



BREAKING YOUR SPELL OF BEING LOST IN NO TIME

### **The Illusion of Time**

You have been taught about clocks and time, which has the effect of forming a collective agreement inside you to synchronise with everyone else on the planet, using the same established clock time. This has the effect of locking out the “Present” moment, and folding the eternal now into a fleeting second that constantly passes without our influence or ability to hold it. It turns the now present moment into a temporary fleeting passage that cannot be held still. This collective agreement about time has uses for civilisation of course, with travel and vehicles and all sorts yes, but as a consequence, people are unable to understand the “now” is not fleeting and you can be present and aware of it being something that is not fleeting because your perception of it has changed.

The reason you have been hypnotised then taught to accept and believe collective agreements, is because it is to hypnotise a mind into just thinking about the past (nostalgia) or just thinking about the future (anxiety) because that mind thinks the present is fleeting and ungraspable. They believe there is only a temporary now that cannot be shaped or controlled by them. Which is part of the spell of hypnotism you are under.

### **Past:**

Already happened (doesn't exist anymore)

## **Future:**

Hasn't happened yet (does not exist yet)

What better way to control the minds of your slaves by getting them to think there is no present moment, that it is fleeting and temporary, to make them look back at the past or look forward at the future only. Some a mixture of both.

Both of which do not exist other than in the mind of the hypnotised, who is dwelling there and never in the present moment. Because they think it's never lasting.

## **Break the Time Duality Spell**

Imagine instead of time coming towards you from the future, passing briefly as the now, then going into the past. Think of time as all around you, it's playing out all at once, and past, and future instead of being the only things, are now contained in the present ever changeable moment. That if you were to imagine standing on the "second hand" of a clock ticking along, you would see it constantly moving towards the future, it would be, and you will be in constant motion standing on the end of that clock's "second dial" it is always presented with a new second marker or hour marker on the clock or edging away from the last marker and towards the next. Ever changing.

## **Denying you the Present Now**

As far as you know it, time has always been one type of thing. It's always passing and it cannot be controlled. This is not true, as it is already being used in a linear perception to fool people out of the now present moment where they can become self aware.

Being self-aware in the present moment of now means that you become cognoscenti of yourself rather than being lost in the person you think that is a constructed limited version.

The now is a constant ever changeable field that you interact within. It is always presenting information to you through your 5/6 senses. Instead of seeing yourself still and time passing from future to past through you, see yourself as changeable in the present. You are changeable too, your energies, your moods, emotions and feelings, what you do during the day etc. So start to see time as a type of fluid around you that's always changing. Then you will start to be able to see yourself in that now.

Time is only a set of agreements made on measures of units created by people. The human race existed before clocks, before time was established in this way on earth. We did not need clocks to know what part of the day it was, we had the sun, moon and stars as our time pieces telling us from the universe.

So time is a construct of humans to synchronise across the planet for various benefits but also to make people fall into collective agreements. Which then locks them out of

understanding that it is just one perception of time and that there are other perceptions of time that are based on natural order.

The original time piece is the movements of the universe, in relationships with each other and earth. Which creates the natural cycles and seasons. This has been so before time as you currently know it existed.

Returning to that understanding that time is just another way of noticing “duration” that in fact because we process things sequentially, it was easy to make people believe it is linear.

With you in the fleeting now but not present in it because you believe it passes without your influence or control.

In fact all there is, is the present moment, the past and future don't exist. You've been lost in time that only exists in your mind. And it's past or future that's occupied your mind away from the present now.

When you become aware of yourself in the present moment (now) the living breathing bit of space that you occupy, the way you are and how you think, looking from a more external observer of yourself, in real-time. That's when you become self-aware of your presence in the now, and that's where all life is happening.

You get to realise your presence and then realise you can shape and guide that now by the choices you make in awareness of you making them.

You break the spell upon you and become present in the now and self-aware. No longer a slave to the past or future that doesn't exist.

You become free to create your future by doing it in the conscious eternal now.

