

# The Now

By Saul Cisneros

There is no past, present or future. Only the now. There is either the now or not the now. Past, present and future is a type of abstraction formed by the mind. The purpose of the abstraction may be to allow things to be seen how they are carried out. Less cryptically, the concept of the flow of time allows a goal to be set and then achieved. In reality you are only in the now.

Everything in the universe is required to move. Movement isn't something that creates time. Rather a flow of time, is perceived by the mind as the result of movement.

Let us consider an event. You drop a spoon on the floor. If you look deeply at this situation what is happening? It moves, specifically to the floor. There is not a time continuum it flows through. Our mind creates the past present and future out of this movement.

In regards to Relativity's assertion that traveling close to the speed of light will slow down your local time. That will not happen at all, at least time slowing down. You will age less in respect to others not traveling the same speed, but you would not be "flowing through time" nor would you be doing that at a great speed. To an outside observer you would be. However, if that outside observer physically could see you while you were traveling at that rate, he would see you physically moving very slowly. Your local environment processes would slow down because there is no more "room" for movement possible. This is caused by your high speed movement taking up the all the possible moves in your local area.

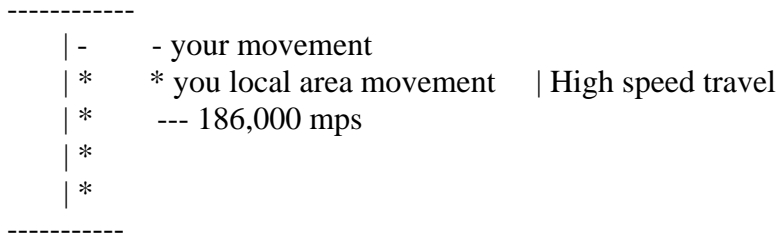


Fig. a

```

-----
| -   - your movement
| -   * you local area movement   | Normal travel
| -   --- 0 mps (relative)
| -
| -
-----

```

Fig. b

In fig. b you can see that more moves are possible because of the reduced local speed.

Saying that, would mean that moving “forward” through time is a totally different concept than going “back” in time. That is why lots of paradoxes come up when you try to apply the same reasoning to “backwards” time travel as you do to “forwards” time travel. The question of moving back in time then actually becomes how do you not be in the “now”. You would want to be what is not. It would reason then that if you are what is not and everyone else is what is now then you would be alone in your “travel”.

It may be easier to “see” what is not instead of trying to “be” what is not. I think this process will not be unlike looking at footprints. Things in that past leave behind marks, those marks could be intelligently re-assembled and put in viewable form by a special machine.