

ALL  
the  
TIME  
in  
THE  
WORLD

Learn to Control Your Experience of Time  
to Live a Life Without Limitations

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# Introduction

Any sufficiently advanced technology is  
indistinguishable from magic.

ARTHUR C. CLARKE

In this book you will find a definitive account of how time works so you can learn to affect it for yourself.

This is not science fiction. This is science. Long ago Einstein proved that time is stretchable, like a rubber band. Ordinary humans are slowing down and speeding up time every day, often without realizing it.

What if you could slow down time? What if you could stretch and bend time for yourself?

Basic science teaches us that time forever marches forward, without fail. We view the unfolding of our lives as a linear reality, where we are at the mercy of events mostly beyond our control.

But there is another way to experience time. There is something that defies the physical law of cause and effect on which science relies to explain time. Scientists call it quantum theory. Using the principles of quantum mechanics, we can view the human construct of time in a different way, where time is less limited than we thought. We can lead lives where pretty much anything can happen. Lives free from limitation.

And so, while this book is about time, it is also about the nature of reality explained through the lens of what science is discovering about time. By posing questions like *Where do thoughts come from?* and *How do we know what is real?* we can begin to appreciate that time and reality are merely perceptions. We pretend that clockfaces show us what is real, but they don't. We continue to pretend because once we pull the thread on our human construct of time, then everything else about reality unravels,

including matter, the world, the universe—everything. When we stop pretending that time is a real thing, we can access the past and the future at any moment. This state is characterized by certain brainwaves and has been called the zone, flow, and the Now. It is what I call focused perception. In this state, you can time travel anywhere you want: you may find yourself affecting the past, influencing the future, and choosing how you experience the present. In some sense, all personal transformation work is rooted in time. When we master time, we master ourselves.

You can get there by understanding the science of time. Once you know the science behind time, you will understand that our experience of time is one part physical and one part perception. The physical part of time is rooted in the science of Einstein, gravity, and relativity. The perception part of time is best explained by the principles of quantum physics. This is my theory for how time works, which you might call a “theory of everything” for time.

While awake and going through our daily lives, we each exist in a physical reality that is sometimes at odds with our perceptions. Everyone has experienced those weird coincidences, those impossible-to-explain incidents, those “. . . did I really just see that?” double takes. Recent discoveries suggest that our perceptions may be every bit as important as our physical reality.

By changing the part that you can control—your perception—you can change your experience of time. Think of it: you could intentionally step out of linear time to shift your thoughts to another time when something you want has already happened or something you want to have happen hasn’t occurred yet.

As you begin to use the practices in this book, such as slowing down time and reversing the past, you’ll develop your ability to time travel through your perceptions. These practices will fuel your mind, stimulate your brain to generate ideas and solutions, and become an endless source of inspiration, intuition, insight, and innovation. Your physical reality and your perception will meld into a more fluid, unified reality, allowing you to change your experience of time—and your ability to do what is yours to do.

Before she died a few years ago, I asked my mother, a clinically minded person trained as an economist, why people read self-help books. Her answer: people want to know why things happened to them. I found that answer very insightful.

I later realized that not only do people want to know why things happened to them (in the past), they want to influence what will happen to them so they can create what they want (in the future). This means that our ability to influence our experience of time is also key to creating the reality we desire.

An early childhood accident, which you will read more about in chapter 1, forever changed my understanding of time and space and gave me the ability to see things in a nonlinear fashion. A kind of curtain was lifted, and I saw a world influenced by subtleties, including our own thoughts, feelings, and imagination. As a result, I sensed more, intuited more, and saw more. People like this used to be called mystics. That no longer has to be the case. Experiences like mine are for everyone.

My intention in writing this book was to give others an opportunity to stumble over the truth as I have. The question is, What will you do next? You could choose to just ignore all of this and go on like nothing happened. Or you could allow what is contained in these pages to inspire a new practice, a new perception, a new way of life. Changing your experience of time is both theoretically and practically possible—and has been my own personal life experience. It has also been the experience of many others, whose personal, real-life stories you will read in this book. It can also be yours.

