



Time and Soul

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Abstract

All of us know the value of time. Time has many levels of meaning: spiritual, material, mythological, and more. If one can grasp its true meaning and make full use of it, one can attain the salvation of the soul.

Key words: time and soul

Each of us has such a bank. It's name is TIME.

Every morning, it credits you with 86,400 seconds.

Every night it writes off, as lost, whatever you have failed to invest to good purpose.

It carries over no balance. It allows no overdraft.

Each day it opens a new account for you.

Each night it burns the remains of the day.

If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow".

You must live in the present on today's deposits.

So the time we all have is today. There is no guarantee about tomorrow. You cannot catch tomorrow. Now can not we do anything about yesterday. The clock is running. Time waits for no one.

Time as we know it is usually realized by night and day, by the dials on our clocks or wrist watches, by days of the week or the month, or by years. When we refer to time, we ask what time is it? Or what day is it or what date is it? We then set our reference to a certain point in time and measure the amount of time that has elapsed. For example, your age measures the amount of years elapsed since you took birth in this body.

When we refer to time on a clock, then it is in reference to some event we want to do – like wake up, or go to work, or go for an appointment, etc. So our concept of time is very limited - limited to our experience in this body. If we analyze it deeply and ask



when time began or when will time end; it is too big a figure for math to compute, so we describe it from minus infinity to infinity but the concept is still measurable. It is computable. It has a start and an end.

Time in the Indian language is referred to by the name “Kal”, which also means death. According to the Indian understanding, Kal is an entity, a servant of God. Legend has it that this servant of God wanted to have his own kingdom to rule. Kal, standing on one foot, did tapasya (meditation) for 40 yugas to please God and obtain 3 boons from him. Can you imagine 40 yugas (which is equivalent to over 30 million human years). And when we want something, we just make short prayer or just demand without even saying please and expect God to do it for us. Kal spent 40 yugas meditating and pleased God and God then granted him his wish, making him ruler of the realms of mind and matter, god of the material universe, the physical, the astral and the causal planes where then time shapes and destroys all. Kal asked God for this kingdom with 3 conditions:

Firstly, Kal asked that no one (no soul) will remember their previous lives but their karmas would not be washed away from previous lives. Karmas would be the only thing that the souls would carry to the next life. If we were to remember our previous lives, then we would know which sins we committed in our last life and exactly what we are paying for now. We would not want to commit any more sins now knowing what the punishments would be. We would all be out of here in 2 or 3 lifetimes and Kal would be left with no kingdom. Therefore we all know nothing of our past lives and the self that we know is ourself from the time of birth. Whatever pain, sorrow or trouble we face, we end up blaming others for it. We go on committing the same sins and will have to come back again to pay for them. Are we caught in Kal’s kingdom forever? We shall discuss this in a moment.

Secondly, Kal asked God to make all souls, no matter what body they are given, to be fully satisfied and content in that body. Hence we see that all life on earth is afraid of death. Even earthworms or insects are afraid to die. Birds, cats, fish, dogs and all animals are afraid of death. On the event that they feel they are threatened, they either fight or runaway just as any of us would. We are all afraid to die because we feel that this body that has been given to us is our best hope and we are content with this body. This was Kal’s wish. All life would then be content and with no enthusiasm to ascend to a higher form of life. Transmigration of the souls from one body to another would then be based on the karmas that souls accumulated. Kal’s rule would not be threatened as he knows that our karmas would keep us here forever.



Once when Lord Krishna was travelling through the woods with his disciple, Udo, they came upon a pigsty. Udo saw the pigs squirming and eating in the dirt and felt pity for them. He turned to Lord Krishna and said, “My Lord. Why have you made these souls suffer such pitiful lives. You have souls living as kings and people who are living comfortable lives and in your service, why then have you made such creatures. Cannot you do something?” Then Lord Krishna said that He was ready to give them lives in heaven and asked Udo to ask the pigs if they wanted to go. Udo went to the pigs and asked them. The pigs said “Live in heaven? Sounds good but can you tell me what is it like there.” Udo explained that they would be happiness everywhere, that all would be bathing in milk and eating the best of fruit. It would be clean with beautiful gardens and fresh smell of flowers, etc. The pigs exclaimed “You mean to say this sty won’t be there. There will be no dirt for us to roll in or eat. Then there is no way we are leaving this place. We are happy here.”

