

NO TIME FOR REALITY

Expanding on the Theory of a Genius

JAMES CHAPMAN

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By James Chapman

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Dedicated to my sons, Dominic, Adam, Mark and Kirk

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With this book you will:

Better understand the phenomenon of time
Explode the illusion of aging and death
Learn to expand your consciousness
Increase your level of intelligence
Learn to use your intuition for success
Be more aware of your potential capabilities
Realize that your imagination has no limits
Embrace a fuller life without constraints

Preface

Scientists the likes of Einstein, Feynman and Hawking owe their success to a principle that all physicists follow, which is to diligently discover all the relevant evidence to determine the facts.

To do this they had to set out on a journey of exploration, research, review and investigation, so that they could theorize, experiment and then prove the premise of their work.

But what has made these men different and able to achieve their results, is purely because they were willing to open up their minds, to all the possibilities and probabilities, of which our Universe and reality, presented to them.

We are together about to embark on a similar journey of exploring and investigating, that will uncover revelations, which will bring us to some astounding conclusions.

Just like these famous scientists we need to open up our minds to all the possibilities and probabilities, which are presented to us and through a careful process of review, we will be able to determine the dramatic impact that it could have on our society, the way we live and the world in which we exist.

Contents

Introduction

Day in the Life of Joe
The Language of Time
Albert Einstein - The Genius

An Understanding of Time

The Basics of Time
Time as a Concept
Time as a Measurement
Time as a Distance
The Perception of Time
Time as a Dimension
Time and Business
Time as an Obstacle
Schedules and Timetables
Constraints of Time
Time is Divided
Emotional Time
Waiting and Patience
Cultural Time
Precious Time
Time Travel
Arbitrary Artificial Time
Indoctrination by Time

Time The Enigma

Time is Undefined
The Phenomenon of Time
Absolute Time
Einstein's Time
The Illusion of Time

Exploring the Illusion

Physics and Time

Order and Chaos
The Aging Process
The Fabric of Time
Time as a Constant
Time and a Place
Space, Time and a Higher Being
Realization of the Illusion

The Involvement of the Brain

The Brain and Time
Individual Consciousness
Collective Consciousness
From Conscious to Sub-Conscious
Body and Mind
The Function of Memories
Collective Memories
What is Imagination?
Imagination and Innovation
Intelligence and Intellect
Instinctive Intuition
Deduction and Time
The Power of the Human Mind
Personal Behaviour Patterns
The Act of Free Will

Reality - A Physical World?

The Evolution of Reality
Reality and Our Mind
Perfect for Life
The Conscious Universe
Bi-directional Reality

A Changing World

Social Virtuality
Being Aware
Movement, Change and Events
Motion and Energy

Relativity in Your Mind
What is the Present Moment?
How to Live in the Present Moment
How to Quiet Your Mind
Music and the Present Moment
Stretching the Present Moment
Present Moment Awareness

Epitaph to Time

Change and Time
Time is Information
World Domination
Here and Now
End of Time
Time Forgotten
Conclusions
Life Without Time
Albert Einstein - The Man

About the Author

Acknowledgements

Introduction

Time, is the enigma which has frustrated the minds of physicists and philosophers for countless centuries, yet it is a puzzle that is begging to be solved. Time has avoided all the interrogation, successfully managing to slip through the net of knowledge from Aristotle to Einstein.

Is the passage of time just an illusion? Is time only a concept created by mankind? In this book, *No Time for Reality*, I have taken a new approach to these and other questions and have uncovered revelations, that have led me to some astounding conclusions, which will dramatically impact the world we live in.

In the majority of the sciences, generally speaking, time is usually only defined by its measurement, which is determined by what is simply read on a clock. Physics, on the other hand, is the only science that explicitly studies time, but even the physicists are agreed that time is one of the most difficult properties of our Universe to understand.

Physicists will often talk about the arrow of time, this refers to the one way direction of time, or asymmetry of time, which of course leads us to instinctively perceive time as progressing forwards, from the fixed and immutable past, through the present, to the unknown and unfixed future.

According to the theory of Relativity, the reality of the Universe can be described by four dimensional spacetime, so that time does not actually flow, it just is. The perception of an arrow of time that we have in our everyday lives, therefore appears to be nothing more than an illusion of our consciousness.

Day in the Life of Joe

Joe woke up with his alarm clock showing 6:30 am, this was the time Joe got up most days unless he was feeling ill, which Joe hardly ever did. He took a shower and dressed ready for working at Homestead Sales, where Joe was a real estate salesman. His work started promptly at 9:00 am every day, unless he was lucky enough to have some holiday days, which he seldom did.

But first Joe woke his son, Benny and told him to get dressed ready for going to school, which opened at 8:15 am. Joe would always take Benny to school before proceeding to Homestead Sales to begin his job. This had been the routine for the last three years, since his wife had left him for another man.

Joe and Benny chatted over breakfast before setting off for school. Benny liked Saturdays and Sundays as he would join his father at the real estate agents and use the computer to play games while his father was working.

Joe said that the computer needed an upgrade which would be done next Sunday, but Benny could use it afterwards as long as he reset the date and time on it.

As usual at 8:08 am Joe arrived at the school gate and dropped Benny off, then he drove into town and stopped in at the coffee shop for his large cup of coffee which he always had with him when he arrived at work. This was for Joe a caffeine injection that set him up ready for his morning schedule at Homestead Sales.

Joe did not particularly like the mornings, as they seemed as if time was running slower, maybe it was because there was always only a few clients, or perhaps it was just the mindset that Joe had got used to. Mid-morning Joe would have his next coffee, it was the only thing that kept him going through the day.

Mid-day came around with no sign of any clients, Joe would just mutter to himself that it obviously had something to do with the current season and that business would pick up when the season changed. 12:35 pm found Joe at the restaurant next door to Homestead Sales where he would regularly as clockwork have his lunch each day.

Afternoon brought only two clients, one who wanted to have copies of all the cheapest houses that Joe had available, and the other client who just wanted to chat a while to pass the time. Joe did not mind people like that because it helped the day go by a bit quicker.

3:30 pm came and went and so did the mid-afternoon coffee that Joe knew would keep him on his toes until he finished work at 5:30 pm. Benny always stayed for after school activities until Joe picked him up to go home.

On arriving home, they both changed clothes so they could be cooler while preparing their dinner. Benny was a good boy, he would help his father as much as he could around their house, especially when it came to dinnertime.

Evenings saw Benny in front of the television, he liked to watch the cartoons which were on each day at about this time. Joe would lounge on the sofa, his head stuck in a newspaper, looking to see what his competitors were selling.

Bedtime arrived for Benny at 10:00 pm and Joe went to his bed at his normal time of 10:45 pm, bringing to a close yet another day. Joe really felt that he was fully in control of his life. But was that true? Is it possible that something else was actually controlling his life?

The Language of Time

Hourglass, water clock, sundial, wristwatch, clock, cuckoo clock, grandfather clock, alarm clock, analog clock, digital clock, atomic clock, microsecond, second, minute, hour, calendar, day, week, month, year, birthday, anniversary, decade, bicentennial, century, millenium, date, morning, afternoon, midday, midnight, evening, bedtime, present tense, past tense, future tense, Greenwich Mean Time, later, millisecond, before, leap year, noon, overtime, punctual, quarter hour, schedule, timetable, timeline, time management, stopwatch, soon, time zone, today, tomorrow, yesterday, past, present, future

The vocabulary in the language of time seems to be endless, because it has permeated its way into every possible aspect of our lives.

What used to be for our ancestors a simple principle of following the movement of the sun and moon, along with regularly recognizing the differences between the seasons in nature, has turned into an elaborate measurement process, where time is used as a reference point in nearly everything that we do.

Albert Einstein - The Genius

German born, Albert Einstein was a theoretical physicist and the greatest scientific mind that the world has ever known, he helped mankind to develop and advance with his discoveries and theories which, still to this day have a profound effect on our everyday lives. With an IQ of 160, Albert Einstein was rightly considered to be a genius.

Albert Einstein was most famous for his theory of Special Relativity and his theory of General Relativity, both of which contradicted Isaac Newton on his theories of gravity and the movement of objects in space.

In No Time for Reality, I take a specific theory from "The Fabric of Time", a 1952 paper written by Albert Einstein, and review, formulate and express my opinion as to the impact of this theory on humanity and how it will affect our lives on this planet.

An Understanding of Time

Generations of people, through the centuries, have worked diligently to endeavor to establish a concise understanding of time and the part that it plays in the Universe, reality and our lives.

The Basics of Time

In early human history, the only changes that seemed to repeat themselves evenly were the movements of objects in the sky. The most easily seen result of these movements was the difference between light and darkness.

The sun rises in the eastern sky, producing light. It moves across the sky and sinks in the west, causing darkness. The appearance and disappearance of the sun was seen as even and unfailing. The periods of light and darkness it created were the first accepted periods of time. Mankind decided to name each period of light and darkness as, one day.

People saw the sun rise higher in the sky during the summer than in winter. They counted the days that passed from the sun's highest position until it returned to that position. They counted three hundred and sixty five days.

It has now been established that it is the time Earth takes to move once around the sun. We have chosen to call this period of time a year.

Early humans also noted changes in the moon, as it moved across the night sky. The moon was full when its face was bright and round. They counted the number of times the sun appeared between full moons.

They learned that this number always remained the same, about twenty nine suns. Twenty nine suns equaled one moon. We now know this period of time as one month.

Early humans hunted animals and gathered wild plants. They moved in groups or tribes from place to place in search of food. Then, people learned to plant seeds and grow crops. They learned to use animals to help them work, and for food.

As hunters, people did not need a way to measure time. As farmers, however, they had to plant crops in time to harvest them before winter. They had to know when the seasons would change. So, they developed calendars.

The divisions of time we use today were developed in ancient Babylonia four thousand years ago. Babylonian astronomers noticed the sun moved around the Earth every three hundred and sixty five days. They divided the time into twelve equal parts, or months. Each month was thirty days. Then, they divided each day into twenty four equal parts, or hours. They divided each hour into sixty minutes, and each minute into sixty seconds.

Time as a Concept

The human race has been without doubt the most successful prolific species on planet Earth and as our numbers grew there was a need to find a way of being able to organize our society.

The concept of time was chosen in order to be able to better arrange our social activities and give humanity a sense of purpose.

Early on, mankind used the sun rising and the appearance of the moon to define day and night, recording the effects of the changing of the seasons, as well as, the monthly cycles of the moon.

Etchings on stone were used to define a rudimentary system to indicate the importance of all these celestial events and so the very first calendars were produced. Stone was also used to cast the shadow of the sun on a dial base to show the passing of time as the sun moved across the sky.

With the expansion of the human race across the planet, came the innovative ideas of how to indicate and better use the concept of time, to organize both our social environment and our commerce and trade activities.

Mankind very quickly incorporated the concept of time into nearly every aspect of their lives, to the point where, with the use of many technological advances, the human race is now completely dependant on time and have readily associated it in their scientific and philosophical ideas.

Physicists have even included it in the studies of space, with time being curiously accepted as the fourth dimension along with three dimensional space. Unlike space, time does not adhere to any specific mathematical formulas, but is nonetheless universally utilized to perform the task of indicating a flowing progress from past, to present and on into the future.

Time as a Measurement

Human society has devised many ways of using measurement as a way to determine units of quantity, such as inches, feet, yards, miles, or ounces, pounds, kilos, or pints, litres, gallons, and in a similar way measurement is also used for time.

The units of time measurement are seconds, minutes, hours, days, weeks, months, years, centuries and of course a millenium. Mankind has also created devices for time measurement, such as, sundials, clocks, watches and yearly calendars.

The very early ways of measurement of time involved large candles that would melt down in marked segments, water clocks which had the water released into a marked container, hour glasses using salt or sand, which would slowly drop the salt or sand from one glass chamber into another creating a measured amount of time.

Clocks are physical mechanisms which can accurately count the passage of time and they are generally used for periods of less than a day.

Calendars are a mathematical abstraction used for calculating more extensive periods of time, such as more than one day or weeks, months and years.

Mankind has now developed to a point where the majority of clocks and watches are digital and either driven by electrical power or battery power and in some cases by solar power, but the most accurate timepiece is the atomic clock.

Throughout our society it is now apparent that the majority of humans have a rather acute dependency on the measurement of time. In fact for some people they live their lives by the clock, spending the majority of their day in working for someone else, who is measuring the amount of time they do their job and then paying them, according to an amount of money for each hour they work.

Time is also used as a measuring tool in the same way that a tape measure is used for establishing distances. Mankind uses time to determine speed, such as the speed of sound, or the speed of light, or the speed of athletes, or

the speed of racing cars, or our heartbeats, or pulse rate and so on.

Duration is another part of our lives which is measured by time, such as the duration of time between a change or event and another change or event.

It as well should not come as a surprise to you that time is utilized to measure the duration of silence, such as a minute, or three minutes silence which is a way to pay respect, after a disaster that has killed many people.

