

---

# I · Time Stepping

---



*“They say that time changes things, but you actually have to change them yourself.”*

*- Andy Warhol*

Have you ever thought about the possibility of time travel? Could you time travel without messing up the current timeline? What if you could project knowledge from the future into the past? Would you then be able to comprehend and understand things much faster and more easily?

What if you could communicate with your future self or yourself in a past moment?

It can be exciting to imagine these possibilities, but what about actually doing it? Have you ever contemplated the process? How would you communicate with your past or future self, and what would you tell yourself?

Time is a great illusion. It is one of the most difficult concepts to grasp. It is based upon perception, and everyone drifts through time at a slightly different pace. Some moments in your life drag by, while others end before they even began. When you reflect on these moments, did the speed at which you traveled through time actually change? Or was it simply the way in which you perceived time during that particular period?

If the future and the past are already written, what difference does it make where you are? There's only one thing that matters: *realization*. When you can realize this thought and it makes sense to you, you are partially enlightened. You are no longer part of the future or part of the past. By having this realization, time stops.

Who you are now and how you perceive things in the world, what you feel and what you think affect all your personalities. The child is still in you as is the adult. The angry person lives inside you as does the lover. You are made up of hundreds of different personalities which were all created the day you started living.

The REAL you doesn't fall prey to time. The REAL you is timeless, constructed of pure energy. For energy, time does not pass since there's no way to measure it. So, if time only exists in this physical reality and not for your true self, it must be possible for your true self to travel between points in time in this physical reality. Moving backwards in time is no different than moving forward to the future. It's the same thing.

Ponder your own growth and spiritual evolution over this past year. Can you imagine traveling to a point in the past and communicating your present knowledge and wisdom to your past self? What would you share with your past self, and how would it accelerate your spiritual evolution? What if you could travel to your past and give your past self the knowledge you'll gain in *Time Stepping*?

It's like making an investment in your past that compounds over time. You amplify the now. You amplify what you are now. You amplify your spirituality and your wisdom.

It takes a higher level of understanding to even begin to understand this vast subject. The organic brain just isn't capable of deciphering the complexities of time. To truly understand the depth of knowledge that Eric reveals in *Time Stepping*, you must use your energetic mind.

By time stepping, and revealing this information to your past self, you'll be acquiring this powerful tool as you were then rather than as you are now. Imagine gaining the ability to practice for years by time stepping for 10 minutes! At what level of enlightenment will you be when you awaken tomorrow?

Your future is being written right Now! Your actions today have tremendous repercussions on your spiritual future. Take control of your destiny. Be mindful of the opposing forces and use the tools at your disposal to overcome them and be of use to the Force.

### **Time Stepping Objectives**

- Understand that the future and the past are one and the same.
- Discern that you are living the future right now because you are writing the future.
- Understand that the dimension we are in now is a vibration.
- Learn that if you change the thought of your consciousness, you change the vibration of your body.
- Learn the purpose of a mandala.
- Realize that moving backwards to now is no more different than moving forward from now to the future.
- Realize that everything you do spiritually right here today is going to determine whether you become enlightened or not.

## Preparing To Listen

Put the workbook down. Turn off anything that is a distraction. Go to a place where you will not be disturbed. Listen to the module and then come back for the final review questions.

### Ready... Set... LISTEN!

- The movie that Eric mentions in this module is *The Time Shifters*. A reporter, learning of time travelers visiting 20th century disasters, tries to change the history they know by averting upcoming disasters. Stars: Casper Van Dien, Catherine Bell and Theresa Saldana.

## Exercises

Here are some great ways to apply what is taught in Time Stepping. Give these a try.

- **Lie down in a private place without other people around.** Clear your mind and think about your past. Choose a moment in your life and visually recreate it in your mind: that very moment, that very place, and feel what you felt then, but as an adult with the knowledge you have gained as a more mature person. Now give this to yourself.
- **You are made up of hundreds of different personalities.** These personalities were all created the day you started living. Go back into your mind. Find those personalities. They are alive. Counsel them so that they can become more evolved as a child (in your mind). When they move to your conscious now, you will feel like you understand more all of a sudden. It's like making an investment ten years ago. You amplify the now. You amplify what you are now. You amplify your spirituality. You amplify your wisdom.
- **Have you ever tried to nurture yourself?** Simply hug yourself. Feel what it is like to turn inward. It's a very interesting concept. To hug yourself, you feel like somebody is embracing you but it's you who is embracing you. So the patterns in your brain go, "Wait a minute! What's going on?" But there is another part of you that becomes sympathetic to the self that is very healing. If cancer patients and other ill people did this, they would heal themselves at a very rapid rate.

Close your eyes. Feel your arms touching yourself and just love yourself. It's almost like you are embracing yourself, man to a father or mother. You know that kind of affection. You want to say, "I'm so happy. I'm proud of you. I feel good about you and I want you to evolve. I want you to become something more than what you are." Give that nurturing, and also feel yourself - *feeling yourself*. The duality of this is that your

brain says, “Wait a minute! I can feel others but how do I explain to myself that I’m experiencing myself?” That’s where the brain starts to work in a diversified method. It doesn’t sense that this is logical.

### Review Questions

- What is a mandala? How can you use it?
- When would be the right time and the right place to come back in time to say something to yourself? When do you think that you would be mature enough to appreciate yourself coming back? If you had an entire lifetime to choose from and you could only pick one moment, when would you do it?
- What is the most advanced way of communicating in the multi-universes to any alien species or human being?
- How do you get a higher tonal?
- What is the super subconscious? How can we access it?