

Life & Living It...A Matter of Time



Robin Williams' autopsy showed that he had Lewy Body Dementia. LBD is just under Alzheimer's in the ranking of Dementia diseases and affects 1.3 million people in the U.S. (This may be a conservative estimate because it is an under-diagnosed disease.) LBD affects multiple body systems, causing multisystem symptoms due to protein deposits developing in nerve cells of the brain.

During the last days of Robin Williams' life it was reported that he kept several watches in a sock and was extremely

"concerned about keeping the watches safe". What immediately came to my mind was that his bits and pieces of healthy brain, being affected by the portions of diseased brain led him to believe that he was "controlling" his *time* in the best way possible.

What is it about human beings and time? While we are earthbound we are practically obsessed by it. Think about how many phrases are attached to time. *Race against time; all in good time; all the time in the world; at the present time; bide your time; don't waste your time; fight against time; find the time; hardly have to time to breathe (or think); how time flies; in due time; in the fullness of time; in the nick of time; make time; on borrowed time; pressed for time; and right on time.*

And this is just a partial list. I am sure you use a phrase that isn't even listed above.

The measurement of time started with Prehistoric man noticing the patterns of the Sun, Moon, and Stars movements in the sky. Time has been virtually ingrained in our DNA as we have evolved as a species (genetic memory). No wonder we are time obsessed!

Through the ages time has been calculated, measured and tracked. But a funny thing happened while time was marching on through the 20th Century. Mathematical Time and Scientific Space theoretical thought has blended to the point that the realization of past, present, and future coexisting has arrived.

Use the following as a simple example: Scan this page all at once. It's here in the present, right? But what about the first paragraph that you already read? It's in the recent past. And the last paragraph, why that's in the future. The article may seem in the present to you, but it is in the past for me. AND to Jane Doe, who will read this article tomorrow, it is in the future (until, of course, she reads it, then it will be in her past)! Following?

"The only reason for time is so that everything doesn't happen at once."....Albert Einstein

So if everything is happening at once why is it that some days seem longer than others? This has nothing to do with Space-Time Continuum and everything to do with the human brain's *perception* of time.

We all experience days that fly right by us and others that seem like we are having time drag. Yet each day in measurable time consists of 24 hours. What is different is our *perception* of time. When you learn or experience something new this experience needing your focused attention takes longer to process by your brain. New brain connections are being made. When you are doing things that you have done before the connections have already been made and processing is faster.

This explains why when you were a child the year seemed so long. You were learning and experiencing new things daily. Your brain was working "overtime" making all those new connections. As an adult, one may perceive that time is slipping away. We have a massive amount of connections residing in our wondrous brains. Even if we think we have forgotten a great deal, take my word for it, those connections are still there and intact (barring any degenerative brain disease).

If you are looking to add more time to each day, just add more "new" into your life. Fill those empty minutes of the day with learning *new* things, meeting *new* people, trying *new* physical activities, or going somewhere *new*. Go ahead, be spontaneous and experience the *new*. You will have plenty of time.

You may be asking yourself this question right about now: If I made my day longer by experiencing the new, why do I feel like the day went by quickly when I finally sit down and relax? That is another perception made by the brain. The brain "loves" working overtime making all those new connections. You are feeling "satisfied" and mentally register *all* you have accomplished during that archaic measurable amount of time. The

ratio translates to time flying by. Conversely, on a totally routine day, doing all those things you have done before, you will register a boring, long, dragging day.

Approach this New Year as a year of firsts and give yourself the gift of all the time in the world. Maybe you can even start placing your watches in a sock!

With Gratitude,

Kai