

Life's Rascals Relationships

Chapter Eleven

Tick Tock. The Clock Rules. The Time of Your Life

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"The only purpose for time is so that everything doesn't happen at once.

Time is an Illusion.

Dr. Albert Einstein

*'Hickory, dickory, dock.
The mouse ran up the clock.
The clock struck one.
The mouse ran down.
Hickory, dickory, dock.'*

unknown poet

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Hickory Dickory Dock

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This poem likely originated in the United States in 1774. It has never been used other than for what it was designed; a way to teach young children about the concept of time. If your offspring are having children of their own, you can recommend this poem as it has no known psychological reasoning or other agenda behind it; it is what it is. What seems attractive to young children, perhaps your grandchildren, is the repetition of sound in the first and fifth lines. It is not so attractive to adults who prefer a more complex repetition of sound such as is found in the adult's favorite: "A peck of pickled peppers. .

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Time's Basics

Motion is the passing of Time in a Space-Time Continuum. This means that both the concept of "Space" and the concept of "Time" are used to identify, and structure all human's lives. They are the predominant concepts used as polar positions in human logic—we suggest the same and add that all matters be looked at as a part of something between the two—known as rainbow logic.

The concept of a single worldwide universal time-scale was conceived many centuries ago yet in practically the ability to create and maintain such a time-scale did not become possible until the mid-19th century. The timescale adopted was Greenwich Mean Time, created in 1847. [https://en.wikipedia.org › wiki › Time](https://en.wikipedia.org/wiki/Time)

There are two main sets of beliefs about time with those who do such thinking. The A-theory of time is typically associated with the idea that the present is metaphysically privileged or singled out in some way from past and future times. Furthermore, there is genuine flow of time as past events recede further and further into the past and future events move closer and closer to the present. The A-theorist holds that the properties of being past, being present and being future are fundamental to the nature of time. <https://philpapers.org/browse/a-theories-of-time>

B time theorists believe that the flow of time is an illusion, that the past, present, & future are equally real, and that time is tenseless. [https://en.m.wikipedia.org › wiki › B-theory of_time](https://en.m.wikipedia.org/wiki/B-theory_of_time)

Metaphysics is a major branch of philosophy. It concerns existence and the nature of things that exist. The metaphysical idea is that reality exists independently of one's mind and yet can be known (realism); the opposite is that no mind-independent reality exists (idealism).

Time flows at a different speed in different places; the past and the future differ far less than we might think. The very notion of the present evaporates in the vast universe.

Past-Present-Future is an Illusion. They all exist. The Past is not gone, and the future is here now. Everything that has happened or will happen is here now. Imagine that a video has been made of your life and your approach is to watch it or live it out. This does not mean that all is pre-determined, just predictable. This corresponds with the brain's practice of using prediction loops, discussed in depth in previous chapters.

Reality is often different than it seems . . . The sun seems to revolve in the sky when it is we who are spinning. Why do we remember the past and not the future? ¹ Do we exist in time or does time exist in us? What does it really mean to say that time passes'? (Rovelli, 2018, p 2).

We conventional think of time as something simple and fundamental that flows uniformly, independently from everything else, from the past to the future, measured by clocks and watches. And yet all of this has turned out false (Rovelli, 2018, p 3).

Time passes faster in the mountain than it does at sea level—the lower in altitude, the slower time goes. Lower down, all processes are slower (Rovelli, 2018. p. 9.)

Time is relative—it does not pass uniformly--a mass slows time down around it. (Rovelli, 2018, p. 13). In Einstein's general theory of relativity his equations do not have a single 'time'; they have innumerable ones (Rovelli, 2018p. 16).

¹ A psychology paradigm states that there is a past, present or Now and a future. Now is offered as the most important. A psychics paradigm states that all time exists for a person the moment they are born and that they spend their life time moving through it—like eating a loaf of bread.

Past and future are different from each other. Cause precedes effect. Pain comes after a wound, not before it.²

The neurosciences tell us that there is little free will or thinking and that most decisions come from our prediction loops- the information summarized into recommendations or brain opinions and passed on to us every time we find ourselves deciding (Barrett, 2017).

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Paradigms Rule

As is true in all aspects, pre-existing conditions, the values or the paradigms-a collection of values-rules everything i.e. the first move in a chess game influences all the movers that follows. In terms of “time” we know more about “time” from the paradigm or model of psychology that we do the paradigm or model of physics. That influences our awareness and knowledge.

