



Bending Time

CONSIDER THAT WHEN YOU'RE RUNNING LATE you could expand time to make more of it. Imagine being able to heal an illness in the past, right at its inception, instead of at its current, more advanced state (we'll experiment with this in a later chapter). Suppose you could condense time and skip steps that lie between where you are now and a desired future outcome (as subatomic particles are known to do when they make quantum leaps). Or, imagine being able to simply send a state of mind, such as joy, into the future so it will be there waiting for you.

These concepts aren't as far out as they seem. Einstein proved in his theory of relativity that time and space aren't a fixed and neutral container for the material world; rather, they can be altered by what they contain and there's already a significant body of research demonstrating that intention can change the past. Science writer Lynne McTaggart, who documents much of this research in her book, *The Intention Experiment*, writes "...we believe that the consequences of our intentions can occur only in the future. What we do today cannot affect what happened yesterday. However, a sizeable body of the scientific evidence about intention violates these basic assumptions about causation."

A handful of folks in my weekly class did some experimenting with time and discovered that expanding it to avoid being late was actually quite easy. If you'd like to try this yourself, here's an exercise. For best results, I recommend practicing the following visualization a few times before you're in a situation where you need it so it'll come more naturally when you're actually running late and need a few extra minutes.

Exercise

Expanding Time when You're Running Late

Bring to mind the experience of what it's like to run late. Notice what you usually do: the thoughts you think, what you feel, the stress that builds up in your body. Let the experience become very real. ♪ ♪ ♪

Now, as you feel everything speeding up inside of you, winding tighter and tighter, stop the process... and let yourself become completely still. Relax. Let your shoulders drop. Stop thinking of where you're going and what you're doing.... Just let go. This may feel opposite to what you're conditioned to do but let yourself do it anyway. Create a vivid inner experience of peace. If you're telling yourself you don't feel peaceful and therefore can't call it to mind, invite your imagination to show you what it would be like if you did feel peace. Recall a time when you felt peaceful. Imagination will take us anywhere—even to the places we've never been and have no memory to draw upon.

Now, imagine the universal fabric around you bending and flowing, reshaping itself to reflect your inner state of peace. Imagine time itself becoming soft and flexible and stretching to accommodate your needs. Hold a strong certainty that you now have plenty of time. Picture yourself being where you need to be on time, getting done what you need to do with time to spare, not needing to rush, or sacrifice, or feel stressed. Be light, playful and peaceful as you imagine these things. Let it be a game and not deadly serious. Let go of any attachment you may have to the outcome so it no longer matters whether you

have enough time or not. Affirm that everything will work out perfectly no matter what, and that there's plenty of time.

Now continue what you were doing, maintaining this light, peaceful state of mind as you do. See if you don't wind up with time to spare!

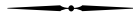
Exercise

Sending Peace Forward in Time to an Important Event

For this exercise, bring to mind an upcoming event that you want to go well. This one is particularly useful for those situations you expect to be stressful, such as important meetings, emotionally charged family gatherings or situations that test your performance in some way. As with the first exercise, begin by noticing what thoughts and feelings come up as you anticipate the event ❧ ❧ ❧ and then stop the process. Stop thinking about what's going to happen and just be still. ❧ ❧ ❧ Relax, let your shoulders drop, your jaw relax, your stomach muscles soften. ❧ ❧ ❧ Take some deep, slow breaths and simply be present in the moment, letting every part of you relax. As with the first exercise, create the inner experience of peace. When you are deeply peaceful and relaxed, add to this inner state any other feelings you want to have in this future situation: confidence, love, competence, victory, joy, whatever best fits.

When you feel everything you want to feel in this future event, then imagine sending your inner state forward in time. Imagine time as a linear path, streaming endlessly behind you and before you. Envision where this important date falls on the timeline and either project a fluid energy wave of all your good feelings forward to this point in time, or imagine time condensing so the distance between the present and the future disappears. Imagine this moment and the future moment overlap. Now you can infuse the future with the power of your peaceful inner state. When you feel completely at peace in this

future event, let it go and come back to the present moment. Let go of any attachment you may have to the outcome of this occasion. Know that your state of peace is calling to you whatever outcomes best serve the highest good of all and everything will work out perfectly no matter what.



