Holy Geeta by Swami Chinmayananda

awake is to miss for ever the joys and sorrows of that dream which he had dreamt. After attaining the wakerhood (Me) there is no return (rebirth) into the dreamland (*Samsara*).

17. Those people who know (the length of) the day- of-BRAHMA which ends in a thousand YUGAS (aeons), and the night which (also) ends in a thousand YUGAS (aeons), they know day-and-night.

Einstein's 'Theory of Relativity' has pricked the bubble and it has been accepted even in the West that the concepts of time and space depend upon individual factors governing their measurements. Time hangs heavily and moves at a snail's pace when one is in agitation, as when one is anxiously waiting for something; while, to the same individual, time flies when he is quite at ease with himself, under circumstances happy, pleasant, and entertaining. One playing cards knows not when the night was spent and he is surprised when he notices the early dawn peeping through the windows. The same person will complain that each moment has lengthened itself to become hours, when he is at some unpleasant work, or is suffering some pain. He who is enjoying the homogeneous experience of sleep, has no concept of time at all while he is sleeping.

From the above, it has been logically concluded in the philosophy of the Hindus, that time is truly the measure