



BELONGING IN TIME AND SPACE

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Photo: Physical Space -Pixabay

<https://tinyurl.com/y676q5o7>

We are conditioned from birth to see *things* that appear in space and *things* that change in time. We are not trained to experience the space that allows appearance and the time that enables change. We dwell in space and time, and the space that surrounds us and the time in which we live shape our experience. To systematically ignore their presence leaves us disconnected and bereft of belonging. Feeling separate, vulnerable and on our own, the need arises to protect the integrity of our separateness and so begins the defensiveness of our personal self.

Our life script becomes how to maintain our separateness and still belong. We develop a personality to present to the outer world, while protecting our inner self. We see our self as separate from the world around us and live the longing to connect. This entire existential dilemma cannot be resolved in its own terms because it is a natural consequence of how space and time are conventionally known.

What if we wanted to view space in another way? We might start recognizing that space cannot be separated or divided. There are no edges or boundaries in space. The space that appears to separate also connects and permeates what appears in it. Things appear in space and space appears in everything.

To know time another way, we might acknowledge that time transforms everything and everyone in it. We could recognize that we are embedded in this current of change, nothing is fixed, frozen or established once and for all. We might come to feel time enlivening all experience and come to embrace time as the dynamic of our being.

Like waves upon the ocean we are not separate from the water within and the dynamic of flow. We cannot be separate from our home and true belonging. Time and space allow and enable our being.

Can space and time be transcendent dimensions that manifest as ordinary experience? What would it be like to live with the knowledge that we were never separate from the unbroken wholeness of space and the dynamic presence of time? Would an appreciation of our self as emergent in space and expressed in time allow a knowing that is dynamic, open and free? Let us examine this new perspective on space and time in more detail.



Photo: '*Quantum Space*' by milivanily - Pixabay
<https://tinyurl.com/wffcwnd>

Self Is Not A Reliable Instrument

Our self is a limited and arbitrary way of knowing and not a reliable instrument to measure reality. We divide the infinity of space into height, length and width and the eternity of time into past, present and future. We assume a position separate from the world we know, and the dynamic nature of reality is deadened as we become a thing among things.

Practice 1: Consider the common expression “be here now”. Recognize the egocentricity of this instruction for here is where I am, or where I designate and now is when I am. Can it be that the nature of reality can be so conveniently measured from the point that is me?



Photo: '*Space Surrounds and Is Between*' by Bessi -Pixabay
<https://tinyurl.com/vuocjce>

The Space That Surrounds Also Permeates

Look around. Wherever we look, space appears; around and between everything. Separating this from that, here from there, me from everything. We might consider that the space that separates also connects and permeates all form. Space is always present around and within whatever appears.

Practice 2: Attend to the presence of the sky, always overhead. Note how the openness of the sky seamlessly becomes the air around us. Recognize how the air around us becomes breath. Receive the breath and know this life current permeates and infuses all organs, tissues, and cells with nourishing presence. It is as if the openness of the sky graced us with its touch. Upon the exhale follow how the breath ascends and merges with the vast openness of the sky.



Photo: *'Space is Never Consumed by Objects'* by Valiphotos - Pixabay
<https://tinyurl.com/vnzk783>

Space Without Edges or Boundaries

There are no edges or boundaries in space. Space permeates all form and appearance. The space in you is the same as the space in me. We both appear in space and we both are of the space in which we appear.

Practice 3: Attend to breath, receiving breath as a living current of space. Appreciate how it permeates and infuses all organs, tissues, and cells with its nourishing presence.

Now upon the exhale, breathe out, imagining you could breathe out of every pore. Breathe out the skin in front, in back and to each side. Soften the edges. Ease into a larger field. Sense fitting and belonging, never separate from the space that surrounds and infuses our appearance.



Photo: *'Reactive Space'* by Felix Mittermeier - Pixabay
<https://tinyurl.com/txhydku>

Reactive Space

Space expands and contracts. As forms of space we contract in hurt, anger, and fear and in expression of irritation, annoyance, and impatience. Can we see these as constrictions of inner space? Can we apply practices 2 and 3 to open the space that we embody and enjoy more ease, comfort and belonging?

Practice 4: An application of 2 and 3 above.

The reactive tendency is felt within the body. Locate it and breathe into the core or center of this constricted tendency. Open the center with breath's spacious presence. Upon the exhale, soften by breathing out the edges of the skin. Open tightness, relaxing conditioned reactivity and allowing more responsive freedom.



Photo: *'Note the Position from which You Observe'* by Shutterbug75 - Pixabay
<https://tinyurl.com/tsew8gf>

Space Assumes Stance

We assume a position, a stance of body-mind. This is a physical, emotional, and mental stance. What we perceive reflects the vantage point assumed.

