

## The Bridge of Time

*Yet the timeless in you is aware of life's timelessness,  
And knows that yesterday is but today's memory  
And tomorrow is today's dream.  
And that which sings and contemplates in you  
Is still dwelling within the bounds of that first moment  
Which scattered the stars into space.  
~ Kahlil Gibran*

*The psyche at times functions outside of the spatio-temporal law of causality.  
This indicates that our conceptions of space and time,  
and therefore of causality also, are incomplete.  
A complete picture of the world would require the addition of still another dimension.  
~C.G. Jung*

Now this one really bothers you - you balk. How could a bridge to Avalon's shore be so...rickety!

Ancient ropes, the thickness of a man's arm, run from piling to piling off into the murk that grows thicker here. Spanning the ropy supports are simple planks of wood, some of them not looking very healthy to be sure. You ponder - this oversized hunk of twine and sticks looks like...well, it looks like the first bridge ever built by human beings. And you are so right!

You step onto it, expecting the mushy feeling of rotting wood and a dangerous sagging. Instead, your footfalls are as solid and hard as a mountain of pure diamond. As you begin to follow the Bridge that so deceives your senses, a very queer feeling comes over you. You know this place, you know it so well, and yet you know that you have never seen it before.

In your peripheral vision, something moves. For a split second, you perceive that the rope handrails have suddenly become wooden, then rusted metal. As you turn to the side, though, you see that this is not so. Still rope. Hmmm. Why does this place evoke such disturbing memories, such impossible memories?

This is the Bridge of Time. To say it crosses all others is inadequate. You will not go far, before finding exits into other realms. But, dear reader, dear questing knight, this is the Loneliest Bridge of all. The other Bridges are filled with pilgrims that you will meet and greet in their own time. You will not find many others here, for Time is not much of a topic handled by even hoary seekers. You will meet an infrequent physicist, or a roving gang of sci-fi writers, or an occasional band of Hindu devotees wandering along with a saffron-robed Tibetan or two. If you are fortunate, you may bump into an occasional errant German psychologist. But like the thick ropes that seem to support the planks of this Bridge, time weaves and entwines and binds the great circle of all bridges, in a mad Celtic knot.

In this excursion we will discuss not only the concepts of time, but also the concepts of how man and human souls proceed through time, and how time may give rise to fantastic events happening in improbable ways. Time after time, life after life, the notion of reincarnation and rebirth - spiraling onward to perfection.

It would behoove us to first consult those far wiser and far older, to get an idea about time and send us on our way!

## Time and Its Interpretation - Some Wise Views from Old Folk

It is rather difficult for Western men and women, even at the dawn of the 21<sup>st</sup> century, to come to grips with a *method* for thinking about time, let alone knowing *what* to think about it. Sometimes, those of us who have dipped repeatedly into the esoteric ends of physics forget that time, to the lay person, most often means a watch, or a clock, or nervous hours until a job review. It isn't something that by itself is obsessed upon very often, although its effects and the ordering of events declared in the name of time run our lives.

Before we can devote worthwhile effort toward a discussion of time, we must realize that this most fundamental property of existence truly has been viewed in radically different ways by human beings, since we first pegged ourselves with that title. Before we can study time, and speculate on its truths, we should be respectful of a thousand generations of thought on the matter. And so, before we ask ourselves "what is time", let's ask some folks who have been around for a while.

At a most fundamental level, there are two basic cultural approaches to time: either have an opinion about it, or don't! The formal views of time as a physical property of the universe are not as ultra-modern as one might suspect, though rather limited to specific intellectually oriented traditions.

Of course, all people from all cultures that have ever existed have acknowledged that there IS an ordering to events that happen in the daily world. The sun rises and sets, the seasons come and go, tides flow in and out. The difference seems to be in what different people in history thought about the process of "things happening".

Most agrarian cultures that live closest to the Earth and its cycles have a minimalist approach.

The Hopi of what is now called Arizona have no word for "time" in their language. Why have a word for something that one really doesn't need or perceive? While the medicine men for centuries reminded the people to be heedful of the doings of the Kachinas, and the natural rhythms of the land and sky, there was never a need for arbitrary divisions and counting of units. All things happen when it is right, in their own order and place. Centuries, millennia, meant nothing. The Hopi way simply...was.

The later arriving neighbors of the Hopi, the Navajo, seemed to be a bit more structured in their observances, however we are told that traditionally, the Navajo had no concept of a unit of time shorter than a natural day.

Moving south, however, we do find that when high culture moves in, so does a regimented view of time. The pre-Columbian Mayans were masterful astronomers and calendar makers, and probably were among the most time-obsessed people who ever lived. The catch, though, lay in the purpose of measuring time and studying it! Time was at the core of their religion. One needed to understand and be reverent of the clocks and calendars of the gods. Man's time meant nothing, but the gods...that was serious business.

The Tiv culture of Nigeria tendered a unique view of time. All events had their own "space" or region of time, like rooms of a house. For each event, or activity, a different time existed. When one engaged in a particular activity, all times for other activities or happenings ceased (at least as far as the Tiv were concerned).

In general, the early agrarian or hunter-gatherer, low-impact cultures of man tended to have what has been called a polychronic view of time. This perspective is often relativistic, free flowing, and involves the simple cycles needed for people to survive. The universality of this perspective may be found among ancient and yet existing cultures as diverse from each other as Maori, Inuit, and Celtic. Elements of a polychronic view of time may be yet found in the modern West among Mediterranean cultures and cultures that arose from the Mediterranean way, such as South and Middle American Hispanic, and Canadian French cultures.

Now, whom, might we ask, could be more delightfully fun to debate matters of philosophy and time with than traditional Jewish scholars! The traditional Jewish view of time, as carried on by Chasidic beliefs, is as elegant and enigmatic as the Sephiroth itself.

The Chasidim believe that there are essentially two types of time: the everyday mortal type, organized into minutes and hours and days, flowing like a parade from the past into the future...but more importantly, there is the absolute time that arose with the Creation by Yahweh. Maimonides, in the 12<sup>th</sup> century proposed that the absolute time of Yahweh was eternal and surprisingly resembled the view now accepted by relativistic physics of a space-time continuum, or a time with physical properties, which we will discuss a little later. This physical time is based on the sacred numbers and mathematics created originally by Yahweh, and any study of this time must make use of these numbers to be successful. Another reference claims that from Yahweh, absolute time actually proceeds or flows backwards toward creation. Chasidic tradition contains a concept of absolute time as having a reciprocating or cyclical nature, embodied in the dual process of "escape and return", called *ratso* and *shov*.

As we have so often seen over the course of this book and our seekings, the Vedic wisdom of ancient India, and Hindu thought in general, always have very useful lessons and principles. Maybe it's the sound of sitar or the scent of lotus and incense, or the melodious songs and voices of her people, but India always seduces the seeking soul. Or maybe it is the merit in having a good four millennia or more of experience to back up what you say!

Time, for the Hindu mind, is all about cycles and wheels of existence. While the religions of the West start their clocks with the "word of God" and the creation, the Hindu universe has no need to bother with things like starting and stopping. Time is perhaps likened to spheres or pockets of influence. Brahma, the Creator, causes order to arise from chaos, and within his dreams, all of the ever-evolving universe unfolds. Vishnu, the Preserver, revels in and guides the dream through a multitude of cycles, while the third great essence of the divine, Lord Shiva, hastens the completion, destruction, and stripping away of *maya* (illusion) so that the next universe may be born. In every universe, or *kalpa*, the gods are born anew, again and again, against an infinity that has no linear dimension. In like fashion, every day, every moment of life, is organized in the same way. As many physicists have noted, Carl Sagan among them, the Hindu universe and the Vedic sciences explaining it had arrived at many of the cosmological conclusions that modern astrophysics and quantum theorists have proposed.

The linear time of the West does not exist in the old Hindu thought. There is motion, often envisioned and depicted as the wild but elegant dance of Shiva, and always circular, always without beginning or end. In another sense, it is yet again a backdrop

that is very supportive of the new theories in astrophysics of physical or multi-dimensional time.

The Indian culture developed the concept of cyclical time through cosmic ages or Yuga. The Hindu believe that there are vast cycles of Sarga or cosmic creation that are subsequently followed by Pralaya or cosmic dissolution. These cosmic cycles are virtually repeated forever and are dependent upon Brahma, the Creator. Brahma lives for one hundred Brahmic years, upon which time he dies and is replaced with a new Brahma. One Brahmic day is a Maha Yuga (or 4,320,000 mortal years), which can in itself be broken down into four ages: Satya Yuga (lasting 1,728,000 mortal years), Trata Yuga (lasting 1,296,000 mortal years), Dvapara Yuga (lasting 864,000 mortal years), and Kali Yuga (lasting 432,000 mortal years). At the end of a Brahmic day, a cataclysm will occur when everything is destroyed. The particular world, or age of the current universe we are living in at the moment is called the *Kali Yuga*, soon to be followed by the *Satya Yuga*, or Golden Age.

It is believed that humanity's moral righteousness, or dharma, declines as the Yugas progress through a Brahmic day. The Satya Yuga projects full righteousness, with the Kali Yuga as the caboose of this Brahmic train displaying our degenerated moral status. Occasionally one of the ten forms of the God Vishnu, known as an Avatar, will descend upon the earth to enlighten humanity about dharma. Nine such Avatars have visited us, and we await Kalki, the tenth incarnation of Vishnu.

One last ancient tradition from our primordial European heritage deserves a brief dissertation here. One might be inclined to place the phenomenon with tales of personal time travel, or time warping. We would be inclined, however, to say that it more truly belongs among the other noble and ancient notions of time.

What we speak of here is the notion of something very similar to relativistic time dilation that is mentioned again and again in the old faerie lore of Celtic Europe. One of the frequently encountered themes in the traditional tales of faerie and its dealings with humanity is the phenomenon of differential time flow! The timeless Scottish story of Thomas the Rhymer is a prime example. Our hero is taken into Faerie and dwells there for an indeterminate, although not unmanageably long time. Upon his return to the mortal world, Thomas Rhymer finds that decades have passed, and his family estate is a ruined mass of rubble. Similar themes found their way through the centuries to Washington Irving's Rip Van Winkle. A pleasant nap in the domain of the Good Folk results in years passing in the "real" world.

