

Don't Walk on Escalators

A person who reads a book or who watches television or who glances at his watch is not usually interested in how his mind is organized and controlled by these events, still less in what idea of the world is suggested by a book, television, or a watch.

But there are men and women who have noticed these things, especially in our own times. Lewis Mumford, for example, has been one of our great noticers. He is not the sort of man who looks at a clock merely to see what time it is. Not that he lacks interest in the content of clocks, which is of concern to everyone from moment to moment, but he is far more interested in how a clock creates the idea of "moment to moment". He attends to the philosophy of clocks, to clocks as a metaphor, about which our education has had little to say and clockmakers nothing at all.

"The clock," Mumford has concluded, "is a piece of power machinery whose 'product' is seconds and minutes." In manufacturing such a product, the clock has the effect of disassociating time from human events and thus nourishes the belief in an independent world of mathematically measurable sequences.

Moment to moment, it turns out, is not God's conception, or nature's. It is man conversing with himself about and through a piece of machinery he created.

*In Mumford's great book *Technics and Civilization*, he shows how, beginning in the fourteenth century, the clock made us into time-keepers, and then time-savers, and now time-servers. In the process, we have learned irreverence toward the sun and the seasons, for in a world made up of seconds and minutes, the authority of nature is superseded.*

Indeed, as Mumford points out, with the invention of the clock, Eternity ceased to serve as the measure and focus of human events. And thus though few would have imagined the connection, the inexorable ticking of the clock may have had more to do with the weakening of God's supremacy than all the treatises produced by the philosophers of the enlightenment; that is to say, the clock introduced a new form of conversation between man and God, in which God appears to have been the loser.

Perhaps Moses should have included another commandment: Thou shalt not make mechanical representations of time.

Quoted in "Amusing Ourselves to Death"

Personality Types at a Traffic Light

- Choleric - The Powerfuls (looks at the other light)
- Melancholy - The Perfects (who chose those ugly colours)
- Sanguine - The Populards (uniformed cop, white gloves and a whistle)
- Phlegmatics - The Peacefuls (don't have to go on the first green light)

1. We are already moving fast enough

*Consider the movement of the earth's surface with respect to the planet's center. The earth rotates once every 23 hours, 56 minutes and 4.09053 seconds, called the sidereal period, and its circumference is roughly 40,075 kilometers. **Thus, the surface of the earth at the equator moves at a speed of 460 meters per second--or roughly 1,000 miles per hour.***

*As schoolchildren, we learn that the earth is moving about our sun in a very nearly circular orbit. It covers this route at a speed of nearly 30 kilometers per second, or 67,000 miles per hour. In addition, our solar system--**Earth and all--whirls around the center of our galaxy at some 220 kilometers per second, or 490,000 miles per hour.***

2. Busy but unhurried

*Everyone is busy these days. There is always something to do. If you don't control your time, someone else will be glad to. It may not be our busyness that creates the issues so much as our "**hurried**" minds.*

I believe that it is possible to be busy without being hurried.

What does an unhurried mind look like?

- **Understand personal capacity & limits**
- **Priorities established even if they are not written down.**
- **Able to say “no”.**
- **Not a people pleaser.** If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away. (Thoreau)
- **Understand the importance of self-care.**

Luke 5:15-16 NIV

15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.

Isaiah 40:31 NIV

31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

3. Fully Present and Attentive

I have found myself distracted to say the least, most of the times by things that are not all that important.

Matthew 6:34 MSG

34 “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Why do we get distracted?

- **In a hurry?**

The greater the “hurry” in us the more we miss along the way. A person might say that the smaller the world has become, the more we have missed. We can traverse the world short periods of time and never see the world in which we live.

I've often noticed that when I'm rushing, I'm not really present. I'm just focused on getting things done. I'm racing against the clock. It's a feeling of pushing against time, the present moment itself. It's exhausting and draining. While there's nothing wrong with rushing, we're not really home when we rush. We cannot be present and rush at the same time.

