

The background of the book cover is a colorful, abstract illustration. At the top, a bright yellow sun with radiating lines is partially obscured by a thick, wavy band of purple and red. Below this, there are stylized blue waves. The bottom half of the cover features a solid red background with two large, translucent, geometric shapes: a yellow-orange triangle on the left and a pinkish-purple triangle on the right, both pointing upwards.

Remembering The Return

*Book Three of
Visions From Venus*

*By
Suzan Carroll PhD*

PREFACE

REMEMBERING THE RETURN is actually the third book in a trilogy. In the first book was *VISIONS FROM VENUS*, wrote about my first visit to Earth at the fall of Atlantis. I then strung together several of my past/alternate realities into the tale of my trying to find and reconnect with my Divine Complement, Lamire in the second book, *RECONSTRUCTING REALITY*. The third book has always been planned to tell a story of my connection with my Divine Complement and our ascension into the fifth dimension.

At the time that I wrote the second book, I was sure I would quickly move onto the third. However, I came to learn that writing about planetary ascension was very difficult when I had no idea how it would happen. Even now, I can only guess. However, something happened today that told me it was time to start writing this journey, as I was about to start experiencing it.

In case you wonder, I did meet my Divine Complement and it was more work than I could ever imagine. Try being with someone who is the mirror image of you, only "through the glass darkly." In other words, to maintain the bliss that you both felt instantly upon meeting, you will have to face your own dark side again and again and again and again. Is it worth it?? Of course!!

Before I begin with number three of the trilogy, I wish to tell my readers that I have always been well aware of my alternate realities, misnamed as "past lives." There are not "past lives," because time is a third-dimensional illusion. Instead, these lives are parallel realities that are occurring in a different frequency of time and space. Did they actually happen? Yes, in fact, they are happening NOW.

My inner instruction has told me to share this journey via my blog. The ascension process is happening right NOW, so there is no "time" to wait for the book's completion. In fact, I have no idea when the completion will occur, and I have no idea what I will write. All I know is that we ALL need to share our ascension process with everyone that will listen.

For millennia, those of the light have had to hide their true SELF and not tell anyone for fear of their life. Therefore, we must face that fear of many lifetimes and use our ever-expanding light to share our

process of ascension in the way that works best for each of us. In this manner, we take the secret of ascension out of the closet and make it normal.

None of us really know what we are doing. Therefore, we need to keep connected to our own Multidimensional SELF and discuss our process with others. We don't know how to do this, as we haven't created it yet. Since we are choosing to ascend an entire planet, we need to be united with our SELF, others and our planet. In this manner, we will find more than our Divine Complement, we will find our SELF.

PROLOGUE

12-11-10

It is important that we share our experiences with others because our expanded consciousness manifests our thoughts and feelings almost instantly now. Therefore, if we think we are having an illness or anxiety, then that is our reality. On the other hand, if we think we are having symptoms of awakening, then that is our reality. There are, of course, times when we are sick or injured. Those times come when there are some old emotions or memories that need to be purged. Therefore, we create a certain scenario in which we have to be still and center our attention on our SELF, so that we can complete this purge.

My first thought about coming into Nature was that I felt I had something to release. However, what I needed first was to get grounded. Therefore, there has not been a lot of meditation, except I have been meditating on our walks, and being still in the quiet and beauty of Nature. I posted some pictures and a short video on my Facebook to share some of what I have been seeing. I have been attracted to rivers, creeks, and ocean views, which there are many of here. I know now that I had this attraction so that Nature could teach me how to live in the Flow during the hustle and bustle of daily life.

Yesterday, I did get in connection with a deep, deep fear from my childhood that it is time to release. Again, I hope I don't offend anyone by my admission, but it is my Truth, and I vowed to only speak my truth here. Also, I know that I am not the only one who has had these experiences. Perhaps I can offer them a place to talk about their experience as well. If you have been reading my newsletters or listening to my radio show, you know that I have been talking about our Space Family. I, also, shared one time, with a great response, that I had a meditation where I was taken aboard a Space Ship.

However, I know that I can have an awakened experience of visiting a Space Ship, but I feel a submerged fear whenever I think of it. Well, here is my story. I was abducted as a child and when I was older. I found myself realizing that that fear was actually implanted into me by the Zetas so that I would not tell anyone about my experience. Well, telling people was not an issue, as I couldn't even tell people about my dreams or psychic experiences. In fact, it took so much courage for me to first write my website and "come out" as my self, that I had to

use my pen name, Suzan Carroll.

Well, thanks to all the wonderful support I have gotten from my readers, I now have the courage to talk about my abduction. There is not a lot I can say about it, as I have still to recover the details. However, my dream last night told me that my wounded child needed my attention, and I had to heal her before I could go onto the next level of my awakening. I am healing her by telling my friends what happened to her/me, so that she can release her shame and fear of discovery. In my dream last night I felt the terror of my disconnection from my sleeping physical self and my desperation to return to her. I woke up knowing that I had to talk about this in a public manner.

It was this issue, my wounded, abducted child/teen, that I knew I had to address and KNEW I had to go into Nature to get grounded enough to look at it. I will share what I remember, which isn't too much. I clearly remember being on the cold metal table with their faces looking down at me. I remember sharp things, too many sharp things. I am almost 64 years old and I have NEVER had any surgery at all. I also HATE going to the dentist. I also know exactly where my implant is, and I can feel a fear right now as I share this. The Arcturians told me this morning that the implant leaves an embedded message to never share what has happened.

There is a bit more, but this is enough for now. I was told this morning that the best way to heal my abducted child is to tell my story, just as I have about the other realities that I have shared in my books and newsletters. If anyone has been abducted, I would love to hear from you. You can be anonymous if you wish. I have only met one person who also knows she was abducted. I think talking to her has given me the courage to face this straight on. I KNOW I want to visit the Arcturians on their ship in my fully conscious mind. I also believe that disclosure of our government's interaction with the ETs is very immanent. I want to clear ALL of my fear so that I can contribute my full love and light to this planetary awakening into truth!

CHAPTER I

Meeting My SELF

Dear Arcturians,

I have been hearing a message just inside my mind, or is it my heart? I am asking you now to assist me in recovering this message. I have been communicating with an ascending being who has told me much of his process, which is much like mine. We are very different people, but our process is very similar. It has been wonderful for me to be able to talk without any editing of my presentation so that I don't confuse, frighten or confuse the listener. I know that I need to do more of that in order to close the gap between the "me" that writes this and the "ME" to whom I write—The Arcturian Group Mind.

I am ready to ascend now! I am ready to be my full multidimensional expression of SELF. I am ready to close the gap between whom I call to and who is calling. Please assist me now to better understand this process...

Our dearest Suzille,

We/you have already closed that gap, it is just a matter of re-calibrating your perceptions to be able to consciously experience ALL the frequencies of reality between the third/fourth dimension and our eighth/tenth dimensions. Once you have experienced the realities beyond the seventh, the return to the fifth will be natural. It is time now for us to take you (that is you and all your readers) into the sixth and seventh dimensions.

In the sixth dimension, we will assist you to go into the Divine Blueprint of your earth vessel to clear the accumulated dross energy patterns since the fall of Atlantis. While you are there, you will also take the quantum leap into the reality in which Atlantis and Lemuria completed their cycle in a loving and peaceful manner. It was the violence of the closing of their cycle that has resonated in your world since then.

You know that there are myriad parallel realities at all times. Hence, there is a reality in which the peaceful transition of Atlantis and Lemuria occurred. Because Gaia wanted to ascend along with her people, she asked for volunteers to experience the extreme polarity of your present reality. She knew that it would be very difficult for those volunteers, but

the ones who survived would do so because they became strong enough to participate in a planetary ascension.

You, the survivors, both incarnated and in the higher planes, are gathering together now to assist Gaia with Her ascension. However, you must completely release all records of darkness. The darkness that made you strong must now be purged to allow you to be even stronger. In other words, your teacher, the darkness, must now become your pupil so that you can close the perceptual gap between the third/fourth dimensions and the higher worlds.

We speak to you Suzille, and to all those who share this journey with you. The Return has begun!

1-5-11

MORNING MEDITATION

I woke up tired again. It seemed like the more I sleep, the more tired I am. Is it becoming a habit to sleep so much, or is the habit about being in the fourth dimension and beyond? I like my life, I really do. It is just that it is changing so fast, or is it not changing fast enough? I have so many expectations about what will happen, which is likely a place to hide my fear. I feel I do NOT need drama and challenges to learn any longer, and I think that there are many others who no longer need the harshness of third-dimensional challenges. Nor do we need a catastrophic event to get our attention.

I don't know if it is possible or not, but I am holding the intention of a peaceful transition into the fifth dimension. There are many who are still asleep, and they may need some good old-fashioned drama to make them take a long look at themselves. On the other hand, there are many people like us, who have been looking at themselves for decades. In fact, many of them are now seeing the faint image of their Lightbody. That is the reality that I want to create. I want to create the reality where people wake up like blooming flowers--one petal at a time. We don't need to question if it is our time to awaken, for if we have, it is. If we have not awakened, then it is not our time, but it will come soon.

I am pretty good at releasing fear and living in the Flow of the ONE, a lot of the time. That is when I am not too tired, hungry, sick, busy, stressed out or driving in traffic—oh yes, or worrying about money. I get worried or upset, then, finally, I realize that all I can do is just

relax into the process, as there is NO rulebook. Fortunately, there is my (and our) connection with the higher planes. This connection is the lifeline from my SELF to myself.

I do know that a major part of my ascension process, and maybe this is for everyone, is that I close the gap between my Multidimensional Arcturian (among other realities) SELF and my earthbound human self. Therefore, I will ask the higher expression of me (usually it will be the Arcturians) questions. The first question I want to ask is about my meditation today in which I was told that I was ready for a conscious experience of being on a Star Ship. I looked around inside to find any fear, but couldn't. Therefore, I will ask for a bit more information now.

Dear Arcturians,

What am I to do to have a conscious experience of being on a Starship? Do I want it too much?

ARCTURIANS: Wanting means that you do not realize you already have it. Not only do you visit the Starship, you live there. However, you have not yet fully connected with that expression of your SELF. You will soon. Then your conscious experiences of being on the ship will begin. You will begin by remembering not the Ship, but the YOU that lives on it. Once you remember that reality, you will have your first stepping-stone into your fifth dimensional reality.

Everyone has a stepping-stone life, which is the expression that they will "step into" at ascension. Soon everyone will begin to remember this stepping-stone reality, as well as other realities in their dreams and meditations. However, the secret is not remembering everything. The secret is that everything you remember is REAL! By that statement we mean that everything that you imagine you create. Therefore, if you think about it, you create it.

It is this final stage of ascension into the fifth dimension that is so problematic because you must BE the Master of your Thoughts and Emotions. If your every thought and emotion were broadcast over your head for all to see, you would become a Master very quickly. In other words, welcome to life in the fifth dimension, for in that expression of your SELF, your every thought and emotion will instantly manifest. Because of this, it is vital that you gain Mastery over your fears.

The two vital tools with which to gain mastery over fear is INFORMATION and UNCONDITIONAL LOVE. Furthermore, if the information you receive does not "feel" like unconditional love, then

discard it and look for a higher frequency source. Fortunately, unconditional love is not only the antidote to fear. It is also that firewall that keeps fear from penetrating your consciousness. If you suspect fear, do not "look" with your Solar Plexus, as it will accept lower frequency information into the sacred temple of your earth vessel.

Instead, we ask that you recognize the feel of fear with your lower chakras, and look at the energy patterns of that information with your opened Third Eye. Fear cannot penetrate your Third Eye; therefore you will not be harmed by the perception of it. Rather, you can use your Third Eye to transfer the message to your High Heart. Your High Heart will then send unconditional love into that message, emotion and/or thought-form. The unconditional love will protect you and heal the fear. Yes, fear can be healed for it is a creation, a human creation. Begin to think of your every thought and emotion as your own human creation.

1-16-11

INFINITE EXPRESSION OF SELF

As I see the final wisps of the infant's consciousness enter the body of my newest human self, I notice that the form of light that I am wearing disappears. Now, I am a speck of light, a center of aware consciousness. My formless state seems to pull me back into the Arcturian Corridor, which I now recognize as a kind of Home for me. My journey is calm and peaceful, and as I travel through this Corridor, memories of myriad third and fourth-dimensional lives swirl about me.

I am aware that the ONE is summoning me. Feelings of unconditional love and visions of multidimensional light surround and comfort me like a warm blanket. I can feel my formless state become lighter and lighter as my frequency rises. Slowly this "blanket" of light and love pulls me into a deep sleep. I know that I will awaken as a new expression of my SELF, hence I, relax into the process...

I awaken to find that my body is an adult. I see myself not as completely in that body, but overshadowing it and serving as the Spirit Guide to that female human. I see that she is asleep; therefore, I can easily expand a portion of my being into her form and enter her dreams.

To my surprise, I find that she is dreaming of one of my fifth dimensional expressions in which I am aboard the Arcturian Starship Athena. For a brief moment, my multidimensional consciousness must adjust to my Earth expression, dreaming of one of our myriad fifth dimensional realities.

As I integrate my multidimensional perception into the neural patterning of the grounded one whom I have just entered, I can perceive three realities occurring within the same moment of the NOW. There is the reality of my Primary Multidimensional Consciousness who experiences and overshadows many formed expressions of my SELF, the reality of my sleeping human self and the reality of that human's dream, our life upon the Starship Athena.

Maintaining constant connection with my true, multidimensional SELF within the ONE, I simultaneously focus on my sleeping human form as well as my Starship reality. As I do so, I become aware that this particular reality will be the stepping-stone reality into which my grounded one, known as Suzille, will step into at her moment of ascension. Suzille has dreamed of this reality many times, but she has usually forgotten when she awoke. I understand that the homesickness of remembering that life is the reason why these dreams are forgotten.

I see that she is on the cusp of ascension, yet the final three ninths of any journey are filled with all the challenges that have been left until the last moment. I see that this "last moment" has become her NOW. I also see that she suffers from the many remaining conflicts between her ego and her soul. Fortunately, within this moment, she is at peace in the comfort of that which she has missed since birth.

The experiences of success or failure of her present competitive reality are easily forgotten on the Starship where everyone works in complete unity with each other and with the organically based Starship. I feel the unconditional love and companionship that is so difficult to "achieve" in her current reality of 2011 Earth. Simultaneously, I can perceive how we, the collective consciousness of Starship Athena, are overshadowing Earth reality, just as I am overshadowing Suzille.

She is awakening to her Earth life now. She has slept too long and must rush off to work without taking her "time" to get grounded and centered in her SELF. It will be a difficult day for her.

1-23-11

Physical Expression of SELF

Dear blog I had a dream last night in which I had a new skill that I didn't know that I had and that, in fact, I had always thought that I was bad at. I don't remember the details of the dream but it woke me up to make sure that I would remember it. I woke up with the thought that something new was coming into my life. Something that I had always thought was impossible. I wonder what it will be.

This wondering what this new skill might be lingered at the edge of my mind throughout my busy day as I talked to my clients and friends. All day I was wondering what this new thing might be. I have to admit at this point I don't have a clue. However, this feeling is similar to expecting something in the mail. When I buy things by catalogue, I wonder when it will come. I know that one day I walk up the stairs to come to my home and there will be my package. Then, I get to open it, see if I like it and if it fits. It is something to look forward to.

For those of you that get my newsletter and have read the newest January issue and listened to the meditations, know that we closed the polarities of masculine and feminine to find that portal in-between. We then connect with our unconditional love to find our fifth-dimensional stepping stone life. I'm wondering if maybe my connecting with my stepping stone life is part of that new thing that I'm going to do. Maybe this new thing that I'm going to do will be from the perspective of that fifth dimensional expression of my SELF?

I had time at work, so I listened to the meditations on my iPhone. The fifth dimension stepping-stone "me" that I met on the Starship Athena. *** (Is this the end of that sentence?) That me was tall, thin, and bald with a head shaped somewhat like Akhenaten's. That myself, Kapiier, appeared to be taller than me. However, it may have been that I just felt smaller next to this Being. I think I stepped into it (the Being was androgynous), but I'm not sure. The thought that has been hovering is that I could not do, I could not step into that me. Why? Why, when I had the chance to do what I have always wished to do, did I choose to linger? Why have I waited to make that step that I have wanted to make for so many years?

I went home, relaxed a bit, went to bed and got up early to go back to work. In other words, the third dimension took over. I worked all day, and by my last hour, I was so very, very tired. Somehow I drove home and went right to bed. It was only 5:00 pm. I had a dream/meditation,

as I was half awake and half asleep, in which I went back to stand in front of my stepping stone life, Kepier. I tried to let go, I tried to step into that me, but something was in the way. Finally, I fainted from the effort and awoke to find myself on a table in the medical area. Kepier was standing lovingly at my feet while several others worked over me. It felt like they were raising my resonance.

Third dimension struck again, as we had a dinner engagement that I needed to attend. I thought of my dream/meditation while we drove. Then, back to the third dimension again. Eating dinner, talking with friends etc. etc. I was able to get to bed by 10:30, read a bit about becoming Lightbody, then I was off to sleep. I awoke at 5:30 am with a dream I had to write down.

I will summarize the dream, and then write the entire answer from the Arcturians. In the dream I was in a building that was the foundation of some Guru. I was being judged as not being good enough to go to the next level. The person who judged me was kind. I felt bad, but I just was not good enough. I was devastated and wandered around trying to find my way home. There were several tall stairways, one without stairs. The first one I found I could not climb, even after I let go of all the "stuff" I was carrying. The other one was too frightening to even try. The dream ended with my long, long walk home. The Arcturians' interpretation was:

Our dearest Suzille,

First off, we know you can see the issue of judgment, failure, shame and disappointment. These are third-dimensional concepts that need to be released in order to ascend. You felt very diminished by the judgment of one outside of yourself and the entire group shunned you by not being good enough. You were a failure.

The result was that you were ashamed and isolated yourself. At the same time, you did not believe their assessment, but you still responded as if you did believe it. The tall climbs, the first one in which you had to "drop all the stuff" you were carrying around, is pretty evident. The other tall stairway, which was far away and far too difficult to climb, was another symbol of your inability to get "Home."

You woke up late enough so that you could rise from bed and process the feelings that this dream brought up. These are feelings that haunted you when you were young and that you thought you had cleared. However, you are at the point of fine-tuning in your ascension

process now. You are also daring to consciously connect, become one, with your fifth dimensional SELF on our Starship.

The young woman in your dream that judged you was of course a younger version of yourself, when you judged yourself so often. That you was trying to be nice to yourself, like the one in the dream was trying to be nice to you, but neither expression of your self believed that you were good enough. In order for you to take this next step in your Homecoming, which is to fully connecting with your fifth dimensional counterpart, you will need to release many portions of your third-dimensional expression that cannot accept that honor.

You will need to release all thoughts of how others perceive you, as you are marching to the beat of a very different drum than most of those around you. Furthermore, ALL judgment and the resulting shame and sadness will need to be released. The way Home may seem like a steep climb and a long walk, but that is only true if you forget that you are already there. You have NEVER left! Just as you awoke from your dream, you can now awake from your illusion. You do not have to be good enough to gain what you have always had and who you have ALWAYS been.

1-25-11

INFINITE EXPRESSION OF SELF

I am happy that she had the blog to talk to. For most of her life she has hidden her true SELF from others. Therefore, to a large extent, her SELF was hidden from herself, as well. Now, when she shares her process with others, she needs to recognize them enough to write them down and publish them for others to see. The publishing forces her to see her humanness and use it as a means to help others.

But these "others" that she speaks to are unseen, except within her consciousness. At first, she thought that it was all right to be herself on the Internet because she didn't use her real name. Then, after a very long amount of her time, she was able to use her real name. But, still, the "others" were unknown, except for their emails and phone calls. This was a very important lesson for her because, as she was communicating with other human expressions of her SELF via consciousness, she was learning to communicate with "other" higher dimensional expressions of SELF.

However, these communications were still with "others." Now she is realizing that EVERY expression of Life is ONE with ALL Life. Soon, she will be able to be at ONE with us, her Infinite Expression of SELF.

1-26-11

PHYSICAL EXPRESSION OF SELF

Dear Blog,

If you read my newsletter this month and/or the previous segments of The Return, you know that I have been in the process of "trying" to commune fully with my fifth dimensional "stepping-stone" self. We all have myriad fifth dimensional expressions of our SELF, which can be very confusing to a new fifth-dimensional returnee. Therefore, we made a pre-birth contact with one of these expressions (remember that *one* has a very different meaning in the fifth dimension) to serve as our Contact Person.

Just as we may have made a deal to have someone waiting for us at the off ramp at the fifth dimension with a card with our name on it held high for us to see, this stepping-stone SELF, is our guide for our return to the fifth dimension. This connection, made from the perception of the third dimension is not an easy deal, because ALL of our human expressions have to agree to make this return. Therefore, we need to go into the deepest cellars of our unconscious and see if anyone is afraid to make this journey.

The problem is that we cannot see this frightened one, as it learned to hide from others and from ourselves. We know that the frightened one is there, though, because something is standing in our way. Since all of the process occurs within our own consciousness, the only thing in our way could be a lower frequency expression of our SELF that needs to be healed.

I had an interesting experience that frightened me when I was making the Radio Show yesterday that airs this Friday. It was a bad technology day and I am NO expert at Garage Band. My assistant was not available and I couldn't get a clear message. There was static through most of the message. In the first part of the message I was speaking from my physical expression, getting angry and impatient at "that machine." Then, I would need to take a break and get centered so that I could try again. I made two attempts, and they both had static.

Finally, I erased them in frustration, although I was interested by what I had said and erased. On the third try I had to just go with it and let what was supposed to happen, happen. Still static!! I got frustrated, cursed the computer, etc. Then it was time to communicate via my Arcturian expression of SELF. Wow, what a difference. The machine still had static, but I was totally calm about it and accepted the situation.

However, I didn't even see the difference between these two expressions of my SELF until the end of the day when I was finally relaxing. I had many revelations that are now parked in a higher frequency of consciousness that I am using at this time. However, I did want to share this experience. We always have such potential, but we get caught up in time and space. I had a deadline to meet, ***(what?) and functions off of one third of our true potential.

Will I remember this lesson next time I get upset? I guess the real question is: Will I ask the inner frightened one why she was so upset?

1-26-11

INFINITE EXPRESSION OF SELF

I see the ascending one in her bed writing this note. She is trying to open her mind to my capacity, but is physically tired. I tell her now that she can best do that in her night body. I will greet her in her dream state and remind her that WE are ONE.

1-27-11

PHYSICAL EXPRESSION OF SELF

Before I went to bed last night I thought that I heard a message from an expression of my SELF that was, well, Infinite. It was energy beyond what I had ever felt before. It is not that it was more "evolved" than the Arcturians or the other Galactics, because at that frequency of reality "more" has no meaning. There is always infinitely enough. This Infinite Expression of my SELF was less *personal* than the Arcturians, but personal is not really the correct word. It is a struggle to describe these limitless concepts in English. Therefore, I guess I will say that this Infinite SELF was new to my experience.

To continue, the message that I received was that this Infinite Being would visit me in my dream state. I went to sleep enthusiastic to

remember a great dream. I had several dreams, waking up after each one, which is common, but nothing was exceptional. When I finally gave it up and got out of bed at about 5:30 a.m., I was disappointed. I did my usual routine of getting my tea and going into my meditation room. I lit the candles, put on some music and did some reading while I drank my tea. I tried to meditate, but I couldn't settle into it.

Finally, I decided that I still had time to walk along the beach and meditate there. I always get great messages by the ocean. I walked fast for a while to get the exercise then sat on big rock just at the edge of the small waves. I went instantly into a meditation and was surprised to find myself "inside" of Kepier, my fifth dimensional stepping-stone life. The very me with whom I had such trouble connecting.

First I was walking around the starship doing normal errands. Then it was time to tend to my duties. I was, of course, a counselor. However, no one came into my office. Instead, I communicated with others via consciousness. First I communicated with those still on Earth. When I did this, I created my room to look like I was in the woods with greenery all around, a small stream and a few animals. Being in this environment allowed me to more deeply connect with those who were living on the body of Gaia.

When I went to talk to other Galactics, I created my room to look just like their environment. In this manner, I could bond fully with those to whom I spoke. Furthermore, they could see my creation and know that I cared enough to create a comfortable space for them. However, our communication was all via consciousness. When my "work/service" was over, at the time that we would sleep on Earth, I was ready to commune with the higher expressions of my Self. The need for sleep is very minimal in that reality.

It was then that I connected with the Infinite; in fact it was the Infinite Expression of my SELF. I cannot begin to put that experience into words, as the communication was beyond words, sounds or even images. It was the reception of Awareness, of Consciousness beyond limit. At that point I realized why I had not had that dream. My fourth dimensional night body could not embrace the experience of communion with the Infinite, nor could my third-dimensional self remember it.

However, when I consciously experienced being IN my fifth dimensional SELF while communing with the Infinite, my human SELF

realized what had happened. I think that the reason why I could finally experience “being” my fifth-dimensional SELF this morning was because of my communion with the Infinite the night before. This communication could only be remembered when I was inside of my fifth dimensional SELF and free of the limitations of my third and fourth-dimensional expression.

I half awakened from the meditation, remembering how my fifth-dimensional body felt, and slowly opened my eyes to see the gentle ocean waves flowing back and forth across the sand. I understood then how the Infinite flows through all dimensions, taking on a different *Expression of Being* in each frequency.

I knew that I would have to get ready for work and leave as soon as I got home. I did not want to forget the experience so I touched my Third Eye and “opened a file” for the meditation. I then saved it as *Meditation 1-27-11* to the location of my Third Eye. I also told a friend while I was driving to work to help me remember my experience.

1-30-11

PHYSICAL EXPRESSION OF SELF

Dear Blog,

After my last entry, I found this writing from three years ago. I share this message because I know that it applies to you, as well. I had completely forgotten this message, as well as the other ones I will now release that I got from Kepier, my stepping-stone fifth-dimensional SELF, between 1994 and 1998. I am sure that you have many forgotten messages from your fifth-dimensional expression of SELF. Perhaps, my messages will jar your memory to reconnect with your forgotten communications with SELF.

1-22-08

KEPIER EXPRESSION OF SELF

Dear Future SELF,

I woke up this morning with a message from you. Can you please give it to me again, as well as expand upon its meaning?

My dearest Grounded ONE,

I will happily retell you my morning message. I was saying to you:

I am your future SELF, because I AM your infinite SELF. Therefore, I am not bound by the *time* that rules, or has ruled, your physical reality. I awoke you this morning so that you could remember what I have been telling you during your visit Home into the ONE of our fifth-dimensional reality. You are an awakener. It is your Purpose to first awaken to the infinite nature of our true multidimensional SELF so that you may share what you have discovered with others. Dearest Suzille, after 61 years of experience, learning, introspection and healing you are ready to share your message with the world at large. You will share your message with love, unconditional love.

When you were a child you still knew the great power of your imagination. You innately knew that imagination is fifth-dimensional thought. Using your imagination you began a lifetime of healing by connecting with your alternate realities and your Spirit Guides, some of who were your own higher dimensional SELF. These communications set you apart from many, as they gave you a truth that could not be shared without ridicule and judgment. Hence, you locked your greater world in the realms of your inner life and tried to behave like a "normal" person. Hence, your real wounding began as you hid your true nature and all your wonderful gifts so that you could fit-in to a reality which was filled with doubt and fear.

Gone from your daily life were the wonders of your Spirit World, and worse yet, as you "matured" into a teenager, these wonders disappeared from your conscious mind. It was only in times of great sorrow and fear and when you were deeply upset that you unlocked that secret door to find the unconditional love and acceptance that you so craved in your mundane world. However, your innate expanded perceptions were relegated to your dream reality, where no one else could taint them with their superstition and ridicule. It has taken you this long to be confident enough in your SELF that you can begin to share your expanded nature with others.

Why do the awakened feel they need to hide from those who still live in the fears and illusions of the third-dimensional reality? Because they, too, are so afraid that they cannot truly surrender all control of their physical reality to their Soul. Fortunately, one-by-one, the awakened ones stand tall in their expanded perceptions. The tide of fear and devolution is gradually turning toward love and evolution. As each one openly shares with the world their innate instincts, empathy, telepathy, clairvoyance, clairsentience, telekinesis and illuminating communications with the ONE, they make the world safer

for others to “come out” from their hiding to openly BE their true multidimensional SELF.

As always, the first way showers will receive the most flack, but their courage will pave a way for others to follow. And follow they will, for only our greater SELF will be able to face the challenges that lie ahead. Remember, my dear Grounded ONE, what is impossible for your ego is simple for your Soul.

I will return to communicate with you more, for in fact, I have never left—how could I. I am YOU!

Kepier,
I AM your Present and Future SELF

I also include this 2001 communication in this entry.

1-30-01

KEPIER EXPRESSION OF SELF

Kepier,
Please tell me more about how you are my future self.

Suzille,
I am pleased to explain to you how my transition was accomplished. However, there is the timeline to be considered. If I tell you too much about my past, then I will be telling you too much about your future. Therefore, there are certain “collective facts” that I may not be able to share with you. Of course, time travel is far more common than the general public is allowed to know. Because of this, there are many dispensations that have been released to allow for the fact that many of the Lightworkers are beginning to merge with their future, fifth-dimensional selves.

I say future fifth-dimensional self because we all have many fifth-dimensional selves. However, there is only one future self that we each will merge with at the time of ascension. In your case Suzille it is myself, Kepier. I will begin my answer to your question with a brief explanation of how my past and your future are interlinked. What I am about to say may seem impossible, but it is the reason for your fatigue. Yes you are doing too much, but you are doing less than you have done in the past, which you were less fatigued over.

During your process of our merging you must allow yourself much love and forgiveness for any uncomfortable or unusual feelings you may be having. When you finally share these messages, you will find that there are others who are undergoing the same process. They will find comfort in your story as you will find comfort in theirs.

(I would LOVE it if any of you on the blog could share your experiences!)

Now for my story:

I will begin with my childhood. The future Earth that I came from is quite different than you can imagine. This is one of the things that I cannot share with you yet. However, I do have permission to tell you about my personal story—our personal story. I will tell it in first person:

One morning I awoke very early before the suns were up. We live to be much older than in your time and age does not mean much, but I would say that I was an early adolescent. My body was changing and so was my consciousness. I had been having a reoccurring dream in which I was playing with another girl about my age. We felt very close to each other.

She had shared with me that, although I could remember my dreams of us, she could not. She shared that in her world, people did not believe that we had other parts of ourselves. The force of this Collective Consciousness was too much for her to battle, and she already felt like she was too different from everyone else. Therefore, she was unable believe that our joint dream could be real.

In my world, on the other hand, it was a common event to mind travel to other realities, times, and to visit with other portions of our total SELF. I had done so since I was quite young. This young girl, however, felt very different. She felt closer to me than anyone I had ever met in my mind journeys. She said her name was Sue, and I told her that I was known as Kep. I also had a masculine side of myself that I could present, but that frightened Sue. She could only be close to me when I displayed myself as feminine—so that is what I did.

For many years, we met in the dimensions between us—the fourth dimension. She lived in the third dimension and I lived in the fifth. Our favorite place to meet was in Faerie. In fact, it took a very long time for her to learn to raise her vibration above that plane. However, when we first met she was in the lower Astral. I was mind traveling in

Faerie when I heard a distant cry. It was a cry so filled with terror that it caught my attention. Usually, I would not have had any awareness of the Lower Astral Plane, and I was told never to go there. Yet, this cry was so familiar that I could not resist investigating it.

I surrounded myself with the Violet Light so that I would be protected from the low vibrations of that place and left a trail of Light connecting me to my Faerie self so that I would not become lost. Down, down I went into the dark lands of the Lower Astral. I could not see too much through my Violet cocoon, but I could hear cries of agony all around me. On and on I traveled, following the cries of the familiar voice. At last I came to what appeared as a jail. We no longer had jails in my home, but I had seen pictures of them at our learning post.

On the other side of the jail was a small girl who was crying and screaming because a big monster was trying to get her. I entered the jail cell with her and filled it with Violet Light. It took awhile for the girl to realize that the Violet Light was around her because she was curled up in a ball with her eyes closed. Finally, she stopped crying and saw that she was enclosed in a violet cocoon. It was then that she realized that someone was in the cocoon with her. She looked at me as if she too recognized me and said:

"Who are you? You don't feel like a monster. In fact, you feel familiar."

"Yes, I answered your call because it felt familiar to me, as well. Do we know each other?"

2-1-01

(I guess I had to sleep on the above information before I could continue.)

"I don't remember," answered the little girl as she stood up and faced me. "Hey, where is the monster? That is a neat trick with the light. Is that what made the monster go away? Can you teach me how to do that?"

"Hey wait," I stopped her. "You are asking too many questions. How can I answer them all? No, I can answer them all, but not with words. Would you like to go with me? I have a wonderful reality that I visit all the time."

"Are you asleep too?"

"No, and neither are you. They just tell you that you are asleep when you are mind traveling so that you won't forget that you are human now."

"Yeah," she frowned. "They tell me a lot of things so that I won't forget that I am human, but I still don't feel like it. I mean—I know that I am a person, but I am not like *them*. I don't believe in their world, and they don't believe in mine."

"Well, I believe in your world, and I believe in you. My name is Kep. What is yours?"

"I don't remember. I know that I have a name down there, but I forget it when I come up here. Also, sometimes I forget who I am up here when I am down there."

"In my time frame, the adults teach us how to mind travel so that we don't get confused or forget."

"In your time?"

"Well, I am not really sure who you are. I will have to ask my teacher. However, I think that you may be a part of myself from an earlier time period. When are you from?"

The child looked confused. "I don't know. I don't know what my name is down there, or what time period it is. I only know that I am a kid, and I don't like being a kid. I also know that I have a lot of scary feelings down there that I can't talk about. Then, when I come up here the feelings turn to monsters, and I can't get to Faerie."

"Faerie—that is where I want to take you. Here take my hand," I say as I reach out towards her. "I will show you a way that NO monsters know about. Maybe someone in Faerie knows your name."

The child happily reaches out to take my hand. All of her questions were gone as soon as she knew she was going to Faerie. I wonder why I had not seen her there before."

2-1-11

PHYSICAL EXPRESSION OF SELF

Dear Blog,

I received some of these messages more than ten years ago, and they completely left my mundane memory. I send it to you now in the hopes that it may jar your memory regarding some of your inter-dimensional memories. So much has happened in these ten years, it is no wonder that we have forgotten our multidimensional experiences. It was a rough decade, but the Multidimensional Light and Unconditional Love is shining into our reality NOW!

5-19-2001

KEPIER EXPRESSION OF SELF

Dear Kepier,

Yesterday we had a blending. I felt you reach into my heart. You were you, but your form was that of a ball. The ball of essence that was you connected into my heart, and I felt how you were an interface between the Arcturians and me. Then I heard myself say over and over, "I am Kepier." Please comment. Is that how we integrated or will integrate or are integrating?

Dearest Suzille,

Feel me inside of you now. We are one being. I am here to contain your fifth-dimensional vibration within your third-dimensional form. I know that you do not feel differently. This is good. It is important that this integration is very gradual or your system would short circuit and you could no longer maintain a third-dimensional form. Feel me within you now. Yes, I am still aboard the Starship because I am a fifth-dimensional being and easily bi-locate. In fact to state that correctly, we are a fifth-dimensional being, and we can bi-locate. We are two in one and one in two.

Feel me always within you now. Remember that WE are on the ship. We are two now. As you show me more of your reality, I can also, show you more and more of my reality. Feel the Arcturians around us. Because I am a hybrid, I can be human within you and Arcturian within them. Therefore, I am a link that connects you and the Arcturians.

1-31-11

PHYSICAL EXPRESSION OF SELF

I have not remembered, yet, how I became a hybrid. I will share it with you when I do. However, I will now post some other important messages from my SELF, that I found when I went back even further. At the time of these writings, planetary ascension was not a concept that I have ever heard of in any form. Therefore, it was not mentioned. I tried to keep the message just as I received it. However, some terms were changed to fit into my more expanded inner vocabulary.

Messages from the higher dimensions come to us via Light Language, which is beyond words, time or space. We then have to translate these messages into our 3D Earth language. Our human brains are much like computers. If the appropriate information is not fed into the computer, it cannot understand and appropriately translate that message from computer language into human language. I edited only that which I saw as incorrect based on the information in my present computer/brain.

In 1994, I had no concept of a timeless reality. Therefore, my fifth-dimensional SELF had to use time frames to assist me in understanding the message. My guess is, that this was because I had no concept of Star Time. This was before I had watched "Star Trek: The Next Generation," myriad times. In my opinion, this show was one of the first "reality shows." Rodenberry channeled the entire show. Perhaps, he was in conscious contact with his Galactic Family. That version of reality was NOT available to most of us in 1994.

8-29-94

KEPIER EXPRESSION OF SELF

My Dear Suzanne,

I, Kepier, have a message for you from the year 2057. You are now translated into your Multidimensional SELF. Indeed, you are your Infinite SELF. No longer are you alone, and for all infinity you are now within the ONE. Your unification took place completely while on a trip to the mountains in the summer of 1994.

(This is news to me. How could I forget that??)

Within this 2057 reality there is no time. We use the "time-marker" for the benefit of your third-dimensional, sequential thinking. From my reality all of these realities exist within the NOW of the ONE. You, meaning you and your Divine Complement as one being, are assisting souls in need of help. Time travel is as natural as getting into your car in 1994. You travel into the resonance of whatever time zone, dimension and/or reality of your client, and assist them much as you do today.

Just as you can preview all the ages and stages of your life prior to your 1994 Earth reality, from my perspective you can look into all of your lives or realities on all times, planets, galaxies and dimensions. As you look into my/our reality of 3071, you see me meeting with Sue Lie of 1994 ET (third-dimensional Earth Time). The designation is no longer before or after Christ, but rather the planet of residence. In 3071 AT (Arcturian Time), but *(Again, time is only for your physical thinking)*, we are incarnated on Arcturus. *(I think that this means that I returned to my Arcturian SELF.)* In this reality, you/we connected to the ONE. Hence, there is little need for documentation or written communication.

