



Tim Marris: Discover Whether You Are a Future Thinker (Or Perhaps a Past Thinker) and How This May be Affecting Your Health and Wellbeing of Mind and Body



Tim Marris is an osteopath, an international postgraduate lecturer in Osteopathy and Master NLP Practitioner. In this presentation, you will discover whether you are a Future Thinker (or perhaps a Past Thinker) and how this may be affecting your health and wellbeing of mind and body. Tim will then give advice on how to reduce these effects on your body, mind and consciousness.

TOP EMBODIMENT TIP: Practice meditation or another form of mindfulness that brings you into harmony.

Aspects and Ideas of Time: **Time can be experienced as a moment or as an arrow.**

- Time is irreversible.
- How does entropy relate to time?

Time Affects our Body and Mind: **Time is relative.**

- When experiencing distress or pain, time seems to hang and last longer. This has a negative physiological effect on your body and gets locked into the tissues.
- The greater the level of bliss, the faster time goes. This also slows the physiological changes or aging process.

Future Thinker Qualities: **Whole of awareness gets lost in the future.**

- This thinking pattern causes anxiety. It's like a carrot dangling in front of you.
- Speech is rushed, actions are jerky, posture is poised on the toes.

Past Thinker Qualities: **Whole of awareness gets lost in the past.**

- This thinking pattern causes depression. It's like a carrot dangling behind you.
- Speech is slow, actions are slow to start, posture is seated in the heels.

Being in Harmony with Time: **Center your thinking in now and in yourself.**

- Bring the carrot into your being, with mindfulness, meditation and awareness.

Resources:

- ❖ **Ted Talk:** [Are you a future thinker? | Timothy Marris | TEDxUniversityofKentkaya/](#)
- ❖ **Website:** [Time Marris Website](#)
- ❖ **References:** Einstein Theory of Space-Time, Sean Carroll Theory of Static Universe



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