

## Time

Time is a very weird thing and it gets weirder the more you think about it. According to Einstein's theory of special relativity, the concept of time is not what we thought it was at all. Nowadays, in the chaos of daily life and the responsibilities it brings, we usually think of time as a valuable and limited resource and we forget that maybe we should sometimes forget the ticking clock.

Every morning, we wake up at an arbitrary point in time, determined by how the planet we live on rotates and we have to hurry to get to work in time because our boss says so. We have our meals based on how the sun is set during the day and we can go back home again after a certain amount of time. It all seems completely random.

However, the most peculiar thing about all this is, that sometimes time itself can actually move at different speeds in our subjective experience. Busy days normally go by quicker because we are distracted, but boring days seem to take ages. On top of that, as we age time tends to move quicker because a unit of time is relatively smaller to the time we spent living. Even the concept of aging is not always clear. At extreme speeds, time is slowed down due to time dilation. In daily life this is not noticeable, but in theory you could orbit a black hole in a few minutes and come back to earth and find your baby daughter now older than you.

Time can move faster and slower depending on many other factors as well, the point of view can also matter. You might be outside as a little kid playing for what feels like ages, whereas the parent accompanying you, might only think that you have been there for half an hour. It is also hypothesized that animals with a short lifespan, like flies, see everything much slower and that the air around them feels more like a liquid through which they can easily "swim", yet we observe them as being much faster.

The sheer scale of time can make us feel insignificant too. Our lifespan seems so insignificant compared to what has been and what will be, that it might seem like nothing really matters, but we should see this in a positive way. If nothing matters, then do what you love or might have been afraid to do, say "yes" when you would have said "no" out of fear.

In short, time is not as linear and fixed as we usually think. It can be influenced by trivial things such as our mood, our age or how close we are to the speed of light. You might think that this different notion of time is irrelevant to how we live our lives, but it can change your life view. You are the master of your own perception of time. You can make it go by faster by doing something that takes all your focus. You can turn your life around by telling someone you love them because you'll be dead in a relatively short time. Time is different for every individual, use that to your advantage.