WHAT IF WE COULD PLANT a reminder of peace and well-being to go off within us everyday like an internal alarm clock? What if we've already sent such a reminder to ourselves from the future? Could this reminder have radically shaped our past in ways we may never fully comprehend? Summing up some of the amazing research on time, Lynn McTaggart concludes in *The Intention Experiment*, "It may well be that every action we take, every thought we have in the present, alters our entire history." Time research seems to be creating more questions than it answers. But, for this next experiment, let go of the questions and just be open to the possibilities. For best results, do the following in a quiet, reflective state of mind when you have some uninterrupted time to yourself.

Experiment **Relaxation Technique**

Relax your body and quiet your thoughts with some deep, slow breaths. 🦋 🦋 🦋 Let your attention relax deeply into the present moment and become aware of the limitless, loving energy of the Zero Point Field all around you. You may notice that with each experiment it gets easier to tap this beautiful God energy. Let it wash through you, lighting up every cell in your body, filling you with profound peace and well-being. 🦋 🦋 🦋

See the clear, bright energy of other readers, past, present and future, joining you. We are all vibrating together, now,

in shared consciousness beyond the illusionary limits of space and time, each of us bringing only higher love to the whole. See this joining as beautiful and sacred, and filled with the potent energy of love. The connection to other readers amplifies your own experience of peace and well-being, like turning a dimmer switch up to full power.

Picture the network of all of us as a joy-filled web of light. ✨ ✨ ✨ Now bring to mind the linear timeline of the future and envision 2:00 p.m.—every 2:00 p.m., every day, from now on. Send a big, collective burst of joy, from the whole network, to every 2:00 p.m. from now on for every person in this group. Send it forward in time so that every 2:00 p.m. from now on is infused with the sweetness of life. As you send this to everyone in our network of readers, feel their joy at having daily reminders that life is good. Hold the intention that every 2:00 p.m. from now on has the collective energy of the whole group mind so that it will go off like a powerful cellular alarm clock, reawakening our connection to limitless God energy.

After sending it forward, send this burst of joy backward in time to every 2:00 p.m. for yourself and every reader. Send it back so that every 2:00 p.m. you've ever lived through was filled with potential, whether you recognized it or not; every 2:00 p.m. was a whisper that led you to this moment.

Do this lightly, without attachment to outcomes, and then let it go. Don't try to understand what effect this is having on your past (just trust that it is) and don't try to guess what effect this will have on your future (just know that it will). There's nothing more you need do around this. Just start noticing 2:00 p.m.

Question for Thought

Now that you've read this chapter, your every 2:00 p.m. has become full rather than neutral. You can't lose it or undo it

anymore than you can “unthink” and elephant. Imagine people from the past sending joy into your 2:00 p.m. Imagine people from the future sending joy into your 2:00 p.m. What do you imagine you could do with 2:00 p.m. now that it will never be quite the same?

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What Do You Want?

WHAT IS IT THAT YOU MOST WANT? And how often do you even stop to ask yourself this question? Desiring from life isn't a selfish thing. Desire is a way that inner guidance speaks to us about our path of highest good. Our true heart's desires always lead us to love: love of self, love for all creation, and the awareness that there is no difference in these because we're all one. There is a harmony, a divine order in following our heart's desires. They bring personal joy and inner peace, and allow us to make a contribution to the whole. What may look like a frivolous and purely selfish desire—say, a craving for a long beach vacation—may be just what's needed to birth a new creative vision that ultimately will serve many. When we're acting on our true desires, not our addictions, they lead us where we need to go, even if we don't completely understand how at the time.

Yet, our true heart's desires can be elusive, covered over by years of disappointment, feelings of unworthiness, fear that there's not enough of anything good to go around, and learned habits of resignation that tell us we can't get what we want so we may as well settle for what we can get. Then we turn to

numbing habits of addiction to fill the void left by the absence of our heart's desire. We over-eat, over-work, abuse alcohol and drugs. When we fill our lives with things that don't fulfill us, we further separate ourselves from what we truly need and undermined our power to get it.

Dreaming and desiring can foster creativity and keep us aligned with our path of highest good. It's difficult to create what we're not willing to imagine but once we imagine something, even if we imagine it as impossible, we've taken the first step in making it real.

