

# Onward Against The Dichotomy Of Time: Embracing the Eternal Flow

Time, an intangible force that governs our existence, has always been a subject of fascination, contemplation, and exploration. From the earliest philosophers to modern-day physicists, humans have grappled with the concept of time, seeking to understand its nature and influence on our lives.

However, in our quest for understanding, we oftentimes fall into the trap of perceiving time as a rigid dichotomy - as either past or future. We become fixated with regret for the things we have done in the past or anxiety about the unknowns that lie ahead. This dichotomy of time creates unnecessary boundaries and constraints on our journey through life, hindering our ability to fully embrace the present moment.

## The Illusion of Past and Future

Time is a construct of human perception, designed to help us make sense of our experiences and create a linear narrative of our lives. However, it is important to remember that this construct is merely a tool, and the past and future are nothing more than illusions created by our minds.



## DREW THE POET: ONWARD AGAINST THE DICHOLOGY OF TIME by Alexis Litvine(Kindle Edition)

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled

Print length : 117 pages  
Lending : Enabled



When we dwell too much on the past, we trap ourselves in a cycle of regret, guilt, and nostalgia. We become prisoners of our own memories, unable to fully appreciate the present and move forward with a clear mind. On the other hand, being overly focused on the future fills us with anxiety, fear, and uncertainty. We obsessively plan, worry, and anticipate, often forgetting to cherish the beauty of the present moment.

## **The Eternal Now**

Breaking free from the dichotomy of time requires a shift in perspective - a realization that the only true reality is the present moment. The present is the only point in time where we have control and can make a difference. It is where all our power resides, and where we have the opportunity to shape our future.

The concept of the Eternal Now, popularized by philosophers and spiritual leaders alike, invites us to embrace the present moment fully. By shifting our focus and attention to the now, we become aware of the richness and depth of every experience. We let go of the regrets and worries of the past and future, and instead, find joy, gratitude, and contentment in the present.

## **Embracing the Flow of Time**

Time, when perceived as a flowing river rather than a stark dichotomy, becomes a source of liberation and empowerment. We realize that

everything is in a state of constant change and transformation, and that we are an integral part of this eternal flow.

By surrendering to the natural rhythm of time, we let go of our resistance and allow life to unfold as it should. We accept that we cannot control everything, and that the true beauty lies in the unpredictability of the present moment. This surrender is not a sign of weakness, but rather a testament to our strength and resilience in the face of the unknown.

### **Living in Alignment with Time**

To truly live in alignment with time, we must cultivate mindfulness and self-awareness. By practicing presence and staying attuned to the current moment, we open ourselves up to the infinite possibilities and opportunities that exist within each passing second.

Embracing the dichotomy of time means letting go of the need for instant gratification and quick fixes. It means embracing the process, understanding that true growth and fulfillment take time and patience. It means honoring our past, learning from our mistakes, and using them as stepping stones towards a brighter future.

Onward against the dichotomy of time, our journey towards self-discovery and personal growth continues. As we let go of the illusion of past and future, and fully embrace the eternal flow of the present moment, we discover a newfound sense of freedom and authenticity.

Remember, time is not our enemy; it is an ally that guides us through the ever-changing landscape of life. It is up to us to make the most of this gift and find harmony within the eternal now. So let us release ourselves from

the constraints of a dichotomous perception of time and instead embark on an extraordinary adventure of self-realization and enlightenment.



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If you love reading poetry and know that it will never die as a form of art and writing, then I hope you'll enjoy this book. This is my 2nd edition of my self publication. I've been published 3 times in my Alma Maters literary journal. Some of the poems from said literary journal will be included in this book, along with some new poems since the 1st edition and 20 page personal essay. all together a collection of poems, haiku, spoken word and philosophical ideas. I hope you will enjoy and become inspired. My poems are a mixture of positive and negative poems. From uplifting to breakup poems. The rest in this literary book contains profoundly deep and seemingly controversial opinions that most may mor may not share. My poems and literary work in this book are not intended to insult, belittle, circumvent, stigmatize or show any prejudice to other ideals, races, beliefs, political views, creeds, sexual orientation or otherwise. Please let me know what you think by leaving a rating and a comment. Thank you and be blessed.



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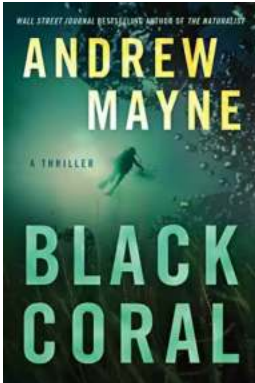
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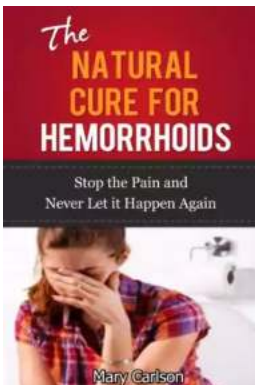
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