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**A Quantum Journey  
to Birth  
Your New Self**

with Dr. Suzan Carol  
(aka Dr. Suzanne Lie, PhD)  
[www.Multidimensions.com](http://www.Multidimensions.com)

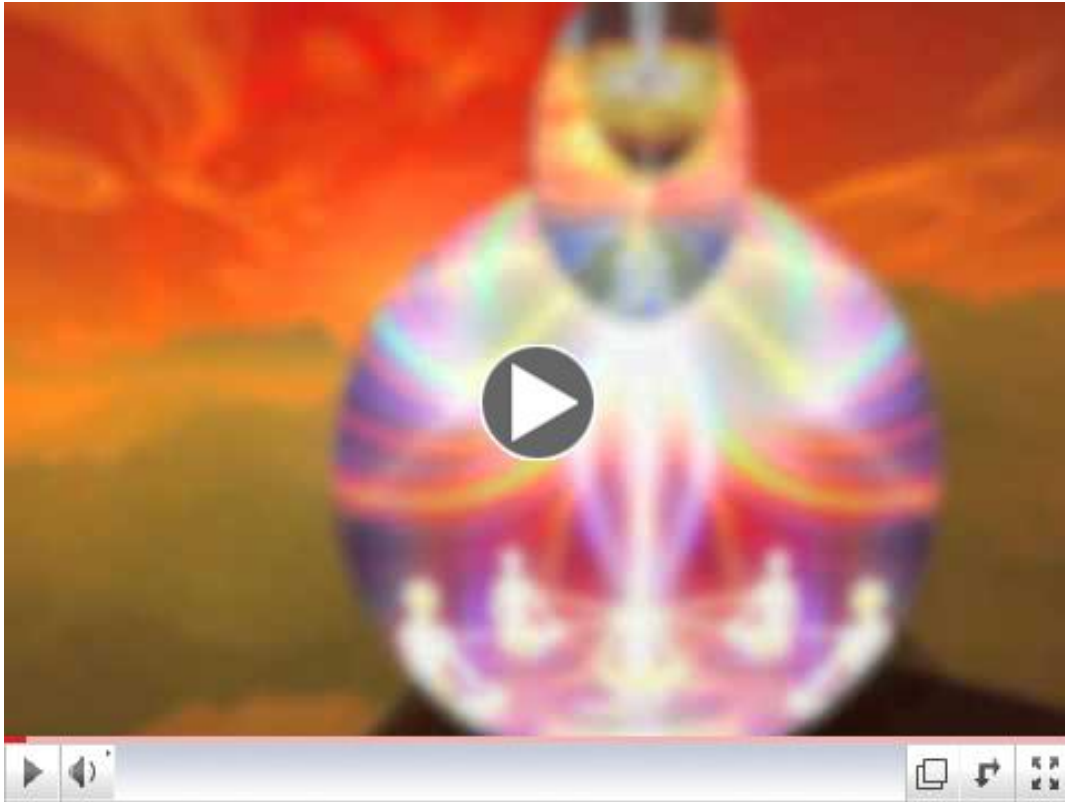
*"When we begin to love ourselves, we realize we can create our own reality. We are now creating and manifesting more quickly as we move into the New Earth. Yet, we are already on the New Earth, and we are already our 5th Dimensional selves, so it's really about expanding our consciousness to think multi-dimensionally"*

**A Quantum Journey to Birth New Earth  
& Your New Self in 2012**

**Ascension Events - Two each month**

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**Creating New Earth 3**

JUNE 19, 2012



**A DAY WITH VENUS**

Dear Ascending Ones,

We the Arcturians are here to assist to awaken to a New Day on New Earth. To complete your transition from your third dimensional reality and into New Earth, you need to release that which is in-between. What is in-between you and your life of love and light are your third dimensional habits of fear and hiding from your own repressed dark memories. Your unhealed trauma creates a firewall in your deep subconscious mind. This firewall was created so that the deep trauma could remain unknown until you were strong enough to face it. However, that hidden trauma was happily forgotten. Then, since the unknown is one of humanity's greatest fears, anything that was unknown to you was blocked by the firewall.

However, as the multidimensional light and unconditional love flowing from the Galactic Center enters into your physical brain, it will flush out the darkness that you have repressed. Therefore, it is best if you heal and release this archived fear so that you can fully embrace higher frequencies of the love and light. Your repressed fear or trauma was stored in your deepest subconscious because that area of your psyche is disconnected from your daily life. Hence, these memories were the easiest to ignore. Unfortunately, the fear/darkness that is stored in your deep subconscious acts as a sniper hidden in a tree that attacks you when you are least aware.

