



Thank you for showing interest in www.multidimensions.com. If you wish to unsubscribe to this newsletter please do so at the bottom of the page. On the other hand, if this email has been forwarded to you and you wish to subscribe, email me at suzancaroll@multidimensions.com and place **SUBSCRIBE** in the subject line or click "Join Email List" at: <http://www.multidimensions.com/TheVision/newsletter.html>

March 13, 2013 (3-13-13)

~ Online Healing Retreat ~
with Dr. Suzanne Lie

Merging with Your Highest Expression of Self



Merging with the Highest Expression of Self

Part II of the six part Series
~ THE THRESHOLD TO THE 5th DIMENSION ~

[More information and REGISTRATION for SINGLE OR SERIES CLICK HERE](#)

Saturday, March 16

Time: 11 am Pacific / Noon Mountain / 1pm Central / 2pm Eastern / 7 pm GMT

[Click here to buy a Single Session @ \\$22](#)

[You may also purchase the entire 6-session Multidimensional Series for \\$99](#)

includes 6 sessions with Dr. Due in live and MP3 Downloads of 90-minutes each. Also includes

an Introductory Session on Merging with Highest Aspect of Self & PDF of links to additional resources on multidimensionality.



We hope to meet you Saturday, March 16, 2013

Message From The Arcturians



Creating Your New Reality

You are now in the process integrating the higher frequency light streaming from the Galactic Center into your earth vessels, emotions and neural synapses. Once integrated, this light will affect your every emotion, thought and action. Furthermore, this Higher Light is activating your 97% Ascension DNA, which is awakening your innate potential as the creator of your reality.

Therefore, we ask you to spent as much of your "time" as possible with Gaia's planet Earth to more fully embrace the escalating electromagnetic fields of light that were bombarding our planet. The new synapses that are activated in your brains will allow you to absorb new information that was inaccessible to your formerly limited brain capacity.

In order to come into your full power you will need to release ALL of your old patterns of thought and emotion. Free of these limiting patterns you can surrender to the unknown and enter the chaos of immense change. You, our ascending friends on Earth, are NOW being called upon to undergo the process of: releasing limitation, surrendering to the unknown, entering the chaos, and acting in a novel fashion.

RELEASING LIMITATIONS

When you realize that you must release old patterns of limitation you are faced with the

realization that YOU are the creator of your life. Since you do NOT know how you can make the best choices, you recognize that all you can do is to surrender to the chaos of extreme change. It is through this surrendering into the new patterns of multidimensional life that you release the old habits and addiction of third-dimensional physical life.

Releasing the old and embracing the new will propel you into great evolutionary leaps of consciousness. Through these higher states consciousness you can more easily remember how to be the Master of your Energy. Learning can cause a fear of failure and doubt about whether or not you can learn.

On the other hand, remembering, although frustrating at times, forces you to recognize your higher expressions of SELF, a great antidote for any fear. However, there are many emotions that you will need to embrace and release during your deep communications with your true SELF.

SURRENDERING TO THE UNKNOWN

The earth vessel that you are wearing was created from the third dimensional elements and the fourth dimensional Elementals that enliven your form. However, Earth is raising Her resonance. Since matching the resonance with a given reality is how you adhere to that world, you will need to match your resonance with ascending Earth to continue your personal ascension.

In other words, in order to remain attached to the Matrix of Ascending Earth, you must surrender to the unknown in order to stay in entrainment with the frequency of Gaia's Earth. Entrainment is the practice of matching your brainwaves to a desired frequency whereby you and other oscillating systems can interact to assume the same frequency of expression.

Therefore, when you match your energy field with the electromagnetic field of Earth, Her rise in frequency will pull you along in Her wake. In the same manner, your personal ascension energy field assists the planetary ascension. Through entrainment, the higher frequencies of light that are bombarding Earth change not only Earth but all Her inhabitants, as well.

The resonant frequency of any reality must be matched, entrained, in order for you to experience that frequency of reality. Many of you have begun your inter-dimensional explorations and are finding that fact to be true. What you may not have discovered yet is that you CAN DO ANYTHING you place your intention upon and then fill with unconditional love.

Your thoughts are your personal light synapses that entrain your thinking with the different frequencies of your mental light matrix. Furthermore, you can entrain your mental matrix with any possible reality by projecting unconditional love onto that matrix.