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Some Resources for Deep Thinkers.

Sussman, Janet (2005). **The Reality of Time.** Fairfield, Iowa. Time Portal Publications.

Rovelli, Carlo. (2018). **The Order of Time.** Great Britain: Penguin Books

Video: https://youtu.be/BEuNa1Vp_b0

Video: <https://youtu.be/vrqmMoI0wks>

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The Human Time Cycle

Our key characters have many thoughts about time so let’s see what they have to say, starting with Dr. D.

² This depends upon the beliefs of the paradigm. Is pain an outside force/occurrence or an internal reaction? Ask those who teach prepared childbirth and they will tell you that all feelings are earned and thus not really real.

Dr. D: smiles as he knows that his behavior sends the real message. “I know that I was late getting here today, and I found myself greeted accordingly. The first person I met said: ‘Oh Hi, Dr. D., I am glad that you finally got here . . . Now I can take that several ways, just like our title: ‘The Clock Rules’ is a double entry. The greeting I received might be a simply an acknowledgement that I had arrived, or it could have been a ‘soft’ complaint that I was late.”

“This is a great lead into the book and clock rules/time. This book is about relationships among humans viewed from the perspective of the ‘clock rules/time’¹ issues we experienced in the family of origin in which we grow up for around eighteen years of clock time. During clock years zero to eighteen, we are primarily living with parents and siblings. When we become a member of our extended family, for eighteen to seventy + clock years, we have much more clock time. The older one gets, the faster clock time seems to go (psychologically). For most people ‘growing up’ is either a process of achieving certain milestones such as getting married or getting our first job or it is a result of age, most importantly ages eighteen, twenty-one, then twenty-nine forty and finally sixty-five. Time is very important to us.”

Nana come to the front of the room and states: “it is my time . . . I am going to get us started so we use our time wisely by talking about raising your kids and/or your grandchildren. You likely have scheduled them to be very busy as youngsters and then as teenagers. We fill our children’s/grandchildren’s days with events such as soccer, dance, art classes, church groups, and so on. We teach them to be busy almost every waking moment. When you were sending them off to learn all these ways of doing neat things such as sports and dance which were fun, you were adding to their time burden, then and now. What would keep them from not raising their offspring the same way when their kids come along? If they are not going to have children, then

they themselves will be very busy with other people. If as a result, you then are being left out of their lives, then that is a result of conditioning, not that either you or your offspring, has made a mistake. It is simply a matter of passing along the pattern."

Everyone in our Extended families realize that there are heavy factors to have to face. No wonder adults of all ages often feel overwhelmed.

Stephanie: "We know that with all there is to do in your life, you are going to feel "I'm Too Busy" anything more. We will help with that whole issue which started several generations ago that we all have inadvertently agreed to and yet we want out. Let's engage Dr. D. again in some banter to get us going again.

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Almost a Con

Stephanie "Good morning colleague-of-mine; I missed you. You didn't show up for our supervisory session yesterday."

Dr. D: "I was busy."

Stephanie: "Actually that was the second session in a row you missed. That really isn't like you."

Dr. D: "I was busy then too."

Stephanie: "I thought you might have called to let me know that you couldn't make it."

Dr. D: "I thought about it but when I went to call, something else came up. . . Oh, I know, I got a phone call I had to take."

Stephanie uses her summarizing skills: "So a lot of things have gotten in your way and you didn't feel that you could communicate with me about what you were facing?"

Dr. D: "I told you, I have been busy, with work you know and taking care of the grandkids and mowing the lawn....it just piles up every day. I just can't get anything done."

Stephanie "I think you are just 'playing' with me. This isn't like you."

Dr. D: "You got me, Stephanie. It was hard to say with conviction what I don't entirely believe. However, this is a two-sided coin. Many person's live in a jammed packed world with never a free moment. There is also great misuse of the statement 'I can't because I am too busy.' It is often used as a moral justification of not doing something. Let's look at both sides of that coin."

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No "Shoulds" or "Shoulding"

Stephanie: This ought to be interesting because I sometimes feel overwhelmed with life and it seems like I never get anywhere with what I feel or value as to what I have to do. It is a very bad feeling. Are you going to tell me that I shouldn't feel like that?"

Dr. D: "Stephanie, that won't work. First, that would be 'shoulding' on you. I never do that. Your feelings are real and typical. Their feelings are real; what may not be real is what they think is causing those feelings. The events in their lives are a contributing factor, not a causing factor."