The process of clearing out your deepest darkness is not for everyone. In fact, only the Openers, the first ones through the Ascension Portals, are called upon to do this deep work. Many of the Openers were the ones who came to answer Gaia's call at the fall of Atlantis. These ones have a deep connection to their Star Family, but they also have many traumas buried within their subconscious. They have these buried traumas because they have worked for the forces of light again and again in the darkest of times, only to be punished for revealing their light.

Also, only those who have an expanded consciousness, as well as the support of their Star Families, are able to move into past realities in which they were lost to fear and darkness in order to clear them. There is a certain amount of "terror" that you will need to confront, mainly because it is leaking to the surface of your consciousness in the form of aberrant behavior. We Arcturians are assisting you at this time of ascension and are happy to guide you through the process of this deep clearing.

It is important to release your ancient and archived fear because all memories work by association. When you remember one fearful experience, you also remember similar experiences. Hence, one trauma stops you from fully remembering similar experiences, even if they are happy ones or guiding you to a great awakening and more courage. Furthermore, unreleased trauma does not disappear. It hides in your fears and tells you that your inter-dimensional

experiences are only an "imagined reality" as opposed to as a "directly experienced" reality.

Having a reality be "just your imagination" protects you from moving into unknown territories when you discover hidden trauma. If a traumatic experience is "just your imagination" then any similar experience would also be "just your imagination." Many of our ascending ones have believed they needed to protect themselves from remembering their full Multidimensional SELF. They were afraid that if they activated their full memory, myriad painful experiences would also come to the surface.

However, hiding trauma and past pain does not make it "go away." All hidden fear and pain creates a leakage of uncontrollable, and often unwarranted, fear and/or anger. The Dark Ones have used this hidden fear to control and limit the awakening ones. If all our ascending ones were to clear their hidden dark memories, they would ALL come into their full power, wisdom and love.



### **VENUS TRANSIT**

Dear Venus has come into your lives again during her latest transit to guide

you Home, past your current physical Sun and into your higher frequencies of reality. Venus carries all the unconditional love that is necessary for humanities full healing. Also, those of you who answered Gaia's Call for assistance during the fall of Atlantis incarnated first on fifth dimensional Venus to gradually step-down your great light enough to be able to incarnate on the deeply-wounded, third/fourth dimensional Earth. In fact, many of you spend lives on Venus in-between your earthly incarnations. On Venus you can "de-brief" from your challenges on Earth.

However, we have diverted from our message, so allow us to explain the difference between an *imagined reality* and a *direct experience*. An "imagined reality" is based upon your left-brain's third dimensional thinking combined with your right brain's creative process. Because it is based on a creative process, your left-brain chooses to perceive that experience as something that you created rather than an actual "real" experience. To your third dimensional thinking, only that which is perceived via your five physical senses is believed to be "real."

When you think multidimensionally, you know that *you create* every experience. You also know that you have *chosen to perceive* everything that fills your experiential world. The knowledge that YOU CREATE your reality and that YOU CHOOSE to perceive that which you wish to experience, even in your daily life, is a huge responsibility for an un-ascended person. It is that very responsibility that must be owned and used by our ascending ones as a vital component of your ascension.

It is necessary to embrace this responsibility in order to fully connect your Multidimensional Operating System into the circuitry of your third dimensional mind. Your Third Dimensional Operating System is actually more of a filter than an operating system because it dis-allows all information that is not perceived via the five physical senses.

Therefore, if a reality is experienced by your multidimensional senses, it is automatically categorized as your "imagination," and relegated to an "un-real" experience. This is not a *bad* thing, as every dimension has its own rules that need to be followed to remain in that dimension. When your 97% DNA was turned off, your world was limited to the third dimension. Furthermore, if anyone dared to perceive any other version of reality, they were witches, crazy or trying to fool you.

When you have a "terrifying" experience, it leaves a psychic scar on your body, in your brain, and in your aura. However, "going through the terror" does not mean the terror that you felt during your experience. Going through the terror means that in order to multidimensionally perceive your experiences, you will have to accept that YOU created that experience and YOU chose that reality. That can be a terrifying act if one has not yet taken responsibility for the reality



they are choosing to live.