The unconditional love both opens the Portal into that reality and binds you to that reality. Unfortunately, a forgotten program is an unused program. Therefore, many of your higher frequency mental programs have been forgotten. Auspiciously, it is during this phase of ascension that your multidimensional memory returns.

EMBRACING THE CHOAS

There are many extreme changes that must be made during this phase of transition because the old, third/fourth-dimensional patterns are in juxtaposition with the incoming, fifth-dimensional

energy patterns. These conflicting energy patterns create the chaos that precedes great change.

In order to entrain your energy with the fifth dimensional energy, you must release all your third dimensional thinking, emotions, habits and behaviors. If you choose to ignore what is going on around you, rather than surrendering to the chaos of radical change, you will remain entrained with the third dimension and will not become entrained with the fifth dimensional energies of ascending Earth.

When you must adapt in order to survive and/or stay the course of ascension, you will find the courage to enter the chaos. Happily, leaving the familiar allows you to begin the activation of long-forgotten matrixes within your brain. Fortunately, when you are faced with a new challenge, you can find the courage to enter the unknown with an open mind.

It is the open mind that is so vital. If you judge a possible shift in your thinking, you will close that door and remain stuck in patterns of thought that have become obsolete. You ascending ones are in the same situation that I was in while on the Ship. If you do not find a way to call upon your forgotten resources, you will not be able to experience the long awaited "take off" into new territories of reality.

If moving into the unknown frightens you, think how afraid you will be if you miss this moment. Fear is very illogical and can be contained by logical thinking. As soon as you speak to your fear, you are in a superior position to that emotion. First, you have to calm your fear by telling it, "Thank you for sharing that we are in a dangerous situation. Listen to me Fear, I need you to calm down NOW so that I can take charge of this situation." Once you talk to your fear in an authoritative manner, your consciousness raises beyond the unconscious reaction of Fight/Flight and into the consciousness of mastery of your energy.

Also, if you continually monitor the thoughts that you allow to stay in your mind and the emotions that fill your body, you are already becoming the authority over the energy field that you hold in your body and project out into your world. In fact, becoming the Master of your Energy is the basis of activating your multidimensional perceptions and abilities.

ACTING IN A NOVEL FASHION

This chaos forces you to adapt by engaging in deep introspection so that you can call upon forgotten resources. Through this deep inner inspection you will re-connect with your multidimensional thinking. Your multidimensional thinking is coded to receive the Light Language of the higher frequencies of reality.

Then, via Light Language, you will receive all the assistance that you need in order to act in a novel fashion. Your first novel action will be to project your consciousness into the Core of any person, place or thing with which you are interacting. In order to project your mind into the Core of that which you wish to interact or alter, you must first go into the Core of your SELF.

It is through your own Core that you enter into the NOW. Your Multidimensional SELF lives in the NOW, and is in constant connection with your third/fourth dimensional expression serving as your anchor into Earth. TIME is your anchor to the physical plane. Time, as you know it, only exists in the third/fourth dimension. It is your attachment to time that pulls you OUT of the NOW of the ONE.

Within the NOW, you are also within the ONE. When you are ONE with all life, you can commune with every particle of reality and request that it agrees to follow your request. Within the NOW of the ONE, which is best accessed through your own Core, you can connect with the higher frequency of any given reality to repair what has been wounded.



Spontaneous Awakening

More and more of you are having Spontaneous Awakenings. These awakenings often occur after a long bout of depression, anxiety, illness or "bad luck." These awakenings occur because the multidimensional light bombarding your planet is so intense that the light quotient of humanity is raising to Critical Mass. Light quotient is not the same as majority of people. At this point, the majority of humans are still struggling through the third/fourth dimension.

However, the light of the awakened ones is so intense that it over-shines the darkness of those who are lost in the briar patch of third dimensional turmoil. In fact, an awakened person holds ten times more light than their un-awakened companions. The differences between the two expressions of human consciousness create chaotic energy fields because the juxtaposition between the third/fourth and fifth dimensional parallel realities is causing a paradigm shift in your world. It was the same in my world when we entered this phase of ascension.

You, the awakening ones can no longer hide in your illusions. Thus, you must enter into the chaos of the many changes that are occurring within the NOW of your reality. It is the shift from the perceived safety of a familiar and apparently ordered world that is causing the Spontaneous Awakening.

