

IN TIME

Time Travel Possibilities



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2018

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Chapter I - What is the time and what is its importance



“Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.”

— [Mother Teresa](#)

“Don't waste your time with explanations: people only hear what they want to hear.”

— [Paulo Coelho](#)



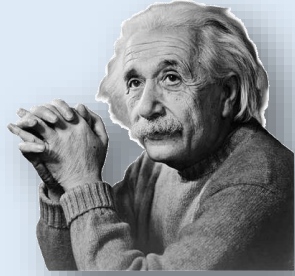
“Time is the longest distance between two places.”

— [Tennessee Williams](#)



"Time is an illusion."

— *Albert Einstein*



"Time is a created thing. To say 'I don't have time' is like saying, 'I don't want to.'"

— *Lao Tzu*

What is the time

Time is one of the fundamental concepts of physics and philosophy. It is a measure of the duration of events and has different meanings depending on the context in which it is defined. In physics, time is a dimension of nature and can be seen as a measure of change. In terms of classical physics, time is a continuous one. Modern physics (more precisely quantum mechanics theory) disputes this quality, suggesting that there is only a continuous space-time. In philosophy, time is defined as an uninterrupted, irreversible flow that can only flow in one direction. It is, therefore, a "continuous" event in which facts follow from past and the present into the future. Defining time accurately is a difficult task both in philosophy and in science.

Traditionally, time is seen as measuring the distance between events. It is composed of past, present and future. The past is considered as something that has already happened and can not be changed. The future, on the other hand, is considered as being available for a multitude of possibilities. People

measure time using many units, some based on real events (rotation of the Earth, around the Sun), others are arbitrary. The classical description of [Isaac Newton's](#) "Principia" is that time is constantly "flowing", as is the case for all. That is, it is independent of the events taking place within it. This description of time was eliminated by Einstein and his theory.

The classic idea of time is biased because of the way people perceive the "passage" of time. We are aware of the events from a personal point of view and we assume that it is everywhere. The classic approach of time does not explain why we perceive time in this way, nor how this effect is gained. The other theories about the nature of time call into question the "roots" of this natural viewpoint.

In our days, we realize that time is the most important resource. One's wealth consists especially in the time he has and can dispose of as he wants. The way we invest time conditions the quality of life. The degree of development of a man or society can be read in the manner in which he is able to control his time.

Surely we all wanted to travel in time, whether forward or back. Everyone may have wanted to "give back time" to fix a mistake at some point. At other times, we would like to know what will be in the future in order to better guide our choices and decisions.

The nature of time is a subject that has concerned both scientists and philosophers. Considered once a frontier field of science, the journey in time has gradually become the playground of physicist theorists. Although time is one of the great mysteries of the universe and a fundamental dimension of life, no one has been able to define it. In principle, we can say that time is correlated with the notion of event. Time is a measure of the duration of an event and has different meanings depending on the context. There are several time types: solar time, atomic time, quantum time, relativist time, organic growth time, biological development time, historical time, subjective time, economic-social time.

Studies about time have taken such a magnitude, leading to assumptions, observations, experiences

and surprising results, but it has become very difficult to keep up with the information. Essentially, science admits two fundamental theories that seek to clarify the nature of time.

1. **The first concerns time as a linear phenomenon**, in which only the "now" moment really exists and can be experienced. The past is over and can only be "visited" than perhaps in imagination. The future does not yet exist, and when we live it already has become present. The hypothesis of linear time is all in our hands and after this, we guide our lives. We need a certain timeline of events, we need a calendar and a watch to put an order in the chaos of life. But if this hypothesis is correct, then time travel is impossible. Or is this just one of the constraints imposed by the human mind?

2. **The second theory says that all the moments of time exist in simultaneity.** Past, present and future becomes simple terms that depend on the moment of time we are reporting. We can represent our time as a continuous loop, a sort of Möbius band. If we accept this model, then it would

be possible to travel along the loops to a point, whether past or future. Time can be viewed from this perspective by analogy with images recorded on a video tape. Everything we would need to travel in time, in this situation, would be knowing the operation with the fast forward and backward scroll buttons. This second hypothesis may seem fantastic, but there is already plenty of evidence to support it, as well as a theoretical framework in relativistic physics.

The importance of time and its impact on human nature

The impact of time on human nature is great because its absence would have caused total disorder in people's lives. They would not be tired of organizing their activities knowing that there was nothing to press them.

Until the beginning of the twentieth century, most people considered that the time is a universal element that manifests itself the same way anywhere and for

anyone. Albert Einstein was the one who radically changed the perspective of time, explaining that it is relative, not absolute, as Isaac Newton claimed. The experience of time is purely subjective, with every man perceiving it according to the speed with which he journeys through space and distance from a gravitational field (the further the clock is far from the source of gravity, the faster the time passes, the time flows faster on Everest than on the seashore).

