomenon, even though some people are aware of the media swing, the advertising, the gossip and the perceptions of those who are deeply suffering, the nature of suffering is such that it propels itself until it breaks free or dissolves away. To want it to be anything else only creates an illusion of what one would like it to be at some future projected time.

The cycle happens as follows: someone is told they “look ugly”, this perception and judgment is borne out of the proclaimer’s own sufferance/ past-based image of “self” and that then infects many others who all connect to the suffering. Therefore the person who is told he/she is ugly then exists in a world of people who “think” he/she is ugly as this is the label they have obtained, and if this label adheres to them dis-ease will actually take place within. When the perception is “owned” it is dis-ease, when it is not owned it is health. When the “I” has an absoluteness about it, then it becomes “true”. When it doesn't it is Unknown. Neither of these is better or worse, but one involves suffering and the other does not. Transition from suffering to not-suffering is a ripening process governed by the whole of the universal energetics, no individual can create change here.

In understanding health there are often past-based-future projections. The future is more obviously unreal than the past. The future has not yet occurred so it is totally unknown and unknowable whereas the past *seems* more “real” as though we have hold of it, we can say “this bone belonged to a dinosaur” when in fact the bone is only being held right this moment as there is no other moment - it is only known to be “real” in the moment and through the senses. “Carbon dating” does not prove something’s “age”, but what the computer-output is right at this moment. There is no past to contend with. As there is no past the possibility of “future” is more fictional, it requires a projection of the past into the idea of what “will happen” - this is past-projected future, and is one of the key issues in dis-ease.

Most of the time there is a deep attachment to the idea of “past” which occupies a person’s life and is constantly thought about and attached-to, re-playing events, often forming a daydream of depression or longing. Or if it is pushed forward into the projection it becomes an anxiety-based pattern, anxiety also can cause and impact upon depression. Most people are in this spectrum of depression-anxiety to some degree. When these things change the fundamental issue is that the one who is seen to be holding the “past” is realized to not exist. The “past” no longer holds this value and simply timeless memory, a function like breathing.

This may often occur when the bodily senses are responded to, the senses of touch, taste, smell and sight can all instigate the feeling of what the body is sensing even though there is a perceived process of past and memory occurring. As this opens the “reality” of the day-dream of the memories die back. Essentially humans are mostly in one of two states: hyper-activity of the upper-body and head which is day-dreaming and the concrete belief that this day-dream is being dreamed by a “person”, or at night in restless, dream-

disturbed sleep. Ideas, visions or inspirations which have no cause or self” involved, can occur in dreams and also in the daytime and are simply what’s going on. However, a large percentage of people experience dreams associated with the idea of there being a separate “self” who owns the dream and these are essentially nightmares of varying degrees of angst.

So it is often suggested that we “awake” from the dream state, however the dream state isn’t the problem, one could call it the expression of the thought the emanation of the head’s energy, it simply functions to create dreams or bring up memories. However the *ownership* of these memories by a separate “self” is the key issue. There can be a realisation that the dreams and memories are utterly impersonal, yet deeply intimate, they are impersonal in that they belong to no-one yet deeply intimate in that they are an actual phenomenon, a part of Oneness, like a mist or a film, an actual thing happening but without threat. As with the smoke of a candle flame it is an energetic phenomenon, no more and no less. We can then say that it isn’t the energy of the dream that is unreal, in a sense nothing is unreal, just in a state of being unable to see beyond its narrowness. This is expressed in the ideology that is “past” or “future” as this also implies a “person” who has a concept of before and after existence meaning there is a *point* of existence. In fact there is no Centre to existence, at the core is Emptiness or no-thingness which is the Source of life.

Again there is the notion of time that is “horizontal” and time that is “vertical”. Horizontal gives the idea of past and future again or as a representation of a graph, time is almost always horizontally placed as to the idea of time which is centered upon the “individual” viewing as the Centre of this process. As we can see this is impossible. “Vertical time” is also impossible as vertical means at this moment which means time does not exist, hence vertical-timelessness is in no relation to horizontal-time, verticality is reality and horizontal approaches to “time” are simply an idea or abstraction.

While that may all seem obvious, it is very easy to unwittingly step into the language of dualism. When something else is seen, then the language to explain the nature of phenomena becomes less and less adequate. “Now” seems absurd as there is only what there is, no possibility of anything else. “Here” has the same issue. It is difficult to resonate with the notion of “I” or “self” as it is out of alignment with what is, i.e there is no “I” present on current evidence and therefore at the Centre of reality there is no absolute Centre of core to call “myself”. Hence all things are happening without “my” involvement, as if it’s all an automatic process. Such is life.

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