I quite unexpectedly manifested a home this way. For several years I lived in a cramped apartment in a very beautiful, large building I bought with my friend, Kathleen. The manifestation of this property happened very miraculously shortly after Kathleen and I decided we wanted to buy an apartment building together. Just several weeks after forming our intent, the building was practically gifted to us by Kathleen's landlady who sold it to us, along with a small condo unit next door, so far under market value that we were able to secure a mortgage without using any of our own funds. I've always been grateful for it—but was uncomfortable in my too-small apartment! When another friend of mine decided to sell one of his rental properties, I stopped by to see it, thinking I'd help spread the word for him. As I walked through the bright, spacious, newly renovated upper unit of the duplex, I found myself imagining what I'd do with that much space. I wasn't financially in a place to buy the building so I knew I was just day-dreaming. I even checked the financials and confirmed it was too much money. But still, I couldn't stop imagining myself living there. My "daydreams" weren't fraught with longing; they were light and fun: I'd find myself mentally placing my furniture in the new space and enjoying the new arrangement.

Over the next month, my real estate circumstances took some unexpected turns. For reasons unrelated to the duplex, Kathleen and I decided to sell rather than rent our small condo unit next door to our apartment building and, to our surprise, wound up

selling it for far more than we paid for it several years earlier. Suddenly we had a lot of cash! What's more, my friend kept dropping the price on his duplex until it became a much smarter purchase. The price was right, the money was there and the deal happened. Kathleen and I were able to purchase another property together without touching a cent of our personal finances, I have the living space I want and all I did to make it happen was imagine.

Exercise

Exercise names goes here

Give some time and attention to dreaming about what you want in life and describe all of your heart's desires. See if you can identify anywhere from one to several heart's desires for all the important areas of life you can think of. I've included here a worksheet with categories to help you get started or, you can simply write a detailed description of the life you would like to be living, in the present tense, as though it's already happening. Include in your write-up only your goals, not process steps.

Goals are outcomes that would fill us with joy and fulfillment to do, be, or have. A process step is an action that we think will lead to the fulfillment of a goal. For example, if radiant health is the goal, making dietary changes, starting an exercise program, and going to the doctor are process steps that may lead to the outcome of radiant health. If you make these process steps into goals without the clear intention of radiant health behind them, you may successfully accomplish all of these and, in the end, still not have radiant health. What's more, accomplishing these process-step goals won't bring you joy. You'll feel like you worked hard for nothing. When you identify the true goal—that is, the outcome that will fill you with joy at its fulfillment—you may not have to do as many steps as you think. You might find yourself drawn to the right health practice or practitioner that's just what you need, and because it's the right fit, you'll be more motivated to do what's needed to be healthy. Or, you might find

that your attention is drawn away from health altogether and you heal spontaneously, while pursuing a new and gratifying career path.

Process steps do not, in and of themselves, fill us with joy, although when our goals are truly in alignment with our heart, we're more likely to undertake process steps joyfully. For example, I wouldn't enjoy a career in advertising yet when I'm excited about a new project, I undertake the work of advertising it with enthusiasm.

As you create your heart's desires list, be aware that simply identifying and writing your goals start the manifestation process. It's directing unconscious creative power toward your desires, making you more magnetic to them. I often give the assignment in my workshops to create a heart's desires list and can't even count all the folks who've reported back to me in just a few months that most of their list had already materialized. With that in mind, put all of your joy and excitement into this list!

But do be aware that because of the limited vision of our personality, the path to success can sometimes look like failure for a time. For example, there was a time when I had my own church. It was a small, fledgling organization and I prayed for it to grow bigger. However, the more energy I put into growing it bigger, the smaller it got. While I was up to my neck in the time-consuming work of building an organization, I was recruited to take a ministerial position at a well-established independent New Thought church. My reason counseled me against it: I was already too busy with one church, what did I need with another?! But, without quite knowing why, or even wanting the position, I accepted.

Very quickly, I realized this was the answer to my prayers. Rather than growing my own church bigger, taking on all the administrative work of an expanding organization, my higher, wiser self opened the door for me to work in an already-bigger church—one that didn't need me to oversee the administration. It offered a number of other perks as well, such as the support of working with peers. This latter was something I didn't realize

how much I needed until I had it. Spirit provided the perfect answer to my prayers and I had to be willing to give up my attachment to my own vision in order to receive it. So, no matter what you imagine to be your highest heart's desire, consider there might be something even better that you just haven't dreamed yet.

Heart's Desires List

Work/Creative Expression

Money/Material Possessions

Romance/Partnership

Family

Friends

Health/Body Image

Home

Recreation

Spirituality

State of Mind

Other:
