

Well hello. Welcome to episode 34 of the Calm Living Blueprint podcast. My name is Candice Esposito, the founder of the Calm Living Blueprint and I am your host.

What is the one illusion that most of us believe, that if we were to question it, to let go of it, would solve all of our so-called problems?

Big set-up, I know.

Before I answer that, a quick reminder that the show notes for every episode are available on the Calm Living Blueprint website. The show notes include the mp3 recording, the transcript of the podcast, any resources mentioned, as well as the homeplay that I recommend in each episode. The show notes for today's episode can be found at [CalmLivingBlueprint.com/35](http://CalmLivingBlueprint.com/35). That's the number 35 as in episode number 35.

So, what is the only problem you really have?

Believing the illusion of time.

Time is an illusion.

Consider this: have you ever done, thought, or felt anything outside of the now? Now, as in the present. Whenever you did what you did at that moment you did it in, it was the present moment, right? Do you think you'll ever do something outside the now?

Is it possible for anything to happen or be outside of the now?

Albert Einstein is often attributed to saying, "Time is an illusion." The philosopher Alan Watts is quoted as saying, "I have realized that the past and the future are illusions, that they exist in the present, which is what there is and all there is."

Nothing ever happened in the past. Nothing will ever happen in the future. It all happens in the now, in the present.

When you think of the past you reactivate a trace memory, but you do so in the now. When you imagine the future it's merely a projection of the present moment. When you think about the future you do it in the now.

Just like the moon has no light of its own and can only reflect the light of the sun, the past and future are merely reflections of the eternal present.

How does this relate to the topics of this podcast and your perceived problems?

Well, because all suffering stems from resistance to what is in this moment, an unwillingness to accept the present moment and allow it to be as it is.

Anxiety is created through a preoccupation with the future, worrying about a non-existent future scenario or seeking fulfillment in some future state or possession. Depression is a preoccupation with the past, holding on to the past as your identity or dwelling on some experience or circumstance that no longer exists, is no longer happening.

Both states – anxiety and depression – result from not enough presence.

Right now you may believe that your suffering or problems are due to specific situations in your life, but your so-called problems are interchangeable. If all of your problems were miraculously removed from your life today, but you did not become more present, you would soon find yourself in a similar set of circumstances, with a new set of problems, but problems nonetheless.

Ultimately, there is only one problem: buying into the illusion of time, believing the past and future as reality.

So, why do we buy into this illusion? Why does our society seem to perpetuate this illusion?

Well, because what happens changes continuously so it seems that time is an endless succession of moments, one after another. But, if you look more closely you'll discover that there are not many moments at all – there is only ever this moment.

Life is always now. Your entire life unfolds in the now. Past and future only exist in your thoughts, in your mind and from past episodes we know what that means. You are not your thoughts.

Everything seems subject to time – we all age, after all, right? However, it all happens in the now. You only ever experience the present moment. That’s the wonderful paradox of life. We might as well embrace it and use this fact to our advantage.

So, now that you know the truth – that time is an illusion, that that’s the only problem you really have, what can you do about it?

Eliminate time.

When you eliminate time, you eliminate ego. Because ego can only exist in the past or future. Ego cannot exist in the present moment.

Now, I know, I can hear you saying, but Candice, don’t we need time? We have to plan, set goals, schedule meetings, make appointments, and on and on. Sure, of course you do. But let’s make a distinction between that and what we’re really talking about here...

Let’s call that time you’re asking about “clock time.” That’s the time you use for practical purposes like planning a trip or scheduling an appointment. Sure, it would be impossible to function in our society without that. I’m not saying to do away with clock time.

What I’m talking about is getting rid of psychological time – the past and the future that exists only in your mind, the ego’s unwillingness to live in the here and now. That’s what I’m encouraging you to let go of.

How do we do this?

Say yes to whatever is happening in the present moment. Let go of any resistance to being in the here and now, to experiencing this moment just as it is. It already is, so why fight it?

It really is as simple as that.

Narrow your life down to this moment. Ask yourself, do I have a problem in this very moment? Do I truly have a problem in this moment? Not tomorrow, not ten minutes from now, but do I have a problem right now?

In previous podcast episodes we went over how to make contact with the present moment.

Use your senses fully. Be where you are. Look around. Don't interpret, don't analyze or judge. Just be. See the light, colors, shapes. Look at the space between the shapes. Feel the textures. Listen to the sounds around you. Listen to the silence between the sounds. Observe your breathing. Allow everything to just be.

When you are fully present, you are free from your mind, free from ego, free from problems.

Because there really are no problems – only situations to be dealt with now or left alone and accepted until they change or until they can be dealt with. Can I take some action in this moment to address this situation? If yes, take action. If no, accept what is as it is.

Our minds create problems and those problems we create in our minds need time to survive. Eliminate time – psychological time - and you eliminate the concept of problems from your mind.

Focus on this present moment. What problem do you have in this moment as you're listening to this podcast?

It's impossible to have a problem when you're fully present in this moment. Situations need to be dealt with or accepted, sure, but why make them into problems? Life is challenging enough, right? Why do we need to go around creating problems for ourselves?

Our minds, our egos love problems because they give us an identity. Once we recognize this in ourselves we see how crazy this is though. Why dwell on something that is no longer happening, making it part of your sense of self? Or why carry around the burden of a hundred things you may or may not have to do in some future time? Why not, instead, focus on the one thing you can do in this very moment? That seems more sane, doesn't it?

Because when we create problems, we create pain.

So I encourage you, right now, in this moment to make a choice for yourself: No matter what happens, I will create no more pain for myself. I will create no more problems.

Say it aloud. Say it until you mean it. Say it until you feel it as truth deep down in your soul.

It's a simple choice, but a radical one. Not many people are aware of this or have the courage to make this choice. You're aware now though. And I know you have the courage within you to make the choice.

It may not happen all at once, and you probably won't be present all the time. And that's okay. What's important is that you are aware, and that you make the choice for yourself in the first place. That's good enough. The rest will come from that.

The more you make contact with the present moment, the more you live in the here and now, the only time you truly have, the less pain you'll experience, the less pain you'll create for others around you, too.

Sounds like a good deal to me.

What do you say? Are you willing to give it a try? Are you willing to see how that works for you?

I'm interested in hearing how things go for you, how you make out living in the moment. Connect with me and the rest of our Calm Living Community on our Facebook page. We'll always leave the light on for you.

'Til next time,

I'm Candice Esposito.

Keep calm and carry on.