

Letting Go



Slowing Down to the
Speed of Blur

Mosaiek

Ron Martoia

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Ecc. 5:18 After looking at the way things are on this earth, here's what I've decided is the best way to live: Take care of yourself, have a good time, and make the most of whatever job you have for as long as God gives you life. And that's about it. That's the human lot. **19** Yes, we should make the most of what God gives, both the bounty and the capacity to enjoy it, accepting what's given and delighting in the work. It's God's gift! **20** God deals out joy in the present, the now. It's useless to brood over how long we might live



if we were to really
evaluate this...

....what are we
feeling....?



Feelings of
hurriedness, time
pressure, inability
to keep pace

How do you
experience God
in the Way when
these feelings are
common?



Time saving technology



Heralding in the golden era of leisure

the acceleration
of technological
innovation has
been outstripped
by the increase in
the quantity of
activity.



A micro change in technology enables something to be done faster or more efficiently.

This has an obvious benefit so long as the macro environment in which the change took place remains unaffected.

However, before too long the cumulative effect of such micro changes is to re-configure that macro environment, ushering in new expectations and assumptions regarding scales, velocities and rates of productivity

This is a contraction of the present. The past “no longer holds” or is no longer relevant to us.
The future “does not hold yet.”

The present then is “the time span for which the horizon of experience and expectation coincide”

Harmut Rosa - Social Accleration

"Speed is the form of ecstasy the technical revolution has bestowed on man,"

laments the Czech novelist Milan Kundera, suggesting by ecstasy a state of simultaneous freedom and imprisonment ("He is caught in a fragment of time cut off from both the past and the future; he is wrenched from the continuity of time; he is outside time ...").

That is our condition, a culmination of millennia of evolution in human societies, technologies, and habits of mind.

I think what has happened is that all the time saving technology hasn't saved us time but has created what I call "life density"



this density of quantity has
changed the texture of
our lives.

and the density suffocates
many of us

“space” shrinks as density
increases



The question would have to be what is the problem with this life-density, or that space feels like it is contracting or collapsing all round us, or that we are skimming?

I think this skimming is an indicator of our
inability to go deep.

And when you skim, there is a numbness
that happens.

Skimming prevent us from...

deeply fully loving

our hearts shrivel up

The collapse of long-term thinking, planning and acting, and the disappearance or weakening of social structures in which thinking, planning and acting could be inscribed for a long time to come, leads to a splicing of both political history and individual lives into a series of short-term projects and episodes which are in principle infinite, and do not combine into the kinds of sequences to which concepts like 'development,' 'maturation,' 'career,' or 'progress' could be meaningfully applied. A life so fragmented stimulates 'lateral' rather than 'vertical' orientations.

Zygmunt Bauman Liquid Times

What is our solution to these realities which we participate with in strangling the life out of our lives?

What are your ideas?

If we ever were not so single-minded
about keeping our lives moving,
and for once could do nothing,
perhaps a huge silence
might interrupt this sadness
of never understanding ourselves
and of threatening ourselves with death

Pablo Neruda

How honest will we be?

How dense a life do you want to live?

Is technology serving you or are you a slave to it?

Surrender control and experience enjoyment now

Build in sabbatical space in your life

Slow us down

In the name of Jesus Christ, who was never in a hurry, we pray, O God, that Thou wilt slow us down, for we know that we live too fast. With all of eternity before us, make us take time to **live** – time to get acquainted with Thee, time to enjoy Thy blessings, and time to know each other.

Peter Marshall (1902-1949)