If you feel that the seconds are slipping through your fingers and there is nothing you can do about it, *All the Time in the World* will liberate you from the illusion that time is your enemy. Instead, like so many whose stories are shared in this book, you can use time as an ally as you become a confident creator of your own reality. You have all the time in the world.

# PART ONE

## Update Your Construct of Time





# 1

## Time as We Know It

Let's take a brief look at life in these times. Before the pandemic of 2020, many of us felt overwhelmed by the pace of life. As an interested friend offering advice, I noticed that regardless of background or current circumstances, most people seemed to have the same core issue: they didn't have enough time to do what they needed to do.

And no wonder. Our devices bombarded us with information, making us feel like we couldn't possibly keep up with it all. Much of this information was unimportant news or marketing messages, so we didn't even know *how* to know what was true, much less what to act on. Every week we heard of a new mass shooting or record-breaking natural disaster. Paradigms were shifting in virtually every discipline, from physics to medicine to culture and beyond.

Then the pandemic hit. The same people overwhelmed by the busyness of life just a few short months prior were now under stay-at-home orders, unable to engage in their usual routines of shopping, work, socializing, school, and commuting.

During the early months of the pandemic, I often asked people about their experiences of time and if it had changed for them. "Yes" was the nearly universal answer. Before the pandemic, time had seemed to move at lightning speed. Now, some said, time passed so slowly that every day felt like a week. Others said time seemed to pass in a blur, so that the months-long episode felt like the same long day. Still others said both felt true: every day felt like a week, yet the weeks sped by like days.



Although mostly grateful for being able to spend so much time at home (at first), people were also confused. Why did time seem to behave so oddly?

My answer was this: time is not what you think.

Whether we can't get enough of it or it can't pass quickly enough, time is the one problem that still unites us all. It's often described as the world's only nonrenewable resource: once it's gone, it's gone, and there's nothing we can do to change that.

Or is there?

My own experience of time changed dramatically around the age of four or five, when I experienced a nearly fatal fall through a plate-glass window. Our family was vacationing in a cabin in Northern Arizona, and my younger sister and I were playing together by jumping on and between two twin beds. At one point, I jumped too close to the edge of the bed, and as it slid out from beneath my feet, I was hurled through the window. My mother remembered seeing me fly through the air in slow motion. I broke the window with my head and landed half inside, half outside, with the severed glass from the bottom pane still inside of me. Before taking me to the nearest doctor, which as I recall was a country facility miles away, my mother was told by a doctor who happened to be at the scene, "I don't think she's going to make it."

While I don't recall that conversation, I do remember much of the experience even though I had lost consciousness. I recall being on the windowpane and being loaded into the back door of our station wagon. I remember the drive through the country to the doctor's office. Most clearly, I remember the room I was in while being operated on. I remember looking down from above where my body would have been. I don't have a clear memory of my body or the actual operation, but I recall looking out a window beyond a metal cabinet to my right where supplies seemed to be stored. When we returned home to Phoenix, I recall being in a cast for months, from my waist to my armpits.

I eventually recovered and was once again a little girl full of life. But the way I saw the world had changed forever. I thought of everything around me as connected, alive, and conscious. I used to imagine I had

superpowers that I could use to slow down clockfaces, having had many experiences of “the zone,” which athletes describe as a transcendent experience where they experience slowed-down time. While bowling, running, or doing other similar activities, time would seem to slow down so I could perform at a heightened level that wasn’t typical for me. Today, we know “the zone” is the key to peak performance and experiencing our highest potential. For me, these experiences made me feel that I was more than an average kid. It turns out I may have been right.