"I'm off to my next appointment and I know you have something to do, so let's surprise our readers with what we have figured out. It will include features of the way we lead our lives, what that does to us, offer some alternatives, and some adjustments to make. It won't be to cut back on activities or anything similar to that, but it will be related to changing a couple of things and adding or revisiting some previously known perspectives."

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The Clock Rules (Psychological Paradigm).

Most Westerners live under the rules of a twenty-four-hour clock. There are a few groupings or cults where their clock is more than twenty-four hours.

In a twenty-four hours system there are four main rules and they are absolute. All of us have tried to change each one of the rules but been unsuccessful, as we know we would be. They are:

Time Rule #One: *All people have twenty-fours in each day. Total. Period.* This is a great equalizer as it applies to all persons, no matter our gender, race, religion, financial status, or education level. We know this and yet have attempted to do something about it, whether the day is great or horrible. “Oh, what a wonderful time I had today; I wish it would never end!” “Oh, how boring today is; Please hurry up and end so I can go on holiday.” This rule is ignored by people who try and do too much or who complain about all that other’s do.

Time Rule #Two: Twenty-four hours will go by no matter what you will do or will not do. A lot of people do not comprehend this. They have goals they want to accomplish and yet they spend their time ‘wishing’ or ‘list making’ rather than achieving what they want.³ The definition of a “procrastinator” is someone who is always late or who never finishes things. Achieving is very important to humans yet people don’t use time well enough to achieve what they want.

Time Rule #Three: The Past is gone and will not come back. The Future is yet to come but it will. Now is here, focus on it! So many parents, when they are with their grown kids, are in their physical presence but their mind is away back at work. They are thinking: “If I had only gotten that inventory report done . . .” or “If I had only gotten those reports typed, I would be in better shape for Monday.” With this, the person moves back and forth between the past and the future but is not in the middle time, the present

³ One wishes or list makes by saying ‘I wish’, I want’ if only . . .

time or “Now”. They miss out on what is going on right at the moment. Some don’t even care. They would rather re-feel the past or plan for the future than experience what they have or those with they are spending time.

Professionals who work with older family members that are experiencing severe memory loss really understand rule # Three. They work to bend it to help their patients with lots of present memory loss increase their ability to remember by helping them remember past items, even long, long ago times and to experience them as if they were back then. The last step then is to work to get them to transfer their remembrance to the present time i.e. a ninety-year-old man is helped to describe the car he owned in 1925 and then to do the same thing with his most recent car. getting them to dig deep in their past and to re-experience in some active way, what was so that they can be more aware or “with it” in life.

Being in the past can be a positive event, and at the same time, a real detriment. For example, your adult children and your grandchildren will love it when you tell them stories, especially if you have your style and do it with humor. For a role model, listen to one of Garrison Keller’s ‘A Radio Home Companion’ radio shows, on Saturday evening around suppertime. People love good story tellers and now is your time to become just that for your extended family.

The negative side of this is telling too many stories at one time. Your audience may soon get bored, resent you and tune out long before they will say anything. Telling stories from the past interferes with being in the “Now”, attending to what is going on right at that moment. Being in the ‘Now’ is where you want to spend your time with your adult child and your grandchildren.

Time Rule #4: “Everyone, in every moment of time, has to be somewhere.”

Somewhere may be either a real place such as in church or an imaginary or virtual place such as at Walt Disney World. Rather than be in a real “somewhere”, people are often lost in a memory, giving a “high five”, observing who is in the same room with them, inside their head listening to their voices from their past order them to follow some rule, or fantasizing about the future. How many times have you been caught “daydreaming” or

been in a group where it was so obvious that someone else was doing just that? Doing that in the company of others hurts relationships as your companion(s) feels left out.

These rules get passed on from generation to generation through the way we structure our time when with our offspring. We pass it on when we raise our son/daughter to be the way that s(he) thinks about time usage. With all that teaching, it would be very difficult for our adult children to change their patterns. If you want to influence their finding new ways of dealing with their time, instead of directly talking about this subject, take the approach that it is now time for them to add something to their life. Follow the truism “When the student is ready, the teacher will appear.” Be that teacher. Set your goal to be to help an adult offspring to be more aware, more spiritual, more contemplative, model or demonstrate a “learning recipe” that you yourself are following.