In such accounts, a human being is taken from the mortal world, our "dimension" if you will, into the invisible, but ever nearby, world of faeries, elves, sprites, and elementals. A few hours, days, or weeks may pass for our adventurer, but upon either an escape or intended return to our world, anywhere from years to centuries will have passed. In some tales, upon returning to earth, time suddenly catches back up on the errant human in question, aging them to a dusty skeleton in moments. In other stories, the human years continue at a normal pace, leaving our hero or heroine the sorrowful task of adjusting to a world where ones own grandchildren have grown old and died.

We are left to infer that in whatever pocket universe or side-band reality is represented by Faerie, the flow of time is slowed relative to our normal world. Some have suggested that if Faerie is somehow located between Earth and heaven, then while a thousand years may be a day for God, a thousand Earth years might be a decade or two in

Faerie. Metaphorically, perhaps it is representative of the eternal dreams and longings of our race that long survive us as individuals. Yet sometimes we ponder the possibilities of a more literal interpretation - especially in light of modern physics concepts of the supposed action of time at relativistic speeds, or in the scope of 3D physical time models. Could the atmosphere of time in some worlds or realities be thinner or thicker than in others?

### **The White Man's Time Dilemma (and a way out)**

It has been noted by Indian scholars that the concepts of time, space, and life in the modern West would be far different, and far more similar to Eastern views, had our culture based itself on a different Classical Greek philosopher. Much of the thought and insight from the early Christian era to present has been based on the philosophy of Plato. The Hindu scholars point to the evidence of much interplay in Classical times between Greece, Persia, and India. The Greek philosopher Heraclitus proposed a near Vedic theory of "becoming", where the universe was utterly interconnected, and each moment cycled upon itself in a constant state of flux. Had Heraclitus' views prevailed over Plato's notions of linear time and distinct identity of things, where might we be? Students of the modern chaos theory have noted many similarities between their observations, and Heraclitus' world.

Nevertheless, the road we walk is based on the road chosen by our forefathers, and so there we are. We live in a world where even in Eastern regions, Western linear time concepts are used on a daily basis, for the whole mess to keep working!

The definition of time that we base our science, technology, and everyday lives on would appear to be something like this:

Time is the sequence of cause and effect at all levels, the direction of all events, proceeding in a linear fashion from a single beginning point toward a hypothetical end. One way - like the current of a straight river. Perhaps determined by some obscure factor at the Big Bang, or God's creation, but immutable and utterly irreversible (except in the minds of a comparative handful of science fiction writers). Einstein aside, it is as lawful as Newton's gravity, and as constant as the speed of light.

Simple. Sweet. Easy to use and lean on. But is it the truth?

This view, used in 99% of our collective lives, is based even to this day on the view of time imposed upon the European world during the early Middle Ages by church doctrine and hand-me-downs from the Greek Classical thought, as mentioned earlier. The old agrarian time-thought of the indigenous European cultures was shaken and stuffed into a linear tube by the church. To facilitate this, holidays and saint's days were laid out with emphasis on strict adherence. These were the signposts on God's straight road from the creation to the Judgement Day.

In a perverse irony, it is the Western linear view of time that permitted the birth of notions such as time travel and prophecy (or precognition). Moving (or viewing) in a straight line either forward or backward is not so difficult to model as a multi-dimensional time.

H.G. Wells carried out the model of a linear time into his beloved classic novel, The Time Machine, where he stated: "There is no difference between time and any of the three dimensions of space except that our consciousness moves along it." Combined with

this was a Victorian sensibility that Time, like distance, mass, or energy could be manipulated and conquered by men of science. This was the heady era of the aether as well, before the mind-challenging advent of relativity.

In Wells' story, a scientist builds a chair-like device that can travel forward and backward in linear time. He travels into the far future to find that humanity has evolved into two distinct species: the esthetically perfect but gentle and childlike Eloi and the brutal and grotesque, but technically savvy Morlocks. The time traveler finds adventure, and barely escapes from the hostile and strange future Earth to return to Victorian England as a changed man.

While Wells never realized what routes physics would take in the several decades following his writings, in The Time Machine are to be found the first hints of the modern physical theories of time that were to only come to fruition after Albert Einstein brought general relativity to the world.

### **Time and Einstein – Space-time**

Physicists in general are often guilty of holding their own guildsmen up to a light that sometimes is difficult for other disciplines to make sense of. Physics also has the tendency to make the highest of pedestals for its laureate members to stand upon. Humble it usually ain't.

Great minds have manifested in the world of physics, from Plato to Galileo to Tesla, Einstein, and Hawking. But we maintain the whispered guilty secret of Newton, that if he saw further than others, it was by standing on the shoulders of giants... As well it was with Albert Einstein, who came along, changed our Western view of the physical world in a fashion never seen in human history, and then went on his way.

Einstein's reality-altering theories came along when they were indeed appropriate. Without the discovery of electromagnetic induction by Faraday, and its modeling by Maxwell and others, the theory of general relativity would not have been born in 1905. Einstein's precursor work on the (then) enigmatic photoelectric effect was also essential. In a very Hindu sense, and an utterly ironic self-illustrating way, the time for Albert Einstein came to exist in its own auspicious moment!

Perhaps more amazing than the derivation of  $E = mc^2$  was the rapidity with which it was scooped up and embraced by the scientific community worldwide - and then the rest of the populace. Within two decades, every school child in Europe and America knew those three letters by rote, and struggled to begin to (slightly) understand them.

Einstein said, "When you sit with a nice girl for two hours, it seems like two minutes. When you sit on a hot stove for two minutes, it seems like two hours - that's relativity." Ah, yes. But what did the theory of general relativity really mean with respect to time?

We could digress into a deep discussion of all the aspects of general relativity, and would probably end up writing just another probably erroneous book on the topic. No way. A number of excellent texts written by relativity scholars are available, and some are listed in our references. Such books are good reading when one needs to pause and rest on the Bridges. So rather than wade waist deep into matters that even seasoned physicists often steer clear of, we will offer what we believe to be the core of general relativity's implications for the Western view, or white man's time.

In Newton and Plato's universe, the heavens and the Earth moved, turned, and functioned like the precision gears of a clock. Purely constant, ever rational, ever stable, like God's finely tuned machine. In all frames of reference, sound, light, heat, and matter moved at perfectly predictable speeds. And for most of us in our daily lives, we have no reason to view things otherwise.

However, the discovery of the properties of the electromagnetic force, and the properties of nuclear radiation and particles, began to suggest to scientists that at very small-size scales, or at very large scales, things were not so clean cut! It was an attempt to make all of these newly discovered properties fit into a single consistent model that was the basis for general (and then later "special") relativity. What was derived was astounding in its simplicity and elegance, but utterly alien to the mindset that had come before. Matter and energy were really the same thing, equated by way of the great universal constant "c" - the speed of light.

Along with this came the new required way to view time. It followed from the theory that as matter moves closer and closer to the speed of light, its mass increases, but something else amazing happens - time slows down! Through this relationship, it was proposed that time was not an isolated abstract sequence - God's ordering, so to speak. Rather, time became inextricably unified with space. When one moved through space, one moves through time as well. If one could cease all motion entirely (far more difficult than you might think) one would cease to move through time.

For Western science, time had ended; space-time had been born. To model space and time as different axes on the same plot allowed many phenomena to fit neatly into one theory. Oh to be sure, certain unsavory limitations were now predicted, such as the inability for solid matter to ever reach or exceed the speed of light. Or how deep space travelers in ultra-fast spaceships would return home to find the world had aged while due to their slowed space-time frame of reference, the astronauts remained young (a great argument for fast living, presumably).

In relativity's view of time as space-time, a number of fascinating paradoxes arose. There did finally start to arise some possible (although technically very difficult) bases for Wellsian "time travel". Mathematicians working within relativity for years have indeed found predicted arrangements of matter, energy, and motion that might allow space-time to be distorted, folded, or even circumvented, to produce time travel-like effects.

One popular thought experiment written about in the 1960's predicts that a massive hollow cylinder, miles long and miles across, when rotated at a high speed, would produce time travel or time reversal-type effects on those who would pass along its surface. Until such a time as our aerospace engineering proceeds to the point of turning down asteroids like table legs on a lathe, it is unlikely we can confirm that one!

It has been said that the time dilation effects of relativity have been among the best experimentally confirmed predictions around. We would be hard-pressed to disagree, however for other reasons we will personally withhold judgement. Precision clocks placed aboard satellites or fast, high altitude aircraft have indeed measured a slowing or dilation of time with respect to control clocks left on the Earth's surface. Routine calculations for clock-controlled functions on board probes, satellites, and manned space missions are made for correction purposes. They do seem to work, and thus allow for our space program to move onward.

There does exist, however, a sizeable undercurrent of dissident scientists who claim that many of the physical properties explained by relativity can be explained by other models as well. And we note ourselves that science should not be overly proud. After all, the Greek view of the atom was replaced by the Bohr atom, which in turn was updated and remodeled to accommodate quantum theory and modern electronics. General relativity, even if demonstrated to be a correct model, will no doubt face the same replacement and re-modeling protocol in the decades to come. Even since its birth, it has been challenged and modified to accommodate quantum theory, gravity, and a number of deep space cosmological paradoxes.

However, the influence on our views of time, both lay and scientific, is indelible. In a number of ways, relativistic space-time resembles the Vedic Hindu views of time, or even the ancient Judaic views. Truth, it would seem is as eternal as it is malleable.

We would be very wrong to stop here! The understanding of time must not be limited by a single theory or a single physicist, no matter how brilliant. Relativity brought us so far, but it has not brought us home. In our view, the most valuable contribution of relativity to the study of time was the concept of looking at time as having physical properties...just like the (gasp) aether of space!

As we will see, this path of thought has nowhere to go but forward! Relativity put Western man's time, white man's time, back a little further into the arms of the wise old East. But now - onward, onward!