On Arcturus we live in a relatively formless state. Our home *(another third-dimensional concept)* changes with our needs. We do a great deal of traveling to other planets and vibrations so we create a home that is appropriate for our location/resonance. When you asked to meet a Future Self, we were the most likely one as we are emissaries in this reality. We no longer title them lives, as the term denotes a death or an unconscious discontinuation in consciousness.

There is not a need for a "death" on the higher dimensions, as we know that spirit is infinite and lives in the flow of spirit. It is difficult to explain this concept to our 1994 self, but if you can focus your consciousness on Soul it will be easier. We know that these concepts are difficult because in 1994, you are not accustomed to functioning in the infinity or "no time" of the fifth-dimension.

When there is no time, there is also no space. This means that you can be conscious and operational in all of the different zones at once. However, you can only be aware of this from the perception of a reality that has transcended the boundaries of time and space. 1994 is a pivotal time for you/us, as it was when we first could release ourselves from the belief of time and space.

To assist you in this new concept we will communicate with you whenever you wish. You will not be an interruption to us as our consciousness is of the fifth-dimension and beyond in which we have

multidimensional perception. Hence, we are not limited to perceiving only "one thing at a time."

We are joyous that you recognized us.
Kepier

8-24-94

KEPIER EXPRESSION OF SELF

Dear Suzanne,

We are Kepier. We are ONE. There is no time except in the physical, third-dimensional world. Let us explain to you how this is so. The third dimension is a very constrained frequency. Its frequency envelope is very small. The fourth dimension has a wider frequency envelope and the fifth dimension is wider yet. *(Actually, I now believe that the fifth dimension has NO envelope.)*

As the frequencies increase in amplitude they also increase in their range. This is the opposite on the physical plane because of the harmonic resonance. On the physical plane, low frequencies, such as a foghorn are more stable, resonate longer, and carry farther through space. This consistency of tone is because the resonant frequency of the foghorn is similar to that of the third dimension. Does that give you an idea how low the vibration for the physical plane is? *(That is the third dimension of 1994. Earth has a much higher resonant frequency now.)*

The foghorn can be heard from far away because it activates a resonant vibration in the perceiver. Low frequencies fit easily within the envelope of the third dimension whereas high frequencies do not. The constant buffeting of the high frequencies against the tight boundaries of the third dimension causes the high frequencies to decay and dampen quickly once it has left its source. Furthermore, within the third dimension, lower frequencies mask out higher frequencies. Therefore, the lower vibration perceptions, hearing, vision and kinesthetic, are more easily accessible in the third dimension than your expanded, psychic perceptions.

One can learn to raise their consciousness, or raise their resonant frequency (brain wave pattern) to have greater access to higher perceptions. We, Kepier, resonate at a higher frequency, as we exist in the fifth dimension and above. Before, you are able to directly perceive us, you will need to raise your consciousness to the fifth dimension.

Even now, you need to write our message and are unable to directly see us.

Before you expanded your consciousness into the fifth dimension, you only perceived our archetypal forms that are well known and accepted to your third-dimensional reality. Your present reality has embraced the concept of Ascended Masters, also called Saints, Angels, and even Archangels and Elohim. These great Beings volunteered to lower their innate frequency to be perceptible to your physical world. When you were born, you did not sacrifice your fourth-dimensional perception. This knowledge of the fourth dimension caused you a sense of isolation and loneliness, but you had promised to remember your higher dimensional Home. You did very well.

However, you could not perceive us because we are citizens of another planet, Arcturus, and you had too much fear about that. Do you remember the horror movies of your childhood: "The Blob," "X the Unknown," and "The Angry Red Planet"? The indoctrination of the 1950s closed your mind to us. We have been waiting for you and your entire generation to recover from that brainwashing.

Now that your consciousness is clear of these fears, you will be able to perceive us more and more directly. Do not worry that you do not see us with your lower perception. It is not our destiny to lower our vibration, but rather your destiny to raise yours. Use us as a beacon of light to help keep you anchored in the higher planes. Remember your Home, as it is a constant reality. Once one can break through the perceived barrier of the lower planes where time and space limit your thinking, you will begin to fully understand Infinity.

Within the smaller envelope of the third dimension there is much decay. The lower vibration such as mineral kingdom do not buffet against the walls of the third-dimensional envelope. Therefore, there is less decay and the element lasts longer. Flowers are of a very high spiritual vibration as they are the regenerative force of the planet. Therefore, flowers do not last a long time, as they are quickly buffeted against the walls of the third-dimensional frequency envelope.

This decay of the original vibration is actually the source of time and space as well as the source of aging. Aging is the decay of the resonant frequency of the physical body as it progresses through time while buffeting against the limits of the frequency envelope. Also, as your physical form progresses through time and space, it is moving away from the source of the birth frequency.

This is as it should be because the physical plane is a schoolroom, which we attend and graduate from. That graduation is death. Some take only a few classes and die young while others take many classes and live to be old. Some expand their consciousness to higher vibrations as a process of integrating and taking responsibility for all of the karma that they have collected, and some get stuck in a difficult class and cease to grow.

Unfortunately, some see themselves as victims. They take no responsibility for their lives and often blame their problems on others. In this case, they actually go backwards, in which they devolve rather than evolve. Some even fall into a very low vibration, become selfish, and try to take from others what they are unable to create for themselves. These lost ones try to take life, love or power from others, usually to steal their possessions. They do not know that these things cannot be stolen, as they are a birthright. On the higher planes, possessions have no importance at all.

On the higher planes, we all can quickly manifest anything we need with our spiritual/creative force. Since we can always create it, *** (what is this sentence?) we release it back to first cause when we are done with it. There is no need to "possess" it, as we can never lose it. Since we cannot lose it, we do not need to want it. It simply is!

The process of graduation, transcending, (*I had no concept of possible ascension at that time*) is one of learning to rise above the envelope of the third dimension vibration and to consciously reside within the higher dimension. Your soul home, that which you have labeled your "Home" is the base reality from which you can travel to all other realities. It is your launching pad for inter-dimensional travel.

Carry your Home constantly in your heart and mind, and it will remind you to keep a conscious awareness in and of the fifth dimension's finer vibrations.

Remember us, for we are YOU.
Kepier

2-1-11

PHYSICAL EXPRESSION OF SELF

Today is my 31st anniversary. I consider being married, and being happier now than ever, one of my greatest accomplishments. I remember that when I was a teenager I would lie on my back in my bedroom and talk to the ceiling. Actually, I was talking to the Being of Light that was overshadowing me. However, I had no concept of that and believed that I was talking to God or Jesus.

I recall how I would beg the Being of Light to find me love, so that it could fill the deep hole inside of me. It was during my adolescence that my childhood experiences of Unity with Beings of Light began to shut down. I needed to be like everyone else, so I blocked the part of me that was different, the part of me that filled me with love. It was then that I desperately sought love outside of me. I sorrowfully missed having someone to deeply love me, because I had forgotten how to love myself.

I had a few friends who could love me, but it was not enough, as they too were desperately seeking love outside of themselves. Having children was as close as I got to my finding that inner love, but even that was not enough. By the time I was 28, my first Saturn Return, I was deeply depressed. Shortly after that I found my first spiritual teacher, Mrs. Reed, and started the long, slow path back to my SELF. Fortunately, I learned to love myself enough to release a marriage filled with lies, so that I could better seek the Truth.

When I met the husband to whom I am now married, my emotions were a mix of terror and joy, but I was free! I had also learned enough about love to know when it was true. Neither one of us is "easy to live with," but we have always truly loved each other. This love was the clearest when we were in nature together. We camped as much as possible, and in many remote places. It was on one of these camping trips that I first met Kepier. I remember drawing her picture, and then another picture, which was more androgynous. After that first meeting, I wandered off into the woods in the early mornings to write to her. Communicating with an "outside/above" version of me began my long journey to finding love within.

I first stepped on my Spiritual Path in the mid 1970s, but I had no concept that I might meet a higher frequency expression of myself. In fact, I had no idea that there was even a possibility that I would have

a higher frequency expression of myself. My first meeting with Kepier, whom I did not identify as an expression of myself for many years, began a long process of finding my SELF and, most important of all, finding the love within me. I first connected with Kepier before I had a computer, probably around 1992. Therefore, I cannot find my earliest communications with her, and I have looked. However, I have some of my earliest writings. I spoke about myself in third-person as a way to distance myself from my emotions and experiences. Of course, I was "just writing a story."

4-23-93

NEWLY AWAKENING EXPRESSION OF SELF

The morning came very early. Her mind danced and whirled through a myriad of options, decisions and responsibilities.

"It is your time now!" The inner voice had said.

The long awaited moment had come. For years and years she had prepared for this. For all of her life she had awaited it. But, now the waiting was over, the preparations were complete. Now, it was her time.

Had she prepared herself well enough? Was she stable enough to stand the weight and centered enough to not get lost? Could she ignore the outside pulls and guide herself solely from her own inner pilot?

These questions caused doubt, and the doubt caused confusion. She could not afford to be doubtful and confused at this time or she would surely lose her way. Moment by moment, step by step, she had to carefully venture into the unknown.

Fortunately, she had worked for many, many years to recognize a certain quality of consciousness, an inner feeling that had become very familiar and comforting. If she could surround herself with this feeling, if she could maintain her consciousness at that vibration, she could feel safe. Then, she could enter the unknown surrounded by the known and not need to feel alone or afraid again.

If she could wrap herself in the essence of love and protection and radiate out that which she felt within, she could allow that light to

guide her through the darkest places. If she could do this, she would be free of fear.

Without fear she would have peace. With peace she could remember who she truly was. She could see through the veil of illusion and live in Truth. Then, the Truth could set her free.

8-16-93

NEWLY AWAKENING EXPRESSION OF SELF

There was a plan. She was sure of that. However, she wasn't sure what it was. She knew that on some level she was well aware of this plan, but it was difficult for her to hold her consciousness at that vibration. The recent turn of events had frightened and excited her. For a long time she had awaited this moment, but now that she was here she wondered if she were strong enough to survive.

Yes, survival, that was the question. Was she surviving, fighting, experiencing, creating or allowing? She had survived before. Moving through day after day in a numb or depressed way. Merely putting one foot in front of the other and hoping that the ground would be there to meet it. Now, she was determined to fight. She was no longer numb or depressed. She was terrified. As she fought to raise her consciousness, she found she could be more detached if she could experience life without taking it all so personally, without being in constant battle.

She gradually gained enough will power to be able to be an active member in the creation of her life. This concept of accepting responsibility for the creation of her life raised her consciousness greatly.

Now, she had come to the place where it was time for her to let go. She gradually released all the controls of her life that she had fought so hard to gain and handed them over to Spirit. Therefore, she was out of control, or in absolute control, depending entirely on where she held her consciousness.

As long as her free will was in harmony with the divine life, she could feel herself in the Captain's seat. However, when she lost connection with her Soul, she felt like a small child being led around by her mother. But, wonderfully enough, it was a happy, secure child being led by a loving, protective mother.

Therefore, when she needed to be a child, she could feel her Soul above her like a guardian angel, and when she wanted to be an adult, she could feel the radiation of her Soul from deep within the core of her essence.

However, things were beginning to happen now. Things that in the past would have depressed or frightened her, that now only reminded her to remember to stay at the top of the survival scale—above the pain. She had felt enough pain in this life, and she did not want to experience it anymore.

Sometimes she felt like a tightrope walker without a net. She would have to keep her concentration and her balance. Hence, she could not allow her emotions to take control of her, nor could she allow random thoughts to invade her mind and threaten her concentration. She had to stay within her center and keep her harmony.

Nothing could destroy her harmony, and she chose to harmonize her free will with the divine life. This divine life was beginning to unfold before and within her now. And as it did so, it would bring greater change. Could she remain master of herself and not allow these changes to frighten her? Could she remember to maintain her deep connection with herself and all that she had fought for, experienced, created and allowed?

She had to!! There was no other choice. To stop the process now would plunge her deeply into the jaws of pain and set her back into the near death of survival.

She would keep on keeping on into the unknown. The trail was dim and led into the mists, but it was a golden radiation and felt of Soul. She would feel this radiation over, under, around and through her. She would feel this radiation within her heart, within her mind, and express it with every word or action.

She was Soul. She was the Isness, Hereness and Nowness. Yes, right NOW she was here, within her Soul—for as long as she could maintain this frequency of her consciousness.

2-2-11

PHYSICAL EXPRESSION OF SELF

Dear Blog,

Wow, the world is waking up at the speed of light. Freedom is the cry all over the world. Most important, this cry for Freedom is not based on fear and war, but on LOVE and PEACE! I think that now all the messages that we have received and forgotten are returning to our minds, or at least our actions, because the frequency of our consciousness is so much higher. Everywhere I read, the consensus is that the Dark Forces are on the run.

We know as Light Workers how the incoming light flushes up our own darkness, fear and poor behavior. And, we are loving "Service to Others" people. Can you imagine the darkness, fear and poor behavior that is coming up when the Dark Ones get the blast of Cosmic Light? I think that is why they are losing their edge. They are off their game, and most of all, we, the people, are DONE with all the lies.

Also, the Galactics have returned to help. At first I thought, it is our mess, we should clean it up alone. Then, I came to realize that WE are Galactics in different timeline/parallel realities. At the very least, the Galactics are our ancestors, who also had their experience of incarnation on Gaia. They made many of the same mistakes that we have. Therefore, it is their duty, and their honor, to assist us, or at least assist Gaia as she was their "Mother Earth" long, long ago. As we are awakening, we are discovering more and more how we, too, are Galactics in a human costume.

I put the below messages up in the order that I received them to better share the process I went through with my fifth-dimensional stepping-stone life, which I had totally forgotten. As you remember, the 1990s were all about work, work, work, and I totally bought that farm. I am happy to remember now how the Galactics brought me enlightenment in the midst of my trudge through a very difficult decade for me.

I have never presented this information. Before I could go forward in my Mission, I had to go backwards to remember how I got to where I was. In the midst of that process I was writing my website, several other books, finishing up my child-rearing and releasing a job I hated to keep the one I loved with far less than half the income.

Most importantly, I needed to go “back in time” to create the “future” that was based on my SELF. But first, I had to find my SELF. Interestingly enough, when I went into my past to create a better future, I learned to live in the NOW of my Multidimensional SELF (at least, much of the “time”). My inner life had always been a place to hide. Before I could go forward I had to find the wounded me from the past and heal it. And, as every healer knows, if you want to heal yourself, heal others!

8-6-96

KEPIER EXPRESSION OF SELF

Dear Suzille,

I, Kepier, have a message for you. I have come into your meditation to congratulate you for day six of holding the Violet Light within your inner attention. You are developing your Arcturian inner eyes by this process. Do not be dismayed about your service. Please allow your inner vision to see me as I truly am. See that I am an Arcturian.

I am tall for an Arcturian, four feet, and I have four digits on my hands. My forehead is wide and my chin is pointed. My eyes are large and dark, and their color changes based on the atmosphere around me as well as the viewpoint of the one perceiving them. My eyes often turn into a dark purple, when I am using my inner eyes or my 360-degree vision. There is a tinge of gold radiance when I am telepathically communicating such as I am now.

Look into my eyes now Suzille and see yourself. You have come to this ship every evening of your six day violet light dedication. (*I forgot that part too*) Last night you learned about the intense radiation on your planet and how the “Men in Black” and the other Service to Self ETs have actually sprayed it at people who try to distribute a truth that they do not want released.

There are many diseases that are a direct result of this conscious and deliberate release of radiation by the dark forces. However, once your energy is fully enveloped in the Violet Light, you are vibrating above the effects of their campaign. Continue with your process. Do you see how important it is?

Suzille, know that I am you, and you are us. We are indeed upon the Athena Starship, and you/we are a councilor there. We have learned to

consciously raise our vibration to the eighth dimension and can consistently vibrate to that resonance. We can also meditate to become ONE with IlliaEm, our Elohim SELF in the tenth through twelfth frequencies of expression. We can also lower our frequency to the fifth dimension to better interact with humanity.

Remember who we are so that you do not judge your clay form. This form is greatly needed to ground our mission. You have been experiencing a feeling of urgency. Know that you can feel that urgency without stress. REMEMBER THAT TIME IS AN ILLUSION OF THE THIRD DIMENSION. Once you have fully raised your vibration to the fifth dimension and completely reunited with me/us you will be above the limitations of time. Once you have completely reunited with us, you will vibrate to One's consciousness. Then, many group endeavors will naturally come into your sphere.

Merge your consciousness with me now so that I can take you on a journey through our Starship. Feel us walking around the ship and communicating with the many species that are now aboard it. Allow yourself to remember how you visited us/me each evening. See before you the transport elevator, which allows you to travel from one area to another.

(I think I remember that time. I was on a vacation in the mountains with my kids, my best friend and her son. I was so ill that I could hardly keep my eyes open. On the way to the vacation I had such a strong sensation of shaking, which I now know means that I am integrating a higher light into my body, that I had to pull over and let my friend drive. I then had chills and hot flashes. One night, like this night, I remembered a dream of being in a very unusual car. When I journaled to ask about the dream, I got this response.

This experience is an example of how our unconscious mind will keep from us that which our ego self is unable to integrate into daily life. I remember that when I was sleeping, which was more like hallucinating, I kept having images of doors slamming closed, steel gates slamming shut and windows closing. I remember at the time that one of my clients was on a "suicide watch," and while I was away on this trip I was also calling doctors, hospitals etc. to get her some help.

This was no coincidence, as I had many suicidal thoughts when I was young. Since I was downloading a huge amount of higher frequency light, my own darkness of deep depression was being revealed. It was

through my finding help for that "other" person that I was actually accepting help for myself from Kepier and the Arcturians.)

Release the old ego that says, "I am not good enough. I must be imagining this. I could not be this great being of whom Kepier speaks." Love that ego as you would love a small, insecure child. Your ego is the grounding force of your mission. Do not release it from your sphere. Instead, remember your ego is being redefined. It is vastly needed and greatly appreciated. See the ego as the hook on the long line of vibratory selves that we are. Your ego/self is the "hook" that grounds our Purpose into the body of Gaia.
Kepier.

2-7-11

PHYSICAL EXPRESSION OF SELF

Dear Blog,

It appears that much of the time from August of 1996 until January of 1997 was spent on publishing my first book, *Visions from Venus*. I have not included those few messages, as they were mostly encouragement for my wounded ego. However, it was interesting to read them, as I am finally writing this book, the third book in that trilogy. Even with all the encouragement from Kepier, I was very frightened to reveal my SELF. I think I was just as afraid to reveal my SELF to me, as to others.

I don't remember why our serious discussion took up again in January of 2007. In fact, as I look back at these messages I wonder how I could have forgotten any of them. Had I become so embroiled in survival that I had forgotten to live? I remember that the decade of the 90s was one of difficult and life changing events. I write about my process of forgetting, or repressing, my multidimensional experiences to let you know that forgetting is more common than remembering. I, also, write my experiences to prod your memory to come forth with some of its secrets. One thing is for sure; the Truth will not come forward until we are ready to deal with it.

At that time, I was not prepared to deal with parallel realities in higher dimensions. Therefore, I wrote these experiences down and basically told no one. I was pretty sure I was a crazy, but I found such comfort from these messages that I wrote them down, typed them in the computer and placed them in easy to find files. Once that was done, I pretty much forgot about them. The present was ready and waiting for

me until I was "mature" enough (in my Soul) to accept it. At that time, I wrote the below poem:

THE PRESENT

The small child very much wanted the
brightly wrapped present.
But somehow she felt she didn't deserve it.

Each time it was given to her
she retreated in shyness and lowered her eyes.

How could that lovely prize be hers?
How could she accept it?

"Just take it," spoke a kindly voice.
"There are others who know more than you.
Even though you cannot see
all that has brought this to you point,
know that this gift is yours."

The child did not understand.
But she trusted the kindly voice and
timidly reached for her prize.

But, as she touched it,
it disappeared.

"Where has it gone?"
cried the child.

"Why, it is yours now,"
said the voice.

"It is no longer something
that you must reach for.
It is something now,
which you must own."

1-29-97

KEPIER EXPRESSION OF SELF

I wish to take you to your alternate reality in which you are a part of a beautiful and communicative community of like-minded thinkers and compassionate friends. In this reality, everyone is in constant and conscious communication with their parallel realities in the fourth and fifth dimensions. There is no competition because each person knows that they specialize in their portion of a puzzle that everyone in the community is working together to put together into one complete and stable reality. This community is not bound by time and space.

In preparation for this reality, Internet has allowed people from all over the world to communicate in one instant. You are being trained to communicate deeply with people that you cannot see and do not know of this reality. Through assisting people all over your planet it will become easier and easier for you to expand into planetary consciousness. Feel now all the like-minded grounded ones upon your planet.

Now, step into my perception so that you can see the Earth as a globe that is broadcasted on our view screen. Feel yourself as me, as I take you to your/our room on board the Starship. This room is much like the rooms on Star Trek: The Next Generation. I/we are sitting on our favorite chair with the ottoman in front of me. The chair is, of course, violet in color, and the material is unknown in your reality. The chair and ottoman completely mold to my body and are attuned to my thoughts. Therefore, they are as hard or as soft as I desire.

From this chair I can control everything in my room via my thoughts. It is what you may call my "computer chair," as it allows me to activate and use my computer with my thoughts. Therefore, when I meditate, such as you are doing now, I can interact with all my fifth-dimensional environment realities. The process that you are now using of typing while you meditate is much like my use of this chair.

See our room. It is very pliable and can shape itself according to my desires. Right now, as I describe it to you, and as you see it in your mind's eye, it is very large and has windows all along one side. This room is like a holodeck in that I can create whatever environment I wish. Sometimes I desire to have a Venusian environment, sometimes Arcturian and sometimes Earth or other planets for which I have a heart space.

As you look through the windows, you see a view of outer space. I also choose to have a vision of Earth and Her Moon in my window to keep my consciousness aligned with Gaia. Behind me I have created a huge redwood tree, a lovely path into the forest and a small, rippling brook. There are birds, a dog and many other creatures that are real on their own right, but only visit me when I choose this environment.

My room is modern in that it is simple with a table to the left and a desk to my right. In between is a row of couches along the window with a low table in front of them. There are many flowering plants. One of my favorite holo-programs is that of a greenhouse. I constantly return my plants to the greenhouse program to be regenerated so all of the plants in the room are healthy and flowering.

Now see Earth before us. See the many dots of light around the planet. These dots of light are the beings, human and non-human, which are in conscious contact with their higher vibrational selves. All of you are connected with each other in a beautiful web of light. Now, see how the fourth dimension is superimposed upon this picture creating a foggy overlay that all of you can visit in person. Also see the fifth-dimensional overlay in which you have many parallel realities. You choose to connect each, or all, of the specs of light and/or your different dimensional realities by directing your thought and emotions towards that intention.

(After sleeping on that experience, I returned the next day for more.)

1-30-97

KEPIER EXPRESSION OF SELF

Dear Suzille,

I hear that you wish to continue to your vision of the light network of Earth. See the Earth before you with all of the beacons of light glimmering in the distance. Each of these specs of light is interconnected to all the other specs, and each line of connection ignites yet more specs of light. Just as I have created my hologram program to the specifications of your room, calibrate your hologram program to the specifications of mine. Imagine a reality in which you are the observer, Kepier, the observed, Suzille, and the process of observation.

Within this triad is the whole, just as the whole is within each and every other spec of light in this picture. Feel how your consciousness, Soul, essence, signature frequency (or whatever term by which you wish to identify yourself) has a slightly different perception of this hologram

than the other "specs of light." You are one of the many "Eyes of God," as is everyone else. Each consciousness/light has a slightly different view of the same reality. Together, each of these perspectives forms an orchestra that plays in harmony to create a beautiful melody.

It is your break now, and each player within this orchestra is meeting in the fourth dimension to discuss their performance. From this fourth-dimensional perspective, you are aware that the performance continues beyond time and space. However, you can also simultaneously observe your performance as being finished. Feel the camaraderie of your fellow musicians. Each of you is acknowledging the other's part in the total symphony of life. Each of you is experimenting with a certain instrument while also performing upon the third dimension's space-time continuum.

Isn't it wonderful to be free of all competition and comparison? Isn't it wonderful to be a component of a group consciousness while maintaining your own individual line both down into the lower dimensions and up into the higher dimensions? Take a moment now and follow that line into the fifth-dimensional world of myself. See how we are continuous from the third dimension into the fourth and through the fourth into the fifth. Be aware that you have many other lines of reality, but because you are beginning with your conscious memory of these lines you are focusing on them one at a time.

These many lines of individual evolution are, in fact, only portions of the sum/total of all the lines of your Earth grounded experiences. However, it is recommended that you learn to fully understand one line of evolution before you attempt to perceive your sum/total. As you learn to move your conscious awareness into any one line of evolution you will find that it is actually a hologram. Therefore, through any one portion of your holographic reality, you can perceive all of your Earthly evolutions. When even one of you remembers your multidimensional nature, that memory is passed on to all of you.

Keep connected to me today. We are ONE.
Kepier

2-10-11

PHYSICAL EXPRESSION OF SELF

Dear Blog,

I had a dream this morning in which I had an abusive father and I had finally realized how he could no longer be tolerated. I had gone to a play with him and my brother, who had become completely shut down from the abuse of our father and I had to lead him around. My father did one simple thing that was the "last straw." I realized that I had only been staying to help my brother, but in that moment I understood that he would not wake up from his mental prison. I had to leave. I excused myself to go to the bathroom, and woke up planning my escape.

I did not have an abusive father, but my brother is pretty shut down. I see this dream as a metaphor. The father represented the dominating systems of the third dimension, and the brother represented those who are asleep and may not awaken. The new energy that is sweeping through our world causing those who are oppressed to demand freedom is causing those who have found their freedom to be transformed. It is time for us to "make our escape" from the demands of a reality that was always a choice to experience.

In the dream, I realized that I had only stayed in that abusive environment to care of my brother. But, in that one moment I realized that the only way I could really help him would be to move on to my better life. Then I would have the power to come back and get him. That is what those who have found their freedom in the light need to do. We need to release our bondage to the old system, so that we can better embrace the new one.

As I pondered the dream after awoke, I remember (or created) that I had been preparing my escape from my old life and transition into my new life for a very long time. Therefore, everything was ready, and all I had to "do" was to take that first step towards my new life. In reality, this process is not about leaving a person, but about leaving the constrictive, and even abusive, confines, lies, manipulations and restriction of an old system of reality. This old system is ending, and it is up to us to create, and simultaneously accept, the new system that was always there—just beyond our perception.

What if we all woke up and realized that this reality isn't real, and that there is a much better reality based on love and peace rather than fear

and war? What if we directed NOT to participate in the old experience and to create a higher frequencies experience based on unconditional love? Why is it we no longer choose to believe that fear was a part of our reality?

2-12-97

KEPIER EXPRESSION OF SELF

I, Kepier, your expression of SELF on a parallel reality, am able to assist you from my vibration of the fifth dimension. First, however, allow me to explain the difference between "realities" and "dimensions." Each reality of the many parallel realities has a vertical flow, which streams through all the dimensions. Each dimension also has a horizontal flow, which is specific to the frequency of that reality. Upon the third dimension, each of these parallel realities appear to be totally separate, as one of the main laws of the third dimension is the law of separation.

The law of separation was instated upon the conception of the third dimension to separate consciousness into small, single units. This reality was created because consciousness wished to slow itself down and to itemize itself into individual units for the purpose of training through experience. Therefore, one experience at a time was set up so that Consciousness could experience itself in an individualized, polarized, sequential fashion.

In your fifth-dimensional reality, you are able to connect any of your parallel realities that you desire to experience. On the sixth dimension, you are able to simultaneously be aware of and consciously live multiple realities in many dimensions, galaxies, planets and "third-dimensional times." I know that this is a difficult concept for your physical brain, but think of it as multi-tasking. For example, imagine that you are doing dishes, eating an apple, talking on the phone, and talking to someone next to you while you look out the window, observing someone walking down the street. Now think of each of these "tasks" as a different reality, and you are living them all at once.

Also, one can experience dimensions in a lower vibration, but can only observe higher dimensions if they raise their consciousness to that frequency. Therefore, you can easily see the second and first dimension, but you have to raise your consciousness to perceive the fourth and fifth dimensions. Your process of ascension begins by raising your

consciousness into the parallel realities of the higher dimension to accustom you to that frequency of reality.

When I say I am your expression of SELF on a parallel reality, I mean that I am living a life on a different page than you, but it is in the same book. If you were to compare the book to the space-time continuum, you would say that the first pages are the past. Therefore, you feel as though you are remembering the pages you have read and you are creating the pages you have not yet read.

However, YOU are the creator of the entire book. This book is beyond the limits of space and time, and you are writing this book with your every thought. With every thought and emotion you write and re-write the book of your myriad expressions of SELF. When you edit one expression of SELF, you change all the expressions of your SELF, for they are all ONE.

As another example, think of your "Book of Life" as having clear pages with images rather than words. These pages are overlays, much as you have seen on your anatomy books. From a horizontal viewpoint you only see one page, which would be only one of your myriad realities. On the other hand, from a vertical perspective you see all of your parallel realities existing within NOW. From this viewpoint you can see how all of the "pages" interact and intermingle to create ONE book.

If you were to look down through the pages, you would have the perspective of your higher expressions of SELF looking into the lower frequencies of expression of your SELF. If you looked up into the book, you would have the experience of your third-dimensional self looking up into your higher dimensional expressions of your SELF. However, since time and space is an illusion of the third dimension, the above terms of down and up are only used to clarify your image. In reality, all realities are functioning within the NOW of the ONE, and you perceive each parallel reality by adjusting your consciousness to a specific frequency.

In other words, when you change from one reality to another,
you are actually changing your consciousness!

(I conclude Kepier's messages with another visit to the Starship.)

12-15-97

KEPIER EXPRESSION OF SELF

I am aboard the space craft Athena. I am an Arcturian hybrid. I have returned to many of my Arcturian features, but I have also maintained some of my human characteristics to better maintain the timeline of our, yours and mine, consciousness. This is why I am called a hybrid. It is important at this time to keep in continuous contact with my life as Sue Lie so that I/she can guide others in the same process. Therefore, I maintain many other human expressions of my SELF to continue this connection with my grounded ones and with Gaia.

Because of my many human expressions, I am known as a "hybrid." However, I also have many dimensional expressions as an Arcturian. One expression is on fifth-dimensional Earth, as well as myriad other parallel realities. From sixth-dimensional Arcturus I can easily be on the Starship, on fifth-dimensional Earth, on our ascended planets and within the higher dimensions of the ONE.

When I choose to take the hybrid form of Kepier, my hands are Arcturian with four digits and long slim fingers, but my face looks human. However, my "hair" is actually made of many strands of light that arise from my "bald" scalp. I am the height of a human but the slim shape of an Arcturian. I have all the memories of my life as Suzille, as well as all the memories of my life as Kepier. The higher I choose to resonate my consciousness, the more myriad realities I can perceive and experience within the NOW. I notice that as I write, it is difficult to talk about two realities at once while using the English language. Sequential language does not have within its structure the ability to speak of living multiple, dimensional realities in the same time frame.

I want you to know that I am speaking to you from the core of your being to remind you that you and I have always been ONE. I perceive that many new mind maps will need to be laid for you so that you, the third-dimensional component of our SELF, can function on the physical world while the rest of your consciousness is working on the higher dimensions. Gradually, you shall become more and more aware of our life here aboard the starship Athena. Allow all of my information to flow into your physical brain at its own rate. Do not try to force or inhibit the process.

Feel how your ego has been wounded through your third dimensional lives. That fear stuck to you through many incarnations, causing you to be cruel in one life, selfish in another life and shy, timid or aloof in other

lives. Through our communications your wounded ego has been greatly healed. Therefore, see your ego as a friend. It is no longer an enemy or some *thing* that must be overcome.

Think of the ego as the Captain of your third-dimensional vessel, and you are the Admiral. As the Admiral you have the authority to command the Captain, but you still trust your Captain and know that she can do her job well. As the Admiral you have many portions of your command with who you are in constant contact. Fortunately, you remember that the secret to being a good Admiral is to delegate. If you do not delegate the different responsibilities of life, you could not be an effective leader.

Commend your ego for all the good work that she has done in managing many VERY difficult situations. Tell her that you realize that her assignment has been difficult and that you are proud of how she has handled her mission. Finally, tell her that the entire chain of command is stepping up in rank. In preparation for this new format of reality, she will be given a new communication system. With this new system your ego will be able to be in constant contact with your parallel realities, as well as you/me, while she continues all her current responsibilities. This advanced communication will allow her to always KNOW that she is no longer alone, for she is NOW a member of the ONE.

Your SELF,
Kepier

2-10-11

PHYSICAL EXPRESSION OF SELF

I don't know if I fulfilled that assignment, as I forgot most of these past messages. However, I have found them very validating for that which I thought I was receiving in the present, but had actually began receiving in the early 1990s. At that time it was far too soon to share this information. I guess that is why I forgot it. I hope that sharing this information will assist you to remember some of your forgotten communications from the higher dimensions. I also hope that you, too, share your communications with others.

This entry concludes Part I of The Return. However, the messages continue on my blog: <http://suzanneliephd.blogspot.com/>

CHAPTER II

Living in Two Worlds

2-11-11

INTRODUCTION

I woke up in the morning feeling like I had not slept at all. I was depressed and felt like I was made of lead. I could not remember my dreams, but they could not have been good. I knew that I had to meditate before I went to work or I would have a very bad day. I was surprised to see how easily I went into a deep trance, and began to feel like myself again. If you have been reading this blog, you know that I have been revisiting a deep connection with my fifth-dimensional stepping-stone SELF. This connection began in 1993 and lasted until about 1997.

After that, the challenges of daily life took over. Then, I started writing my website, and I forgot about those messages. Of course, once I was aligned with that energy, those files in my computer jumped up at me, and I revisited that time of my early awakening. As I went deeper and deeper into my morning meditation, I recognized the feeling of Kepier (the aforementioned fifth-dimensional expression of my SELF). The energy was extremely strong and filled my heart. I heard her say to me, "I will tell you everything I know."

Before I had a chance to acclimate to that wonderful statement, I felt an even higher—much higher—frequency come into my Third Eye. It was so powerful that I could hardly breathe and had to calm myself to accept the energy into my form. To my surprise the energy said, "I will teach you how to ascend."

I knew that I had to get ready for work and that I was way late, so I forced myself back to the physical world. I couldn't shower or eat a decent meal, but I didn't care. My energy had gone from dragging on the ground to soaring in the Heavens. On the way to work, my friend called me and told me that Mubarak, the Egyptian dictator, had stepped down. I thought, of course, that amazing energy was the Flow of the Unity Consciousness of ascension. I floated through the day, which was long, and into the next workday.

I couldn't find any time to write about this until now, three days later, but it has been constantly in my consciousness. I wish that I could say that I felt wonderful the entire time, but as usual, the extreme light flushed out old patterns of darkness/fear. It took me awhile to understand how this amazing experience could have brought up so many ego issues.

I am sure many of you have experienced how this high frequency light is revealing fear-based thoughts, emotions and behaviors that need to be released. I have been feeling my ambitious self (I am a Capricorn), and my thinking has been going into comparison and competition. I have been catching these thoughts, but the force of this habit seems to be limitless. Of course, the Unity Consciousness of *** (Did you want to say oneness?) Oneness would flush these fears of limitation to the surface. Yes, they are fears, which I have discovered since my meditation. These are fears of not being "good enough."

Since I was afraid that I was not good enough, I needed to be "better than." I needed to prove to myself that I was good enough by having some kind of recognition or proof, but why? Why did I need that proof? Then, it came to me. If I really loved myself unconditionally, I would KNOW that, of course, I was Good Enough! When my consciousness resonates to the higher frequencies, I have that Knowing. But my ego, despite decades of work, still holds that fear.

My guess is that the complete transmutation of ego will only come when we are living completely within fifth-dimensional consciousness. Whether or not it is possible to always maintain that state of consciousness while living in a physical vessel remains to be seen. In the meantime, I will continue to try to catch my fearful thoughts, emotions and behaviors and heal them with love. Most important, I will endeavor to remember to love myself unconditionally. I say "endeavor," as I love myself unconditionally enough to know that I fail. I will fail to "catch myself" when I am tired, hungry or stressed out.

Now, knowing that, can I still love myself unconditionally?

February 18, 2011

It has been a week since I had that incredible meditation, but I have not had much contact with either Kepier or the Ascension Energy. I did write in my journal to ask if I should first get the information from

Kepier before as a pre-requisite to receiving the ascension information. The answer was a yes. When the unity/ascension energy came in, I recognized it as the feel of Jesus to whom I talked often during my childhood and adolescence. When I was a child this energy "played" with me and showed me many places and experiences, which I now know as my parallel realities.

Then, when I was a deeply depressed teenager, I would lie on my bed on my back and look up at the ceiling to talk to Jesus. I knew that I could not lie to him, so I had to tell the truth. The good thing was that I heard that truth as well. I personified this great energy into the Being of Jesus, as that was the only explanation that made sense, other than the possibility that I was "crazy."

I now know that this energy was the force of unity/ascension. I say this about the energy, as I don't want to appear religious, especially any particular religion. I have studied and respect all religions. I see how the Avatar that created the movement for every religion was wildly misquoted after he/she left the physical plane.

I think that all the Avatars have grounded this unity/ascension energy on Earth, but it is not until NOW that we can begin to use this energy. I call it "Unity/ascension" because we, the members of Gaia, will need to unite in order to ascend the planet. I was reticent to say the name Jesus, as I did not want to look as if this ascension process does not include the entire world and every manner of belief and communication with the higher dimensions. With the above explanation, from here on I will use the term "unity/ascension energy."

