



Transcension Gate
Quantum Evolution

Influencing Time Inside The Quantum Evolution Cycle

Mentoring

Today we are going to talk about Influencing time within the Quantum Evolution Cycle.

Time is perception-based.

It's not the way that we typically think about it. It's not the mechanical or literal. Time is often associated with things like clocks and numbers when time is actually a fluid energy type of a thing. How we perceive that energy changes what this time experience is like for us. And, if you fall in love with time it will respond better. In this whole Bundle we're going to look deeply into the loving energy in connection with time and what that actually means in order for you to be able to influence time.

How often have you said *"Oh, I wish I could make this happen my way"* or *"I wish I could make this go faster"* or *"Why can't I create it"* or whatever else? We always have this really unusual relationship with time. If you notice, in your life it fluctuates. It's never the same relationship with time from the moment you were born to the moment you die. There are different periods. Sometimes literally within a day you can have different perceptions of time than you did the previous day or in the next day. That is what we are looking at today.

Why does a flight across the country, let's say from New York to LA, feel very long and dreadful. Or, why does it feel like it just flew by, it was amazing and you thought *"I didn't even notice"*. Something happened within you that made that experience change, right? It might look like it was about the emotion, about the feeling that you were having. If you think about the answer here it might be *"Well, it was because I really liked the person I was sitting next to and we were talking."* Or, *"Because I fell asleep"*





Transcension Gate

Quantum Evolution

so I didn't notice." Or, "Because I really enjoyed the movie I was watching." Or "The seat was highly uncomfortable and I really didn't like the person I was sitting next to" and so on. Those are examples of emotions that you would have been feeling.

There is a deeper layer underneath emotion and that is about the meaning. You will feel the time s-l-o-w or speed up depending upon the meaning that you give the event. Okay? Think about the energetics of meaning. We are the conscious beings here. We're the ones who give meaning to things, you know? This is like we name things and *"this means this"* or *"this means that"* and they can mean something different to different people. It can even mean something different to you. The same thing could mean one thing or another thing depending on other circumstances; where you are in your life and so on. Something might have been super important and now it's not so much. Something might have been very painful and now you don't even care about it.

The meaning you give to things influences your perception of time. Through that it influences time itself. What meaning do you give time? Just think about time in itself. What meaning do you give time? Is it positive, like *"There's enough of time. There's more than enough of time. There's always enough time. Time is supporting me. It feels really good. I always have the spaciousness of time."* Spacious in itself, right? Like there is enough room for you in the time that you have. *"It feels like eternity"* like cycles of time that just keep going. Those are all abundance-based perceptions of time.

You might occasionally have the other side of it, right? That other side might look like *"Oh, there's not enough time. There's never enough time. I wish I could clone myself to do all the things I need to do."* Or *"How will it ever get done because there's never enough time."* Time might seem like an enemy, especially if you want to have something happen and there is a specific time by which it is supposed to happen. Kind of like 'the watched pot never boils' thinking. You're waiting for something to occur and you know it will happen in two months, let's say, but those two months it feels like forever and you are struggling with that. That is where time feels like an enemy. Also, people who are terrified of aging. To them time might seem like an enemy too because they notice every wrinkle and every little thing that is changing physically and they use that against themselves. Okay?





Transcension Gate

Quantum Evolution

Another negative view with time could be thinking that 'time is money'. That person can get really tight with what they focus on and do not let the spaciousness of time in because they are focused on having to make money. In this case money is scarcity-based. The whole perception of time becomes very limited and rigid to that person. It could also feel like being trapped. When you have had that experience, it felt like time was a trap. All of those things come from the scarcity perception of time.

Human beings have two extremes. On one side time is flying too fast and they cannot seem to grasp or connect with it. It just goes so fast. The other extreme is when time is moving so s-l-o-w and they want to speed things up so they can make something happen. Notice into which of the two categories or two extremes you habitually fall. We all have both sides but what is your habitual perception, especially in the Quantum Evolution Cycle where we are looking at the different phases. If you look at the phase of Disruption, the Void phase, the Expansion phase do you perceive time differently during each of those phases? For you, is time more in abundance in one of those phases and in another phase is time more of an enemy where it becomes scarcity-based? It is a very good thing to examine that internally because it will help you understand where you need to make a correction with your relationship with time.