Mentoring is a process of teaching by example followed by discussion of what they, the learner, just experienced. We all are students in life. Learning, along with growth and development are life-long processes. When mentoring, pick something basic and tangible such as working on the car of your son or daughter in a way that they haven’t done before. Take the lead but don’t do it all’; your offspring need to do the majority of the work Avoid the role of a supervisor. Be a leader, teacher, and discussion leader. “How you go about this is as important as what you do.

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Time is Relative to the Situation

Albert Einstein proved in the early twentieth century that time was relative, not absolute. What did he mean by “relative?” Relative means everything being considered is evaluated by the other variables, not on its own basis. that? He proved by scientific experiments that all motion is relative to the amount of time being measured. Time could differ for different people depending on the conditions around the measurement. The measurement was able to be more exact because

atomic clocks were used. The laws of physics no longer followed dualistic thinking i.e. A or B thinking but now used continuous thinking, A to B thinking. That meant that single laws about space and/or time now had to be viewed from the multi-dimensional perspective curved space-time. Time was influenced by the speed of what was being studied. He thus found that the actual time changed according to different speeds of contraction of that matter. Immanuel Kant holds that space and time “do not exist in and of themselves, but . . . are the product of the way we represent things, because we can know objects only as they appear to us.”

(<http://en.wikipedia.org/wiki/Time>) What does that have to do with being busy? The bottom line is that things time-wise are not necessarily as we believe them to be.

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Parkinson’s Law

Parkinson’s Law has been around since 1955 yet many are not aware of it. It states: “work expands so as to fill the time available for its completion.” There are many off-shoots from it including the one that says, “Work will always expand to fill the time available for it.” To read more about this, go to http://en.wikipedia.org/wiki/Parkinson's_law.

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Assertive Responses to Time Pressures

It is highly predictable that busy people will stay busy no matter what. That is what they want and that is fine. What the brightest and busiest people do is to always be open to alternatives to doing what they do. They are: “Still spinning their top but spinning it differently.” They still stay very busy as that is what they and you want. Adding alternatives about “how to do things” makes you more likely to be more successful.

Using “I’m too busy” as a reason to not do something moves you away from satisfying relationships and the joy of achievement. Instead, offer this. ‘I’m very busy right now with _____. I hear you want _____. I will or will not consider that later on. Let’s talk more about this on _____.’ That is one assertive response that protects what you are presently doing while leaving the opportunity to engage in something else that may benefit you and others open and active. If you don’t want to respond to the request, it gives you that opportunity as well.

There is a well-known saying that goes like this: “If you want something done, ask a busy person to do it!” What makes them able to accomplish something when others would not do as well?

Professionals who work as time management experts help people take different approaches to their twenty-four hours so that less effort is expended, better results are obtained, and they end up feeling more positive about their work. They also help companies who are having trouble “making it” when other’s in the same situation do not struggle as they are using time management principles and strategies at high levels.

A consumption driven civilization brings to all people stress and pressure. A change in the way you process this pressure allows people to learn new approaches not utilized before, adding new overall knowledge. This then helps you adjust attitudes, and results in people behaving differently. With that behavior change, their feelings are apt to change as well.

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Three ‘Too Busy’ Examples.

Determine which of the following situations have real pressures to their agendas in comparison with ones with hidden agendas, called mythical situations. Here are three examples. Each reader can decide for themselves if they seem real or mythical.

(1) Sudan is the semi-retired bread winner in the family; he and his wife barely make it through the month on his pension, his paycheck from his weekend job at Wawa and her pension. One Friday, his wife was in a car accident on the way home and suffered enough kidney damage to put her in the hospital for five days. Her doctors provided excellent care and she was able to come home on Tuesday. Only then does Sudan call his sons to tell them what has happened to their mother. They are furious with their Dad when they get the news and demand to know why he didn't call. His answer, "I was too busy" does not go over well with them. Real or mythical?

(2) Johan and Lowell are good friends and have been for some time. Over the years, they do a lot of things together. Each initiate time together with the other but lately Johan has been doing more leading in the relationship. He will suggest something for the two to do but Lowell is frequently lukewarm to the idea and typically drags his feet at doing his part or shows up late when they are due to go somewhere. He always apologizes, saying "I'm sorry, I am just so busy" and tells Johan about his busy day. An example is when the two of them plan to go get a pick-up truck full of mulch after work with Johan's pickup truck and Lowell shows up an hour and a half late. "I'm sorry; I just got busy with other things," he says as usual. One-week Lowell suggests that the two of them take a canoe trip down a small nearby stream, something they use to do often. He says he will bring the canoe. He shows up on time for this planned trip. Johan is surprised, happy to see his friend, but then finds himself commenting on how it is so unlike Lowell to be on time. Upon hearing that, Lowell drives off mad, leaving Johan home alone. Real or mythical?

