



# The Yoga of Time Travel: How the Mind Can Defeat Time

*Fred Alan Wolf*

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## **The Yoga of Time Travel: How the Mind Can Defeat Time** Fred Alan Wolf

Time travel is not just science fiction; it may actually be possible. Wolf draws on yoga and quantum physics to show that time is a flexible projection of mind. Cheating time, he says, is an ancient metaphysical idea from the Vedas having to do with moving through meditation to a place where time stands still.

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