Time as a Distance

Mankind likes to use a certain terminology for explaining time in respect to distance, for example, when a significant event occurs like the birth of a baby, we will continue to say when the baby was born as a way of using time to measure the distance since the event actually happened.

In the same way our society uses time to measure and record the significant events that have taken place in the history of humanity.

To this purpose mankind designed and developed a sophisticated method of measuring the distance of time with the utilization of the historical calendar, which provides a record of all the important events that have taken place in the past.

The use of time as a distance is not only for recording the distance between the significant events, or between the changes which are constantly happening in the reality around us.

Time is also utilized to determine the distance between, stars, planets, galaxies and even the entire Universe, by defining how many light years one object in space is from another object.

The Perception of Time

For the majority of people on Earth the past is something that has gone from us in time and cannot ever be changed, the present is just a short glimpse of the moment in which we exist and the future is something forwards in time that we have no control of in any way.

Time is perceived to flow like a river, ever going onwards from the past into the present moment and unstoppable into the future of which we can only hope and dream about.

The passage of time is constantly moving us all like an arrow in one direction without any real indication as to where we may be going or even where we will finally arrive.

A month before his death, Albert Einstein wrote a condolence letter to the family of his lifelong friend Michele Besso, who had just died.

In it he expressed "Now that he has departed from this strange world, a little ahead of me. That means nothing. People like us, who believe in physics, know that the distinction between past, present and future is only a stubbornly persistent illusion."

Time as a Dimension

If time is to be considered as a dimension then it stands to reason to believe that time would meet all the known parameters of space. Therefore there should be quantifiable proof of the extent of time, the depth of time and the location of time.

The extent of time means, when did it begin and when might it possibly end, if at all? Did time begin before the Big Bang, at the Big Bang or after the Big Bang? The depth of time means, is time just a thin slice of reality, or does it permeate the whole of the space dimension?

And the location of time means, where is the past actually situated and why can it not be accessed, other than in our minds with our memories? Where is the future actually situated and again, why can it only be accessed through the imagination process of our minds?

For time to be treated as a dimension it must fulfill all the criteria which is seen to constitute a dimension, not just the present which is clearly perceived by our mind to be part of our objective reality; and are we then supposed to accept the other locations of time exist, even though it is obvious to us that they are totally inaccessible to our perception.

Time and Business

Many business leaders utilize a process called time management, which is intended to increase efficiency, bring better productivity results and hopefully make their business more successful.

Each project manager within a business is provided with a timeline of events and activities which make up the project for which they have responsibility.

A timeline is a horizontal line which goes from point A, the start of the project, to point B, the end of the project. At certain points along the timeline, the start and finish of activities with their respective dates and times are indicated, as well as significant events which may take place in the project.

The purpose of the timeline is to create an overview of the whole project, so that all the people that take part in the project will know, what needs to be done and by when it needs to be completed.

You may well have noticed that the timeline follows very closely the concept of the passage of time, with activities and events progressing steadily forwards along the horizontal timeline.

The term time management is not a very accurate description for this process, as the use of common time is not in fact managing the process, nor are the people involved in the project in any way managing time. What is actually happening is that the people are better organized in respect of carrying out the tasks which are necessary for the project to be completed successfully.

Common time is just being used to indicate the reference points for the project and almost anything else could have been utilized as the reference points, but our society dictates that time is the best indicator to use, which is both a convenience and because of our obsession with time.

There is actually a much better process for being well organized and more productive in your business, and it does not use time in any way.

Just take a piece of paper and a pen, or use a whiteboard and pen to list the ten things, which are required for your business to be successful, or are

stopping you from being more productive.

With this list of ten items displayed in front of you, make a distinctive mark at the side of the three things, which you believe are a priority for your business success.

Now focus and completely concentrate on those top three priorities and identify which one is the top priority to meet your current business needs.

After that it is only a matter of funding it, resourcing it and implementing it into your business as quickly as possible. Believe me success will surely follow.

Repeat this process on a continuous basis to realize the progress that you wish to achieve for all your business activities.

Time as an Obstacle

In many situations in our lives, time itself can be seen as an obstacle to getting things done.

If you are on a deadline to complete your specific project you feel as if you are locked in by time, which then creates a rather stressful environment and actually will slow down the possibility of the project being completed on time. This is because the time obstacle imposed upon you creates a real apprehensive feeling of running out of time.

Productivity and efficiency can be greatly affected by the overpowering and pressurized feeling that time imposes when you have a lot of multiple tasks to perform. And they all seem to be needed to be done right now.

Although time can be a valuable tool when trying to achieve your goals, it is really only a reference point for you to observe, it is not an obstacle to you doing your task and being more successful.

Schedules and Timetables

Schedules or timetables are a method of displaying when certain events will occur, such as the arrival or departure of a transport service. They are also used in many other ways to try to organize the way we go about our lives.

Whether you are traveling by train, boat or plane, you will need to refer to a schedule or timetable of when the respective transport service departs from the station, port or airport.

And if you are going to collect someone after their journey, then you will need to refer to a schedule or timetable of exactly when the respective transport service arrives at the station, port or airport.

Schedules and timetables are also used in the academic institutions, which includes infant school, pre-school, primary schools, secondary schools and higher education centres, such as universities. Schedules will be generally used for laying out the trimesters and at what time of year the exams will take place.

Timetables would be provided to notify the students of which subjects, and at what time they are being taught on any particular school day.

Timetables are also used to inform the students of when the exam process is to start and finish and which subjects are to be covered, so that they can study well in advance of the exams taking place.

Schedules and timetables are often utilized whenever there is a need to display a precise set of dates, times and activities that will be soon occurring, at almost any event which mankind now includes in the busy lives that they lead.

Constraints of Time

What time do you have to get up to go to school? What time does your work start? What time is the bus or train leaving? What time is my interview? What time does the meeting start? When is my dentist appointment? What time is my car being serviced?

The imposition of time on the things which we do in our lives creates some constraints on our freedom to live in a more relaxed and calm way. The idea of the application of time in our lives was to better organize the way we go about our social activities.

But unfortunately, it has become more like a situation where time is actually running our lives for us.

A young boy asks his mother "can I have something to eat", his mother replies, "but it is not lunchtime yet", the boy tries again "but mum, I am hungry now, so why can't it be lunchtime now?" That is a very good question.

Why cannot time be moved around to suit us, rather than it being in control of our daily lives? If we take control of time and we become more flexible, our lives could be more purposeful and much happier.

Time is Divided

Time is divided into two distinct parts, one part is the physical time, which is sometimes called common time, and the second part is the psychological time.

Physical time is what is shown on clocks and calendars; and this is used for measurement of speed, motion, etc.

Psychological time is the perceived time that is in our minds and this is where the passing of time, the arrow of time, the passage of time and the past to present and into the future reside.

Even though our senses only perceive the present moment, because we have attached the word past to our memories and future to our imagination, our mind has a natural instinctive perception of the passage of time.

We always know where the present moment is because it is constantly around us, it is where everything happens, but we have no idea where the past or the future are, giving them both the same characteristics of duration, backwards for past and forwards for future.

Our consciousness then applies this flowing passage of time to everything that we perceive in reality, from nature with trees and plants, to our own lives from birth to death.

Physical time is apparent in the physical reality, which resides outside of our conscious mind and is consistently re-enforced by the use of clocks and measurement.

Through our perceptive senses our minds are provided with information about all the experiences that are occurring in our reality.

But our experiences, which create a feeling of "lived time", (this is the reference to time as estimated by our consciousness), are not ever compatible with this consistent physical time.

"Lived time" is a combination of awareness of the available light and stored memories in our sub-conscious mind, which allows a recollection of what time it may be in respect to our activities in reality.

That is why even without any reference to a clock, it is possible to have an estimate of what the physical time might be.

Emotional Time

Positive or negative emotions have been shown to affect the subjective perception of time. Time flies, is now a common proverbial expression which is encountered in the phrase, "time flies when you are having fun".

This quaint expression obviously refers to the way that time seems to go quicker, when we are occupied with something that is enjoyable to us.

A rational explanation for this effect would be that we are not necessarily paying attention to, or noticing the passing of time, when we are involved in happy and enjoyable activities, that in themselves are motivationally intense.

Whereas, a tedious or unpleasant task, which is not to our liking, seems to take what feels like a disproportionately long time to complete.

Waiting and Patience

The definition of the word waiting, is to remain inactive or in a state of repose, as until something expected happens.

The definition of the word patience, is an ability, or willingness to suppress restlessness, or annoyance when confronted with delay.

Waiting is, the action of staying where one is, or delaying action until a particular time, or until something else happens.

Waiting is all about time. It's about stopping or delaying action until the thing you want to happen, actually happens. It takes away the possibility of being in the present because "now" becomes an expectation for the future.

Patience is, the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

The act of patience is a state of mind, it is about being able to show tolerance, restraint, fortitude and endurance without complaint, irritation, restlessness or annoyance.

Unlike waiting, patience has nothing to do with time. You don't stop everything and wait, you keep living in the present moment until the right situation shows up.

Cultural Time

Throughout the world there are different perceptions of what effect time has on the lives of people in their respective countries.

In the United States of America the main perception of time is very future orientated because of their way of constantly creating innovative products and solutions.

In Japan, their perception of time is much more present orientated by the immediate application of technology that affects their everyday lives.

Whereas, in India the life style is significantly orientated towards the past, to them it does not matter if a train is not running to schedule, which may have something to do with their history.

For many people in Africa, they only think of the past with its traditions and the present where they are trying to survive, for them they have seen no hope of a future for themselves, their country, or even their continent.

Indigenous tribes which live in the Amazon, do not have their lives orientated towards any of these time perceptions, because they have no real concept or understanding of time and therefore are not affected by it.

Precious Time

Don't lose any time, try not to waste time, make every minute count, time is precious. I am sure that you have often heard those words and other words being said about time.

The inference being made, is that time has a value and that the commodity of time is to be treated as being valuable.

But time is no more than a counting and measuring process, which is used as reference points in the things which we do in our lives.

Time is not precious and valuable, it is your life that is precious and should be valued in every possible way.

I say to you, don't lose any opportunity to live your life to the full, don't let time dominate your life and live every present moment free of any time constraints, because it is a really amazing experience. Life is precious, not time.

Live it, like it, love it. It is after all, the only one that you have.

Time Travel

No discussion about time would be complete, without the favorite topic for so many people, of time travel.

Is time travel possible, or is it just a fantasy of the human mind?

Watching movies like Doctor Who, with his Tardis and reading novels like, Time Machine by H.G.Wells, could easily fool you into thinking that time travel is of course possible.

Unfortunately the reality is that time travel is a fantasy created by the human mind, as the imaginary way of being able to move not only through time in either direction, but as well to be able to move physically through space from one point to another without losing any of our bodily functions.

All that we have discussed so far has clearly indicated that the only direction, which should be considered for moving in time is forwards.

Moving backwards in time causes a paradox at every consideration; you could not move back to a time before you were born, you could not go back to before your parents were born and kill them, because that would mean you did not exist, and you could not travel back to a time before the machine you were traveling in had been invented.

The only potential consideration for going back in time is within the human mind with our memories, of which each of them allow for us a personal glimpse with the power of recollection.

Again within the human mind it is possible to create a concept with our imagination of what could be happening further on in the journey of our life.

Albert Einstein made it very difficult to even consider the possibility of time travel, with his theories of relativity, and nothing that physicists have researched and discovered about reality, have shown any likelihood of there being any way for time travel to ever be real.

Arbitrary Artificial Time

The persistent obsession with the construct of time by mankind is not confined to just here on Earth, it has as well been imposed in space exploration.

The International Space Station (ISS) orbits our planet every ninety minutes, at four hundred kilometers above the Earth, where the view from ISS allows the sight of the sun rising every forty five minutes and where no time zones exist.

Yet the astronauts on the ISS have to wear a watch. Why is that, when there is no common time on the ISS? Why does time matter to them?

The scientists in Russia, who use the Soyuz rockets to move the astronauts and supplies to and from Earth to the ISS, wanted them to use Russia time.

But the scientists responsible for the running of the NASA control center wanted them to use USA time. By way of a compromise they agreed on using Greenwich Mean Time (GMT) to allow the synchronization of the activities between Earth and the astronauts in the ISS.

Which means that they imposed an arbitrary artificial time, which did not ever exist before in space or for the astronauts on the ISS.

Oh, but it does not stop there, mankind, if nothing else, is persistent with obsessions.

On the occasion of the last Apollo mission to the Moon, the NASA scientists decided to place an atomic clock on the Moon synchronized to Greenwich Mean Time (GMT) on Earth, so that if humanity ever were to colonize the Moon, there would be common time available to the people that would be living there. Are they serious!!

Does this mean that mankind intends to impose this arbitrary artificial time anywhere they explore in space? First the ISS and the Moon and then presumably Mars and other planets.

Do they not know that common time does not exist in space, it only exists on Earth as a social construct, because mankind created the concept of time

and it permeated into our lives.

Indoctrination by Time

When a child is born the mother is told in all the books written by doctors, midwives and the child psychologists, that she must set and respect a daily routine with her baby.