With that introduction, I will begin my communication with Kepier, my fifth-dimensional stepping-stone "parallel reality." Kepier's reality is a parallel reality because it is occurring within the NOW and HERE of the ONE. Therefore, that expression of my Multidimensional SELF is running concurrently with my expression of Suzanne Lie on Earth. This issue of "it all is happening HERE and NOW" can only be understood from our Multidimensional Operating System. Thus, release your attachment to linear and time-bound thinking, so that you can better allow the concept of parallel worlds interacting within a vast Cosmic Sea of many frequencies.

If any of you have swam in the ocean, or any body of water, you know that while you are swimming you will go through patches of water that are much colder or warmer. You cannot see why the temperatures are

different, but you can feel the different temperatures with your body. It is this same way with the Cosmic Sea. As your consciousness/Lightbody flows through the Cosmic Sea, different parallel realities intermingle, overlap and co-exist. You cannot see these different realities, but you can FEEL them, just as you can feel the different temperatures of water.

Hence, once we consciously swim this Cosmic Sea, which we often do “unconsciously” while we sleep, we may move through several different parallel realities within one experience of “swimming.” In consideration of the reader I will try to speak of one reality at a time. However, since I have no idea what Kepier will say, I cannot guarantee that you will not be confused. This is why I asked you to activate your Multidimensional Thinking. How do you do that? You just “let go” of your brain and “fall into” your consciousness!

CONVERSATIONS WITH KEPIER

Suzille: Dearest Kepier, I am ready to begin my communications with you. You said that you would tell me all that you know, and I am ready to listen with my opened heart and mind.

Kepier: Dear grounded one, I will begin by telling you a bit about myself and how I became to be known as a “hybrid.” When I say, “How I became,” which is my past, I am talking about your future. Hence, please release any thinking in time and perceive all reality as NOW. In the manner, I (your Future Self) and you (my Past Self) can become our ONE SELF NOW.

We will begin our timeless story where we left off with our meetings when you were a child. You know your story from that point, but you do not know mine. I have lived on a Starship my entire incarnation, which is not uncommon for Arcturians. We, as a society, have graduated from an earth-bound existence from before your measurement of time. We hold many expressions of reality within the Now, which I know can be confusing to our grounded ones. In fact, many Arcturians have expressions of SELF on planet Earth in your “time” era because Gaia is on the verge of ascension. We Arcturians specialize in assisting ascending ones, no matter what pre-ascension form they may have. In other words, we will assist whether it is a person, a species, a planet, solar system or quadrant of space.

Just as you and I are parallel realities, every grounded one on Earth has the parallel reality in which they are Gaia, the great Being the planet Earth. Yes, all grounded ones are the planet. Once a planet comes to the point of evolution in which the critical mass of Beings of that world realize that they are actually the planet, the planet is able to ascent. In other words, *unity with* the planet precedes *ascension of* the planet. The non-individuated beings of the planet, such as much of the elements of earth, air, fire, and water, as well as much of the flora and fauna have always perceived their expression of self to be ONE with the planet.

Yes, the elements, the plants and the animals all have perceptions, but they are so unlike your human perceptions that you cannot imagine their form of consciousness. As you all return to your true unity consciousness, you will understand what I am saying. In fact, please relax into the fact that you may not understand much of what I am saying. Just take it in and store it in your Heart/Mind to be understood when you are ready. Your Heart/Mind is a term we use for consciousness.

I/we see that you must end our conversation now, but first I will lay down some ground rules. When I use the term "I," I will do so for your sake to differentiate our Kepier expression from our Earth expression. However, we Arcturians no longer use personal pronouns, as we are ONE with each other and with all life. Therefore, when we speak generally, as we are doing now, we will return to the pronoun of we. We understand that the translation of Light Language into the linear language of our grounded ones can be quite confusing. However, we will maintain many of our expressions of Unity Consciousness by using the term "we" to acclimate you to living within the ONE.

We, Kepier, look forward to our next communication. However, "next" is a time-bound term. To our experience, we are always within eternal communication and are joyous that you have "logged in" to that experience. We also wish to send our deepest blessings to all those who may read this communication. We want you to know that you are ALL of the same Heart/Mind, and we see every ONE of your Lightbodies brilliantly glowing and flowing through the Cosmic Sea.

2-20-11
Dear Kepier

Suzille: I am ready to resume our conversation. You were going to tell me about how we became a "hybrid."

Kepier: Forgive me if I jump around in your "time." We of the fifth dimension and beyond think within the images of the NOW. Furthermore, these images are overlaid, one upon the other and intertwined, much like a picture of your DNA. However, all the multidimensional frequencies to which these images resonate are collapsed into ONE image, and Flow, much as we spoke of before, as "water" in the Cosmic Sea. Because of these differing manners of perception, we may present a concept before you would be able to understand it. Therefore, please allow the concept of becoming a hybrid to flow into your consciousness as you become ready.

We will begin this conversation with an image to assist you to think multidimensionally, as well. We, that is you and I as ONE Being, are sitting in our room looking at the holo-projector to see an image of our youth. Even though we are not bound by time, we still enjoy moving through the differing stages of life. The difference from your reality is that we remain in a certain stage until we believe that we have gained all necessary lessons of that stage. Hence, we may, for example, have a more expansive experience of one stage of life, and practically skip another stage of life. We can easily determine which stage of development we wish to focus on because we are fully aware of our parallel realities.

In my case, I chose an expanded experience of my childhood because I could perceive that you needed my assistance. In order for you to accept me into your "imagination," I matched my developmental cycle with your own. By doing this, I also learned about "time" in the third dimension. We also met frequently in the fourth dimension, which has a different experience of time. Because our realities were so intertwined, my identification of being a hybrid began. In fact, the fifth-dimensional stepping-stone reality of all grounded ones has this identification.

As we sit on our room on the Ship watching our holo-projector, we realize that this holo-projector is much like your DNA in that we can change it with our thoughts. Yes, you can change your DNA with your thoughts, but we will hold that discussion for later. Visualize that you are sitting in our comfortable chair observing the holo-projector. Feel

the chair around you. Smell the pleasant aroma of our room and the lightness of our fifth-dimensional form. Our form is "light" in density, rather than weight. We have no weight as it is perceived in your world because our form is of Lightbody. Now STEP into the holo-projector, so that I may show/tell you a story. We Arcturians are very fond of stories.

You see your self on another ship, the Zeta ship where you began to feel great fear. We have taken you to this picture to heal and totally erase this fear. We wish all readers to know that many of you were also taken on board Zeta Ships. We know that because the Zetas chose the children with the most Light, which you readers are, or you would not be attracted to this information. We are not at an unpleasant image, but rather in a pleasant image in which you children are gathered around the learning tree. The Zetas came from your future, about 25,000 years in your time. They were not able to ascend, as they had no emotions with which to expand their consciousness.

They did, however, know about the mechanisms of ascension. They gathered children around this tree to learn about the mechanisms of ascension, so that they could move forward into your time and perceive how you intermingled these mechanics of ascension with your great power of emotion. The Zetas can easily time travel, as it requires mind and not heart. Traveling through parallel realities, on the other hand, requires heart.

In order to navigate into a parallel reality, you must FEEL the emotional/frequency signature of that reality. We ask you to take a moment and remember the mechanics, the mental component, of ascension. You will remember this, by being in the experience of hearing the discussion around the Learning Tree. Thus, we ask the readers to follow these images, as it will serve to assist them to remember their experiences.

Feel yourself sitting on the lawn and looking at the tree. You know that you are on a ship, but you enjoy this area because it reminds you of your home. The tree appears to you as an alive being that projects pictures directly into your mind. These pictures are of how your thoughts arrange the particles of your body in differing patterns. When the tree shows you a happy picture, you see how your thoughts respond by creating symmetrical patterns that easily flow into each other. Then when you are shown unhappy pictures, you see how your thoughts align the particles of your body into chaotic patterns that are confusing and separate from other patterns.

They showed you these pictures to see how your emotional reactions influenced the patterns of your particles. When you were happy and the particles of your form were in alignment, your frequency raised and your consciousness expanded. Some of you actually rose above the ground and expanded your aura beyond the confines of that room. On the other hand, when you were unhappy, your form became denser and your posture hunched over into a protective posture. This was very interesting to the Zetas, as they had cloned out their emotions, which they came to realize was a mistake.

I now bring you out of that image and back into the image of sitting on a chair on the Arcturian Starship. As you sit here, visualize your form as being hybrid in that you have the height of human, thin body, longer arms, four digit long fingers, and physical face of human, but with much larger eyes. As you settle into this image, feel the Collective Consciousness of the Ship. Do you feel the unconditional love and unity consciousness of pure joy? Yes, we are so joyful that our grounded ones have been victorious in their awakening and ascension process. We KNOW that there are NOW enough of you to ascend the planet, which makes us rejoice!

As you continue to attune your consciousness to the Collective Consciousness of Athena, our Starship, fall into the experience of our reality that is FREE of fear and resonates ONLY to unconditional love. It may take a moment of our grounded ones' "time" to believe that a reality can actually be FREE of fear and centered on unconditional love. Therefore, be patient with yourself as you attempt to remember a long forgotten experience—the experience of living in complete support and total love. Think of a time in your life when you came the closest to that experience. We realize that you may have to search your memory.

Do you see how your consciousness expands with that memory? Additionally, that memory may well be of a time when your consciousness is expanded. Whichever situation is the case, notice how your expanded consciousness intertwines with the experience of freedom, love and unity. As we close our message, we challenge you to search for those feelings in your daily life and place your attention THERE! In turn, detach your attention from fear, judgment and anything that threatens to lower your consciousness. We invite all the readers to ask their own stepping-stone SELF to connect with them.

For every one of you that awakens and shares your experience with only one person, there are at least two that can awaken. If these two

people share with just one person, then four more can awaken, which leads to 8, 16, 32, 64, 128 etc. etc. Furthermore, many of you will influence many more than two people, so the exponential numbers will expand even faster. It is with the power of this unity that YOU will create planetary ascension.

2-27-11

Dear Kepier

Suzille: I had an image this morning of you taking me on a tour of the Ship. Was that a dream or my desire?

Kepier: It was your desire to visit a parallel reality of the life you are living. You have pleasure in this parallel life, yet you also enjoy the life you are living. This situation is by design so that our grounded ones will stretch their consciousness to embrace their multidimensional consciousness of living two realities simultaneously. If you only love your reality here in the fifth dimension you would shift into this reality and leave behind your ascension life on Earth. On the other hand, if you only loved the reality of your grounded self, you would not be as motivated to ascend. As you know, the process of ascension is very exciting, yet extremely challenging for your physical form.

Your consciousness is expanding daily and resonating to higher and higher frequencies. Your physical earth vessel is attempting to keep up the pace of your consciousness, but in order to do so you need a lot of sleep. Yet, even with more and more sleep you are still tired most of the time. The only time you "forget" your fatigue is when you are engaged in a higher consciousness, creative endeavor. It is then that your body is doing exactly what your consciousness desires. The ongoing discrepancy between body and mind is the same for ALL awakening ones.

One thing that allows your consciousness to slow down is to give it an unfamiliar task, such as being in two realities. Just as your computer slows down when you have too many projects open, your consciousness slows down when it has to inhabit two realities at once. Eventually, you will become accustomed to this task, and living in two realities will actually accelerate your consciousness, as well as your transformation into Lightbody.

You, and ALL awakening ones, are undergoing a collective shift in consciousness, which has been greatly accelerated by the wave of

Unity Consciousness that is sweeping your dimension. In reality, this wave of unity is sweeping through all realities in our Local Universe. Because of this, not only is it easier for you to connect with each other, it is also easier for you to connect with your parallel realities and the higher expressions of your Multidimensional SELF.

We, the vast armada of Starships that have been protecting and guiding our descendants and family in physical form, are also more unified with each other and with our grounded ones than ever before. Soon, your reality will resonate to a high enough frequency that we can easily walk among you, and you can walk among us. Actually, in your vision, you were seeing beyond time to this wondrous event. Allow me to relay that vision to you as well to all those who desire to visit our Ship. I will speak to you in present tense, as we only resonate to the NOW.

"Hello, our dear grounded one. We are so pleased to have you visit our Arcturian Starship Athena. We see that you have had a long and arduous return to your true SELF. Hence, we offer you the opportunity to rest in our Restoration Chamber. Ones who have come from the lower densities can easily regain their balance there. This Chamber is much like a Hyperbaric Chamber that deep-sea divers enter if they have come to the surface to quickly. In your case, the Chamber allows you to adapt to the many changes in your body and in your environment."

"Your visit this time is in your consciousness, yet a sudden shift in your consciousness can also be very jarring to your psyche. It is because of the many sudden changes in your reality that we offer you a visit to our Restoration Chamber. Please follow us, and we will guide you. If you have any questions as we walk down the long hallway, please feel free to ask us."

"You will notice that the walls of the hall are receptive to your thoughts and desires. If you need a sense of security, the walls appear to be of solid metal. On the other hand, if you are curious, the walls will become translucent, and you can see the world outside of our Ship. We see that you would like to take a moment to enjoy that view. It may be a bit confusing to you, as the fifth-dimensional "outer space" has all the beauty of the pictures you have seen of your deep space pictures, yet it is also multidimensional."

"By that statement we mean that this space has easily perceptible layers and layers of realities. These layers are like pages in a book. However, instead of moving the pages with your hand, you choose to calibrate your consciousness to perceive the frequency of space that you desire to experience. Take a moment to explore focusing your intention on different layers/frequencies so that you have the experience of the many realities within ONE."

"Well done, dear grounded one. But, perhaps, we should show you the Restoration Chamber now, as you may feel too overwhelmed to move through any more frequencies of multidimensional space. We are so happy to entertain our grounded ones that we may be offering more than you can integrate into your consciousness. Hence, we continue our journey through the hallway to the Chamber."

"Because your memory of your fifth-dimensional reality may be a bit rusty, we are taking you through the hallways in a sequential manner. As you adapt to the Ship, you will merely direct your intention to a given area, and you will instantly be there. Yes, here we are at the Portal to the Chamber. We do not have doors that open and close here. Our entire Ship is organic and can sense our every need. Therefore, when we wish to enter a certain area of the Ship, a Portal opens before us.

"Furthermore, the areas of our ship are as multilayered as the multidimensional space, in that there are many layers (floors) that all exist within the same time/space. Yet, each "floor" is receptive to the frequency of your consciousness. Take a moment now to breathe slowly and allow your consciousness to rise into the higher frequencies. Do not be concerned if you feel that is an impossible task, as raising your consciousness is the chore of the Restoration Chamber."

"Relax into the unity and unconditional love of our Ship to allow our Collective Consciousness to assist you in accelerating your resonance. As you connect with the consciousness of the Ship, you see the Portal opening. We join you as you enter the Chamber, which has replicated a place that is near to your heart. You did not need to ask for this environment, as the Ship reads your strongest desire in your thoughts, heart and aura."

"Before you is a chair, and as you sit down it completely conforms to your body. The room instantly adapts to the amount of light you desire, as well as your most beloved sounds. We leave you now, so

that you may bask in love and light. Once you are restored to your fifth-dimensional expression of SELF, the Portal will open. We wait for you just outside this Chamber. Enjoy your experience!"

CHAPTER III

The Final Initiation

5-5-11

INTRODUCTION

Now that I am feeling so much better I am putting all my experiences into a sequential form, although, these events actually exist within the no-time of the ONE. I left off with writing The Return to SELF Part II when I was in the Restoration Chamber on board the Starship Athena. Something happened in that Chamber that began a chain of events, which I would like to share. At the request of the Arcturians I have shared my process of awakening from the very beginning in my site. Therefore, I shall continue to share my experiences of what I have come to realize is the Process of Ascension.

Written on 3-19-11

Once we know where we are going,
We know what we have to do in order to get there.

I was beginning to live in the two realities of my stepping-stone SELF and my third dimensional self. I was going to work, writing up new information for the website, probing into my deep subconscious and living on the fifth dimensional Starship as Kepier. I was NOT taking care of my physical earth vessel. I was not exercising. I was not going to the gym, and I was eating far too much sugar. I was in my head and in my consciousness. That is, I was in my super-conscious and my deep sub-conscious, but I was NOT in my earth body.

In other words, it was the perfect example of transiting Pluto conjunction with Sun and Mars experience, which were my astrological aspects at that time. When Pluto first conjuncted my Sun, I began to channel the Arcturians through my voice. This experience expanded my consciousness further than I had ever experienced. However the super-conscious—sub-conscious roller coaster of Pluto had begun. When I first channeled in the Arcturians through my voice, it initiated a conscious awareness of my higher dimensional self beyond anything I had ever experienced. However, shortly after that I plummeted down into my deepest subconscious to release the old habits of depression

that needed to be leave in order for me to continue on this higher path.

The ascension path is a higher dimensional experience beyond our highest expectations. First, we have seemingly random experiences of Being Lightbody. Then, we must go down deep into our subconscious in order to release that which has always stood in our way of living in that state of consciousness. However, I have digressed from my story, so I shall now return. Even though I was very much in my head and subconscious at that time, I was also in my heart. I was talking to many interesting and ascending people, and doing a lot of creative writing, meditations and videos. I was also taking care of paying the bills, balancing the checkbook, doing the chores, buying food etc. etc. But, I was not taking care of my body.

Since our attention goes where our heart and mind are focused, which in my case were the higher dimensions, I went right out of my body. I was walking on flat ground right next to my husband, and I leaned down to adjust my left shoe. As I started to walk again I took a bit of a crooked step and then, suddenly, I was on the ground. Where I was between the step and the ground, I did not know. I did know that I had to surrender to my consequences of abandoning my body. I knew instantly that I greatly hurt myself and that a huge initiation had begun. I knew that I had repeatedly abandoned my body over my life. I had made my body my enemy and had not loved it.

I had a death experience when I was only six weeks old, but my mother came in to check on me and saw that I was blue. She lifted me up and shook and shook, but I still would not breathe. Finally, she held me upside down and shook me until I coughed and came back into my physical body. Perhaps, I never forgave her for that. I was a crib death gone wrong. When I was on the other side, I was greeted by three huge beings of light. I told them that I did not want to go back, but they convinced me that if I lived long enough, I would be able to experience a reality in which Faeries and Angels were on Earth intermingling with the people. Of course, in my vision the people were primarily children.

Therefore I came back and spent a great part of my life hating it here. Since then I have come to terms with my life. In fact, I am quite happy and love myself unconditionally. However, the karma had settled into my body and had to be cleared. If I were to ascend while remaining alive, I would have to do a lot of healing on my 64-year-old body that I have spent decades disliking.

I went to the doctor, and he tried not to tell me that I would definitely need surgery. I tried to believe that I would not need to "go under the knife," but deep inside I knew that I would have to face that fear. As a child, I was abducted by the Zetas and would lose complete control of my body while they came at me with sharp objects. At 64 I had never had any surgery, and I did not want to do that now. Unfortunately, I'd seen the look in doctor's eye and knew that in order to regain use of my right arm (so that I could write and type and drive and be independent) I would have to face my greatest fear. I would have to face becoming unconscious with sharp objects coming to my body.

Furthermore, I would have to confront this issue within less than four weeks. The tendon to the rotator cuff of my shoulder was severed, and it would retract into my shoulder in such a manner that they would not be able to fix it if I waited for more than four or five weeks. This was an initiation that I would not be able to avoid. When I finally surrendered to the reality that it was time to face that original wounding of my childhood and to step right into my greatest fear, I had the most amazing experience of being Lightbody that I have ever had.

I will now recount that experience that I had on 3-8-11.

BECOMING LIGHTBODY

Dear Kepier,
How do I do this? I feel that I want to flash into Lightbody, but I also know that I need to keep this form to assist in healing Gaia.

Suzille,
You need to have a parallel reality of Lightbody so that you can maintain your earth vessel. Then you can BE the higher frequency reality which you are ME, and maintain your earth vessel. Remember, we are hybrids.

Take the energy of the power of ascension within you and direct it into the parallel reality of our life on the Starship Athena. Project the energy within the core of your form towards your vision of us on the Starship.

Do you see how this projection flashes both of us past our expressions of form and into our expressions of a brilliant star?

Yes, you must believe this experience! It is a real experience in a real reality, a reality in which you can remember your SELF.

See us, Kepier and Suzille, as ONE being in our fifth dimensional room.

See the frequency bridge that leads directly from your earth vessel to our room on the Ship.

Do you see how this frequency bridge glistens and glows? Do not cross the bridge. Instead, you are to *become* the bridge

You are the bridge! You are the reality of your fifth dimensional room, which is interconnected to your third dimensional room. This room has now become a portal through which you can BECOME the frequency of the bridge.

Feel how your energy expands when we mention, "*becoming the bridge.*"

Feel your light and observe how the archway of the bridge connects both worlds.

Contain that energy that you experience as dizziness within your fifth dimensional SELF. Observe how you can gradually share that energy with your third dimensional self.

I will return to you when you have released that density and your body is ready for the next part of our process. For now, this is all your wounded earth vessel can take.

Unconditional love
Your SELF
Kepier

You may think that after that experience I would be very spiritual. However, "what goes up must go down" in order for us to find the Center Point, the Fulcrum Point, the Point of Ascension. So down I went, deep, deep, deep into my subconscious, deep into the conscious perception of my "persistent reactionary patterns." Again, I had to see the part of me that I had refused to see so I could love myself unconditionally. And how did that unconditional love look? It looked like surrender.

I had to surrender to my persistent reactionary behaviors so that I could clearly see the part of me that I had deemed as un-lovable. In order for me to ascend, I had to know all of me. Or, at least, I had to know how I reacted to my daily life. To totally integrate my Multidimensional Operating System into my third dimensional brain, I had to consciously observe how I was persistently using my Third Dimensional Operating System to react to my physical life.

My initiation actually began in December of 2010, when I publicly announced that I had been abducted as a child. It was this announcement that allowed me to clear away the shame that I had never realized that I had, so that I could heal from that experience once and for all. Since I was a child when those experiences began, and had no one to talk to about it, I forced my feelings into my deep subconscious until I doubted that it had ever happened. Therefore, I had denied an important part of myself in order to hide that experience.

This denial of an early traumatic experience came to the surface of my consciousness as shame. This dynamic is very common among children that have experienced a traumatic event. Because I was out of control over the situation, I made it my fault. By making the situation my fault, I gained a small amount of control. However, because it was "my fault," what I felt was shame. Then, as most children do, I forgot the traumatic event, but I remembered the shame. It was this deep, unconscious shame that had to be loved free.

4-26-11

FINAL INITIATION

Months ago, or was it a lifetime ago, I began a process I have come to call my "Final Initiation." I suppose I have called it my Final Initiation because I don't want to ever repeat it. On the other hand, I know that every minute of every day is filled with initiation. I will begin by defining the term "initiation." An initiation is a process of inner clearing of the fear and darkness that has thwarted our full progression into the return to our fifth dimensional self. In other words, our Final Initiation is an important part of our ascension into Lightbody.

Most of you who find yourselves reading this information have had an experience of ascension, defined as a conscious transformation into Lightbody, in some reality, on some planet, galaxy or dimension.

However, the ascension process we are now undergoing is unique because we, the members of Earth, will not leave our third dimensional vessel behind. This vessel will remain in form on third dimensional Earth until Gaia has also ascended into her Lightbody as a fifth dimensional Being.

On the other hand, each our grounded expressions of our Multidimensional SELF will return to our fifth dimensional SELF at the moment which best resonates to our personal Path of Ascension. Hence, some of us will ascend slightly before Gaia to assist in opening the Portal, others will time their ascension to match the Planetary Ascension to augment Gaia's power, and others will ascend after Gaia to assist those persons, places and beings in need of assistance.

Since many, if not most, of the ascending ones have had previous experiences of ascension, we volunteered to incarnate on Earth during this timeframe. Being able to access our ancient memory of past ascension is greatly beneficial as we move through our current process. In fact, this process of ascension has been gearing up for the last seventy years. At that time Gaia began Her journey through the Lower Astral Plane, which contains all of the accumulated darkness of Her entire incarnation as a planet, as well as within the incarnations of all Her inhabitants.

Humanity has accumulated a great deal of darkness (fear) in our many earthly lifetimes. It is this darkness that we are releasing during our Final Initiation. Fortunately, we usually do not begin this initiation before we have gained an intimate relationship with our Multidimensional SELF. It is also very helpful to have an intimate relationship with one of our many fifth dimensional expressions of SELF who we have often experienced as a Galactic or Celestial Guide from the higher dimensions. Once we have established this relationship we have the opportunity to merge with this expression before or at the time of planetary ascension.

Through my website I have shared every component of my awakening in the hopes that others who were having similar experiences would find comfort and direction. I also sought to develop a map or a "how-to manual" so that others could find direction as they awakened. I had a death experience when I was six weeks of age and came back with a constant need to be in continual connection with the other side. When I was first awakening, the Arcturians instructed me to create a website. Finally, after about two years, I finally found the courage to follow their directions.

I present the following information not as a fifth dimensional Lightbody, but as a grounded human. In the same manner which I have shared every other component of my spiritual life, I wish to share the experience of what I have called my Final Initiation. Throughout my awakening process I found great comfort and direction from reading stories of others and of their journey into the light. Therefore, I present this information in the hopes that others will find some of that same comfort and direction.

The fifth dimensional expression of my Multidimensional SELF with whom I am merging resides on the Arcturian Starship Athena. His/her name (for fifth dimensional beings can choose to express either gender) is Kepier.

KEPIER FURTHER EXPLAINS "FINAL INITIATION"

I am Kepier. I am the fifth dimensional expression of the grounded one known as Suzille, Suzan Carroll and Suzanne Lie. There is much I wish to share with my third dimensional expression of self. I know that she is a bit nervous to receive my messages in this fashion, as she is still holding a small amount of fear of judgment from others. Therefore, I ask her directly to share this communication with you so that she may release that fear. When "I" say "her" it is not an accurate statement for WE are ONE. However, for the sake of third dimensional speech, personal pronouns will be used, but remember that Kepier and Suzille are two names for the same person at different frequencies of resonance.

Because of Suzille's Final Initiation I, Kepier, am having the experience of a more intimate interaction with the third dimensional reality, and she is having a clearer experience of my reality. I now truly understand how difficult it is for grounded humanity to rise above the myriad fears and dangers of life on 2011 Earth. As I share this greater knowing with our collective fifth dimensional consciousness, we can better assist our grounded ones.

When Suzille began her Final Initiation she held the intention of communing with me in my multidimensional Starship, which I share with all my comrades. The members of our Ship are from many different planets, galaxies and dimensions. Our ship is an Arcturian Ship, which has been traveling inter-dimensionally and beyond time throughout the greater Universe. I say "beyond time" because our Ship resonates to the fifth through seventh dimensions. Therefore,

third dimensional laws of time and space do not bind our Ship, crew and passengers.

Because we resonate to the higher dimensions we do not speak in sequential sentences that are put together with individual words. Instead, we commune telepathically. Telepathic communication is best defined as a merging of consciousness and sharing of information. Within this merging of consciousness there are no words, there is only an inner knowing of the information that is being shared. It is this type of telepathic sharing that shall be the basis of learning as you return to your fifth dimensional SELF.

I would like to take a moment now to explain to you why I said, "return to the fifth dimension". Every one of you is a beautiful, multidimensional being who has chosen to log-into/incarnate-into the third dimensional expression of planet Earth. To your earthly belief systems you may feel as though you are progressing into someone better. In reality, you are returning to who you have always been. There is no one and nothing that originated within the third dimension, as all new life forms were created on the six-dimensional Light Matrix (Divine Blueprint) for third dimensional Earth.

Once that "new life" is created on the higher dimensional matrix, it instantly becomes manifest on third dimensional Earth. When you are in the higher dimensions, you perceive beloved Earth as a schoolroom, a program that you can log into to learn and evolve through the process of living in a polarized reality. Unfortunately, once you log into Earth's reality, you often forget your true Multidimensional SELF. Worse yet, once you forget your SELF, you can no longer remember that you can return Home to your higher dimensional reality whenever you wish. It is then that many of you (spirits within physical form) become trapped in the physical world and bound to the wheel of life and death until you awaken to your true SELF.

Since the final demise of Atlantis, about 12,000 years ago, Earth has been spiraling further and further into the lower frequencies of the third dimension. However, since your Solar System has been moving into alignment with the multidimensional light and unconditional love from the Galactic Center, our grounded ones are awakening and beginning their ascension back into their true SELF. Therefore, the process of ascension is actually the process of remembering the SELF you have always been. This process of ascension often begins with a Final Initiation.

A Final Initiation involves the realization, confrontation, healing and release of all that has stood in your way of fully remembering your true, Multidimensional SELF. Within third dimensional thinking there appears to be many emotional barriers that bar the full remembrance of SELF. On the other hand, within the multidimensional thinking of your fifth dimension SELF you can easily perceive that in the lower worlds there are only two forms of emotion. One of these forms of emotion is fear-based and the other is love-based.

From our perception, the process of ascension is not riddled with many emotions. There is only the love, which comes from the truth of the higher dimensions, and fear, which comes from the illusions of the third and fourth dimensions. On the other hand, you, our grounded, ascending ones have had myriad incarnations on the third and fourth dimensional expressions of Earth. Therefore, you have many fearful memories that stand in the way of your clear perception of your wonderful and loving memories.

There are some ascending ones who are relatively new to the holographic program of life and death on a physical reality. Therefore, their ascension may appear to be easier. These great beings have made the ultimate sacrifice of entering the limitations and separations of third dimensional Earth. They serve as guides to others who are ready to remember that the holographic game of third dimensional Earth is closing. Gaia is ready to return to Her true SELF and no longer wishes to remain third/fourth dimensional.

There are also many ascending ones who entered Gaia during Her crisis when Lemuria and Atlantis were destroyed and Earth almost fell off of Her axis. These brave souls have incarnated again and again during the long dark night, which is now coming to an end. Gaia is entering the dawning of Her return Home to the fifth dimension and beyond, but is willing to wait as long as possible so that all of Her inhabitants who wish to, can join Her. This process of personal and planetary ascension is a dynamic one that includes many phases. Each grounded one creates their own ascension within their multidimensional consciousness.

This ascension process is best navigated if you, the grounded ones, are in constant contact with at least one of your higher expression of SELF. This alliance establishes an intimate relationship with the fifth dimensional expression of your SELF with whom you will merge at the time of your ascension. However, please remember that you all have many expressions of your fifth dimensional SELF. Hence, it can be

confusing for one who has been bound to the illusion of a separate individuality for many lifetimes to suddenly have many realities to which they can ascend/return. Therefore, many of you have made pre-birth agreements to meet with one particular expression of your fifth dimensional SELF. This SELF serves as a "stepping stone" to "guide" and assist you through your return to multidimensionality.

Some of you have remembered more than one of your higher dimensional realities while you are still holding a third dimensional Earth body, and will be able to more easily adapt to your New Earth. Also, some of you have already made intimate and lasting relationships with higher dimensional expressions of your SELF. You may have thought of these Beings as Spirit Guides and will be surprised to realize that they are YOU. Any higher dimensional relationships you have made will make your transition easier, especially if you can commune with this Higher Being while you still hold your earth vessel. This cherished relationship will assist you in facing your "*greatest fear*," often buried in your subconscious, which will surface during your Final Initiation.

Since my grounded one's greatest fear was to go under anesthesia and have surgery, her Final Initiation was initiated by an injury that needed surgery or she would lose the use of her right arm. This process of merging with her fifth dimensional SELF during her Final Initiation is to be documented in the same manner as her website. We, Suzille and myself, Kepier, record this process in the hopes that revealing this process will assist others in their Final Initiation. Since, due to her injury, Suzille could not write or type this documentation is in the form of audio files.

AUDIO-BOOK

Return to SELF

To listen to the audio-book please click:

http://www.multidimensions.com/CommPortal/commportal_ascend_home.html

CHAPTER IV

Life on the Starship

I had not had many experiences on the Ship since February of 2011. I think it was because I had to allow Kepier to fully unify with my consciousness and physical form. The last experience I had on the Ship was when I was in the Regeneration Chamber, which I believe started a major initiation. Since that initiation, I have been able to perceive myself on the Starship as Kepier in an increasingly vivid fashion. I write these visitations in first person, present, which is how I experienced them at the time.

WALKING THROUGH THE CORRIDORS

I'm walking down the hall of the Arcturian Starship Athena and greeting my friends whom I meet along the way. I am aware that these friends are able to ascertain that there has been a merging of my fifth dimensional and third dimensional realities, because they can see that my grounded self is within Kepier, my fifth dimension expression. These friends greet me and congratulate me. Many of them discuss with me their process of reconnection and merging with their grounded expressions of SELF. It appears that many of the Galactic Beings who have chosen the Mission of circling Earth and assisting Her with Her ascension have also chosen to project their consciousness into the third dimensional forms of their grounded, third dimensional expressions.

I complete these discussions and walk over to the outer hull of the Ship, which I remember is a biological Ship. As I touch the wall I FEEL how it is alive. To my third dimensional mind it appears as if I am living inside of an animal. However, to my multidimensional mind "animal" would not be the correct word. The Starship is indeed a living being, a collective creation of all the members onboard the Starship. The members of Athena's Homeworld, Arcturus, also assist with the Ship's creation. They are also in constant communication with the Ship and all the crew.

As I take a moment to more deeply experience the Ship, I feel the collective consciousness of all its crewmembers. Since we resonate to the Oneness, it is not unfamiliar to be able to tune into the collective

consciousness and merge with all that is being thought, felt and experienced. As I move even more deeply into my experience, I am aware of all of the technical aspects of the Starship. I see Light Language control mechanisms, which are activated by the thoughts of those who are aligned with that component of the operation of the Starship.

I am unable at this time to make any sense of these letters, as my physical brain is not able to understand the images. However if I move into my High Heart I find that I have a feeling about what these images are, what they stand for, and how to activate them for the benefit of the Starship and all those who are in it. (I realize that at this time I begin to speak in first person as Kepier, rather than my physical self on planet Earth). Even though we have our assigned duties, all of us are able to perform all duties, if necessary, which is possible because of the unity of our collective consciousness.

I don't want my alternate reality as Kepier on the Starship Athena to slip away from my consciousness. Writing about my multidimensional experiences and sharing them with others helps me remember my true SELF. Third dimensional life can capture us and make us believe that it is real. I present my alternate realities because many of you are having similar realities, even if you don't remember them. Maybe reading my inter-dimensional realities, you will remember your own.

SERVING ON THE SHIP

Within our collective consciousness, we can connect with all the information of any person who has expertise in that area. In this manner, all of us are able to perform every function of flying the Starship. It is for the experience of cooperation that we are assigned our individual duties, and because they are the areas of our greatest proficiency. My area of expertise on the Ship is similar to my expertise in my physical reality. Therefore, I serve as a counselor, but most of my duties have to do with being an emissary to inhabitants of different cultures, planets, galaxies and dimensions.

I suddenly have another vision in which I find myself at a small meeting. There are perhaps nine or ten of us sitting around this table. We still hold individual forms within this level of the fifth dimension, however, as I have said before, our consciousness is merged, and we still choose to use our voice on many occasions because we interface with our grounded ones and with other galactic beings on a regular

basis. Before each of us gives our presentation we all touch the tabletop. When we touch the tabletop, the specific information of our presentation is downloaded into the consciousness of all those around the table.

In reality, everyone aboard the Ship would be able to connect with that information, as the Ship is much like a huge computer. The difference is that third dimensional computers exist outside of you, whereas our computers exist within us. Much as you would go to a search engine to gain information, we use our thoughts to search our inner computers to gain any information that we wish to receive.

I will now talk about the report that I am giving. Part of my job aboard the spaceship is to be in constant communication with the energy fields of the humans and other life forms of planet Earth. Since there has been major downloads of light since Earth's timeframe of May 2011, I am asked to give my report regarding the effects of this light on human consciousness. I speak in terms of human consciousness because Earth's nonhuman life forms live within a state of unity consciousness that far beyond the unity of the humans. On the other hand, unity consciousness among humanity is greatly increasing every day.

Our conversations aboard our fifth dimensional starship are not limited to individual words put into the sequential fashion of a sentence. Instead, we speak in images which accompany our telepathic communications and whatever voicing we choose to share with others. Therefore, I will send to humanity my report regarding the effect of light on consciousness via images in my mind. (On the Ship, I just sent the images, and we talked about them later.)

MY REPORT

I see humanity in terms of its collective consciousness. This collective consciousness looks somewhat like one of your oceans. At the top of the ocean there is the greatest light and highest level of consciousness. Moving toward the ocean floor, the light and love increasingly diminish, as does the level of consciousness. Within your reality there are basically three groups: Multidimensional consciousness at the "top of the ocean," third/fourth dimensional consciousness in the "middle areas of the ocean" and consciousness based on Service-to-Self at the "bottom of the ocean."

At the top level of the ocean, multidimensional consciousness, there are those who have been able to integrate the light into their consciousness and physical forms. I see those beings as able to easily receive the light into their ever-expanding consciousness. However, their bodies are suffering symptoms of transformation. These symptoms of transformation occur because the frequency of light is far beyond the frequency of the Earth vessel. Fortunately this light is activating the 98% of their "Junk DNA" in the hard drive for transformation into Lightbody. This transformation from Earth vessel to Lightbody is a switch from the density of physical molecules within the earth vessel into the crystalline molecules that make up the awakening Lightbody.

This Lightbody has long resided within the Core of your spinal cord, brain, chakras, heart and High Heart. It is a challenge for you, the grounded one, to allow the light to enter into your physical bodies, and to direct it into your Core of which I have just spoken. Since your Core is the grounding force that connects your Lightbody to you physical body, it can easily accept the higher frequencies of the energy. Once these energies are stored within your Core, it can gradually be released into the physical, earth vessel, thus diminishing the symptoms of transformation. However, this transformation is immense and symptoms will be felt.

With the second group, third/fourth dimensional consciousness, the light is still surrounding the humans, but they have not yet learned/remembered how to accept it. For these humans there may be many changes in their external world that have forced them to look within and to ask for guidance from the higher frequencies of reality. When they choose to turn their attention into their inner worlds, which allows them access to the higher frequencies of spirit, they are increasingly able to accept the light into their consciousness. Once the light enters their consciousness, it is able to gradually enter the cells of their body, as well.