Practice 5: Note the position or attitude from which you know. Recognize that you embody a stance. There is a physical holding pattern, an emotional tone, and mental judgements. Note how what you see reflects the point from which you stand.



Photo: *'Point of View'* by skeeze - Pixabay
<https://tinyurl.com/wmlvflx>

Attitudinal Space

Consider attitudes as seen in judgements and opinions. We frequently misidentify these outlooks and consider them the truth. We defend our outlook and belief as though our self-survival depended upon it. In order to consider a more fluid and flexible way of knowing, we might recognize all attitude as merely positions. If an attitude were not a personal identity, it need not be sustained.

Practice 6: Note the consolidating tendency of attitude, how the body holds form and how the mind forms viewpoint. Again, receive breath from the available surrounding space and breathe into the core of the attitudinal stance. Upon the exhale, breathe out the pores of the skin, soften the body's edges. Open to greater ease. More open positions decrease reactivity and increase degrees of freedom.



Photo: '*Thought Clouds*' by Ashish Bogawat - Pixabay
<https://tinyurl.com/v2k5hel>

Mental Space

Ordinarily, thoughts appear as things having mass or gravity that keeps attention stuck to them. In this manner what we think tends to have weight and thus influence. A new look at thoughts reveals them to have neither permanence nor substance. Recognizing impermanence and insubstantiality of thoughts decreases their stickiness and tendency to dictate our emotions and actions. Thoughts can be excellent servants, but terrible masters.

Practice 7: Imagine the mind as open sky. Attend to thoughts and note how they appear and disappear. Imagine thoughts as passing clouds, having neither permanence nor substance.

Direct the current of breath through your nose and up into the sky of mind, absorbing thoughts into the space from which they appear and disappear?



Photo: *'Emotional Space'* by Kranich17 - Pixabay
<https://tinyurl.com/qrts23r>

Emotional Space

Our emotions appear as conditions of our inner space. This space can flow from turbulence to calm. The more constricted we are, the more tension and turbulence appear. As the emotional space is expanded, more ease appears and with it more acceptance of self and other.

Practice 8: Breathe the openness of space into the body. Allow the space carried by breath to permeate and loosen all internal fiber and form. Breath can permeate and relax striated muscles and soft tissue. Loosen internal structures. Breathe out as if breathing out the skin, thereby softening the edges, allowing more room for experience. Space allows greater fullness, greater clarity, and calm.



Photo: 'Exhale Love' by Kranich17 - Pixabay
<https://tinyurl.com/sa9btpu>

Heart Space

The capacity to love is obstructed or blocked by our personal defenses of fear and anger. This is the conventional fight or flight reaction. These protective stances may have served earlier in our evolution and perhaps in our personal lives. However, we can become prisoners of yesterday's protection.

Practice 9: Receive breath and exhale as if you could exhale out your heart. Breathe in as if you could breathe into your heart. Breathe in and out several times in this fashion.

Now, breathe into your heart and out the back of the heart. Then breathe into the back of the heart and out the front, as if breath can pass right through. As breath flows through there is a sense of self-thinning. Unobstructed by personal preoccupations and concerns, the current of love can pass through.



Photo: '*Dynamic Presence*' by Ulrike Mai - Pixabay
<https://tinyurl.com/rtly9f8>

Space as Dynamic Aliveness

Conventional space appears as an invisible emptiness, the inert holder of things. In search of new ways of knowing, what if we came to see space as an active ingredient, a dynamic presence? What if space were an open and generative sourcing ground?

Practice 10: Attend to breath. Feel its aliveness and animating presence infusing the body, all organs, tissues, and cells. Know breath as a living presence, feel its dynamic, living presence. Feel how the spark of life is fueled by breath, fanning all growth and transformation.



Photo: '*Open Sensing*' by Bruno Germany - Pixabay
<https://tinyurl.com/wvxxcob>

Space Is the Figure and Ground

We are embedded in space which allows all forms of experiences. Whatever appears, appears in space and whatever appears in space, has space in it.

Practice 11: Harmonize blood, breath, and body. Open all pathways, all ways of sensing. Breathe into the core of the self as center and exhale out the skin. Releasing to dynamically alive and completely open space. Upon the inhale, draw from this dynamic surround and comingle the inside and outside with every breath.



Photo: *'Dissolving Self at the Center'* by Tanja Schulte - Pixabay
<https://tinyurl.com/stbps2j>

Transparent Clarity

When we are in the center of things, we see “what I think of that” or “how that is affecting me”. This self-referential view is limiting and casts its shadow on all that is known. In order to see things as they are, it is useful to get our self out of the way. If the breath of space deconstructed the solidity of our self, our shadow would dissolve into light.

Practice 12: Right here where we stand, enable breath to open the core of the self at the center of experience. Nothing is solid or separate from the space that surrounds and permeates. Opening to space, our shadow dissolves into light and clarity emerges.



