The Nature of Time and Time Travel

by

Douglass A. White, Ph.D.

Time is a subjective notion founded on the observer's experience of motion or change. This arises from the observer taking defined viewpoints in undefined awareness. The observer's resistance to undefined awareness causes awareness to reassert its undefined nature. What is left over is apparent random squiggling.

If a person relaxes into undefined awareness there is no time, nothing to pin the clock to.

The myth of time reversal is based on belief in the past and the future, that time "flows" from past to future. Why can't a person seem to get back to the past? Physics equations by nature have no bias in time. Thermodynamics people model the illusion of time using statistical sleight of hand. There is no practical point in trying to recapitulate the microstate configuration of any complex system, especially since the microstates are churning about constantly. All a person really means when he dreams of time reversal is a return to a specific archetypal macrostate that has some sentimental value to him or her. This is a totally subjective notion and ability to do it just depends on the level of resolution you want and your willingness to manage your attention deliberately.

Archetypes are timeless and all coexist in awareness. For example consider a deck of Tarot cards. If you only work with 22 major arcana, you can frequently pull the same card after shuffling the deck. Or you can stack the deck to get that card whenever you want. People who like money stack the deck so they get money flowing in over and over. Within reason who cares where the cash comes from or what the exact amount is? You can do the same with food, sex, and all the good things in life. Every time you go home after work or after a trip you return to your past, your archetype of "home". You can keep home in more or less the same place or move it around.

Thus time travel is a matter of managing your attention on mental archetypes, not going somewhere. To return to the past you make a loop in space/time so that you keep returning to the approximate same condition. The essential FEELING of the loop is primary, not the microstate details. To go to any specific future you cut the old loop and make a new one that you would like to have. To explore, step outside your loops and play around. To leave time behind, cut all your loops.