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Time is an Illusion or How to get more things done today 3 of 3

By Ken Myrback

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Everyone has heard the phrase, my how time flies when your having fun. Well, I am here to tell you it's true. Because time as most people perceive it is an illusion. You're probably wondering what I'm talking about, of course that's why you're reading this article.

Before I started writing this article I repeated to my self several times that " one minute is as five " meaning that for every minute that passed it would be as if I had done five minutes of work. Most everyone has experienced this time distortion. Say for example your in a very long boring meeting or a lecture or any mind numbing activity. Now you will swear the person has been speaking for at least an hour. But when you look at your watch you realize with some shock and horror that only ten minutes has passed. This is time slowing down. The opposite is true as well, when your having fun doing something you really enjoy you figure an hour has gone by and you look at your watch and you have been doing that activity not for an hour but for three hours.

The reason this occurs is because time is fluid but it's not the same for everyone. Let's take the lecture as an example. To you the boring lecture felt like an hour, to the lecturer who is nervous it may have seemed like two hours. But, to the fellow three rows up who is very interested in the subject of the lecture it seemed like only a few minutes. Now, who is correct? Well in fact all of you are correct, in your perception of time. You see that's how it works; it's your perception of time that is fluid. Once you understand that you can change how you perceive time then you can control time in your life.

Unfortunately that does not mean that you can get home in rush hour traffic in ten minutes when it normally takes you an hour. But you can control how you perceive that hour.

You see man created the concept of time help him control and categorize his world. This was done by dividing up the things he saw in nature IE the seasons and the smaller time bits like the phases of the moon and the still smaller bits of the rising and setting of the sun into smaller and smaller chunks so that he could better arrange his life. Though what has been mostly forgotten is time is an illusion.

If your still with me and like this whole fluid time idea. Try this: the next time you're in a boring situation, like say stuck in traffic,

Relax take a few deep breaths and tell yourself that "five minutes are as one" and repeat that several times. This will change your perception of time so though you will still have to drive those five minutes they will seem like only one minute. And I am willing to bet that the commute won't "seem" nearly as long as usual. There are so many application of this concept the only real limit is your imagination.

Allot of people are fascinated by the concept of time travel. There is a lot of controversy both in the scientific community and the hypnosis community. From everything I have read I believe that using current life regression and past life regression as well as other modalities it is possible though not physically possible to go back in time it is possible to alter past personal events to effect your present and your future. The reason I believe this is possible is that not only is time flexible but so is our perception of our reality. For example, let's say there is someone who is deathly afraid of heights because of a trauma as a child. But using any of several techniques we remove the trauma from that memory so that all subsequent height memories no longer have that trauma and fear connected with them. That person would no longer have a fear of heights. So, have we traveled back in time? I will leave that for you to decide. But the same concepts can be used to visit past lives as well for either therapy or discovery.

It felt as though I have been writing for well over an hour but in fact by my watch it has been about 40

minutes. Not the five to one ratio I was hoping for but that will come with practice.

Go have some fun, go change your perspective today.

Ken Myrback along with his wife Maria are Certified Hypnotherapist and Energy Healers.

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Magic: The Science Of Illusion

By Preston Houer

Magic has been connected to mystery and things that cannot be explained by science. But, during the recent years, there has been in-depth studies focused to magic. Now, magic is known to be the science of illusion. More than that, magic is also an art based on science and techniques.

In fields of sciences like psychiatry, illusion is said to be a distortion of sensory perception. But no matter how negative this may sound, magic has entertained people based on illusion. This gives the impression that something impossible has occurred. Magic tricks are based on scientific principles but people do not seem to connect magic and science.

Different illusions are being used in magic and there are seven types of them.

? Production. These are magic tricks out of thin air. Producing something out of nothing. Tricks like these include appearing acts - rabbit coming out of an empty hat, coins from an empty pocket and the magician or an assistant appearing through a puff of smoke on an empty stage.

? Vanish. Tricks from this category are those disappearing acts like coins disappearing, a dove vanishing out of thin air by a clap of hand and stuffs inside silks into the hands of the magician but when opened revealed nothing. This category is the total opposite of production. The similar tricks are

used but done in reverse.

? Transformation. As the word suggest, the tricks in this category involve those which transform anything to another form - chicken to an eagle, fire into a rabbit or a broom into a woman.

? Restoration. Magic tricks using this illusion is meant to restore something to the state it was once before like a cut rope into three parts back into one or cards cut into fourths and back to one.

? Teleportation. This illusion is meant to transfer things to another place. These are the classic tricks that truly amaze people like uncovered cages with one person each and they magically exchange places in a few seconds. This is what is known as double teleportation.

? Levitation. The trick involves lifting objects, animals and even people into air by using trance.

? Penetration. Tricks in this category involve the passing through of objects through a solid wall. One important thing in maintaining the illusion in magic tricks is the secrecy of the magician. The magician should maintain this secrecy in order to be respected and treated with credibility by other magicians. The only exception is when a magician shares the secrets of the trade with someone who is a serious student of magic.

Remember, you are "killing" the magic by telling the secrets of your tricks to others and reducing them to mere intellectual riddles and puzzles.

Preston Houer has been involved with the art of illusion and sleight of hand for over 30 years. Let

Preston show you how to Have Fun With Magic. Visit His Site Today!



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