Let's look at the issues and the solutions to those two prevalent perceptions of time. The number one extreme is *"Time is flying too fast"*. This is why people keep trying to live forever. We have books, technologies, science that are all working on that. They are trying to prolong life, trying to take consciousness and stick it into something else just so the person doesn't die. All that fear of death really is an experience of time that is incorrect. Feeling that and by it being scarcity-based times seems like it is flying too fast. Okay?

It is also why people want to die young. You know, the whole 'rock and roll' thing. *"Have a great life and enjoy. It's fast. Time is flying fast but it's good and then you die."* They are afraid of death but their solution is not to prolong life. It's more like trying to avoid death from old age altogether by dying young. Really, those two extremes are the same thing, just two opposite sides of the same coin.

If you give a meaning to the perception of time as in *"It's enjoying. It's enjoyment. It's joyful. It's fun. It*





Transcension Gate

Quantum Evolution

feels pleasurable. It feels very yummy. There is exhilaration. I like it. I feel excited." All of those things make time go faster. That's kind of a good thing to understand. If you're in an extreme where the time is going too fast then it is scarcity-based. You are grasping to slow things down because you are feeling not in control. If on the other hand you want a harmonious relationship with time then when you're creating space for things by enjoying them, by feeling pleasure, by feeling the exhilaration and excitement then you actually make the time movement within your own perception and your timeline go faster.

If you want to slow things down when you start to notice things like *"Woah. I'm not in control. There are too many things happening. I can't process it all. I'm getting overwhelmed"* overwhelm is a sign of time is flying too fast for your perception. If that happens then you need to ground and tune into the moment that you're in, as in *"This moment is all that there is."* If you do that it brings you right into the perception of time now. And because you're kind like of 'stepping out of linear time' into this moment, it expands the moment. In doing so it also puts on the brakes of your perception of the linear time. Linear time is still there. It still goes at whatever speed it goes but remember the speed is perceptual so in this case you will actually feel as if you are kind of slowing down time a little bit. That is a way better solution to the overwhelm than *"Let me speed up and try to do all the things"* and then start to spin yourself around and start to feel frazzled and probably burnout eventually if you keep going like that long-term.

Being able to go into each moment allows the speed of time to match your processing capacity. We always get input of data. Right? Stuff is always happening in the Universe and all of that is coming onto your Energy Field and then your Energy Field needs to process it all to digest it and make sense of it. Then you are learning something through the experience and are able to respond. If what's coming in is faster than your processing capacity you will feel things like overwhelm or too much is happening and can feel kind of frazzled and scared or out of control.

If, instead, you go into the current moment it seems then counter-intuitive. That is because stuff is coming so you might wonder *"How am I actually helping myself if instead of doing my to-do list I'm sitting here in the moment?"* Actually, if you do that 'going into the moment' it will help your processing





Transcension Gate

Quantum Evolution

capacity. That means that then you can move on to the next thing that has to be dealt with so you do that, process that, think about that or you feel whatever this big emotion that you maybe were feeling. As you do that (ahhhh) you come into the moment with that. And the next moment again with that. So, you ground into each one of them. In that way the same amount of stuff gets done but they get done at the speed that you're processing is matching. Okay? This means you refocus on your physical body. This means you focus on your breathing, your heartbeat, you bring yourself 'here'. Then you expand the moment.

Now let's look at the second component. The second extreme is *"Time is moving too slowly"*. This is why people keep putting pressure on themselves to make something happen. *"Nothing is happening. I need to make something happen. What should it be? I need to make something happen."* That creates so much pressure. For instance, if you think you're supposed to have a relationship, that's trying to make it happen. There's all this pressure about *"I should be having it and I'm not"*. Or you think you're supposed to be generating more income. *"I should be having it but I'm not."* Or you may think you're supposed to be healthier or somehow more fulfilled or more spiritually connected. *"I should but I'm not."* As soon as we go there those are actually also scarcity-based perceptions and they are related to time moving too slowly. It feels like wherever you 'should be' you're not there yet.

This is also why people mentally try to figure it out and then force themselves into action that is not Soul-aligned. It is a pretty common thing in the human condition. Instead of *"Oh, I don't know what to do. Let me think about it. Let me figure it out and then I'm going to force whatever I just came up with into reality"* the more beneficial way of thinking about it, of course, would be *"I don't know what to do so let me ask. Let me ask the Universe. Let me get signs. Something to respond to. Let some magic happen in my life. While I'm choosing to be proactive, I'm going to do some research and this and that but I'm going to stay open to the possibilities."* This is the mental level over-riding time making the time actually slow down more instead of doing the thing that you want which is to speed it up.