### **Physical Time Theories**

The Wellsian notion of time as having physical properties and attributes that one might couple with was particularly echoed by a Russian physicist and astronomer who is little known in the West.

Born in 1908, in St. Petersburg, Nikolai A. Kozyrev was the son of a prominent geologist. Educated in the turbulent years following the Russian Revolution, Kozyrev eventually found a career as an astronomer at the observatory at Pulkovo. Much of his work was devoted to the research and observation of solar activity. Early works included dissertations on solar radiation and the thermal properties of stars. Kozyrev also taught courses on relativity at Leningrad University.

In 1934, Nikolai Kozyrev and most of his colleagues were arrested and charged with assorted "virtual" crimes by Stalinist officers. Kozyrev managed to survive a dismal existence in prison for eleven years; until in 1945, officials realized that he had been a gifted and pre-eminent scientist. He was released in 1946 and resumed his role as an astronomer and theorist.

Amazingly, during his long incarceration, Kozyrev theorized and wrote a vast amount of material dealing with energy and celestial mechanics. He became obsessed with the concept of heat, some have said because of the many times he nearly froze to death in prison. In theorizing about the ultimate nature of heat in the universe, Kozyrev found what he believed to be a link to nature's most fundamental property - time!

In the 1950's, Kozyrev published many papers on the bodies in the solar system and made a number of accurate predictions about the sun's photosphere and the magnetic field of the moon (or lack thereof).

However, it was in 1958 that Nikolai Kozyrev stepped forward with his theory of physical time - time being not just the sequence of causes and effects, but rather the unique form of energy moving these events along. Time was a medium as well as an energy form, and was coupled with all other forms of energy in unique ways. Primary among these was heat. In some sense, time could not exist without heat, even the miniscule heat of masses near absolute zero.

Among Kozyrev's claims was that the time energy of the universe could be expanded and compressed by changes in the density or rate of transfer of other energy forms. Even the act of stretching a rubber band caused a deformation in physical time, with time being thicker or more compressed around the "cause" than the corresponding "event". Such phenomena as the shifting of EM wavelengths or the flow of heat in mass could alter the density of time.

Experimentally, this was said to manifest as changes in weight or rate of physical processes such as biological metabolism and crystal growth. It was claimed that a vibrating gyroscope would anomalously lose weight because it was giving up a certain amount of its inner time energy.

In Kozyrev's world, time was not a metaphor or an abstract; it was a very real property that could be practically manipulated in a variety of ways.

Nikolai Kozyrev passed away in 1983, leaving behind a stack of published work on astronomical events. His truly important contributions, however, may only now be coming into a brighter daylight of a new world.

Physical time theories continue to be a subject of work and discussion among cosmologists and astrophysicists in particular. At the University of Arizona in Tucson, the highly regarded and well-published astronomer, Dr. William Tifft, continues to catalog anomalies with his telescopes that might point to severe problems with relativistic models. Tifft's target consists of distant galaxies. While some galaxies in deep space seem to obey the laws of mechanics and the theory of general relativity, others do not! Dr. Tifft has found that spiral galaxies, in particular, do not seem to have as much gravitational attraction toward each other as they should, given the other knowledge we have about them, such as size, mass, speed, etc.

Dr. Tifft has used these observations, fully verified by other astronomers, to add evidence to his own theory of 3-dimensional time. In the Tifft universe, time and space both exist as physical domains, but are isolated from each other, perhaps in a similar fashion to the "parallel worlds" envisioned by many sci-fi authors. We dwell in the space domain, with our comfortable three dimensions around us. Time, for us, seems an abstract concept, difficult to incorporate into any theory. We sense it as a sequence, but apart from Einstein's weaving into space, it remains ephemeral. However, unknown and unmeasured by us, there could exist the "other half" of the universe - the time domain! In the time domain, there could be three dimensions as well - perhaps even mass, worlds, and people like us looking up at the sky at night with telescopes. For an inhabitant of the time domain, space would seem like an abstract concept - sort of a sequence of events, open to debate and prey for goofy authors writing books about mystical bridges.

In the Tifft model, what isolates 3D space from 3D time? This is a bit difficult to interpret, however in a simplified sense, the barrier seems to be...light! Only a photon, flying through space at 186,000 miles per second can see both the space and time domains at once. At light-speed, where relativity says mass becomes infinite and our

simple-minded version of "time" seems to stop, there may lie the thin membrane dividing the two great halves of the universe.

We are left with a bit of an academic question. With evidence pointing toward time as being actually a physical "medium", like the old aether, dare we call it "time" anymore?

## **Experiments in Time**

Along with forays into gravity, bio-energy, and psychokinesis, we have attempted to play with time. Two experiments are worth mentioning: one very spooky and esoteric, the other quite "nuts and bolts" oriented.

Nick: "In late 1999, I had been pondering some on-line material concerning precognition. The essence of what I had read was that perhaps precognition could actually be viewed as psychokinesis applied into the future! Could consciousness manipulate events forward and backward (there's that linear white man's time again) into time? This is what I tried:

I chose a simple target event to make happen. The event was that on a particular evening, a Thursday, at 7:30 PM, my mother would call to tell my spouse some bit of trivial family news. Now in families where parents call daily, this would be a useless target. However, my mother typically will make an average of one phone call per week, if that. Therefore, a call from her at a specific time would be a reasonable low probability event.

My procedure was this: For the 12 hours preceding the 7:30 target, I focused on telling myself, over and over, that it was actually Friday, and that the night before, my mom had called at 7:30, while I was out for a walk, and had talked to my spouse, Deb. So thus, I was trying to place my mind into the future, and look back on the present as being the past! I additionally attempted to mesh every action with what I was remembering from the "virtual" future. The only action that would have to occur to fulfill the picture completely was my mother's call at 7:30, while I was out walking.

At 7:15, I set out for a walk, still focusing from the future backward. I arrived home at 7:50, and asked Deb if anyone had called. She said no. Experiment results - negative.

Despite the failure of this little experiment, it did produce a very curious and significant outcome. By mid-day on Thursday, as I was in the midst of looking backward to the present from a virtual future, I did notice that physically and mentally I was being drained at an alarming rate! Future reverse thinking was a terrible strain, and at times I almost felt as if I was approaching a bizarre altered state.

Does some over-riding factor in our collective consciousness try to prevent this form of non-linear perception? I was a zombie until Sunday, without a doubt.

We have also experimented with the idea of physical time. In February of 2000, I flew to Tucson to take part in a small informal meeting at U of A regarding space and aether. It was at this meeting that I met Dr. Bill Tiff, and became acquainted with his theories.

On the flight back, I was blessed with a brainstorm. Could the medium of 3-D time be manipulated, either expanded or compressed, by rapidly changing the frequency of an electromagnetic source (light or radio waves)? I envisioned a pair of antennas or

radiators, at opposite ends of a rod. One antenna is fed a signal that is rapidly dropping in frequency, as the other end was fed a signal rapidly increasing in frequency. Would time (3D time) be compressed at one end and thinned or expanded at the other? Could this be used as a means of propulsion through space - by expanding and contracting physical time?

When I got back to the office a few days later, I e-mailed Dr. Tiffitt with my idea. He remained cautious and was not able to comment, although he wished me well with it. A few months later, I stumbled across what may be a validation of the idea, from another experimental researcher! A Greek engineer, Stavros Dimitriou has recently discovered a very small but potentially useful propulsion effect that uses a different embodiment of the frequency varying idea. Dimitriou has observed very delicate, but measurable, physical forces on capacitors or antennas that were fed with a series of voltage pulses that are asymmetrical in their timing (like a sawtooth wave that is sharper at the beginning, then trails off in a longer slope). In essence, the asymmetrical slope waveform is a functional equivalent of what we had at first envisioned, a waveform either stretching out or compressing by a shift in frequency down or up, respectively. We have been in touch with Stavros more recently, and follow his experiments with eagerness. It would seem quite plausible that what Stavros Dimitriou has managed to do is to verify the elastic nature of 3D physical time, theorized by "alternate path" scientists from Kozyrev to Tiffitt!

The frequencies and shifted waveforms used by Dimitriou are easily within the reach of a good quality signal generator, a common piece of electronic lab equipment. One of these was available for our use. So thusly, we have made use of it to try some physical time experiments of our own.

During the week ending 24 March, 2001, I set up for our experiment. I had procured a sturdy quartz analog watch from a friend, who vouched that it had always maintained a high degree of accuracy. To verify the accuracy of the watch against a known standard, I set the on-board clock on my office computer to the downloadable time from the atomic clock at the U.S. National Bureau of Standards. The watch was then set to this timing signal, and was placed in a flat clear plastic box, measuring 5" by 5" by 1/2" high.

The watch was checked after 48 hours, and was found to have advanced slightly less than 1 second. Thus we calculate that this represents a deviation of about 11 parts per million. Our baseline accuracy for the watch, in a normal ambient environment, was thus established.

I then placed the watch, in its box, between two flat discs of aluminum sheet that were in turn connected to our lab signal generator. The signal generator was set up for an asymmetrical output waveform (of the shape and sort used by Stavros Dimitriou in his experiments) at a frequency of 432 kilohertz. This figure was selected because of hints that sacred geometry based enigmas around the world are often based on the number 432! The shape of the waveform was specifically chosen as well, to be equivalent to "speeding up" or increase of frequency. Each pulse from the signal generator consisted of a longer rise time of the signal followed by a sharp drop off. Therefore, our prediction would be that a hypothetical "physical time" would be compressed or made denser.

We then let the set-up run for 48 hours, on the workbench, undisturbed. At the end of the 48-hour period, we discovered that the watch was now approximately 2.5 seconds ahead of the NBS atomic clock. This amounted to a figure of over twice the

baseline drift of the quartz watch. We allowed the set-up to remain undisturbed for another 48 hours, ending up at a total of 4.5 seconds ahead of the atomic clock. Could we have been seeing the effect of compressed time on the quartz oscillator of the watch? Very intriguing, very curious...

