

The Yoga of Time Travel

How the Mind Can Defeat Time

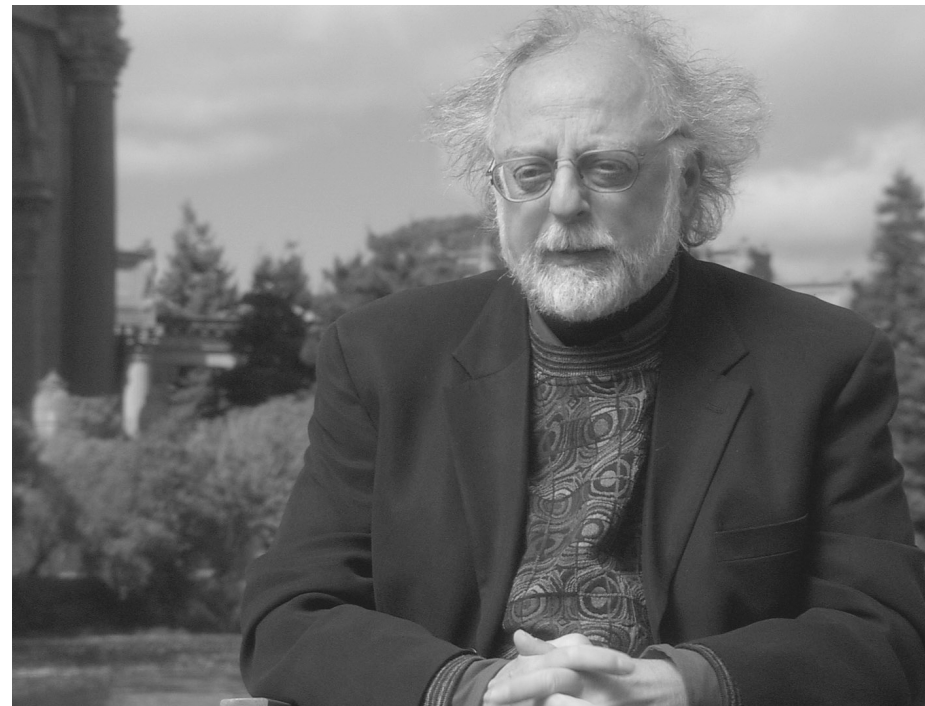
INTERVIEW BY JOANN IMPALLARIA AND DON CAMPBELL
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The Laws of Quantum Physics

Quantum Physics, or quantum mechanics, which is the same thing, is a strange business. It deals with the behavior of matter and energy, particularly with how matter and energy interact on a very, very tiny scale — the scale of atoms, molecules, and the particles that exist inside these small objects. On this tiny stage, the minuscule atomic and subatomic actors do not behave as their constituencies do any more than you behave as your country does. Just as the laws of a country are based on rules that may not apply to an individual (for example, your country can lawfully print money while you certainly cannot), the laws of quantum physics governing the behavior of subatomic, atomic, and molecular objects are different than laws governing large objects such as human bodies, stars, and rolling dice.

Yet we all know that a country's behavior is to some extent based on the laws an individual follows. Similarly, the laws of quantum physics governing individual tiny-scale particles determine the behavior of the larger objects made from these tiny particles. This understanding of large-scale behavior comes



Fred Alan Wolf, Ph.D. is a physicist, writer, and lecturer who earned his Ph.D. in theoretical physics at UCLA in 1963. His work in Quantum Physics and consciousness is well known through his popular and scientific writing. He is the author of eleven books. He was also recently a featured scientist in the independent film "What The Bleep Do We Know!?" released in 2004, which, through drama and documentary, explores the world of Quantum Physics and infinite possibilities. To be released on DVD on March 15. (Courtesy Photo.)

about by determining the average of many small-scale events. For example, insurance companies determine your premium rates based on the average age and health of individuals in your city, state or country.

