

# Time and Causality

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**Sarah:** Apparently sequential??... what is really happening?

**Sundari:** If reality is non-dual awareness, which we know it is, then there is nothing other than awareness. There is no such thing as past, present or future, no time and space, no change or causality. These are all objects known to awareness. The presence of *maya* makes the changeless appear to be changing, i.e. the apparent reality. Causality is another word for *Isvara/maya*. **It causes the universe in conjunction with awareness.**

Things appear to happen sequentially and “in space-time” because the mind can only experience one thing at a time. *Isvara* set it up that way or we would all go mad – in fact madness is often caused by the filter between the subtle and causal body being damaged.

Time has no objective reality. It is the distance between a memory of an event and another memory or current experience. Time is an illusion. Yet as the *jiva* we cannot step “out of time,” because we do not stop experiencing as long as the body is alive. The essence of the experience of events (time) is stored in the causal body by *Isvara*, the *vasanas*, enlightened or not. How we relate to experience is determined by the level of self-knowledge or lack of it, in the mind.

Memory is a function of the mind which catalogues and categorizes events that apparently took place, as they take place. Memories (experiences) are reduced to thoughts which appear in the subtle body. If you take yourself to be the *jiva*, you identify with the thoughts/memories/experience, taking them to be real and to be “yours.” This is the hypnosis of duality – *mithya* – which is how most people experience life and the world.

You – awareness, the changeless – observe time, space, experience, and are unaffected by it. Nothing ever happens – for you.