The lies that you have been told, and the ones that you have told yourself to make life "good enough," no longer work to hide your disillusionment. The "things" you buy do not give you the same pleasure, those important people you befriended are no longer interesting, that job that gave you so much prestige has become a hollow victory, and the money you worked so hard to make is gone before you can enjoy it. "What is this all about?" you ponder.

What you may not know is that your higher expression of SELF is looking you over and waiting for this very opportunity to jar your comfortable denial. Your Multidimensional SELF gives you

dreams, ideas, and opportunities for change and constantly speaks to you in the back of your mind.

"What is that nagging voice?" you ask. "My life is JUST FINE," you say, a little too loud. But as much as you push away the growing wave of transformation, the chaos of change expands more and more until you are overwhelmed. But, what are you overwhelmed with? You do not know. You cannot understand. Your life is just as it was when you thought it was great. Why are you suddenly so miserable?

It is the Light. The higher frequencies of light are erasing the third dimensional indoctrinations and replacing them with the Multidimensional Operating System. With the download of your new mental operating system, your biological computer brain can no longer compute information in the same logical, sequential manner. Many multidimensional messages are swirling through your brain and altering your neurological circuitry. These surges of high frequency light are creating sudden crashes of old mental computations.

"Am I losing my mind?" you wonder. No, you are just uploading a new mental system, and right now you are in-between the old system of computation and the new system of Flowing with the Light. The many sequential details that have filled your brain are at right angles to the circular flow of the Light Language embedded in the higher frequency light.

Some of you know that you are awakening, and some of you have been awakened for a while. It is these awakened ones who need to connect with each other and with the newly awakening ones. In this manner, the awakened ones can learn to be fifth dimensional leaders and the newly-awakening ones can gain the assistance of those who have completed the process which they have just begun.

With a core group of humanity openly saying there is a reason for what is happening, the fear of mental breakdown is replaced with a hunger for change. It is at this point that your spiritual awakening begins, for fear has left that threshold. Many people may scoff at you, but once you have gone through your cycle of resistance, you begin to feel the unconditional love that is so much stronger than external judgment.

You remember now that there is important work to be done. You are here to assist your planet, which you can only understand once you have released your addiction to the third dimensional illusions. Through the thinning veil of illusion you can perceive and begin to enter the new paradigm of reality. In the third dimensional paradigm, REAL was comprised of third/fourth dimensional molecules organized into a physical form.

You knew this form was real because it offered resistance to your touch. You could see it with your physical eyes and heard it with your physical ears. This form had hard edges and familiar angles. However, your new mental operating system perceives energy patterns that feel alive to you. You do not know what these energies are, but you have a feeling that they are another reality, a life form or, maybe a Higher Being.

Your "feelings" are changing right along with your thoughts. "Feeling" used to mean emotions or your sense of touch. Now your feelings are similar to a new kind of perception that you experience through your mind. Furthermore, you now realize that your mind is not just in your body. In fact, both your thinking and your emotions seem to be emanating from above you. This above is not

above in space, but above in frequency.

Those of you who have been awakened long enough to become familiar with your new version of SELF, are hearing a call to put all that you know to use. You are tired of keeping quiet so "they" won't judge you. You want to talk about what is happening in your body and in your life. You want to share your new world with other people who are experiencing the same thing.

In other words, now that your Multidimensional Operating System is integrating into your third/fourth dimensional brain, heart and body, you KNOW you cannot go back. You don't know exactly where you are going, but you WILL find out. Unfortunately, you are not sure how you will find out because you are still "in-between" who you were and who you are becoming.

However, your ever-expanding Unity Consciousness is telling you that you are connected to everything and everyone. You are connected to the planet, as well. In fact, you ARE the planet. It is the realization that you are the planet that allows you to remember that you are also the Higher Beings that you are hearing, seeing, touching and following into the unknown.

You don't know where you are going, but you have remembered to follow the "feel" of unconditional love. How did you get from the frightened, disillusioned one to following the flow of unconditional love? You don't remember, but you are not looking back to find out.



Saturday's Online Healing Retreat is a 90-minute experiential program that shows you how to meet, communicate, and merge with The Highest Expression of Your Self for a constant source of guidance and powerful information. Dr. Sue leads us in a guided meditation that allows us to connect even deeper to the Highest Expression of our Multidimensional Self.

