ALL the TIME in THE WORLD

Learn to Control Your Experience of Time to Live a Life Without Limitations

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Introduction

Any sufficiently advanced technology is indistinguishable from magic.

ARTHUR C. CLARKE

In this book you will find a definitive account of how time works so you can learn to affect it for yourself.

This is not science fiction. This is science. Long ago Einstein proved that time is stretchable, like a rubber band. Ordinary humans are slowing down and speeding up time every day, often without realizing it.

What if you could slow down time? What if you could stretch and bend time for yourself?

Basic science teaches us that time forever marches forward, without fail. We view the unfolding of our lives as a linear reality, where we are at the mercy of events mostly beyond our control.

But there is another way to experience time. There is something that defies the physical law of cause and effect on which science relies to explain time. Scientists call it quantum theory. Using the principles of quantum mechanics, we can view the human construct of time in a different way, where time is less limited than we thought. We can lead lives where pretty much anything can happen. Lives free from limitation.

And so, while this book is about time, it is also about the nature of reality explained through the lens of what science is discovering about time. By posing questions like Where do thoughts come from? and How do we know what is real? we can begin to appreciate that time and reality are merely perceptions. We pretend that clockfaces show us what is real, but they don’t. We continue to pretend because once we pull the thread on our human construct of time, then everything else about reality unravels,
including matter, the world, the universe—everything. When we stop pretending that time is a real thing, we can access the past and the future at any moment. This state is characterized by certain brainwaves and has been called the zone, flow, and the Now. It is what I call focused perception. In this state, you can time travel anywhere you want: you may find yourself affecting the past, influencing the future, and choosing how you experience the present. In some sense, all personal transformation work is rooted in time. When we master time, we master ourselves.

You can get there by understanding the science of time. Once you know the science behind time, you will understand that our experience of time is one part physical and one part perception. The physical part of time is rooted in the science of Einstein, gravity, and relativity. The perception part of time is best explained by the principles of quantum physics. This is my theory for how time works, which you might call a “theory of everything” for time.

While awake and going through our daily lives, we each exist in a physical reality that is sometimes at odds with our perceptions. Everyone has experienced those weird coincidences, those impossible-to-explain incidents, those “. . . did I really just see that?” double takes. Recent discoveries suggest that our perceptions may be every bit as important as our physical reality.

By changing the part that you can control—your perception—you can change your experience of time. Think of it: you could intentionally step out of linear time to shift your thoughts to another time when something you want has already happened or something you want to have happen hasn’t occurred yet.

As you begin to use the practices in this book, such as slowing down time and reversing the past, you’ll develop your ability to time travel through your perceptions. These practices will fuel your mind, stimulate your brain to generate ideas and solutions, and become an endless source of inspiration, intuition, insight, and innovation. Your physical reality and your perception will meld into a more fluid, unified reality, allowing you to change your experience of time—and your ability to do what is yours to do.
Before she died a few years ago, I asked my mother, a clinically mind-ed person trained as an economist, why people read self-help books. Her answer: people want to know why things happened to them. I found that answer very insightful.

I later realized that not only do people want to know why things happened to them (in the past), they want to influence what will happen to them so they can create what they want (in the future). This means that our ability to influence our experience of time is also key to creating the reality we desire.

An early childhood accident, which you will read more about in chapter 1, forever changed my understanding of time and space and gave me the ability to see things in a nonlinear fashion. A kind of curtain was lifted, and I saw a world influenced by subtleties, including our own thoughts, feelings, and imagination. As a result, I sensed more, intuited more, and saw more. People like this used to be called mystics. That no longer has to be the case. Experiences like mine are for everyone.

My intention in writing this book was to give others an opportunity to stumble over the truth as I have. The question is, What will you do next? You could choose to just ignore all of this and go on like nothing happened. Or you could allow what is contained in these pages to inspire a new practice, a new perception, a new way of life. Changing your experience of time is both theoretically and practically possible—and has been my own personal life experience. It has also been the experience of many others, whose personal, real-life stories you will read in this book. It can also be yours.

If you feel that the seconds are slipping through your fingers and there is nothing you can do about it, All the Time in the World will liberate you from the illusion that time is your enemy. Instead, like so many whose stories are shared in this book, you can use time as an ally as you become a confident creator of your own reality. You have all the time in the world.