



Concept of Time is An Illusion

Where is time?

The SPH Nithyānanda Paramashivam





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Where is Time?? Walk Out Of Time Warp



It's a taught fact.

If all of us sit together and pass certain resolution '*let there not be any tsunami anymore on the planet earth*' you think it is going to be existential reality?

At the most it can become a country law that's all. Or at the most it can become a law in all the places where the human beings are living; but not more than that.

Time is the root cause of all sufferings.



How is Time the Cause of Suffering?



Time can be perceived in two ways – chronological time and psychological time.

All are aware of chronological time; it is what you see on your clock, and is measured in seconds, minutes, days, etc.

We have a psychological concept of time, which is measured by kshana, or the gap between one thought and another.



How is Time the Cause of Suffering? *Exercise - 5minutes*



All our stress is the result of internalizing chronological time, which is required in the outer world, and using it in our inner world, where it doesn't apply. **If you understand this one idea, you can liberate yourself from stress without any technique.**



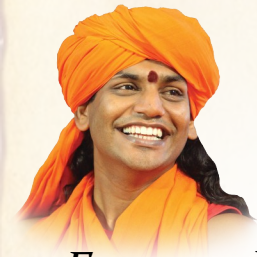
How is Time the Cause of Suffering? *Example*



From the Autobiography of The SPH Nithyānanda Paramashivam

I know an enlightened swami who lived in India. He had 25 clocks, each set to a different time. When I visited him the first time I thought he has devotees all over the world and each clock was set to a different country! When I asked him why he has so many clocks, he said: "If I want the time to be 12:30, I choose the clock showing 12:30 to be the current time, if I want it to be 4:30, I pick the one that shows that time. If I want a special time that none of these 25 clocks show, I set the time in another clock and use it!" .





How is Time the Cause of Suffering? *Example*



From the Autobiography of The SPH Nithyānanda Paramashivam

He was not just a Swami, he ran an institution like a CEO. I asked him how he managed it. He said when he goes out of his room, he has a watch that shows the chronological time, and he would follow all routines as required, administering, returning phone calls, etc. But the moment he enters his room, he removes the watch and lives with the many clocks. The idea of time has disappeared. If you can live at least for a few days, in your house, not in your office, without the awareness of time, you will open yourself to a new dimension of your being.





Time Bends Vertical Time Zones *Look!*



How many of you just seeing your past experience? If you are here in the planet Earth, last 50 years, 45 years, 60 years, whatever your age, you can see through.

Everything society is telling, society teaches ome idea about joy, security, protection, life insurance, home insurance, all these are absolute lies -

Look into your life!





Being Liberated From Time *Meditate*



Being external to all the happenings of your internal. Being external to all the happenings of your internal means whatever you consider as the internal happening; the concept of time, stress created by time, strings of your body and mind weaknesses of your body and mind, the ideas you carry about your consciousness including the experience you have about consciousness. All internal when it is experienced as external, you are beyond time. **Meditate on this one sacred secret. Live it. Live, live this sutra, live this one sacred secret.**