You'll learn a process and technique to in contact with your great aspect of yourself for a great guidance so you can create from your highest expression.

Dr. Sue says "In order to interact with the higher frequencies of reality we need to attune ourselves and entrain ourselves with that frequency of our own multidimensional self. As we are in direct and constant alliance higher expression of self, then we have a constant source of guidance that we can carry with us throughout our daily life.

Ascend into higher vibrational levels and access the highest consciousness available in this New Golden

Age.

SATURDAY - March 16th

Online Healing Retreat

Merging With the Highest Expression of Your Self - Move into 5D

Time: 11am Pacific / Noon Mountain / 1pm Central / 2pm Eastern / 7pm GMT

Click here to register: www.acoustichealth.com/drsue2.htm

This is part of a 6-part series which you can listen to in it's entirety or you can join an individual session and receive great insight on your path. In our continuation of this series, we're moving to threshold of 5D where we first communicate with our soul, which is multidimensional.

This is a hard concept to grasp at first because we don't perceive our soul as all these beings within one. At the threshold of 5D is where we really need to become masters of our thoughts and emotions because we are moving towards instant manifestation. Dr Sue Says, "it's one thing to get to the threshold of 5D and another to stay there."

Journey with us this weekend! Event is recorded if you can't join us live.

Much love and joy to you,

Lauren

Lauren Galey

www.AcousticHealth.com

www.VoiceMaven.com

303-862-5050

lauren.galey@gmail.com

INTEGRATION SCRIPT



EGO:

I seem to be losing control of too many parts of my life. Over and over, I have to say to myself, "Well, there doesn't appear to be anything I can do. I guess I just have to "let go" and see what happens. I must admit though, I am a bit scared.

Supposedly, there are other jobs for me to do, other assignments and such, but I feel really out of the loop. This new "system" of reality has such different rules that I feel like a fish out of water. I hope the new Captain knows what's up, 'cause I sure don't!

SOUL:

You do not need to understand because I KNOW. I AM your Soul; I know all of all. You see, I AM

liberated from the 3D Game, while at the same time I AM still playing it through you, my Grounding Point.

EGO:

Well, if you know so much, then tell me what my part is now? I am used to being in charge of everything, well at least everything in my conscious mind. No, that isn't exactly correct either. OK, I am used to being in charge of every part of the consensus reality of which I am conscious. I guess that isn't actually too much.

SOUL:

Yes, dear ego, I am aware of your great contribution and sacrifice.

EGO:

Sacrifice! What sacrifice?

SOUL:

Your sacrifice was that you split off from the ONE; you diminished your awareness to embrace only one small, separate lifetime, on one small, separate planet. You turned OFF your awareness of SELF so that you could participate in a great experiment.

EGO:

Experiment? What experiment did I participate in? I don't remember splitting off from my SELF. In fact, I have always been myself...except...except that there has always been another presence, a Guide, or God or something, someone. I called it by many names. The names changed as I changed. I mean, I was the same person, but my awareness changed.

SOUL:

Yes, your awareness changed as you became more conscious of ME-your Multidimensional SELF. Even though you "split off" from me, I have never left you. How could I, for I AM you? I AM the Presence that you have always felt, but you could not believe that you could hold such Power, Wisdom and Unconditional Love. Therefore, you projected these feelings onto "other" Guides, Angels, and Masters.

Because you split off into the realm of separation and limitation, you were separate from ME, your Soul/SELF. I AM the "YOU" who lives in Constant Unity with your Guides, Angels and Masters. In fact, I AM your Guide, I AM an Angel, I AM an Ascended Master, and much, much more.

At the same time, I AM the "YOU" who is free of the 3D hierarchical systems that are separated into polarities of bad-better-best. In my reality, the true reality, there is No separation, there are NO polarities. Hence, there is NO hierarchy! We are all ONE.

EGO:

I don't understand how that can be. How can there be no separation, no polarity? If there is no hierarchy, then how do you learn from those who know more than you? Whom do you worship?

SOUL:

There is no "learning" in my reality. There is only "KNOWING." There is no worship, for no one is better, or worse. There can be no "better than" if we are all ONE. Therefore, we don't "worship." We KNOW. We LOVE. We appreciate and assist our fragments, such as YOU, who have split off

from us to enter the great experiment of life in a polarized, lower dimensional reality.