What time the baby should be fed, what time she should give the baby a bath and at what time the baby should go to sleep.

As the child grows he is told when he should wake, what time the school starts, when he can watch the television and what time to go to bed.

When he reaches the stage of attending higher education he is almost being completely dominated by the constraints of time. He is then released into society and will find that he is in a world, where every aspect of his life is totally controlled by time.

Time The Enigma

Time, the puzzle that is begging to be solved, the enigma of time has avoided all interrogation, successfully managing to slip through the net of knowledge from Aristotle to Einstein and it still continues to play the same game in the minds of physicists that want to determine, what time really is.

Time is Undefined

Many have tried, but nobody yet has been successful in providing a definition as to what time is. Do a search on the Internet and you will be given a long list of, so called, definitions for what time is, but other than describing in what way mankind uses time with clocks, calendars and other devices, there is no really substantive statements that give us a tangible definition of what time is.

References to the flow of time and arrow of time are all mentioned to explain the passage of time from past, to present and on into the future, but they are not a definition of time and do not explain what time is.

Albert Einstein was known to express that if something does not exist, it then makes it very difficult to be able to give it any definition. It is without any doubt, that this is the exact situation with time, which is why time is left so undefined.

The Phenomenon of Time

"If I think about it, I know what time is" said St. Augustine, "but if someone were to ask me what time is, I would have absolutely no idea what to tell them". That is the phenomenon of time.

Time may have no independent existence, it may be only a common unit of the measurement of motion, which makes the world which is constantly changing around us, a bit easier for us to describe.

Unlike the present moment, the past and the future are clearly seen as measurable durations. The fact that the present moment, which does provide for us the most realistic feel of time cannot be measured, whereas the totally inaccessible past and future are measured in durations, shows us that our perception of time is not correct, which means the dimensional view of time is an illusion.

Absolute Time

Absolute time or "Newtonian time" as it is often called, after Issac Newton who firmly stated his theory that time is absolute, and who also went further to define absolute time as being separate from the Universe, even if there was no Universe, there would be absolute time, he boldly stated.

That statement by Isaac Newton stayed firm for nearly a hundred years, that is until Albert Einstein was to declare his theories of Special Relativity and General Relativity, at which point the absolute time theory of Isaac Newton, and time itself was turned upside down and put on its head.

Einstein's Time

Einstein's theory of relativity introduced a new way of looking at the physical properties of the universe. The Newtonian constraints of absolute time and space were abandoned. Time and space were unified and made relative, it formed a continuum that curved and enfolded about itself. Gravity was a distortion of this continuum caused by the presence of mass.

From this, the famous formula $E=mc^2$ was derived. (e=energy, m=mass, c=the speed of light, the magical constant in the system, the absolute maximum speed that anything can travel.)

Einstein's famous theory has one absolute (speed of light) in a relative universe, and it forms a kind of boundary around all we can know.

Even though this theory has been borne out by many experiments, its consequences appear very bizarre. Objects shrink when they are in motion, space time curves, light is bent by gravity, etc.

After formulating his theory of relativity, Einstein spent the rest of his life trying to find a "unified field theory". In other words he was trying to tie together the workings of the physical world in one theory or formula, a theory of everything.

To this day, scientists are still searching for a way of integrating the theories of quantum and relativity, for as far as scientists are aware at present these theories contradict one another.

The Illusion of Time

Without change, time would not have any importance to our perception of reality. Time is simply a concept that mankind has created to rationalize the way reality changes. Time was invented as a measurement process to show the distance between events, and the fact that a change had occurred in three dimensional space.

Change signifies the motion of energy from one place to another in space and it is for this distance in relative change, where the concept of time is applied for purposes of measurement. The perception of the passage of time is derived from this motion in space.

Time is not tangible or substantive, time has no force or physical effect in our world, yet it is perceived as having almost magical qualities in the world of objective reality that conforms to the laws of physics.

In reality there is no passage of time. The past exists only in our memories, the future exists only in our plans and imagination. The present is our only reality.

Exploring the Illusion

Illusions are generally expected to be the art form of magicians, but in this case the illusion is being performed by a conceptual, unexplainable entity that is simply called "time".

But as with any illusion, by exploring further, maybe you will manage to lift the veil, and then its deepest secrets can be revealed for all to see and better understand.

Physics and Time

In the laws of physics, time does not feature except in the Second Law of Thermodynamics, which is related to entropy.

Entropy is the term which describes how things move from order to disorder, for example when an egg goes from being whole to being broken.

Because an egg cannot be reconstructed as a whole egg again, entropy assumes an arrow of time, which is what creates the sense of there being a passage of time.

In reality entropy is actually about heat and energy, which makes it somewhat curious that it should be in any way associated with time.

But let us explore some more the examples which are often quoted as being related to the effect of entropy and the passage of time.

The first example of the egg going from whole to broken is not time related at all. It is just the natural process that takes place as part of the reproduction system of birds.

The second example of entropy is about adding milk to coffee. It is stated that once they are mixed together there is no way that they can be separated again.

This is obviously not related with time as many things which we use in products in our world have been mixed together with other things to create the final product.

All that is happening is that the molecular structures of the relevant

components are being entangled, in order to combine and blend them to form the resulting solution.

And the third example is with an ice cube, which once it has melted and turned to water, it cannot spontaneously return to an ice cube.

Because the ice cube has been taken out of its mould, it would seem that it is being implied that this has something to do with time.

The fact is that if the ice cube was left in its mould after it had melted, it would only be a matter of reducing the temperature until it did spontaneously return to being an ice cube.

Humanity will create, make and innovate, but we as well break, smash and destroy. Without any human interaction inanimate objects will not do anything on their own.

A broken vase will not suddenly jump up off the floor and reassemble itself onto a table, but it is also obvious that the same vase would not have suddenly jumped off the table and landed on the floor in many pieces, all on its own.

These examples and many others that are expressed about entropy and the passage of time are quite normal events, they follow all the laws of physics and are not any proof of there being an arrow of time.

The law of gravitation is proven to be time reversible. The law of electricity and magnetism is time reversible. The laws of beta-decay are also time reversible and the laws of nuclear interaction are time reversible as well.

Of course, physicists utilize the symbol "t" to represent time in their mathematical equations and the symbol "t" can be seen on all of the blackboards where physicists work, as a reference point for measurement purposes.

The assumption being that time is an absolute physical quantity that plays the role of the independent variable, (time, "t", is often the x-axis on graphs that show the evolution of a physical system).

But, they never really measure "t". What they measure is an object's frequency, speed, etc.

In other words, what experimentally exists are the motion of an object and the tick of a clock; and they compare the object's motion to the tick of a clock to measure the object's frequency, speed, etc.

By itself, "t" has only a mathematical value, and no primary physical existence.

In the Multiverse theory, time does not exist, in Quantum physics, time does not exist and in the theory of Relativity, time does not exist.

Time only exists in the heads of humans, where they use it to measure things, but after a while and quite sublimely time takes control and will very quickly dominate their lives.

Order and Chaos

Let us discuss the concepts of order and disorder, which is sometimes called chaos.

You have in front of you on the table a plate with an omelet, some bacon and beside the plate an orange juice and a cup of coffee.

This would appear to most people to be a normal orderly breakfast, and yet the eggs have been scrambled, a pig has been killed for the bacon, the orange has been cut and squeezed to produce the juice, and the coffee beans have been ground and blended before the coffee was percolated.

That sounds like a lot of disorder and implies that a chaotic process has taken place, which should mean that you have a complete mess on your plate. Obviously this is not the case.

When time is included in the discussion there is a sudden assumption that if anything goes from an orderly state, to a disorderly state that it automatically means there is an arrow of time, which proves that there is a passage of time.

If you take a pack of cards in which all the four suits are stacked in order and you shuffle those cards, when you lay the cards face up it will be very improbable for the four suits to be still in order. But they could be!

The possibility of the cards being in order, as opposed to disorder, is a matter of luck or to put it more correctly chance. Chaos is nothing more than random chances of achieving a result that is successful. Maybe it will not happen, but just maybe, it might.

If we accept the theory of the Big Bang, then we must also accept that the chaos which must have obviously followed, from such a dramatic event, was ultimately responsible for creating our Universe and all that is in it, with nothing more than a series of random chances.

From chaos comes order with the help of chance, or disorder if chance does not play its hand. Chance will dictate if a change is positive or not. And it is chance and change that we should follow and use as reference points, not time.

The Aging Process

The aging process is constantly being put forward as the ultimate proof of entropy and the passage of time.

Without this aging process humanity would presumably live forever, then there would be no need for reproduction and the process of natural selection and evolution to enhance mankind.

By the way, natural selection and evolution actually refute the idea of entropy, because the process of natural selection creates order from disorder, which progresses the evolutionary advancement and survival of our species.

But this confusion about the aging process and time is, in fact, causing us to miss a more important and very relevant point, and that is the subject about the aging process and the part our consciousness plays.

As part of evolution our consciousness is fulfilling the position of providing the knowledge and wisdom to us, as parents, so that we can guide and direct our children, to develop the talents which they will need as they advance humanity on its next part of the journey.

Once we have completed our responsibilities, as parents, our consciousness then instructs our brain to begin the cell degeneration process, and eventually we will move aside, so that the next generation can set out on their task of the progression of mankind.

It should be noted that parents who have a child late in their life, will appreciate a later point in their life, when their consciousness instructs their brain to start the cell degeneration process.

This is because although the parent is older, they still have the responsibilities of using their knowledge and wisdom, to guide and direct the child to a point where the child is capable of taking on the task of mankind's progression.

Effectively people who are older parents are given an extended life, so that they can ensure the process of evolution is not interrupted in any way, and this is all under the control of our brain and of our consciousness.

Albert Einstein stated that energy cannot be created or destroyed, it can

only be transformed. Therefore, when it comes to your death, all the energy which is you will be transformed into the energy of the Universe, and you will continue in reality, albeit in a different type of life.

The Fabric of Time

In 1952 Albert Einstein, in his paper, *Fabric of Time*, stated his theory that the past, the present and the future are just a stubbornly persistent illusion, he also said that the concept of time was a principle that had been merely created by mankind, in order to organize society.

Einstein could hardly believe there were physicists who did not believe in timelessness, and yet the wisdom of Einstein's convictions had very little impact on cosmology or science in general. The majority of physicists have been slow to give up the ordinary assumptions we make about time.

The two most highly recognized physicists since Einstein made similar conclusions and even made dramatic advances toward a timeless perspective of the universe, yet they also were unable to change the temporal mentality ingrained in the mainstream of physics and society.

The mainstream scientific community chose to ignore Einstein's comments, and the work of Richard Feynman, the leading figure in the great discovery of quantum mechanics and the theory of quantum physics, who has stated that time is just a direction in space, but even more recently Stephen Hawking has also concurred with this premise and has called it imaginary time.

And Alan Wilson Watts has quoted "I have realized that past and future are real illusions, that they exist in the present, which is what there is and all there is. Time is always now."

Einstein and these famous scientists, physicists and philosophers had come to the same conclusion and they were right, but there is even more to this theory than just these statements.

Time as a Constant

In three dimensional space we and other objects can move in any direction, space can move and things move in it, but time does not follow this principle. Time is a vertical constant, time does not move and nothing moves in time, time is always now.

Time cannot be altered, the strange concept of altering time is only a social construct built upon social structures and the technologies we have invented due to the demands of social organization. Examples being time zones and seasonal adjustments backwards and forwards of clocks and other timepieces. Time is constant, but how we perceive it varies.

MIT physicist Max Tegmark has said "Reality and life are like a movie and time is like the DVD. There is nothing about the DVD that is changing in any way, even though there is all this drama unfolding in the movie. We have the illusion, at any given moment, that the past already has happened and that the future does not yet exist, and that things are changing. But all I am ever aware of is my brain state right now. The only reason I feel like I have a past is that my brain contains memories."

"Time is only a direction in space and time is always now, therefore the past, present and future exist simultaneously".

Time and a Place

The philosopher Zeno of Elea, twenty five hundred years ago, started logically with the premise that nothing can be in two places at once, he reasoned that an arrow is only in one location during any given instant of its flight.

But if it is in only one place, it must at least momentarily be at rest. The arrow must then be present somewhere, at some specific location, at every moment of its trajectory.

Logic dictates that what is really occurring is a series of separate events that induce a sense of motion. This would mean that the concept of the forward motion of time, which this arrow movement is depicting, is not actually a feature of the world outside of us, but a projection of something from within us. Therefore, time is not an absolute reality but just another feature of our minds.

The reality of time has long been questioned by both philosophers and physicists alike. The philosophers argue that the past exists only as ideas in the mind, which are only neurological events occurring in the present moment.

Philosophers maintain that the future is similarly nothing more than a mental construct, with the anticipation coming from a group of thoughts.

Apart from the human concepts that are only conveniences for our scientific formulas, or for the description of motion and events, does time exist on its own? Logic alone raises doubts as to whether there exists anything other than a "now", with the inclusion of the human mind's tendency to create thoughts and daydreams.

