

## Mindfulness with Lucy

Week of 22 Jan 2023: Hypnotized by the illusion of time

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Image by [Andrik Langfield](#)

*Give me six hours to chop a tree and I'll spend  
the first four sharpening the axe*  
ABRAHAM LINCOLN

### Dearest friends

I recently placed a large white clock above my desk. I look at it frequently because it helps bring me back to the present! That might seem rather odd to you, but you see, the clock tells me the

time *right now*! Not ten minutes or an hour ago and not any time in the future. Right now!

It is right now that I can make a choice about how I want to use my time. It is right now that I am aware of what I am feeling. It is right now that I can acknowledge the feeling, its associated thoughts and sensations, and choose to do so without judgment, attachment (if it's a pleasant feeling) or aversion (if it's an unpleasant feeling). In other words, mindfully. In other words, Lovingly.

It is right now that I give myself permission to experience the fullness of that feeling rather than dismiss it as an inconvenient experience that gets in the way of the many more important things I have to do - '*...an infinitesimal hairline between an all-powerfully causative past and an absorbingly important future*' as Alan Watts puts it! (See below).

It is right now that, in the fullness of its expression, the feeling peaks, plateaus and eventually dissipates under my watchful, non-judging presence. And it is in that dissipation right now that it leaves a space for a new feeling to arise, one that I invite by merely keeping the space open!

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Being here, right now, is my way of keeping my internal space open. And it is how I sharpen my axe, the axe of my interior environment. When I sharpen an axe (or a knife, which you and I are more likely to use), I am clearing away from its edge, the excess metal over the edge that reduces the knife's sharpness. In a similar way, being here, now, is how I clear away all the habitual story-telling and its built-in tensions that happen so automatically in my mind.

That clearing away happens by merely resting my attention in a non-judging, non-attaching and non-resisting way, on whatever part of the story arises in my field of observation - the thoughts and ideas in it, the feelings and emotions around it or the sensations in my body associated with it.

Often, we do our axe/knife sharpening by planning and preparing our external environment and materials for a job, an activity, a meeting, a project...all of which are important. But we can overlook the far more important axe/knife sharpening that clears and prepares our internal environment so that it is open and receptive (rather than reactive/combatative) to whatever we may encounter such as... a driver pulling out unexpectedly, the harsh, judgmental words someone might be lashing out, someone telling their story, the beautiful scenery that we might drive past without noticing...

Our capacity to be open and receptive to all of this and so much more is provided by that infinite and unconditional container of our presence, our being here, now. Such presence is Love. Surely, we want to do anything and everything from and in such a presence?

I am reminded of Mother Theresa's words on service:

*Service is Love in action*

If we are not doing all the things we do in the course of a day, a week, a year, a lifetime, out of Love, in Love, what are we doing it from? In?

I hope that this is a sobering thought for you, one that is a frequent checkpoint, and re-set, bringing you back, again and again, to the here, now.

Alan Watts, an Eastern-influenced spiritual teacher and 'philosophical entertainer' who spent about 5 years as an Episcopal priest says,

*We are living in a culture entirely hypnotized by the illusion of time, in which the so-called present moment is felt as nothing but an infinitesimal hairline between an all-powerfully causative past and an absorbingly important future.*

*We have no present. Our consciousness is almost completely preoccupied with memory and expectation. We do not realize that there never was, is, nor will be any other experience than present experience. We are therefore out of touch with reality. We confuse the world as talked about, described, and*

*measured with the world which actually is. We are sick with a fascination for the useful tools of names and numbers, of symbols, signs, conceptions and ideas.*

To ‘...confuse the world as talked about, described, and measured with the world which actually is...’ is perhaps our greatest preoccupation and entertainment and our greatest delusion. It’s not something we are ready to admit to though, fascinated with, and enamoured of, the ‘...*useful tools of names and numbers, of symbols, signs, conceptions and ideas*’, as we are.

So, what is the world that actually is?

The ‘*kingdom of heaven*’, of course, the one that we enter every time we become present! The one that the Christian mystics and mystics of other traditions frequently inhabited and sometimes dared to speak of and sought to live from...

(Fr) Jacques Philippe, is an author of many books, including *Interior Freedom*, in which he describes his wonderment at the mystic, St Theresa of Lisieux. Having read and contemplated her writings, he had formed an impression that her physical dwelling place would surely reflect at least some of the splendour, grace, richness, vastness and abundance that she wrote so ecstatically about. How shocked was he to find, upon visiting her convent in Marseilles, that it was a tiny, dark, almost inhospitable place, rarely visited by warm, bright weather!

Where did she find her ecstasy? Where did she find the motherly warmth that she showed her sisters in community? What was the source of her grace, her faith and hope? Certainly not the things and situations in her external world, the ‘...*useful tools of names and numbers, of symbols, signs, conceptions and ideas*’ that Alan Watts talks about.

I’m sure you’ll agree with me that all of it arose from the ‘kingdom of heaven’ within, that infinite container of Love that we fall in when we are present.

My dear friends, the ‘present’ is not a time thing. It is a state thing, a (human) being thing. But it is a state/being that we can only experience when we are in the eternal, timeless, NOW.

So, not so tricky question : *What would you say is the best gift you can give yourself and the world? When can you give it?*

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Tuesdays 6pm and Thursdays 11am Brisbane AEST time

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### ***Contemplate***

*You are not meant to serve time. Time is meant to serve you.  
Become the master of your now.*

E'YEN A GARDNER

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### ***Pause. Take a deep breath...***

What can you appreciate right now that is either of direct and personal benefit to you or that is of no apparent personal benefit to you? In truth, everything benefits us as we are all in a web of interconnectedness!

Right now...*I am appreciating where I am in the journey of this email...*

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### ***Prayer for the World***

'Clock time is Ego time. Now time-less-ness is God's time-less-ness. And while it is always now, my bodymind is not always now, by-passing it as I swing back and forth from past to future. May I be willing to be now more and more for it is filled with every goodness. It is the kingdom of heaven! May such goodness be the only thing I give the world by allowing myself to be now more and more.

**You are loved. You matter.  
Life recreates you moment by moment!**



**If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).**

### ***More reading***

[The Miracle Game](#)

['I' is the biggest illusion that I have become used to](#)  
[Are you ready to yield to Love?](#)

This weekly message was produced by Lucy at  
[getenlightenedtoday.com](http://getenlightenedtoday.com)