(3) Susan is a 24-year-old single woman who works as a buyer for a national department store. She is often 15-30 minutes late to work because she has to walk her dog, stop by and see her 75-year-old mother, or her old car won't start. She always apologizes, saying, "I get up early but I have too many things to do in the morning to always come in at the same time." She is a good employee overall, but her team members never know whether she will make their three times a week 8:30 AM planning meeting. It does make for bad feelings often. Real or mythical?"

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The Answers Are . . .

All three are mythical. They are what they are, but they don't have to be what they are. In the first example, there clearly is something else going on with Sudan. He had five twenty-four-hour days to call his sons. What are factors in his relationship with his sons? Is he so lost by having his wife in the hospital that he doesn't make any decisions? These are questions I would seek answers to before I would seek any change. One good thing comes out of the son's anger; Sudan now knows they care about him and his wife.

With Johan and Lowell, there is male competitiveness along with a passive-aggressive response by Lowell. The sharing of leadership has gotten out of balance between the two. Lowell has been sending the message 'I don't feel good when you lead more often than I do,' via his passive-aggressive behavior of always showing up late. He regroups by organizing the canoe trip. Johan took a 'payback' approach by commenting on his being on time; he needs to instead thank Johan for the great idea of their going on a canoe trip again and he could say, 'I like it when you come up with ideas for us to do.' What is good is that they both still care about each other and want the relationship to continue. They just have had a 'bump-in-the-road.'

In the last example, in Susan's situation there are multiple persons needing her help or her presence at the same time. They are (1) her mother, (2) her dog, and (3) the employees that she manages. Although this hasn't reached the crisis state yet, it will if she doesn't do something different. It also is a multi-repeated situation which, if she is paying attention, is a heads-up warning for her and an opportunity to be pro-active. I wouldn't make any specific suggestions to Susan. I would just encourage her to be pro-active.

In all cases, the main players are claiming their behavior is appropriate by self-justification, an unacceptable approach.

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Approaches to Time and Life Management

Dr. D. is back from his errands. What are some approaches to this concept of time and life management would you like to see all people adopt?" He focuses, and then says: "Please add them one at a time to their knowledge/skill bank until you get your life in order.

- From our human unity approach, join all your offspring in some of their activities or join with the grandchildren in going to watch an activity together. If you are not invited, invite yourself. Is there an event when both your adult child, including spouse or partner, and their children can come to your house for dinner? home. Start where they are, especially as all members of that generation are going to be self-centered, and find a way to routinely, systematically, and regularly involve yourself with them. If you live many miles away, you can use Skype, Internet conferencing software or Facetime if your smartphone is an Apple.
- Recognize the strong push to be independent is in all human beings, especially eighteen to forty-year olds. Pair this value with the value of interdependence. An interdependent approach is a 'win-win' for all the extended families of Emerging and Young Adults and their parents as they together deal with worldly pressures. The Latin phrase 'Quid Pro Quo' comes to mind.
- Enroll in a Yoga class and learn how to meditate and how to relax. Yoga teaches one how to gain self or individual control by giving up social control. This is very important for parents of eighteen to forty-year-old adults and in other relationships where control has come a distancing factor. There is a website that begins to discuss this approach with an article entitled: "The Greatest Gift--Time" <http://www.bestofyoutoday.com/spirituality/greatest-gift-time>
- One of the secrets of life is that the purpose of life is not to work or achievement but to enjoy the art of 'being.' Value of relationships over material possessions. Enjoy the journey as much as the destination. i.e., winning at golf or being the saleswoman of the month is not as important as with whom you do these things. "

Dr. D: “Change is so important for all of us. We described how extended family members in their accompanying developmental, relationship, communication and parenting factors could improve on all those areas as they journey through life. Thus, I have offered explanations of the way things are and suggestions as what to do regarding them. In any case, there is always much more to learn. Goodbye.”

ⁱ There actually are many kinds of Time. One other one is developmental time when one is measured by human growth and developmental timelines being met. New mothers and their doctors are really interested in this. Our clock time and our developmental time may correspond or not. How many teenagers were ready developmentally to drive a car when fourteen? The hard one is the male adolescent who isn't read to drive a car even at clock age of eighteen.

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