Physicists for their part, have found that all the working models for reality - from Newton's laws, and Einstein's field equations, through to quantum mechanics - have no requirement for time. They are all time-symmetrical.

Therefore, it should be obvious to everybody by now, that time is only a concept, looking for a specific function.

Space, Time and a Higher Being

Space, which is a fundamental known entity, time, which is not a fundamental physical entity; and the concept of a higher being or superior entity are frequently described as the "triad" that define the reality of our Universe.

Minkowski defined space as being of three dimensions, whereas time is not a dimension, but a measure of the numerical order of change.

Einstein went further in expressing, "Time has no independent existence apart from the order of events by which we measure it."

Many scientists are now suggesting; without using time as the fourth dimension of spacetime, the physical world can be described much more accurately.

As physicist Enrico Prati noted in a recent study, Hamiltonian dynamics, (equations in classical mechanics), is robustly well defined without the concept of time.

Other scientists have also expressed that the mathematical model of spacetime does not correspond to physical reality, and propose that a timeless "state space" would provide a more accurate framework.

The idea of a higher being or superior entity is an attempt by humanity to try and explain the creation and "design" of the Universe in which this superior entity still somehow controls our lives.

Space is an objective reality that conforms to the laws of physics, but both the concepts of time and a superior entity are the creations of the minds of mankind.

Two social constructs designed to provide order and organization, in the case of time; and meaning of life and morality in the case of a higher being or superior entity.

Realization of the Illusion

The more time dominates your life, then the more you question in your thoughts why you are letting time do this to you.

Your consciousness is being impacted by the thoughts of what has happened in your life and the concerns of what may lie ahead, which only causes a disturbance to what you are now wanting to think about in the present moment.

It is then that you experience the astounding realization that the future only exists as a set of thoughts in your head.

This realization will help you to discover and connect to what is the real higher being - your consciousness.

The Involvement of the Brain

The human brain, hidden in our skull, does an essential, integral task of assimilating all of the multitudes of data, which are incorporated in the reality that we experience and the life that we lead.

Considerable amounts of organization need to be performed by the brain, in order for us to be able to function properly. And that is where the inherent, instinctive concept of time comes into play.

The Brain and Time

The most basic daily rhythm we live by is the sleep-wake cycle, which is related to the cycle of the sun. It makes us feel sleepy as the evening hours wear on, and wakeful as the day begins.

Sleep-wake and other daily patterns are part of our circadian rhythms, which are governed by the body's internal or biological clock, housed deep within the brain.

The idea of a biological clock may sound a bit strange, but there is actually a very distinct brain region that is charged with keeping time.

It is an area called the suprachiasmatic nucleus (or SCN), situated right above the point in the brain where the optic nerve fibers cross.

This location enables the SCN to receive the cues it needs from light in the environment to help it keep time.

Melatonin is one hormone responsible for our body's daily cycle. When night falls and less light is input to the SCN, production of melatonin, the hormone responsible for the feeling of sleep, goes up. At dark, melatonin is secreted, which signals the brain to go into sleep mode. When the sun rises, melatonin secretion is inhibited, and the brain's awake circuits resume.

Research has found that the body's clock has the responsibility for more than just sleep and wakefulness. Other systems, like hunger, mental alertness, mood, stress, heart function, and immunity also operate on a daily rhythm.

Neuroscientists believe that we have distinct neural systems for processing different types of time, to maintain a circadian rhythm, to control

the timing of fine body movements, and for conscious awareness of time.

Individual Consciousness

Consciousness, what Albert Einstein called the state of being aware of and responsive to our surroundings.

I think, therefore I am. Our mind uses our thoughts to create rational and reasoned ideas with which we can reflect on all the events, experiences, sensations, emotions, beliefs and desires which we encounter during our lives.

Consciousness is the state of being awake and aware of what is happening around us, and of having a sense of self. Conscious experience represents the integration of a wide variety of data, from which your brain seamlessly weaves together a complex web of information from sensory systems and cognitive processes.

Your brain then has global access to all this information, from where it can be sent to other brain areas so that they can process it. The simple act of broadcasting this information around the brain from this huge memory bank is what represents consciousness. And it is that consciousness which maps, defines and guides humanity in the reality that is around us all.

Our consciousness exists in the present moment, where it creates the reality that we live in and our consciousness controls our existence in that reality.

Everything that happens is in the present moment, there is no other place for anything to happen, other than in the present moment.

Our mind, both conscious and sub-conscious is providing us with all the resources we need to control what happens to us within our reality in every present moment.

One of the biggest questions modern day science is seeking to answer about human consciousness has to do with its origin — whether it is simply a product of the brain, or if the brain itself is a receiver of consciousness.

If consciousness is not a product of the brain, it would mean that our physical bodies are not necessary for its continuation; that awareness can exist outside our bodies.

Collective Consciousness

Apart from the individual consciousness which we each have, there is as well a collective consciousness which we all share. Our planet is fully encircled by this collective consciousness, which contains all the information, knowledge and understanding of the reality that we live in.

Humanity constantly taps into this collective consciousness to ensure our survival and to share our intentions, thoughts, beliefs and ideas. Without this resource of human knowledge, mankind would not have developed and grown as fast to evolve into the successful species which it has become.

We now live in the so called information age where the world has become connected through a technological network of computers known as the Internet. But this is a poor substitute for our collective consciousness, which requires not a single physical connection to function properly.

From Conscious to Sub-Conscious

When does the human brain go from a state of being conscious, which we are aware of, to a state of being sub-conscious, which we are not?

When we are feeling tired and want to go to sleep our conscious mind becomes less active and this is a signal to our brain that it needs to switch over from a conscious state to a sleep related sub-conscious state.

But do you notice this switch over from your active conscious mind and do you have even the slightest recollection of falling asleep?

Your brain is always active, but when you are sleeping the conscious mind goes into standby, while the sub-conscious mind continues to do all the functions that are necessary for you.

While you are driving in your car on a long journey, do you sometimes experience missed moments of the journey which you cannot recall and it seems as if you have no recollection of having travelled to where you are.

This is because your brain, which is able to deal with the repetitive mechanical aspects of driving, while leaving the rest to your senses to perceive, will switch over to your sub-conscious state of mind and perform some more urgent functions.

And how often have you been watching the television, or doing something that is boring and repetitive and you seem to go off to another set of thoughts, or absolutely nothing at all? This is what is sometimes called daydreaming.

Again your brain has simply detected that your conscious state of mind is not as active as it usually would be and has just switched over to your sub-conscious state of mind to perform some necessary background tasks.

Whether you are sleeping, driving on a long repetitive journey or daydreaming, your brain is totally aware of when it needs to use the state of conscious mind or sub-conscious mind to easily organize what you are doing mentally.

Your conscious mind is used when you are awake and aware of your surroundings and your sub-conscious mind is responsible for providing

information to your conscious mind from your stored memories.

The sub-conscious mind performs in every moment the continuous task of controlling our body and it is in our sub-conscious, where our imagination is formed.

Your sub-conscious mind is also where your behaviour patterns are determined and where your feelings, emotions, desires, sensations and reflexes reside.

In fact, in whatever you may be doing, your conscious and sub-conscious minds are always working together, to make sure that they are completely in control of any situation that is presented to them.

Body and Mind

You take a really good look at yourself in a full length mirror and you say "that is me" and "this is who I am", but what you perceive is just your physical public self. This is what everyone else sees when they look at you.

Within your consciousness resides your private self, which is not on public view, unless you exhibit emotions or behavior that influences or affects other people.

Your physical public self is perceived by your senses and the information is provided to your conscious and sub-conscious mind, where all information about your surroundings is stored.

Your conscious and sub-conscious mind also control the motor functions of your limbs, your nervous system and make sure that all the body's internal organs are functioning properly.

In the physical world of reality outside your consciousness, with the help of your senses you perceive and are immersed in time, in the form of clocks, calendars and other measurement methods.

Within your consciousness, time does not hold such importance, and although the aspect of time is something that your consciousness can estimate, it is not in any way an accurate representation of the measurement of time.

Your consciousness determines what period of the day it is, by monitoring the entry of light that is perceived, by the use of your eyes and by the frontal cortex of your brain.

Time is only needed, in your physical world for the purpose of organizing your social and business activities, and for the measurement of formulas. Your conscious mind with the support of your sub-conscious mind, then performs the movements of your body in strict accordance with your needs for these activities.

The awareness of self, both in terms of your physical public self and your private self within your consciousness, are what constitutes the feeling of being, which is something that makes you appreciate yourself, as having a

separate existence in reality from other humans.

You may think that it is your body that does all the work for your existence and survival, but it is in fact your mind, and the awareness within your consciousness, that really does it all.

Your body is only the biological housing for your brain, with which your consciousness can control and manoeuvre you, as a human being, around in the physical reality in which you exist.

The Function of Memories

Memories are the ability to easily remember experiences and information by utilizing the advanced mental processing functions of learning, retention, recall and recognition.

Immediate memory lasts for just a few moments, short term memory, such as remembering to call someone at a particular phone number, only lasts for the period that it is useful, because it is a limited process action.

Short term memories are transferred into long term memory, if they are seen as repetitive enough to justify the memory being retained. The information in long term memory, which lasts for most of your lifetime, can then be recalled and used for recognition and learning purposes.

Our memory of experiences and events from this stored information is used for recollection of previous information which is then compared with the current perceived information so that we have awareness and consciousness of the static or changing environment that constantly represents our reality.

Collective Memories

The history of the world has been painted by the collective memories of humanity. Cavemen discovered a way of using some rudimentary ingredients to create a paint like substance, which they used to record in pictures their memories of specific events in the reality that surrounded them.

Mankind has advanced with many ways of recording memories, on stone, on parchment, on paper, with digital documents and even on celluloid film.

The recording of personal and multiple memories about significant events in the present moments that have taken place in the journey of mankind, are the contents of history books throughout the world.

These history books and many other documents recording the memories of mankind have been read multiple times by many generations, which has only increased the chances of these significant events being hardwired into each of our minds, resulting in global collective memories of what many think is the past history of mankind.

The process of the human consciousness accurately perceiving reality, then recording it in memory, then recalling it again accurately and then being able to retell it to others, before it is finally written down as an accurate account of what happened, is open to speculation.

As can be seen by many witness reports of crimes or accidents, which leave a lot to be desired when it comes to accurate details of what actually happened, in the significant events that they had witnessed.

The global collective memories of the so called past historical events are open to being judged in many cases skeptically, because after all they are just the perceived events which have taken place, during the human present moments that have then been recorded as memories, in the mind or minds of the people that have used their senses to perceive their surrounding reality.

What is Imagination?

Humans when very young begin to utilize their imagination, when children play with their toys it is their imagination that motivates them, or when they have a game with a pretend friend, or when they show so much excitement when their parents read them a story at bedtime.

Imagination is the function in our brain that creates images, ideas and sensations in our mind without the use of our senses. Imagination allows you to think of new things and to form a picture in your mind of something that does not yet exist.

Mankind has used imagination to develop many different concepts and in doing so, has increased the knowledge and products that the human race needs to be able to grow and progress.

Imagination is the state of mind that releases us from the limiting reality that we are living in. Imagination creates a vision for us to see what could be. It guides us to believe in possibilities which we had not thought about before. And it does all this within our sub-conscious mind, without any disturbance to our conscious state which is dealing with the reality surrounding us.

Albert Einstein stated that imagination is more important than knowledge. Knowledge is limited, imagination encircles the world, stimulating progress and giving birth to evolution. Logic will get you from A to Z, but imagination will get you everywhere.

Imagination and Innovation

Imagination and innovation are seen by many as being the same thing, but that is not the case. Imagination is the vision of what can be and innovation is the implementation of that vision in practical terms.

Thomas Edison used his imagination to discover with his experiments what is now taken for granted by the entire world, electricity. But it was Nikola Tesla who took the original vision of Edison and with innovation created alternating current electricity which has become the standard for the world.

In the majority of cases innovation is often involved in making material or physical products, from other knowledge which mankind already possesses. Whereas for imagination, a vision is the image of something that does not presently even exist and can be about physical or non physical ideas.

Albert Einstein stated that imagination is everything, it is the preview of the coming attractions in our lives. Imagination can and will stimulate our creative skills and produce new innovative ideas.

Many of the influential creations that have had such an impact on mankind have come from the power of imagination. By thinking outside the box and allowing their thoughts to evolve and grow, innovators have created products which have dramatically changed the world we live in.

Steve Jobs used his imagination to totally revolutionize his company Apple, by utilizing tried and tested military technological ideas and then adapting them to the requirements of our society, to create the innovations which gave birth to all the touch screen smartphones that can be seen in the hands of nearly everyone of us.

Humanity has the power to easily create substantially more and with the use of our imaginations we will change our lives and our world, so that the generations which follow can enjoy a better and more advanced reality.

Intelligence and Intellect

Intelligence and intellect form the two pillars within our consciousness. With intelligence it is the ability to know what we have to do, and with intellect it is knowing how we have to do it.

Intelligence is all about our internal thoughts and what we perceive from those thoughts, but intellect is about our perception externally and taking action.

