



Now O'Clock: It always is

William Garcia

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NOW O' CLOCK By William Garcia "Life lasts but an instant" I thought I first heard these words in the 1973 blockbuster movie, "Enter the Dragon," .I left the theater that night with the words "Life lasts but an instant seemingly on a perpetual loop in my mind. I pondered the meaning of those words for months on end and at some point it dawned upon me what I now believe those words mean. Now, I want to share my thoughts with you. There seems to be no time for 'Now,' when 'Now' is all there is and all we have. We are too preoccupied with being modern and Modernity and it is why we are constantly distracted. The insatiable Beast, that is Modernity, wields its powerful influences upon us making it seem we have surrendered our ability to choose for ourselves. We need to realize that the past, the present, and the future form a straight Time line through life and on that line, there are three points that reflects our whole existence. The last point being Death,or as I describe it in this book; **we simply run out of Life**. Life would seem short of you think in terms of *numbers* as opposed to thinking in terms of actually "Being" and "Doing" in the Present Positive Tense. We need to reflect on our own humanity and the relationships we have with those we love. As obvious as it may seem, we only have 'Now,' this moment, this instant to be able to do something about almost anything. Life is an incremental, yet instantaneous experience. However, this is not to suggest that we rush through life. Instead, it is to realize that ***we cannot travel faster than the speed of 'Now'***. We simply need to slow down. We need to return to the basics of Life and rethink our reasons for doing the things we do, not merely on a daily basis, but during the continuous 'Now' as we live. The search for meaning in our lives, the hopes, the purpose and the passion, will start a new conversation in your head about your reason for "Being", your reason for living. We need to understand that ***'Time' is constant and perpetual and that Life is variable and finite. There is no old 'time' or new 'time,' no fast 'time' or slow 'time'!. There is only 'time'; there is only 'now' and the always becoming of the brand new 'you'***. What we do in 'Time' is another matter. We have the free will to live as we choose. Why not reclaim our individual ability to choose on our own volition. We need to be proactive with respect to our pursuits in life, especially being there for someone else. So, it is very important to love those you love, Now.. Love much, love often. *The idea of tomorrow, and it is just an idea, is only the promise of an imaginary time to come.. 'Now' is as real as it gets*. In the scheme of things, God has a place for us. Have a place for God in your life. It is vitally important to really try to slow down, if only for a couple of seconds at a time. It will change your life for the better and like me, and in your own way, only you can experience what I am talking about and only you can describe it. Remember that ***there is nothing more powerful than the present moment***. When I think about all there is to say or do 'Now,' I'm overwhelmed. ***Life does lasts but an instant.It is the most powerful and intriguing paradox. We live our entire lives in the span of an instant,yet, a lifetime is not enough time to tell it all or do it all. It's life. It's lifetime. It is Now O' Clock.***

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