Every human has agreed to a certain flash point, an earthbound time, in which they will fully awaken to their Multidimensional SELF. It is at this flashpoint that they will be able to begin the process of transformation either gradually or all at once. Either way, the group of Lightworkers at the top-level has spent most of their lives preparing the way for those that have not yet awakened. Because of their contribution, it will be easier for the mid-level group to accept the Light when they are ready and/or when it is their "time."

The third group of consciousness, which would be correlated to the bottom of the ocean, selfish, service-to-self consciousness, is comprised of people who have enjoyed the separation and power-over-others of the 3D Game and don't want it to end. However, some of the members of this group are suddenly realizing that they no longer want to live in fear and domination. These ones are looking up, as they are not yet able to look within, in the hope of finding more light and love in their lives. It is this light and love which will open their hearts. As their hearts open, they feel themselves beginning to transform, as well.

The other members of this group have a form like small parasites. The fight is forcing these myriad small parasites to leave their host, and they are swimming away as quickly as possible. It is within this vision that there is a realization that these parasitic beings are not members of Earth. Because Earth is moving into a higher vibration, these parasites are in the process of leaving your reality in search of yet another one.

Since I am in the process of merging with my grounded one, it is part of my duty to share this data with those who are open to this type of information. I realize that there are many grounded ones who may be not be comfortable with this information. It is to them that I send my fifth dimensional, unconditional love.

SLEEP ON THE STARSHIP

Sleep here on Athena is more like a multidimensional journey. Consciousness does not blink out as it does in third dimensional sleep. Instead, our consciousness is greatly expanded. We need to sleep only about once a week in earth time. However, time is very different here. Therefore, we would measure our need for "sleep," not in time but instead, in a knowing within that tells us that we are needing to travel inter-dimensionally to visit higher expressions of our SELF for comfort and learning.

Since we are beyond time and space, we do not "leave." Instead, we merely turn our focus away from the reality of the Starship and focus, instead, on the higher dimensional realities. Again, when functioning beyond time and space, it is difficult to describe that experience of inter-dimensional travel. I would say that the best example would be

that for a moment of the NOW, which would be measured in the third dimension as a few seconds, we are not available to the duties of the crew; instead we are visiting and experiencing higher frequencies of reality. Just as you might wake up if something were to need your attention during your sleep, we could return our consciousness back to the Ship if necessary.

I realize that I am speaking as the one that I am in the fifth dimension. Before, it was someplace else or someone else to whom I would go. However, more and more, I am feeling that I really do live in two realities at once. I know that I have many realities that resonate to the ONE of no time or space, but while I am still maintaining a physical body, living in two realities at one time is more than enough.

BODY CHANGES

In fact, since I have begun this process of integrating the essence of my fifth-dimensional SELF into my physical consciousness, I have been experiencing many changes in my physical body. Yesterday, I had extreme chills in which I was so cold that I was shaking. This never happens to me. I am always too hot. All that I could do was to go to bed and sleep. Sleeping is what I do a lot of in the third dimension. I feel that I need a great deal of sleep there because my earth vessel is changing more and more every day.

I actually feel as though my body is shedding off old levels of density. I have been losing weight, so perhaps that is making me run cold rather than hot. There is also a sensation of dizziness, which comes in quite often. It is not a dizziness where the world goes 'round and 'round. It is more of a dizziness that is a blurry sensation. It is like there is cotton in my head. It is more and more difficult to focus strictly on the third dimension. Mundane tasks of the physical world seem like trudging through mud.

I can feel my Core and the rise of the kundalini go up and down with practically no effort now. However, I do not create this experience of becoming Lightbody too often, as I know it would accelerate my transformative process. I'm not sure that my physical body could move any faster with its transformation than it is doing now. More and more I see my physical body as a form in which I live. I am not my physical body, but my physical body is mine, much like my house is mine. I can leave my house and it will still be there when I come back.

However, I am not too sure that my physical body will be there if I leave it too often. I feel as though I have much more to learn about being in two worlds at once, so that I can maintain the health of my physical form.

There are many elements of my SELF that live within my physical body, and all these elements work together as a crew to guide my physical body through third-dimensional life. In the same manner, the crewmembers of our Starship all work as one being to move through daily life within the biological body of the Starship. As I am speaking about this, I am experiencing a great fuzziness in my head. I need to close my eyes and feel an emanation moving up and down my spine. Just as my physical body is on the edge of a very great transformation, I know that Gaia's body is on the edge of Her transformation.

It appears that third-dimensional life is beginning to unravel. The lies, deceptions, and many indiscretions are coming to the surface to be known by those who are willing to allow the third dimension to transform. Furthermore, as we are transforming we are realizing that we humans are having an effect on our environment. Just as we may feel that our body is changing beyond our conscious control, we also feel that our physical world is changing beyond our control. At the same time, we feel the responsibility of our influence over the shifts in our daily life. Once we can accept and take responsibility for the changes within ourselves, we can more easily accept, and even celebrate, that the moment for which we have waited for myriad lifetimes is happening NOW.

As I sit here within this moment, I can feel the two realities in which I live. I know that living in these two realities is expanding my consciousness to the point that the activation of my Lightbody is being greatly accelerated. There are many ways in which we will create ascension. Planet Earth has always had myriad expressions of humanity living as one being on Her body. Just as we have had fights within ourselves, humanity has had fights with others.

Fortunately, we have discovered that if we try to fight, if we try to resist, our process of transformation gets much more unpleasant. Therefore, we are realizing that living in surrender is the best solution for the uncomfortable and exciting transformations that we are feeling within our form and within our daily lives. In this manner, it is easier to remember that we are changing because we are in the process of ascending.

THE MESSAGE

I will close this message by taking a moment to revisit the Starship. Immediately, I sense an excitement and preparation for something that is soon to commence. I take a few moments to align my consciousness with the Ship and see the crewmembers scurrying around in a fast, yet organized, manner. One of my friends grabs my arm and says, "Quickly! There is to be a meeting with the entire Federation. We can all observe it on the com-screen in the Lounge."

I rush along with her, wondering how she saw me when I thought I was pure consciousness. However, when I look at myself, I see that I am wearing my form as Kepier. I hear my human one wondering if she/me will be able to see, understand and translate the message that is being relayed to the Ship. I tell her to release her Ego, for that is the only portion of her consciousness that would doubt herself in such a manner.

Within that second, I am my human self once again. I can feel a sense of performance anxiety about whether or not I can receive the message. Also, since I am sharing it, I feel a responsibility to "get the message right."

"Come on, hurry." I feel my friend tugging at my (Kepier's) arm. We are at the entrance to the Ship's Lounge, which has become much larger because there are so many people in here at once. Therefore, there is plenty of room for all of us as we settle in to hear the message.

"Members of the Starship Athena, we are joyous to be able to give you this message. I am Xyston, one of the Ambassadors to ascending Earth. As I speak, I am projecting many pictures of Earth, so that you can see how the frequency of the collective members of Her body is rising. We are so overjoyed about the sudden increase in the Light Quotient on the planet that we wanted to share this information with all of you who have worked so tirelessly in awakening your grounded expressions.

There are still many who slumber within their illusions, but more each Earth day are awakening to the awareness that there must be more. They do not know what that "more" is yet, but their curiosity is ignited, and their journey has begun. In fact, we invite you to look around the

room to see how many of the crew members have been able to awaken their grounded ones enough for them to join this meeting. Will you all please congratulate these awakened ones?

In that moment, I feel a rush of love, acceptance and congratulations. I am fully aware that I am writing this event, but I am also aware of my presence on the Ship. That is, me the human one, MUST believe that this experience is true for it is the ME that I have always been deep, deep inside my Soul. I look at the other awakened humans and see the same mix of determination to believe, along with remnants of doubt. A few of us catch each other's eye and we smile. Some of us are humanoid and some of us are not. Then, my attention is drawn again to the screen (actually it is a Holographic Projection), as the Ambassador continues speaking.

THE MESSAGE CONTINUES

"You are all aware of the complicated chain of events that must be coordinated before we can announce our next step. It is vital that this Ascension is a partnership between Earth's inhabitants, Gaia Herself and us, the members of the Federation. The Ascended Masters, Elohim and Angels are also important in this transition. The lost ones are becoming aware that the ever-increasing resonance of Earth is eroding away at their "power-over" others.

"We ask you all to send these ones your unconditional love. They have been feeling your gift lately, which has greatly confused them. They think only in terms of control and domination and cannot understand love being sent to them for "free." They find their changing environment very uncomfortable and find little comfort in the wealth that they have gathered at the expense of others. We ask that you remind them via your consciousness that money is NOT a component of the fifth dimension. Also, please tell your grounded ones that their financial worries are just one of the many third dimensional illusions.

"I will return you to your duties with the knowing that you have made a wonderful contribution to the ascension. In closing, we ask that you remember to maintain an opened line into the aura and body of Gaia. In the same manner, the beings of Earth are sending their attention and intention into the consciousness of us, the many Galactic Beings who surround their planet.

Abundant congratulations to you, the crew members, as well as your grounded expressions."

The transmission ends, and I find myself before my computer typing this message. I know that the experience is real, but the glimmer of doubt still washes over me. I decide to accept that doubt. I will not fight it, but will, instead, send it my unconditional love.

RETURNING TO THE SHIP

I am feeling a need to return to the Ship now in my consciousness. I begin my return by merging with Kepier once again. I see her on her chair having her meditation. Perhaps, that is what called me to visit the Ship. I imagine that I am sitting on the chairs too, which means that I must merge into that body to do so. I refrain from saying *her* body for in fact it is *our* body, the body we share while in this fifth dimensional life.

It gives me comfort to return here to this higher frequency of my SELF. There is much I love about the third dimension. Actually, I have discovered how to deeply love the parts of the third dimension that I do love. There is still too much darkness here, but I think the word *there*, as I have become Kepier. As Kepier, I continue my thoughts from the perspective of the fifth dimension.

From this viewpoint I can look at 3D Earth with a new eye. I look down into that dimension to see that, indeed, the light there has grown greatly. As I do so, I feel the many other members of the Ship who are also following our orders to maintain our loving vigilance over the third dimension, for it greatly needs us at this time. Our grounded ones are awakening enough now to feel our attention, as many of us on the Ship are joyful to direct our expanded consciousness in their direction.

I go back to the meeting and the vision of the many awakening grounded ones who joined us in their fifth dimensional consciousness, even though their earth vessels were still connected to the planet. I understand now that they are practicing their ascension. Many have completed their Final Initiation in which they had to confront and heal their deepest fears. Therefore, they are now soaring forth with their ability to travel inter-dimensionally. In fact, as I expand my consciousness, I become aware that just as my grounded one has joined me, the grounded ones of many of the crewmembers have

merged with them, as well.

Our multidimensional Ship is expanding its frequency range to encompass the third dimension. Just as what goes up comes down, what goes down comes up. Therefore, our circle of light/consciousness, which has expanded into the third/fourth dimensions, is now expanding our fifth dimensional ship into the sixth and seventh dimensions. I can feel the formless ones of our Arcturian Group Mind congratulating us for our work. I feel how they, too, are beginning to inhabit our Ship in preparation for the "grand finale."

I am aware that my grounded one is listening, so I must remind her that there is no time in our reality. However, there is a quaking of a Cosmic Moment of great transmutation that is building in potential. We can feel this potential within our form with expanded joy and unconditional love. I must tend to my duties now, but before I do, I send these feelings into the hearts and minds of any awakening ones who can receive it. My duties call, but I will bring my grounded one to "work" with me. It will give her a grand opportunity to practice being in two realities at once.

A FLURRY OF ACTIVITY

I am on the ship again. I closed my eyes to meditate, and I am instantly here. I say *here* instead of *there*, as I am beginning to morph into this reality much easier each time I come here. When I first started this site in the mid-1990's I had to face my fear of judgment about the radical ideas I was receiving. In fact, I am just now beginning to release some of it, and there are some messages that still seem too "far out." I guess I am talking myself into believing this experience. My body and primary awareness is in the third dimension typing on a physical computer, but my mind, at least a part of my mind, is on the Starship.

It does not surprise me that I would find myself on a Starship, as it has been an obsession all my life. In fact my return to Kepier began when I first "came out" in December of 2010 that I had been abducted by the Zeta as a child. It was then that I remembered that I had first merged with Kepier in 1994, before I even began this website. Since then my inter-dimensional experiences have greatly accelerated. There is a part of me that doesn't want to share my experiences on the Ship, but I must be true to what I believe is my Mission of documenting my

process of ascension.

When I arrive at the ship there is a flurry of activity and a sense of preparation. This time I experience myself as pure consciousness. However, the crewmembers are able to see me in this form and tell me where to find Kepier. I could have found her myself, but I needed to know that they could see me. I also see others like me, who are here as pure consciousness and still hold forms on third dimensional Earth. Since these people are pure consciousness like me, there is no form to see. Nonetheless, I smile as I see that I have been communicating with some of these people via the Internet, which is also communication via pure consciousness. I like not having a visual of their face to distract me from my experience of the FEEL of the person.

I hear inside now that traveling as pure consciousness and merging with the pure consciousness of other inter-dimensional travelers is a component of preparation for ascension. We are all moving our consciousness into the fifth dimension and beyond to prepare the place in which our entire being will eventually go. I am now reminded that many of us will go to several places, but since my anchor of physicality is still on Earth, I can only deeply experience one place at a time.

I know now that I chose this Starship to be that place because I often came here as a child. But, of course, I had forgotten those experiences. I remembered the times I was in the frightening ship of the Zetas, as fear resonates easily to third dimensional Earth. Now that Earth is resonating more to love, it is easier to remember these Starship visits. I encourage any of you who read this information to tell people about the fifth dimensional signature frequency/place (place is not really a 5D word) to which you are increasingly visiting. In this way, inter-dimensional travel becomes more "normal."

ON THE BRIDGE

I return again to the Starship and find that I am on the Bridge. I look toward the view-screen and observe the myriad other Starships that surround our Ship in our higher dimensional location in Gaia's fourth dimensional aura. Our very existence here is extremely helpful to Her planetary ascension because we fill Her aura with peace, calm and unconditional love. Then, Gaia is able to pass that feeling on to Her many inhabitants.

The cetaceans are joyful to commune with the Starships. In fact, I feel their beautiful essence and mourn for all the damage that humans have done to them. I find that everyone on the Bridge is feeling similar emotions and we join into ONE consciousness to send our loving compassion to Gaia, who has been such a brave Being during Her millions of years of physical expression. Just like Her many inhabitants, Gaia knows that the time of Her confinement to a physical expression is coming into completion.

I am experiencing the multidimensional nature of the crewmembers. However, they can share my reverie while they continue with their duties. As a visitor of pure consciousness, I am free to observe without any responsibilities. In return, they can all read my Soul. Hence, they know who I am and that I am one of their grounded ones practicing my Return. Nonetheless, I realize that I am to leave the Bridge now. I respect this feeling and instantly find myself in the Lounge again.

I need to inform the reader that my visitations are limited by the information that my human brain can translate into English. I can feel inside of me that there are many things going on that I cannot translate into language. In fact, the attempt to do so lowers my frequency to the extent that I can no longer experience the Ship. Therefore, I need to be satisfied with what comes through my consciousness and into the computer. Nevertheless, I feel a need to stop typing for a minute and experience the Ship without having to translate the experience into language. I will return...

SIMULTANEOUS EXPERIENCES

I am back, at least the grounded me is back. However, since everything in this journey happened in a multidimensional way, this experience may be difficult to translate into 3D language. What I mean by that is that I was having several experiences simultaneously within the same NOW. I was being taught, actually I am being taught, to experience multidimensionally then "save" that experience into a 3D file to be pulled up when I return to the computer and computer brain. I will try to do so now.

It is as if some of the information I received is "saved" on a frequency that I cannot access with my human computer-brain. I understand that the full potential of my multidimensional brain would likely overload the Third Dimensional Operating System of my 3D version

brain. Therefore, until my I learn how to use my Multidimensional Operating System, there needs to be a system of saving a "file" on a certain frequency. Then when my consciousness extends to that frequency, I can easily read it. Also, the stored file can slowly download bits of information to be processed when I am ready.

Now I will try to relay my multidimensional experience. The easiest information to remember is what happened at first. After a while, my thinking was too multidimensional for me at this time and the information was saved to a higher frequency file. What I first experienced is that I was in two realities at once, the reality of New Earth and the reality of the Starship. I could simultaneously hold those two experiences at once, but when I tried to hold my physical reality along with those two, or even with one of them, I felt the density of my earth vessel pulling on my consciousness. Then, I could only hold onto one of the fifth dimensional realities along with my physical reality.

Fortunately, I could save some of the experience of being in two fifth dimensional realities at once in my human brain. What I received was that, since there is no time and no space in the fifth dimension, there is no separation. Hence, my 3D observer self could embrace two fifth dimensional realities if I completely release any thoughts of my physical self. In connection with my physical self, I could embrace my grounded self and one or the other of the two fifth dimensional realities.

While my consciousness is connected with my third dimensional thoughts, I could only experience of one of my fifth dimensional realities. On the other hand, when I released any thoughts of my physical reality, I could easily experience both fifth dimensional realities at the same time. I was shown how, initially, we will phase out of one reality for a few seconds so that we can visit another. Then, with practice, we will remember how to have two realities running in our consciousness at one time. I think that I am, as well as many others are, being trained to remember multidimensional thinking.

An aspect of inter-dimensional travel that I have not mastered is to hold a sufficient amount of awareness in my earth vessel as I return to the third dimension. I have had trouble focusing on the third dimension sometimes, especially if I am engaged in a mundane, boring action. The problem is that I space out, lose my balance, fall down or forget things. I think that my documentation of my experiences is good for me, as it is a way of grounding my

Multidimensional SELF into my earth vessel. Therefore, I recommend sharing your experiences with others if you are traveling inter-dimensionally.

THE PORTAL

I am feeling a need to return to the Starship again. I have been writing my last newsletter about Inter-dimensional travel, which has taken most of my meditative time. It is interesting how difficult it is to explain inter-dimensional travel, even though I have been traveling inter-dimensionally for much of my life. I think that part of my difficulty is because I had to continually purge my old "fear of judgment" that I was making this up, it was "just my imagination" or whatever fear-based thought entered my mind. I am aware that these thoughts served to protect me by forcing me to stay in the silence about my inner experiences. I was born in 1946, just after WW II, and the thought of inter-dimensional travel were considered "crazy" for many decades. These fears were stored so deep in my subconscious that I did not hear them until I started publicly sharing my experiences. With that preamble I will continue my journey...

I sit on my third dimensional bed and remember my life on the Starship. It seems far away from me, except when I put my attention in that direction. I am beginning to feel it around me now. At first my vision of the ship is blurry, but I can hear the silence even louder than the radio that is playing next to me. I fall into the silence and feel my form begin to shift. I am lighter, not in pounds, but in substance. In other words, I am no longer a solid substance, but appear to be light that has taken a form. I see many details of this form, such as fingernails, but I know that they are there only because I am looking for them. In other words, whatever I look for, I know I will see.

I look for my fifth dimensional SELF, Kepier, and she instantly appears before me. We have no need for words, or even thoughts. Our emotions merge in a way that is clear and more powerful than language. As I speak to Kepier in this way, my form takes on a brighter and larger radiance. I feel my world and my physical self begins to resonate to the frequency of Kepier. Therefore, as my physical consciousness enters my fifth dimensional SELF, I feel my fifth dimensional SELF also entering my physical form.

In other words, I do not go UP to enter the Starship, I go IN to enter

the Starship. Now I will go deeper and deeper IN to see an incredibly bright light just before me. The Light is an alive Being, and it is calling me to enter it. I don't know what I am doing or why, but I watch myself merge with the Light Being, who is actually a Portal. This Being must be my inner Portal of which the Arcturians have spoken. I am hearing that we can use our inner Portal to travel into the higher realms while our physical vessels are safe and protected.

Since that is the case with my body, I enter this Portal. As I do so, there is a brief experience of a void with no color or sound at all. The feeling of this void is very neutral, and I know that there is no danger. This is a place in-between where I am and where I am going. However, this "going" is not a movement. Instead, it is actually a projection of my consciousness toward my Core.

I see my Core as a Golden Light. Next to my Core, Kepier is standing with a smile on her face. "We are ONE," I hear. It appears that I have transported into my SELF. I argue that I am still sitting on my bed and hear that I am in both places. These two realities are perceived differently because they are of different frequencies of light. The light on the Ship is highly charged with protons, whereas on Earth, the electrons are more dominant. I can feel the ever-present fatigue of my earth vessel in combination with the vigor and vitality of my fifth dimensional Lightbody. Right now my body resonates to New Earth, which is the threshold-frequency of the fifth dimension.

PRACTICING FOR ASCENSION

The Starship has chosen to lower its resonance to this frequency to make it easier for the ascending ones to visit our Ship. The ascending ones of Earth are practicing for ascension by taking inter-dimensional journeys into the fifth dimension. From our multidimensional expression, we can see the waves of possibility flowing across the face of Gaia. These energetic waves are churning because the time of the first wave of ascension is approaching. Of course, to us there is no time, and to the grounded ones, "time" is the enemy, as it binds their consciousness into the third dimension.

Through the vision of my higher dimensional self, I can easily maintain a detached compassion. From the perspective of my fifth dimensional SELF, I can see that all fear-based emotions that bind me to third

dimensional illusions. From this point of view, I can also feel the infinite flow of unconditional love that is a constant in this frequency. No wonder I was so LONELY in my physical life. No one and nothing could replace this feeling of unconditional love, which is a constant companion at this resonance. I hope that I can remember this feeling when I fully return to my earth vessel.

Except, maybe, I won't have to fully return. I understand that this reality fades from my mind when I am in my earth vessel, but I realize that I know that it still exists. I KNOW that now. Therefore, if I can just remember that this reality is ALWAYS with me, even if it is beyond the perceptions of my mundane consciousness, maybe I won't feel that loneliness. I remember now that as I entered this form, the essence of this form also entered my earth vessel.

Perhaps, living two realities simultaneously is much like having two emotions at the same time. For example, when we experience fear and love together, because we love something SO much that we are afraid it will go away. In the same manner, I am feeling great love in this reality, but I simultaneously feel my grounded-self battling the fear that maybe none of this is real. I am in both of these realities at the same time. One emotion, does not cancel out the other. In the same manner, one reality does not cancel out the other. They can both co-exist within the NOW. I have known that fact for a long time, but it is very different when I can FEEL it inside of me.

The catch is that, in order to remember this feeling in my daily life, I will have to remember my multidimensional consciousness. Multidimensional consciousness doesn't mean higher consciousness. It means ALL consciousness. Therefore, if I don't get lost in the distractions of physical life, I can have this FEELING of being Home on the Ship surrounded by unconditional love as I go about my daily life. Which Home would you like to experience as you go about your daily life?

CHAPTER V

Message From The Arcturians On Inter-dimensional Travel

Dear Grounded ones,

We, the Arcturians, speak with you now to assist you to better understand your ability of inter-dimensional travel. It is these multidimensional abilities that will assist you in being a vanguard of Personal and Planetary Ascension. The process of inter-dimensional travel is actually a form of reality jumping. In order to jump realities you must know and totally believe that it is possible. Doubt comes from fear, and fear lowers your consciousness to a frequency that is too low to jump realities. In fact, you jump realities many times a day with the wavering of your consciousness. For example, imagine that you were going to one of your grocery stores.

Let us say that you awoke from bed early enough to meditate and align your consciousness with the reality filled with joy and love. With peace and happiness you set off in your automobile to get your groceries. However, you are so enjoying your bliss that your focus drifts from the road and into the beautiful sky, which causes you to drive directly through a stop sign.

You do not realize this mistake as you are watching a lovely bird flying just above you. Then you hear a short tone of the siren and see flashing lights behind you. You look in your rearview mirror to see a police car. Instantly, your consciousness drops and you are in a lower resonance of reality. You feel fear activate your adrenaline, which rushes through your body. Your thinking moves to how you will afford this ticket and wonder what you did wrong. You are no longer happy, and you no longer notice that the sky is beautiful and clear.

How do you get back to the reality in which you began your day? The answer is that you meditate. In the same manner as you began your lovely day gone wrong you can return to your higher state of consciousness. If you can remember to put aside your thoughts of fear and worry and to safely park your car, you can take another long moment to look into the sky, and then close your eyes. You can breathe deeply and return to your higher state of consciousness. In this manner, you will know that the problem of getting a ticket was a

reminder that while doing certain Earth activities you must remember to stay fully grounded.

It is through “mistakes” such as this example that you remember to expand your consciousness, not only into the higher dimensions but deeply into the body of Gaia. As members of the Planetary Ascension Team you have volunteered to retain an earth vessel until Gaia has completed Her process of Planetary Ascension. We are here to remind you that the frequency of your collective consciousness is rising with your every breath. Consequently, it is vital that you remember to repeatedly integrate your expanded consciousness into your daily life. Since energy travels in circles, the higher you go into the Spirit Realm, the deeper you must go into the physical world to fully ground your expanding energies.

We see that many of our grounded ones are chafing at the bit to experience the grand finale of ascension. And a wonderful finale it shall be, but there may or may not be a fanfare or definitive moment of ascension, YOU are the authors of your new reality. We are here to assist you, but this is YOUR ascension. YOU are creating it. However, KNOW that your ascension is a process, which you have already begun. We cannot tell exactly how you will experience ascension, as your version of reality is determined by your perception.

Your beliefs determine your state of consciousness. Your state of consciousness determines your expectation. Your expectation determines your perception, and your perception determines your reality. The reality that you perceive is the reality that you experience. This last sentence is the key to inter-dimensional travel. Hence to travel inter-dimensionally, you must:

- Believe that *you* are capable of inter-dimensional travel
- This belief in your SELF expands your consciousness
- With expanded consciousness you expect to perceive higher dimensions
- Since expectation guides your perceptions, you will begin to perceive higher dimensions of reality

You may wish to document your journey in some manner so that you can better remember it. It is often difficult for your human computer/brain to remember these journeys if you have not documented them. Furthermore, once documented you can share your experience with others. Sharing your experience will assist you to ground it into your daily beliefs, consciousness, expectations and perceptions. Also, if our grounded ones find the courage to share their

experiences, they greatly influence the beliefs, consciousness, expectations and perceptions of the collective reality. Eventually, inter-dimensional travel will become “normal,” and a component of the Collective and Planetary Consciousness.

INTER-DIMENSIONAL FUEL AND STEERING

Emotions are the fuel for your inter-dimensional travel, and the steering mechanism is your thoughts. Your emotions and thoughts combined make up your consciousness. Your inter-dimensional journey lasts as long as you are in a state of multidimensional consciousness, and your multidimensional consciousness continues as long as your emotions are in the range of unconditional love and your thoughts are focused on your inter-dimensional journey. As soon as any level of fear enters your thoughts or emotions, your consciousness will drop and your journey will end.

On the other hand, sometimes your journey ends because of time constraints, or because you can no longer maintain that higher state of consciousness. You, our brave grounded ones, are more accustomed to third dimensional consciousness. Therefore, your brains are still calibrated to that frequency. With practice, the Multidimensional Operating System of your computer/brain will come fully online, making the perception of higher and higher dimensions of reality a “normal” experience.

At that point, the third dimension will become the grounding point for your Multidimensional SELF, as well as Gaia’s physical earth body. Since you and Gaia are both in the process of ascension, you are realizing that your third dimensional expression of reality is coming to a close. This awareness can have a great influence on your emotions. Therefore, it is important that you honor each emotion, for the Mastery of your emotions is one of the biggest challenges you have had in your earthly incarnations.

When you are traveling in your consciousness, you will “run out of fuel” if you allow any fear-based emotions to invade you which will cause your consciousness to plummet into the third dimension, or worse, into the Lower Astral Plane. Therefore, if you begin to experience fear, call to your Inner Guides and/or a higher dimensional expression of your SELF. If you feel you cannot do that, then just open your eyes. Once you see the physical world around you, you will return

to the *habit* of being third dimensional.

The frequency of unconditional love provides you with the smoothest ride into the higher worlds. Unconditional love instantly connects you with your Celestial and Galactic Family who will protect and assist you on your journey. This guidance and protection will facilitate the maintenance of your expanded consciousness. It is through the power of your expanded consciousness that you are able to experience your other realities. You can travel from one reality to another by changing the state of your consciousness and remembering that your imagination is actually the power of your fifth dimensional thought.

Most importantly, your power lies in your Knowing and Believing that YOU are a great Multidimensional BEING! This belief will give you the power to become the Master of your thoughts. If you can master your thoughts in your daily life, you will automatically be the Master of your thoughts throughout your inter-dimensional journeys. Remember that there are many versions of your Multidimensional SELF, so the dimension to which you will travel will be determined by the version of your SELF that is doing the steering/thinking. Because of this, it is best to begin your journey with the primary thought of surrendering to the highest expression of your SELF to whom you can surrender within that moment.

Your experience of your "self" is determined by your belief, consciousness, expectation and perception within any given time. When you travel inter-dimensionally, you experience your "self" in higher frequencies of reality. As you progressively experience higher and higher frequencies of reality, your sense of SELF expands. Each time you have an inter-dimensional journey, you will gain more confidence in the process. Thus, you will be able to surrender to higher and higher frequencies of your SELF, who can guide you into higher and higher frequencies of reality.

What is important for you to remember is that YOU are your consciousness, and your physical body is the form your consciousness holds in order to physically experience the third/fourth dimensions. YOU are your consciousness and your body merely contains YOU. However, YOU, your true Multidimensional SELF, is infinitely everywhere, in every reality, in every dimension, in every frequency because you are a component of the ONE. Since everything that you perceive is a component of the ONE, everything that you perceive is a component of YOU!

FIFTH DIMENSIONAL CONSCIOUSNESS

Inter-dimensional travel is a process of maintaining fifth dimensional consciousness for enough of your Earth *time* to free your mind of the third dimensional influences of limitation, separation and fear. Since separation creates the limitation, it is best to attune your consciousness to the Unity Consciousness of the ONE. As long as your consciousness, and, hence, your expectations and perceptions, resonate to the ONE, you are free of the third and fourth dimensional space/time barrier. This freedom allows you to travel inter-dimensionally.

Many newly incarnated ones on Earth have not yet taken on the burden of third dimensional programming and can easily travel into the higher dimensions. In fact, they often do so, but this process is not perceptible to others, such as their parents, because they blink out of third dimensional space/time. Hence, to the vision of others they are just closing their eyes for a moment. Many of you did this as a child. However, if you told adults of your experiences their response was often, "It is just your imagination." Hence, you began to doubt your excursions into other worlds or you kept them a secret.

It was this doubt and secrecy that created the fear of being different or crazy or that you were doing something wrong, which caused you to forget your innate skill of inter-dimensional travel. For this reason, it is important that you share your inter-dimensional experiences with others. Your courage to break free of your third dimensional programming will give others the courage to do the same. This will allow more and more of you to remember your innate, multidimensional perceptions and abilities.

Your ability to travel inter-dimensionally, along with all the rest of your myriad multidimensional skills, is stored in the 97% of your DNA known as "junk DNA". Therefore, you do not have to learn anything. You only have to unzip these DNA files with the multidimensional light and unconditional love that you are constantly downloading. We are always available to assist you with this download process. All you need do is ask. As you download these higher frequencies of energy, your Junk DNA will automatically be activated, and the Multidimensional Operating System stored in the 97% of your previously unused DNA will come online. In fact, this process is occurring more and more each day.

Once you have regained your multidimensional consciousness, there will no longer be the illusion of separation, and you will experience your self as ONE with ascending Earth. Critical mass has already been reached within your current expression of third dimensional Earth. Because of this, Ascension into the fifth dimensional reality of your choice, is alive and well within Gaia's Unity Consciousness of the NOW.

PLANETARY ASCENSION TEAM

You, our Lightworkers who have volunteered to "stay with the ship" of ascending Earth, are continuing to maintain your current earth vessel in order to contribute your force of Personal Ascension to that of Gaia's Planetary Ascension. At the time of Gaia's ascension, all of our Lightworkers will flash into Light as ONE Planetary Being. After that, a fourth dimensional reality will be maintained as long as possible to allow those "on the fence" to continue the illusion of the *time* that they need to embrace their own fifth dimensional consciousness. This illusion of physical Earth will stay intact only while there is more light than there is darkness.

This fourth dimensional reality is much like an afterglow that can only be maintained while there is a greater percentage of light than dark. Once the light of the afterglow ascends into the fifth dimension, the fourth dimensional glow will return to its fifth dimensional source, and the illusion of third dimensional Earth will disappear. There are as many versions of ascension as there are those who ascend. This differentiation of experience is the reason why the Force of the ONE copied itself into many expressions of form on countless experiences of reality.

When you want to take a form during your inter-dimensional travels, you can find an expression of your SELF who is holding a form in that reality and merge with that frequency of your SELF. On the other hand, you can create a form of light that resonates to that frequency. Either way, the form will need to match the frequency of your consciousness. Hence, taking a form is similar to a radio wave signal signaling one of your radios. That signal can only enter the "channel" that resonates to the same frequency of that radio wave.

When you take a form you will experience the dimension of the reality. However, whenever you slightly change the frequency of your consciousness, your form will begin to resonate to a different frequency of reality. As we said before, your change of focus is

primarily achieved by changing your state of consciousness. It is your frequency of a consciousness that aligns you with the resonance of any given reality, as well as with any form that you create or inhabit within that reality. Hence, whenever you change your consciousness, you will also change the version of reality that you are experiencing.

Every form in every reality is actually a point of awareness through which the Force of the ONE perceives life. The fragment of your Multidimensional SELF that holds a form in the lower worlds of separation, usually does not remember that YOU are a portal through which the ONE perceives life. Instead, you believe that you are a separate being that is limited to your form. YOU are not your form. YOU are the component of the ONE that inhabits that form. In other words, WE all are ONE Being with myriad different versions of experience.

VERSIONS OF ASCENDED EARTH

As a rehearsal for your Personal and Planetary Ascension, you will travel the Multidimensional Universe while you, also, remain grounded in your physical earth vessel. In this manner, you will be able to stay grounded when necessary without having to sacrifice the joy of inter-dimensional travel and communication. You will also practice living in more than one reality, because your fifth dimensional SELF can experience many realities at once. Thus, there are several of your fifth dimensional realities to which you can travel. Just as you might visit an area to which you are moving, you can inter-dimensionally travel to the different realities that you will inhabit once you ascend.

One of these realities may be aboard one of the Starships in which many of Earth's grounded ones have a higher expression of SELF. Many of us on the Starships that surround your planet have also taken an earth vessel in your "time" to be able to assist from above, as well as from the planet's surface. Another reality that our grounded ones can easily visit is on New Earth in which Earth has become a member of the Galactic Federation. Many of you greatly enjoy that reality. You love the instant transportation via the Portals. Of course, there is no movement involved with the Portals because you instantly arrive at your destination. Therefore, you may choose to travel in one of the swift, gravity free automobiles. From these vehicles, you can see your reality while you travel through your new world.

You also enjoy the instant manifestation of any item you need via the

replication machines, and all of you love the complete freedom from financial worries. There is no money on any fifth dimensional reality and healing is light years ahead of your present dimension. Because of this, there are no diseases, and the few injuries that do occur can be instantly be healed. Most of all, you enjoy the freedom from fear. Fear does not resonate to this frequency, so it is non-existent. In fact, fear is non-existent in any reality that resonates to the fifth dimension and beyond. Fear is the result of separation from Spirit, from your SELF, from others and from your planet. Thus, there is no fear within the unity of New Earth.

Many newly ascended ones need to rest on New Earth, which resonates at the threshold of the fifth dimension. This rest is usually required to heal your thoughts and emotions from the fear and pain of your multiple incarnations in a dualistic reality. New Earth is much like the third dimension without the concepts of separation and the fear that results from it. Also, New Earth has the advanced technology that has been hidden from you by the rulers of your present version of Earth.

If you still are attached to a human body, human homes, some form of education and jobs, you may wish to enjoy New Earth where you live in houses and are primarily planet bound. However, in this borderland reality you can experience Star Cruises, which are much like ocean cruises or airplane trips to a faraway location. On New Earth, you have the opportunity to gradually awaken to your Multidimensional SELF without the burden of financial issues and health problems. Therefore, you can continue to live a life similar to the one you are living now, but without the challenges of duality.

New Earth resonates to Unity Consciousness. Hence, all fear is instantly transmuted into love on New Earth because there is no sense of separation. You do not need to work hard to attain survival needs, as there is no money. "Another person" can no longer rule you, as you are all ONE Being who works as a unit to create a New World. It is the creation of this new reality that draws our ascending ones to live on New Earth. After myriad incarnations in a third dimensional Earth, it is such a great adventure to be among the ones laying down the foundation of a new reality.

By staying in New Earth at the borderland of the fifth dimension, you can enjoy the process of remembering how to manifest with your thoughts and emotions. Once you are completely comfortable with your power of manifestation, many of you will move into the mid-fifth

dimension where instead of society instantly providing you with your needs, YOU become the power of your manifestations. On the other hand, some of you will choose to return to your Homeworld to visit your Galactic Family or go directly into the realms of pure light to return to your Angelic or Elohim expressions of the ONE. In the meantime, you can visit your options for ascension via your inter-dimensional travel.

AN INTER-DIMENSIONAL JOURNEY

Fasten your seatbelts, for we will now guide you on an inter-dimensional journey. Before we begin, we wish to remind you that the Universe is very fluid and travels inter-dimensionally. Your planet, in fact your entire Solar System and Galaxy is now entering the area (actually it is a frequency) of space that has been spoken of in prophecy for millennia. Among other names, it has been called the Photon Belt because there are so many highly charged photons in this area. This energy field of charged protons is actually resonating from the Galactic Center. You will fully enter this field by 11-11-11. The words "frequency" and "area" are used interchangeably in this message because this field is a frequency rather than an area.

