



# **THE BEST TIME OF YOUR LIFE - Self-help empowered knowledge in Understanding Time, Love, Forgiving, and Self-Concept**

*Dr. Leo Henry Wildeman*

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THE AUTHOR: I am a MD psychiatrist. I had to first understand my culture, before I could interact with others. I then found my medical-psychiatrist-elitist culture to be anti-wellness, because sickness was MD profit. I hated this! I offer solutions. To contact author: [leopazwild@hotmail.com](mailto:leopazwild@hotmail.com)

### SYNOPSIS

To understand time is to understand life, because life is time. Now is all there ever is: the past is present memory and the future is present imagination.

Anachronism can be painful.

We go to work to have leisure, and we go to war to have peace. Aristotle 384 322 BC

Real leisure and peace exist only now. Past and future leisure and peace are imaginary. The war being fought for an ideal-future peace is what is precluding peace at the present time. To truly love is to love the imperfect here and now, because perfect love (whether a memory or future image) is so distant and imaginary that it is unrealizable.

You can replace "I didn't love, but I will love" with "I am loving now," which replaces striving for future-ideal love with the acceptance of real love now. In comparison, imagined-better experience devalues present experience. The future-oriented person is always preparing to love, while the real lover loves now.

It's not that you don't love yourself, because you do love yourself. It's wanting to love more that causes time travel: anachronism. Time is relevant only to change. So when you accept everything as it is now, change is unnecessary; and thus so is time.

If a dissatisfied person had higher self-esteem in the future, he wouldn't give thanks then. Instead, he'd continue to struggle for higher self-esteem in the future. In other words, he who won't give thanks for what he has now will not give thanks for more in the future.

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself... Jesus in Matthew 6:34, The Bible

There are a variety of quotations because my manuscript is eclectic, not only The Bible.

The time traveler's predetermined search for a future heaven can prevent simply relaxing and enjoying whatever heaven like existence he has now. It is harmful to depreciate the present time because life is only lived one day at a time.

### A PARTIAL OUTLINE OF THE BOOK

To understand time is to understand life, because life is time.

#### Chapter 1 - Liberty and Justice in the Future?

When a child was forced to say the Pledge of Allegiance's "...with liberty and justice for all," he was being forcibly deprived of the liberty being proclaimed. The pledger's imaginary-future liberty was being used to con him out of his liberty today.

#### Time Aphorisms

You only need to be satisfied this present moment, because this present moment is all there ever is. This present moment includes the past and the future, because the past is present memory and the future is present

imagination.

#### Chapter 2 - Now or Never

Man is hard to pin down; thus time and money are tools that are used to make him predictable. We imagine ourselves to be finite by imagining a finite past and future, and by sandwiching our self tightly between them.

The straight forward-linear-time model: Past ----> Present Self ----> Future

With a specific past and future, we have a specific direction that we must now go. A fixed self-concept is the product of a rigid past and/or future.

Freedom is ultimately freedom from self-concept. Jiddu Krishnamurti

Your time (life itself) is largely spent working for corporations. The measure of time is largely the measure of money.

Time is money. Benjamin Franklin

Only the person who dares to accept and experience the inevitable - pain and death - dares to live now: in the here-and-now.

#### Chapter 3 – To Love is to Accept Unaccomplished Ideals

Our goal is to love others without controlling them, not to control them by not loving them.

12 chapters total

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