

The Illusion of Time – Are We a SLAVE to Something That Doesn't Exist?

Why bother being concerned about running out of time, if time doesn't exist to begin with?

The idea that time is an illusion counts among one of the most highly debated theories of our *time*. That said, the idea that time is merely a manmade construct – seconds, minutes, hours, days, and so on might become more plausible when looking at this one (very crude) but obvious example.

Daylight Saving Time!

How is it that a group of individuals (i.e. Governments) can decide whether to implement what has become known as daylight saving time (DST), and just like magic our entire lives conform around a set time that was simply constructed by agreement?

This to me is probably one of the most obvious, though over simplified examples of how the notion of time is completely flexible, malleable and certainly relative to those who decide to observe its rules, or not!

Moreover, what if the illusion of time makes even more sense if we're living in a simulated universe?

In this episode of [Conscious Commentary](#), we use this idea as a jumping off point to show evidence that time may *not* be as fixed as we think!



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