

Springboard - 4

Mira Mehta

TWO CHAMELEONS

The chameleon Time
Alters
According to the context of the mind
Which gives it
Fleet or laggard markings.

The chameleon Mind
Modifies
The hue of words and deeds intended
To match
The setting of the present.

Why do we make time important in our lives? We locate ourselves within it, use it as a reference point for our thoughts, emotions and actions, try to bend it to our will, follow its dictates, and give it positive or negative associations. Yet the relationship of time with ourselves is a psychological construct, not a real one.

According to Yoga philosophy, time is an innate quality of objects, which contain in themselves their past, present and future.¹ Development, existence and decay, or completion, actuality and potential constitute the reality of all material objects.

The tangible unit of existence is the moment, the fraction of time that is neither gone nor yet to come. It is only at the end of succession of moments that the pattern of change in an object can be perceived.²

With this perspective of time as independent of the mind, the Yogin lives in the present and is not caught up in memories and hopes. For only the present is real, and only from the vantage point of the real comes clarity of mind.

¹ YS 4.12

² YS 4.32

The poem is taken from Mira Mehta's book *Cascade of Stars*, published by Shephard-Walwyn (www.shephard-walwyn.co.uk). For information about her classes and other publications visit www.yogicpath.com.