Until very recent times, it was believed that quantum physics only applied to the atomic and subatomic world, a world that was well below human perception. Today, scientists believe that quantum physical effects can also be observed on a larger time and space scale, well within the world

of human perception. However, in contrast to large-scale movement, where Newtonian or classical laws of motion apply, quantum physics laws let us calculate very accurately the probabilities for events to occur, even while we remain completely in the dark about the actual events themselves.

The situation is even stranger than one might imagine. Classical physics deals with numerical probabilities all the time. Whenever we can't calculate the outcome of an experiment because of the impossibility or inherent diffi-

culty to control it, we rely on probabilities. For example, we normally can't control whether a flipped coin will land heads or not. But quantum physics works quite differently. To arrive at a probability for a sequence of events, you have to imagine the possibility moving as a wave through time from a specific starting point (for example, the flipping of the coin), then reversing itself when the wave reaches a specified future time (the coin landing on the floor), and finally coming backward through time to where it all started. These two "flows" of possibility-waves then come together multiplying each other.

Possibilities can also overlap and add together. The overlap and addition of two or more possibilities is called a superposition. If you were to imagine each possibility as possible routes between Chicago and New York, each drawn on a separate sheet of clear plastic, superposition occurs when you put the drawings on top of each other so that you can see all the routes at the same time.

Superpositions of possibilities can produce curious results. For example, the side of a flipped coin is, in principle, predictable in classical physics if one had the ability to control all of the variables involved in the actual flipping. Bearing with our lack of control, one usually assigns a probability of 50 percent that it will land heads and 50 percent that it will land tails. However, in quantum physics these separate possibilities can superpose, leading to new possibilities — for instance, the coin landing standing on its edge.

When a possibility-wave completes its turn-around cycle and multiplies with itself, the possibility becomes a probability. Physicists now believe that at this point, the event in question is "waiting to be observed," so to speak; even though it has not yet been observed, it can no longer be termed unobserved. In fact, usually, the completion of a cycle and the final observation of an event are simultaneous. Hence, the coin, which was previously capable of existing in one of two possible states (heads or tails), suddenly jumps into one of these states (say, tails) at the instant it is observed. This is called the quantum physical observer effect.

Sacred Pathways: How did you acquire your knowledge of the philosophy and practice of yoga? Did you study independently, or did you have a teacher or teachers?

Dr. Fred Alan Wolf: Primarily, the influence has come from my wife, Sonia, who is an Iyengar Yoga instructor and has been studying Iyengar Yoga for almost 12 years. It's through her influence and watching what she's done and how she's been able to achieve some remarkable things with her own body through the use of the teachings, which go back to the ancient teacher who's name is Patanjali.

SP: How did you decide to combine your knowledge of yoga with time travel?

Dr. Wolf: It became clear to me when I began reading what Patanjali and the ancient Hindu scriptures were talking about, specifically the way in which consciousness interrelates with the body. In other words, they were giving indications of a new way of looking at what is now known as the mind/body problem. This is an inquiry that I have been engaged and interested in for many, many years. Previous to *The Yoga of Time Travel*, I had written 10 books, three of which dealt specifically with the nature of consciousness and its relationship to matter, energy, and the body. I began to look at these ancient teachings. They were talking about escaping the time-bound existence by almost paradoxically moving your mind into the body. So how would you do that? If you can move in, then you can move out. So what was going on there? It was that study that got me interested in the possibility of moving out of space and time. Then I became curious about what Quantum Physics had to say about that subject.

SP: At several points in the book, you mention that you "time travel" frequently every day. I am wondering if you mean by this that you have regular spiritual practices that you perform every day. If so, would you be willing to share some details about these practices with our readers?

