

# The Declaration of Time

## 1. All systems exist in Time.

- a. The State of California, the United States of America; and all countries, companies, teams, and individuals exist in Time and Space (the Milky Way Galaxy, originating from planet Earth).

## 2. All living systems have relationships with Time and move towards the probability of death in Time.

## 3. All human beings share a "Gratitude for Time", individually and collectively.

- a. "Gratitude for Time" is a universal and scalable cognitive foundation for positive mental health for the individual and the collective rooted in the 2nd Law of Thermodynamics.

## 4. From the human perspective the value of Time is as follows: The value of Time is greater than or equal to the value of Life, which is greater than the value of money.

## 5. In addition to the ability to secure and/or afford clean air, water, food, and shelter: humans most deeply desire a sense of happiness, meaning, and/or purpose from their Time.


- a. Time is also a cognitive resource for *cultivating* happiness, meaning, and/or purpose within the mind of each individual and among the interconnections that emerge within and between brains.

## 6. Happiness is defined as "One's contentment with how they spend their mental Time and physical Time."

## 7. Purpose is defined as "Influence over our direction in Time or influence over why we spend Time the way we do."

## 8. Meaning is defined as "Coherence and synchrony between our internal and external realities".

-The Prince of Time,

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