To begin our journey, please release your attachment to the limitations of space/time, so that you can travel within the NOW. Step into your inner Arcturian Corridor to activate your fifth dimensional consciousness and align your inner and outer perceptions to the ONE of the NOW. Even though you are aware of your physical vessel, trust that your experiences are the perceptions of a higher frequency of our Multidimensional SELF. In this manner, you can accept that your earth vessel is grounded in Gaia, who is serving as your anchor, as well as your protector.

You have been indoctrinated for many third dimensional lifetimes to believe that your inner vision is not real and that only your vision of the physical world is real. You are now breaking free of that illusion and living the truth of your great powers of inter-dimensional communication and travel. With your increasing freedom from third dimensional illusions, you can experience realities far beyond your former limitations. Trusting your inner perceptions is an important key to ascension. Thus, rather than perceiving your self as a human looking OUT into third dimensional Earth, think of your self as a Multidimensional Being looking IN to your multidimensional world. It is

through these inner perceptions that you can free yourself from the illusions of the physical world.

Furthermore, please remember that just as different temperatures of water intermingle in your oceans, different frequencies of reality intermingle in Cosmic Space. Allow your power of imagination to perceive this Cosmic Space around you. This frequency of reality resonates to the fifth dimension. Therefore, remember the Mastery of your thoughts and emotions, as they will be greatly amplified and instantly manifested in this "frequency pool" of the Cosmic Ocean. Also, since this area is fifth dimensional, the energy that you emanate will instantly return to you.

Take a moment to use your power of emotion to FEEL the multidimensional light and unconditional love of this area. Surround your essence with this energy field to maintain your connection with your Multidimensional SELF. You can raise your consciousness to these peaks of emotional perception, which few planetary societies have been able to attain, because you have been brave enough to live in a reality with a huge density of fear and have still awakened. It is your expanded light and love that allows you to enter this frequency of Cosmic Space.

FEEL the light and love of the glorious colors of the surrounding inner/outer space, and focus your thoughts on your collective journey. This frequency of reality is beyond your third dimensional perceptions, but you can merge with our Arcturian energy, and the collective energy of those with whom you share this journey, to assist you in maintaining your multidimensional consciousness. Because you have allowed your consciousness to perceive the fear-based events on Earth and have blessed them with your unconditional love, you are now able to perceive this frequency of reality.

As you travel into this frequency of reality, you feel the Kundalini rising in your body. Your Lightbody wants to shine beyond the limitations of your physical skin, so you take a moment to firmly ground your self in the body of Gaia and experience your self as a planetary Being. Once you have done so, you can continue your trek through this area of space with the physical form of Gaia serving as a grounding anchor. In fact you are so connected to Gaia that you and the planet are ONE. All of you who are volunteers of the Planetary Ascension Team will be having wonderful inter-dimensional journeys, but you will be urged to wait to transmute into Lightbody until Gaia is ready to come with you.

You are like the stone in a slingshot. The rubber band that holds the slingshot is pulling back further and further, so that even in your daily life, you are feeling the immense tension of this potential acceleration building up within you. It is this building of potential energy that determines how far into the higher dimensional realities you can go when the *rubber band* is let loose and the stone accelerated into its path of trajectory. To remain in complete control of this type of situation you need to calibrate your release point into the highest expressions of Planetary Ascension and make sure you have aimed your intention into the signature frequency of New Earth that is in alignment with your multidimensional mission. You also need to be the Master of your Emotions and choose unconditional love again and again.

Within this frequency, your thoughts get clearer and you remember why you have experienced “bad things” in your life. Something fear-based was developing because your ego was in control and was moving you in a direction that was out of alignment with your highest purpose. At that point, your Soul took control of the helm and drove you into a “ditch” to give you some *time* to think more deeply about how you wanted to create your life. When you surrender your thoughts into the Flow of this expanding frequency, you easily understand how your challenges were only places in your life in which you were getting out of alignment with your Soul Path.

These experiences were much like driving on the freeway while you were so tired that you were falling asleep and gliding into another lane. If it were not for the bumpers between the lanes, you could have gone into another lane. It was these difficult moments that actually signaled that your emotions had become fearful and your thoughts were not in alignment with your Path. Therefore, your problems were signals to find your Center again, for from this Center, you were ONE with your SELF.

As the visions begin to dim, you see the Galactics who have been assisting Earth’s return to Her Center Path. You experience these Galactics as many energy fields, some are encased in Starships and others, who are beyond the need for a flying vessel, are traveling as pure consciousness. As you commune with these higher-dimensional Beings, a great calm flows through you and pulls your energy deeply into your core.

Those who can visit and commune with this frequency/area, have a consciousness that resonates to the fifth dimension 51% of the *time*.

In fact, those who are aware of this area of space are actually those who have ascended within their consciousness, yet still hold a physical form to assist with Planetary Ascension. Therefore, they are Ascended Masters who are still maintaining their earth vessels. Your energy is now returning to your earth vessel and your eyes are opening. You can hear the traffic noises and feel your earth vessel around you. You are back on ascending Earth and fully contained within your earth vessel.

IT HAS BEGUN

Dear Grounded Ones, in closing we wish to tell you that
It has begun!

The shift is taking place right now. However, this change cannot be observed by your third dimensional perceptions. You will need to call primarily upon your High Heart to FEEL how the energies have changed. Then, you will need to believe in these feelings more than you believe in the illusions of your crumbling 3D Matrix. This Matrix is not meant to enter this area/frequency of space, and it will not. Therefore, those who resonate to the old paradigm of "power over others" and "service to self," will not enjoy the speed at which their own thoughts and emotions return to them.

Your higher dimensional expressions of your Multidimensional SELF are cheering you on as you approach the "finish line." Please do not be concerned with the amount of "time" necessary to prepare for your new adventure, as YOU are the creator of your life NOW. The expanding frequency of light and love entering your body will activate your fifth dimensional abilities of manifestation and expanded perceptions. Furthermore, your biological computer/brain is learning to function multidimensionally. Your Multidimensional Operating System will gradually and safely activate your unused DNA, as well as the 90% of your brain that has been unused while your earth vessel resonated to the third/fourth dimension.

We remind you that you don't have to "do" anything and Know that you have an inner breaking system. Therefore, if you begin to feel overwhelmed, please call to us, the Arcturians, or to whatever Guides you are working with and ask for a rest. During this rest take as much *time* as you need to integrate what you have downloaded. The best way to facilitate your integration process is to remain calm, be in Nature, enjoy your loved ones (this opens your High Heart more), take

naps, get enough sleep, eat carefully and according to your body's needs and drink enough water.

All of our grounded ones are familiar with what they need to do in order to afford their physical form the "time" to fully integrate the expanding frequencies of light and octaves of unconditional love that are now being downloaded. Yes, unconditional love has octaves. With every increase in frequency, your High Heart can attune to higher and higher dimensions of reality, which allows you to feel more expanded versions of unconditional love.

As your High Heart continues to open, your Three Fold Flame glows brighter and brighter to regulate and calm your process of transmuting into Lightbody. Furthermore, your original "first eight cells" within the ATMA of your Three Fold Flame will gradually release your genetic memory of all your incarnations on Earth, as well as your myriad expressions of SELF throughout the Cosmos. Please stay tuned to our energy, as we will continually send more information regarding your process of ascension.

*The Arcturians,
The Galactic Federation and
The Celestial Protectors of Earth*

CHAPTER VI

Creating New Earth

INTRODUCTION BY EL MORYA

Many of our earth masters are feeling the pull of New Earth for you are, in deed, moving into a frequency of reality that is not adhesive to such low frequency patterns as the third dimension. The higher levels of the fifth dimension create continuous, circular and infinite energy patterns that expand and transmute. On the other hand, the lower frequencies of the third and fourth dimensions create energy patterns with more and more interruptions as the energy travels down the frequency range.

These interruptions occur because humanity's thought-forms of "time" create the illusion of "space" between the manifestations of light. In reality, time and space are ONE and are only perceived as two different dimensions through your third/fourth dimensional consciousness. It is only via the perceptions of your Multidimensional SELF that you can perceive these "interruptions" as portals. The reasons for this discrepancy are that your third dimensional consciousness searches outside of your SELF and into the 3D Matrix to find "reality." On the other hand, your awakened, multidimensional consciousness seeks to find "reality" within your SELF who is within the ONE.

These portals are inter-dimensional pathways through which your expanded consciousness can travel free of all the energetic barriers in the third dimensional Matrix. You explore these portals as pure consciousness, while your physical earth vessel is sleeping, meditating or involved in a calming, creative act. In this manner, your Soul can experience lifetimes of inter-dimensional travel, in what appears to your third dimensional earth vessel as an eye-blink.

Once you are aware that you are having the experience of inter-dimensional realities, you reach a threshold in your ascension process. This threshold represents your dedication to the process of ascension, for you will need to continue the process of opening these inner portals while in the midst of your daily life. In other words, you must learn

(which is actually remember) how to live in two, or more, realities at once.

The experience of multiple realities starts with the “main reality,” being on third dimensional Earth. Then, gradually, you become confused as to which reality is your main life and which life are you visiting. Of course, if you don’t know which life you are in then you are functioning within your third dimensional consciousness. On the other hand, when your consciousness is multidimensional, the answer to that question is always: ALL OF THEM. Once you can imagine that you are actually in ALL of the inter-dimensional realities that you are visiting, the concept of your “main life” begins to fade from your awareness. It is then that you Know that YOU are a multidimensional consciousness exploring many realities within the NOW of the ONE.

However, the lower worlds of the third and fourth dimensions are especially difficult to visit. For one thing, these realities may or may not be enjoyable. Furthermore, while in the lower worlds of the third and fourth dimension, you can forget that you are pure consciousness and become trapped within the 3D Matrix. Fortunately, the higher frequencies of multidimensional light and unconditional love through which Earth is now traveling are entering your Third Eye and High Heart. Hence, every day, more and more of you are awakening to your true, Multidimensional SELF.

As this higher energy opens your Third Eye and High Heart, your multidimensional consciousness and unconditional love greatly expand your powers of perception and manifestation. The multidimensional light assists you in holding a form in your thoughts, which you will fill with unconditional love to bind the molecules of life to the structure of that form. You needn’t worry about your negative, low frequency thoughts moving into the higher worlds for they only resonate to the third and fourth dimensions. However, these higher dimensional energies will highlight thoughts, emotions and behaviors that will need to be released in order for you to flash your carbon vessel into Lightbody.

Fortunately, you are working in tandem with Gaia who is also transmuting Her energies to that of the fifth dimension and beyond. Therefore, when you ground your consciousness in Her body of Earth, it calibrates your vibration to that of the ascending planet. Furthermore, when you merge with Gaia, you tune into the growing mass of multidimensional thoughts and emotions of all the other Ascended Masters within a clay form. Therefore, as ONE Being, you

are learning to perceive daily life through the higher perspective of your Multidimensional SELF.

The more you allow your "imagination" to see that which is beyond the perception of your clay form, the more you will activate your multidimensional abilities. Trust what you are experiencing and release the old programming of a frightened and controlled 3D world that told you it was crazy, wrong, unscientific or blasphemy to perceive the higher realities. You are moving into the fifth dimension now, and all the rules under which you lived your 3D life are extinct. If you focus now on exploring and practicing your expanded abilities, as well as staying in constant contact with your higher dimensional guides and expressions of SELF, your ascension process will become a normal part of your daily life.

In closing, I ask you to listen to the voice within above all others and run everything through your High Heart. If it does not feel right, do not proceed. If it feels like love, move into and embrace that energy. Remember that YOU can talk to any of us in the higher frequencies of reality. Just call upon our assistance, and we will joyfully assist and/or instruct you. After all, you are our family members who are visiting a lower frequency of reality. We await your return with open hearts. Of course, we know you are coming here for, in our reality, you have never left.

Blessings on your return Home,
El Morya

First Entry

My JOURNAL ABOUT CREATING NEW EARTH

I wake up in the morning and allow my first thought to be, "I am creating New Earth." Before I arise from my bed, I look around my room to see it's fifth dimensional expression. I feel the wondrous bed of Light and peer out the window to see an aquamarine sky with silver sparkles. There is no alarm clock here to disturb me, so when I hear that old third dimensional noise in my memory, I smile and say, "I remember that way of starting the day."

Then I rise and go into my grooming room. When I look into the mirror I see the face of my Lightbody. As I bend over the sink, I see a lovely stream running through that room in which I can bathe in the clear,

crystalline water. I then go to my closet and see the new type of clothing that I wear in this wondrous new world. When I go into what would have been the kitchen, I tell my replicator what I want for breakfast and walk out onto the lovely terrace overlooking the fifth dimensional landscape to enjoy my meal.

As I look over the lovely scenery, I paint a picture of it in my min, so that I can remember it when I go back to the third dimension. Yes, I still go back there, now and again. At first, I was running there all the time. There were things I needed to finish up, people to assist in coming here and others to whom I had to say goodbye. When I saw how difficult my adjustment to this new kind of life was, I stopped judging those who decided to stay there.

After so many lifetimes of separation and limitation the total unity with all life and freedom from all barriers was difficult to believe and hard to trust. Happily, I am over that confusion now. I can't say how long it took me to get used to this place, as there is no time here. However, NOW this is my Home.

With my meal complete, I put the dishes back into the replicator to be returned to their molecular state. I do not need to grab a jacket or carry a briefcase as the weather is always perfect and work is not work. If I want to experience a season, I can visit any planet via a Portal or enjoy a holographic experience. Also, "work" is now "purpose." I meet with a group of like-minded people and we work as ONE to continue to create, stabilize and explore our new world.

Today, I am in a pensive mood, so I will take the airbus to my office. I could also take the transporter, but today I want to see more of this wonderful new life. With the very thought that I need to catch the bus, the airbus appears and I enter. There are many friendly faces that I see whenever I take this form of travel. We enjoy sharing our experiences of adapting to this world. Some of them still take frequent trips to the Matrix World, which is our name for the illusion of third dimensional Earth. There are still many people who cannot open their minds yet to this reality. Therefore, no matter how hard we try to convince them, they refuse to believe in our world.

They call us crazy, and many of them shy away or are actually rude when we try to approach them. I think that is why I stopped going there very much. Eventually, they will open their minds, or they will "die" to that world and be born on this one. However, if their minds are still closed, they will be born in one of the Threshold versions of

this world. The residents of the Matrix World are the in-between people. They have enough light to maintain a residence there, but not enough to raise their consciousness to this reality. They still need to have something “bad” or beneath them in some way, so that they can feel “good” about themselves.

We worry about them and wonder if we will ever see them again. However, we are told that all of us have our Soul SELF in the mid-fifth dimensional reality. Therefore, no one will be totally lost to us, even our enemies. That is why we must stay here until we have forgiven all the darkness that we have ever experienced. Then, we can see the Souls that are always clear, even though they have decided to take the role of “villain” in the pre-ascension Earth.

Oh, here is my stop. I will talk to you more in your “later” and in my NOW.

Second Entry *My Life On New Earth*

I took the transporter home because I wanted to get here instantly so that I could continue this journal. I have heard that we can communicate beyond time, so I am trying to send these entries to the time just before our ascension. Our teachers, who prefer to be called Friends, are helping us to restore our full memory. They remind us that we can assist the process of ascension before it even begins, that is before it begins in that time-line. I have decided to create this journal so that those just before ascension can see what a wonderful reality they are coming to.

I am not a special person at all, nor was I special before my ascension. I was a young man in my early twenties just beginning to find myself. I was not particularly spiritual, but my mind was very open to that “movement,” which I had heard a bit about. I would not say that I had given any great service to humanity or that I was even connected to any Spirit Guides. I was just a regular young man trying to find myself.

What I found was much more than I could have ever imagined. My awakening was quite gradual, in that day-by-day I began to recognize small changes in my thoughts and habits. Of course, now I know that thoughts ARE habits, so I was actually changing. However, at that time, I didn’t know that. I thought that I was just trying to adapt to a world that seemed to be falling apart. I had a college degree, but it did

me little good, as there were no jobs. The financial world was totally falling apart, and the weather was out of control.

The thing that surprised me was that I was not afraid. I don't know why I wasn't afraid. In fact, I thought maybe I was a bit crazy or some kind of loser that I was not worried about whether or not I couldn't "make an impact" on the world. I guess I was a bit of a kid in a man's body. However, I did have some unusual dreams. I kept having dreams of losing people. These people were in my life and, then, they were suddenly gone. I would wake up in the morning quite upset. Often I would text these people, and sure enough, they would answer the text, wondering why I was contacting them so early in the morning.

I guess they were surprised because I usually slept in. I mean, my job was of no consequence; in fact, I can't quite remember what it was. I think that is another reason why I am writing this journal. I am forgetting that reality more and more. I do want to do something important now. I mean, my purpose of assisting with creating this new world is wonderfully purposeful, but I as though like I left that world without really doing anything for it. Maybe I just feel guilty that I ascended.

Our "Friends" tell us that guilt is one of the harder habits to release, and I can attest to that. They also say that all time is an illusion, so if there is anything in that last reality that we would like to re-do, we can. I want to re-do the fact that I didn't give anything, yet I received so very much by coming here. I feel the unconditional love rising within me at the mere thought of how blessed I am to have come here. The Friends tell us that our ascension is a birthright and that we don't need to do anything other than chose to come here. I guess I would like others who might see this to know that bit of information.

I would also like to share a bit of my process so that it won't be too frightening to those who are in the time-line in which ascension is just beginning. I was frightened, but at the same time not frightened. I know that may sound impossible, but many paradoxes happened towards the end, or was it the beginning? I mean, at the end of that reality, but the beginning of this one. Therefore, I will call that process the "Transition." At the time, it did not feel like an ending or a beginning. It felt like a transition from one way of seeing reality to another.

In fact, it was "seeing" the Transition that happened first for me. Others would hear things, feel things or just Know that something very different was happening. I had always been a bit of a sci-fi buff, so my transition began with seeing "flying saucers." Of course, now I know that that is not the correct term, as they do not fly and they are no saucers. They transport, and they are more like houses because Beings (people may not be the correct word) live on them, sometimes for hundred of years.

Also, they do not move by flying. Instead, they move by thought direction. They are in one area, and then the Captain or Engineer, whoever is in the Command Center, merges with the Ship and thinks of a location. Instantly, the Ship is there. However, when I saw them on 3D Earth they looked like they were flying, which they would pretend to do for the sake of the grounded ones. The inhabitants of the Ships appear after the landings would think themselves into a form that was not too frightening to their observers. On the other hand, they could determine whether a person would be upset by their true appearance, and would show that if that observer was fine with it.

Being a sci-fi person, I thought it was cool to see their different forms, so they showed them to me. However, if I were standing next to someone who didn't want that truth, they would see a humanoid form. At first, I thought I was crazy because I saw things that other people didn't. Maybe that was why I could come here. I was not afraid. Maybe because my life was so useless and devoid of purpose, I was able to embrace what seemed impossible at the time? The Friends tell us that our Souls are in control of our transition and create whatever reality will lead us to our ascension.

I believe whatever the Friends tell us, as their unconditional love leads me to totally appreciate their help, but on 3D Earth I had NO concept of my even having a Soul. I was not religious or exceptionally smart or even well read. I was just a guy trying to get by in a very difficult world. On the other hand, I do now feel my true SELF inside of me, and I know that I am in the process of fully expressing that version of consciousness. When I can fully remember and become my true SELF, I will remember how to move beyond this reality and into the higher dimensional expressions of life.

I think that writing this journal is an important part of that Transition, for our Transition does not end with the ascension. In fact, our Transition BEGINS with our ascension. Anyway, I guess I created this form of reality (I do finally admit that I am creating everything in my

life) so that I can give now what I was unable to give before I ascended to this world. What I want to give to whomever reads this journal is that YOU don't have to DO anything or even BE anything special.

You, whomever you are, deserve to ascend because you chose to ascend. I am just now remembering all the many lives I had on Earth and all the many things I did in those incarnations. I don't fully understand why I was just the "regular guy" when I ascended, but maybe it was to write this journal and to say that in your time-line:

You deserve to ascend simply because you ARE.

Third Entry *The Tunnel*

I hope it hasn't been too long since you have heard from me in your time. I have no way of knowing, as we do not have time here, as you know it. I have a strong impression that my journey is being read. I don't know how to explain how I know things here, as I am just getting the hang of "Knowing." The Friends say that the most important thing is that we trust ourselves. There are no enemies here to be on-guard against and we don't have "bosses" who tell us what we have to do. We DO what we ARE. I didn't know what that meant before, and I still can't explain it, but I do Know it.

I remember how at the end of our old world, or was it the beginning of this new one, we all went into a sleeping-like state. Time seemed to grind to a standstill and, along the end of time, all our routines, duties, obligations and responsibilities seemed to have little importance. We all felt as if we were half awake and half asleep. We would move around and do some small thing, like feed our bodies, and then we would doze off for another "sleep." It wasn't until we met in this world that we realized that all of us were doing the same thing.

It seemed like an eternal Sunday where our obligations were not calling us, but something else was pulling us deep, deep inside of ourselves. It seemed as if we were at the edge of a deep tunnel, but this tunnel was filled with a warm glow and a welcoming presence. There was no obligation to enter this inner tunnel, but the temptation was irresistible. At first we entered it shyly, like a young kitten moving towards a saucer of milk. However, after we had gone just a short way

into the tunnel, we woke up without ever knowing we had gone to sleep.

Finally, I decided that the next time I would remain awake the whole time I was in the tunnel. However, the tunnel seemed infinite and I could take only so much of the light, which grew brighter and brighter as I went deeper into the inner tunnel. I had never meditated before, so I was unable to understand then that the inner tunnel was a representation of my journey into the Core of my consciousness. In fact, I didn't even know exactly what consciousness meant. The thing was, I didn't really have a choice, and the drive to enter that tunnel was so overwhelming that I couldn't resist it.

The Friends have told us that there were many people who did not give up their daily routines, did not enter the tunnel, and some of them didn't even see it. There were many who could not believe in their own perceptions enough to trust themselves. Instead, they saw the tunnel as some form of hallucination that needed to be resisted.

Many were experiencing these inner tunnels of light, but the ones who were afraid to think outside of the box were sure that there was poison gas or something. There was quite a buzz about the possibilities of great harm. On the other hand, those who entered the tunnel could not believe there was any harm because the tunnel felt so warm, safe, secure and, well, loving. Since these love-filled tunnels were inside of our own imagination, or consciousness as I later learned, we had the unusual experience of truly loving our self.

The best part of this love was that it was unconditional. We didn't have to do anything special or be anyone different or better. Likely, for the first time in our life, we felt that we were perfect just the way we were. I cannot begin to tell you how wonderful that was for me. As I said before, I was just a regular kind of guy. I had done nothing special, nor did I feel special in any way. Nonetheless, while I was in the tunnel I felt as though, I don't know how to say it, I as though like I were ALIVE for the very first time.

Because I had to slowly adapt to the tunnel I would eventually "fall asleep" and wake up outside of the tunnel, but each time I could stay in the tunnel longer and go deeper and deeper into it. As I went further into this inner tunnel of light the sensations began to change. At first they were soft and gentle, like a morning breeze. However, as I entered deeper parts of the tunnel, the light became as bright as a

mid-day Sun in summer. It was then that the changes began to take place.

For one thing, when I went into the tunnel again, I found myself no longer at the beginning of it, but instead at the place/brightness that I was in before I "fell asleep." Once I entered this brightness, the sense of love became so overwhelming that my body could hardly contain it. In fact, the body that I went into the tunnel with was NOT the same body I was wearing at this depth of the tunnel. Yes, I know that sounds weird, but as I continue this journal you will read things that are much weirder than that.

Before I close this journal entry, let me tell you what happened to my body when I was in that light. It is hard to describe it, but it was as if my body kind of disappeared into the light and actually became the light. While I was in the tunnel it was as if I had no body at all. Then, when I "woke up" in my old world, my body was glowing and felt very different. At first I could only hold this glow and unique feeling for a few seconds, which progressed to minutes, then even as long as an hour.

For a long time I was stuck at the hour mark of being able to maintain that light body, and I was getting frustrated. Then, I began to hear voices in the tunnel and see glistening forms quickly move past me. At first this frightened me, and I immediately found myself outside of the tunnel. I decided that my fear didn't allow me to stay in that light, so I concentrated on overcoming that old habit of fearing anything that was new.

With the release of that old fear of change, my process progressed exponentially. The first difference is that, without the fear, I stopped "falling asleep." I began to learn that when I had experienced all that my consciousness could hold, I would will myself out of the tunnel. I learned this skill by mistake. One time, I was becoming overwhelmed and on the edge of that old feeling of fear, and I instinctively called out, "Enough!"

Instantly, I was outside of the tunnel, and able to remember every part of my experience because I had not fallen "asleep." I had learned to accept that which I did not understand and to wait until I could understand it. Because of this new attitude, in which I was free of fear and self-judgment, I found I could accept greater and greater light. Furthermore, the unknown light beings that had swished past me

before could feel my growing self-confidence and remained still at the edge of my vision until I was ready to address them.

Inside the tunnel there was no time, so I don't know how long it took before I found the courage to address them, but in outside, earth time it was quite a while. Suddenly, one day I told myself that when I went into the tunnel this time, I would address these beings. That was when I first met the Friends. Since that first meeting they have been my continual companions. I say "they" because they are of a Group Consciousness. Generally, they exist as pure consciousness but will willingly take on any form that makes us comfortable so that we can better communicate with them.

I feel as if I should take a moment here to tell you that my life within the tunnel gradually became the time when I was AWAKE, whereas my life outside of the tunnel became the time when I was asleep. I walked through my mundane life as if I were dreaming. Somehow, I knew that I had to continue to play the "3D Game," and go to work, pay my bills, do my chores and see my friends and family. However, I found that I was mostly spending time with people within, with whom I could share my experiences in the tunnel, because they too, had discovered and entered that inner tunnel.

We even got together in groups and went into our "separate" inner tunnel and found each other in the tunnel that we had formerly thought was just ours. First, we started in the same room, and then we found that we could be anywhere. All we had to do was decide to meet in the tunnel. Then, no matter what time or place we were in outside of the tunnel, sure enough, we would find each other inside our "own" inner tunnel.

At this point, the separation between tunnel, friends and family was not the same in our outer worlds, either, because we all felt like ONE being when we met inside. This is when I/we addressed the Beings who appeared to live inside the tunnel. On the other hand, one of the first things they told us was there is NO outside or inside, for there is NO time or space to create that kind of "separation."

That statement was a bit of a shock for me. Even though I had experienced that unity, I figured that was just inside the tunnel, and the tunnel wasn't real, was it? I guess I had been so enamored with the "meditations" I was having that I never thought that I was actually moving into a whole different reality that was based on a totally opposite foundation.

The shift from thinking in terms of time and space to Here and Now is largely why we are in New Earth. This reality appears much like our old life in many ways. We appear to have separate bodies, but we do see the light that flows between them and connects us to all life. Also, the bodies warp in and out between Lightbody and a denser version of that form. The Friends have told us that this denser version, which looks like our old form, except it is totally healed and youthful, is a temporary condition until we are ready to move into the Mid-fifth dimensional realities.

Personally, I am not quite ready for that. Besides, I am really enjoying this world. I am planning now, which could always change, to stay in this world, the New Earth, and help the ones in Matrix World to see what they are missing. Also, I feel as though I need to gain more wisdom, inner power, and I need some more work on the unconditional love of my self. The Friends tell us that our full force of unconditional love, which is the Source of all creation, will only be realized when we love ourselves unconditionally. In other words, we can only send out as much unconditional love as we can accept for our self.

Oh, yes, that brings up the whole part about our Multidimensional SELF and how we have myriad expressions of our SELF all over the Multiverse. But I will have to understand that a LOT more before I can share it with you, whoever you are. I am signing off for now, but I send you my unconditional love.

Fourth Entry

The Arcturian Corridor

I wanted to start this entry with more about our journey into the tunnel. As we all became more comfortable in the tunnel, we begin to hear what the fleeting Beings around us were saying. It was very interesting, for when we shared what we had heard, we found that we all had a very personal version of that particular topic. Therefore, even though all of us, and our group was growing bigger everyday, thought that we were hearing the same message, each of us was being personally addressed.

How can this be, we wondered? In response, we all heard the same response, which was, "Your multidimensional consciousness is fully operational inside of our Corridor." At once we all thought, "Who is

our?" and "What Corridor." It was then that we first learned about the Arcturian Corridor. The tunnel was actually a Corridor through which all Beings pass whenever they move into a higher dimensional expression of life. They also move through this Corridor when they move into a lower dimension, such as being born on third dimensional Earth.

In this manner, we met the first members of the Friends. Once we met the Arcturians our transformations began. When we were outside of the Corridor in our "normal" 3D life, we struggled with doubting that our experiences were real. Therefore, we exchanged email addresses and began to communicate on a regular basis that, "Yes, this is happening." And, "No, we are not crazy or making this up." I cannot tell you how important these regular messages were. For us it was so VERY important to know that others shared our experience and we were not alone.

In fact, more and more, the concept of "alone" was leaving our thoughts and emotions. We had such a wonderful support group that we always had someone to talk to whenever we doubted our process. As we moved deeper through the Corridor, in our meditations, our process of transmutation (the word the Arcturians used for change) became quite challenging. I say "in our meditations" because we all still had physical bodies, physical lives, families, friends, jobs, responsibilities and all those aspects of 3D life. However, we were becoming increasingly attracted to our visits in the Corridor and cared less and less about our 3D reality.

We were learning from the Arcturians, and other members of the Friends who communed with us, that we were ascending into a higher dimension of reality. Many of us, including myself, had great difficulty with that concept. I had never heard the word "ascend" except to go up stairs or something. Also, the word "dimensions" has a very 3D meaning. Since I was always a Sci-Fi buff, I enjoyed the thought of other worlds and different kinds of life forms, but I thought it was, well, fiction.

At this point, fiction was becoming fact and all the facts of life that I had held so dear were becoming completely obsolete. The shift in my thinking was creating great anxiety until I finally got the nerve while I was in the Corridor to ask the Arcturians about my problem. I will quote them, as will never forget what they said:

"Our dear ascending one, we wish to tell you that all the world is changing because you are changing and not the other way around. YOU are the creator of your reality, and because you have chosen to return to our Corridor again and again, you are becoming a higher frequency version of your great, Multidimensional SELF. It is through the expanded perceptions of your SELF that you are able to perceive the higher dimensional version of Earth. This reality was always there. You just were not, yet, calibrated to perceive it."

That short statement makes up the bulk of all the lessons that we are learning on New Earth. As we expand the frequency of our SELF, we are able to directly experience realities that were once only "science fiction." Therefore, I must share with you that I am not at the end of my ascension. Instead, I am at the beginning of it.

And, so are YOU!!

Fifth Entry

The Light Within The Corridor

I wanted to tell you a bit more about our experiences in the Corridor. As I said before the Corridor became brighter and brighter, as we moved deeper into it. I want to add that, as the light became brighter, it began to take on different colors. At first the light was a soft pink, which made us all feel very safe, protected and, well, loved. None of us thought it was possible for a light to give us love, so we thought that it was the Arcturian's love that we were feeling. However, as usual, the Arcturians read our minds and said, "Although we love you unconditionally, it is the light that is sending you the love. You see, this light is "alive."

Alive light was yet another totally unique concept that we had to understand. Fortunately, we were learning that if we just stopped asking questions and surrendered to the experience that, eventually, our questions would be answered from within. Because we were able to surrender into this pink light, we could feel how it was alive. It seemed to collect around whatever semblance of form we still possessed to create a sense of knowing that was superimposed over all of our questions.

Then, gradually, the pink light morphed into a cozy orange light that felt as if an inner lantern was lighting our way into a new way of being, a re-birth. Just as we became comfortable with that concept, the light

turned into a warm yellow glow that empowered us beyond our wildest dreams. We felt wise beyond our years and totally confident that, whatever it was we were doing, was right.

Since there was no sense of time within the Corridor, we had no way of knowing how long we were in each hue of light. It seemed that some of us needed more exposure to certain colors and less exposure to other colors. But I must say that "color" is not the correct term. It was more that we were in different, and progressive, frequencies of energy, and the color was the language of that frequency. We even learned that we could send different colors of light to each other, which actually became different kinds of messages. We were beginning to release the habit of talking in words and were learning to talk in colors and frequencies of light.

It seemed that all of us took a break outside of the Corridor before we moved into the green light. It seemed that this light was far more alive than the other ones, and we instinctively knew that we would have to prepare our consciousness to be able to accept it. We were becoming so lovingly united that we all had the same impression at the same time. This gave us great comfort. We decided to stay outside of the Corridor for what was 7 days in that Earth time to prepare for this next frequency of light.

At the end of one week, we all returned, how could we abandon each other or this wonderful process? We huddled closely together and awaited the green glow that we saw emerging from the depths of the Corridor. This light was more alive than all the other ones put together. This light was, yes, we realized all within the same moment, this glorious light was Gaia! She came upon us as softly as a falling leaf and surrounded us like a green dawn. We were warmed by her light, chilled by Her depth, caressed by Her love and enlivened by Her strength.

As the green light flowed into our being, we were almost overwhelmed by the varieties of green that one Being could simultaneously emote. We were the vast fields of early wheat blowing in the wind, the deep green of huge forests, the bright green of infinite meadows, the flowing green of fern-lined streams. All of the shades, all of these variations of manifestation of life flowed into us like the first breath of a newborn babe. We gasped, trying to inhale this powerful life-form, and sobbed like a baby as we exhaled that great life-form into myriad shades of green light.

Then, we were totally silent, each of us together, yet alone, struggling to surrender without becoming lost. As one person we thought, "If this is lost, then we are found," and we fell into the green. It was then that I had my first truly multidimensional experience, for as I traveled throughout all that Gaia had ever grown, I was US! I clearly experienced my every sensation simultaneously with every sensation of every one in our group.

We were ONE with each other and ONE with Gaia!

Sixth Entry

The Blue Light

I am sitting on my terrace again looking at the vast vista before. This scenery is special because it is a composite of what I see and how I see it. One of the things that we are learning here is how much our state of consciousness influences how we perceive reality. That thought about the perception of reality comes to my mind now because I was just thinking of some friends who chose not to join us. While I was in the Corridor with my group, I didn't miss anyone from my old life. It was as if I had died, but I also knew I was alive.

Some people "died to me," not because they died, but because they chose not to join me/us on New Earth. I went back to Matrix World as many times as I could to try to awaken some of the people I cared about, as well as others I had never met. Some awoke and chose to ascend to New Earth and some never did awaken for as long as I knew them. Others awakened, but chose to stay there. I know that they are in the temporary Earth, which is actually a holographic matrix, but they believe it is real. Therefore, to them, it is. However, it can't be real to me any more because I have been through the Corridor.

I remember now, I left off my story with our integration of the Green Light. Just as we prepared for seven Earth days to accept the frequency of this light, we took seven Earth days outside the Corridor to integrate the planetary life force of that light into our consciousness. I say "consciousness" instead of body, as we were becoming increasingly detached from our physical earth vessel. We were remembering and becoming a much higher frequency of Being. This Being encompassed our earth vessel, but was not limited by it. In fact, our earth vessel was now perceived as the anchor that kept our consciousness connected to physical Earth.

When we met in the Corridor again, there were many more of us. In fact, there were so many of us that we could not perceive any portion of the Corridor that was not occupied by awakening ones. The Arcturians told us that because we are all ONE, when the life force of the Green Light, which was filled with unconditional love, entered us it entered everyone everywhere who could allow themselves to perceive it. The love and unity of life force that filled the Corridor was so powerful that we became ONE Being with many versions of expression. That was my first experience of how it would feel on New Earth.

After the Arcturians congratulated us, we settled in to accept what we knew would be a Blue Light. This time, the light didn't gradually come into us. Instead, it was suddenly there, as the sky is there whenever you go outside or look out a window. Whereas the Green Light was a bit overwhelming, the Blue Light was like a breath of fresh air. As one person, we inhaled this frequency, which immediately activated a flow of creativity beyond what we had ever known.

This creativity activated a completely different manner of thinking, and our perceptions became increasingly complex as many possible versions of reality intermingled like clouds in a clear sky. In fact, when we looked at each other we saw the myriad potentials of expression that we each carried within our consciousness. The Corridor appeared to become much larger, as if to contain the many versions of our self.

This light was so easily embraced that we were immediately ready to move into the next Light. Little did we know, how different that experience would be.

Seventh Entry

The Indigo Light

The Indigo Light did not come to us from within the Corridor. It came to us from within our Self. At first we all saw a tiny speck of Indigo Light in the center of our forehead, between our eyes. At first, I thought I was seeing things, which indeed I was. However, I was still addicted to the third dimensional thinking in which the world was "outside" of me. Therefore, when I saw something apparently coming from inside of me, I was quite confused. This confusion mounted as the Light became larger and brighter.

I tried to look around the Corridor to see what the others were experiencing, but I saw them "inside" of me. I don't know how to explain this experience to those who still think third dimensionally, but I will try. My experience was that all of reality was inside the Corridor – that was inside of the Indigo Light – that was inside of me. Furthermore, at the same time, I was inside the Indigo Light – that was inside the Corridor – that was inside of all of us – who were now ONE Being.

The sensation was so disorienting that I became incredibly dizzy and felt constantly on the edge of passing out. But, what would it mean to pass out when I was inside of everyone who was inside of me. My mind became so boggled by the experience that it took all my concentration to stay within the Corridor. I had not come this far to pull out now. Therefore, I held on tenaciously--to what, I don't know. Maybe I was just holding on to staying conscious.

At the moment of that thought, I realized how much of my life I had spent in an unconscious manner. I was sleep walking while I went to school, went to my boring job, had beer with my friends and saw a ballgame, etc. etc... My entire life was a series of meaningless situations. To make it worse, I continually lied to myself that everything was just cool. That is, until I woke up. The waking up was when I first entered the "tunnel," as I called it then. In the midst of my commiserations, the Indigo Light bored deeper into my mind. Or was it OUR mind?