When we're rushing, we are living in a state of resistance. It produces a state of consciousness that often comes about when we're feeling anxious. It's a lack of willingness to be in the present moment. Have you ever noticed how rushing implies a feeling of lack? A lack of time, a lack of permission, a lack of space in the present moment.... even a lack of space within ourselves.

Why do we rush?

1. **It's habitual:** Rushing is our MO. We get a “rush” from rushing. It's unconscious and can be addictive. To see why it's habitual, read on.
2. **To avoid:** We don't want to feel our real feelings, or deal with our stuff. Constant movement is a distraction to deeper, underlying feelings that cause us dis-ease and discomfort.
3. **Self-importance:** We fear other people's judgments and perceptions of us. When we constantly exude a sense of urgency, we feel valuable in the eyes of others.
4. **We're busy:** Some things we have to do, especially if we're juggling multiple responsibilities. However, we unnecessarily fill up our time because we want to feel needed and productive. We value doing over being.
5. **We feel unworthy:** We tie our inherent self-worth to achievement, doing and productivity. We feel guilty when we slow down. We feel unworthy if we're not doing something.

6. Competition & control: We feel that if we slow down, we'll get run down and everyone will move ahead of us. We want to be first. We feel like we have to do everything, or life will fall apart.

7. We're lazy: It's easier to rush through life and be on automatic, than to slow down and make a conscious effort to be present. Being present takes energy and intention. Rushing allows us to live on the surface rather than go deep.

8. We feel pressure: We feel a constant pressure to perform. This can come from the voice of our parents or society, where we feel we need "to do" in order to "be loved." We feel the need to hurry up and cram everything in, in order to feel worthy of love. This can come from people pleasing and the need to prove ourselves.

9. False perception: The idea that the grass is greener somewhere else. The future is better than now. We feel like we're missing opportunities by slowing down.

It helps to know why we're rushing. A good question to ask is "What's the rush?" or "Why do I need to rush right now?"

Knowing what is causing us to push alleviates the pressure that comes from rushing. If you don't know, you can simply stop. Stop and take a breath. Invite some space in. Acknowledge to yourself, "I know I'm rushing right now," and invite yourself back to the present moment. It's a good time to practice self-compassion, and compassion for others who are cutting you off on the freeway!

To be present is to fully inhabit the moment, to slow down and pay attention to everything around us. Letting go of the inner rush allows us to experience higher states, like joy, connection and love. It takes courage to live inside the moment. It happens when we slow down and find inner stillness.

(by Sura, Huffington Post)

- ***Looking for the next best thing?***

Some people have an ***event orientation***. We live from event to event. We live in between things that we are looking toward. I think there are Christians missing this life, looking for the next one. That is wonderful beyond estimation but there is something wonderful that you are missing right now.

- ***Restless?***

"You have made us for yourself, and our hearts are restless, until they can find rest in you." - Augustine

- ***Can't wait?***

Time and focused attention are the greatest gifts that we can give to others.

Sometimes we wait because there is no choice

Sometimes we choose to wait

Framing the day is so critical for me personally. The way I start the day is the way that I experience the day. It is true that. I have become a morning person over the years. There is no particular virtue own this but I have discovered that if I have to choose one over the other, I'll choose to be a morning person.

The Ocean Breeze

The ocean breeze
The sky so blue
A hundred things I have to do
But this one thing
Not on my list
Far surpasses all the rest

Too busy to fill my lungs with air
Too busy to take the time to care
Places to go and people to see
How would the world survive without me?

I chuckle as I write these words
On paper they seem insane, absurd
I am not God nor want to be
Not even I can depend on me.

Stop, breathe, listen, stare
Is what I should have written there
Atop the list that robs my soul
And makes my heart an empty hole

Forgive me Lord. Help me see.
My heart's delight is found in Thee
For You are love from A to Z
And pleased when I can simply be.

-- Karl Ingersoll