Photo: '*Clarity Dawning*' by Johannes Plenio - Pixabay
<https://tinyurl.com/vgo52ez>

Knowing Signals

How can we remember? In answer to this we can look to our own experience of discomfort. Instead of discomfort being a symptom, we can recognize it as a signal that a position or attitude and its way of knowing are in play. For example, when we are annoyed instead of explaining the experience of annoyance by pointing to the things that annoy us, consider the attitude from which the perception of annoyance is being generated.

Practice 13: Attend to breath. Let breath's spacious presence open all pathways of the senses, all ways of knowing. Harmonize all biological systems. Let breath become clear light shining as all knowing.



Photo: *'Middle of the Stream'* by Lubos Houska - Pixabay
<https://tinyurl.com/v8hxpja>

Reversing the Flow of Time

Our conventional way of thinking ascribes time as coming from the past to the present and into the future. This model of time leaves us conditioned by a deterministic past, leaving little space for freedom or change. What if we acknowledge that no one really knows where time comes from, or how it flows? The conventional view is merely a model. What if we ascribe to a new model? What if time flowed from the future into the present and recedes into the past?

Practice 14: Imagine yourself securely seated on a flat rock in the middle of a stream. Let this stream be the stream of time. Face upstream to the source, the ever-arriving future. Consider the ever-arriving future an open possibility birthing the present moment. Breathe from the always arriving future, the unconditioned source of the moment.



Photo: '*Mind Organizes Patterns*' by 8926 - Pixabay
<https://tinyurl.com/r2b73p3>

All Perception Is Pattern

The mind organizes and integrates sensory signals into perceived patterns. What remains unperceived is the space and time in which pattern occurs. In this very manner, we lose contact with our source and essence.

Practice 15: Contemplate the space in which you appear. Could you appear if there were no space in which to appear? Consider the space within you. Could there be an internal space if there were no external space? Could our appearance be a surface of space?

Consider the time in which you appear. Could you appear if there were no time in which to appear? Consider the rhythm of the heart, the movement of breath, the beat of the pulse, the flow of the blood. Are we patterns in space, woven by time? Can we be without space and time, our greatest benefactors?

