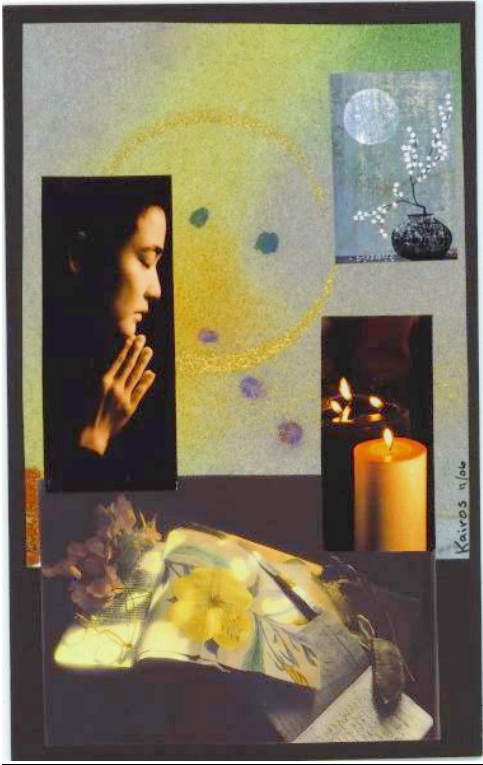
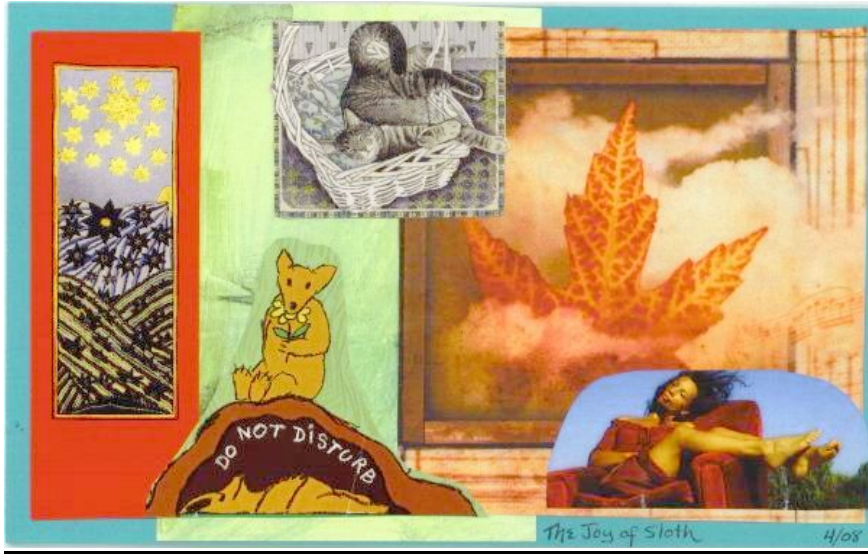


SoulCollage® Cards by Alia Calendar





Reflections on the Nature of Time...

Time is the substance I am made of. Time is a river that sweeps me along, but I am the river; it is a tiger that rips me apart, but I am the tiger; it is a fire that consumes me, but I am the fire.

~Jorge Luis Borges

The miracle is not to walk on water. The miracle is to walk on the green earth in the present moment, to appreciate peace and beauty that are available now... We need only to find ways to bring our body and mind back to the present moment so we can touch what is refreshing, healing and wondrous.

~Thich Nhat Hanh

To enter into our healing self as world, let us move into Deep Time. Let the reaches of time that we inhabit with our ancestors and those to come become real to us, as our birthright and wider home. Let us step out of the tiny, hurried compartment of time, where our culture and habits would enclose us. Let us breathe deep and ease into the vaster horizons of our larger story and our true, shared being.

~Joanna Macy

At our best, we become Sabbath for one another. We are the emptiness, the day of rest. We become space, that our loved ones, the lost and sorrowful, may find rest in us. Not fixing, not harming, not acting. Quietly empty, we become Sabbath, where the sorrows of the world are safely poured and gently dissolve into the unfathomable immensity of rest, and silence.

~Wayne Muller

We have forgotten that our only goal is to live and that we live each day and that at every hour of the day we are reaching our true goal if we are living. ...The days are fruits and our role is to eat them.

~Jean Giono

An eternity is any moment opened with patience.

~Noah BenShea

When you are immersed in doing without being centered, it feels like being away from home. And when you reconnect with being, even for a few minutes, you know it immediately. You feel you are at home no matter where you are and what problems you face.

~Jon Kabat-Zinn

Being consciously aware of rhythms, your own and those of the people around you, will allow you to shift the rhythms, and therefore, shift time. But you must slow down in order to listen and feel. Understanding is impossible without serenity; serenity only exists when time moves slowly.

~Stephan Rechtschaffen

Better is one hand full of quietness than two hands full of toil and a striving after wind.

~Ecclesiastes 4:6

Just to be is a blessing. Just to live is holy.

~Rabbi Abraham Heschel

A Brief Bibliography on Time

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Carlo Petrini, *Slow Food: Collected Thoughts on Taste, Tradition, and the Honest Pleasures of Food*. Chelsea Green Publishing Co., 2001

Nadolny, Sten, *The Discovery of Slowness*. Canongate Books, 2003

John de Graaf, ed., *Take Back Your Time: Fighting Overwork and Time Poverty in America*. Berrett-Koehler, 2003

Carl Honore', *In Praise of Slowness: How a Worldwide Movement is Challenging the Cult of Speed*. Harper San Francisco, 2004

Websites:

www.timeday.org – website of the international “Take Back Your Time” movement. Explores the sociocultural, political, and personal factors that contribute to the modern epidemic of “time poverty” – and offers many resources for positive change.

www.schooloftheseasons.com– this website, by Seattle writer and writing teacher Waverly Fitzgerald, is devoted to one of the best models of kairos: the Seasons and their cyclic rhythms. Waverly offers a lovely newsletter, “Living in Season.”