This newsletter is based on a cursory overview of parts of a book that I very much enjoyed reading this summer. It is a lay person’s guide to quantum mechanics, time, space, and an explanation of how the human mind influences time, space, and the non-physical and physical universe we all live in. In short, time travel!

Although it is not a technical review of quantum mechanics written for physicists, it is still complex for lay people simply because it deals with a lot of paradoxical issues as they relate to time travel. I found myself reading and re-reading a lot of the content.

It is not my intention to provide a thorough review of this wonderful book. I will touch upon the key ideas that might help you understand your mind and its role in influencing the Youniverse and how it affects time, space and matter. Yes, Youniverse. You read that right!

I hope to engage you in some thinking about how your mind affects time and space to learn to experience yourself as the I AM of time and space.

http://www.amazon.ca/Yoga-Time-Travel-Mind-Defeat/dp/80038XYWQ/ref=sr_1_2?ie=UTF8&qid=1408244106&sr=8-2&keywords=the+yoga+of+time+travel

Your Mind

What if you KNEW that your mind is actually a powerful machine? It is not only a tool for solving your daily problems; it is much more.

What if you understood that your mind is an extension of your all-powerful soul, that part of you that is the I AM, connected to Source, or the Universe or God?

What if you could understand that your mind is more like a magic wand? What if you figured out the idea that how magical your magic wand is relates directly to how well you manage your thoughts, belief systems and physical reality?

Yes! It is all in your Mind!
So, what’s with all this Youniverse stuff? It is a bit much, eh?

I will do my best to help you understand why your Universe is actually your Youniverse... Or is that why your Youniverse is actually your Universe.

Let’s start with a bit of paradigm shifting first. We live in a world where we believe that we and what we observe are in fact separate. Well, in the physical world, things certainly do appear that way, but what we have learned from quantum mechanics is that the observer and the observed are inextricably linked. Put more strongly, there is no universe (what we observe) without the observer (you). This is why you are being asked to see yourself as fundamentally tied to the Youniverse!

Why is that important? It is important because it means that your observations (meaning participation in, deciding upon, wishing for, declaring true) are the thoughts that drive the world around you. The mere consideration of an issue and mental reaction or decision on something sets wheels in motion for you.

Your thoughts are like a radio message to the universe on a massive scale that affects every piece of that universe down to the electron. It affects your own cells and their DNA, they affect how you perceive your universe and how that universe treats you, because it is delivering to you exactly what you believe is true! They affect all time and space!

How you see yourself through your self talk influences you on chemical and biochemical levels, creating your physical manifestation, the you that you see in the mirror, the you that has a bad back, the you that has a problem with weight, or appetite, the you that is prone to catching colds, the you that is clumsy or a an all-star athlete. These are all physical manifestations of your thoughts translated into who You are physically, all through complex biochemical and neurochemical activities. Your thoughts create who you are in your world; your world does not create who you are.

Extending this to the world outside of you means that how you talk to yourself about how you are perceived, how well you are liked, how your friends treat you is also an extension of physical manifestation working off of the same quantum field of energy. This time it is about what you perceive to be external to you. It is not actually external to you since fundamentally, all things are made from the same unified field stuff whether it is people, rocks, stars, bunnies, or cars. There really is no me or you or it! It is all one thing!

So, how you think about yourself and how you think about other things or people all comes down to how you see the quantum field as a whole. How it responds to you or what is around you is a matter of what you put into it.

Some of you are thinking about the glass half full vs. glass half empty question In reality the glass is always full of something, but what it is full of is the real question.

Putting the You back into the Youniverse

You are the centre of your universe; and all of the things you see around you too. All of your thoughts have power; they have power in the NOW to affect the present, the past, and the future of all reality and what you see as reality. Chose your thoughts carefully!
Your mind is the centre of all activity, all creation, and all effects on non-physical reality. You literally think your world into being...

You are probably wondering what this has to do with time travel. We will get to that later. In the mean time, I would like to get you to think about something really interesting.