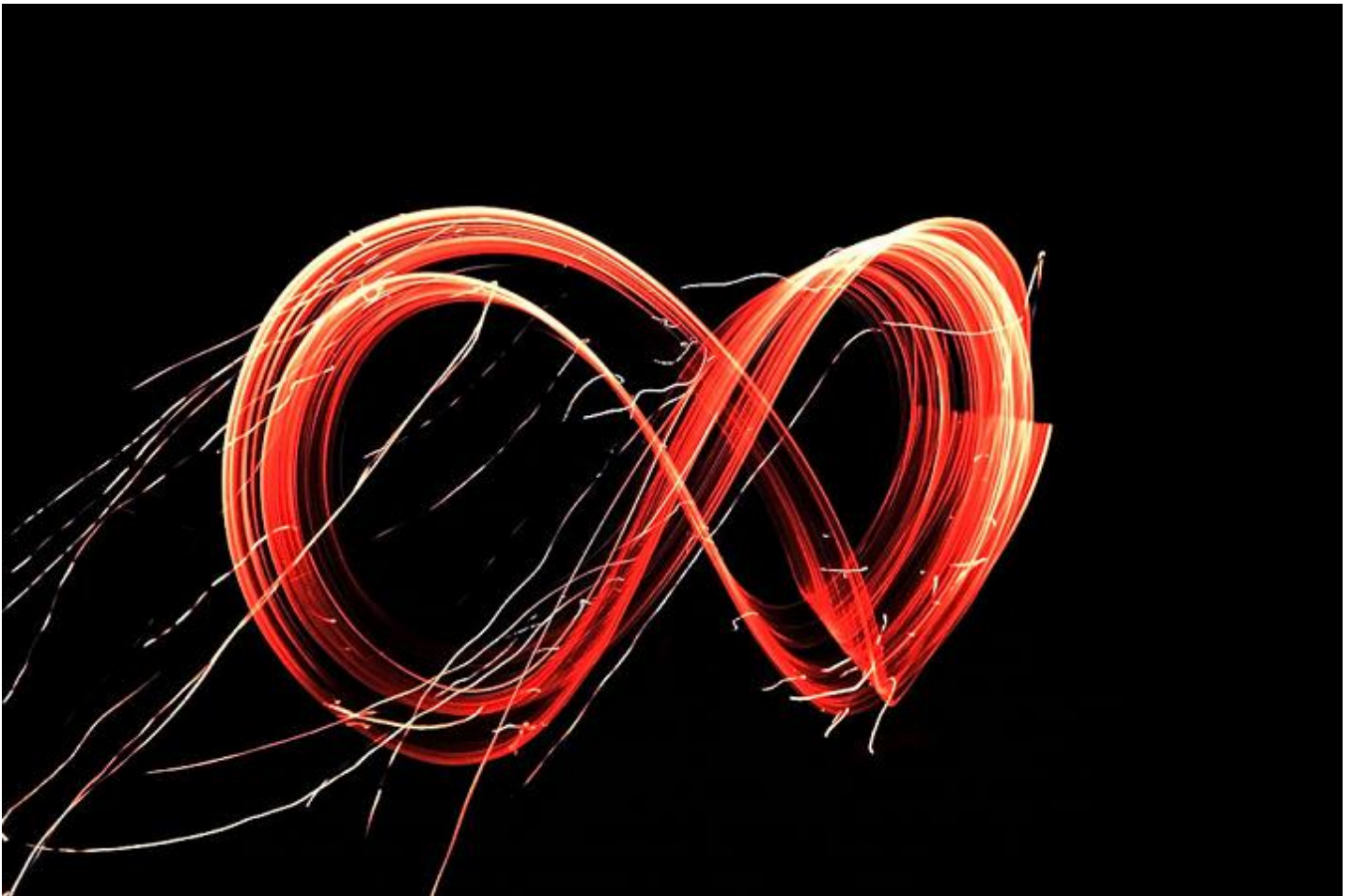


Photo: *'Where Past and Future Meet'* by Vlad Mamai - Pixabay
<https://tinyurl.com/vnfgcpk>

The Present Is Where the Past and Future Meet

The present is where the arriving freshness of the future meets the pre-recorded past. Knowing the present as a meeting of the already known past and the yet to become future, enables us to experience the appearance of things in an enlivened manner as though “never before quite like this”.

Practice 16: Imagine time's infinity sign with the left half representing the past, the right half representing the future and the cross over point representing the present. Recognize how eternal time must be present in every moment, lest the moment not be of time's eternity. Receive the current of breath, the breeze of life. Be the dynamic, ever-changing moment. Knowing the influences of past structures and yet opening to an arriving future. All experience, emergent. Feel time's living dynamic coursing through you and recognize yourself and all experience to be shimmering expression of time's movement.



Photo: *'The Aliveness of Relating'* by StockSnap - Pixabay
<https://tinyurl.com/uh5jm4t>

The Pleasure of Knowing

We could experience the pleasure of knowing were we not so entranced by the content of what we know. There is an energetic activity in knowing that is lost in the fixedness of the known. Consider when you first met your beloved. Remember the infatuating aliveness. Over time the beloved became known and the freshness of knowing was lost.

Practice 17: Consider experiencing the other with an attitude of “and who is here now”. Activate attention and curiosity. Interact from the aliveness of relating instead of the fixedness of the relationship.



Photo: '*Attention*' by Oldiefan - Pixabay
<https://tinyurl.com/sbmk76x>

Experience Is A Modular Unit

Every moment contains its remembered past and anticipated future., When we are depressed, we have unhappy memories and the future looks bleak. We frequently think the present experience was caused by the past, but it is likely that remembered past and the anticipated future are reflected in the current moment. All experience is the experience of the moment. The moment contains its own present, past and future.

Practice 18: Sit quietly and note the movement of thought. Recognize thought to be the thought of the moment. Note how the thought has meaning in the context of past-present-future nexus that the moment contains. The next moment carries its own history and future idea. Perhaps the present instead of being a unit of time, is a unit of attention.



Photo: *'Time's Dynamic Ever-changing Weave'* by Gerd Altmann -Pixabay
<https://tinyurl.com/rh8mnuv>

We Are of Time's Fabric

What we think and how we feel are the consequence of an emergent time. Everything appears in time and time changes everything in it. Our lifetime appears within a larger time. It may appear that we have freedom of choice, but time presents our choices. We are given together along with all that appears in time, all woven of time's fabric.

Practice 19: Consider all the changes you have observed in your lifetime. Consider how you have changed since age nine. Consider how you were raised in a particular time and how the time in which you were raised shaped you. As times changed so did you. Nothing permanent or fixed. All a dynamic ever-changing weave.



Photo: '*Breath, Open, Radiance*' by Lynn Greyling - Pixabay
<https://tinyurl.com/yx3gokyt>

Space Without Edges and Time Without Boundaries

Our belief in a solid, separate self naturally evokes a need to protect, maintain, and perpetuate our separateness. This separateness and its need to defend is the root of personal conflict, family disharmony and international strife. A new vision of the wholeness of space and the unity of time can birth a knowing that will heal all wounds and allow humanity to share its common ground and true nature.

Practice 20: Imagine space as being without edges or boundaries. Breathe in that space and allow that space to become light. Let that breath of space permeate all physical form and structure. Let that space become light and let that light become love. Exhale love's radiance through every pore of being.

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