The next phase of the experiment was to turn the signal to the plates off, and allow the watch to sit for 96 hours. At the close of this period, we found that, as in our first segment of the experiment, our test watch had now only advanced about 1 second. This period was next followed by a 96-hour segment where a pure (symmetrical, or "normal") sine wave of 432 kHz was applied to the plates. This was done to determine if the radio frequency power at the plates was able to interfere with the watch in some way. At the end of this control period, we again found that the watch had advanced only about 1 second.

In our final segment of the experiment, we adjusted the offset to the signal again, this time skewing it into an asymmetrical wave that was the inverse of the "time compression" waveform used before. Again, 96 hours was allowed to transpire. However, in this direction, we again found only about 1 second of advancing - our baseline condition.

Investigations into this concept, including more experiments, are on going. The advancing of the watch in the "time compression" phase fit our predictions, however the lack of an inverse effect was puzzling. Is time easier to compress than stretch? Perhaps to stretch physical time, vastly more energy is required.

To be sure, this was the crudest of experiments. Nevertheless, it plants us firmly in the belief that white man's time is not what it seems to be, and there may be a ...way out..."

### **Our Personal Journey Through Time - The Road of the Soul**

We debated on this one. In other works and discussions, the topic of reincarnation would be best integrated into a treatise on comparative religion or survival studies. Since we have no intention of taking a stand on the former issue, and have way too much to present on the latter, this seemed to be the right place and...time.

For if we say that there is such a thing as a soul or essence that transcends bodily death, then that soul or essence is, like H.G. Wells' time traveler, on a journey of a most singular type! Now for belief systems that maintain that the soul ends up in a cosmic lottery or courtroom after death, to be allocated off to a timeless place of bliss or torment, then the journey is a short one. Nary a journey at all.

However, an enormous percentage of the human population does maintain the faith, hope, and belief that the soul or essence goes on and on, in a meaningful way, travelling with our world and universe through time until reaching perfection and oneness with the Ultimate. Life is a wheel, and are we not alive as much as the smallest vibrating particle or mightiest galaxy? Maybe even more so.

We in no way would presume to present a thorough coverage of the idea of reincarnation and its various implications. In our bibliography, you will find some very good suggested works, both scholarly and lay, on the topic. Volumes have been written, and how could it be otherwise, for a belief that is one of the most fundamental in the human drama! For through reincarnation, or at the very least the survival of our being beyond death, we are all time travelers.

So what is our view? Let us examine the basics first.

Before the Christian and Islamic eras, it would be safe to say that the vast majority of human beings who ever lived accepted the idea that some essential part of our being traveled, or at least had the ability to travel, forward after death into another physical body. This concept was engendered and adapted by the great early religions of mankind, as well as many smaller and more localized belief systems. While we in the West popularly associate reincarnation with Hinduism or Buddhism, and rightfully so, the belief is found in places that some might find surprising! Ancient and traditional Judaism, while not making a formal point of reincarnation mechanics, accepted it as one of the potential avenues for the soul after death. Schools of Greek and Persian thought considered it. The debate continues among modern Christian theologians as to whether the early Christian movement accepted reincarnation as well before it was removed from official Church doctrine around 500 AD.

The Gnostic manuscript, *Pistis Sophia*, discovered in Egypt in 1945, tells the story of Jesus explaining to Mary Magdalene that he was influential in the rebirth of advanced souls such as Elijah (Elias) as John the Baptist. In fact, there is some belief that evidence of this is still visible in the King James version of the Bible. In Matthew 17:1-13, we see a description of the events surrounding Christ's transfiguration. The disciples seem confused as to why the deceased Elias has not returned to Earth to restore things before Jesus meets his fate as prophesied. In versus 11-13, Jesus explains to them that "Elias truly shall first come, and restore all things. But I say unto so, that Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them. Then the disciples understood that he spake unto them of John the Baptist."

Now this is not to say that the concept of reincarnation was agreed upon among the different ancient cultures and religions.

As always, the Hindu mind speaks the longest and the most about the specifics of such affairs. To the Hindu, however, reincarnation is not quite the same sort of business as modern Western New Age thought might suppose! Beware of cheap occidental imitations, as Hagbard Celine once said.

In Hinduism, the part of our living humanity that survives after death is called the *atman*. Unlike the Western view of a "soul", the atman is our core spark or being, pure in composition, but in need of refinement and growth on its road to merging with the Ultimate. The atman does not contain personality, or memories, or conscious desires. It instead carries karma, to be gradually disposed of and shed before being refined enough to merge. How does the atman shed its karma? By living and living and living again! Maybe as a beggar, maybe next as a king, or an elephant, or a mosquito. Lessons to learn and opportunities to dispose of karma - every old place! However, apart from karma, nothing significant besides the atman can be migrated between lives.

Now this is the core teaching. In practice, we find that among the people of the Hindu world, the traditions run strong that in many cases, memories or traits do get carried along on the karmic load of the atman. One interesting notion is that physical birthmarks may reflect wounds or features on the physical body during the last life. We will delve into this in a little while.

We often find that what Hinduism expounds upon at a languid leisurely pace, the Buddha streamlined into a far more succinct and ego-shattering form. The Buddhist view

is not far removed from the Hindu, however in subtle ways, the spark that travels through time between lives is even less personalized than the atman.

One of the great metaphors of Buddhism likens the notion of reincarnation to two candles. One is guttering and nearly out, the next is un-lit and fresh. We light the fresh one from the old. The old candle, with all of its memories and history and individuality becomes an inert piece of wax. Nothing passed to the new candle, now brightly shining, except the flame, in its abstract glory. And so the flame passes onward, until it can enter the Ultimate.

Tibetan Buddhism takes a bit of a side trip. When a human dies, there are indeed memories, consciousness, and personality that survive and go on - for a while! Between lives are the Bardos- nether realms or dimensions where tests are performed and karma is either stripped or added. Horrors and bliss may abound. The soul gets its shit together, so to speak. Then, all is dissolved away from the pure flame, before re-lighting the next candle. Nothing comes into the next life, except karma.

For Western seekers after the promise of survival, the Eastern views of reincarnation sometimes are as worrisome as they are comforting. Why be born again if you can't bring the good times from the last time with you!? Oh sad West, let go of it all and go deeper inside...

Now we suspect that a number of our gentle readers will be as surprised as we were at the notion of a Judaic belief in reincarnation. Perhaps we were seeing the Jewish traditions too often through the eyes of stern "heaven-purgatory-hell" Christianity. In truth, the Jewish belief in reincarnation is also very sect and division specific. Not all Jews believe in reincarnation.

Belief in reincarnation, or *gilgul ha-neshamot*, is strongest in Chassidic Orthodox tradition, although many non-Chassidic Orthodox Jews and Sephardic Jews believe in it as well. Most often, the belief centers on reincarnation as one of a number of choices or options facing the soul at physical death. One might be presented with the option of reincarnating in a new earthly life to work out issues that might be considered karmic in Hindu or Buddhist thought, or instead, spending an allotted time in Gehanna (purgatory) to atone and learn. In a broad sense, this places the concept closer to the modern Western theory of reincarnation in which the soul, bearing some semblance of personality, passes through lives, rather than an impersonal atman or karmic bundle.

There exists a body of work examining cases and stories from the Holocaust that suggest reincarnation among the millions of Jews who perished. Notable in this field are the works of Breslover Chassidic Rabbi Yonassen Gershom of Minnesota. ([Beyond the Ashes](#) - 1992, [From Ashes to Healing](#) - 1996, and [Jewish Tales of Reincarnation](#) - 1999) By studying testimony and anecdotes from individuals born worldwide since the 1940's, Rabbi Gershom has found evidence of past life memories that fit very particular patterns. It would seem that many Jews in the study retained past life memories of being killed as Jews in the Holocaust, bolstering the Chassidic tradition that a Jewish soul remains Jewish for eternity. However, Rabbi Gershom also found a surprising pattern that suggests that many Jews reincarnated into either Jewish or non-Jewish blonde, blue-eyed bodies! In theory, Gershom feels that these departing Jewish souls panicked and felt that they would be most safe from future persecution and hardship if they entered blond, blue-eyed bodies - the hallmark of Hitler's fanciful "Aryan" genotype.

While other Jewish theologians and writers have levied some criticism against Gershom's work, his analysis is apparently highly regarded by many within the Chassidic community. It has been supported by the Association for Research and Enlightenment in Virginia Beach, Virginia.

### **The Implications of Reincarnation - A Pause to Ponder**

Before one can examine the evidence tendered for reincarnation, it pays to get a grip on the implications of the idea! From these implications, many critics of reincarnation have found reason enough to reject it. Let's think about it...

One of the fundamental arguments concerns a core question that has always existed in the paradigm of rationalism. Can one predict, verify, and describe the functioning of a "thing" that does not seem too measurable by any instrument or objective sense? Can one describe a mechanism by which a "soul" or the atman reincarnates, if one has not yet measured, modeled, or verified the same? If rationalist thought would answer "no", and one subscribes unflinchingly to rationalist thought, then one would be best off to turn to the next chapter, for there is no further evidence here.

As a thought experiment if nothing more, let's get past that one. The next hurdle, in an intellectual sense, depends on what flavor of reincarnation we wish to consider. For example, if human souls can only reincarnate as other humans, then we must pick out a point in the distant past when humans gained a "soul" that was distinctly human. From there, then, some have asked why does the human population generally increase through history, if it's the same original souls that re-live over and over? We might say that when a human is conceived and born, it can either carry a reincarnated soul, or have a freshly made new one, that will now be eternal and join in on the kalpa-long cycle of life and death. The quasi-exponential growth in human population might be permissible using this set of defining rules. However, we note that this notion does not seem to have much supporting history in the primary religions of the world.

Now if, as many old traditions suggest, souls or the atman may spend time as anything from a mighty emperor to a piece of lichen growing on a rock, then it would seem as though we have passed beyond any critique due to number games! It would thus seem that the arguments against the notion of reincarnation that are based in logic are really only effective against the more "Western" notions of reincarnation, sadly most often epitomized by New Age thought. There would seem to be no real logical prohibition against traditional or Eastern reincarnation, even though there exists no logical argument for it! And quite a few hundreds of millions of human beings would say that that is just ducky the way it is, thank you very much Krishna!

