



# Shattering the Myth of Time

## Key Takeaways

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- 1 Presentism vs. Eternalism
- 2 The Art of Time Bending
- 3 Eliminating Time Assumptions
- 4 The Myth of Rushing

### Quote:

“If we change what we are doing, we also change our experience of time”

— Dr. Edvard Moser

Diagnostic  
N/A

### Exercise

1. Identify the Biggest Time Bending Activity in Your Life.

2. Identify Your Biggest Time Assumptions.

See next page for details

## Exercises

### 1. Biggest Time Bending Activity

### 2. Biggest Time Assumptions

## Glossary

**Presentism:** Time flows forward linearly. Presentism, as the name hints, states that only the present is real. Under presentism, the past is a configuration of the universe that once existed, and the future refers to some yet-to-be-determined configuration.

**Eternalism:** “Now” is to time as “here” is to space. Eternalism states that the past and future are as equally real as the present. There is absolutely nothing particularly special about the present: under eternalism now is to time as here is to space.

## Notes

## Lesson Resources

1. Incognito: The Secret Lives of the Brain,  
By David Eagleman
2. When,  
By Daniel H. Pink
3. [Edvard Moser, The Brain's Codes for Space and Time](#)
4. [How your Brain Experiences Time](#)
5. [Activity in perceptual classification networks as a basis for human subjective time perception](#),  
Seth, A., et al., 2019
6. Three Types of Time to Be Aware of:
  - Natural Time – Time as a dimension in “objective reality”.
  - Clock Time – An agreed upon measure of our perceived flow of time.
  - Subjective Time – Our perception of how much time has passed between two events.
1. The Timekeeper vs. the Timebender:
  - Time Is Objective —> Time Is Perceptual
  - Time Is Fixed —> Time Is Created
  - Clock Time Matches Subjective Time —> Subjective Time Is Untethered from Clock Time
  - Hours Drive Results —> Leverage Drives Results
  - “I don’t have time!” —> “I create time in my brain!”
1. The 1, 2, 3 of Time Bending
  - Activity Selection – Activities that extend our perception of time.
  - Experience Density – Experiences that produce a wide range of emotion and sensory experience.
  - Novelty – Engaging in activities with varied, new stimuli.
  - Experience Variety – Switching activities within a day to expand time.
  - Mindfulness – Bringing attention to the present moment.
  - Flow Hacking – Accelerates or slows down time depending on the activity.
  - Pattern Interrupts – Breaks monotony that causes time to pass rapidly.
  - Embracing Boredom – Slowing down time by sitting without stimulation.