

Short Communication about Estimating Time with The Mind

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ABSTRACT

No part of the body can feel the advance of time; it is the eye of the mind which detects the advance of time and provides an estimate of the elapsed time.

If the eye of the mind is closed, elapsed time is not detected.

Time is a set of moments.

To try to estimate time provides a training for the mind.

Whether we are free to make choices depends on the moment.

It seems difficult to estimate in advance the durations of different parts of a new work as people tend not to do it well.

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I. INTRODUCTION

No part of the body can feel the advance of time; it is the eye of the mind which detects the advance of time and provides an estimate of the elapsed time.

A person sleeping or even sleepy does not know anything about the elapsed time.

If the eye of the mind is closed, elapsed time is not detected.

Memories are read by the eye of the mind when the eye is open.

The eye of the body detects distance so space.

II. MAIN TEXT

If the brain working detects directly time without the eye of the mind open, it would do so when sleepy but it is not the case.

As time is usually necessary to do anything like travel a distance, time exists outside the mind.

Time is a set of moments.

To try to estimate time provides a training for the mind.

Can it be considered that the length of a moment is constant?

The error in the estimation of time elapsed depends on the time elapsed but also on other things.

Time would seem to be elapsed more quickly or more slowly than it is really.

Studying the error leads to assessing subjective time which is subjective value of time.

It seems difficult to estimate in advance the durations of different parts of a new work because people tend not to do it well or not do it at all.

Timing is important and to estimate time is important.

To value time leads to a good timing.

Time expands when the action is quick.

Subjective time expands when there is no action.

III. CONCLUSION

If time seems to advance slowly, one should take advantage to meditate about what one can do (trying not to be nervous).

To do something quickly, one may think of a change of wheels in a Formula 1 race (as a challenge).

New ideas seem to appear suddenly.

Whether we are free to make choices depends on the moment.

By involving time, some unanswered questions can be answered.

From cosmology is deduced that time is not totally ordered at the level of elementary particles (a research of mine).

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