As I pointed out, your thoughts interact with the universe. This idea is exciting, but not as exciting as the notion that without your thoughts interacting with the universe the physical universe would actually disappear. Without our observations, thoughts, ideas about our world and without our inserting ourselves into it literally and mentally, the universe would slowly dissolve into the non-physical elements or quantum field from which it was dreamed into existence.

How is that possible? It goes something like this: If you were flipping a coin, it could land heads or tails. Until you observe one option or the other as having happened, it belongs to the realm of the quantum universe of possibilities or optional parallel universes. Once observed, it collapses into either heads or tails in this universe and perhaps the alternative option in a parallel universe too. But, until it is observed, all options are open as possible.

This example is not a complicated one, but it makes the point. When we interact with the universe we influence it and create an event based on our observations and thoughts about it. What this means is that the universe that is unobserved or unaffected by your thoughts is in limbo, waiting to be observed.

It is not limbo; rather it is pure potential! The quantum field is what is often referred to as the void, the nothing from which all things are manifested. And what do you think drives the void to create? The void is driven to manifest into the physical directly through our thoughts. Whether these thoughts can co-create immediately, or slowly or not at all, is a function of how clear and detailed our thoughts are on a subject and how much feeling we put into them. Thoughts are important to conceptualize, but the heart is the fuel that drives manifestation.

Again, the question is not about the glass being half empty or half full; more about what the quality of your thoughts are and whether they are clear and fueled by passion.

Continued...
Now we can start taking about using your mind for time travel. Finally!!!

MEMORY AND OUR PAST

Once thing Quantum Mechanics agree on is that there may not be a single, agreed-upon human or world history. If each of us creates our own present and can affect our own futures, we also have a different perspective on our own pasts. You will realize that as you go over your memories of life events, you cannot recall a stream of events; you recall short segments or ideas or pictures, but no real ‘movie’ that lasts any length of time. But, those memories preserve the energy of those events, and so they now participate in what happens in your present. If those memories disappear, so do influences they bring to forming the present and future.

MEMORY AND OUR FUTURE

In the same vein, what ideas we plant into co-creating our futures create an energy pattern or signature in the future. It is that pattern that now begins to create energy for their completion. The now begins to meet the then in the future. The more fluid, passionate and complete your pattern is as you are dreaming it into the quantum field or void, the more complete your manifestation will be. The stronger the connection between your past recollections and the future you are creating, the more powerful your co-creation.

DISAPPEARANCE OF THE UNIVERSE

If we stopped remembering our past and stopped dreaming up our future, we remove those energy signatures from the void. In theory, then that happens the energy that holds the past, and future will begin to disintegrate and the universe will vanish. As your past and future destabilize, there is little to keep the pattern of the present.

THE PARADOX OF HUMAN AND SPIRITUAL EXISTENCE

While we are all busy exploring our higher-level chakras, we are focusing on our ‘out there’ (the world around you) and focusing less on our ‘in here’ (the mind). While in the ‘out there’, we are exploring higher realms at the expense of our ‘in here’. We destabilize our physical world at the expense of summoning our higher selves. In contrast, while we focus on the physical world, the ‘out there’, we strengthen the physical signature of our world, but our higher self or ‘in here’ begins to lose its footing. Like with all things, balance seems to be the key to spiritual and physical existence.

BACK AND FORTH IN THE MIND

We know we can affect the future through programmation.

Affecting Time and Space

Your personal ability to affect time and space has been hidden from you! But it is real and you are doing this without realizing it!

What if you actually learned about this skill and then learn to KNOW what to do with this innate skill?

What we seldom consider that this time machine allows us to go into the past, into our memories; there is a real purpose in our ability to travel there. Our mind’s ability to travel into the past is not only about visiting a fondness or sorrows from our pasts; it is about visiting to heal the past.

The past cannot be altered, but the energy of the past can be altered from a poor status to a healed status. Energies of fear, anger, hate, misunderstanding, and jealousy can all be transformed into energies of love, peace and reconciliation.