Dear Venus is here to remind you that YOU are up to that task. When you prepared for 3D incarnation on Her body, and when you rested on Her planet in-between your Earth lives, you de-briefed from the experiences of your Earth lives in polarity while deeply enjoying the love and beauty of her higher frequency reality. While in the safety of fifth dimensional Venus you were able to remember that all traumas are merely "negative energy patterns" that were created in your consciousness during your challenging incarnations on Gaia's planet of polarity.

Fortunately, when trauma can be viewed as a negative energy pattern, it is much easier to clear. Allow us to remind you how you "cleaned your consciousness" in your "in-between," R&R incarnations on higher dimensional Venus. We will assist you right now to release your negative energy pattern by taking you to the Violet Temple on Venus:



### **THE VIOLET TEMPLE ON VENUS**

Take three long, slow, deep breaths to calibrate your consciousness to the higher frequencies of your imagination...

Imagine that you are now walking, which is more of a fifth-dimensional sensation of floating, across the beautiful landscape of Venus. On Venus the sky is often a warm yellow glow and the ground is so filled with life that is happy that you are floating-over rather than walking-on the earth. We begin our journey to the Violet Temple on the Shores of Pink Sand, which the Waters of Liquid Light gently caress. As you relax against a huge tree-shaped Being, as all life is alive here, you see the Red Mountains in the distance and smell the sweetness of all life.

Eventually, you feel the urge to visit the Violet Temple. Therefore, you arise

from your posture of lying against the tree and thank it for its shelter. You turn toward the Path to the Temple and float up the hill to a huge green area of "living lawn" that surrounds the Temple. Before you is the Violet Temple, surrounded by the floating gardens. The Elementals and Devas of Venus constantly tend this garden.

This familiar vision of Venus's immense safety expands your consciousness to encompass your multidimensional SELF, and you instantly find yourself within one the many healing room. You take a moment to FEEL the safety of your environment, SMELL the beautiful flowers that live within that room, RELAX onto your couch of light and EXPAND your consciousness.

You can feel the trauma that you wish to heal resonating within you. Because you have done so much to release this wound, it no longer hurts you, but only tickles. The familiar environment of Venus's Violet Temple allows you to remember to send your unconditional love into this wound, which has diminished your ability to remember your SELF. Because you are beyond time and space, you can lie on the couch and, simultaneously, stand beside your form in order to fully examine your earth vessel

As you look into your aura, you see the circuitry of fear that has collected around the wound you have come to heal. You must clear this fear before your healing will be complete. The best way to heal the fear is to change the purpose of this wounding. Instead of allowing this wounding to be a block to hide your repressed fear, you will allow it to be a portal for multidimensional memories. You have likely created similar wounds in your myriad incarnations on 3D Earth. Remember, even though your earth vessel is different, you are the same Soul in every incarnation.

Observing the wound before you, you can see the dissonant circuitry, as well as how wounding is attached to your consciousness and aura. A dissonant energy field resonates to the lowest frequency of red light. See the area of red light, dampened by streaks of grey and black. Focus your attention on breathing the blue light of Divine Love and Guidance into the dirty red of your wounding.

You observe as the blue light changes the grey streaks into pure red. Then, combining the blue light with the clear red light, you observe how the red and blue create purple. You then breathe the light pink of unconditional love into the wounding to transmute the purple to violet, which resonates to the highest frequency of the physical light spectrum. The frequencies of blue, Divine Love, and clear red, Vitality, combine to create the frequency of violet, Transmutation.

Now, imagine that the entire dissonant energy field is resonating to the violet color/frequency. Do you see how you have transmuted something that has stopped your awakening into something that assists your awakening? Now,

meditate for as long as necessary so that you can re-boot your neural system to this new configuration.

The above process can be used to transmute any trauma at an energetic level. In other words, you can perceive the area of your brain and/or body that resonates to lower frequency of physical or psychological wounding to see the emanation of red light. Then breathe blue light onto that area to create the violet light of transmutation. Any area of your body that holds trauma creates resistance, as resistance is a form of protection for that wounded area.

When you give Divine Love to the red "stop sign" of resistance, which is actually your protection against further wounding, the blue merges with the red to create the violet of transmutation. Furthermore, whenever you experience the tickle of psychological or physical wounding, you can transmute that wound into an inter-dimensional portal through which you can constantly receive healing.



## DREAMS

Many of our ascending ones have had and are having ascension dreams. Ascension dreams are dreams in which you process and/or practice the many aspects of ascension. One aspect of your ascension is the clearing of old fears/darkness to facilitate your potential to Flash into Lightbody. Many of you have had brief experiences-rehearsals-of Flashing into your higher expression of Lightbody. However, do not forget that your multidimensional Lightbody also carries the potential to create a physical form. The Ascended Masters often keep a physical form "in their closet" to *wear* when they think it is appropriate.

