

# The End of Time

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In November 2007, my first column appeared in this magazine. In the meantime, we are four years and eighteen columns further along. This will be my last one. It is time to stop.

This year, 2012, has been given special significance in some spiritual circles. Whatever way you might want to look at that, one can sense that, within the collective dream of humanity, the energy cycles now are very fast-changing. (In fact, in this respect, it is all about cycles of thought: the Course teaches that everything flows from our thoughts. Thoughts give rise to energy, and that in turn gives rise to forms and appearances that are perceived physically.)

Within our dream, we now live in a time that demands rapid changes and clear choices. Collectively, but also individually. What is being asked of all of us is to no longer put off living our highest truth: to live and manifest love. Going along with the stream is now the operative motto. What this means specifically can be different from person to person. In my own case, it seems the time has come to be silent, but for others it may be that the time has come to start speaking up. Whoever turns deep inside, towards the Holy Spirit within, will feel what the intention is at this point. The Course constantly asks us to make our choice for love and offers numerous practical steps to start functioning on a different level (you might call it a higher level of energy).

Time itself is your choice. If you would remember eternity, you must look only on the eternal. If you allow yourself to become preoccupied with the temporal, you are living in time. As always, your choice is determined by what you value. (ACIM:T-10.V.14:4-7)

The present 'fast' time can become an aid to end time altogether...for yourself! To that end, it is not necessary for the illusory world to perish. It is, in a way, much simpler than that. Recently, I found a beautiful quote (not in the Course itself, but in one very much in line with it): "Time is a general thought, within which all specific thoughts play out. Similarly, space is a general 'object,' within which all specific objects are contained." When you allow this idea to sink in completely, you are outside of time and space! Time is only a thought, which does not exist anywhere except as a thought in our mind. An untrue thought, for God never thought up time. Time is a choice—see the above quotation. It is a projection of the untrue separation thought, which has as its goal the creation of time and space where we could play our fantasy game.

The end of time can occur at any moment. In every truly lived, thought-free 'now' moment, time dies. At such moments, you touch eternity. This timeless 'now' is called 'the Holy Instant' in the Course. In every holy instant, time ends—*for you*. Then you may see others still struggling in time, but you are watching it, as an observer. You are outside of it, in a wisp of eternity. And with that, you are outside of space as well. You are 'somewhere' where there is no time and space. And that, as the Course explains, is also the same as being outside of fear and guilt and darkness. Instead, you are in love, oneness, and light. This holy instant is what you practice every time you forgive. When you ultimately choose forgiveness completely, the holy instant, which never ends, is yours once again: the timelessness of the real world.

In time, the world winds on 'a while' longer. But because it is only the effect of our (collective) thoughts, forgiveness results in the world becoming a less destructive and more loving place to learn our further lessons. Thus you help not only yourself, but others as well; and in the holy instant, there is no distinction between the two.

Outside of time, outside of space, eventually there is only silence. No more words. A lot of peace, yes. I enjoy resting in that place a lot of the time now. With this column, I say farewell, but only within the dream.

If you will accept only what is timeless as real, you will begin to understand eternity and make it yours.  
(ACIM:T-10.V.14.9)

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