http://www.hypothesis-of-universe.com/docs/aa/aa_121.pdf

Sabine Hossenfelder - Excerpt from her YT and my comment (translated by google-translator)

Time is money. It also happens. If it's not on your side. Time flies. We're done. We're talking about time ... all the time. But does anyone actually know what it is? It's 3:30. I don't think so. So what do you mean? What does it mean? We'll talk about that today. First of all first, what is time? "Time prevents everything from happening at once," Ray Cummings said. Fun, but not very useful. If you ask Wikipedia, time is what the clock measures. Which begs the question, what is a clock?
The clock (a mechanism that cuts into the dimension of time intervals) is ourselves. So everything on Earth is a "clock", **the whole earth that MOVES through space-time, which means that the my-material object is used by the universe "after time" and "along length"** (after three temporal dimensions and three spatial dimensions). We ourselves measure time "like" an hour with our "shift". The shift-movement "along the dimensions" presents the flow of time, it presents the clock, the cutting of intervals on the "standing" dimension of time. Time is not running out for us, but we tell him - we are the clock.
Noch einmal : The clock (a mechanism that cuts into the dimension of time intervals) is ourselves. So everything on Earth is a "clock", the whole earth that MOVES through space-time, which means that the my-material object is used by the universe "after time" and "along length" (after three temporal dimensions and three spatial dimensions). We ourselves measure time "like" an hour with our "shift". The shift-movement "along the dimensions" presents the flow of time, it presents the clock, the cutting of intervals on the "standing" dimension of time. Time is not running out for us, but we tell him - we are the clock.

According to Wikipedia, time is measured by a clock. Hu. It seems a bit circular. That is, tautology Fortunately, Albert Einstein gets us out of this puzzle. Yes, the guy again. According to Einstein, time is a dimension. The idea originally dates back to Minkowski, but it was Einstein who used it in his theories of special and general relativity to arrive at testable predictions that have been confirmed countless times since then. Time is a dimension similar to the three dimensions of the universe, but with a very important difference that you have certainly noticed. We can stand motionless in space, but we cannot stand motionless in time.
So this is just that deceptive impression !! It's just a human perception-feeling. Everything on Earth runs at a speed of eg 250 km / sec. (such is the speed of the solar system in the Galaxy-Milky Way); yes, we playfully perceive around us small movements in all three longitudinal coordinates: we see the movement of a car, an airplane, wind, clouds, a pedestrian on the sidewalk, rain down, all in three axes, three longitudinal spatial dimensions… .we know our feelings -senses to distinguish the movement "forward backward, down-up", which are movements "mutual" - the observer (fitted to rest) and objects in motion about 5-50 meters per second. We can distinguish small movements, small speeds, between terrestrial objects, but we do not realize !!!! (we do not feel) the total "total motion" in the galaxy, ie 5 m / s + 250,000 m / s = 250,005 m / sec (or the total motion in the global universe relative to the quasar, ie 5 m / sec + 220,000,000 m / s), which is what, as Sabina says in the article, that "we can stand motionless in space = on the street where there are houses, there are trees, there are

garbage cans, there are parked cars, just a little mouse moves in the park and a grandfather with a walk… the impression is that we are standing, we are standing in relation to each other and at the same time we are all flying through space at speed vé = 0.8cé… and we neglect those crumbs such as local movements of 5 m / s.

It's different with time, basically the exact opposite: we perceive ALL only the global flow of time at the fastest pace (everything else in the universe has a slower pace of time !!!! - see Kulhánek's statement), this global pace of time is over us, the same for everyone and we do not perceive the "local detailed differences" of the movement "in time" (increments forward and countdowns) to three axes, to three time dimensions… and yet they are !!!! (unfortunately 8 orders of magnitude less sensitive than the "sensitivity" of people to changes in position in space), we do not perceive that when a **horse** runs in "timeblock", ie within three dimensions of time, that in one direction of movement it has time dilation, ie that it is to the "normal rate of flow an increase or decrease of the dilatation interval." Every movement of objects around us, car, plane, mouse in the field, bird in the sky, everything moves "in global time" "t (glob)", but also "delta t", moreover, the human brain is not aware of the change in the pace of time namely in the order of 8 orders of "shorter intervals", (((c = $10^8/10^0$)))), or "t (glob.)" +/- "delta t (dilatation)". ; // *Parallel to longitudinal displacements of 250,000 m / s + 5 m / s in the galaxy* //. So: for example, 3,600 ticks per second + 0.00002 tics per second - these are the changes of the "dilating" objects around us (in 3D time) that the human being (and everything alive) is not aware of = does not perceive. And yet we know that every movement of a body when its velocity approaches that its dilation "increases" at least in the direction of movement.

So..; therefore says Sabina : **We can stand motionless in space, but we cannot stand motionless in time and…** and it says this because the human being in him has "length" (spaceblock 3D) and "time" (timeblock 3T) in reverse. For lengths, we perceive well "small changes in position" in three directions and we do not perceive the global "post-shake" movement in the CP expanding. In reverse, we perceive well the "global flow of time" and do not perceive "local minor changes **in dilatations and contradilatations** on time dimensions", both of which are "impressions-perceptions of the human being - she is supposed to perceive this differently" time "And" space "- the universe itself does not distinguish, ie:" **I can** stand motionless in position and **I cannot** stand motionless in time. "

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Translated by google translator ... maybe there will be those who have mercy and translate into English better

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JN, 03.02.2021