

PRESSURE and TIME

By Larry Hochman



One of my favorite movies is The Shawshank Redemption. It's about a man who is falsely imprisoned for murdering his wife.

Andy, the main character played by Tim Robbins did everything he could over the twenty years of time in which the movie took place to keep his dignity and sanity. He carved chess pieces out of rocks. He helped build a prison library. He helped other inmates study for their high school equivalency tests. He even helped the warden in an illegal money laundering scheme.

And he studied geology. His friend Red, played by Morgan Freeman (who is also the movie's narrator) noted geology is the study of *pressure and time*. It's true. I won't give away the ending of the movie in case you haven't seen it and want to. But Andy very much conducted his life based on the pressure on him and time allotted.



We're very much creatures in that same mold. Much of our pressure is external. Bills must get paid, appointments must be kept, dinners must be cooked, etc. Modern life exerts its own stresses on us.

And most people won't go past that point of pressure. It's enough. They feel the pull of time, the march toward closure. At some point they reckon they will die and meet whatever is next after this experience. They may as well have a good time in the meanwhile, and try to behave well on the Earth plane in case they are to be judged afterward.

If you have chosen to read this column, you probably have a different kind of pressure, like Andy did. The pressure of living out the genius, your music, your purpose, choose whatever word works for you. That *thing* that's yearning to come out.

Expressing your sacred self. That's a phrase I like.

The pressure builds. And it pushes you to do things you hadn't found the courage to do before.

You're in a community of people with extraordinarily high vibrations. You've GOTTA make it happen. The pressure of living out your dream, coupled with the pressure of living up to the standard here is enormous.

Time? Things go in their own time, which has nothing to do with our very limited perspective. This marvelous planet we live on evolved over billions of years. You took around 40 weeks to finish cooking inside your mother.

We accelerate the process a little bit when we plug into better surroundings and role models. Like the environment and people right here.

Time does what time does. Bless it. It got you into the present moment with all the **pressure** of desire for something good and new and harmonious.

Bless the pressure. Bless the time.

With much appreciation,
Larry

Larry Hochman
(860) 585-6266

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