Thirdly, Kal asked that no saints can perform miracles openly for souls. Kal’s only fear of losing his kingdom is from that Perfect Master of Saints, who has crossed the realm of time and is not bound under Kal’s rule, and who could easily perform miracles whom all souls would follow without question. We are all here for a purpose but what God’s purpose for us is we don’t understand or even if we do, we don’t accept it fully. We make our own purpose for being here. We give priority to our pleasures, our family life, our work, earning money, spending money, taking care of our health etc. Imagine we work for our living, we either are employed or do business and we know it is not easy to earn our living. Now if the saints were to tell us, “Sit for your meditation and you will have a full tray of money in front of you everyday”. If saints were to cure all our illnesses; give us all the happiness we seek; take away all our troubles; would we not listen or surrender to them. If the saints could perform miracles for us to see, we would not hesitate to follow their every instruction. This was Kal’s third wish, no saint can perform miracles openly for other souls. The funny thing with us is that saints do somehow hint to us that nothing here can save us. The only way out is through meditation and the only cure for everything is to adhere to our meditation as the saints instruct us. We believe but only in words, not in actions. We are not ready to surrender to their instructions and let go. We believe that we are in control and that this life is real (yes, it is real as long as it lasts and it will definitely not last forever). Consequently we will therefore remain in Kal’s domain. Only a Perfect Master or Saint can help us out from here.



Kal, no matter how we project him to be, also lives in the Will of the Lord. Whatever Kal does is also by the Will of the Lord. God is the One who determines our time here. Only His Will reigns in all realm – in the realm of Time and the Timeless. The moment we are born, the number of breaths we take here is fixed and nothing can change it. When we have used up our given count of breaths, Kal will claim this body back. We are born in the realm of Time and are bound by it. Time changes every moment and with it, all that is under its realm is also changing every second. Our body changes every minute from birth till death and we cannot control it. Everything that we see in this material world, this realm of time, is not permanent. It will perish sometime. Our body will perish when our time here is up. The earth is changing everyday and will perish in due time. Even the lifetime of the moon and even the sun itself is fixed. The only thing here that will not perish is one that is permanent, one that has come from beyond the realm of time, one that is made of the same essence as God, and that is our soul. To go back home is for the soul to escape from this cycle of birth and rebirth and escape the realm of time, become immortal. That is our plight and our fight. According to the Masters, it is Kal that keeps the soul trapped in the material and mental spheres, where mind and matter, not spirit, dominate. The way out of this trap is to transcend the realm of mind and matter by means of meditation under the guidance of a living Master, a guide who is free from the prison of time and duality, and whose perspective teaches his or her disciples the unlimited truth.

Every moment that has been given to us is accounted for by Kal. He monitors how we use the time given to us here. He keeps track of it and accounts for it at the time of death. If we waste this precious time in indulging in worldly pleasures and attachments, so accordingly will the judgment on us be. But if we use the time wisely and in bhakti (devotion), remembrance of the Lord, then Kal will also reward us accordingly. To live in the will of the Lord, fulfill all our duties and karmas with honesty, then Kal will appreciate and praise us and support us to approach the Lord. But to misuse the time and go against our main purpose of life, then Kal also sends Maya to consume us and we will be stuck in this miserable cycle.

We have complicated our lives so much that we hardly realize that the clock is ticking. Time waits for no one and before we know it, our time will also be up and we will be wondering what have we achieved and where are the days that we were planning to get around to doing our meditation but time has gone. Whatever we put off for tomorrow will remain in the ‘tomorrow’. When we say that I am too tired to



meditate today, I will do it tomorrow, or I will wait till this or that problem is over, then I will get down to meditation, then you can forget it. Because you know it, we know that tomorrow never comes because when tomorrow becomes today, then there will be another tomorrow and your commitments will remain in the tomorrow only. Before you know it, you have run out of tomorrows and this lifetime opportunity to make spiritual progress is gone and it will be too late as no one can turn back time. Don't let today's lifestyles and worldly commitments consume us so much that we forget why we are here. We all come to spiritual gatherings in search of the truth. We show willingness to be wanting to be free from this world. We take time out to be in the company of the Master and listen to his teachings. We read books about spirituality, spend hours discussing with family and friends the topic of spirituality and God but when are we going to take action and do the actual work? There is a big difference between knowing the path and walking it. Only by walking will we be able to reach somewhere, sometime.

The paradox of our time in history is that.

We have taller buildings, but shorter tempers.

Wider freeways, but narrower viewpoints.

We spend more, but have less.

We buy more, but enjoy it less.

We have bigger houses and smaller families.

More conveniences, but less time.

We have more degrees, but less sense.

More knowledge, but less judgment.

More experts, but more problems.

More medicine, but less wellness.

We drink too much, eat too much, spend too recklessly, laugh too little, drive too fast, get too angry too quickly.

Stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values.

We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life.

We've added years to life, not life to years.



We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor.

We've conquered outer space, but not the inner space.

We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul.

We've split the atom, but not our prejudice.

We write more, but learn less.

We plan more, but accomplish less.

We've learned to rush, but not to wait.

We have higher incomes, but lower morals.