Dr. Wolf: Every moment of my life is

spiritual practice. I don't distinguish between anything I do as being different from spiritual practice. Spiritual practice to me does not necessarily mean you go off to a church, a temple, a mosque, or a corner of your room and meditate. Spiritual practice means being aware of yourself in every moment of your life. For me, life is a continual meditation. When I get into the time travel mode, I'm engaged in a creative activity, which involves coming up with words to talk to you about, or writing. I lose my hold, or let's say my interest, in the current space of time that I'm in, and my mind seems to escape into another real. It's in the dynamics of that realm, which I call the unborn, uncreated, unformed, unoriginated realm, that time travel becomes accessible in a sense that I'm able to move backwards and forwards, access information, learn new information, or let go of old information. It's a process that many creative people engage in, although they would most likely not call that time travel. Time travel arises from understanding what these ancient spiritual teachings said, for example, the teachings of Patanjali. The second comes from my understanding of Quantum Physics and the role and way in which consciousness and matter inter-relate. That model, or way of thinking, for example, how observers alter reality by the process of observation, the dynamics of that indicated to me that it was possible to see movement forward or backwards in time. And that's where the whole idea of yoga and time travel came into being.

SP: You speak of ego and ego-mind as the force that keeps us bound to matter and linear time. In Indian philosophy and the yogic system, a distinction is drawn between ego-mind/intellect (manas) and Higher Mind (buddhi). Do you believe there is a difference between ego-mind and intellect? What is the proper role of intellect in the lives of spiritual seekers who wish to cultivate their ability to "time travel?"

Dr. Wolf: The basic difference between the ego mind and the intellect is that the intellect is only a form of the way mind in general works. That form, which

involves intellect, is something that I would call thinking. The mind as it relates to the world has four basic forms by which it can relate. It can intuit or do intuiting, it can sense or do sensing, it can feel or do feeling, and it can think and do thinking. The intellect is only involved in the last phase, thinking. The ego mind, however, could be involved in the use of all four of these in various forms. The ego mind has only one basic function, and that is survival of a very limited amount of space and time as body. In other words, the survival of your body. The ego mind is concerned with its own survival — meaning, whatever you do, you don't destroy it. The ego mind is the protective critic and the protective hold, the thing that talks to you, not necessarily in words but in feelings, or intuitions, or sensations, which tells you that there might be a dangerous ground upon which you about to take a step. That's mainly the function of survival. It's a very strong element of the way mind works, and it has been shaped as a result of our particular human kind, the way human kind has evolved and the forces of nature by which human kind has evolved. Currently the shape that it's in comes from ancient times when things were maybe not as secure and there was more reliance on things making us feel secure that were appropriate then. Now, we're relatively more secure, but we still have that ego mind literally living in the past, living maybe millions of years ago, still running the show. That's why we get into so much trouble in modern times, because we haven't figured out a way to make the ego mind more in line with time. So we get easily frightened and concerned, and we'll do anything to protect ourselves. Even send our children off to die in wars.

SP: Is "time travelling," as you use the term in your book, equivalent to the yogic concept of developing witness consciousness (drishi-mâtra)?

Dr. Wolf: They are exactly the same. Because from the non-egoic observer or the witness point of view, what you're able to see is any non-local mind, the mind that is not located in the space of time. And as such it is able to perceive things that the local mind may not deal with in a completely understandable way,

unless there is some form of communication. The relationship between the local mind and the non-local mind is a very interesting one. The local mind is really an illusorial image that has the illusion of being in control. For the non-local mind, I use the analogy of elephant, like the elephant God of Hindu literature, Ganesha, as being the non-local mind. The local mind is the little guy that rides on top of the elephant. The elephant moves in directions where the local mind



“What the Bleep Do We Know!?” - The Movie,” released in 2004, starring Marlee Matlin, tackles the question, what we know and how we know it? Physicists, neurologists, and molecular biologists explain the precepts and research in their fields. More specifically, scientists, including Dr. Fred Alan Wolf, talk about how the observer shapes observed phenomena on the quantum and neurological levels. Look for the DVD release of the film March 15, 2005 from Fox Home Entertainment. For further information, visit www.whatthebleep.com

suddenly realizes what's going on and appears to take control. So, the elephant moves to the left and the local mind says, “no, let's go to the right.” The conscious mind, the willful mind, is often fighting against the non-local mind. So people are in conflict with their spirit.