Well, shall we go? Hmmm. Before we jump in, we pause one last time for a little thought about karma. Why do we need it? Why do we carry it? And most central to the arguments for and against reincarnation, why do we acquire it to begin with? If we travel from one end of the universe to the other, why were we differentiated and allowed to take on karma, that now has to be worked out and dispensed with to achieve moksha, or final liberation? Why not instant moksha, and be done with it?

It seems that a lot of confusion arises because of semantics. For Westerners, karma always seems to equate with "undesirable" or "bad" baggage. Punishment for transgressions. Penalties applied for rash or foul deeds. Often, but not always that

simple. It would seem that some karma, like body fat, allows us to live and experience, and most importantly, LEARN. If one weighs 800 pounds, one certainly wants to get rid of that great source of bondage. But you drop to 85 pounds, and you are equally as dead.

It would seem appropriate to say that karma is an engine that propels our time-traveling soul through Shiva's great dance! If our universe was quiescent, completely homogeneous; a glowing blissful sea of nothing, then there would be no need for karma, or the atman, or anything at all. But this is not so! God is not idle. Brahma dreams, Shiva dances, and Vishnu tweaks and tends and choreographs. The universe exists, because it MUST exist. And because it is willed into existence, all of the constituent components of the universe must surge forward and play out their parts. With the closing of the dance, the end of the kalpa, the last shreds of karma and maya fall away, before the next dance begins. Thus it would seem as though we acquire karma as a stripper must acquire a costume. Gotta wear it to be up on the catwalk, but one must cast it off in a timely and predetermined fashion as things "heat up".

So therefore, consider it like this, as we do: creating and sustaining and finishing a great universe requires actors, props, settings, and paraphernalia. These are the participants of karma. We all have some; we were all given some; and we all get rid of it in our own time, when that time comes to leave the stage for good and join the cast party in the back.

Without karma, and its timely discarding and releasing, why even have a universe? Karma constitutes movement and negates entropy...it keeps the wheel spinning.

So now we have readied ourselves to examine the evidence for reincarnation...

## **Our Experiences with Reincarnation**

How many Cleopatras ARE loose and running around in the flesh today? Hard to say, from the perspectives we have tendered. Yet one of the earliest common grounds for discussion that we shared from the beginning of our Avalon adventure was reincarnation, and how we had both glimpsed what may be hints of it.

Nick: "I have never been placed under hypnosis, for the purpose of regression or any other. Never found anyone willing to give it a shot, who was impartial enough. A few years ago, one of the better-regarded psychics in the Toledo area surprised me with a set of statements about a past life in Ireland or Scotland.

In the way of spontaneously arising place memories from distant times, I have experienced next to nothing. Subtle and puzzling penchants for not-your-normal-favorite-place-to-live locations perhaps - places like Kansas and Nebraska. Maybe a bit to tie into a powerful dream I had one night, about 15 years ago. Upon waking, I had an overwhelming feeling that the scenes in the dream had been my life - an earlier life. But nothing specific was to be had, such as names, counties, or dates.

It was a sad dream, and it riled me for a long time afterwards, even considering that at that point in my life, my concern for matters trans-mundane was minimal.

I was a farmer, a sodbuster on the frontier plains of Kansas, or Nebraska, or Oklahoma. The time was indeterminate - mid 19<sup>th</sup> century I suspect, perhaps post Civil War. It was a hard and grim life, full of wind-blown silt and endless days under a severe

sun. I was driven to master my fields, though, and labored across cardboard flat years of sorrow.

I had a wife, and in whatever county we had settled in, she was the most beautiful woman to be found. I treasured her and loved her to the extent that I could. But my wife longed for her kin in the East, and the green hills, towns, and gardens she had left behind. Not a historically unheard of state I assume. The prairie is utterly male, as William Least Heat-Moon points out in his literary works, and the soul of a woman is driven to quail and flee from it. It is alien to Woman. It terrifies Woman.

My wife left me, and returned to Kentucky, or Pennsylvania, or green Virginia perhaps. I stayed behind, with plow and sod and a bitterness that grew as my years did. I must have lived out my life in that desolate purgatory, and died with one aged, scrawny fist raised in defiance against the dun sky. We had no children.

Whether any past time reality ever existed with me in this angry pathetic role is conjecture. But I daresay that there are few things that evoke such disturbing and aching deep feelings as the prairie ocean, and the sweeping winds there that speak but do not tell.

Less poetic perhaps, but more immediately intriguing, was the matter of my youngest son, Ian.

Ian was born in the winter of 1989. His delivery was as swift and sly as the smooth lines he came to use during his childhood, to butter and sweeten his way out of any adversity. Ian's first couple years were rather normal, though, and he was a baby of robust health.

As Ian began to speak in coherent sentences and fragments, his mother and I often marveled at the wide spectrum of topics the little fellow expounded on. Oh, most of the subjects were from the daily world, to be sure, but even with his earliest of coherent linguistics, Ian's favorite topic was Africa and the gorillas living there. In his third and fourth year, Ian regaled us with trivia about the great gentle giants. He especially enjoyed us asking questions, allowing him to answer with long-winded detail about how the mountain gorillas favored certain slopes of Mount so-and -so, or were having trouble that year finding enough wild celery to feed on.

None of this would have surprised me much, had Ian been a boy of 6 or 7, with some time to get a bit of the Nature Channel or National Geographic specials under his belt. But his knowledge of African apes genuinely seemed to *precede* his reading and watching of resource material. His mother and I were thrilled, yet righteously perplexed. Neither of my two other sons had displayed this unnaturally precocious knowledge of a specific topic.

To this day, Ian maintains a fascination and obsession with all things primate and African.

One other fascinating and perplexing situation plagued Ian during his third and fourth year, before vanishing during his boyhood. I have fancied that there is perhaps a tie-in with the African Knowledge.

Ian would, on occasion, complain bitterly about times that he would be watching television, and a commercial or "Baywatch" episode would come on, with bikini clad babes cavorting. Ian had trouble at first describing what was making him cry, but we soon realized that he was...well...experiencing something that normally a guy doesn't experience in the presence of a bikini babe until his early teens at least. It scared him,

and hurt him, and we were at a total loss as to any explanation. How does it happen that a toddler experiences something that an older healthy male yearns for? I have yet to come across any references in child psychology or physiology texts describing arousal for such reasons at such an early age.

I truly speculated whether Ian was experiencing the last vestiges of male leanings from a most recently ended previous life. Maybe a sad, lonely game warden or conservationist in the Congo, who got macheted by poachers one fateful night. Who can say for sure?"

Lori: "My first real experience of reincarnation came from a hypnosis session. I had made an appointment with a gentleman to have a past life regression in a neighboring town. I was afraid to tell my parents what I was up to. After all, what would you say if your daughter told you that she was going to let some strange man hypnotize her? I was afraid they would suggest my husband duct tape me to a pole in the basement until I came to my senses.

To be quite honest, I was scared to death. I had seen those news exposes on TV where women were hypnotized to have some sort of medical procedure, only to awaken and find their blouse haphazardly buttoned and their skirt hiked up to their waste. I must be nuts to be going through with this.

Upon entering his office, he put me somewhat at ease by explaining that this was simply an act of guided imagery. What I report may or may not be factual, and would be up to my discretion as to the level to which I wished to interpret the experience. He indicated that I may not be able to remember a past life at all. I may not be able to get beyond present life memories. He reassured me that I would not rob the corner grocery store while under hypnosis even if he told me to...unless, of course, I was predisposed to do such things in a normal state. Likewise, I would not verbalize any imagery that I was seeing if I did not want to share the experience.

He then put me through a series of tests that he said would help him to determine which method he would use to induce hypnosis. While I believed myself to be in a fully conscious state and retaining complete control of all my faculties, he astounded me by successfully commanding me to make certain movement with my fingers or arms.

He then hooked me up to a microphone for taping purposes. A headphone for auditory impulses and a more intense connection with his voice was also wired to me. He left me alone in the darkened room for about twenty minutes to allow me to acclimate to the surroundings and prepare for the experience that was about to take place. While lying in the dark, he instructed me to contemplate on why I decided to have this experience. I tried to think in mantra-like fashion: 'I am here to expand my spirituality.'...but I frequently found my mind wandering to 'what the hell is that man doing over there in the dark for twenty minutes? Masturbating or pondering a way to get me in a compromising situation?' Little did he know, I had taken crazy precautions (that I won't go in to) that would thwart any unscrupulous efforts on his part. Yep,...I'm nuts and surely this whole crazy thing won't work, because I obviously am too paranoid to even relax.

Well, I was wrong. I quite successfully entered into a state of hypnosis. He initially guided me backward through my current life and then through a visualization of intra-uterine life. I then entered a sort of no-time/no-place - a place between lifetimes.

Finally, he instructed me to go to a time and place that would be instructive and beneficial for me to have an understanding and remembrance of. Once I felt that I had entered this place in time, he first instructions were to have me describe what I saw on my feet. This, then, set the pace for the tale I was about to weave.

Without going into too much boring detail for the reader, I will simply give an overview of this past lifetime. I believed myself to be Vladimir, a Russian potato farmer, who lived in the town of Dminsk or Dvinsk that was midway between the Polish border and St. Petersburg in the 1800's. I lived in a small house with my wife, daughter, and three grandchildren. My good-for-nothing son-in-law was involved in some sort of covert military operations and was never around. Upon returning from town with my daughter one day, I found that my wife had been murdered by rogue soldiers in retaliation for something my son-in-law had been involved with. Later in life, I died of pneumonia with my daughter by my side. The death scene was an especially odd to experience. I could feel a suction-like light behind me pulling me towards it. I seemed to resist this, for I wished to stay with my daughter. Eventually, I succumbed and re-entered the no-time/no-place scene again.

He then instructed me to go to yet another lifetime if I so desired. I was exhausted, but briefly visited a time in what I estimated to be the 1600's, when I was a young Indian child, possibly in what is now eastern Virginia. I could clearly see our unique styled homes in a cleared wooded area. The death scene was quick, but disturbing as we were attacked and killed by men wearing strange hats while my father was away.