We search for happiness in these times in this world; a world that is not permanent, so we shall find only happiness that is temporary. Only when we look to the everlasting, the timeless, then the happiness that we find there will also be everlasting. Only with the grace and aid of a Master can we start on this journey to finding everlasting peace and happiness. Those whose journeys have started, keep faith and don't lose hope no matter how difficult this journey may seem. Always remember that the Master's grace is always with us and will lead us on this journey. Don't stop or slow down your commitments. Just keep nudging and knocking on that door diligently every day according to the Master's instructions and it will surely open. It is our job to put in the effort and use the time we have been given wisely and we should leave the results in the Master's hands. He knows what is best for us and when. Trust in Him as he is the only refuge we have now, our only chance to cross this ocean of life, He is our only hope to go back home. Let us work to be winners, not losers.

A winner is always part of the answer.

A loser is always part of the problem.

A winner always has a plan.

A loser always has an excuse.

A winner says : "Let me do it for you."

A loser says : "That is not my job."

A winner sees an answer for any problem.

A loser sees a problem for any answer.

A winner sees a green near every bunker.

A loser sees two bunkers near every green.

A winner says : "It may be difficult but it's possible."



A loser says : “It may be possible but it’s too difficult.”

A winner will always keep his trust and faith in His Master.

A loser will only trust in himself.

If you feel far away from God, guess who moved?

There is a small passage where God calls to have a conversation with a person.

Let us refer to the person as Me.

God : Hello. Did you call me?

Me : Called you? No. Who is this?

God : This is GOD. I heard your prayers. So I thought I’d chat with you.

Me : I do pray. Just makes me feel good. I am actually busy now. I am in the middle of something.

God : What are you busy at? Ants are busy too.

Me : Don’t know. But I can’t find free time. Life has become hectic. It’s rush hour all the time.

God : Sure. Activity gets you busy. But productivity gets you results. Activity consumes time. Productivity frees it.

Me : I understand. But I still can’t figure it out. By the way, I was not expecting YOU to call me.

God : Well, I want to resolve your fight for time, by giving you some clarity. In this modern era, I want to reach you through the medium you are comfortable with.

Me : Tell me, why has life become complicated now?

God : Stop analyzing life. Just live it. Analysis is what makes it complicated.

Me : Why are we then constantly unhappy?

God : Your today is the tomorrow that you worried about yesterday. You are worrying because you are analyzing. Worrying has become your habit. That’s why you are not happy.

Me : But how can we not worry when there is so much uncertainty?

God : Uncertainty is inevitable, but worrying is optional.

Me : But then, there is so much pain due to uncertainty.

God : Pain is inevitable, but suffering is optional.

Me : If suffering is optional, why do good people always suffer?



God : Diamond cannot be polished without friction. Gold cannot be purified without fire. Good people go through trials, but don't suffer. With that experience, their life becomes better, not bitter.

Me : You mean to say such experience is useful?

God : Yes. In every term, Experience is a hard teacher. She gives the test first and the lessons afterwards.

Me : But still, why should we go through such tests? Why can't we be free from problems?

God : Problems are purposeful roadblocks offering beneficial lessons (to) enhance mental strength. Inner strength comes from struggle and endurance, not when you are free from problems.

Me : Frankly, in the midst of so many problems, we don't know where we are heading.

God : Success is a measure as decided by others. Satisfaction is a measure decided by you. Knowing the road ahead is more satisfying than knowing you rode ahead. You work with the compass. Let others work with the clock.

Me : In tough times, how do you stay motivated?

God : Always look at how far you have come rather than how far you have to go. Always count your blessings, not what you are missing.

Me : What surprises you about people?

God : When they suffer, they ask, "Why me?" When they prosper, they never ask, "Why me?". Everyone wishes to have truth on his or her side, but few want to be on the side of the truth.

Me : Sometimes I ask, who am I, why am I here. I can't get the answer.

God : Seek not to find who you are, but to determine who you want to be. Stop looking for a purpose as to why you are here. Create it. Life is not a process of discovery but a process of creation.

Me : How can I get the best out of life?

God : Face your past without regret. Handle your present with confidence. Prepare for the future without fear.

Me : One last question. Sometimes I feel my prayers are not answered.

God : There are no unanswered prayers. At times the answer is NO.



Me : Thank you for this wonderful chat. I am so happy to start the new day with a new sense of inspiration

God : Well. Keep the faith and drop the fear. Don't believe your doubts and doubt your beliefs. Life is a mystery to solve, not a problem to resolve. Trust me. Life is wonderful if you know how to live. Life is what we make it, always has been, always will be. So let us make full use of time we have been given now. Don't put off till tomorrow what you can do today. What you do today will be credited to you account. What you can do tomorrow, let us worry about that when tomorrow comes. Learn and create habits to prioritize what is most important for you. What are you trying to achieve and are you taking the actions to take you towards your goals? Remember that time waits for no one and the only way out is to remain in the Master's shelter and follow his every instruction; do your meditation daily.