RETHINKING OUR PERSONAL ROLES

When it comes to all of us (the world), it is important to recognize that our Oneness, (the collective universal mind) is individuated in such a way that we all see the same thing differently. Here are some concepts to consider:

- The observer and the observed are not separate; they are opposite sides of one coin. Interchangeable!
- The same ‘movie’ (life around us) is seen by all of us, but is perceived differently by each of us.
- Because that is true, we form different opinions of how the ‘out there’ affects the ‘in here’.

We forget that we formulate and program of the ‘out there’; not the other way around. When we feel that the world is doing something to us, we must remember that we are doing something to it! We are creating our universe.

The ‘in here’ creates the ‘out there’. Or “As above, so below” in Biblical parlance.

Continued…
**The Intention Experiment – An Interesting Chapter**

I will now introduce the notion of one’s ability to influence the past, acknowledging the idea that many will find the idea of the present influencing the past as being either trite or novel. If we take the common approach when thinking about this, we all resort to the old saw that the victor in any battle writes the history books, but that is not what I am talking about. That is trivial.

But what if we looked at this differently and saw a very different perspective of the present influencing the past? What if we take a novel approach, that approach demands that you really can influence critical part of your history from the present?

In McTaggart’s book *The Intention Experiment*, there is a chapter that describes a healing. I am recalling this story from memory, since of course I cannot find the book, now that I need it. The story goes something like this:

Hospital patients in a hospital in Israel are randomly divided into two groups. The patients themselves know nothing of this experiment or that there are two groups of patients; they are just patients as far as they themselves are concerned.

A prayer group prays for members of Group A. The prayer group only knows that it is praying for a number of people on a list and is not aware of any experiment. Group B rare controls who receive no prayer and they are unaware of any experiment. They too are just patients in a hospital.

The experiment is concluded after some period of time. What is interesting is that Group A people (receiving prayer) show a better profile of healing and recovery than those in Group B (not receiving prayer) after the experiment concluded.

This in and of itself is not the interesting part. What is interesting is that the prayer was done 20 or more years in the future, relative to when the patients were in the Israeli hospital. For example, the patients were living in the 1960s in this hospital, however the prayer group began praying for Group A in the 1980’s.

When the two groups’ members were revealed later on once the prayer sessions had concluded, it was shown that those who had a better recovery or survival back in the 1960s were those people who belonged to Group A, which received the benefit of prayer session in the 1980s. Remember though, that those praying only knew they were praying for a given list of people and did not know anything about another group for whom no prayer was offered. It was a blinded experiment.

Here is clear evidence that the past can be influenced by the present or future. Not only is manipulation of the fabric of time possible, it is important and crammed with vast and unimaginable possibilities for what can be done about the present and as we now can see, about the past too.

We have the potential to not only affect patients’ health in the past while working in the now. It is possible to heal a number of other scenarios from the past. What is critical though is to KNOW that this is possible. Without the KNOWING, there is no effect. This is an important ingredient in time manipulation. Like everything else you manifest, you must KNOW.

**KNOWING THAT YOU ARE THE MASTER OF THE YOUNIVERSE UNLEASHES THE POWER OF THE VOID TO MANIPULATE TIME AND SPACE.**
You know that you are the observer and that you think the universe into existence. When you think, you send energy into the void, the quantum field. The universe fashions your thoughts into the world you see around you, reflecting every quality of your thoughts. Think good thoughts and KNOW your thoughts have real power.

The past, present, and future are connected, but they do not necessarily flow in only one direction. You knew before that you could affect the future through programmation. You now know that you can also affect the past creating opportunities to heal past situations, remake bad energy into good energy, and reverse the negativity from the past from influencing your present and future.

The only thing that you have not been told thus far is that our world is doing things in the wrong order. Society is constantly told to act. “Action speaks louder than words” and all of that…. While that might be true, action does not speak louder than thoughts. Your actions only affect the things directly around you; the things you act on. Your thoughts affect the entire universe. Think of it! The whole universe, all of creation and the potential housed in the void all in your Mind.

To a mind that is still, the whole universe surrenders

_Lao Tzu_