Let's say you feel that nothing is happening and you want time to move like you want something to happen. You're looking for a new job and no matter what your research is you can't seem to find





Transcension Gate

Quantum Evolution

anything. Or you're looking to purchase a house and no house is appearing. Maybe you're internally ready for a relationship and even though you seem to be out there dating nothing is happening. Perhaps you want to meditate and connect to your Soul Guides and somehow, no matter how much you meditate and you're sitting there diligently doing your part but nothing is happening. In those cases what it means is you need clear the space for whatever you want to happen so that it can happen. I know it sounds like *"Oh, but I already cleared the space. All I want is this thing."* No. If time is moving too slowly that means space has not been cleared, guaranteed.

What the space is clogged up with does not always have to be directly related to the thing you want. Let's say you want a relationship. It does not mean you have to clear relationship stuff in order to get a relationship. If you want a career or if you are a business owner and you want your business to progress it does not always mean you need to clear up something specific about your career search or your business. It could be many other things but whatever those things are, energetically they send a message to the Universe that you don't have the space. Time only moves perceptually where there is space.

This means that you need to finish what is unfinished, whatever in your life that is unfinished. It could be something as simple as filing some papers that you've been avoiding filing. It might be making the call that you need to make. Maybe it's organizing that closet finally instead of every time you open it you bump into something and the shelf is crooked or you can't find anything in the mess. It might mean getting rid of a relationship that you know is sucking your energy so that you can finally go and find the relationship that actually works, which might also be a friendship.

If you're a business owner maybe it's about finally reaching out to somebody that you maybe were too scared to make contact with previously. Maybe it is to make the video you have been needing to make. It could be putting up a post. Whatever it is, finish it. Any kind of an action that you intuitively know needs to get done but you've been thinking *"Ehhh. No. I'm not doing it."* You sort of know you need to because it's been pulling on you and nagging at you in the back of your mind. Those things clog up the space so then time does not move. If you want to create something and it's not happening, look around.





Transcension Gate

Quantum Evolution

What do you need to clear out or finish? What is clogging up your space?

Remember that if you want time to respond to you, you need to fall in love with time. This is a Universal Law. You cannot change a situation if you resist it, avoid it, fear it or hate it. It's not possible. You have to bring Love energy into it. Just think about it. If you're resisting something and thinking things like *"Oh, I wish it was different. I want to change it. I want to change it"* but you're resisting dealing with it..... Or if you're avoiding it all together. You're not even going in there so you're not even trying. Maybe you're afraid of it so because of that your fear is the thing that is clogging up your field. Or you hate it. Like *"Oh, I just hate it so much. I want it to be different."* Well, if you hate it, you cannot have it be different because that means you haven't learned something. That's why you are feeling hate about it. You always have to bring Love in first. Whatever your relationship to the thing is that is not working it needs to be cleared up by the Love energy being there as the main frequency. Other things could be there in the background of course but that should be the main thing. Now you can truly influence time. Okay?

One of the most common time sabotages is avoidance. Are you clear about what you need to focus on in your life? Are you concentrating your energy at the right places? Or, are you distracting yourself with whatever is going on? Intuitively we always know what that right place to focus on is. It could be your health and you're avoiding dealing with it. It could be dealing with your marriage and you're avoiding focusing on some signs you've been seeing that need to be addressed. It could be something about your business or your office work if you have a career. Whatever those things are. It could be spiritual, too.

There may be something that is telling you *"Oh, I need to really apply this. I need to create a diligent tactic of showing up every day and do this even for 15 minutes or journal every night before I go to bed to unload things from my being. Maybe you can create intentions for the next morning."* If you notice that you're thinking *"Well, those are things I kind of always want to do but I'm not"* that is you avoiding them. Your Soul is trying to send you the message and if you don't listen you end up sabotaging time. Because of this, things we want do not happen no matter how hard we try. At that point we're trying but we're going in circles instead of going towards the thing that we actually want.





Transcension Gate

Quantum Evolution

Are you eating well? Are you taking care of yourself? Are you avoiding dealing with something that is pulling on you or kind of nagging at you? A lot of times we know. *"Oh yea, I need to make that call. Oh yea, I need to return this thing to my neighbor."* Or *"Yea, I need to check this thing in the car that has that light that keeps coming on."* Go deal with it! Like actually go do that. Return that thing to the neighbor. Check that thing in your car. It's important. It might seem like those things are *"Oh yea, whatever"* but these little intuitive hints that you get are energetically pulling on you to try to tell you that you are sabotaging time.