Then, suddenly, the Light was gone and so was I. I mean, I was gone because I had no body. I know I was there because I could still see the Light, but I could not see my body or the body of the others. In fact, there were no "others." There was only the Indigo Light, but I could still FEEL the consciousness of all the ones I had come to know and, yes, love. It was then that I realized that the love I had so desperately sought before was everywhere. I would like to say within me and within the Light, but they were the same. And neither the Light nor I had any form at all.

There was only freedom, love and, yes, there was joy.

Eighth Entry

Dividing of the Worlds

Eventually, I could no longer remain conscious within the Indigo Light and I returned to the physical world with a jolt, with the message "Dividing of the Worlds" in my mind. At that time, I had no idea what those words meant until I showered, ate and stepped outside. Again, I could hardly maintain consciousness for everywhere I looked I saw two, or more, versions of reality.

I blinked my eyes again and again, but these were not the eyes I was looking through. I was looking at the world through my forehead. I later learned that I was looking through my Third Eye, which is exactly what it felt like. To make matters even more confusing, if I were still, I could see things through the side of my head and even through the back of my head. Therefore, at first, I did NOT remain still. I tried to busy myself with myriad mundane tasks to ignore this new experience.

At the time, I had no way of knowing that this "new experience" was actually a great gift. This gift was much like getting a new car when I did not know to drive. Whenever I allowed my consciousness to rise above mundane tasks, I began to see two, or three, or even more realities intermingled into one. Then, I would crash into things, knock things over, and stumble around. I had to call in sick to work and isolate myself from my friends. How could I explain this "condition" to anyone?

Finally, I learned that if I closed my physical eyes, I could see through only my Third Eye. That is when it started to be amazing. I could look out my window and see two or three energy fields merging into one or pulling apart from each other. I didn't know at the time, at least not at first, that those energy fields were possible realities. Then, gradually, I began to realize that if I stared into only one of these energy fields, with my physical eyes closed, shapes, pictures and activities would gradually take form. That is when I could see that the landings were beginning.

The "landings" meant the landing of the Space Ships. Of course, they didn't exactly land. They hovered. Then suddenly, they would take off in a flash at an impossible angle of turn. Or, they would just disappear. The Ship was there, and then it wasn't. At first, everyone ran out and filmed the Ships with their phones and posted them on YouTube. But, eventually, the Ships became normal, like clouds.

Some days there were a lot of Ships. In fact, they would practically fill the sky. Then, on other days, or even weeks, there would be no Ships at all. It was then that we began to realize that we actually missed them when they were gone too long. In fact, we would get depressed or angry or lonely. It took us a while to figure it out, but the Ships gave us something.

When the Ships were in the sky we felt protected, which was very important. By that time, the entire world was turning upside down. It seemed that everything that had once been important was now obsolete. Also, people stopped caring about doing all their mundane tasks. Money was so unreliable that we didn't fret over paying bills. Jobs were so scarce that those who were unemployed stopped looking, and, some of us who had a mundane job going nowhere, like me, simply quit.

How could I quit my job when work was so hard to find. It had to do with the Ships. We all started having dreams about being on the Ships, working on the Ships and being instructed about how to operate a Ship. It was so fascinating that we all hurried off home to go to bed so we could have another dream.

Then we began to dream that the Ships were actually landing, and, sure enough, shortly after that they started to land. We were not surprised at all, as we had been warned in our "sleep." However, one of the first things they told us when we were awake was that we were never dreaming. Instead, we had been visiting them on our higher frequency astral body. We had NO idea what that meant.

Ninth Entry

Accepting the Impossible

With the landing of the Star Ships (the name the Galactics used) our lives on Earth were totally different. The first thing that happened is that the News began to really be NEW. By that I mean that it was no longer the same old stories of wars and problems with money and people finally standing up for themselves. For the first time in my life, people were talking about the future instead of the past. The Friends, which is the name we all called the Galactics, appeared on the News via Internet, radio and television many times every day. Oh, yes, the word ET was replaced with the term Galactics. One of the first things the Galactics told us was that they were not just our "Friends," they were also our family, our Galactic Family.

You would think this would be shocking news, but everyone took it as if they already knew. Remember how I said before that the Ships somehow changed us, even before they landed? I think that they opened our minds in some way. Well, actually, I know now that they did open our minds, and I know exactly how. What the Galactics did is that they “cut off” the constant stream of ELF waves that were being broadcast through our airways via every possible means. These Extremely Low Frequencies were sent by the elite few who were actually running our world.

These ELF waves can have a huge effect on human behavior. With the external transmission ended, we all begin to remember and to know things that we had never even thought of before. The Friends told us that without the external noise to mask our own inner states of consciousness, we would begin to download and integrate our multidimensional consciousness. While external forces were consciously and unconsciously controlling us, our inner Portal to the fifth dimension was beyond our conception.

As usual, they were right about this. Shortly after they discontinued the transmission of these waves, we all began to have dreams and meditations of a great Portal opening before us. In fact, we had these dreams and meditations so many times that when we saw the Portals in our daily consciousness, we were excited rather than frightened. Again, the Friends prepared us for changes in our third dimensional reality by coming into our higher states of consciousness us in accepting the impossible.

In fact, “accept the impossible” became our theme. So many things were changing in such sudden and impossible ways that we would have been reeling in confusion and anxiety if not for the Friends’ teachings. There is much more I would like to tell you about the ELF frequencies and Portals, but I must close for now. Besides, I don’t know if you will be able to understand what I am talking about before you have gone through the Violet Light.

Tenth Entry

The NOW Is Always Occurring

Once the Friends turned off the controlling frequency waves, which we never knew were there, we were so surprised to experience an inner quiet. Gradually, our dream lives became increasingly lucid, and our

meditations began to take us on group journeys. Of course, we did not know that we were having the same meditation until we talked to each other. However, once we found that more than a few of us were having the same meditation, we began sharing our meditations on the Internet so that people all over the world could know whether or not they, too, were sharing that experience. That was when we found out that our dreams and meditations of being in the Corridor were exactly the same all over the world.

I realize now that I never told you how I started going into the Tunnel, which I later discovered was the Arcturian Corridor. I never told you that information because I could not remember. Just as we all forgot our higher life when we took on a physical body, most of us forgot much about our physical life once we came here to New Earth. I mean, we remembered it in that we returned to assist others, but I just realized through the process of writing this journey that there are many holes in my memory about how I actually got here. I think that remembering how I got here was an important reason why I felt a need to write to your timeline.

Actually, that sounds like an ego reason, but I guess that I am to be a type of teacher here. Therefore, I will start my teaching by telling those in your timeline how you, too, can get here. In other words, as I teach you, I also teach myself. Therefore, I must remember the detail of how I entered that first tunnel, which I now know was a Portal. Since New Earth resonates to the fifth dimension, there is no time as you know it in your dimension. Therefore, putting events into a sequential form is something that we quickly forget upon our arrival. We do not need that skill. Therefore, there is no reason to retain it.

In fact, our consciousness is fully calibrated to perceive all reality in a multidimensional fashion. That is why I can look into your timeline to see that you are nearing the opening of the First Portal of 11.11.11. Of course, there are myriad Portals that will open because these Portals are accessed from within each person. This statement may seem very confusing to you who still function third dimensionally, but our frequency of reality is accessed by logging-out of your 3D Holographic Reality and logging-in to our true Multidimensional SELF. You will log-out of that Holographic Reality through the Portal that you will find with your higher dimensional perceptions.

Some of you will see these Portals, some of you will feel them, some of you will hear them and some of you will only experience them while you are asleep. I realize now that I was in my fourth dimensional

dream body when I found my first "tunnel," as I called it. I had to be asleep because my life had not come across any information that would allow me to believe that it could be possible to enter a Portal into a higher dimension of reality. I write this journal in hopes that someone will read it and become aware of the True reality that they are NOW experiencing via their Multidimensional SELF. I remember how confusing that statement is to time-bound thinking, so please believe me when I say that a reality in the NOW is ALWAYS occurring.

It is the challenge of keeping your consciousness awake to my timeless reality while maintaining your physical shell that is creating the fatigue that I perceive in the bodies of those in your timeline. I know that what I am saying may be very confusing. However, it is your time-bound thinking that ties you to a reality that is coming into its completion. I can see the myriad possible realities that are converging and intersecting in your world, and I wonder which of you will choose which possible reality. I guess what I want to tell you is, "Please contact the highest expression of your SELF that you can imagine and allow that version of your reality to make those choices for you."

This highest expression of your SELF resonates to the octave of the Violet Light. Ultraviolet is the highest perceivable light on any octave/dimension of reality. Hence, it is the resonance which will allow you to transmute your consciousness into the next dimension of reality. In fact, it is the resonance of Violet Light that will guide you to the opening of your Portal into the higher frequency expressions of reality.

By the time I had adapted to the Indigo Light of the Corridor, I knew I was ready to become a higher version of my SELF, but I did not know how. Therefore, I needed to re-enter the Corridor. In other words, I was ready to go inside of myself to enter the Corridor in a fully conscious manner to return Home to my Multidimensional SELF.

Eleventh Entry

The Violet Light

I return to you now because I can see how many of you are preparing yourselves for your great transition. It is through the Violet Light, the "fire" of transmutation, that this transition begins. Once I had decided that I was ready to BE this higher version of my SELF that I felt deep within me, I began to feel myriad changes in my physical body. Many

of us thought that we were "sick," but because of my conscious decision to return to my true SELF, I knew that my "sickness" was my body trying to catch up with my consciousness. That is when I began to hear the voice of the Arcturians in my daily life.

These voices first began during meditation, which I had fully embraced by then. Then, I began to have a certain feeling, which is difficult to describe. I would have to say that the feeling was an intense urge to stop, close my eyes, take a deep breath with a long exhale and listen to my inner Self. As soon as I would do that, I would feel my consciousness begin to expand. Then had the feeling that only a small part of "me" was in my body and the rest of me was beyond the confines of my physical form. I say "beyond" rather than "outside" because the greater sense of myself was INSIDE.

When I turned my eyes, actually my eye—my Third Eye—around to look inside I could see the Corridor. Very often before this time I found myself IN the Corridor, but I could not remember how I had entered it. Now, for the first time, I could see the light that led to this entry. That light, of course, was Violet. At first the Violet Light was very small, as if the opening to the Corridor was far away. But, how could it be far away if it was inside of me? Could I have been that vast within my SELF? The voice inside then said, "YOU, our beloved, are more vast than you can imagine."

This time I heard the voice echoing from deep, deep inside of me, and as I put my attention onto it, the Violet Light became brighter. I asked for more inner instructions and heard, "Follow the FEEL of our voice and the GLOW of the Violet Light." Upon hearing these words my body began to shake and I had to focus on deep breathing to calm myself and, especially, to stay conscious. There was a part of me that wanted to leave. At the time, I did not understand that feeling, but now I know that that was the part of me that was totally ready for ascension. However, there were other parts of me that still held fear and attachment to my old life. Hence, a battle started to be waged within me.

The shaking became faster and my breathing deeper and, almost, desperate. I was losing ALL control of this situation. It was as if I was in a run-away car with no breaks. However, at the same time, I would not have used the breaks if they were there because I was beginning to experience a euphoric feeling beyond anything I had ever known. I then heard, "Surrender to your feelings and release all resistance." At first, all I could do was to say to myself, "Surrender and Release." I

said this over and over, more times than I could count. My words made me feel more in control, which calmed the fear I had not realized I was feeling. Then, I pulled all the shaking into my Core and slowed my breath.

At that moment I felt like a rocket ship that had just been launched. I knew that my body was perfectly still, but my consciousness, my Essence, was soaring beyond the speed of light into the unknown, AND I was loving it. Never had I experienced such freedom and glory. I had had myriad experiences in the Corridor before, but nothing was like this. I hoped that I was still breathing and wondered if I would ever return. But, where would I return to? Who would I return to? And, why would I ever want to leave here?

"It is not your time—yet!" whispered the inner voice, and suddenly, it was over. I was back sitting on my chair with the biggest smile my face could carry. All I could think was, "WOW!" I looked around my room. It was the same. My chair was the same, my desk was the same, and when I looked out the window, the world looked the same. However, I was NOT the same. I knew that what I had experienced was a "preview of coming attractions," and I was very antsy to see the "entire movie."

"The Path to Ascension is paved with patience," spoke my inner voice.

Again, a smile filled my face.

CHAPTER VII

Return to New Earth

INTRODUCTION BY ARCTURIANS

Our Dearest Ascending Ones,
We are happy that you have been able to maintain the consciousness of unconditional love since you opened your Doorway to New Earth.

It is the continuous FEEL of unconditional love that assures our ascending ones that they are "in the process of creating New Earth." We know that you all will experience some moments of fear-based third dimensional thinking, but we want you to realize that those moments are not a "failure" in any way. Instead, they are moments when you have temporarily returned to "habit."

Habit is the primary survival mechanism that you have created in order to survive the extremely challenging time of the close Kali Yuga (the final 2,000 years of the third dimensional reality). These habits were not bad; they were necessary. Therefore, do not judge yourself. Instead, congratulate yourself. Being consciousness of old habits is a huge achievement, as they hide in your unconscious and deep subconscious mind. Habits are the "primary survival mechanisms" on which all of your programs of behavior were written. Hence, they are the ones and zeros of your third dimensional thinking.

However, as you release your third dimensional thinking, you automatically release the baseline programing that has been the foundation of that thinking. Because of this, you do not need to delve deeply into your past to heal it. Now, you can simply love it free with the power of your unconditional self-love, which is the higher-frequency format of your multidimensional thinking. Multidimensional thinking is truly the only way in which you can fully understand your ascension process of creating New Earth.

Yes, beloved ones, because you have volunteered to assist Gaia with Her transmutation back to SELF, you have joined in a wonderful experiment that all the multiverse is observing with encouragement and unconditional love. Before the advent of "time" many Souls decided to join together to create the adventure of being a planet.

Some of you wanted to experience being the actual body of the planet, which was destined to enter into the lower frequencies of polarity and separation. Therefore, you became members of the Mineral Kingdom to partner with the fourth dimensional Elementals, the Gnomes.

Some of you wanted to be members of the Plant Kingdom, who would work in unity with the Sylph Elementals of the air and the Undine Elementals of the water to beautify the body of Gaia. Others of you volunteered to become members of the Animal Kingdom, and unify your efforts with the Fire Elements to ground the Cosmic Light into Gaia's body. For eons, the third and fourth dimensionals lived in cooperation, harmony and great peace. The Blue Planet, Earth, was one of the most beautiful jewels in this Local Universe.

Many developing civilizations visited Gaia to experience Her beauty and peace. However, since these civilizations were still "adolescents" in their development, they were often selfish and took from Gaia without replacing what they had taken. They experimented with her Kingdoms, especially the Animal Kingdom, to attempt to create workers for their selfish needs. Wars were fought and dear Gaia was left on the edge of annihilation more times than She would wish to count.

Again and again, She had to call upon her fourth dimensional Elemental Kingdom and Her sponsors in the higher dimensions to pull Her from the grasp of destruction. However, being the brave Being that She is, she repeatedly rebuilt Her body, with the assistance of Her higher dimensional supporters, and returned to Her true beauty and splendor. Now, She is complete with Her experience of being a polarized being of form. She has learned all the lessons that Her third and fourth dimensional expressions of SELF desired to experience, and She is ascending into her fifth dimensional expression of New Earth.

We wish to tell you that ALL of you "waited in line" and "signed petitions" to have the great honor of incarnating on Earth at this "time." Just as Gaia had no idea how challenging a polarized body could be, many of you who lowered your great multidimensional essence into your current clay vessel, were greatly surprised by how difficult it is to live within the illusion of separation from the ONE. However, many of you are members of Gaia's first manifestation and have returned to assist Her with Her transmutation into New Earth. Hence, you have met your many challenges with bravery and great dedication to your Mother Earth.

Others of you were members of the first civilizations that inhabited Her form, who returned at the Fall of Atlantis to add your great light and save Her from total obliteration. When you entered Her planet at the time, you volunteered to join the Circle of Death and Rebirth until Her final victory of ascension. Those of you who made that great sacrifice to lower your multidimensional consciousness into a third dimensional form are ALL incarnated or living within Her aura to assist with the great Planetary Ascension.

Dear ones, you were Her Priests and Priestesses, Her warriors and Her creators. You suffered many lives of war, poverty and subjugation. Fortunately, you also lived some glorious lives of wisdom, power and love. However, just like Gaia, you are now feeling complete with the experience of polarity and have incarnated one last time to assist your beloved planet Home into Her fifth dimensional expression.

We, the Galactics, many of whom have also held an embodiment on Gaia, assist you from the higher dimensions. We are your supporters, your advisors and we are YOU. Yes, many of us have sent an imprint of our consciousness into a third dimensional form to be in the “front lines” of Planetary Ascension. We are joyous that most of our grounded expressions are awake and communing with us on a regular basis. In fact, you are communing with us on a continual basis, for we are now ONE with our grounded expressions—our ascending ones. If any of you feel that you are not connected to your Galactic and Celestial Source, do not be discouraged. Each of you has a “flash point” of returning to your SELF which was decided before your birth.

You may not have come to that flash point yet, or you have and have not acknowledged it, which is probably because you are still in the grips of habit. You are not alone. We are with you. In fact, we are YOU! We are here now to assist you in releasing the habit of separation so that you can more easily return to your forgotten habit of being fifth dimensional and living in unity with all life.

Listen to the silent voice that caresses your High Heart and perceive the visions of New Earth that flicker into your Opened Third Eye. Polarity is closing and unity is returning. Time is over and the separation from your SELF that Time created is ending. You do not need to “do” anything for “doing” is a third dimensional concept, whereas “being” is a multidimensional concept. Hence, all you need “do” is to BE your SELF.

As you continually and consciously return to your true, Multidimensional SELF, you will increasingly hear your constant communication with your SELF and perceive the higher frequencies of reality that were closed to your third dimensional perception. It is true that you are creating New Earth, but since time is an illusion, it is also true that you are returning to New Earth.

However, while you continue the habit of time-bound thinking, you are bound to third dimensional perceptions. On the other hand, as you continually download and integrate your Multidimensional SELF into your daily life, you will gradually, or swiftly, return to multidimensional thinking. Remember, practice makes perfect. Actually, it is correct to say that the practice of being your SELF will allow you to return to the YOU that has always been perfect.

- Therefore, we ask that you close your eyes and take a deep inhale and long, slow exhale to calibrate your perceptions to your innate, Multidimensional SELF.
- Continue your deep breathing until you feel your consciousness expand into the higher frequencies.
- With your physical eyes closed, open your Third Eye to perceive the higher frequencies of reality that are intermingling with your physical reality.
- You will be able to discern between "fifth-dimension-and-beyond" and "fourth-dimension-and-below" by the feeling in your High Heart.

Please do this process now...

Please practice this exercise as often as you can. Just take a few moments throughout your busy day to close your eyes, breathe deeply, see through your Third Eye and use your High Heart to discern old-Earth from New-Earth. Initially, you may need to close your physical eyes to shut out the third dimensional stimuli in order to see through your Third Eye. Also, we wish to remind you that the higher frequencies of reality are not bound by the stark edges and bright colors of the physical world. Fifth dimensional colors are an octave up from third/fourth dimensional colors. Therefore, they are filled with more light and often have a silver over-glow.

There are no "edges" and sharp boundaries in the fifth dimension and beyond. Objects, persons and places seem to waver, much like a reflection on a still pond. Once you are fully "within that pond" the wavering motion will decrease and become "normal." Therefore, if you see wavering, unique colors of unknown form, you are most likely

perceiving New Earth. If you were a blind person for all of your life and suddenly had a surgery that total restored your vision, you would see the world around you, but you would have no neural connections to your brain to identify that which you could see.

In the same manner, you have spent myriad lives on Gaia in which you only returned to the fourth dimension upon your birth or even in your meditations. Therefore, your neural connections to your Multidimensional Soul have been forgotten and need to be restored. It is through practice and patience that you will restore these connections enough to be able to identify that which you are seeing. Be patient with yourselves, Beloveds, for you are returning to New Earth much as new babes. Fortunately, we, the Galactics and the Celestials, are here to assist you in your remembering.

We say remembering rather than learning, for you are as much a Galactic and a Celestial as those who are assisting you. It is just that you will need practice to remember what you have always known, but have forgotten. Therefore, as you practice the above exercise, relax into the experience and allow yourself the illusion of time to accustom to your Multidimensional SELF. You are just awakening from a very long dream, which you thought was reality.

As you practice discerning between "old 3D Earth" and "new Multidimensional Earth," remember to ALWAYS follow the feeling of unconditional love. That feeling of unconditional love is your High Heart saying,

"This is the feel of New Earth. Place your attention there, for
'Where you attention is, there you are also.'"

First Entry

The Open Doorway

I had a dream, or was it real? Perhaps, I was in-between the fourth dimensional world of sleep and the third dimensional world, in which I thought I was awake. However, after what just happened, I know that I am awakening to another world. I saw that "other world" for just a brief minute. First, I saw a Doorway opening in my Third Eye through which I saw this world to which I am NOW awakening. I could not yet enter that world, but I could see it just past an invisible threshold. But then I fell back into what I have known as sleep. Did I cross that threshold then, and I forgot it once I awoke? I will have to meditate and see if I can cross that threshold again.

I enter my meditation room and relax into my chair. I know that if I try to control my meditation, it will not work, for the "I" that wants to control it is my ego. Therefore, I settle back into the chair and take some deep breaths. I surrender to the feeling that arises as I begin to go into a higher state of consciousness. Yes, there it is again, the opening Doorway. This time I slip easily across the threshold for I have surrendered to my Soul. At first, I can't see very clearly as I have not adapted to this frequency of reality. I know from my sensations that I am in the fifth dimension, and I am pretty sure I am on New Earth.

I am still a bit out-of-sync with this resonance. Hence, I can only vaguely perceive my surroundings, but I can't interact with it. It is as if I am a ghost in that I can see things, but my hand cannot grasp them, nor can I get anyone's attention. I take a moment to breathe deeply again and surrender completely to this process. I allow all thoughts of "what I have left behind" to flow from my awareness and focus my attention on this new reality. Actually, I sense that this reality is not new because it feels familiar, yet different. Perhaps, it is I who is different.

I have had myriad incarnations in the third and fourth dimensions, with only a few excursions back into the fifth dimensional realm. It was an agreement we made when we came here from Venus. Actually, we came from the Galactic Worlds that once "grew-up" on Gaia and then moved out on their own. We saw that, once again, the humans had almost destroyed Gaia, so we answered Her call. As I see Gaia in Her fifth dimensional expression once again, I remember my Homeland. I was Arcturian but had many experiences on Sirius A and Sirius B, Pleiades, and Antares. Since I was somewhat confined to Earth after my first arrival there, I spent many lives in the realm of Faerie and on my beloved Venus.

But enough of me now, it is just that returning to this frequency brings back so many memories that could not easily resonate in the brain of my third dimensional earth vessel. I can feel the freedom from that vessel now. I feel as light as a feather and as expanded as a soaring Eagle. Reviewing my past has helped me to remember how to adapt to this frequency of reality.

I close my eyes and focus on my breath. I place my hands on my High Heart and feel how the resonance of this reality fills it with the peace and calm of unconditional love. Releasing my connection to the

circuitry of my physical eyes, I find that I can use my Third Eye to see more clearly, as well as in all directions. My human brain is straining to see in all directions at once, so I stop my dialogue to share this sensation with my physical self. As I send that vision to her, her consciousness instantly expands, as does mine. We are still ONE, my grounded self and I, as I am bi-locating.

In other words, I am on New Earth, but I am also sitting in a chair on 3D earth typing my experiences into a computer. When I think of my physical self, I feel the challenges that she has to face. In order for her to consciously bi-locate, she has had to learn a greater detachment from the many challenges of physical Earth. At the same time, she has had to create a deeper bonding to Gaia and to those with whom she shares a love relationship. These love relationships with "family that are friends" and "friends that are family."

There are also many with whom she shares her passion for Earth and their dedication to assist Gaia to return to Her fifth dimensional expression of New Earth. It may seem confusing that Earth is becoming New Earth, while New Earth already exists. This confusion is one of the elements of the timeless NOW of the fifth dimension that I am adapting to, both now and within my physical form. My form on New Earth is of a finer, higher frequency with wavering boundaries and a more flowing shape.

In fact, I wonder if I can move this form to other areas of New Earth and interact with this wonderful reality. I will begin by closing my eyes and breathing deeply to better absorb the multidimensional light and unconditional love of this resonance. As I slowly open my eyes, I see that I am at the seashore. The waves create a lovely tone as they gently break upon the shore. The sky is what I would call foggy on 3D Earth, but the colors are shades of pink and blue, not gray. However, the pink and blue are of a different hue and vitality than I have ever seen on physical Earth.

I know that there are other forms here, some humanoid, some beings that look somewhat like birds and other life forms that I have not seen since before I began my long sojourn on Gaia. I am still a bit out of sync with these beings, so I cannot interact with them. However, I feel the love and support they send towards me, as they welcome me back again. Have I been here before and forgotten? "You have never left," is the unanimous response that I receive from all the life around me. Yes, all the life, even the sand, the water and the sky seems to speak

to me. I hear them say, "Go to your beach, and bring our frequency with you."

Well, I am back in my body and off to the beach. I wonder if it will look different now.

Second Entry

Entering Group Consciousness

Hello again. I am the young man who first began this journal. Oh, by the way, I was called Bob on Matrix Earth. I need to use my name, as I see that another person is entering her arrival in my NOW of New Earth. It is great to see how our timelines have intermingled. I wonder if that is why I felt I had to write this journal. Maybe, I was listening to that Inner Voice the Friends keep telling us to follow. I wonder what will happen when our timelines completely merge. Will we return to ONE world again, or will we still remain one of the myriad versions of Earth flowing through the essence of multidimensional realities.

Yes, there are many versions of Earth, some fully ascended, such as mine, and some newly ascending. The woman who just wrote in my journal is on the verge of arrival in this reality. She can visit us, but she can't interact with us yet. If she keeps trying, she will eventually see us here offering a helpful hand. Oh, you are wondering how someone else could write in my journal. As you may have guessed, we use our biological quantum computers to write our journals. Since we are all ONE here, everything we write in our journals are open for everyone to share.

Because the computers we write our journals in are a biological, they operate much as your Blogs in which anyone can make an entry. Furthermore, because they are quantum, they are not time-bound. These computers are extremely cool. We can ask any question we want, and the answer will instantly appear. The process is much like typing a question into a 3D search engine and choosing from the many possible answers. I say possible answers because different types of realities would have their own answers for the same question.

Oh, there is another new arrival. This person is almost able to stabilize her frequency rate to our resonance. I am going to log off for a moment and see if I can be of assistance...

Hello again. I am back. We have an agreement here that whenever a New Being appears, we stop what we are doing to offer assistance. I say "being" rather than "person" because non-human life forms are also entering this higher frequency version of Earth. In fact, many of the animals and plants that have become "extinct" on Matrix Earth are alive and well on New Earth. Since all life here is conscious and able to communicate with other life forms, we are able to assist plants, animals and fourth dimensional Elementals, as well as humans.

It is a wonderful experience for us to be able to communicate with animals, plants and the fourth dimensional Sylphs (air Elementals), Undines (Water Elementals), Gnomes (Earth Elementals) and Salamanders (Fire Elementals). These wonderful Beings do not speak English, as I am doing now, but neither do we. We speak a language here that is free of time and space. It is the language that plants, animals and fourth dimensionals have always spoken. Hence, they are quite amazed and pleased that we can communicate with them. It is also an amazing experience for us, especially we New Human Ones, as we have been separate from Nature for myriad incarnations on physical Earth. On the other hand, the plants, animals and fourth dimensionals have always communed.

Learning this manner of communication, which we call Light Language, is one of the biggest challenges for the New Ones. They try to move their tongues and express separate words in a linear fashion. This manner of communication is appropriate for a reality based on separation and the linear notions that come from time. However, it does not work in a reality which resonates to the HERE and NOW. Communication in New Earth is a form of communing with each other by merging our consciousness. In this manner, pictures, emotions and thought-forms are transferred to each other, as well as into the Group Consciousness.

In fact, whenever there is a new arrival, their entire history of incarnations in duality is instantly copied to the crystalline field that contains our world. This information also goes into the Quantum Biological Computers that we can all access. When we first come here, we usually access this "computer" via an interface within our living quarters. However, as we adapt to our new life, we realize that we can simply direct our thoughts into the Group Consciousness of the crystalline field and the answer will instantly be available.

Since New Earth serves as an interface between the third/fourth dimension and the mid-fifth dimension, there are many "devices" or

"machines" for the New Ones to use until they can become comfortable with their own powers within our Group Consciousness. However, communication is their second challenge upon entering our world. Their first challenge is to master totally their every thought and emotion so that they can stay here.

Remember when I said that I often helped Matrix Earth when I first arrived? That is, of course, correct, for I was assisting those who needed proof that they would not die if they surrendered to our resonance. But, in reality, I first returned to Matrix Earth because I could not release totally all fear-based thoughts and emotions. Fear-based thoughts and emotions are created when we feel limited and separate from any person, place or even that which we have thought of as a "thing." Since the New Ones come here with the habit of separation, so many different forms of life often frighten them.

Furthermore, many are new to the concept of thought transference and believe they cannot communicate with these different forms of beings. We transfer our thoughts to the New Ones, but that often frightens them, which lowers their consciousness back to the third/fourth dimension. Because of this, many of us are using whatever means we find within our expanding creativity to educate the "3D Ones," which is a name we use to identify those who are still resonating to Matrix Earth. We know that education and love are the best ways to heal fear. Therefore, we have many individual and group meditations to send the 3D Ones our unconditional love.

An Individual Meditation is where our body is alone and we tune into the Group Mind and meditate. On the other hand, a Group Meditation is when many of us gather together, connect with the Group Mind and meditate. You see, the Group Mind is our window into the ONE. New Earth resonates to the lower octaves of the fifth dimension and serves as a "half-way" where we can still maintain many concepts, traditions and habits from our long sojourn into the third/fourth dimension. In this manner, our adaptation to a totally different concept of life can be gradual. Also, many of us are greatly enjoying the transitional stage in which all that we wished we could experience on Matrix Earth is HERE, NOW.

New Earth no longer have the experiences of separation and limitation, as we did on third/fourth dimensional Earth. Therefore, we do not perceive a line, or threshold, which divides New Earth from 3D Matrix Earth. From our point of view, we are in the process of a gradual, or swift, alteration in our thoughts, feelings, states of consciousness,

perceptions and creative force. Our adjustment to this reality is an ongoing adventure filled with unconditional love, unity and adventure.

We welcome you to join our adventure. Just “let go” and surrender to the love and light that is filling your world. We can see you, and, soon, you will see us.

Third Entry

Protecting the Embryo

We, the Group Mind of New Earth want you to know that inside of each of you is the embryo of New Earth. Since all of you are ONE within your SELF, all of you are New Earth. Each of our dear ascending ones has within them their personal expression of “life on New Earth,” which they will contribute to the ONE expression of life on fifth dimensional New Earth. You have all protected this embryo and many of you have consciously expanded it, as it is a new kind of feeling within you, as well as a thought form that you never dared express before now.

Because your outer world (your life in the 3D Game) was so filled with fear, danger and hard work, you did not feel this embryo until now, you were so busy facing the many challenges of survival on the physical plane that you had no time to look within. In fact, even if you often did look within, you could not perceive this embryo for your Soul had placed it in an inter-dimensional capsule. Now, with the frequency of Gaia constantly rising and your multidimensional consciousness expanding, you are having glimpses of this embryo.

We ask you to take a moment to feel this new sensation deep within your Being. Imagine a small embryo, wound up like a Mobius coil, slowly and steadily growing within your High Heart. You have carried this embryo within your Three Fold Flame in every incarnation, but the frequency of Earth light was usually too low for the embryo to start the process of re-birth.

Allow yourself to FEEL the inner sweetness that can only come from innocence and purity. Feed this embryo with your unconditional love as you allow the multidimensional light entering Earth to, also, enter the embryo in your heart. FEEL this delicate new place within you and protect it with your life. Notice the food that allows this embryo to grow and the food that can actually cause it pain. Tune into this virgin

place within that has never been tarnished by the harshness and stress of daily life.

FEEL how delicate and new this inner promise of SELF is. Observe the thoughts, emotions, people, places and things that make you forget this the SELF. Turn around inside yourself and look directly into this embryo of your New SELF. Allow its immense sweetness and ancient wisdom to flow into your consciousness. Remember times in your life when you experienced a whisper of its presence, but you forgot it in the "work" of daily life. As you look into this embryo of your fifth dimensional SELF, vow to protect it from that, which lowers your consciousness and makes you forget the YOU that you are becoming.

Determine to create the life in which your embryo can move out of its cocoon and fill your present form with multidimensional memory. Feed this embryo unconditional love by making choices that allow you to have time to nurture your emerging SELF. As you go about your day, remember to caress your High Heart and send a brief message of recognition to your fifth dimensional embryo. It is this growing expression of your SELF who is your passport to New Earth. New Earth is not a place. It is a frequency.

You will "become" New Earth as you raise the frequency of your third dimensional thinking into the steady flow of multidimensional thinking and transmute your emotional responses to unconditional love. As you go about your daily life, remember to ask, "How will my New SELF respond to this situation?" Become aware of the areas of your life that feed your growing experience of Being and release that which drags you into the mire of drudgery and forgetfulness. In this manner, you will create a life filled with the sweetness, love, creativity and adventure in which your New SELF can thrive.

See this new you in the eyes of children, your mate, your best friends, your colleagues at work, the faces that pass you on the street and the checker at the grocery store.

Most of all, see your New SELF in the mirror as you look into your eyes and say,

"I AM becoming my New SELF!"

Fourth Entry

1-2-12

Hello, I am the one who Bob came to assist. I could see him coming towards me, but just as he reached out to take my hand, he disappeared. Actually, he stayed where he was, and I disappeared from his reality. Then I got busy, or lazy, or fell into my ego. Whatever happened, that moment ended and I could not return for quite awhile. With a date like 1.2.12, I think it is a good time to try going to New Earth again.

Of course, the correct word is not "going," as New Earth is not a place. New Earth is a frequency. Therefore, to experience New Earth, I have to calibrate my consciousness to that frequency. Achieving the calibration is not too difficult, but maintaining that resonance while my mind says, "This is impossible. I can't just go to New Earth by changing my consciousness." Then, of course, the doubts lower my consciousness, and I have yet another failed attempt. Not that I have made too many attempts. I have been "busy" doing other really important things!!! How could any thing be more important than experiencing New Earth?

I think that that is a question that I must answer with complete honesty. So here goes, complete honesty... How could anything be more important than experiencing New Earth? To be totally honest, I will have to allow this question to settle into my heart and mind for there is no easy answer. I guess I can begin with the first thing that comes into my mind, which is, "I am not quite ready. I feel as if there is more that I need to do in this reality. I guess I want to experience this year of 2012 and see how it goes. I have waited and planned for decades, for this "time" and awaited planetary ascension for myriad lifetimes.

Therefore, since I have waited this long, I can wait a bit longer. I don't want to miss anything. I want to experience the conclusion of the "movie" from a front row seat. Will NESARA actually happen? If so, how will it feel to be FREE of all debt for the rest of reality? Will the Galactics actually land? If so, how will our world respond? Can I really experience my reality on the Starship as clearly as I experience the one who is writing this entry? I don't want to go to the back of the book and read the ending. I want to experience every word, every day, every event with my mind clear and my heart open.

Or, maybe I am making excuses because I don't want to leave my people, my home and my ocean. Am I afraid? I must ask myself this. No, I don't feel at all afraid now. However, if a Starship lands in my front yard, will I be afraid, or will I be joyous. I want to wait and see. I want to experience the fulfillment of what I have spent my life dreaming of. I have to think some more, as the real answers to my question are very deep. Be back later.

While I was away I remembered that I was thinking in a third dimensional manner. I was thinking as though I could only have one reality at a time. In fact, I was thinking as though time, as I know it here, is in every dimension. I know that that is not true, but the habit of my third dimensional thinking was triggered by my emotions of thinking that I had to make a choice and "give up" something to get something. In other words, I was thinking from my time-bound ego and not from my timeless, Multidimensional SELF.

I can see that third dimensional habits are not easily released. What other third dimensional habits will I need to release to be able to consciously experience New Earth? I know, also, my mundane mind will not be able to answer that question. I, also, know that my Multidimensional Mind can instantly give me the answer. Therefore, all I need to do is call upon my Multidimensional SELF.

Until now, I would channel the information by asking the ONE to connect me with Higher Dimensional Beings. I have come to the place where I know that many of those Beings are a component of my SELF. I also realize that those Higher Beings are also a component of everyone who holds a form on 3D Earth. I am endeavoring to find a way to perceive my "Guides," such as the Arcturians, not as Beings above me but as Beings inside of me. I have been trying to release the polarized awareness of thinking in terms of sequential realities aligned in a hierarchical fashion, with my self in the lowest realm.

I know that my true Being is Multidimensional and resonates beyond the third dimensional illusions of time, separation and limitation. Therefore, instead of channeling a Guide, I am endeavoring to expand my consciousness to encompass the expressions of my SELF that resonate to a higher frequency of reality. I will begin by calling upon the ME that resonates to New Earth. I know that this exercise can be more difficult than I think. I am asking my time-bound ego to merge with an expression of my SELF that it can only conceive of as being

"from my past and before I incarnated" or "in my future and after I ascend."

Therefore, I ask my third dimensional mind to please take a rest. I am thankful for my 3D brain as it got me this far. It will not become obsolete because I AM a multidimensional Being, and I intend to keep a physical expression for as long as necessary. I don't really know what that statement means, but I am willing to adjust to living in the unknown. I think I can do that because I have a feeling that the unknown will be joyful and filled with love. In fact, the present is pretty good too. I know, also, that I can let go of a lot of aspects of my physical life, in fact, I already have.

