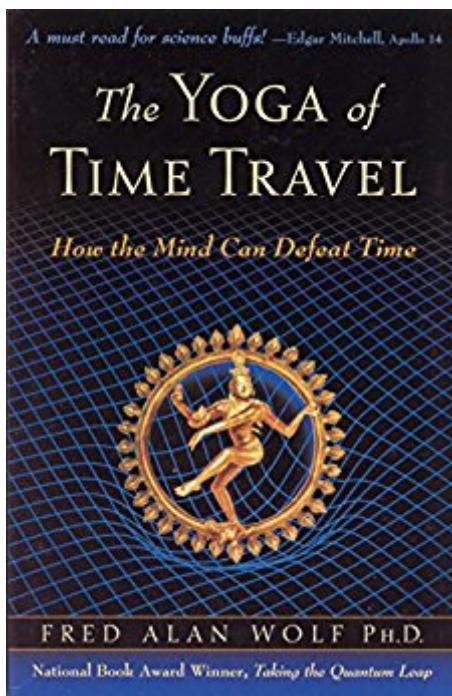


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# The Yoga Of Time Travel: How The Mind Can Defeat Time



## **Synopsis**

Time travel is not just science fiction; it may actually be possible. Wolf draws on yoga and quantum physics to show that time is a flexible projection of mind. Cheating time, he says, is an ancient metaphysical idea from the Vedas having to do with moving through meditation to a place where time stands still.

## **Book Information**

File Size: 2715 KB

Print Length: 272 pages

Publisher: Quest Books; 1st edition (December 20, 2012)

Publication Date: December 20, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00SKF0WGY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #285,748 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37 in Kindle Store > Kindle eBooks > Nonfiction > Science > Physics > Time #67 in Kindle Store > Kindle eBooks > Religion & Spirituality > Occult > Metaphysical Phenomena #97 in Books > Science & Math > Experiments, Instruments & Measurement > Time

## **Customer Reviews**

I wouldn't immediately dismiss this book as New Age hogwash, because any discussion of the mind is going to involve metaphysics. Wolf himself admits that consciousness is subjective, but hopes that a subjective model of mind can provide us with a better understanding of "reality". Quantum physics may help in this understanding, but there isn't much in this book that builds on existing theory. Wolf's only addition is proposing that through meditation the mind can travel through time. The single biggest gap that I found in his theory was the transition from observing quantum-level events to observing ordinary world events. He states that we can travel through time by releasing the ego's hold on everyday events - through meditation we can stop focusing so hard on what's in front of us, and expand our minds into the timeless existence. Meditative

consciousness, he claims, disengages the mind from the normal process of collapsing quantum waveforms. While I have no doubt as to the psychological and spiritual benefits of meditation, I don't see how the observation of a particle and the collapse of its possibility-wave can have the same effects as, say, the observation of my desk. From what I understand, quantum physical events don't have any effect at the level of classical physics, unless some sort of detector is involved (as in Schrodinger's Cat). I may be misunderstanding this, but the point is that Wolf makes no attempt to explain this leap between quantum events and everyday reality. I realize that this book is written such that the layman can understand it, and therefore these details may have been deliberately omitted, but if that is the case, I wonder why he bothers with the science at all. Why not just write a book about how to meditate?

The title is far more provocative than the book. Most of the discussion centers on aspects of quantum physics that Wolf has written about multiple times now. If you've read his excellent **PARALLEL UNIVERSES**, for example, you've already assimilated much of what **THE YOGA OF TIME TRAVEL** has to say. Discussions of Heisenberg's Uncertainty Principle, parallel universes, space-time, and the communication between past, present, and future have already been covered in several of Wolf's books. If you are already familiar with such concepts, you don't need 150 pages of background and foundation for what, in the long run, amounts to a very short discussion of mental time travel and its usefulness in improving our lives. Wolf does have a decent chapter on the nature and flow of time, although his terminology gets a bit dense. While the book is, for the most part, readable and accessible for the layman, it does occasionally lapse into the same complexity and disorganization so evident in his very disappointing **THE DREAMING UNIVERSE**. Ultimately, the thesis of the entire work comes down to the following: one may free oneself from the constraints of time through meditation, entering into the timeless realm where one surrenders the ego (and hence the endorsement by Deepak Chopra). But do we need all the repetitive scientific explanations to arrive at this conclusion, which is explained in a hundred other books? Wolf also claims that by traveling back in time--i.e., remembering--we can become happier by learning from our mistakes and forgiving ourselves and others. Okay, true enough, but this isn't exactly a revelation. For Wolf, time travel is a mental construct (short of a real time machine), a notion that seems painfully obvious.

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