Your physical form was always a matrix, just like physical Earth. It is the matrix that will be carried within your Lightbody. You can *wear* the appearance of your physical form when "go to work" on Matrix Earth (temporary fourth-dimensional expression of Gaia) to assist those still in the process of personal ascension.



There are many who have been so weakened by the intense darkness of polarized Earth that they need more of the illusion of time and physicality before they can heal enough to ascend.

Just as we, your Galactic Family, assists you in your ascension, you will assist your fellow members of physical Earth. In this manner, the student will become the teacher for the un-awakened to awake. Therefore, remember your process in detail for you will be teaching it to others.

There are many different expressions of Earth's humanity. Therefore, there will be many expressions of human ascension. Each of the ascended ones will become an inspiration and instructor for those who resonate to your expression of reality. In this manner, first you LEARN, then you DO, then you TEACH. You will all be wonderful Ascension Teachers for those less fortunate and/or less diligent than yourself.



### **ASCENDING GAIA**

The morning after the Venus transit I, Suzan Carroll, received a message to facilitate the forming of groups of 4 to assist Gaia with Her ascension process. Our consciousness easily expands when we are with a group of loving people working as ONE. Since we humans are components of Gaia's body, it also expands Her consciousness. When we meet in groups of 4, it does not matter if we are physically together. It is only important that our consciousness is

merged into ONE Being of Light.

Then, as ONE Being of Light, we expand our personal and group consciousness into the higher frequencies where we can meet with each other, while we, also, stay grounded in Gaia's Earth. It might even be better if our groups meet in a non-physical manner, such as on the phone or via Skype, as will only be able to perceive each other as pure consciousness.

The important thing is that there are 4 people in each group, because the number 4 builds foundations. Once the 4 are together, we can unite our consciousness into ONE. 4 uniting as ONE group expands our consciousness even further. The most important part is that we take Gaia with us! I believe that we will increasingly be called upon to assist with our Planetary Ascension.

We, the members of humanity, were the ones who damaged our planet, and WE are the ones who will heal it. Therefore, I suggest that once we have expanded our unity consciousness into the fifth dimension that you use the Venusian Healing Technique that I received the night after the Venus transit. This healing technique can be used to heal any given area of Gaia's planet on an energetic level.



**4 For Gaia**

## 4 FOR GAIA TRANSCRIPT



You are gathered together now in groups of "4 for Gaia." It doesn't matter how you are gathering together, for what you are actually doing is combining your Consciousness. Your group is unifying the Consciousness of Four to create the Consciousness of ONE.

### WHAT PART OF GAIA DO YOU WANT TO HEAL?

You will begin by perceiving in your minds that you are a group of 4 of sitting within a circle. First, you will determine which area of Gaia you wish to heal, which area you want to give the blessing of your Unconditional Love and great power of transmutation. It is best that the group of 4 chooses the same area to heal, for the power of 4 is important.

Imagine that you are placing the area of Gaia that you wish to heal/transmute in the center of your circle. As you sit in circle of consciousness, (you may or may not be meeting in person) close your eyes and perceive this area of Gaia through the higher perceptions of your Third Eye. If this concept is new to you, simply use your imagination.

- Each of you will take a turn sharing what you perceive with your Third Eye.

- You will describe the physical wounding that you perceive.

Be careful to avoid anger when you talk about your perceptions, as anger will lower your consciousness. Instead, speak as if you are a healer diagnosing a patient in a loving, kind way. You are the healer, and Gaia is the one that is being healed. There is no right way or wrong way for this healing; there is only your way or your group's way.

## EXPANDING YOUR CONSCIOUSNESS

When you each have shared your perception of Gaia and her state of present wounding, combine your circle even more tightly into Oneness.

- With your eyes closed again, imagine that your circle of 4 moves down, down, down into the very core of Gaia.
- Now, imagine that your circle of 4 is moving up, up, up into the higher frequencies.
- Connect your higher expressions with your Circle and with the core of the Gaia.
- Finally, pull this wonderful Multi-Dimensional Consciousness into Gaia's area of wounding.

## CONNECTING WITH YOUR HIGHER EXPRESSIONS

- Connect with whatever higher dimensional expressions of your SELF that you choose.
- Invite this Guide, Angel, Ascended Master and Elohim to join your group.
- Unite your individual energies into your collective of the energy of 4.

