

Spiritual Springboards



Time to Listen, Look & Reflect

With Hal Mitcheltree

Purpose & Approach

Purpose:

Stimulate our minds and broaden our perspectives

Approach:

Explore perspectives related to time prompted by:

- Music
- Images
- Words

Time – Natural Phenomenon

Scales:

- Cosmological – Billions of Years out to Infinity and Beyond
- Geological – Billions down to Millions or Tens of Thousands of Years
- Lifetimes – Dozens to a Hundred Years

Cycles:

- Seasons - Spring, Summer, Autumn, Winter
- Day – Sunrise, Morning, Noon, Afternoon, Sunset, Night
- Biological – Circadian, Fertility

Time – Human Inventions

Ages:

- Stone Age
- Bronze Age
- Iron Age
- Dark Ages
- Age of Enlightenment
- Industrial Age
- Space Age
- Information Age
- Mis-Information Age

Units:

- Millenia
- Centuries
- Years
- Months
- Weeks
- Days
- Hours
- Seconds
- Nano Seconds

• Instruments:

- Moons
- Monoliths
- Calendars
- Candles
- Clocks
- Watches
- Gears
- Crystals
- Lasers

Time – Our Human Experience

Stages:

- Infancy
- Childhood
- Adolescence
- Adulthood
- Parenthood
- Old Age

Milestones:

- Birth
- Off to School
- Graduation
- Marriage
- Parenthood
- Death

Time – Dynamics

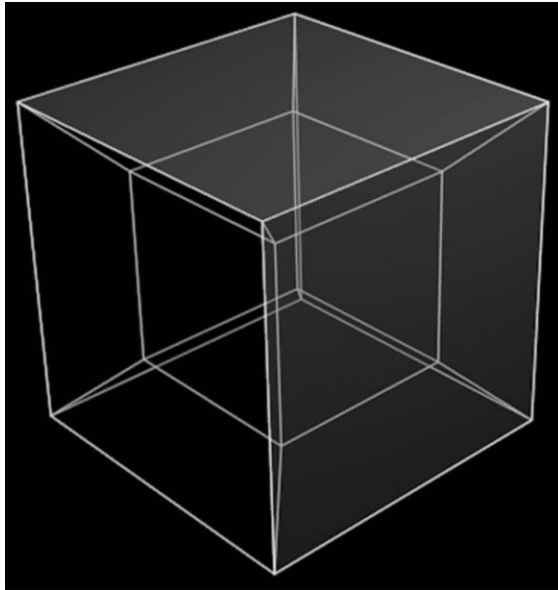
Perception and Direction:

- Go Back in Time
- Time Stands Still
- Time Slows down
- The Time is Now
- Time Speeds Up
- Time Flies
- Time Will Tell
- Peer into the Future

Time – Fabric of the Universe

Space/Time Continuum

Fundamental to Everything that Was, Is and Will Be



Perspectives

Music	Images	Thoughts
<u>A</u>	<u>A</u>	<u>A</u>
<u>B</u>	<u>B</u>	<u>B</u>
<u>C</u>	<u>C</u>	<u>C</u>
<u>D</u>	<u>D</u>	<u>D</u>
<u>E</u>	<u>E</u>	<u>E</u>
<u>F</u>	<u>F</u>	<u>F</u>
<u>G</u>	<u>G</u>	<u>G</u>
<u>H</u>	<u>H</u>	<u>H</u>
<u>I</u>	<u>I</u>	<u>I</u>
<u>J</u>	<u>J</u>	<u>J</u>



Open Reflections





Music A – Creation Symphony by Wallace







Music C _ Niagara Falls Suite: Thunder of the Waters by Grofé



Charles Darwin



“A man who dares to waste on
hour of life has not discovered
the value of life.”