

Level Synthetron text

Out with the old, in with the new. Hosted by Old Father Time

At the beginning of this year, did you make any resolutions?

- top Other triggers for me: moments of peace (rare these days!), births, deaths...
- high **not this year, I know myself too well ...**
- high Yes, it will be a challenging year
- high I always make resolutions, its good to reflect thoughts that swim around most for me are making the most of our time and being honest about what wastes it
- high I think there are two levels here. Just noticing that times going by and having a sense of time and take it more seriously
- medium

Consider time in a broad sense. How would you describe your relationship with time?

- top yes, this is what i mean by functional relationship with time - chasing my tail trying to get what has to get done today done - thinking about this afternoon as opposed to time in the context of broader lifespan
- top Elaborates on: Some days I feel like a time slave
I love wasting time once in a while.. just hang out, drink a glass, watch a stupid film on tv.. It gives me peace
- top Elaborates on: try to make sure there's some time-freedom in amongst a usually time-bound week
- top try to make sure there's some time-freedom in amongst a usually time-bound week
Those with life threatening illnesses talk positively about their better relationship with time and making good use of it
- top Elaborates on: OFT: what would work better for you? If you had more time or less time? Which would have the most impact on your quality of life?
Time is like a rhythm. I am invigorated by sometimes racing through tasks and doing a lot, other times by sitting in silence watching the water. I like the changes in pace
- top
- high Some days I feel like a time slave
- high I tend to always have a backlog of projects in my mind.
- high emails, blackberries, etc. as a barrier to silent thinking
- high I agree.. that is also why my most productive thinking is in the late evening.. no one around, no activity .. just me and my head
- high Elaborates on: emails, blackberries, etc. as a barrier to silent thinking
it's all about our choices, whether what we choose to do with our time is adding up to a life we want to live
- high Elaborates on: having the time to realise that I do have time if i choose to ...
- medium never enough time, need three lifes -one for work, one for kids, one for myself
- medium actually there is daily time (to short for all small and different things) and there is life time .. uncertain how long it will take to do the big things

Let's pretend for a moment that we can choose our time. How long would you like to live? (starting from today).

- top Enjoying it and giving it sense

high	think health is also a key factor - time with declining health/faculties would not be the same prospect at all
high	Elaborates on: OFT: I see you mostly chose around 100 years. Interesting. How is that likely to help compared to the time you are more likely to have left?
high	I guess an insect that lives two days still feels that is its lifespan. More time might not make any difference
high	Time to have several lives /careers
medium	It is wonderful to feel that something is precious. A sunset is more precious because it is so short lived. So a longer life could make moments less precious
medium	I think it is all to do with human capacity to refresh oneself so as to be able to continue to make more sense. If I am the only one, that would not work, if we all live longer it would not make any difference.
medium	i think maybe setting sights shorter, and regarding 10+ years as a bonus rather than expected, might actually help inject a different sense of energy and purpose, in a strange way
medium	Elaborates on: OFT: I see you mostly chose around 100 years. Interesting. How is that likely to help compared to the time you are more likely to have left?
low	Fully agree with giving it more sense
low	Elaborates on: Enjoying it and giving it sense
low	Not sure I could give it sense over a 1000 years, after a while other need to get their turn too!!!

Looking back and reflecting on our discussion today, please share anything you hope to change about your relationship with time

high	high value uses of time and low value uses of time ... looked at and determined by contribution, progress, impact on quality of life
high	I think we are not enough in touch with time, the present. How could it be is we feel we are chasing all the time, needing to prioritise constantly. A greater connection with the moment should educate us to have a better relationship with time.
high	thank you for a thought-provoking session
medium	Thank you Catherine