Now, I am ready to converse with a higher expression of my self. I allow my heart and mind to open to commune with the Flow of the higher expressions of my SELF...

"Hello, I AM the ONE who resonates to New Earth. I know, and remember when, I/you/we were in the timeline of the last year before transition into New Earth. It is not that that event has already occurred and you missed it. That event occurred beyond time, so you, our time-bound ego, is having difficulty understanding that concept. To differentiate which of us is speaking, I will be called 5D SELF and you will be Grounded One. Is that acceptable to you?"

"Yes, 5D SELF, my sequentially thinking brain appreciates that. Also, these names do not include the hierarchical lower and higher definition. I wonder if you can tell me about making the transition from physical Earth to New-Earth? Is the transition different with every telling, or is there a constant within this process?"

"Yes there is a constant process, which intermingles and flows freely into and out of the many versions of New Earth and physical Earth. There is no sequence, and the best word in your vocabulary to explain this process is "practice." When you first learn a new language you need to practice speaking it if you wish to retain your new skill. When you first have experiences of New Earth, please practice returning to us again. It is not important that you replicate your former visit.

You are no longer the person that you were when you first visited New Earth, as your entire biochemistry and neural circuitry changes every time you calibrate your consciousness to that frequency of reality. When you experience even a brief moment in this frequency, you create a great change within your entire Being. Change and creation,

which have the same meaning to us, do not travel through time, but Flow within the ONE.

When any member of your frequency of reality maintains calibration with our world, even for a few of your seconds, a ripple of creative change moves through your entire world. You see, while you are opening a Portal into our frequency of reality, you are also opening a Portal through which we can send quantum bursts of our resonance into your reality. We often send energy into your reality. However, because of the Law of Free Will, when a member of your reality opens a Portal into our world, we can respond by sending a massive burst of higher frequency energy into your frequency.

This burst of multidimensional light and unconditional love ripples through all third dimensional worlds. Still, many of our grounded ones will be able to experience only the fourth dimensional octaves of our energy gift. Fortunately, many of you are accustomed to perceiving the fourth dimension because that is the frequency of your dreams. Hence, even though you may not be aware of what a huge impact your brief venture into New Earth created while in your waking life, you are beginning to understand what is occurring via your dreams.

Please continue to practice visiting us. We are here and clearly see you even if you do not see us. Meditate as often as you can to continually expand your consciousness. Your meditations will also assist you to download and activate your multidimensional thinking. We can perceive that many of our ascending ones are having dreams that are guiding them into their ascension process. These fourth dimensional experiences of your dream body are greatly assisting you to release your addiction to time. In fact, an entire lifetime in the fourth dimension could fit inside of one dream. Furthermore, countless versions of infinite realities easily fit into the NOW of the fifth dimension and beyond.

Your great adventure is beginning. Have fun.

Fifth Entry

Fifth Dimensional Touch

The last two nights I have been saying before I go to sleep, "I want to go to New Earth tonight and remember my experience." I did not remember my experiences when I woke up, but during the next day I found new concepts in my mind that were not there before. For

example, yesterday while I was talking with someone about wanting to have a physical feeling of New Earth, I realized that that would not be possible. Again, I was thinking third dimensionally about how we experience life in our physical world, but the experience of life in a reality based on separation and density would be very different from the experience of reality based on unity and a high-frequency Flow.

I suddenly realized that touch in the fifth dimension would be very different. For example, when we touch something here, our separate, physical hand meets a separate person, animal, plant or object. Therefore, when we have the experience of touching an object, we feel only the surface of that object. Or, if we touch another person or animal we feel only the surface of that being. However, in the fifth dimension we are not separate. We all extend our auras beyond the form that we are currently using. Furthermore, every "thing" is created with our thoughts and emotions and carries these thoughts and emotions as well as the experience of any interaction it had with any life forms.

Consequently, there are not two clearly defined surfaces that interact via physical touch. Instead, there are two auras that merge because an aura does not have a surface. An aura has an emanation that expands and contracts. Hence, our experience of touch is not surface against surface but an emanation merging into an emanation. In fact, all of New Earth and beyond is emanations merging and interacting within the Flow of multiple possibilities. These possibilities that shift and change with our every thought and emotion. Also, in the fifth dimension and beyond the polarities of fear/love, you/me, good/bad, etc., do not exist. Most important, our ego "shell" no longer exists to create and perceive these polarities.

Without the third dimensional thinking of our ego, the cumbersome nature of a hierarchical system based on separation, comparison, competition and desire for what we "don't have" no longer exists. These limiting concepts are replaced with, and healed by, our Multidimensional SELF. Long ago in "time" our Multidimensional SELF extended a component of its stream of life down the frequency spectrum and into the third dimension. Now our SELF is pulling this stream of life back into its higher expressions.

When life is felt aura-to-aura there is no sense of separation. Hence, there is no comparison, competition or desire. Instead, there is unity, cooperation and fulfillment of unified purpose. That which was once felt as desire is replaced by the Flow of the unconditional love, which

guides us as we share our experiences of an ever-expanding concept of reality. This Flow resonates beyond the limitations of time, but cannot be accessed while we are living within the limited concepts of third dimensional thinking. Fortunately, the multidimensional light which increasingly Flows into our Being turns-on the forgotten 97% of our DNA. Hence, this higher frequency light activates our innate, multidimensional systems of consciousness, cognition, emotion and perception.

When I went into meditation this morning, I had the perception of "Bob" extending his hand to me. The meditation stopped there for some reason. I suppose it was because I needed to back up a minute in order to go forward. By that I mean that I had to fully understand what was happening before I could proceed further. Yes, I know that is third dimensional thinking again, but at least I am catching myself in the act of 3D thinking more often now. That is what we all need to do in order to dislodge the HABIT of being our ego in a physical body.

With my ego disengaged, I now confront the illusion that it is impossible for me to experience a reality by simply writing about it. However, as I write, I see. I see the world that is inside of me, and I can temporarily release my attachment to the world that appears to be outside of me. I close my eyes a moment to remember the vision I had during my meditation and extend my hand to touch Bob's outreached hand. Yes, sure enough, I experience this touch via my imagination, for my 3D body is merely a bystander. However, as Bob and I touch, I feel a warmth that flows from his hand into my hand. In fact, this warmth is flowing from his heart into my heart.

I hear my third dimensional mind wanting to doubt this experience, but I push it aside by reminding it to stay in charge of typing. Given its own assignment, ego is temporarily silenced, and I proceed with typing my inner experience. I feel Bob actually pull me up, which I know is a metaphor, but my brain needs to make sense of this experience in some way. This "pulling" is much more an energetic experience than a physical one. I am still addicted to the concept of a higher-frequency being UP instead of IN, but I will "practice" getting used to a new way of thinking.

I am now in New Earth. My experience feels like being IN New Earth rather than ON New Earth, which is unexpected. I don't really see a ground or a sky or, even Bob. I just feel like I am IN a different reality. However, I am totally aware of my grounded self who is typing. I feel my separate fingers as they touch the separate keys and the slight

resistance of each key as I touch it. Simultaneously, I am inside my imagination being in New Earth. I am reminded of how I experienced life like this very often when I was a child—before I knew better. I usually had two realities running, the one outside of me that was NOT safe and the one inside where my Guides were always with me.

I guess I never totally grew up—thank Goddess! I take a moment and thank my child for forgetting to forget her inner life, then return to my experience. I say experience rather than vision, for I know that it is REAL. I know that if I could remember to carry this experience with me through my mundane life, I would be calm and peaceful. At the same time, I know that I will forget what I am experiencing. Maybe that is why I like to write it down. Then I can go back to it when I forget. So, I go back to it right now. I turn my mind around to see inside, and turn my heart around to FEEL inside.

I am in New Earth again and taking some long exhales to expand my consciousness enough to activate my multidimensional perceptions. As I do so, I feel the kundalini rush up my spine, opening my Third Eye. I blink it several times to calibrate my perceptions to the higher-dimensional reality. When I do so I feel the kundalini move down through my body and into the earth reminding me to share my experience with Gaia. I feel the body of Gaia inside of me and recognize Her consciousness as she “holds my hand” in support and camaraderie.

I have to stretch my imagination to embrace holding hands with a planet, but again I remember that Light Language is based on pictures, feelings and metaphors. With Gaia in the picture, Bob appears again with a huge smile on his face. He is speaking to me telepathically, so I have to take a moment to translate before I can write it down. The 3D fingers connect to the 3D brain, so I have to translate the multidimensional Light Language into third dimensional English...

“Hello. I am Bob. Can you feel how touch is so different here? That is one of the first things I noticed HERE. I send that word to you in caps for everywhere is HERE in this reality. At this frequency of Earth, there is no time to create space and no space to create separation. We are all HERE NOW, and you are merged with the WE. I know it will take you awhile to remember how to be HERE on New Earth and, simultaneously, on Matrix Earth. So take some “time” to get accustomed to this reality. I can feel that your earth vessel is hungry, so give it some food and come back when you can.

The vision fades (good, I was tired) and I head for the kitchen.

Sixth Entry

We are ONE Here

I think it was yesterday that I saw the same opening door that I saw on 11-11-11. However, it was not possible to write my way through it, as writing focuses my attention and intention, but I held it in my mind. I moved into New Earth this morning, in my imagination, but then a family dilemma arose and yanked me back to the third dimension.

I see this situation as a reminder that our physical self needs to be continually cleared of the effluvia of the third dimension. We have had myriad lives in the physical plane and collected many fears, habits and sorrows. Fortunately, we no longer need to know exactly where these energies came from. All we need to do now is to identify these energies by their signature frequency, for example the signature frequency of sorrow, fear, anger, confusion etc., etc.

If we can breathe unconditional love into these energies, we can jar them from their hiding places and direct them back to the ONE. We can focus on the feeling, and rather than engaging in it, we can fill that energy with unconditional love and breathe it out of our earth vessel and Home to the higher dimensions. Then, the energy we have transformed with our unconditional love will create a trail of "bread crumbs" (like in Hansel and Gretel) to show us the way Home.

Fortunately, there is no wicked witch in this story, as we can refuse to participate in that which lowers our consciousness. Conversely, there are situations in which we must participate. Those situations, which are our Initiations, are the manifestations of issues that we chose to experience in order to remember who we are and why we are here. These initiations are our teachers and force us to see the unseen and hear the unheard. An initiation cannot be completed by our ego, thus forcing us to call upon a higher frequency expression of our SELF.

Once we have connected with this higher octave of our SELF, we can remember and rec-connect with the innate talents that have been lost during our long sojourn into duality. During an initiation, we are called upon to totally Surrender all control to our Higher SELF. Surrounded by the Wisdom, Power and Unconditional Love of our true SELF, we

can venture deep into our subconscious to recover, heal and release repressed fears and trauma to "lighten the load" for our return to Lightbody.

We are on the Path of Ascension. Hence, we are no longer victims! Therefore, whatever happens in our life is a manifestation and/or an initiation. Sometimes, it is difficult to determine which is which. Our initiations were agreed on before we took this earth vessel. However, we forgot to read all the fine print of that contract and often blame someone or something else when initiations arise.

After 11-11-11, I was told by the Arcturians that NOW we are 100% responsible for EVERY manifestation in our life. The key to accepting this huge responsibility is to unconditionally love, accept and forgive our self. Then, we can allow our wounded ego to release its issues to the surface of our consciousness to be healed. We must remember that we are not that wounded ego. We are beautiful, multidimensional beings that include the lowest resonance of our expression. This lowest resonance is our wounding. We earned that wounding by volunteering to enter Gaia to assist Her and to heal the many mistakes that humanity has made while living on Her Earth.

We are ALL within that humanity. We are the Human Family, and we are here to heal all that our Human Family has created. We are no longer separate individuals who can point the finger at "others." There are no others in the fifth dimension. Realizing that fact accelerates us into Unity Consciousness and opens our High Hearts to the energy field of Unconditional Love. Through the power of our Unity Consciousness and Unconditional Love any progress into the higher dimensions that ANY of us experience, is felt by ALL.

With that said, I am ready to remember what Bob told me the last time we met. He said, "We, the citizens of this timeline of New Earth will stay in this resonance until enough of you from your timeline can hold this resonance. At that point, you will replace us, and we will move on, into higher frequencies of reality. The members of your timeline will then take our place as the helpers, educators and guides for the New Ones coming to New Earth. In this manner, there is always a welcoming committee for those who have newly returned to this threshold of fifth-dimensional Earth. Eventually, another wave of ascending ones will replace you, and you, too, will venture into higher expressions of reality.

"Please remember that there are infinite versions of reality. It is here on New Earth that you will be able to debrief your third dimensional experiences and fully remember your true, Multidimensional SELF. In order to assist others, you will need to access and use your multidimensional thinking, emoting, perceptions, communication and creativity. With these innate skills fully "online" you will be ready to explore realms of reality that are presently beyond your imagination. I give you my hand, so that you can extend your hand to others, as well.

"We are all connected in the HERE of this NOW for we are all ONE."

CHAPTER VIII

Being Arcturian

PART ONE

11-27-11

Our Multidimensional SELF

My dearest Arcturians,

I have been hearing inside that I am to stop the illusion of channeling you and move into the Truth that I AM you. As you know, for decades, I have used writing as a means of contacting higher expressions of my SELF, and I have been going through a continual process of incorporating those higher expressions into my grounded expression. However, I have managed to keep you as a "not me." I think that that was because I needed a parent figure or a guru; some Being or Beings that were higher than me. In that way, I could maintain a place or person that was NOT "me" to whom I could go for support.

While I was channeling you, I knew that I was actually channeling my Arcturian SELF, but still needed the protection of "channeling" rather than "speaking from my Arcturian SELF." Finally, I am ready to take full responsibility for whatever comes through me and into whatever world with which I am resonating. I have been hearing myself saying, "The Arcturians said..." This statement released me from some of the responsibility of those words. I needed this release because I still had fear. It is not that I do not have fear now. I think that as long as we are in the third dimension, fear is a part of our reality; but I am not experiencing fear right now.

I think I am saying this now because I have been feeling a "ME" inside that is beyond any expression of my SELF I have known within my grounded earth version. I want to BE that person in daily life. I Know that that ME always takes full responsibility for ALL my energy patterns. That kind of responsibility is a pretty tall order, but I Know that is the next phase of my process. Therefore, in my, hopefully, last childish request for help, I hope you can assist me in discovering how to fulfill this portion of my journey. I am aware that the asking of the question triggers the response, but there must be a way to ask my SELF. In other words, there must be a way in which I can completely own what ever comes through me.

Dear Members of our Being, we are now speaking with you, Suzille, as well as ALL the many Ascending Ones. Just as you have met with and incorporated Kepier, and are currently creating a Pathway to New Earth, we will assist you with your return to your innate Arcturian Group Consciousness. In this manner, you will be consciously living, which will likely feel like juggling three realities, while you are still maintaining your physical reality on Ascending Earth. The recognition of multiple expressions of SELF is an indication that you are returning to multidimensional thinking. It is for this reason, that so many of our Ascending Ones are having experiences similar to your own.

We shall speak to your experiences so that others having similar experiences can also gain some insight into what is really happening. The realities of ascension that you, Suzille, are experiencing at this moment are:

- 1) The third dimensional reality of ascending earth.
- 2) The fifth dimensional threshold reality of creating New Earth.
- 3) The fifth/sixth dimensional reality as Kepier who is serving on the Star Ship Athena.
- 4) The seventh/eighth dimensional reality of returning to the Arcturian Group Mind.

These are just a very few of the myriad realities in which you, and all of the grounded ones, experience form. Do you see how it works to BE your Multidimensional SELF? Maintaining a conscious connection to four frequencies of reality while still carrying a physical form is a huge initiation. In fact, it is the initiation which our grounded ones have prepared for myriad incarnations.

We, the Group Mind of Arcturus, are pure consciousness and no longer require containments for our Essence. However, being Elohim, we do enjoy creating forms through which we experience the multiple expressions of life in this Galaxy. In fact, many of us have created a physical form on Earth at this time of Gaia's planetary ascension. Whenever we create a form, it contains the imprint of our consciousness, which can be shared with all the members of our Group Mind; even those who have earth vessels.

That imprint of our consciousness gives the awakened, grounded ones access to our Group Mind. In this way, we, your higher expressions of SELF, can infinitely experience differing expressions of individuality while resonating to a Group Consciousness. You, our Ascending Ones, are now ready to trace the multidimensional path of individual

expression back to your fifth dimensional SELF, and beyond. By following this Path, you will collect all your lessons before contributing them to the ONE.

It is common for those of you who are completing your "tour of duty in duality" to want to regain full understanding of your multidimensional nature before returning Home to your SELF. We have compared this process to a Summary Report. This Report will be a summary of your many incarnations. For you, Suzille, these creations of form began millions of years ago. You and many others first created a form at the time of the Great Galactic War. Many Arcturians had created forms at that time. Even though our society ascended beyond the need for form, we still had great unconditional love for this Galaxy and wanted to be of service to it. We still do.

Suzille, which is the name that you have carried for many physical expressions, you were born remembering your many incarnations into form because this would be the lifetime in which you would write your Summary Report. It was, also, your personal service to make this report public to assist others in completing their sojourns into duality. The experiment of duality has been a double-edged sword. The separation, limitations and many ensuing wars that stem from this form of reality can create immense spiritual growth, but many have become lost for many incarnations in the darkness and fear of separation from the ONE. That consequence was true for you, as well.

Now, you wish to experience the Way Back Home in great detail. You have waited for this time for millions of years, and you don't want to miss a moment of the grand finale. Therefore, we joyously assist you in remembering that YOU are WE, while you continue to experience Matrix Earth. Matrix Earth, which is a fourth dimensional hologram, gives those "on the fence of ascension" the illusion of time so that they may heal enough to remember their Multidimensional SELF. Once you, our ascending ones, return to your true multidimensional nature, you can visit any reality that you wish to experience.

The veils of illusion that create separation and limitation are slipping away as the frequency of Gaia is beginning to resonate beyond the vibration of third/fourth dimension. Because of this, it is easier for our ascending ones to expand their consciousness into the fifth dimension and beyond. Since it is only in the lower frequencies of reality that the illusion of time is maintained, you are slipping in and out of "time." In fact, you are slipping in and out of the fifth dimension. It is when you

are in the fifth dimensional frequency of Earth that the illusion of separation disappears.

When your consciousness resonates to the fifth dimension, you are free of time and the myriad limitations that it creates. Then, when your consciousness lowers to the third and fourth dimensions, you blink back into time. Your third dimensional belief that you can only be in "one place at a time" lowers your consciousness to the "familiar" reality in which we only occupy one space at a time. However, with practice, you can learn to catch that limiting thought, which has become a belief, and Flow with your fifth dimensional experience.

As soon as your consciousness is resonating to the frequencies of the fifth dimension and beyond, the barriers of time are released. Then, your imagination (fifth dimensional thought) takes over to allow you to perceive multiple realities within the same movement of your multidimensional thinking. We say "movement," because multidimensional thinking allows you to perceive the fluidity of all reality. Within this fluidity, many possible, probable and established realities intermingle like drops of water in a multidimensional ocean.

When you are thinking third dimensionally, you will separate each of these intermingling drops and examine them as individual objects. You may then think that there is only one possible reality and lose sight of the other possibilities. On the other hand, when you think multidimensionally, you can perceive the drops completely intermingled within the water. Instead of seeing the drops, you see the ocean. Therefore, instead of seeing one possibility, you perceive an ocean of multidimensional possibilities.

This ocean represents the multidimensional organization of a drop, trickle, steam, river, a lake and an ocean. Each drop of the ocean has its own story to tell, and it constantly shares its story with the ONE of the ocean in which it flows. In the same manner, you will become ONE with the Flow of the fifth dimension and beyond. Within this Flow, you are free to remember all that you have learned in your long sojourn into duality.

Before you can share what you have learned, you must remember it!

Part Two
12-30-11
Living the Dream

Somewhere after my message of 11-27-11, I began to lose time. I went on a retreat on December 11 and came back just before my webinar on December 21. It was like I touched down long enough to do the webinar, and then I took off again. I was involved in some personal issues, of course, that took a lot of my attention, and worked a bit, but I was still floating through time.

By that statement I mean that I was losing time, or time was losing me. I can't remember much of what I did, but I do know that I could not do any mundane tasks. I could not return emails, pay bills (which, of course, I had to eventually do), clean the house, and I still have not unpacked from my retreat. I had my birthday during that time, so age continued even though time had stopped. I think that this morning I may be able to touch down into the 3D again. In fact, I had a dream last night about how to slowly intermingle with my Arcturian SELF:

Dear Arcturian Expression of my SELF,
Please assist me in understanding my dream. Much of it was lost as soon as I awoke. Therefore, I must call upon my higher frequency of consciousness to remind me of the message. Please assist me.

Dear Grounded Expression of our SELF,
Take a moment to raise your consciousness into the higher frequencies of your Multidimensional Mind. See the great ocean of possibility before you and allow yourself to slowly step into this ocean. Surrender to the unknown and allow it to flow around you as you step deeper and deeper into the sea of possible realities. These possible realities swirl within your consciousness at all times. Step into this inner ocean, knowing that your experience is real.

In fact, "real experiences" all begin inside of your greater self. These experiences are then projected out into whatever reality resonates to your frequency of consciousness. For example, your "dream" was a reality for your fifth dimensional SELF, while your third dimensional earth vessel slept. To assist you in remembering your true experience, the imprint of this experience was left in your fourth dimensional consciousness so that it could be more easily retrieved by your waking mind. You left this fifth dimensional imprint in your fourth dimensional

aura as you were awakening, to assure that you could remember it when you awoke.

The details of your true experience, which was beyond the limitations of time, are foggy to your time-bound thinking. Hence, you will need to meditate a moment to return to the multidimensional thinking which can remember your fifth dimensional experiences. In fact, you will not “remember” for remembering is a time-bound thought based on bringing forth a “past” experience. Instead, you will return to the NOW of that experience when you activate your multidimensional thinking.

Feel the dream around you as you walk along the shores of multidimensional possibilities. You can feel your third dimensional doubt, frustration and fear. You can simultaneously feel your fourth dimensional aura floating around you as you enter the shallows of this ocean. Now feel how you are creating a connection to your deepest inner self, the depths of the sea before you. Experience the flow of your true Arcturian nature as it enters your fourth dimensional aura and your third dimensional brain.

Feel the rising tide within your brain. It is this rising “tide” of multidimensionality flowing into your mind that has made it so difficult to partake in the many mundane activities of your physical life. Feel that flow trickling into your mundane life, drop by drop. Allow a slow trickle so that each drop can be digested and absorbed. Your dream/fifth dimensional message, told you that all one needs to initiate this process of Becoming ONE with SELF, is to BELIEVE that it is possible.

Your **belief** sets your state of multidimensional **consciousness**,
Your multidimensional consciousness directs you to **expect** to BE your SELF,
Your expectations direct your **perceptions** of higher frequencies of reality,
And the reality you perceive is the reality you **experience**.

Believe in your Higher Expression SELF, and feel your consciousness expand to encompass that belief. Use your multidimensional consciousness to expect to BE this expression of your SELF. While Being your SELF, go into your true inner world to perceive the fourth dimensional expression of your SELF...

BE your Aura...

BE your Dream Body...

Face your darkness...

Return to the Land of Faerie and take your favorite form...
BE your Emotional Body...
BE your Mental Body...
BE your Causal Body...
BE your Spiritual I AM Presence...

SEE the Rainbow Bridge across the great void into the fifth dimension...
Cross this Bridge by releasing time...

Releasing the habit of time is no small task, as our mundane self will repeatedly say, "But I should be doing..." Fortunately, the long journey through our fourth dimensional self allows us to remember to say, "I love Being..." Choosing to BE that which we love releases the duty of time and pulls us across the Rainbow Bridge into the threshold of the fifth dimension and New Earth.

Living in New Earth gives us a loving transition into our Multidimensional SELF, as well as the myriad realities that we can simultaneously experience within the NOW of the ONE. Releasing our habit of "time," frees us from linear thinking and the limitation of sequential experiences. It is then that we can more easily remember the many expressions of our Multidimensional Being. As we remember our SELF, we become our SELF.

PART THREE

1-12-12

DEATH AND REBIRTH

Dear ONE,

Everything seems very quiet these days. I feel as if something new is about to happen to me, as if I am about to experience a new expression of my SELF. At the same time, I am feeling very tired, sensitive and apprehensive. Can you assist me to better understand what is occurring within me?

Dearest Suzille,

We speak with you as your Galactic Family. We understand that you are endeavoring to release your self-image as a human channeling Arcturians and replace that with the self-image of an Arcturian inhabiting a human form who is speaking with family members. We, the members of your Arcturian Family, happily support you with that "return to SELF." We also wish to remind you that your wounded human will have to come to the surface of your consciousness so that you can "love her free."

In order to free your wounded human, you will need to unconditionally love EVERY component of that wounding. To love your self in such a way, you hold your sense of SELF as being an Arcturian and not as being a human. When you think of yourself as the human, you cannot give your wounded SELF the degree of unconditional love necessary to free her. To your human mores, loving yourself in that manner would mean that you are “conceited,” “self-absorbed.”

In order to be your Arcturian-frequency SELF, you will need to free the human by assisting her to release ALL attachment to drama so that YOU, the Arcturian, can continue with the culmination of your assignment unencumbered by third dimensional thinking and emotional reactions. You have noticed that the emotions of your human one have been very engaged lately. This emotionality is a result of your Arcturian SELF downloading frequencies of light that are not compatible with a human consciousness. Many of our grounded ones, meaning Arcturians who are holding bodies on Earth during your timeline, are having similar issues. To all of our many family members who are holding earth vessels in your NOW, we say:

“Please expand your consciousness NOW, so that you can remember your pre-birth briefing. As you remember your briefing, focus on the instruction about ‘releasing the illusion of being human.’

Remembering The Briefing

I remember the conversation that I had with the three Beings, who I now know were Arcturians, when I “died” at six weeks of age. As much as I am trying to remember on my own, I think I will have to call in that familiar consciousness of these three Guides whom I now know protected and guided me for my entire life. I hear inside now that they are known simply as, Family.

Dear Family, the many that I have perceived as three, please assist me in remembering my pre-birth debriefing. To set my consciousness I will first write my experience of my death. I may remember more as I write. I first remembered my death experience during a re-birth session in the early 1980’s. I felt the humans huddled closely around me trying to comfort me, but I resisted this comfort. I was angry. I did not want to be born to the life that I saw before me. I did not want those parents, and I did not want that life. I wanted to go Home!

Then I remembered a picture of myself looking down on the scene of my mother coming into my room. I was in a beautiful basinet decorated with pink lace and a light flowing material that I cannot remember the name of. I don’t see the baby. I only see the mother leaning over the bassinet, and touching the baby who will not move, is too cold and turning blue. She hysterically picks up the baby and shakes her to try to make her breathe.

I flash now to the scene in which I am in front of my three guides telling them I am NOT going back there. I am not too aware of the form I was in then, but the

three guides were much taller than me and were in what I now know as Lightbodies. They told me that I needed to go back, but I said, "NO, I do not want to go back there," as I stamped my astral foot. I was very angry. They tried to talk to me, but I would not listen. My mind was made up. I was NOT going back there!

Then they said, "We have something to show you." "NO," I cried. "You can show me a bunch of pretty pictures and expect me to go back." However, I was too late, as a picture came to life before me. I saw a rolling hill on the side of a mountain with a huge, square garden. Tending the garden were children, Faeries and Angels working as one unit. They got me. They showed me the one picture that would change my mind. To further convince me they said, "If you return, you have the possibility of living in that reality."

With that sentence, my mother decided to hold me by my feet and shake me. The small body coughed and began to breathe. She held me to her chest and ran to call the doctor. I was back in human form, but not really. There was always a part of me that lived in that place in the picture I was shown. All my life I have loved gardening, nature, Faeries and Angels. Most of all, I have ALWAYS been guided and protected from within/above.

Furthermore, I forgot to forget my "past lives." When my consciousness expanded I learned that they were not "past" lives but parallel lives. I also learned, actually I remembered, some of my most important fifth dimensional lives on different planets, galaxies and dimensions. I remembered when I first entered this dimension at the fall of Atlantis. I remembered, also being on Venus and the briefing about our decision to assist Gaia in Her time of great need. I think that is the "briefing" that I need to remember.

I have already remembered what they said about our entry in to third dimensional Earth, but now, I call upon my Arcturian component to remember the briefing about our process of Personal and Planetary Ascension. I will go back to that briefing and write down what I am experiencing...

I am standing in a huge room with my fellow volunteers. We have volunteered to enter into a third dimensional earth vessel to assist Gaia. We know that Earth is on the very edge of destruction because the forces of darkness are stronger than the forces of light. We know that darkness and light must be in balance in a third dimensional, polarized world. If the light becomes too dominant, the planet ascends. On the other hand, if the dark becomes too dominant, the planet will destruct.

We have just received our instruction on how to deal with our occupation of a human form, for there are many of them on the verge of death. We will occupy one of these forms and use our higher abilities to heal it. We can then use that form to blend in with that world and attempt to save Gaia from total destruction. This entire adventure is documented in my book Visions From Venus. Thus, I

will jump ahead to the second part of our briefing about our process of ascension. As I look to Arcturus, our leader, I telepathically hear he/she saying,

“Beloved Galactic Family Members, we are so grateful that you have come from many different planets, galaxies and dimensions to assist our dear sister Gaia in Her time of need. Now that we have briefed you on your landing, we will prepare you for your Planetary Ascension. All of you here have had experiences of personal ascension in some of the realities in which you have taken form. Some of you here have had the experience of Planetary Ascension, which is why you have been chosen. You have within your multidimensional consciousness the memory of the process of Planetary Ascension.

“To keep this memory alive within your consciousness, you will have the opportunity to personally ascend within one or more of your many incarnations on Gaia between now and Her time of ascension. Unfortunately, you will also need to experience the underbelly of third dimensional life, so that you can gain the full insight of living in a dualistic reality. The lives in which you explore your inner darkness will be great initiations in which you will rise into the correlate heights or get lost in your darkness for an unknown amount of Earth’s time.

“Either way, at the point of Planetary Ascension, when the light and dark must merge into the ONE, your knowledge of the dark will allow you to maintain detached compassion. It is your detachment and compassion that will allow you to navigate the rocky seas of Planetary Ascension. As you will learn, the final merging of light and dark into the ONE will be preceded with great challenge and, hopefully, tremendous change.

“We cannot guarantee that your assistance to Gaia will create the long predicted Planetary Ascension. However, we do know that that area of space will experience great transmutation, but it is unknown whether or not Earth will survive the many possible realities that loam in Her future. It is for this reason that She has called for assistance. With great hope and confidence in you, the members of our greater Galactic Family, we now move on to our plans for your Planetary Ascension Process.

“Other planets, such as many of our Arcturian planets, have ascended into the fifth dimension and beyond. However, none of them were as diverse and polarized as Earth. Because of the great extremes on Earth, we can only predict the best plans for ascension. It is our great expectation that many of you will have awakened enough to consciously connect with your true, Multidimensional SELF and directly communicate with your Galactic and Celestial Family. It is through communication with your Galactic Family that you will garner enough assistance to remember your own higher expression within that reality.

“Furthermore, while in contact with us, you will have access to our detached, higher perspective of the true goings on. This detachment will greatly free you

from the many third dimensional illusions that will burst forth at that time. As polarities blend and illusions end, the resistance to change will be amplified by those who still carry fear of a different structure of reality. With this final confrontation with fear in mind, we give you direct instructions regarding your process of Planetary Ascension. Please Know that you can update this message when that moment of final confrontations arrives.

“The first thing that you will have to do upon recovery of your true SELF, is to surrender all control of your physical body and physical life to your Galactic SELF. At first, your human ego will deny this shift in “management,” so it is best to allow this process of “changing of the guard” to go slowly. However, within the predicted year of ascension, the close of 2012 A.D., we will presume that all of you have released your human facade and returned to your true, Galactic SELF.

“Releasing the illusion that you are “only human” will be much easier if you have released many of your other third dimensional illusions. It is our expectation that by that time many members of your reality will know that the members of the Galactic Federation of Light are surrounding Earth and assisting the ascension process as much as is allowable within the guidelines of a polarized, free-will world. That said, we must remind you that there is no simple way to release the human sense of self that you have retained for myriad incarnations. In fact, each of you will need to call upon your vast experience to find your personal process of releasing the habit of being human.

“All third dimensional habits must be conscious before they can be released. Therefore, part one of releasing your habit of being human is to bring the awareness of your Galactic Self up from your unconscious and into your daily life. If you can find the courage to share this personal return to SELF with others, you will greatly assist the process of Planetary Ascension. A physical human bound in the belief in time and third dimensional thinking will not be able to navigate the transmutation into fifth dimensional Earth. Hence, each of you must first ascend beyond your own humanity in order to assist others to do the same.

“This process of ascension begins in your consciousness. The frequency of your consciousness will dictate the frequency of light that your form can download and integrate. Then, the light quotient of your form will dictate the frequency of your consciousness. As your consciousness becomes increasingly multidimensional, it will become easier and easier to release your attachment to your human ego. Once you release this attachment, you will be able to transmute your remnants of ego back into its higher frequency expression of SELF.

“It is expected that during your myriad human lives you will become familiar with the power of transmuting matter into a higher frequency of expression. However, we remind you now of that power of transmutation so that you can implant it into your multidimensional consciousness. Whenever your human self regains your

current state of consciousness, the information that we are now giving you will enter your 'memory.'

"Transmutation is the process of infusing the frequency of Violet Light into any situation, place or thing to transmute all shadow into light. Due to Earth's law of free will, you will not have permission to transmute another human, but the Violet Light will clear all shadows in which a person can hide their own darkness. It is the vision of one's own darkness that will disable anyone who has become so lost in fear that they would want to harm another. Furthermore, the Violet Light raises your own energy field beyond the perception of the lost ones, virtually making you invisible to their limited perception. To release the Violet Light into your reality, simply say"

Blaze, Blaze, Blaze
The Violet Fire
Transmuting ALL shadow into
Light, Light, Light

"As you remember to download and integrate the higher dimensions of light, the great force of the unconditional love of the Mother of Creation, the ONE, will fully awaken your multidimensional memory. When you begin your process of returning back to your Source SELF, you will know to contact us directly. We are ALWAYS here to assist you and KNOW that you will return to us!

Arcturus Elohim of the Arcturian World

PART FOUR

1-23-12

CONNECTING HEART AND MIND

In 11 months all that we have waited for will be here. Last night I had an experience in which I was NOT channeling the Arcturians. Instead, I was attempting to "line up" that frequency of my SELF with my human expression. Actually, it was quite successful. I felt a deep connection between my heart and mind, as well as a new sensation that I have never felt before. I went to sleep trying to hold that experience and saw an Arcturian before me as I drifted off to sleep.

In the morning I was in the car, my husband was driving, and I did the exercise again. I connected my High Heart and Third Eye and saw a burst of light shoot up and down into Gaia when the connection was made. The burst of light was like a Light Saber, as in Star Wars, when the Saber opened.

Then, I saw an Arcturian in Lightbody standing in front of me. It reached out a beam of light that was an arm, hand facing down. Then I felt to reach out my right

hand, palm up and we connected. The Arcturian also touched my heart and I felt a huge rush of energy flowing between us. We remained this way for quite a while. Finally, I asked, "Are you my Arcturian SELF or are you some one else?" Inside myself I felt the answer, "There is NO difference for we are ALL ONE."

Since then, I can easily recognize each moment of my third dimensional thinking, which is my ego thinking. However, I can't stop it before it happens—yet. I know that this ego thinking is just a habit. I also know that habits arise from our unconscious, and we can only release them by making them conscious. Therefore, I will continue to note my 3D, ego thinking. I know that if I judge myself for maintaining this habit, it will hide deeper in my unconscious. Therefore, I am noting my thinking in a detached manner.

Of course, the other component is that in order to release all ego, we must release all fear. Fear=Ego and Ego=Fear. Ego is a primitive frequency of humanity that only exists in the third and fourth dimension. Ego is much like the white part of the egg, as it feeds the chick until it is ready to break out of the egg. If I can recognize my ego having fear, then I can remember to Surrender that fear to my Soul. The hard part is to remember to recognize when my ego is in control. Basically, if I perceive my self as human, my ego will be ME. On the other hand, if I perceive my self as my Arcturian SELF, then the ONE is in control and ego is the pilot for my earth vessel. However, I keep thinking about the baby in the pink basinet? I feel like she has something to tell me. After all, she was still more Arcturian than human at that time. I am going to try to connect to her...

I did not connect with the baby. In fact, I totally forgot about doing that. However, something else happened. I have an ongoing picture of my Arcturian Self standing, or floating, directly in front of me. Perhaps, that is what the baby experienced. However, I think she became frightened when she realized how many years she would forget about that image and feel like an isolated alien. Yes, I did feel like an alien who was left on a hostile planet. I have repeated that sentence many times in my life. Little did I remember that it was true. Of course, I was not "caste upon the planet." I chose to come here. In fact, I asked and made a petition to be here. But now, I am going Home, but Home is not a place. Home is a frequency.

Dear ever-present image of my Arcturian SELF,
When we met in the car yesterday, you held your Light Hand over my out-reached hand. When I asked you why you did this, you said that that is how you share information. This morning I heard that the sharing of information is usually done High Heart to High Heart, but I was not yet ready for that. Can you tell me more?

My dear Earth Form,

Your body still needs to hold a higher resonance before we connect directly heart to heart. Also, your right arm is still recovering, and I was sending healing love along with the message. If we (remember we are all ONE here) were to connect directly with your heart, it might damage some of your lower frequency circuits that are still on-line in your system. We anticipate that this upgrade into higher frequency neural patterns will be complete within about six months of your time. However, since time is an illusion, your neural circuitry may be transmuted sooner.

In fact, within our NOW, it is fully transmuted, which is why we are hovering directly in front of you. Every time you recognize our presence in your aura, for we are IN your aura, your fourth dimensional self is able to accept our frequency without damage. The process of our remaining in your Aura exponentially accelerates your transmutation into Lightbody.