We only have so much time in each body in each incarnation so you do not want to squander it on avoiding things that if you get them done, time can move for you and then amazing things can happen for you. If you're avoiding dealing with something by activities that are detrimental to you that's also not good. It is pretty obvious. That could be like getting caught in social media or watching the news and dramatizing everything. It could be when you are worrying about something but have no influence about and choose not to do anything about.

This is how the Universe works. If you want to be applying energy into something then go apply it. You have the right to do it anywhere you wish. If, let's say, you care about something that's going on in the world and it's important to you and you worry about it and you feel about it. You watch some programs about it or you follow it on social media. If you don't do anything about it other than just watching it it's actually negative for you. It does nothing for you. It's actually detrimental to you because all it does is add your energy to that drama.

If you're choosing to focus on something that's somehow negative or painful then make sure that you're doing something about it. That doing something could be *"I'm going to choose to donate money. I'm going to choose to volunteer. I'm going to choose every night to sit there for 10 minutes and consciously intend on some peace energy or beautiful healing light or whatever for this problem. I'm going to do that for the next 10 days or 2 weeks."* Okay. Now you're doing something. If you do that you will notice that you're not so interested in this addictive way of *"Oh, I've got to see what new thing happened."* It wouldn't matter so much because you did whatever was pulling on you and now you can actually move





Transcension Gate

Quantum Evolution

on. Be honest with yourself if there are some things like that. Put some control parameters on and apply energy correctly. Either do something about it or stop draining your energy through incorrect focus.

Always look at the root of the problem. *"Why am I avoiding it? Why am I focusing on this thing that I know is not good?"* Like let's say watching Netflix™ for 8 hours or something. Okay. That's not good. It doesn't matter what you're watching. It's still not good because it's too long. Why are you doing it? What are you avoiding? What about eating food that you know is really not good for you and goes against whatever your desires are. Why are you eating that food? Look for what the cause is. It's not about using your will power to stop yourself. It's about looking for the cause and resolving it by action so that you can move time in the right direction. Okay?

All distraction, all confusion or lack of clarity. All of those things are avoidance. Look at the cause. Look at why. Distraction, confusion if you notice you get confused a lot like *"Oh, I just don't know. I don't know"*. That's just a self-created thing in order not to act because you are avoiding. Finish what must be finished. Let go of what must be let go of. Focus on what must be looked at. Those are the three things. Finish. Let Go. Focus where you need to be putting that focus.

This means that to influence time you need to combine the linear time and this kind of a fluid spherical time perception into one unit. I'm going to teach more about that in the Spotlight. Someone who is limited in the linear 3D time perception will not be able to influence time. If somebody is very rigid and kind of like a clock internally, they will not be able to influence time. They will be a slave to time. They will just have to deal with time as it is presented to them. Someone who is refusing to be in linear time also cannot influence time. If you're the other extreme like that, someone who says *"Well, I just want everything to be as it is and always be my way"* and refuses to deal with the linear schedules and anything like that, is maybe always late or forgets about appointments and so on, that's like not wanting to have linear time in your life. That also means you cannot influence time. It's still here. This planet has linear time so it's going to then control you instead of you being in Mastery of it.





Transcension Gate

Quantum Evolution

How do you combine those two perceptions? The linear one and this spherical non-linear one. There are three ways.

#1 is that you **cultivate gratitude**. Gratitude is a form of Love. When you are grateful for what happened or what didn't happen yet but you are being grateful for it ahead of time this is how you influence time.

#2 is for you to **have a resilience**. Having a resilient attitude towards life means that if you got knocked down you get back up. You bounce back instead of dreading and collapsing. Instead of cataloging all the things that go wrong or went wrong or can go wrong you start looking at what can go right or what did go right. What is going right? When we focus on what can go wrong, did or is going wrong we are creating more of that. If you want to influence time to go towards the things that you would like to create that go right for you that means you need to focus ahead of time on that. That means have a resilient attitude about coming back up after something difficult happened as soon as possible. Like 'get back on the horse' if you fell off the horse. It's not a problem that you fell off. We all fall off. How fast you can get back on makes a difference in how much you can influence time.

#3 is **expanding your energy range**. This is what we will talk more about in the Spotlight.

Alright! I will see you in the Spotlight.

Be LOVE. Be FREE. Be GOD.