SP: Could you talk in a little more detail about how people might be able to use your model of habit formation

in a practical way to help them let go of bad habits and to form good ones?

Dr. Wolf: It's a question of what is considered to be good and bad. I remember seeing a movie about a guy who decides that he doesn't want to live anymore, so he does everything destructive to his body. He drinks, he smokes, and does what we would call dumb things. He gets habitually into this alcoholic haze, because he just wants to die. That's his drive. We can try to talk him out of it, but some people will do things that we would consider to be destructive or bad, and for them it's good. I can't really say this is a good habit, and that's bad, because they have nothing to do with me, it is some agreement you have with your elephant. And, whatever that is, that's the way you're going to go. However, if you want to change from one to the other, then it's helpful to begin this dialogue with the elephant. It's helpful to surrender, it's helpful to let go of any preconceived ideas about who and what you think you are. As you are able to do that, you can then take on the witness point of view. I call that the timeless, spaceless point of view. From that point of view, you're in touch with the endless, timeless, spaceless mind. The mind that most people think is just happening now, but it's much more mysterious than that. It's not just the now moment. Now is just your momentary awakening of the guy driving the elephant. It's the dialogue that time travel is really all about. When you start getting in touch with the elephant, then you're beginning to move back and forth in time. Once you've given up what you believe was the impossible and start moving with the elephant, then you can come back into the elephant driver position with a different sense of direction. Once that dialogue opens, then the elephant will respond to the nudge, otherwise it won't.

SP: How can we awaken to the vision that we are capable of doing more than we presently find ourselves doing? Can we get in touch with the notion that anything is possible?

Dr. Wolf: Creating your own reality is first understanding that you have already done it. Think about what you do and how you go about doing it. You have to use the basic function of your mind or

your whole consciousness, which are feeling, thinking, and intuiting in situations that you normally approach from one point of view, or in a repetitious pattern where you manipulate situations, sometimes unconsciously. For example, habitual polite behavior, i.e., shaking hands, smiling, going through politeness because you learn how to act in a certain situation. When you begin to change that in subtle ways, you can begin to take command over how you want to deal with feelings, intuitions, thoughts and sensations, so you don't become victimized by it. That's how you create your reality. The true magician recognizes the limits that are already built in and works within those limits by nudging them. You can't make an elephant jump off the ground 25,000 feet. You have to begin in subtle ways. We nudge rather than pound. That's what human beings need to learn. It doesn't mean you can't create your own reality, you just have to do it in a very patient way.

SP: What would be your own description of the recent hit movie "What The Bleep Do We Know!?"

Dr. Wolf: The movie is really a spiritual movie with a spiritual message. This is a movie about hope, presence with God, and the nature of this new science called Quantum Physics. In understanding Quantum Physics, it gives a message of hope for people of the world. The movie implies that people have more power in the world than they think they have, and that there is a connection between us all. In a nutshell, it says that you as a person affect reality. How you affect reality and what you can do to change reality is not as clear as the fact that you do affect reality.

Dr. Wolf is well known for his simplification of the new physics, or Quantum Physics, and is perhaps best known as the author of Taking the Quantum Leap, which, in 1982, was the recipient of the prestigious National Book Award for Science. He will be speaking on May 13-15 at The Omega Center in Rhinebeck, N.Y. during a theme event around the work and views expressed in the film "What The Bleep Do We Know!?" For more information, contact, Timothy J. Fitzmaurice, Program Coordinator, 150 Lake Drive, Rhinebeck, N.Y. 845-266-4444, Ext. 116 or visit www.omega.org. ॐ