

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 Honorable Consuelo María Callahan
Judge, United States Court of Appeals for the Ninth Circuit

Consuelo Maria Callahan

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