## GETTING ASSISTANCE

- Allow the higher expressions of your Multidimensional SELF to move into and through you to assist in healing your personal wounding.
- If there is a particular wounding within own personal body that is calling to be healed within this moment, preview yourself in the same manner that you are viewing Gaia.
- If you see areas of your body that have a dissonant energy pattern closely observe this area of your body and/or aura.

## HEALING YOUR PERSONAL WOUNDS

- See the red of the lower frequency; perhaps there are some streaks of gray or black.
- Breathe in the blue of Divine Love. .
- Breathe that blue into your personal wounding and observe as the blue

- color of Divine Love, heals the wounded red into a bright ruby red.
- Observe how the bright ruby red can now accept that blue, which turns it into purple.
- Breathe pinkish white color of unconditional love from your High Heart.
- Observe how your unconditional love turns your wounding into the violet color of transmutation.
- Transmute the energy field of your wounding by saying:

*Blaze, Blaze, Blaze that Violet Fire  
Transmuting ALL shadow into Light, Light, Light.*

## HEALING GAIA

Now, with the completion of your healing rehearsal that you have done on your physical bodies, your group of 4 into ONE is ready to form the foundation for the healing of Beloved Mother Gaia.

- All Four of you, using your higher visions, perceive the area of Gaia that you have chosen.
- Now, merge those 4 personal expressions into ONE group expression.
- You all now observe Gaia's wounding.
- You can see that this wounding resonates to the low frequency of red, the lowest color on our physical light spectrum of the physical plane.
- Observe how the red is dirty and muggy.
- Now, as ONE being, breathe the beautiful blue of Divine Love into that area of Gaia.

## TRANSMUTING GAIA

- Observe how the darker areas of red are beginning to heal, as more and more of the dirty red is turning into a brilliant ruby red.
- Now the red is able to receive the blue of Divine Love
- Therefore, the energy pattern turns into a beautiful purple.
- Go within to perceive that your High Hearts are all connected, 4 High Hearts combined into ONE.
- Through your ONE High Heart breathe the pinkish white of unconditional love into that area of Gaia to transmute the purple into violet.
- As One Being you say,

*"Blaze, Blaze, Blaze  
The Violet Fire, transmuting ALL shadow into  
Light, Light, Light."*

*"Blaze, Blaze, Blaze  
The Violet Fire, transmuting ALL shadow into  
Light, Light, Light."*

## PERCEIVING YOUR WISH FULFILLED

- Together with the great power of your combined imaginations perceive how that area of Gaia has returned to its original pristine beauty.
- Hold that vision in you High Heart and Third Eye as the Wish Fulfilled!
- See and feel the Unconditional Love and Multi-Dimensional Light coursing from The Galactic Center.

## THE PORTAL

- Observe how the Violet Light and the energy from the Galactic Center is creating an Inter-dimensional Portal over and through the area you have restores back to Gaia's pristine perfection.
- As a group of 4, you hold this vision in your hearts and minds.

## MASTERING YOUR ATTENTION

- Focus your attention on the higher frequencies of Gaia healed.
- Refuse to participate in the lower frequencies of wounding and fear.
- Share how beautiful Gaia is NOW that this area has been transmuted.
- FOUR into ONE, you are creating the foundation of New Earth.

## ONE UNIFIED FIELD

We, Earth and all Her inhabitants, will ascend as ONE Unified Field of Energy.

- Therefore, we all will maintain our Unified Belief in Gaia's healing, which is creating the foundation for New Earth.
- See the multidimensional light and unconditional love Flowing from the Galactic Center.
- Observe how the many opened Portals are consistently and persistently pulling this Galactic Energy into the Core of Gaia.
- Imagine that are pulling this energy into your body.
- Share with the group how that Galactic Energy feels to each of you.
- Unify your 4 individual experiences into ONE Unified Field of experience.

Relax and KNOW that that which was once a weakness has been transmuted into a Multi-Dimensional strength! It is within the healing of these wounds that we are able to remember that...

We are Multi-Dimensional beings,  
Gaia is a Multi-Dimensional being



Together, person and planet,  
We are returning to Our true expression of  
Multi-Dimensional Light and Unconditional Love

We are the completing one cycle and beginning another.  
Separate we are "only one," but United we are THE ONE!

If you are interested in joining in groups of four, please email me  
at [suzancaroll@multidimensions.com](mailto:suzancaroll@multidimensions.com) There is NO fee for assisting Gaia. In  
the end, ascension is up to US, the ordinary people that are the majority of  
Gaia's humanity.



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