

Our life is full of suffering (birth, old age, illness, death). It slips through our fingers like sand. We cannot even hold on to a meaning that we give it.

We all want to be happy and free from outside influence and since we always only feel our own suffering, we don't always do everything for our happiness at our own expense. And where we cannot or do not want to help, we do not always refrain from increasing the suffering of others.

We all have to die and it would be good to be calm and composed then.

Our life is not still even when everything is quiet and not a sound can be heard. Complete calm and serenity are timelessness. Timelessness is a state that we can never fully achieve in life.

Time is future, present and past. The future is the open possibilities and the possible stories that go with them. Past are the stories we can remember. The present is the conscious passing of possibilities and their possible stories into the past.

Timelessness is staying in this moment, which knows and keeps open all possibilities and their possible stories.

In this place there is no suffering, no lust and no desire and the knowledge of all possibilities and all possible stories is complete.

But in this place there is also, because there is no suffering and no pleasure, no time and no passage of time, there is no I, no self and no consciousness.

This is not a contradiction to perfect knowledge only if all lives are continuously born, lived and suffered from this place until everything continuously enters timelessness, calm and serenity and perfect knowledge.