Even though the world of physics has accepted from the beginning of the twentieth century the transition from the Newtonian perspective on time to that of Einstein, the reasons why time is perceived differently by each of us has not been studied in detail until the last few years. Today, specialists in neuroscience and psychology understand better than ever how people perceive the time and consequences this has on human reality.

An experience that many people have tried is the feeling of slowing down time in critical situations. Whether it is a moment when those people saw death

by their eyes or just a frightening incident, they all had the same sensation: time was "going on" slowly. Researcher [David Eagleman](#) has collected numerous testimonials from people around the world who have experienced this sensation. A testimony came from a motorcyclist involved in a road accident who was thrown into the road after a car impact and repeatedly he hit the asphalt with the helmet. At that moment, the biker had the feeling that time was so slow that he composed in his mind a song on the rhythm created by the repeated impact with the road.

To reproduce this sensation, the researcher turned to the Suspended Catch Air Device, a unique device in a fun park in Dallas. Hard-core seekers are raised to a height of 45 meters above the ground, then let them fall 30 meters, the fall being attenuated by a net.

How many times did we ask ourselves: "What time is it?" How many of us can answer this question? Forever, the time has been fascinating for mankind, something constantly researched. Man's relationship with time is very tight. We are born, we mature, we get old and we die. Maybe along a time that "flows"

only in one direction, never the other way round. We perceive time as a material entity. We all feel it, using the expressions "save time", "we waste time", "time is money". Thanks to time, everything has an identity, that is, present, past and future. In fact, time is eternal, we go through it. Time is changing us physically and mentally. The man of today is no longer the man of yesterday and never the man of tomorrow.

The passing of time

"The passing of time" ... it was enough to say "passing". Time passes? Or are we going? It's like when the train leaves the station and you say "Look, the houses are moving!", But they actually stay in place and you are moving. It is a philosophical dilemma if events take place in time or if time is simply the unfolding of events. People delimit time in standard units: one day is 24 hours, one hour 60

minutes and one minute 60 seconds. However, we often perceive the passing of time very differently. We have the impression that the day "flew" simply without realizing it, and sometimes it seems that a minute is not over. Why do we feel that?

Michael Flaherty, professor of sociology at Eckerd College, explained to Live Science a strange, but very common phenomenon: abnormal perception of time.

After studying how people perceive the passing of time, Flaherty noticed two extreme situations: the time that seems "to fly" and the time that seems "to crawl."

People have the impression that time is passing very slowly when they have very intense sensations - such as pain or fear - when they take part in a sports contest or are on the battlefield. The athletes and the soldiers also reported extremely tense moments in which they felt that everything was taking place slowly as if the time was slower. Of course, it was just an illusion, through which their mind managed to cope with the extreme stress of those moments.

Interestingly, however, the impression of "creeping time" also occurs in the opposite situation: when we have nothing to do and we are very bored. The phenomenon also arises because of an extreme situation: our mind is not stimulated, and then we become practically obsessed with boredom, the passage of time, everything that is happening around us. With an abnormal attention to the environment, our brain feels shaken by information, becomes stressed, and then reacts as in the above-mentioned situation: "slows down" time so that it can cope with the intense experience it experiences.

On the other hand, time seems to "fly" when doing routine activities that do not involve a high intensity of experiences. For example, at work, in our daily activities, or at the wheel of the car, on the way home. We are not very careful about what we are doing because there is nothing new, we know all we have to do and act automatically.

Another situation when time seems to "flying" occurs because of the way our memory loses some information that is no longer important. If nothing

remarkable happened to us in the year that has just ended, we probably have the impression that it has passed very quickly.

In any case, the last twelve months seem to have passed faster than the last days in which we have had many challenges: we have changed our job and made new friends. In this example, the explanation is simple: we forgot most of the past years' experience because it was not intense. This phenomenon, called by experts "the erosion of memories," makes us have a false impression that a year or a month passed very quickly. At the same time, it clears our memory of unnecessary, banal, useless memories.

However, despite these somewhat unusual and extreme phenomena, people usually perceive the passage of time, Flaherty explains. So if we have to meet with a friend in 10 minutes, we will accurately estimate our activities to arrive at the right place.

We can do that even without looking at our watch. If you do not believe it, try it!

If you were of the opinion that only nostalgic people live in the past, you are wrong. In fact, every man

lives in the past, this being demonstrated for the first time in a 2000 study at the Salk Institute for Biological Studies.

According to this research, people live with at least 80 milliseconds in the past. "What you think you see at a certain moment is in fact influenced by the future," explained David Eagleman, author of the study. This is because we perceive things with a slight gap, the brain playing a role similar to what a TV producer broadcasts a live show with a short delay to edit in an unexpected event. "The brain does the same thing," Eagleman explained.

Researchers have identified this with the "flash-lag" illusion that was discovered in 1958. An example of illusion can be a moving circle in the centre of which a luminous flash appears. "Although the flash takes place in the centre of the circle, people perceive it a little behind the circle. This one illusion can be studied at night, observing aeroplanes flying over the sky - sometimes the bright lights of the aircraft seem to come with some delay after the plane," explained Eagleman.

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