At this stage, my stamina had all but worn out, and it was time to return to the here-and-now. It was hard to believe that lying on a couch for an hour or so, simply describing imagery could be so exhausting - physically and emotionally.

What was especially perplexing was the two-brain phenomenon that seems to occur while under hypnosis. It was as if I have two brains functioning at the same time. One brain is saying: 'This is silly! You aren't doing anything except having a vivid daydream. You aren't even hypnotized!' About the time you are completely convinced by everything this brain is saying, something strange happens. You visualize an emotionally upsetting aspect in your recall, and you become a blubbing fool! You feel intense emotions, shake, cry, and seem totally unable to control these reactions. You now have brain #2 saying: 'This is totally real!' while brain #1 is saying: 'Why can't I control these emotional outbursts, because it's just a fantasy?' It is something you have to experience first hand to totally appreciate.

I was not really able to historically validate anything that I had visualized, and a good scientist would declare the whole episode fantasy. However, what little hard facts I was able to produce would have made it miraculous to have been able to find any verifiable link to actual events without making a trip to Russia.

What is important to remember is that some researchers have indeed been able to historically validate information put forward by individual's claims of reincarnation. And this fact alone warrants further research.

Often, themes reported during past life recall are quite pertinent to current themes causing psychological unrest in an individual. For example, in both of my recalls, you will notice a theme of abandonment or lack of support. Both stories show family member(s) who have been left to fend for themselves, because the head of the household has gone off on other duties. While they are in their homes, they are attacked by outside

forces and killed. In my present day life, I have eventually come to realize that a core emotional issue of mine is that of feeling unsupported. Almost every stress element in my life has this issue imbedded within it. Whether real or imagined, this is an issue I deal with. So, was I simply telling a tale to bring my own personal, emotional challenges to light? Or was I tapping into the previous lives of others in a retrocognitive fashion, who may or may not have some connecting soul link to me, yet shared a strong emotional issue in another place and time?"

## **The Evidence for Reincarnation**

"It is no more surprising to be born twice than it is to be born once." How absurdly true Voltaire's statement may be! The question becomes: can you provide evidence for this recycling of the soul?

Psychology and psychiatry have long held the belief that our early environment has a great influence on our developing personality. Our personality traits are obviously interactive with our mental and emotional nature.

If we continue to follow this inter-linked chain, we see that our mental and emotional states heavily influence our physical health. Specific emotions or thought processes can be linked to specific diseases. Is it not conceivable that unresolved issues or emotions may be strong enough in a former incarnation to remain with the "soul" or energy field? Should this soul choose to reincarnate, might not this energy field influence the genes?

This spiritual-factor link is usually left out of the chain in Western cultures, when it may actually be the beginning and formative link. We shall examine this more closely.

Likewise, such theories as inherited memory, telepathy, and spirit possession should be kept in mind when considering this phenomenon.

Hypnosis, yoga, other forms of bodywork, physical trauma, or even a high fever can induce alleged past life recall. This experience has also occurred spontaneously with no apparent trigger of induction. The question is whether these memories are actual historical recollections, a tale woven from the subconscious for therapeutic potential, or reconstruction from a variety of sources including those in the collective realm.

Anthropologist, James G. Matlock, believed that children are more susceptible to past life recall, because they are psychologically and physically less mature. As they age and gain more maturity, these memories find it difficult to break through to the waking state of consciousness. In other words, as they develop and mature, their questioning, rational mind begins to dismiss these "fantasies" until the free flowing imagery is completely squelched. This, in conjunction with the suppression or ignoring of such memories by those reared in Western cultures, sets the stage for disbelief.

Matlock was able to categorize four identifiable types of past life recall in children, which he felt could be verified - thus implying proof of reincarnation:

1. Imagined -the child recognizes people and places
2. Verbal -the child remembers specific dates, names, etc.
3. Behavioral -the child displays personality traits or skills of his former incarnation
4. Physical -the child displays similarities in physical characteristics

The University of Virginia's professor of psychiatry, Ian Stevenson, has collected thousands of cases of past life recall in children. Frequently, recall occurs most strongly between the ages of two and five. Some children give long, detailed narratives while others make simply a few statements.

Through painstaking research, Dr. Stevenson has verified innumerable cases put before him. He has been able to trace names, dates, and places that have been reported to him, and he has successfully come up with what appear to be individuals who fit the bill as the reincarnated soul from a former, historically verifiable incarnation.

Most interesting is his study of birthmarks, birth defects, and other physical attributes that indicate a correlation between the previous and current incarnation. For example, a child may report that his name was Reginald MacGregor. He may tell the tale that on an icy, wintry day while on a long trip to a neighboring town, his wagonload of sand fell on him, crushing his leg. He died along the roadside, freezing in the blizzard-like conditions. He may mention the town of Dumfries, Scotland and the year of 1758. He mentions the agony of missing his wife as he lay dying, and how it has left a hole in his heart, because he could not spend his last moments with her.

The intense emotion would have been stored in Reginald's aetheric memory field. This subatomic energy pattern may seek a way to express itself and release the emotional energy that binds it. If a developing fetus interacted with this field, its genetic instruction may produce physical attributes reminiscent of the event. The genes may provide instructions for the proteins and other metabolites to become organized into cells reflecting this trauma. In his current incarnation, you find that his left leg is slightly deformed or displays a prominent birthmark, and his heart has a congenital defect. He also has an intense phobia of travelling, especially during inclement weather. Upon research, you find that the historical information he has given you is verifiable.

Past life hypnosis therapy may bring this entire story to light, and thus release the energy binding the pattern together. He may suddenly overcome his fear of travelling. While the energy patterns that have been completely brought into physical existence may or may not heal depending upon their severity, they may not continue into further incarnations.

Surely then, the energy patterns comprising Reginald in his new form may then seek out familiar patterns. He may seek the energy patterns of his wife, Mary, in whatever incarnation she has reappeared. Is it not conceivable that two souls (or at least soul fragments) should meet, have an instant recognition, and know that they were once united in some way? This may explain why some feel that they have met a soul mate. Is it really an accident or coincidence that these two energy patterns should once again meet?

Reginald and Mary may not be the same exact identities that they were in the 1700's, but they may share some personality traits. They may have each had successive lives independent from each other where they gained and discarded other energy patterns or individual characteristics.

Lori: "While Dr. Stevenson's impressive work with children is unprecedented, I have one personal tale that may lend some credence to this theory.

During my pregnancy with my daughter, I experienced a number of paranormal occurrences of a PK nature. Often, odd things would occur at pivotal points of the pregnancy - such as the night before I was to have an ultrasound to determine the sex of the baby. I had PK incidents surrounding the date of the anniversary of my grandmother's death, which was a mere three months before I was due to deliver. My deceased grandmother also appeared to me in a dream, and instructed to remember 110 in regards to this pregnancy - which I interpreted to mean a date (Jan. 10) or a time (1:10). I was not due until June, and the time meant nothing to me at that stage.

My daughter, Chelsea, was born on June 26<sup>th</sup>, two days after what would have been my grandmother's birthday. She was born at 11:10 a.m., and I had always wondered if my dream message was close, but just not quite on the mark as far as the time. What was even stranger was the dramatic likeness at birth that she had to my grandmother. I initially thought that maybe I was simply imagining this, but even my father noticed it without me bringing it to his attention.

As Chelsea neared pre-school age, I was tucking her into bed one evening. At this point, she made the odd remark to me that "Grandma Helen" was coming into her body. She totally shocked me with this statement. She was familiar with Grandma Helen because of an old photo of her in the house, but we had never spoken of such spiritual things that she seemed to be describing. I asked her to repeat what she had just said, but she seemed to have absolutely no recall of the conversation. I let the situation drop.

At about this same time, and for several years after this, Chelsea developed an intense fear of my death. She even had her first grade teacher convinced that I was dying, and that she needed to call home and make sure I was still alive. Her obsession with this was actually become disturbing, and I tried everything to assure her that I was fine.

I had mentioned this strange emotional behavior along with the possession-like statement she had made at an earlier time to my friend/healer, Alicia. She immediately said to me that I was dealing with a reincarnation issue. Her belief was that Helen was in the process of incarnating into Chelsea, and that this is a slow process that often doesn't complete itself until puberty. She asked me how old Helen was when her mother died, to which I replied - "eight". This, she indicated, was the crux of the problem. She said that until she passes this age milestone, she will live in intense fear that you will die, and she will be abandoned again. Once she passes this age, the problem will subside.

Once again, Alicia's prediction was correct. Chelsea did seem to finally settle down, although she is still very clingy to me.

She is twelve years old at the time of this writing. She recently came to me one afternoon, sat down on the bed next to me, and began to cry. At first, she seemed confused as to why she was so depressed. I asked her to just attempt to explain any emotion or feeling that she had. She said that she felt as if *someone* had died or gone very far away and will never be seen again; this person feels bad for Pap Pap (who was the recently deceased husband of Helen). She said that this same person went away yesterday or today (which would have been March 11<sup>th</sup> or 12<sup>th</sup>), but it could have been years ago...she just wasn't sure. That's when the light bulb went off in my mind! This was the 18<sup>th</sup> anniversary of Helen's death, and I'm sure she had no knowledge of this date! Could she have been reliving some form of remorse or guilt from her own passing in a lifetime that she may have spent as Helen?"

Dr. Brian Weiss, the Chief of Psychiatry at Mt. Sinai Hospital in Miami and a non-believer in paranormal experiences, quite literally stumbled upon evidence for reincarnation and a far richer spiritual existence than most people even consider. While performing a therapeutic hypnosis session on a patient named “Catherine”, she frequently described past lives that displayed causative factors for her current maladies. As she explored these lives, her ailments seemed to disappear. Due to his scientific nature, he first ruled out schizophrenia, psychosis, neurological illness, multiple personality disorder, sociopathic tendencies, crypto-amnesia (forgotten memory), para-amnesia (illusion of a memory), or even faking it.