Intellect deals with the facts from external perception and uses rational mental processes to come to a conclusion and then acts.

Intellect is the cognitive ability to identify, analyze, memorize, and categorize the physical characteristics and implications of whatever event is perceived by the senses, thus allowing comprehension of the objective facts of the external situation.

Intelligence, is an integral mental faculty of consciousness which expands the evaluation beyond the facts, to find meaning or purpose, and then with intellect it determines the course of action to be taken.

Intellect works on facts, whereas intelligence works on feelings, and the combination of this partnership provides us with the information, which then constitutes our judgement, action and personality.

Therefore with intelligence and intellect our conscious mind has two modes, receptive and active. When our conscious mind is in receptive mode, our thoughts are calmer and an access to an intelligence that comes from our database of knowledge will guide us through even the most difficult of circumstances.

When our conscious mind is in active mode, we access our intellect, which is the processing capacity to quickly sift through information in support of a specific result.

Both modes of consciousness are useful, but most of us use the processing capacity, which is provided by our intellect, as a primary means of navigating life and only use our intelligence when we need its guiding wisdom.

Instinctive Intuition

Intuition is a hunch, or what we call a "gut feeling", when a sensation appears quickly in our consciousness, without us being fully aware of the underlying reasons for its occurrence.

Intuition is a process that gives us the ability to know something directly without any analytic reasoning, bridging the gap between conscious and sub-conscious mind, and also between our instinct and reason.

In essence, we need both instinct and reason to make the best possible decisions. Even when we experience success using intuition, we are not comfortable with the thought of using our instincts as a guidance tool.

We are embarrassed to say that we follow hunches, we mistrust the sometimes cryptic messages that our intuition sends to us, and consequently we diminish our capacity to leverage the power of our own instincts when we may need them most.

Intuition can be trusted, because it uses the stored information in our sub-conscious mind to explore our experiences and knowledge, then it provides us with some instant possibilities from which we can try and get the result that we wish.

Intuition is our understanding of collective intelligence, without the use of instructions.

Intuition is not related to time in any way. Intuition is a spontaneous, instinctive burst of thoughts and ideas that come from the depth of our consciousness.

Albert Einstein said, "Instinctive intuition is a sacred gift, and the rational mind is a faithful servant. We have created a society which only honors the servant and has forgotten the gift."

Deduction and Time

Deduction is the art of using reason to come to a conclusion about a specific problem, by utilizing all the known facts to determine the ultimate solution.

This function of "detection" is hardwired within the human brain, performing the task of recollection of memories, to establish a path with all of the known facts, before finally coming to a rational decision on the conclusion. By using our thoughts we trace a path through our memories to deduce what actually happened in the previous present moments.

When we lose or mislay something, for example an object like a set of keys, or an important document which we require to complete a transaction, it is by the use of this "detection" method that we are able to trace the path, back to where we left the item which we have been searching for.

This is also the case in literature with detective novels, we are given the final result and it is only by the utilization of our deduction capabilities, with which we can determine all of the known facts within the story which follows, about what really happened before that result, so that we can then fully understand the information which will point to the person who performed the crime.

If you think about it this is almost a form of time travel within our minds, so that we can go back to the moment where we lost what we are looking for, or back to the moment where the person actually performed the crime. In fact it may be the only possible type of time travel that humanity is capable of, because time is now, in the present moment and it is only here that everything happens.

The Power of the Human Mind

The human mind is the most powerful instrument that we are aware of in the Universe. We are capable of using up to thirty percent of our brain capacity at any one time. Our mental map of the whole world around us is created within our mind by absorbing information, from our physical sense organs; eyes, ears, nose, tongue and skin, which then gets decoded by our brain.

Our sub-conscious mind is a million times more powerful than our conscious mind and it does most of its processing work while we are asleep, or in the background of our conscious activities. The human mind processes more data than five quantum supercomputers.

Experts at MIT have now determined that brainwaves travel at the speed of light, which means that your thoughts are equal to the fastest known speed in the Universe. And the external reality which we perceive is represented by those internal thought processes.

But perhaps the most powerful attributes of the our minds are intelligence, intellect, intuition, judgement, reasoning and an incredible capacity to use logic.

Personal Behaviour Patterns

Mankind owes its success to five specific motivational forces which have carried the human race through the countless adventures which the journey of life has presented to us.

These are the five motivational forces which will determine how all your personal behaviour patterns are formed, and they will mould your total perception of what reality means to you in your life.

Achievement - this will affect status and self esteem

Belonging - being part of a group, feeling worthy

Enjoyment - to smile, to laugh and generally to feel good

Freedom - to think, to speak, to write, living without enslavement

Survival - personal survival and survival of our species

Depending on how well people are doing with each of these five motivational forces, will be exhibited by their behaviour towards others and their general demeanour to the world around them.

It is true to say, that if you do not have a motivational force as part of your life then you will feel a reverse affect of de-motivational energy, such as the motivational force of belonging, if in your case you are not, you will feel very isolated and lonely.

But as well, too much success with any of the motivational forces, can cause others to reject you and keep their distance from you. An example would be immense over achievement, to the point where you are seen as powerful and arrogant; therefore not a nice person to be around.

You should have fun and enjoy your life, but not at the expense of others enjoyment. You should freely express yourself, but without any hate and rudeness towards anyone. Couples should respect that they are both individuals and need independence and their own freedom sometimes.

Survival means protecting yourself, but not with any aggression or malice towards your fellow man. Practice procreation, but do not become totally promiscuous and uncaring about extending your bloodline.

So, the best approach is to gain a balance between the positive and

negative aspects of these five motivational forces and then you will exhibit acceptable behaviour and be well liked by all around you. You should also be totally genuine and sincere in your intentions within each of the motivational forces.

These five motivational forces have an integral association with the present moment. When you have achieved something and are presented with a prize for doing so, it is a very rewarding present moment for you.

When you belong to a group of friends, your present moment lasts the whole while you are with them. When you are enjoying yourself, such as performing the act of making love, your present moment can last as long as you want it to.

When you feel freedom, then your present moment is really something special, and maybe the strongest link with the present moment is survival, because when you experience personal survival your present moment is all about you.

The Act of Free Will

Free will, the act of making your own choices, the capability to choose for yourself, choosing a path in your life and making a decision to follow it, no matter where it will take you.

Most people believe that they have the total capability of free will and that it is only through their own choices that they live the life that they do. Free will to go where they want, free will to do what they have decided to do, free will to be with whoever they want to be with and the free will to do things when they want to.

Of course, we have many influences on the choices which we make, do we have enough information to make the choice, will it affect other people in a good way or a bad way, is the choice only dependant on the mood that we may be in at the time.

The choices which we make in our lives will greatly impact on the direction that our life will take, the places that we will go and the people which we will meet along the way.

Some people think that we have no free will to make our own choices and that everything that happens in our lives is pre-determined for us, which means that our fate or destiny is already decided for us.

Imagine if you can, waking up in the morning knowing that it does not matter what you may think, or what you may choose to do, because your life is just going to follow the path that has already been set out for you. No point in thinking for yourself then, so I guess we all have to just go with the flow.

For sure it is difficult to believe, because you are certain that in each and every day, it is you that are clearly making all the choices which will impact nearly everything that you do, you are in control of every moment, nobody else and nothing else controls your life, does it?

Reality - A Physical World?

Reality - the physical world, which includes the entire Universe, is perceived by our senses, created within our brain and controlled by our consciousness.

In everything that we do in our lives, it clearly becomes more apparent that reality is in fact, a physical world that exists outside of us, but is projected from within us by our consciousness.

In this physical world of reality there are no colors, no sounds, no aromas, no tastes and no solid surfaces, because all of these are created within our brain cells in response to our sensory perceptions.

Our mind created reality is then co-ordinated to conform to the precise controls necessary, to be projected by our consciousness out into the external physical world. Therefore, our life is the creation of our mind.

The Evolution of Reality

As mankind has evolved in this world so has the reality which is perceived by our conscious minds. At the beginning of humanity, reality was a thin thread with relatively little content. It was shallow and narrow, only filled with the basic primitive ways of life.

As the development of humanity progressed the substance of reality began to get slightly wider and slightly deeper, now being filled by the adventures of mankind endeavoring to survive, and their constant expansion in numbers and territory.

Initially mankind discovered and developed ways of being able to travel over the surface of our planet, on the vast expanse of oceans with huge wooden ships and eventually on the land with automobiles and trains.

Reality became wider with the discovery of other peoples and other lands, it became higher with the advent of new horizons of air travel and space exploration, it became deeper with our quest for knowledge in the vast oceans and the mining of resources below the surface of the Earth.

With the rapid deployment of technology and the pragmatic applications

that it allows, reality has been filled with an enormous amount of content, much of which we may never have thought was possible.

Nowadays the perception of reality for our humanity is very wide, very high, very deep and very long, filled to abundance with the amazing advancements of mankind.

In essence reality can be described as being like a continuous strip of film.

Reality and Our Mind

We therefore can review any of the moments backwards along this continuous strip of reality with the preset co-ordinates of our own mind - these are our memories.

Images and detail further along this strip of reality are obtainable clearly to our mind - this is our imagination.

In each instance our mind creates a mental snapshot of the slice of reality in which we are currently residing - this provides the stability between our memories, our current thoughts and our imagination.

Our human senses allow us to participate in reality, with sight, touch, smell, taste and hearing. But it is our mind and our consciousness which creates and controls the reality for us.

Our memories allow us to recall all the facts which will help us in performing our lives. Our imagination gives us the insights which we need to enhance our lives and to improve the further progress of humanity. And, here in the present moment, our thoughts allow us to formulate a plan, dependant on the events that are occurring around us.

Perfect for Life

I take comfort in the fact that we live in a beautiful universe, we belong here and we fit, This is our home.

What I am referring to is the idea that there is something uncannily perfect about our universe. The laws of physics and the values of physical constants seem, as Goldilocks said, "just right."

If even one of a host of physical properties of the universe had been different, stars, planets, and galaxies would never have formed. Life would have been all but impossible.

These building blocks of the universe come with tight specifications and they never vary. Wherever you are in the universe, the mass of the electron, the speed of light (light is an electromagnetic wave), and the strength of the gravitational force is the same.

One of the biggest mysteries facing science is: Why is the Universe so exquisitely fine-tuned for life?

No matter which way we turn, the properties of our universe have finely tuned values that allow us to be here. Deviate ever so slightly from them and the universe would be sterile - or it may never have existed at all. What explanation can there be for this fine-tuning?

Theories abound, from God "designed" and created the Universe especially for us, to the possibility of multiple Universes, where we were just lucky to be in one that is perfect to sustain life.

If God was the creator, then who or what created God? Don't we already have enough of a problem understanding our Universe, let alone Multi-Universes?

There have also been speculative comments being made about alien intervention from other Universes, and that they came to design a Universe for us, so that they could experiment on us! Really!

Of course we could say: If the Universe was not the way it is, then we would not be the way we are, which does not tell us anything really, because that statement is obvious, but this is the Anthropic Principle that some

physicists use.

And there are those that choose to take the position of: The Universe is not fine-tuned for humanity, it is humanity that is fine-tuned for the Universe.

Maybe none of them are right, perhaps there is another explanation.

The Conscious Universe

The Universe is perceived by our senses, created by our minds and controlled by our individual and collective consciousness.

The great American physicist John Wheeler has stated that the Universe exists because we are here. He has also suggested that the nature of reality was revealed by the bizarre laws of quantum mechanics.

According to the quantum theory, before the observation is made, a subatomic particle exists in several states, called a superposition. Once the particle is observed, it instantaneously collapses into a single position.

Wheeler suggested that reality is created by observers and that, "we are participants in bringing into being not only the near and here, but the far away and long ago."

This claim was considered rather outlandish until his thought experiment, known as the "delayed-choice experiment," was tested in a laboratory in 1984.

This experiment was a variation on the famous "double-slit experiment" in which the dual nature of light was exposed, depending on how the experiment was measured and then observed, the light behaved like a particle, (a photon), or like a wave.

The results of this experiment, as well as another conducted in 2007, proved what John Wheeler had always suspected - observers' consciousness is required to bring the Universe into existence.

This means that a pre-life Earth would have existed in an undetermined state, and a pre-life Universe could only exist retroactively.

These are difficult truths for mainstream scientists to accept, and some would react to them with skepticism, disbelief, or even anger.

But the other explanations, beginning with physical objects "out there", multi, hologram, or virtual reality Universes, (the latter would need a reliable, zero maintenance computer to run it, which would be bigger than our Universe!), all fail utterly to explain how we are conscious to begin with.

That is why some physicists are already talking about a conscious Universe, where consciousness is a given throughout Nature.

In fact, the founders of quantum mechanics a century ago agreed more with this view, having understood that quantum mechanics implies observation and agency of mind.

Bi-directional Reality

The reality which we experience around us is bi-directional. There is the macroscopic physical world in one direction, and then the microscopic particle world in the other.

The macroscopic physical world is the large objects reality in which we can, zoom out from us, to our home, town, region, country, continent, planet, solar system, galaxy and our Universe.

