

Chapter 1 on the notion of time reveals to what point we have misused that concept. The time taken to mull over this notion was well spent as a breakthrough occurred when I realized what should be the answer to the question - how do we measure motion? Surprisingly, the answer is, **with motion**. The trick was to reverse conventional thinking, which has always been that motion is measured in terms of the ratio distance over time, and therefore time had to be considered as a fundamental concept, and motion, as a derived concept. Why is a reversal of the conventional thinking necessary? Because motion is that which is observed, while time is a mental construct. Because in a universe with no motion, time is a useless concept. A clock is a simple device with **internal moving parts** that conveniently facilitates the measuring of motion. You need motion to measure motion – this was the major breakthrough. Unquestionably then time is one of the greatest inventions the human mind has ever produced.

Even though a new thinking about time won't necessarily change any of the fundamental equations of physics already established, it brings a new perspective and is an invitation to revise our old notion of time, particularly in regard to the question: is time real or is it an illusion? As Einstein once put it: "The separation between past, present and future is only an illusion, although a convincing one."