

# Connected

## TIME VALUED

Time is an asset that every breathing person has! Time is valued today as a limited resource that none of us will ever be able to buy back, or buy more of. What has been written on the scroll of the past does not need to determine the narrative of the present, yet when we continue with the same themes of the past, why should we think that the present and the future would be different. I once heard the definition of insanity explained like this: *“Doing the same thing over and over and over again, yet expecting different results every time.”* How much time do we spend going insane?

Have you ever wondered how you experience time? What I mean by that is simply: how do you look at time- as a friend, as an enemy, as a gift? However you perceive and experience time will greatly affect your overall outlook on life and the experiences you have in life. Many of us have friends or family who have left this “time based reality” and moved to another “beyond time reality”. I always imagine the advice they would give to me if they could would be simply this, **“Live your life in the present!”** If we can grip the power of this statement we would be a much more sane people. For many of us, however, we tend to live life either in the past, or in the future, we fail to recognize the power of the present, and are bound by the prisons of the past, or the unknown fantasies of the future.

Time is an asset that we never know how much we are given, it is free but can never be bought or sold, and once it is spent, it can never be renewed.

In Friendship,



One day at a time - this is enough. Do not look back and grieve over the past, for it is gone: and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful that it will be worth remembering.

(Ida Scott Taylor, 1820-1915)