Around the age of eight, I remember bowling with my older brother. We were in a league where we bowled fairly often, but I wasn’t good at it. One evening, though, I remember bowling a nearly perfect game. Surprisingly to say the least, it seemed as though any ball I rolled down the lane ended up as a strike, no matter how carelessly I threw it. I recall seeing whether I could intentionally mess up and aim the ball at other lanes just to see what would happen. Strike after strike occurred until the last few bowls when, in shock and exasperation, I didn’t bowl strikes and instead bowled something more like spares. All of this occurred while I was experiencing a sense of timelessness during what was clearly a transcendent experience.

Later on, I felt I could easily slow down time and often practiced doing it, arriving at destinations seemingly too early to have physically walked or driven there. Many years ago in high school, I needed to take one of the Scholastic Aptitude Tests (SAT) for admission to college. I was running late the morning of the test and left for my high school, about thirty miles away over a mountain pass, less than thirty minutes prior to the start time—too late in my experience to arrive before the doors closed. Instead of worrying about being late, though, I focused on being seated at a desk precisely on time. I got in my car and played the movie of myself walking through the door with the wall-mounted clockface displaying the precise time I needed it to be. I later walked through the school doors into the room and sat down right on time for the test.

In all of these cases, I rarely told anyone, too uncomfortable to share these stories with my family or friends because I thought they might judge me as weird or crazy. At times, as a child, I would bring up

some miraculous event, such as feeling like I had flown or that time had stopped. But grown-ups around me called it magical thinking, which often happens in the minds of children. Moreover, memory is a problematic thing. There is no way to know what really happened as individual memories naturally get changed, duplicated, and distorted over time.

Even so, I wanted to understand why my experiences of time seemed different from others around me. After a decades-long search through ancient texts, mystery schools, and esoteric spiritual practices, I discovered that what I recall being my experiences were neither new nor unusual: ancient Eastern spiritual traditions had been teaching their practitioners to do exactly what I had stumbled upon for thousands of years.

Being a Westerner, however, I wanted to understand how these experiences were possible based on science and data. My quest ultimately led me to modern science, where the language of physics helped explain what I experienced over so many years. This is what I know and have discovered from science: Time is one part physical and one part perception, which explains why it sometimes seems stretchable like a rubber band. Experienced time is controlled, in part, by you.

The secret is improving your skill of what I call *focused perception*. Focused perception is a heightened state of awareness that can happen to a person in a lot of different contexts: including playing a sport, experiencing grave danger, or bringing it on intentionally through the practices I outline in this book. It is a state of perception where someone might feel deep concentration, a sense of mastery, a lack of self-consciousness, and self-transcendence. It is also a special experience where time does not pass as usual and typically slows down or seems to completely stop. Discovering how to bring on this state for yourself allows you to finally transcend time.

You may have already experienced the kind of focused perception that results in strange experiences of time. Years ago, my friend Bill described to me how he was driving on a California highway at about eighty miles an hour with the traffic. In the lane to his left, he saw a woman in a car going the same speed as he was. In front of him, he saw a large tire fall off the back of a truck, bounce three times, go through her windshield, and kill

her, all in slow motion. Meanwhile, according to his perception, he had all the time in the world to do what needed to be done. While the other vehicle was slowly spinning out of control, Bill maneuvered to the side of the road and avoided a collision. His experience of the life-threatening nature of the moment seemed to cause time to slow down dramatically for him, to the point where he could save his own life.

Perhaps time has seemed to stand still for you during a similar experience of danger or while you were lost in a wonderful memory, watching the waves at the beach, holding your newborn, or in the flow of your work.

In each of these cases, this state of focused perception produced feelings of transcending time. What do I mean by transcending time? It is a state often characterized by deep concentration, emotional buoyancy, a sense of mastery, a lack of self-consciousness, and a sense of self-transcendence. Many people call this experience “the zone,” “flow,” “the Now,” “being in the present moment,” or simply “presence.”