Eventually, unexpected voices or entities seemed to emanate from Catherine in a channeling-like fashion. These voices, utilizing the patient’s body, provided information on the secrets of life and death to Dr. Weiss. The voice went on to describe intimate details of Dr. Weiss’ life several years prior to this therapy, which had occurred while he lived in New York, and thus would have been virtually impossible for the patient to have had any knowledge of! She told of the death of his first born son, Adam, and described the highly uncommon heart condition that he suffered from. She went on to explain that Adam chose to be born and die with this condition at this specific time. Dr. Weiss was an intern at the time of Adam’s death and was wavering between choosing internal medicine and psychiatry as his life’s path. Adam’s soul knew that the frustration Dr. Weiss would experience (via the impotence of internal medicine to save him) would sway his decision to choose psychiatry as his field of expertise – and this is where his life’s mission awaited him.

Dr. Weiss has gone on to study this phenomena of past life recall in depth, and has lectured extensively on the therapeutic values of regression work. The question now is this: was Dr. Weiss’ meeting with Catherine a coincidence, or just the right “timing”?

### **Time and Memory in the Aether**

Where do these tales of reincarnation really come from? Actual past lives? Where is memory stored? Are they merely tales drawn from the aether? What if memory isn’t stored in our mind or our cellular structure? What if it is everywhere all the time?

We know that memory is related to the temporal lobes of the brain, and with electrical stimulation these lobes can be made to perceive memories. Dr. Melvin Morse theorizes that the right temporal lobe may be the biological doorway to communication with God and a universal memory source. Research indicates that some individuals may be more right temporal lobe gifted than others. These individuals tend to have more mystical experiences, and many have even had this lobe triggered into action by a near death experience.

People suffering from a NDE or coma sometimes have memories related to these events, yet there appears to be no brain function. So how can they have a memory? Portions of the brains of lab rats and even humans have been removed, yet memory is often not impaired. These oddities would indicate that memory exists independent of brain function.

In thirty years of memory research, Dr. Karl Pribram became convinced that each part of the brain contained all memories, much like a hologram. He believed that memory is not limited to being stored in the actual neurons or neural transmitters of the

brain, but in the processes that occur between neurons. It can be found in the waves of energy traversing the brain that act as holographic properties and storage centers.

Russel and Karren DeValois, Berkeley neuro-physiologists, have shown that the brain's visual system does not respond to individual receptors on the retina, but from mathematical patterns known as Fourier forms. Fourier forms represent mathematical equations that can convert waveforms into visual images and back again...much like the way a TV or video camera works. Their research indicates that the brain is a hologram, which views the world mathematically and can decode this quantum soup into images, sensations, and sounds.

It is as if the aether is the storehouse of all memory. It is a whirling and complex ripple of interference all around us. If we try to stop and look at it, it stops and turns into matter...never allowing us to get a true picture of reality. Our holographic brain mathematically creates a reality by interpreting the various frequencies surrounding it. Dr. Morse believes that the right temporal lobe is the receiver/transmitter of memory to the aether or universal field.

Some physicists believe that time does not exist. In fact, everything that ever has or will happen is stored in this memory field of the universe. If this is the case, a direct connecting link must be in place between past, present, and future lives – should they exist at all!

Buddhism does not believe that their whole soul identity reincarnates, but compares it to blocks piled one on top of the other. They are each separate, but supporting the one above it. They are merely functionally connected with no individual identity, only "conditionality". Likewise, karma is the energy stored in the universal memory waiting to ripen. Whatever we do, say, or think will have a corresponding result. These results may be instantaneous, delayed, or even saved for future lifetimes.

Visualizing a strand of pearls might also be helpful here. Each pearl represents different incarnations, which are obviously unique and separate from each other, yet there is still the connecting link or underlying chain. But what is this interconnecting link? Is it the energy of the aether in which all memories are stored? Or might this invisible link also contain quantum possibilities of lifetimes not selected...memories from a crossroad that we chose not to take?

. Time and even memories may become irrelevant, as we perceive ourselves as an ever-evolving and transforming aspect of the dance of Shiva.

### **Déjà vu - Perception or "Gentle" Time Travel?**

Now you all know this one. Here is a phenomenon that we can all appreciate and share in, just like big bag of popcorn. One encounters déjà vu on every Bridge, at nearly every turn! It is one of those little tricks of the Questing Beast, that introduces a tiny bit of wonder into our lives every time it happens. And by its nature, it certainly does seem to suggest an interesting interaction with time, memory, and meaning.

For as common an occurrence as it may be, we have found recently that there are relatively few scholarly works on déjà vu. Several of these are listed in our master Bibliography. Nevertheless, it was good for us to delve into this phenomenon, in order to clear up some of our own misconceptions! One suspects that the lay view of déjà vu is pretty universal - a feeling of having done, seen, or experienced something before, when

in rational thought you know this cannot be. And this IS a decent summary of the effect. However, in truth, this definition strictly fits only one of the three forms of unusual perception that have been collectively labeled *déjà vu*. There is much more here to examine.

The titles are French, because the phenomenon was first studied by French behavioral scientists and psychologists. *C'est si bon!*

The phenomenon that we would most often associate with *déjà vu* is in truth, referred to properly as *deja vecu*, or "already experienced" or "lived through". In *deja vecu*, the experiencer will suddenly be struck by an overwhelming familiarity of some generally mundane or banal set of circumstances. Sitting at a desk in a certain way, when suddenly your cat runs past the doorway. Or having a conversation with a friend at the grocery store. While some have hypothesized that *deja vecu* provides evidence for previous lives, this argument would seem to hold little, if any water. *Deja vecu* always involves personal events that by their surroundings, may be clearly seen to be in THIS life, and not an earlier one or even different one. The possibility that *deja vecu* may involve a sort of "time loop" is more palatable.

In the motion picture "The Matrix", the hero, Neo, learns that *déjà vu* is actually a "glitch" in the master program being run by the Matrix supercomputer, that is keeping humanity in a virtual reality state of enslavement. Like many other chilling points brought up by this most excellent story, we ponder just how close to the truth it may be.

If our universe is indeed something akin to an ever-evolving fractal pattern being run on a vast cosmological computer, who are we to presume that the algorithm or operating system is "bug" free?

Statistically, it would seem that *deja vecu* grows less frequent as we get older. According to psychological researcher Dr. Arthur Funkhouser of Switzerland, *deja vecu* occurs most frequently between the ages of 15 and 25, then diminishes in frequency. Surveys have indicated that close to one third of the general population have experienced strong and well-remembered episodes of *deja vecu* in their lives. Funkhouser also notes the extremely conformal nature of a *deja vecu* episode, wherein every minute detail suddenly swims into perfect recollection.

Another view of *deja vecu* suggests the possibility of events generating waves or particles that can travel in all directions in "time". These particles might be re-assembled by the experiencer, thus producing an effect similar to precognition, but one that lies hidden within the consciousness until it is brought back into focus by the transpiring of the originating event.

The second form of *déjà vu* is referred to as *deja senti*. Again, translating from the French, this term means "already sensed or thought". This form seems to differ from *deja vecu* in two primary ways. *Deja senti* is nearly completely mental - related to a thought, idea, or phrase. A spoken word or voice often triggers it, however it may arise spontaneously. An idea or thought suddenly springs to life, with complete recognition that it is something you have thought or spoken, or maybe even dreamed, before.

The second distinguishing element of *deja senti* is that unlike *deja vecu*, the sense of familiarity anomalously vanishes within minutes, leaving the experiencer completely bereft of any recollection of what it was that was so strangely familiar!

There has been some discussion promoted by psychological researchers that *deja senti* is an initial indicator of temporal lobe epilepsy. Funkhouser notes that this is a

dangerously premature diagnosis, and that *deja senti* may have its basis in less worrisome mechanisms. We do acknowledge, though, that a *deja senti*-like effect may exist in a number of cases we have encountered involving "abduction" or Visitor encounter elements.

Nick: "*Deja senti* seems to be far less common than *deja vecu*, and no statistics have been presented on its prevalence. In personal terms, I have only experienced a *deja senti* state once, in early 2001. One afternoon, whilst leaving the parking lot at my workplace to head for home, a sudden flood of recognition came over me, consisting of some set of ideas that may have related to work at my day job or my gravity experiments. I recall that whatever sequence of thoughts occurred was thoroughly familiar, amazingly familiar, down to the word. However, within perhaps 20 to 30 seconds, I was at a complete loss as to what I had just thought of/remembered! Needless to say, a most unnerving affair."

Finally, we discuss a form of *déjà vu* that may provide the firmest clues to a relationship with a past life - *deja visite*. This term means "already visited" and is used to describe the anomalous familiarity of a geographical location or place that the experiencer has never consciously visited or seen before. Conceptually, triggering mechanisms for this phenomenon would seem to be physical or spatial: heights, forms, shapes, placements. Often, *deja visite* occurs in houses of considerable age, when an experiencer is visiting or perhaps moving into a residence. Jung took an interest in *deja visite*, and presented several accounts of it in his works.

Nathaniel Hawthorne once visited the ruins of an English castle, and experienced an overwhelming bout of *deja visite*. On other occasions, *deja visite* occurs when experiencers find themselves drawn or compelled to visit a home or place for irrational reasons. Thus of the three forms of *déjà vu*, *deja visite* may have the most unusual or mystical significance. *Deja visite* often involves the familiarity of places that have been in existence for many years, and so thusly MAY invoke past life memories or experiences (in theory). Strong sensations of *deja visite* appear to be the least common form of *déjà vu*.

In the view of highly regarded English physicist, Julian Barbour, our classical version of ordered sequential time does not exist. The universe creates itself at every nanoscopic moment. If we consider that there is also evidence in quantum theory for a nigh infinite number of alternative universes that could also be "existing" along with ours, perhaps perceptual phenomena such as the types of *déjà vu* could hint at something very exciting. Rather than glimpses of past or future lives, thought, or places, maybe the *deja* events are evidence that consciousness can not only bridge the moments of universal manifestation ala Barbour, but can also peep sideways into parallel events in alternate realities.

### **Time's Revenge - Synchronicity and Order**

The concept of synchronicity is primarily accredited to Jung...although he would later admit that Einstein was his inspiration. While formulating his theories on the collective unconscious, Jung encountered meaningful coincidences in his life that seemed

to have some underlying connecting principal. These connective links seemed totally unrelated, yet the probability of their occurrence would have put them astronomically outside the realm of possibilities.