The microscopic particle world is the small non-objects reality in which we can, zoom down from the atom, to the photon, electron and sub-atomic, quantum physics infinitesimal Universe.

For most humans it is difficult for them to get their minds around anything after, our planet Earth in one direction and anything further than, the atom and the forces of gravity and energy in the other direction.

But the bi-directional reality exists in totality within our consciousness, and although we may not all be able to comprehend its complexity, it is available to our conscious and sub-conscious minds to support our existence and survival.

The nature of reality is made apparent to mankind collectively, through the macroscopic physical world, microscopic particle world and under the continuous control of consciousness.

A Changing World

Throughout this world, which we all live in, there are changes taking place constantly and the more that mankind progresses, there will be more things that will change our world.

But, as it has been clearly seen on countless occasions and in numerous circumstances, the change that occurs brings new opportunities for mankind to succeed and evolve. Only by the act of embracing change can humanity survive.

Social Virtuality

The Internet now contains an enormous amount of information, which is readily available to be tapped into by almost every person on the planet.

Smartphones have allowed people to access this information instantly, no matter where they may be located. And that information and data can be stored, added to and sent across the world to whomever you wish to send it to, again instantly.

Virtual reality technology is rapidly being deployed and will soon facilitate the chance for people to experience a world that does not actually exist, where the normal rules of space can be bent and the use of the concept of time will be completely redundant.

The new form of social networking, that will evolve within this innovative technological environment, will create a social virtuality that transcends any need for a relationship with the confines of time.

Being Aware

Let me ask you a question, where are you? I don't mean where are you physically located, like London, Paris or New York. What I am asking you is where are you in terms of your consciousness?

While you are thinking about how to answer that question, I will elaborate on the subject with a report about a recent virtual reality experiment.

A researcher asked a volunteer to stand and face into the room and to place the virtual reality device over his eyes, the image presented to the volunteer was an image of himself, which was projected two feet in front of him.

Then the researcher picked up a stick and tapped the volunteer on the back, and at the same time the volunteer saw a stick touch the back of the projected image of himself.

After thirty seconds the researcher tapped the volunteer again on the back, and again the volunteer saw a stick touch the back of his projected image.

This continued three more times, then the researcher asked the volunteer to take off the virtual reality device from his eyes, and to stand where he had felt the stick tapping his back.

The volunteer went and stood facing into the room, two feet in front of where he had been standing when he was wearing the virtual reality device.

This experiment was conducted with two other volunteers, one female and the other male with exactly the same results. The volunteers all stood two feet in front of the spot, where each of them had originally stood whilst they had been wearing the virtual reality device.

What is happening here, to these volunteers in this experiment, is caused by the confusion between what is perceived by our senses and what is known by our consciousness.

Our consciousness knows what our senses collectively perceive, and it is this information which creates our sense of awareness of our surroundings, as

well as awareness of self.

But if the information received is in any way confused, such as in this case with the sense of sight saying you are in one place and the sense of touch being on your back, the consciousness will use your projected image vision to provide the awareness of where you are.

Now let us get back to my original question which I asked you, where are you in terms of your consciousness? Is your consciousness telling you it is inside your head, or is it outside of you with the senses which perceive your surroundings?

To help you to formulate your answer we will use a thought experiment. With your eyes open wide, look ahead of you and place two fingers on the right side of your temple.

Now say out loud, "Is that you in there?", then repeat the question again and use all your mind to determine where your consciousness might be located.

Keep the two fingers on the right side of your temple and this time close your eyes and only think the question, "Is that you in there?" Where did you determine your consciousness might be located now?

When you only used your senses of sight and sound, it seemed as if your consciousness was outside of you, but when you switched off your senses, it became instantly apparent that your consciousness was located in your mind.

Ok, now let's relate these revelations to our discussion about time. Our conscious mind and our senses perceive only the present moment in the reality that surrounds us.

With regards to the awareness of self, our consciousness tells us that we are only ever in the present moment.

Whereas, our sub-conscious mind with its retention and recollection capabilities, stores and recalls memories. Our sub-conscious mind also has the capabilities of imagination and is able to project new ideas.

And it is in our sub-conscious mind that the feeling of a passage of time is created, because our sub-conscious mind stores memories from the present

moment, which are then related with our imagination of what may occur next.

Our sub-conscious mind is a complex data storage facility that our conscious mind can tap into at any given moment, so that we can know if what we are about to do or say, is something that we have done or said before.

Basically our consciousness is retrieving all relevant information from our sub-conscious mind, so that it can make all the right decisions for our existence and survival in the present moment.

The measurement and perception of time is just a collection of information, which is stored within our sub-conscious mind, along with all other data that resides there. Repeated usage of any of this information will eventually cause it to be hardwired into our brain.

And that is just what has happened with time, even though our consciousness tells us that we only live in the present moment, the repetitive hardwiring of our brain with time has led us to believe that it is real and exists. When in reality it is obvious that it is only a stubbornly persistent illusion.

Movement, Change and Events

Change alone cannot cause an event, but an event nearly always causes there to be change. An event is when something significant occurs which causes a change from what was, to something different.

A farmer has chickens and pigs on his farm, his hens lay eggs and he sells them at the local market, he kills a pig and takes the meat to the butcher to be sold as ham and pork joints.

The hens have experienced change, because the eggs that were inside their bodies are now outside, but I think you would agree that the killing of the pig was a very significant event, because the pig is no longer alive.

A lot of people seem to confuse change with movement, but movement by itself alone is not change. Let me give you some examples;

You are looking out at nature and you see many trees with their leaves gently blowing in the breeze. That is movement, but there is not any change occurring.

As you look around at the trees you notice an old dead tree and, just at that moment the old dead tree is blown down by a gust of wind. That is an event, because a change has happened to cause it to crash to the ground.

You are still looking out at nature and you see a bird flying by. That is again just movement, because no change has occurred.

Suddenly another bird comes into view and collides with the first bird and they both fall to earth. That is an event, because the birds have changed from what they would normally be doing and now they are doing something quite different, they are lying on the ground.

You might say that it is easy to say this while looking at nature, so let us take a busy city street, it is full of people briskly walking along, children following their parents to school, cars progressing along the road and a man riding a bicycle.

That is movement, but what if the man on the bicycle were to fall off, then that would be an event, because he has changed from riding the bicycle to finishing up lying in the road.

Let us try another scenario, you are sitting at home at the kitchen table with a raw egg that you have taken from the box of eggs, you begin to roll the egg slowly from one hand to the other, backwards and forwards it goes. That is again just movement, no change has occurred.

But then you briefly look away and the egg misses your hand and falls off the table, breaking on the floor. That is a really significant event, because the egg has now changed from what it was, a whole egg into something different, a broken egg on the floor. And it is a really significant event because you can never put the egg back into the shell.

Just one more, to show you conclusively how our brains work when it comes to seeing movement as opposed to change. Ask a friend or family member to stand in front of you and to look into your eyes, then ask them to look at your right eye and then your left eye and back again. Do you notice how you see their eyes move when they are doing this.

Now go into the bathroom and take a look at yourself in the mirror, this time your mirror image is your friend or family member, do the same as they did and first look at your right eye and then at your left eye and back again. Do you notice any change in your eyes, no, well of course not, because in your own mind there is no change and because of that your brain does not think it is worth notifying you of such an insignificant movement.

Motion and Energy

Movement is defined as going from one position to another, for example when you raise your arm up into the air that is movement.

Motion on the other hand is about distance, displacement, velocity and acceleration. Motion is how things get from place to place. Motion can go a long way or in some cases almost continuously, such as in planetary motion.

A young boy is playing football and he kicks the football down the hill, that is motion. A car is traveling along the road at the bottom of the hill, that is again motion. The car comes into contact with the football and the impact causes instant motional displacement of the football, which either means the football goes in a different direction or the football will accelerate in the same direction.

Whenever force is exerted on something through a distance, something has to happen, which is motion. That is the definition of energy. In every case it is energy which causes change to occur.

Energy exists in many forms; kinetic energy with moving objects, gravity, fuel, the molecules making up all the matter in the Universe contain energy, chemicals, electricity, electromagnetic waves such as light, heat, radio and gamma rays.

Albert Einstein stated that energy cannot be created or destroyed, it can only be transformed. Therefore, when it comes to your death, all the energy which is you will be transformed into the energy of the Universe, and you will continue in reality, albeit in a different type of life.

In all of our discussions with respect to movement, motion, energy, change and events there has been no mention of time and that is simply because time is not necessary for any of them to be performed. Time is just an additional reference point to measure them by and without time even being involved, movement, motion, energy, change and events would still all happen.

Motion causes energy, which in turn causes change to occur. Motion, energy and change do not need time, but time needs change, because without it time would lose importance and cease to exist.

Many people think that if time was to stop and no longer exist, then the world would soon freeze over, because there would be no motion, energy or change.

But as it should by now be obvious, time is only a reference point which is used to measure motion, energy and change, it is not the cause of them.

To make it more clear, let us lay it out on a string, starting with motion through a distance causes energy, energy causes change, change causes events and time measures the order of events.

Notice where time sits? At the end of the string, not at the beginning of the string; and therefore if time did not exist, the others on the string would still happen exactly the same way.

Time has no independent existence, it just measures the order of events which are caused by change.

Everything in the reality of the Universe, which we perceive in the present moment is constantly existing, is in motion and interacting with other things, -- that is everything, except time.

Relativity in Your Mind

You have a house, an apartment, or whatever, either way it is your home and you ask a couple to come and visit you. When they arrive they express that you have a beautiful house and they stay to share a meal, some drinks and a really nice chat.

When they go home, your house will be for them a memory in their thoughts of the past, but for you, your house is definitely in the present.

On the other hand, the couple that visited you are now only a memory in your past thoughts, even though for them they are obviously in their own present.

In the theory of Relativity, Einstein stated that time is observed differently, depending on the position and motion of the person or persons that are observing it.

For one person their past, can be for another person their present, and for yet another person their present, could be for another person their future.

The present is perceived by the conscious mind, whereas the past is observed through our memories within the sub-conscious mind, as is the future which is observed by our imagination.

What is the Present Moment?

I want you to think about a ladder that goes way high vertically. Beside each rung, on the left is a box where you can leave things, which you might want to use again, on the right of the rung is a box where you can take things, which you would like to think about a bit.

There is a box on the left beside the next rung and a box on the right as well, this then continues all the way up the ladder, a box to the left to leave things you might want to use again and a box on the right to take things to think about.

Now make your first step on the ladder and you will soon discover that you are standing in the present moment, have a look around at the world that is surrounding you. Maybe there is something special that you see and you would like to remember it, well put it in the box on your left called memories and then you can easily recall it again.

Perhaps you have also had an idea for something new, well put it in the box on your right called imagination, then you can think about it a bit before forming a full vision of what it should be.

Take your next step into another present moment, it may not happen every present moment that you have a special memory, or that you have a vision using your imagination of the next big thing, but that does not mean that you cannot savour the present moment and enjoy your reality. Continue from present moment to present moment leaving memories when you feel like it and using your imagination in whatever way that you wish.

The present moment is always there and it is the only point in time that we can really access. Everything that happens, has ever happened, or will ever happen, can only happen in the present moment. Nothing exists outside of the present moment.

How to Live in the Present Moment

The easiest way for you to live in the present moment is to use your mind and your senses to allow the present moment to be fully apparent in the reality that surrounds you.

Begin by breathing, yes just breathing, it is something we do every day without thinking anything about it. Your breathing usually just happens, but now I want you do the breathing for yourself. Slowly breath in, hold and take in the present moment and then breath out again. Do it again and notice the reality around you.

With you now controlling your breathing, quiet your mind to other things and use your eyes to appreciate the present moment, take in the beauty of nature and the wonder of the world that fills your reality.

It is now the turn for your ears to take part in the recognition of the present moment in your life. Listen to your surroundings, pay attention to all of the distinct sounds that you can hear.

While you are gently breathing, with your mind quiet, eyes absorbing your reality and your ears attentively listening, pick up a piece of fruit and let your taste buds savour the experience in the present moment.

Allow a few present moments to occur and then do something that you once thought was impossible, reach out and touch the present moment that has become a tangible part of your existence.

From now on, spend less time thinking about other things, that have already happened and about what you may be doing in the future, just clearly focus on recognizing all of the present moments and being attentive to others and your surroundings.

Endeavor to use your mind and senses as much as possible, wherever you may be, to experience your present moment and it will not be long before it becomes an integrated way of living. You, reality and the present moment all exist, everything else is just conceptual and should not be a part of your life.

How to Quiet Your Mind

For some people it is very easy to be able to quiet their mind and stay calm and completely relaxed without thinking about much at all. For others it is not so easy, maybe because of their pace of life, perhaps it has something to do with concerns about relationships in their family or with friends.

But there is a way to successfully quiet your mind, so that it will allow you to fully appreciate and enjoy the present moment, which you are wishing to experience. You can use this simple process to quiet your mind at any time, although it is definitely most effective when you are appreciating the present moments in your life.

Take control of your breathing so that it is regular and calm, then do not try to make your mind do anything, other than think about what it is that you love the most in your life and just focus on that thought alone. Whatever it may be it will have, for sure, a really significant level of importance to you and because of this it will drown out all other thoughts.

Once you have successfully managed to quiet your mind with this process, you will find it is very easy to recall the same thoughts almost instantly when you are living in your present moments and enjoying the experience and the wealth of sensations that it brings to you.

Music and the Present Moment

Throughout the world music plays an integral part in the lives of people. Whether it be music that is listened to by the individual in the relaxed comfort of their own home, or music which is performed live, such as a piano concert or an orchestral extravaganza.

When people listen to music it affects them emotionally sometimes, and often the beat of the music will cause increased physical activity in response. But music also demonstrates a very unique perspective of the present moment.

Let us say that the music being played is on a piano, the pianist enters and after the applause dies down the pianist takes his seat and begins to play the piece of music.

From the first note your mind is attentive to the piece of music and you listen to every note that is being played, at the very last note of the piece of music, you bring your hands together ready to applaud.

But what are you applauding, in that present moment you are only hearing the last note, so it cannot be that, you are of course applauding the whole piece of music.

From the very first present moment musical note, to the very last present moment musical note, your brain has utilized the power of your mind to hold the whole piece of music in your conscious state, so that you can enjoy it in its completeness. This is called retention.

And through the process of retention your mind will store the total memory of the piece of music, so that you can remember it when you hear it again and even sing or hum the tune yourself.

Stretching the Present Moment

For the misinformed the present moment only lasts about three seconds, after which it is just a memory and is thrown into the past never to be seen again. They then decide to move on to contemplate what might happen in the future.

The reality is that the present moment can last just as long as you want it to, if there are no events or changes happening around you, then your present moment belongs to just you and to your intake of reality. You can stretch and make your present moment any length that you decide and do within it many different things without the present moment having to end.

The mistake that most people make about the present moment, is that any change will automatically stop that present moment and you then have to move on to the next present moment that will inevitably come along. But that is not the case, because it is only with a change, which causes your mind to re-engage and need to take an action of any kind, that would make you terminate your current present moment.

Focus your mind on living in the present moment and having control on the reality that surrounds you, and you can and will stretch each of your present moments in any way that you wish.

If you are in any way in doubt that you can stretch your present moment, then try this, take a piece of paper and write on it in big letters "PRESENT MOMENT", fold the paper in half and hold it in your hand. Take the paper to the bottom of your garden or somewhere close to your home and find a large stone, place the paper under the stone and return inside your home.

It is up to you how long you wait before you go to the spot where the large stone is, but eventually when you do, move the large stone to one side and pick up the paper that you put there, unfold the paper and take a look, there is your "PRESENT MOMENT" looking back at you.

It is early spring and you are sitting outside enjoying the scenery when an insect lands on your arm, concerned that the insect might be the stinging kind, you slap it and watch it fall to the ground, obviously dead. The dead insect just lies there, it does not disappear into the past and it definitely does not have any future. The insect will stay there in an eternal present moment

for as long as you can see it.

Yes, eventually it will decay and turn to dust, as we all do, will you have a memory of it? I doubt it, and although you left an impression on the insect, it also will not be able to recall any memory of the event. These examples are the ultimate proof that you can stretch the present moments that you experience in your life.

Present Moment Awareness

Life unfolds in the present. But so often, you let the present slip away, allowing things to rush past unobserved, and squandering the precious moments of your life, as you worry about the future and ruminate about what has already past.

Most of us don't control our thoughts in our awareness. Rather, our thoughts control us. In order to feel more in control of your mind and your life, to find the sense of balance which seems to elude you, you need to rest in stillness, to stop doing and focus on just being.

You need to live more in the moment. Living in the moment is a state of intentional attention on the present. When you become aware of the present moment, you realize that you are not your thoughts; you become an observer of your thoughts from each moment without judging them.

Present moment awareness involves being with your thoughts as they are, neither grasping at them nor pushing them away. Then instead of letting your life go by without living it, you start to awaken to experience.

You can easily become aware of the present moment just by paying careful attention to your immediate experience. You can do it right now. What's happening this instant? Think of yourself as a witness, and just observe the moment.

What do you see, hear, smell? It does not matter how it feels, whether it is pleasant or unpleasant, good or bad, just roll with it because it is what is present, right now.

As you read the words printed on this page, as your eyes distinguish the black letters on white paper, as you feel gravity anchoring you to the planet, wake up. Become aware of being alive. And breathe.

As you draw your next breath, focus on the rise of your abdomen as you inhale, the stream of heat through your nostrils on the exhale of your breath.

If you are aware of that feeling right now, as you are reading this, you are living in the present moment. Nothing happens next. This is not a destination. This is it. You are already there.

Epitaph to Time

It would be fitting and appropriate to offer a few meaningful words, which recognize that time has provided a service to humanity, but everything outlives its usefulness and it is the moment for time to make room for another way of living for mankind.

Of course, it will not just happen immediately, there will be a transitional change in which time will still be around, albeit only in the shadows, following mankind's every move, hoping that it can creep back into their lives.

Change and Time

All of our senses can perceive change. Our eyes can see change when it happens, like the falling of a tree, our ears can hear change when it happens, such as the change of musical notes.

Our nose can smell when an aroma changes from something really good to something bad, our tongue can tell the change between a taste which is sweet and a taste which is sour.

And when we touch a surface we can easily recognize the change from smooth to rough. In fact all our senses are constantly monitoring change and transmitting the data to our brain.

It is totally different for time, yes we can see clocks and hear them tick and the ringing of bells, but those are only the human constructed physical measurements of time.

Time is not perceived by our senses, and that is because time is only perceived by our mind as a psychologically derived concept.

For time to exist it needs changes, between which it can then measure the order of those changes and that is where the psychological passing of time creates the feeling from past to present and on into the future.

It is evident now that time does not have any fundamental independent existence and it relies on the human mind to give it any real credence.

Time is Information

"Time - the time we know through clocks and calendars - was invented."
Albert Einstein

The Universe is in a state of continuously changing. Clocks measure the numerical order of each of these changes. So, the time obtained by clocks is only a set of information relating to changes. Changes don't occur in time, changes occur only in space. Time is not a part of space, space itself is timeless.

In the timeless space there is no past and no future. The only existing physical reality is in the present moment. Past and future belong to the inner time that is a result of the neuronal activity of our brain.

We perceive all the changes which occur in the Universe through our eyes. The information about what change has occurred is processed by our brain into our inner time, and this then finally becomes our experience.

However, once we become aware of our inner time, we can experience changes directly as they occur. This direct experience provides scientists with an objective view of the timeless nature of the physical world.

The direct experience can be achieved by observing a pendulum. For the first few minutes you will experience the pendulum moving both in space and time.

After closing your eyes to envisage an image of the pendulum moving, in your mind's eye, you become aware of the inner time in which you experience pendulum motion. You experience the change directly as it occurs in space.

In today's physics the conviction still prevails that time is part of space and so a fundamental physical reality in which change occurs. Most physicists are experiencing changes through the linear inner time.

They project the inner time into the timeless physical reality and this means their experience is temporal. Once a physicist is aware of inner time he experiences changes as they occur directly in space.

This atemporal experience confirms that time is not a part of the physical

world; time obtained by clocks is merely information on changes that occur in the timeless space.

World Domination

For far too long our civilization has allowed full control and total domination of themselves, throughout the world, by a subjective entity that does not have any fundamental independent existence.

There is hardly any sentence that can be expressed, in which we utter at least one, if not more, time related words.

But things are definitely changing, people are becoming more aware of the constraints which are imposed upon them and wish to have more freedom in their lives.

Whether it be the freedom to protest, or the freedom to push back on the political, global economic inequality, or even to decide that they no longer wish to have the burden that time puts on them.

In the objective reality in which we all live the laws of physics being substantive and proven, give us all a platform of understanding about the world and our place in it.

The more that mankind determines what is real and what is an illusion, then greater will be the advances in the progress of humanity, which will naturally follow.

Here and Now

The present moment has a distinction which has not been applied to time itself. The fact is the present moment has been defined, both in space and in time.

When people wish to express an emphasis for the importance of the present moment, they will state quite clearly that it is here and now.

The term "Here" is fixing the present moment to a location in space and the term "Now", has the power of declaring that the present moment is immediate.

As we live our lives enjoying the wonder of the reality that our minds have created, it comes as a special thought to realize that each present moment is an incredible sensation which is here and now.

Just by allowing your mind to appreciate the fullness of each present moment, you will add a new dimension to your life, one that creates a feeling of completeness and fulfilment.

End of Time

The term, end of time, does not refer to the end of the world and everything that we relate to in our lives. Time cannot end because it never started. What is being discussed here is the end of the subjective use of time within our social structures and social organization. Timelessness.

While a world without the familiar passage of time may seem far fetched, the idea is being embraced and seriously considered by the renowned physicist, Ed Witten, the pioneer of the string theory and theorist Brian Greene.

They say a timeless reality might solve the complex differences between quantum physics and relativity. Could you imagine living in a world of timelessness?

No more fast paced living, racing against the clock to get things done. Just a calm relaxed approach to life without looking back to the past in anguish, or worrying about what might happen in the future.

Being able to accept time as a constant and that time is always now, means living in and for the present moment and enjoying it completely until the next event in space which will be another possibly enjoyable present moment.

The outdated social construct dependance of measuring the time between events is irrelevant, what is important and relevant are the events themselves. Time and dates will no longer matter, the things that will really matter will be who you are, what you are and what you are doing. Free to explore a life full of events with no constraints imposed by any false perceptions of time.

Since humanity first developed the capability of language our society has wanted to give all objects names, descriptions and functions and time has been no different.

We treat the word time as if it is an object that moves through space, we describe it as something that flows continuously forwards and we use it for measurement, duration and to map all the previous events way back to the start of humanity.

We perceive change and associate that change with the passage of time because we think in a relative way. Our relative mind then compares this moment with what we hope the next moment might be and in doing so creates a past and a future in our minds. But the past does not exist, except as a memory and the future does not exist, except as an image that we hold in our minds.

Time has imposed many constraints upon our lives, like waiting for a train, waiting for a bus, waiting for a flight, waiting for a ferry boat, waiting for an appointment and waiting for a baby to be born. And we constantly talk about lost time or wasted time, well, in a timeless world there are no constraints.

To live in timelessness is to experience and allow the present moment to contain all. When there is an awareness of being in timelessness, moment by moment, we simply have to learn to hold it. We are each quite capable of holding a simultaneous awareness of the eternal present moment, even while tracking our lives of change.

Time Forgotten

In the year 2000, at the changing of the millenium, the whole world held its breath, because we had all been told, by so called experts, that the change of date and time, which would occur on this momentous occasion, would cause all computers in the world to come to a grinding halt.

Imminent catastrophe was expected by financial institutions, electricity companies and governments across the planet. And what happened? Well, absolutely nothing happened, everything continued just as normal, because time could not have such an effect, because time does not exist in reality.

Imagine a world with no time and no dates. Could you organize yourself in such a world? Think about it and you will soon realize that of course you could.

Driving in your car does not need time, and social networking does not need time, you just need to know who you want to talk to, or send a message to, or even share a photo with.

Listening to music, watching DVD movies, playing sport, doing gardening, going walking, sitting and relaxing, sleeping, eating, showering and having a chat with your neighbours, all have no need for time to be involved.

You do not have the constraint of time when you go to the ATM machine to draw out your money, or the gas station when you fill up your car with petrol.

You will of course have to make some adjustment to your life, where time has become imbedded in the way you do things, such as transportation and any other schedules, but that will only mean that you need to be a bit flexible and calmer in your pace of life.

You will still have the rising and setting of the sun, the cycles of the moon and the changing seasons to help guide the organization of the rest of your life. And you will find that in less than a generation humanity will have really forgotten time.

No longer dependant on a concept that has become redundant, you will be

unshackled from the constraints of time, being able to live your life without the insistent watching of the clock, and your children and grandchildren will not be harnessed to a life that forces them to meet a timetable in everything that they do, instead they will be free to live life to the full.

Since time is basically a human construct to fit the needs of humans as we grow and evolve, it stands to reason that we should rethink and adapt our ideas, into something that will be more useful in the coming age of the Universe.

Humanity has a constant urge to progress, to improve, to adjust and adapt to make the world better for mankind, by researching, discovering, designing, developing and producing products which take the human race further on its journey of exploration, to a place where time will be meaningless.

Conclusions

It is agreed in the scientific community, that Albert Einstein was absolutely accurate and correct with his theories of special relativity and general relativity.

The majority of scientists now also agree that the objective reality, which is our Universe, is clearly perceived and controlled by the consciousness of our minds.

Life and reality are just one continuous event, which has no interruptions. And that is exactly what our mind, our consciousness and our senses perceive in the present moment.

Everything starts with here and now, in the present moment, where everything happens and where there is no causality, (cause and effect), which creates events; life and reality just flow like water backwards from now.

And that smooth transition, without causality between any events, means any change, which happens, is just motion within the continuous event of life and reality. This is all part of the apparent enigma of consciousness.

In quantum physics the well documented double slit experiment has shown repeatedly that, observations not only disturb what has to be measured, they produce it. The observer compels, the electron, to assume a definite position, which means that it is ourselves, as the observer, that actually produces the results of measurement.

This implies an idea that we could be living in a holographic universe, where the observer is required for physical matter to manifest, which means that the observer must exist before the physical body.

The current hypothesis that the brain creates consciousness still dominates the mainstream materialistic world of science, despite a wealth of evidence showing that the brain, and even our entire physical reality, could be a product of consciousness.

The phenomenon of time which has defied any substantive definition, from St. Augustine right through to the oracle of Google search results, proves the statement by Albert Einstein, regarding the passage of time, from

past to present and into the future as being only a stubbornly persistent illusion.

Is the passage of time just an illusion? Yes, the perception of an arrow of time is completely psychological and is now hardwired into our consciousness.

Is physical time just a concept created by mankind? Yes, the idea of using time to measure speed, motion, etc. was developed from ancient methods of monitoring the celestial activities.

It is important to realize that our current concept of time as being linear, is not the way that humanity has always thought about time; and it is also not the only way we can, or will necessarily always think of time.

When we discussed "Being Aware", it was identified that the measurement and perception of time is just a collection of information, which is stored within our sub-conscious mind, along with all other data that resides there. Repeated usage of any of this information will cause it to be hardwired into our brain.

And that is just what has happened with time, even though our consciousness tells us that we only live in the present moment, the repetitive hardwiring of our brain with time has led us to belief that it is real and exists. When in reality it is obvious that it is only a stubbornly persistent illusion.

The artificial social construct which has been hardwired into our brains over the generations, that there is a passage of time, is fundamentally incorrect.

In all the history books which have been created to depict a tangible past, it is now clear that they are only the recordings of the individual and collective memories of people who were perceiving their present moment realities.

It is also now apparent that tomorrow never really comes, the future only exists in the capability of our imagination and innovation, which means anything and everything is possible in the realms of our conscious and sub-conscious minds.

In "Reality - A Physical World?" we explored the theory of a Universe composed of physical matter with the theory of "A Conscious Universe" where we saw that our consciousness directs our life and then in turn, it helps us to control the reality which continuously forms our Universe.

Therefore, the reality that we decide on is within our control, but that means we must stop allowing time as a human construct to dictate what we do in our lives, that way we can have the freedom to think more calmly, without all of the needless constraints which time currently imposes upon us.

Remember "Day in the Life of Joe", it must have been obvious to you that although Joe did not realize it, his life was being constantly controlled by time. And Joe is not alone in that respect it is the same for the majority of people.

Also as it was seen in "The Act of Free Will", that although you want to think that you have total freedom of choice, and that it is always your decision which path in your life that you take, it can only be true, if you are also in control of your life and not being constantly controlled by time constraints.

Will the world freeze over if time is stopped? No, because time is only used for measuring the order of events caused by change, as we clearly discussed in "Motion and Energy."

Is time travel possible? No, it is just a fantasy created by the human mind, because time is an illusion of our consciousness. If time travel was possible, why are there no sightings of visitors from the future.

Many parents will say that their children have very fertile imaginations, where with no facts or proof they will believe in whatever it is that their imagination tells them, as we appreciated in "What is Imagination?".

And yet adults are no different, because they are willing to believe in almost anything, with no facts or proof to back it up.

The human mind has the potent power of creating many things which are just figments of imagination, because mankind are creatures of creation.

By that I mean that humanity had the idea of a God, or superior being

which was created from their imagination and likewise the concept of time was also just an imaginative thought in the head of somebody to start with.

And there have been many more examples of our minds just creating illusionary, figments of imagination, such as the extensive search for extra terrestrials or aliens.

If there really were aliens visiting our planet, why have the astronauts on the International Space Station not seen them? Surely from all the reports that have been made, the Earth's atmosphere should be full up with all their spacecrafts.

With all of these figments of imagination, it should at once be obvious as to what is real and what is an illusion, but without facts or proof we are told to just believe and have faith, or accept that our perceptions are wrong, or that the truth is out there somewhere.

“Time no longer appears to us as a gigantic, world dominating chrono, nor as a primitive entity, but something derived from phenomena themselves. It is a figment of my thinking.”

—*Schrödinger, Erwin.*

As we discovered in "Change and Time", our consciousness has built a psychological illusion in our mind that time is passing, when inside the objective reality, that follows the laws of physics, time does not even exist.

We also further discussed this point in "Time is Information", arriving at this telling conclusion: In the timeless space there is no past and no future. The only existing physical reality is in the present moment. Past and future belong to the inner time that is a result of the neuronal activity of our brain.

In "The Aging Process", we noted that natural selection and evolution actually refute the idea of entropy, because the process of natural selection creates order from disorder, which progresses the evolutionary advancement and survival of our species.

But we ignored the confusion surrounding the aging process and time, instead putting our focus on a more important and very relevant point, and that is the subject about the aging process and the very instrumental part that our consciousness plays.

As part of evolution our consciousness is fulfilling the position of providing the knowledge and wisdom to us, as parents, so that we can guide and direct our children, to develop the talents which they will need as they advance humanity on its next part of the journey.

Once we have completed our responsibilities, as parents, our consciousness then instructs our brain to begin the cell degeneration process, and eventually we will move aside, so that the next generation can set out on their task of the progression of mankind.

Time is an illusion, but it is not alone, there are many other illusions, which mankind has elected to make a part of their lives, even though there is no factual substantive evidence existing to support them.

The human mind is capable of storing much data, some of which can only be really classed as constituting, fantasy, illusion and stretches of the imagination.

In this category sits time travel, abductions by aliens, spiritual apparitions and the large unwarranted amount of conspiracy theories.

For some people reality is like a house of cards, which is held together by an invisible glue called "time", but that just does not stack up.

As we saw in "Time Forgotten", the fiasco in Y2K, which predicted that all of the computers in the world would be affected by time and bring reality to a grinding halt, just did not occur, this is because as Einstein expressed, "time does not have any independent existence."

Are our lives dominated by time? Yes, in so many situations time controls our lives and imposes constraints on the way that we live.

Remove the burden of time's domination from your life, unshackle yourself from time's inflexible constraints and learn to embrace the incredible sensation of the present moment.

From now on stand strong and firm in your present moment, be aware of it, live it, stretch it, and enjoy each and every present moment that you experience. Only in this way will you have more control over your life.

Looking back is now a proven lost cause, but dreaming of much better

things ahead is within your power, just allow your imagination to be endless, because it simply has absolutely no boundaries and no limitations. Just go for it.

Life Without Time

In my capacity as an author, modern thinking visionary and motivational speaker, I have done quite a lot of traveling around the world.

But I have always kept a basic philosophy of life and that is, I sleep when I am tired, I wake if I am rested, I eat when I am hungry, and I will only have meetings with people when I eat.

And that can be when the sun rises, or when the sun is high, or when the sun is about to set, which is no different whichever country you may be in, or whichever time zone it may be.

I never wear a watch and have no interest in clocks and calendars. The redundant date and time function on my smartphone is not shown on the display when I use it. I also do not pay attention to any schedules or timetables.

You might say, but what about appointments? In my experience appointments made with time involvement are not very accurate, because you nearly always have to wait for the person, who has an appointment before you to finish anyway.

But here is an example of how I address the situation of setting up a meeting: In the period of Scorpio, on the occasion of the new Moon, I will meet you in the Dominion restaurant at Sunset.

When I meet with people, there is no agenda for the meeting and no documented minutes. That allows us all to just relax, while we talk about the subject that we wish to discuss.

I never have to use hotels, because I have made friends in each and every place that I have visited and I will naturally stay with them, which gives us an opportunity to see each other and to have a good chat.

When I travel in a city in any country, I use a taxi, because they are always numerous and it is easy to just raise your arm and go wherever you want to go in the city.

When I travel between cities, I use intercity high speed rail services, which again are very frequent and quick, so I just choose whichever one is

available when I need to travel from one city to another.

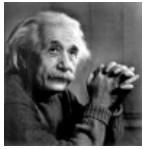
Most of my traveling has been either across the USA or in Europe, which means I travel over land wherever I want to go still using high speed links, but on the occasions when I have need to travel between continents, I will charter a flight as and when I require it at my convenience.

I have done this for the last five years, living without time and have become accustomed to it, in fact it seems like this is the way life should be, just calm and relaxed doing whatever you want in your life with no time constraints controlling your every move.

The construct of time is completely irrelevant in my life and I feel as if I have been unshackled from the burden of constantly having to follow a passage of time that was just an illusion.

You could easily decide that time is irrelevant for you as well and begin living your life without time. Give it a try, I know you will be glad you did.

Albert Einstein - The Man



Albert Einstein is certainly the most famous scientist in the world, but how much do you really know about him? Here is the man that became the father of the quantum theory.

The name of Albert Einstein has become synonymous with genius, but his huge contributions to science may well have been curtailed if he remained in Germany, where he was born on March 14, 1879.

He was soon accustomed to being a migrant, because at the age of 17, his parents decided to take him to live in Italy and then in Switzerland, where he began training to be a physics and mathematics teacher in 1896.

Einstein qualified as a teacher and became a Swiss citizen, but could not find a teaching job, so he began work as an assistant in the Swiss Patent Office in 1901, where promotion evaded him, because he did not have a good enough understanding of the technology concerning machines.

However, a fair amount of his work was associated with the activities of the synchronizing of time with mechanical and electrical procedures, which of course would sow the seeds which sometime later would revolutionize our understanding of the universe.

His first theoretical paper, about the capillary forces involved in a straw, was published in a well respected journal during the same year and in 1905 he was awarded his doctorate by the University of Zurich.

Scientific work quickly began to come from him and by the end of that year he had published a record number of four revolutionary papers, on the photoelectric effect; mass and energy; Brownian motion; and as well, the idea that maybe defined him most of all, relativity.

Despite all the acclaim that he was rightfully accumulating, he decided to continue working at the patent office until 1909.

In 1911, his work on the theory of relativity made him world famous, when he concluded that the trajectory of light arriving on Earth from a star

would be bent by the gravity of the Sun. His conclusions instantly turned the notions of Newtonian mechanics, which had stood since the 17th century, into a set of worthless statements.

In this period of his life he returned to Germany where he held several important positions, which included becoming President of the German Physical Society.

By 1921, his groundbreaking theories had caused a transformation of the basics of modern physics and he was awarded the Nobel Prize. However, it was not given for his most famous work, which was relativity, and that was because it still remained too controversial. Instead, the judges used his explanation of the photoelectric effect as the determining factor for the award.

Wherever he went he was greeted like a head of state, with multitudes of people coming to hear him and a cannon salute explicitly provided for his arrival.

It was 1933 and Adolf Hitler had just become Chancellor. Einstein, a Jew, had discovered that his name was on a Nazi list of people who were being earmarked for assassination and that a bounty had been put on his head.

The rise of Hitler and Nazism persuaded him to move to the US, where he eventually revoked his avowal of pacifism and he then wrote to President Roosevelt urging him to press ahead with construction of a nuclear bomb to ensure the Germans did not get there first. He later said this letter was the biggest regret in his life, because nuclear weapons had demonstrated that they had such a fierce capacity for destruction.

He began work at Princeton University and became a US citizen in 1940 where he continuously criticized the racism in America, which he called a destructive disease.

Albert Einstein died of internal bleeding on April 17, 1955, aged 76, which was marked with newspaper headlines across the world.

About the Author



James Chapman, born in England and University educated in London and Princeton, USA, where he studied theoretical physics and advanced mathematics. He is an author, motivational speaker and modern thinking visionary, who has published twelve books. James has lived in New York, New Jersey and Boston, but he is now living in Portugal, where he has recently released his latest book, *Living Within*. In his book, James has taken the subject of who we are, in respect of our mind, our being and our consciousness and has evaluated the impact on humanity and how it can affect our lives on this planet.

Acknowledgements

Many thanks to my dear friend, Phil Yates, we met when we were young at school, but it was during our studies at Princeton that our friendship really grew. Phil inspired me, and as well, motivated me to never give up on my conviction that Einstein, if he had lived longer would have gone further with his theories, especially with respect to time. And with the consistent support of Phil, I wrote this book to expand on the theory of a genius.

I also wish to thank my editor, Rebecca Scoles for her unwavering endeavor in making my manuscript come to life with her delicate adjustments.

Thanks must as well go to all the people, which included friends and family members, who reviewed, commented and re-read, as I worked from my first attempts to the completed book.

I will never perhaps know what it was about the death of Albert Einstein that affected me so, and inspired me to follow his lead, and to study diligently to achieve a level of understanding, and then be able to use it to expand on one of his theories, concerning time. But whatever it was, I say thank you to him as well.

By James Chapman

Living Within

Reach for the Moon

Trilogy

Maybe Tomorrow

Living on the Lost Edge of Time

In Danger of Dying

Live Longer

Move from Now to Then

No Time for Reality

A Writer's Inspiration

Just Really Great Short Stories

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