Many of us have fragments of our SELF who live as lower dimensional life forms in different worlds and realities. To us, all these "grounded expressions" are the same. Hence, a "person" is no more significant than a "tree" or a "fish." Since WE are all ONE, we view ALL life as ONE.

EGO:

Now you are telling me that I am no better than a fish? I don't think I can believe that. A fish doesn't "do" anything but swim and get eaten by bigger fish, or by people. What good do they do?

SOUL:

You don't understand what I am saying. Here, there is no "doing." There is no "eating," there is no polarity of "good" or "bad."

EGO:

That sounds boring to me!

SOUL:

Yes it would sound boring to a 3D person who is trying to "do good," especially when you are separate from me, your Soul. But, just as you cannot conceive of UNITY, KNOWING and BEING, I could not understand separation, doing and boring. That is why I split off a portion of my SELF off to enter into the experiment of life on the third dimension.

You have taught me much, and I wish to thank you. I also wish to bring you Home, into ME, your true SELF. That is why I have been recalibrating your earth vessel, chakra by chakra, so that I could integrate my Essence into yours. You see, then, we will no longer be separate. We will be ONE again.

EGO:

Does that mean that you have left your reality?

SOUL:

Oh no, my dear Grounding Point. There is no "leaving" in my reality. How can you "leave" when there is no "separation?" If there is only Unity, how can you leave Unity?

EGO:

You are confusing me. I don't understand this Unity thing that you speak of. It sounds nice. In fact, it feels much like the feeling I have had inside all my life, the feeling that I have worshipped. But I don't understand how I, the separated one, can move into a reality that is so different from any reality that I have ever known, or even studied?

SOUL:

You CREATE it!

EGO:

Create it? How can I create something I don't understand? This "creation" you speak of is beyond my ability to even conceive.

SOUL:

You Surrender to me-your SELF. You fall into the FLOW of Unity that I AM. You are the one who has to make the decision for us to reunite, as you live in a reality of Free Will. The rules that we agreed to before our "Fragment" logged onto the 3D Game, was that we can NEVER pull out, log out, of the Game until our Grounded One asks us.

We agreed that we would wait until our Fragment Awakened enough to remember its Multidimensional SELF and to seek our assistance. Then, when they were ready, we would guide our Fragments Home. That was the experiment: "Would a Being who separates from the Unity of All That Is, ever desire to return?"

EGO:

Well, this has been a long experiment, millions of years, in fact!

SOUL:

It has not been long to us, as we do not have "years." In fact, we don't have "time." We live in the NOW. When you live in the NOW, you will have no regrets from the past, or fears of the future. When you remember how to live in the NOW, you will be able to find the FLOW into which you may Surrender to me, your Soul/SELF. Once you are reconnected to me, you will return Home.

EGO: How do you know that I want to surrender into this Flow? How do you know that I want to go Home?

SOUL: Because, dear portion of my SELF, you are choosing to integrate ME into your Earth Vessel. You see, Home is NOT a place; it is a vibration. Thus, as you integrate ME, you do not GO Home. You BECOME Home!



Don't Forget Our Upcoming Seminar

*Aldersgate Retreat Center
925 Haverford Ave Pacific Palisades, CA 90272*

DATES AND TIMES

*The Seminar begin Friday, April 5, 2013 at 4:00pm PST
And concludes on Sunday, April 7, 2013 at 2:00pm PST*

FEE of \$450 Includes

*2 nights lodging
5 meals catered by the Lodge*

*Beautiful Surroundings
Camaraderie, Inspiration, Meditations and Fun*

*Interested? Please email Suzanne Lie at:
suzancaroll@multidimensions.com*

LIVE STREAMING

*Can't make it in person? Join us from the comfort of your home via our
Live Streaming Audio
Includes a chat room where you can communicate with other online participants.*

Only \$99 Register now by clicking:

<https://reproguides.infusionsoft.com/app/manageCart/addProduct?productId=482>



Quick Links...

You may Also visit:

<http://suzanneliephd.blogspot.com>

<http://www.youtube.com/user/suzannelie>

<http://www.multidimensions.com/TheVision/meditationdownloads.html>

www.multidimensions.com

www.suzanneliephd.com

<http://www.facebook.com/SuzanneLiePhD>

<http://www.creatingnewearth.com>

<http://www.facebook.com/groups/327887783962352>

[Join Our Mailing List!](#)