Usually we have these experiences spontaneously, triggered perhaps by certain circumstances like a near-death experience (like I had), extreme danger (like Bill), extreme love (a spiritual epiphany or holding your newborn), or extreme focus (like on the basketball court). But rather than waiting for these experiences to happen unpredictably in moments of danger or when lost in thought, I’m going to show you how to create this sense of transcending time at will. The way to do it is to change the part of the time equation you control: your own perception. Through simple practices anyone can learn, you can finally transcend clockfaces and your outdated construct of time.

Regardless of what someone thinks their issue is, I’ve found that changing their construct of time unlocks personal transformation—allowing them to make a “quantum leap” forward in nearly every area of their lives. If time is *not* forever uniformly moving forward, what if we can stretch and bend it enough to suit our personal needs? What if we are able to change our experience of how time passes in the physical world—without building a time machine?

I met a woman a few years ago at a conference full of fascinating and successful people. She herself was highly accomplished in her career.

We struck up a conversation, and she told me that she felt frustrated. She sensed the dreams of her future were hampered by memories of her past, and she felt stuck.

Based on principles you will learn in this book, I showed her how time doesn't exist in the way she had perceived her whole life. Time is not linear and fixed, but stretchable—something she could interact with and even control. I explained how, if she knew the science behind time, she could affect time for herself. And while my work with her was about transcending clockfaces, it was also about personal transformation. If she continued to squander moments of time paralyzed by regrets from the past and fear of the future, then no amount of stopped clockfaces would enable her to do what she wanted to do.

I shared with her two specific practices that allowed her to change her perception of both her past and her future so she could create what she wanted in her life. It took practice and focus, but she mentally awakened to the point where it became possible for her to move beyond her past and begin to master the way the world works in deep and meaningful ways.

Did it help her? Here's how she put it:

Using the practices that Lisa taught me has transformed my life. The things that had blocked me in my life have lost their power. The goals that had seemed distant are now very much at hand. And the tool of focused perception has made me so much more productive in my work; I have found that focused perception is the inverse of panic. It slows time, and free of stress, I am free to accomplish goals—and more of them!

Focused perception has made me a better athlete as well. I play tennis. The more I focus on the ball coming toward me from the other side of the net, the more time I have to ready myself for it and to connect. Also, the more focused I am on the ball, the more relaxed I am. I feel I have all the time necessary to hit the ball well. This practical application serves to remind me that I have all the time necessary in any area of my life.

I was lucky. I met Lisa at a time when I sensed that consciousness was the answer to all of my problems, but it was Lisa who handed me the key to its uses.

She changed her perception of time. She realized she is not bound to time, but a creator of it, and truly has all the time in the world to do everything she wants to do. She also has practical tools and strategies to ensure things happen at the right time, which results in a deep sense of connectedness and abundance. She is on her way to transcending time.

With all the effort we put into managing time, we have to ask: Why is the issue of time so important to us anyway? I believe one reason is that we want to know the answer to this fundamental question: What is mine to do, *now*?

When you are no longer at the mercy of the clockface and know that you can stretch and bend time to suit your personal needs, answering that question becomes much easier. Those who ask that question, receive the answer, and then take action on that answer lead lives of purpose, meaning, and presence.

The theory of time described in this book, and its practices, have enabled me not only to know what is mine to do at any moment, but to do it. That's exactly what *All the Time in the World* will help you do as well. Possibly for the first time, we may be ready to not only understand how science accounts for time, but to apply these scientific principles, change our lives, and get on with doing what is ours to do.

Of course, to get to the point where I could reliably “stretch time,” as Einstein put it, took a near-death experience, a lifetime of wondering about what causes feelings of timelessness, and decades of practice. Here in these pages, I have distilled all of that down for you into useful practices you can use to focus your perception and change your experience of time. Here's how:

**Part 1: Update Your Construct of Time.** The first stage is not a practice but a rethinking of the human construct of time. In part 1, I provide a brief overview of the scientific evidence for why time is not the unchanging linear property of human experience we believe it to be.