Skeptics are quick to dismiss synchronistic events as mere coincidences. But even that thought is absurd. For a coincidence is something that has a one in a million chance of happening anyway. So, is it more far-fetched to develop a terminology and hypothesis for “synchronicities” than it is to dismiss it as “coincidence”?

Jung believed that synchronistic events may or may not coincide in time and space. Accepting this concept fosters a more holistic view between objective and subjective realms, for it demands an understanding of how some sort of universal consciousness interacts with us on a physical level.

When pondering the meaning of synchronicity, it may be best to visualize a spider’s web or Celtic knot in which the strands represent time and space. It is as if you are travelling along a strand of the web of time, when suddenly you come to an intersection or junction of another strand or strands. It is while you cross this junction that you ever so briefly get a glimpse of a larger portion of the web. You are not permitted to stop and look around at the grand intricateness of the design, for time does not seem to stand still for we mortal beings. However, the mere crossing of these intersections allows you recognize that you were given an insight into a much vaster structure.

This recognition of our oneness with the universe can be awe-inspiring. There is a pattern and a meaning to the universal order. To recognize your connection to it is an epiphanal experience. This invisible, connecting strand in the web must not only be felt on an intuitive level, but must be recognized and accepted intellectually to be a valuable tool in our psychological and spiritual growth.

Jung believed synchronistic events to be manifestations of the Tao, which can be considered God, the Source, or an underlying/unifying order or force in the universe. It is an underlying principle in Buddhism, Zen, Hinduism and other Eastern religions. The act of communication with this universal mind, albeit subconsciously, can result in coincidental events manifesting in your life. It is almost the opposite of prayer...rather it is more like God doing the talking, but in a cryptic and mystical manner that you must be open to and aware of, so that you may interpret the message.

Quantum physics would tend to agree with this principal of a unified order. Niels Bohr, one of the founding fathers of this field, discovered an inter-connectedness between what initially appeared to be unrelated subatomic events.

There is some belief that synchronicities occur at highly meaningful times in one’s life. They appear most frequently at times of personal transformations or major life changes. It is as if internal changes occurring within an individual’s psyche causes outward meaningful manifestations to “coincidentally” cross their path. This would appear to be PK on a grand scale. But is it really? Or are these synchronistic events signposts from the Tao that you are on the correct path, and that you should proceed forward?

This is where your pondering may start to blur, as you realize that the implications of accepting the concept of synchronicity starts to bleed over into areas of mystical experience such as PK, clairvoyance, and precognition to name a few.

Lori: “My life goes through spells of intense synchronistic events. I will focus on some of these that lead to the formation of The Avalon Foundation.

I was at a very low point in my life, and undergoing an extreme psychological upheaval. During this period, I went to see a psychic strictly for entertainment purposes; however, her insights stunned me to say the least. She knew my grandmother’s name, and that I had debated wearing her earrings before having the reading. She knew that I had recently almost undergone a near nervous breakdown. She knew of my Visitor experiences. The list goes on.... There was only one thing she said to me the entire night that I could not make a connection to either immediately or within a few months: she asked me who Nick was. I didn’t know anyone by that name, and was at a loss to answer her. She simply replied that I must not have met him yet.

A couple years later, I met Nick. A flurry of synchronicities surrounded our meeting and decision to form the Foundation. We formalized our agreement on October 13, 1996. On this same date, four years later, my old life symbolically ended as our family business was auctioned off. It was as if the universe was telling me that it was time to get on with things...to put past and its problems behind me, and move on with my mission in life.

On a rather humorous note, my favorite TV show was ‘Northern Exposure’. I had always teased my husband that if the actor, John Corbett, who played the role of the metaphysically philosophical Chris Stevens ever showed up at our door, I would leave with him in free-spirit fashion for adventures unknown! ‘Coincidentally’, a customer came into our store that could have been Nick’s double. After waiting on him, I looked at his name on the check.... ‘John Corbett’. No, not the actor...but seemingly a symbolic sign from the universe. What was the universe telling me? I had a hunch that I knew. Nick had come into my life, and it was through my partnership with him that I would experience adventures unknown! It was my signpost to ‘go’....just do it! Full speed ahead to whatever life had waiting for me.

So, you see that the synchronicities surrounding our partnership began with what appeared to be an act of precognition. But was it? There was definitely no intent behind our meeting, for we didn’t even know that each other existed, nor was the psychic attempting to orchestrate our meeting in any way. Was the psychic really seeing into the future...was she able to traverse the web of time a little quicker than we physically could and catch an early glimpse? If so, then one must also consider the fact that we have a destiny that is predetermined. Or is it only determined to the point of the next intersecting web(s), when a synchronistic event will occur (whether you recognize it or not) and allow you through free will to choose which strand to step onto next?

Synchronicity also overlaps into telepathy or reincarnation. Again, I offer an example:

For some bizarre reason, I was daydreaming in my room one afternoon. I was thinking about what could possibly be described as a past life event, where I was a monk at an orphanage somewhere in Europe. I was daydreaming that a fire had occurred at this facility, and there was a frustrating effort on my part to save the children.

At this stage of the daydream, my daughter entered in my room and interrupted the odd thought process. She brought me several of her baby dolls, and asked if I would play a game with her. She wanted to pretend that the house was on fire, and that I would save the babies.

Was this outright telepathy? Or were we both simultaneously travelling backwards on a web of time to a shared lifetime that we chose to have some rudimentary recollection of? Or did the fact that I was studying paranormal experiences come into play...was the universe offering me an example through an act of synchronicity?"

Science has attempted to objectively explain this subjective experience. Neural researcher, Eric Kandel, believed that the human brain is in a continual state of "structurally unfolding", thus always keeping the brain fresh and new. In doing so, the brain utilizes information from within its own structure and from the external environment. The brain can then change the environment to create its new reality. This process of receiving new information and forming new realities energizes our creativity, which in turn synthesizes the subjective and objective realms. Thus, synchronicities seem to appear as these two realms collide, and in doing so throw the theory of Platonic dualism right out the window.

Alas, many travelers on the web of time do not look at the wonders around them, and they miss the synchronicities that are obscured by their blinders. Every synchronistic event we are able to experience awakens us to the knowledge that everything in the universe is interconnected by an invisible link.

### **A Surprise Ending - From Time to No Time?**

For as many features of Eastern thought as relativity or the physical time theories may seem to embody, they stop ...just...this...side...of enlightenment! What is the next step?

Perhaps the next step in the understanding of time is that final step through the garden gate...into blessed nothingness! Full circle we fall, back into the old agrarian thought of no-time - only useful cycles of things!

While general relativity certainly extends to physical interactions on a very small level, there has been a seemingly unbreached wall that has existed for some decades. A wall between the weird world of the microscopic (where quantum mechanics holds true) and the huge universe beyond where space-time and relativity are the law of the land.

Nobel Prize physicists have wracked their brains over this! How can these two ends of the universe be described together in a meaningful way? In some ways, we find that the land of quantum mechanics can exist, like a Hopi farmer or Celtic woodsman, in a comfortable way, without a formal notion of time ever entering into the picture.

In 1967, American physicists, John Wheeler and Bryce DeWitt, derived a formula from Schrodinger's famous equation that promised to be a method of finally blending the worlds of quantum mechanics and general relativity. The catch was this: the simplest way to solve the Wheeler-DeWitt Equation, as it has come to be called, was to very simply dispense with the factor of time! In other words, the universe could ultimately be understood only when the term of time was removed!

Dr. Julian Barbour, previously mentioned, has led a "no-time" movement in recent years that has received the consideration and endorsement of some surprising names in physics, among them Stephen Hawking. Barbour points to the removal of time as being essential for solving Wheeler-DeWitt as prime evidence that an immense illusion is to be dispensed with!

Barbour's model, like an ancient description of the mind of a Zen master, eliminates the reality of time by proposing that at every point we perceive as a sequential moment in time, we are actually experiencing a completely new independent universe. It is only in the thing we call human memory or consciousness, that the individuated frames of existence are seen to flow with the illusion of motion. Consider a motion picture. We watch it, we live it, we cry and laugh and let it carry us along as a simulacrum of the world outside. But it really isn't. What we perceive as a comic or tragic or scary reality is merely a set of individuated, illuminated, celluloid patterns that we watch. Our consciousness fills in the gaps, and tells us that a large stone ball is really chasing Indiana Jones!

The Barbour universe has been likened to an immense jewel, with a near infinite number of facets. All facets, or universal patterns that we have ever perceived to exist, still exist. Our moment of birth, our moment of death, a moment three centuries from now when the last remnant of our tombstone is knocked over by a careless groundskeeper - all are complete worlds of their own, individuated and eternally frozen. Only our minds do the moving.

### **Reflections from the Bridge**

Einstein tried to warn us long ago: "People like us, who believe in physics, know that the distinction between past, present and future is only a stubbornly persistent illusion."

The presence of the factor of time amongst the Bridges of our travel is subtle, so very subtle, yet is as omnipresent as the heavens above. In each, we have found ourselves forced to evaluate the time element - the missing time of the Visitor experience, the equating of time and aether, the role of time in the phenomenon of precognition. And in each embodiment, the chameleon of time takes on a different hue and texture. Is this a clue that tells us that we have not arrived at the truth until the models for time fit equally well in every application? Or will the Bridge of Time be the last one of Avalon's spans to be fully explored? Maybe the notion of the Tiv people - that time has an independent domain for every object, person, event, or place - is being displayed for us, and we are too thick to see it.

Perhaps "white man's time" will indeed come full circle into a meaningless vanishing point, leaving only those simple, natural cycles and patterns needed for the engineer and craftsman and farmer. As it is for the monk at the foot of a nameless mountain in the Himalayas, so is it also for Dr. Barbour and those others with the serenity and depth of understanding. Time will finally become unnecessary and unfashionable. Maya. Illusion. After all, is time not like the pennant moving in the breeze in the courtyard of a Soto temple. The flag is not moving, the wind is not moving. Only your mind refuses to shut up and be still...