Take a long breath and breathe us into you within this NOW...

As you do so, you hear us reminding you that it takes a great deal of mastery over your ego to share this information with others. When you were breathing in our frequency, your heart was opening, but your mind was having/releasing fear-based concerns.

This release of fear was because your inhale pulled up your third dimensional programming, which was released with your exhale. With you exhale twice as long as you inhale, you can better complete the release of fear-based, third dimensional programming. Please try this breathing now...

Now try having two exhales for your one inhale. Inhale up the old programming. Then, use the first breath of your exhale to release that programming and the second breath to stabilize the higher circuitry that is instantly activated by the release of fear-based thoughts.

This time, inhale to pull up more old programs, hold your breath to FEEL the emotional aspect of this program, and then exhale in two breaths, as the second exhale allows a more complete release. In this case, focus on the huge program that you have gathered about fear of judgment...

My experience:

I first breathed a few times to feel in control of my breath. With each exhale I feel my consciousness expand. Now I focus on the exercise I have just been given...

As I inhale I pull up the fear of judgment and exhale it out with the first exhale. I exhale again with no inhale, to feel the multidimensional concept of "we are all one."

Now I will do the same thing will feeling fear. I breathe in the fear of judgment and FEEL the fear with such force, that my eyes open.

How many lifetimes have I lived with this fear? In order to heal this fear, I look into the Arcturian eyes of my SELF and remember that all those lives were for the purpose of this one life of ascension. Since ascension is here, all third dimensional lessons can be fully released NOW!

Do I believe that I am “Good Enough” to accept this Freedom?

Yes, I cry from my healing heart. YES, I was always “good enough,” but I forgot!

PART FIVE

1-27-12

THE BREATHING MIND

Dear Grounded Expression of our ONE,

Please remember that the mind expands and contracts like breath depending on its use. Your mind contracts when you think in a third dimensional manner, but it expands when you think multidimensionally. You can actually feel the difference. Think about a third dimensional duty or obligation...

- Can you feel how your face, and body, constricts?
- Now think about a multidimensional experience. Start with an experience that appears to be third dimensional but embraces the multidimensionality of Nature...
- Feel how you relax. In fact, you may even feel inclined to take a long exhale.

It is the obligation placed on you by the illusion of others, as well as the timeline that must be met that creates the constriction of third dimensional thinking. On the other hand, multidimensional thinking, which also includes your 3D responsibilities, allows your consciousness a higher perspective and an inner place to relax.

- Inhale as you think third dimensionally and feel how your mind contracts...
- Think about paying bills and feel how your mind contracts...
- Now exhale and think multidimensionally to feel how your mind expands...
- Think about visiting with a Light Being and feel how your mind expands...

Follow these multidimensional thoughts as they carry you on a cosmic journey into the unknown. However, this unknown is the “well known” to the higher expressions of your Multidimensional SELF who are enjoying the dimensional waves of reality beyond the illusions of time. Feel how these waves of thought move up and down as they undulate through your mind.

Soon these thought waves can no longer be encased in your small brain, and they must venture out into the Collective Mind of all humanity...

Then into the Planetary Mind of Gaia...
And into the Galactic Mind of the Milky Way...
They then soar into Universal Mind of your Local Universe...
And settle into the Cosmic Mind of the All That Is...

As you follow this Mind Wave you extract information from the molecules of reality through which you travel. Feel these molecules as you revisit:

The Collective Mind of Humanity...
The Planetary Mind of Gaia...
The Galactic Mind of the Milky Way...
The Universal Mind of your Local Universe...
The Cosmic Mind of All That Is...

As you revisit these great Minds, your mind expands into pure consciousness. Consciousness is unencumbered by any form of encasement, such as your brain or even your mind. Your personal consciousness is related to your current embodiment. Conversely, your multidimensional consciousness intermingles with the "Breath" of Beings who have NOT held embodiment for millennia or in some cases, have never held form. As you allow your consciousness to intermingle with these formless Beings, you can feel their energy flow through you like a warm breeze.

As you breathe in this consciousness, memories of life after life are carried up to the surface of your awareness so that you can gather their gifts and set them free with your exhale. Do NOT collect these memories, for they bind you to the dualistic model of reality, which you are now releasing. Therefore, you exhale the myriad pictures, feelings and thoughts into the collective energy field of all that you have experienced in your many third dimensional incarnations. These vanishing memories are washed upon the shores of the ONE for Source to enjoy your myriad experiences of incarnation.

With that release, your consciousness expands even further, and you find that you are among the ONES who have overseen your many incarnations. You feel your great consciousness intermingle with theirs, as you flow through an endless ocean of light. Within this intermingling, you receive pictures, thoughts and emotions of your myriad incarnations in your higher dimensional realities. You do not try to contain these sensations, but let them flow through your consciousness like the light of dawn flowing through the trees.

The "trees" represent your many higher dimensional incarnations, and the light is the energy field that flows through every experience allowing you to share your reality with the ONE. The ONE breathes in your myriad experiences and shares them with the consciousness of All That Is. In this manner, all life breathes as one great Being who inhales the realities of your creation and inhabits each experience with its cosmic exhale. Do you realize now how ALL of reality is ONE breathing Being with infinite personal experiences? Every physical person, place

and thing serves as a Portal through which the ONE experiences the worlds of form.

§§§§

Back in the third dimension, on a small planet called Earth in the Solar System of Sol and the Galaxy known as the Milky Way, a light is expanding beyond the planet, beyond the Solar System and beyond the Galaxy. A small light that was once limited to a clay form has been freed from its confinement and soars beyond all that once constrained it. This small light joins many other, similar lights to become a glow. As more and more lights are freed from their confinement, the glow becomes a great beacon of lights that guides other small light to be freed from their lower-frequency forms.

Gradually, the frequencies of separation intermingle with the frequencies of unity to create a Flow of Ascension that becomes irresistible. Even those who have been trapped in the illusions of time and separation for millennia are awakening to the constant Flow of unconditional love. An ocean of light is arising, as that which was separate is returning to that which is ONE. The ONE is calling its volunteers Home into its SELF. You have served the ONE by creating new realities, which you will contribute to the ONE upon your return. As the Ocean of Light Flows back to its Source, that which cannot be incorporated into the new wave of reality is released.

What will you need to release to join this wave? What will you need to release to breathe the Cosmic Breath and become ONE with the shores of your new reality? That question can only be answered from deep within your Inner Knowing. You are in the process of choosing to release that which has held you back, that which has made you suffer. The choice may seem clear, but suffering has become a best friend. When you suffered, you were a “good person.” You were NOT those who made “others” suffer. In fact, you fought against those who created suffering. But now, you are ONE. You are ONE with the suffering and with those who created it.

Can you release that suffering and remember the feel of the Light as it nurtures, informs, protects and expands your consciousness? Suffering binds you to that which you fear. To be free of suffering, you must loosen that binding by releasing ALL fear. Yes, fear and suffering have been your best friends. They have told you that you are a good person and that you are trying hard to be better.

But now you KNOW that you were always *better* and always *good*. In fact, you know that the terms of “good” and “better,” and even the term “suffering” are ALL illusions of a reality that is coming into its completion. Can you choose to release all fear and FEEL the Light as it flows through you with your every breath? That choice sounds like a simple solution, but fear and suffering have been your “red

badge of courage” for most of your earthly incarnations. How do you release that which has made you good?

You Release the fear and Surrender to the Flow of the ONE!

PART SIX

2-8-12

HARMONIC/SIGNATURE FREQUENCY

Dear Grounded Expressions of our SELF,
We speak to you, the many grounded expressions of our Arcturian Group Mind, because you are remembering your higher expressions of SELF. The higher light of the Galactic Center is creating a great awakening by activating your 97% Multidimensional DNA. With these DNA patterns finally active, you are remembering that which has been forgotten for millennia and returning to your true, Signature Frequency. Your crystalline-based Lightbody carries this Signature Frequency as your “name.”

Your Signature Frequency is the collective harmonic of your Multidimensional DNA tones. Because this DNA exists dimensionally, as well as biologically, it connects you to the many frequencies of light/sound in which your Multidimensional SELF exists. All of these expressions are unified into the Signature Frequency that serves as your name. The infinite frequencies of light/sound, which are not separate in the fifth dimension and beyond, connect you to the Universal Harmonic Signature of your local universe. The Universal Harmonic Signature welcomes the Signature Frequency of your life-stream and integrates you into its great ONESS.

It is the breathing mode of the mind that “inhales” the light and integrates that light into your DNA with each exhale. Please remember that breath is a metaphoric term, but Light Language is based on metaphors. These metaphors are symbolic images that are created in your consciousness by the firing of neurons, which are being activated by the incoming Light Language. You can easily perceive the dimensions below you, but you must expand your consciousness to match the higher dimensions in order to perceive them. Furthermore, the level of your consciousness determines the frequency of your creations.

If you create something while in third dimensional consciousness, it will exist only in your third dimensional reality. It may also hold some form in the fourth dimension if a great deal of emotion or thought has adhered to that creation. On the other hand, if you create something while in fifth dimensional consciousness, you will perceive it even while you are still holding the majority of your consciousness in your earth vessel.

Therefore, you will be able to perceive this creation in the third, fourth and fifth dimensions. For example:

- Expand your consciousness up into the fifth dimension and down into the second dimension...
- Now, expand your consciousness up into the sixth dimension and down into the first dimension...
- Finally, expand your consciousness up into the seventh dimension and down into the quantum realities...

The multidimensional spectrum of quantum to seventh dimension includes all realities of form. The seventh dimension allows you to share your creation with your Oversoul, whereas the quantum reality allows you to instantly bi-locate into the reality of this creation. Your Oversoul is the collection of all the expressions of your Multidimensional SELF in ALL of the realities in which you have ever held form.

In this manner, you can perceive the dimensional range of your creation. In fact, creating while in your fifth dimensional consciousness is how you create frequency bridges into New Earth. When you can expand your consciousness into the higher dimensions, you have perceptual access to the molecules of Spirit, which can be bound into a form by the power of your unconditional love. Since the higher frequency realities can easily perceive the lower ones, formless beings from the eighth dimension and beyond can, also, easily perceive and enjoy your creation.

Beloved Grounded Expressions, you have moved into a new octave of your multidimensional thinking. Consequently, there is no longer the illusion of separation between YOU and the Source of Light Language that you are receiving. The illusion of separation is beginning to blur into the ONE for many of those in earthen bodies. Within the same moment, the truth of the multidimensional expressions of EVERY state of consciousness, thought, emotion, and creation are seeping into your mundane thinking.

We wish now to speak about “Crossover Messages.” Crossover Messages are communications/memories that you can pull forward from your sleeping, and/or meditative state, into your daily state of consciousness. Thus, messages received when your consciousness is free of the limitations of external focus can be more easily accessed in your third/fourth dimensional state of consciousness. Of course, most of you maintain a fourth/fifth dimensional resonance, unless you are experiencing physical, mental or emotional stress.

Once you experience stress in any manner, your earth vessel releases adrenalin, which instantly lowers your consciousness to survival mode. This “breaking system” is very important for the protection of your earth vessel. One day you will no longer need it. However, now you are matching your resonance with Gaia’s to

assist Her, and allowing Her to assist you with the process of Planetary Ascension.

Realize with your every breath you are creating reality. Realize with your every breath you are merging with your higher expressions of SELF. Therefore, realize that with every breath that you are NOT alone. We, your Galactic Family, are always with you, as well as Gaia, your Planetary Family. Stay connected with the Quantum through the Seventh Dimensions as much as possible. We realize that you have to narrow your focus to a smaller spectrum to live, work and maneuver through your remaining third dimensional experiences. Therefore, do not hesitate to call us.

You will know we have answered by the feeling of Unconditional Love!

CHAPTER VIX

Meanwhile, In Other Worlds...

Reality One

Meanwhile...

Back on New Earth a Greeter is meeting a new arrival.

(The Greeters are the ones who welcome new arrivals to New Earth.)

Greeter, *"Welcome. I am one of the Greeters for New Earth. It is our pleasure to receive new arrivals to our fifth dimensional reality."*

New Arrival, *"I'm sorry. I don't mean to be rude, but I don't know what you are talking about."*

Greeter, *"Then, you don't know where you are and can't remember how you got here?"*

New Arrival, *"Ahhh, no. The last think I remember is that I was gardening in my yard. I find great joy total communion with Gaia when I am working the land. Often, I become so absorbed in my gardening that I trance out a bit."*

Greeter, *"Well, congratulations. You tranced into New Earth."*

New Arrival, *"But, how come I am here, and why am I no longer gardening?"*

Greeter, *"Can you remember the last thing you were thinking?"*

New Arrival, *"Let me see, yes, I think I was thinking that my garden would be beautiful in the spring"*

Greeter, *"Please look around you. What do you see?"*

New Arrival, *"Why it is my garden, but just a moment ago it was like we were meeting in a cloud."*

Greeter, *"Here on New Earth you instantly manifest that which is in your consciousness. When you first arrived, your consciousness was very cloudy. Then, when I reminded you of the last thoughts in your mind, you manifested that reality."*

New Arrival, "But why are you here? I was NOT thinking about you."

Greeter, *"You did not manifest me. I am a fellow resident of this reality."*

New Arrival, "A fellow resident? I don't live here. I live on Earth, you know, good 'ol 3D Earth."

Greeter, *"You are still on Earth. However, your resonant frequency expanded into the fifth dimension, at least while you were doing something that you loved. Therefore, your perceptions were able to pick up this frequency of reality. Perceiving this world allowed you to experience your garden from a fifth dimensional viewpoint. Look around. What do you see?"*

New Arrival, "WOW! I knew my garden would be beautiful, but I never expected it could look like this. Everything seems to sparkle and the flowers are different somehow. I mean, they seem to be alive."

Greeter, *"That is because they ARE alive. Every 'thing' is alive in New Earth. Try it. Go and talk to one of the flowers."*

New Arrival, "OK. You had me for a minute, but talk to a flower? This has to be a dream."

Greeter, *"Go ahead, just go talk to a flower. If this is a dream then it doesn't matter. Besides, it is just you and me, and I know that you talk to your flowers all the time."*

New Arrival, "How did you know that...?"

Greeter, *"Go ahead, just talk to one."*

New Arrival, "OK, uh..., hello Rose. You are the most beautiful color of lavender I have ever seen. My 3D lavender roses don't bloom very often. In fact, I have had one or two of them per year. Why is that?"

Rose, *"Dear human illusion, please do not become shocked that a rose illusion is talking to you. I call us 'illusions' because our true Being does not carry a form. However, we very much enjoy holding a form on New Earth. The Greeter assists new human illusions to accustom to this frequency of reality. He tells them where they are and how they got here. I, a rose illusion, am here to express the beauty and love of this world. You have wanted us to bloom in your yard, but did not truly believe that we would. Therefore, it was your thought-form that made it difficult for us to bloom."*

New Arrival, “I am sure that I am dreaming now. How could this rose talk to me? However, I have to admit that the rose was correct. I did have belief that lavender roses couldn’t bloom in my yard.”

Greeter, *“Yes, in realities of the fifth dimension and beyond, our belief dictates our experience. You believed that you can talk to flowers, so you could. However, you have not believed that a certain color rose could bloom, so it has not. Your belief sets your state of consciousness. For example, you so believe that you are a multidimensional person and that you CAN visit New Earth. Hence, you are here.”*

New Arrival, “But, it looks and feels so different from the physical world. I feel like I am just imagining all this in my mind.”

Greeter, *“That is correct. You are imagining this in your “Heart/Mind,” as imagination is fifth dimensional thought. However, your thoughts are not enough to raise your perceptions into this world. You must also be able to FEEL unconditional love. You were able to perceive this world while you were gardening because it is an action that grounds you in Gaia, ignites your creativity, and makes you feel unconditional love. The “grounding in Gaia” component is important so that you can still maintain an earth vessel. You are one of the Ones who volunteered to match your resonance with Gaia, so that you could assist Her in returning Home via Planetary Ascension.”*

New Arrival, “I don’t remember volunteering for anything. However, it sounds like a wonderful idea, and I am ever happy to assist Gaia in any way I can.”

Greeter, *“Yes, we know that you are happy to assist with Planetary Ascension. You do not remember volunteering because you did so before you were born. Yet, even though you forgot about your agreement, you are still very happy to fulfill it.”*

New Arrival, “Yes, yes, I am overjoyed to assist Gaia, but how can one person make a difference?”

Greeter, *“You are not one person. You are one of the many persons. You are all beginning to experience New Earth, if only for just a few moments. However, when you come here, you are creating a pathway in the dimensional structure of Earth. Just as you create new neural pathways whenever you learn something new, you create a pathway in the Cosmic Mind whenever you remember how to return Home to this dimension.”*

New Arrival, “But, I don’t remember how to return Home. I don’t even know how I got here.”

Greeter, *“What were you thinking just before you found yourself here?”*

New Arrival, “Hmmm, let me see. That seems like a lifetime ago now. Let me think... Yes, now I remember, I was thinking that I wished I lived in a world that was as beautiful and filled with love as my garden.”

Greeter, *And how did you feel when you were thinking that?*

New Arrival, “Well, I felt wonderful. I was watching a humming bird taking a long bath in my fountain. The sun was warm, but not too hot. There was a soft gentle breeze that smelled of the nearby ocean, and I was listening to some beautiful music on my iPod.”

Greeter, *“In other words, your mind was wishing that you could always live in that type of a reality, and your heart was filled with love, joy and gratitude. Is that correct?”*

New Arrival, “Yes, that is correct. Do you mean it is that easy to come to New Earth?”

Greeter, *“Is it that easy to believe that you can change realities by changing your mind and directing your imagination? Is it that easy to fill your heart with love, joy and gratitude?”*

New Arrival, “Well, no, it is not that easy. But now that I know that it will take me to New Earth, I will try each day keep my mind focused on returning to New Earth and my heart full of love, joy and gratitude. I hope I will return soon...,” she says as she drifts back into her everyday life.

However, she will never be the same again!

REALITY TWO

Meanwhile...

Back on the Starship there is a reunion...

I have been missing the Starship a lot lately. It seems that there so much to do here in the 3D version of my life that I am almost forgetting who I really am. I feel great changes inside of me, but the outside seems the same, with a few possible alterations. There are so many possible realities of “life on Earth” that appear to be very close, yet, the same ol’ same ol’ seems to win out. At least, none of the disaster possibilities have manifested for a while. Maybe we are making it through the narrows of polarity and into the NOW of the ONE. I am going to ask Kepier. So, I guess it is time to return to the Ship.

To get to New Earth I had to use my mind to wish I lived in a world of love, joy and peace and attune my heart to unconditional love. However, my feelings for the Ship are different from my feelings about New Earth. New Earth feels like something that we are creating together, whereas the Ship feels like where we have always been. New Earth appears to be a new configuration of unity consciousness and unconditional love. On the other hand, the Ship is where unity consciousness and unconditional love is normal.

By the time we Arcturians ascended beyond our planetary womb and took to the skies, unity and love was the driving force of our society. It is still a challenge for my earth vessel, who has taken myriad incarnations on a polarized planet, to maintain the unconditional love of unity consciousness. I will start out remembering to keep that focus, then life's challenges distract me and I forget. Therefore, when I venture into New Earth, I can only maintain that state of consciousness for a while before some external stimuli pulls me from my center.

I guess the same thing is true for returning to the Ship, but yes I know I have had much more practice with returning to the Ship. I think I have been practicing to return to the Ship, or pretending to be on the Ship, for most of this life. I never thought my experiences were real, but at least I had them. Conversely, I have only known about New Earth for a relatively short time. I knew that, or hoped that, Earth would ascend, but I had no idea what that meant.

OK, enough preparation. I am calibrating my mind to perceive the Ship around me. I am imagining that I see the corridor, which is where I usually begin, and open my heart to the FEEL of my Home Starship. Yes, there is, the FEEL of being on the Ship. When I was a child, I think I was very angry at them for abandoning me here. On the other hand, I was, also, afraid of them because of all the horrible alien movies of the 50's. Now I know I was not abandoned. I chose to be here now. In fact, I chose to return to the Starship in a very public manner so that others might remember their Ship and remember the FEEL of their Starship.

Alright, enough talking. I am there, or here, now. I am in the Ship. My form, which is much like my earth vessel, yet in a Lightbody format, is alone. However, I can hear the entire Ship inside of my heart welcoming me back, and I can see Kepier with my inner eye coming to greet me. There she/he is, just coming around the bend. She/he embraces me in a warm hug, and I realize how much shorter I am. I only come to Kepier's armpits.

Kepier hears my thoughts and shrinks down a bit to make me more comfortable.

"No, please stay tall," It is wonderful for me to see myself in your beautiful form."

“Suzille, we are joyous to greet you. We have been calling you, which I why you have been thinking of us so much. We see that you are watching your Voyager show in order to pretend that you are with us.”

“You can see what I am doing?”

“Only when we have your permission to look. We know that you have been impatient for our return, yet accepting of the fact that our timing for landing must be within the perfect NOW. Furthermore, there are many alterations that must be made to our ship to even be visible to your frequency, much less habitable for third/fourth dimensionals. We are deciding whether it is better to alter our ship, or only take on those whose resonant frequency allows them to perceive us. Then, it is a simple task of bi-location.”

“Is that how I am here. I have only seen a Starship a few times, once long, long ago, and I saw a cloud ship several years ago—I think?”

“You ‘think’ that you can see our Ship, or ‘think’ that you are here with us, because you are in a higher state of consciousness. Both times when you saw a ship, you were in a very high state of consciousness. You were on long vacations in Nature, so you could ground the image enough to remember you had just seen it.

“Also, since you were on vacation, there were no ‘shoulds’ to lower your consciousness, and all your time was spent in being in nature or in a creative endeavor. When you are in a higher state of consciousness you know that what you think is real.

“On the other hand, when you are in a lower state of consciousness, your third dimensional programing overrides your belief that you can visit us. Your third dimensional thinking tells you that things that are not physical are NOT real.

“However, you are correct that you are bi-locating when you come here. You Know that you are here with us, and you know that you are also on third dimensional Earth. You see your hands typing, you feel the chair beneath you and hear the music to which you are listening. You ARE in your earth vessel AND your ARE here on the Starship.”

“I want to believe that is true. I really do. Yet, there is still this part of me that doubts this.”

“That is the part of you that is still ruled by the laws of separation, limitation and polarity. This frequency of your resonance is telling you that it is impossible for you to be two places at one time. Furthermore, your third dimensional self believes that what you perceive with your physical senses is all that is real. Even more limiting and separate from your Multidimensional SELF is the thinking that tells you it is only that which you perceive outside of you that is real. Therefore, since thoughts and emotions are inside of you, they are not real, but only meanderings of your mind and reactions to your external world.”

“Yes, that is exactly what we have been told. Fortunately, that is beginning to change. However, I have had many lifetimes of third dimensional indoctrination. As if the indoctrination is not enough, there is also the consequences that so many of us have had to pay when we share our inner perceptions with others.”

“Our dearest grounded expression, we share every second of your reality. We know that third dimensional thinking cannot cognize your multidimensional experiences. That is why we are all telling you to fully integrate your multidimensional thinking. Then, when we think of you, which is always, you will feel the encouragement and support that we, the members of this Starship, send you with our every breath.”

“Kepier, thank you so much for telling me that. Perhaps I was being called to come here so that you could tell me that very thing.”

“You are correct. The reason why you felt the need to come here was because we have been sending you (you, meaning ALL of our grounded expressions) our unified support and unconditional love. The power of our message finally found its way into your heart, so that you took the ‘time’ to focus your attention in our direction. Where your attention is, there you are also!”

“Oh, Kepier, I feel that I am slipping away again, so I want to say thank you, thank you, than.....”

I am back at my computer, feeling my fingers clicking on the keys. I hear the keys clicking and the music next to me. I feel the chair beneath me, and my cold feet reminding me to take a hot bath. I have to remain grounded. I have to stay in this body! I look out the window into my garden and feel the great love I have for Gaia.

“I will stay with you Gaia. I will NOT abandon you! We are a team, person and planet. If I can stay with you, will you remind me of the ME living in your higher expression of planet and the ME orbiting your highest atmosphere?”

“Of course, my human ONE, that has always been our agreement.”

REALITY THREE

2-13-12

Meanwhile...

Back on 3D Earth the illusions are ending...

I can lovingly maintain my focus on New Earth and the Starship, but my mind cannot remain focused on the third dimensional illusions. Myriad facts, which I know are half-truths and indoctrinations, slip from my memory. Duties, responsibilities and mundane tasks are becoming so arduous that I can hardly complete them. Time drifts and moves in and out on its own, while memories that are attached to time phase in and out of my brain.

I know that my Third Dimensional Operating System is being overridden by my multidimensional thinking. With three realities constantly swirling in my mind, I automatically choose to focus on the ones that are the most filled with love and light. Happily, there are times when my focus chooses the third dimension, which is usually when I am enjoying the closing of this type of reality and/or engaged in loving camaraderie and creativity. However, knowing that this type of reality is closing and being creative both stem from my multidimensional thinking.

Therefore, I guess that all third dimensional thought is beginning to leave. I have certain 3D survival obligations that must be met, which are becoming increasingly difficult, yet I must complete them. I look forward into the NOW of when I am free of those final restrictions. What keeps me here in this third dimensional illusion is love. I love many parts of this life, as well as many people. I am endeavoring to transmute these aspects of my life into the fifth dimension. However, most important of all, I am staying to assist Gaia.

When I remember my agreement with Gaia, a purpose and clarity comes into my physical life that is otherwise difficult to maintain. I am becoming increasingly connected to that which I have volunteered to do to assist Her, and find great purpose and grounding in knowing that I am being of service to my Earth Mother. However, the nonsense and lies that fill the media are like gnats flying around my face, and I must work diligently to stay above a rising anger.

Anger can be a very negative emotion, which can lower our consciousness. On the other hand, anger can also be a call to action to push us out of our complacency. Sometimes, especially if I am exposed to 3D news/indoctrination, I wonder if humanity as a whole will ever awaken. I know that there are many who are in the process of awakening or have fully connected to their Multidimensional SELF. However, that percentage of the entire population seems to be quite small.

One of my greatest challenges is to love humanity unconditionally. I have had the “gift” of remembering my many earthly incarnation, which has tainted me further towards mistrust of humanity. I know that, once awakened to their true SELF, humans have immense wisdom, power and love. I guess that when I really think about it, what I feel is sadness that so many are still lost. Perhaps, many will awaken within the final moments when the force of Light and Love are so powerful that it can no longer be ignored. Those of the darkness have made their

choice to dominate and control before they took a human form, so they are of a different category.

I guess I am realizing that the Wizard of OZ is just an ordinary person hiding behind a screen of forgetfulness. That is a wonderful concept, and a thought-form that I choose to fill with unconditional love. I have met so many wonderful humans in this lifetime, many of whom have undergone great challenges in order to keep their contract for Planetary Ascension. Of course, as with all projects, everything that we have left till the last moment, must be addressed before the final curtain closes.

We can feel that curtain closing now, limiting more and more of our perceptions of the third dimension and directing our attention, not outward towards illusion, but inward towards our own inner Truth. As we find our Truth, we must encircle it with unconditional love for Gaia or we can become so disconnected from the third dimension that we log-out of this Game. Of course, some of us did come here to assist Gaia by remaining with Her resonance as she ascended into Her fifth dimensional expression. Some of us came here to ascend on our own, which serves to open Portals for others to ascend, as well as to assist with the overall expansion of planetary consciousness.

Whatever our pre-birth agreement, is for us to find within our SELF, by our SELF. It is the finding of our Purpose through deep, personal exploration and dedication to our awakening that gives us the power and endurance to complete that which we have promised to contribute. Every single one of us has made that promise, but many of us gotten lost, hopefully to later find themselves. There will be a temporary 3D Matrix to give those who could not surmount the huge layers of lies and darkness of this era the “time” needed to awaken. Then temporary Earth illusion will resonate below the fifth dimension, but above the resonance in which today’s darkness can survive.

In fact, as Gaia continually raises Her frequency, those of the lowest states of Service-to-Self consciousness will no longer be able perceive Her form. Remember, the reality that we perceive is the reality in which we can live. When we can raise our consciousness to the resonance of New Earth or of our Starship, we can participate in that world. Furthermore, as we expand our consciousness and contribute that gift to our Mother Gaia, we greatly assist in planetary ascension.

As the increasing Light and Love unveils our third dimensional illusions,
All that remains is the Truth that we ARE ascending.

REALITY FOUR

***This morning I awoke hearing,
“I am in the process of ascending and
EVERYTHING that happens is a component of that process.”***

I have “been sick,” “having a download,” “becoming Lightbody” for almost seven days now. My symptoms have been primarily in my Throat Chakra, the Center of my higher communication and creativity. Of course, they are the same, communication and creativity, as creativity is the way in which we communicate our higher expressions of SELF with our third dimensional reality.

I know that I am moving into a new expression of my SELF. Hence, a new expression of my communication/creativity is going through its birth-pains. Just as the throat and sinuses are connected, so is the Throat Chakra and Third Eye. It is through our Third Eye that we receive and perceive the highest frequency expressions of our reality, and through our Throat Chakra that we share our perceptions with others, as well as with our selves.

A multidimensional experience that is **not** documented by our creative force is too often an experience that is forgotten. Furthermore, expressing our multidimensional experiences through our creativity grounds those experiences. This grounding allows us to integrate our expanding multidimensionality into our daily life and shares our higher frequency realities with Gaia. Furthermore, as each of us go deep into our Core so that we may go deep into Gaia’s Core we find the sum/total of all the experiences that everyone has shared with Mother Earth.

Earth has offered us a stage upon which we can act out the final scenes of our return to SELF. In this final act, we will release all illusions. But, what will happen when illusion leaves and only Truth fills our hearts and minds? Will we be able to ALWAYS be honest enough to live in that Truth? Lies and illusions have offered us a place to hide from our SELF. But why—why would we want to hide from the higher expressions of our Being? This is a question that each of us will need to answer in order to fully live in the Truth.

We have lived myriad lifetimes in a reality based on lies and deceptions, which have allowed us to be victims to the system and victims to our own habits and addictions. Being a victim is not enjoyable, but it is easy. When we are victims to “them” or “that” we can be lazy. It can be “their” fault, and we do not have to go inside to understand how and why WE created our own reality. My first message from the Arcturians, my SELF, after 11-11-11 was, “Now you must be 100% responsible for everything that comes into your life.”

In New Earth and on the fifth dimensional Starships every random thought and emotion will instantly manifest. If our thoughts and feeling hold any fear-based

patterns, we will no longer be able to resonate to fifth dimension, and the realities of our higher expressions of SELF will disappear from our consciousness. In other words, the Truth of our SELF will, again, be hidden behind the curtain of third dimensional illusion. It is not that our true SELF has not left us. Instead, we have lost the ability to perceive that expression of SELF or the reality to which that expression resonates.

How often do we begin our day with a strong conviction to live only in truth and love, but forget our promise as the challenges of the day wears on? Then, we become frustrated that “that” thing happened to pull us from our SELF. It is at that point that the “victim” returns. In fact, any thought that separates us from the creation of our reality drops us out of the “warp speed” of our Lightbody and into the “combustion engine” of our earth vessel. This is where we must remember to FORGIVE our self!

We are trying fly at warp speed while riding in the same model of earth vessel that we wore as cavemen. So how do we update our vehicle? Fortunately, there is an automatic update that is constantly running via all the light and love we are downloading. Unfortunately, if we are not conscious of this download, we can work against this process rather than with it. Hence, we must remember to think multidimensionally. When we fall into third dimensional thinking, the wall of illusion separates us from the Truth that we have not left the fifth dimension. We have merely narrowed our focus to the third/fourth dimensional expression of our SELF.

Our Multidimensional SELF is much like a huge ladder. Each rung of that ladder represents a different dimensional expression of our SELF, as well as the reality to which that expression resonates. We choose each “rung” (SELF and reality) of the ladder by expanding our consciousness to the frequency of that rung. Our state of consciousness is determined by our thoughts and emotions.

When we think third dimensionally, which is based on time, separation and limitation, our consciousness lowers, and our focus is limited to the third dimension. When we experience fear-based emotions, our consciousness lowers, and our focus is limited to the third dimension. On the other hand, when we think multidimensionally and experience love-based emotions, our consciousness expands, and the higher dimensions of reality come into focus.

The higher dimensions can perceive the lower, but the lower dimensions cannot perceive the higher. Hence, when our focus encompasses our fifth dimensional SELF, we can clearly perceive our physical form. However, in order for our third dimensional self to perceive our fifth dimensional SELF, we must expand our consciousness beyond the confines of 3D illusion and into the Truth of our Multidimensional Reality.

But first we must release the HABIT of being third dimensional.

REALITY FIVE

Releasing the Habit of Being Third Dimensional

Dear Ones,

We the Arcturian expression of our many grounded ones wish to assist you in releasing the habit of being third dimensional. This habit, like all habits, is a set of behaviors that originate in your unconscious mind. Therefore, you are not consciously aware of these habitual actions, thoughts and emotions. Hence, you do not know the reason for these habits. To change a habit you must bring up from your unconscious mind and into your conscious awareness. Once you can consciously observe your habit, you can begin to change it.

At first, you may not be aware that certain habitual actions, thoughts make you feel unhappy. However, if you continue to observe when you feel unhappy, you can begin to trace that feeling back to its source. For example, you may not know why you are feeling anxious for quite a while, but you keep observing your self. Then one day, you realize that a certain thought, that used to be unconscious and is now conscious, always makes you feel anxious.

Therefore, you can begin to change that thought by trying to “catch yourself in the act.”

- At first it may take several days for you to realize that you are feeling anxious because you have allowed yourself to think in a certain way.
- Then, with continued observation, you realize you are anxious because you just had that thought.
- Then, you have the “last time” experience, in which you can catch yourself in the NOW of having that thought. But, you cannot change it! This is very important, for you can clearly observe how the type of thinking makes you feel anxious.
- After you catch your self in the act, you can stop the thought just before you have it and transmute it into a higher frequency thought.
- Eventually, you will heal yourself of thinking in that fashion and suffer much less anxiety.

The best way to catch your self in the habit of being third dimensional is to be conscious of your third dimensional thinking. Third dimensional thinking is based on time, space, separation, limitation, gender and illusion. This type of thinking brings about many fearful emotions because you are constantly on the clock of what you have to do, how far you have to go to do it, other people that you have to deal with, all the limitations that you must surmount, social gender issues, and myriad illusions. Third dimensional thinking lowers your consciousness and disallows you to perceive the amazing reality that is just beyond your limited perceptions.

Bringing the source of your third dimensional thinking out of your unconscious and into your conscious awareness is the same process as releasing habits. Eventually, you must “catch yourself in the act,” so that you can transmute your third dimensional thinking into its higher expression of multidimensional thinking. It is through conscious recognition of the emotions that arise from third dimensional thinking that you can begin your process of releasing that type of thinking.

Third dimensional thinking is largely fear-based, and many fear-based emotions arise from the myriad limitations, loss of personal power and loneliness that arise from it. At first, you may not realize that you are thinking in a time-bound, third dimensional way. However, you are very aware that you are feeling nervous, anxious, depressed, angry or sad. Instead of asking yourself what outside event initiated these feelings, you ask yourself what thought initiated this feeling. In other words, instead of looking into the illusions of your third dimensional world to find the source of your emotions, you look inside to your own manner of thinking.

If you take a moment to connect with your higher expression of SELF, you can use your superconscious perspective to quickly identify that third dimensional thinking has created your uncomfortable emotions. At first, you may wait until your emotional reactions to your thoughts are quite extreme. Fortunately, with practice, you will learn to more immediately identify that the source of your discomfort is your own third dimensional thinking and NOT an outside source.

In this way you can realize that most of your emotions arise, not from your physical life, but from the way you think about your life. With this realization, you can begin to catch yourself in the act of thinking in a limited, fearful, separate and/or time-bound manner. This is when you can begin to release your habit of third dimensional thinking, and begin to allow yourself to remember your innate multidimensional thinking. Multidimensional thinking arises not from your third dimensional unconscious brain but from your superconscious multidimensional mind.

Whereas your third dimensional thinking has been trained to use only 3% of your DNA and about 5% of your brain, multidimensional thinking arises from the 97% of DNA that was formerly turned-off. As the higher light from the Galactic Center enters your Pineal Gland and is integrated into your physical brain, the 97% DNA is turned-on and your “whole brain thinking” is activated. With whole brain thinking, the 95% of brain activity comes online to originate your Multidimensional Operating System, which is based on multidimensional thinking.

Whereas third dimensional thinking is based on the illusion of time, multidimensional thinking is based on the NOW of the ONE. With continued experiences of the NOW, you loose time. And, with no time, there is no space. Therefore, there is no separate. At this point you begin to have “NOW experiences,” in which you are ONE with your Multidimensional SELF. In these

moments of Unity with the ONE you can perceive and experience higher dimensions of reality.

Within these experiences of being you Multidimensional SELF you begin to understand how YOU have created and chosen to participate in every aspect of your life. As you gradually return to the habit of being multidimensional, you remember how to transmute your habit of being third dimensional into the Truth of being your true SELF. Transmutation is your innate ability to change any experience through raising its resonance into a higher frequency of reality. Raising the resonance of your reality is ascension. As you ascend with your beloved Gaia, you will choose to perceive and participate in progressively higher frequencies of your ascending reality.

Transmuting your reality as it is happening is a rehearsal to remind yourself that you do NOT want to participate in reality in that fashion—or that you do not want to participate in that reality at all. With each rehearsal you identify the reality that you don't wish to participate in and/or the behavior that you no longer wish to exercise. Each time you catch yourself in the act of behaving a certain way or participating in an unwanted reality, you have an opportunity to look inside yourself as and say, "I AM the creator of my reality. Why did I create and/or participate in that reality?"

There may be different reasons at different times, but if you observe that you acted, or are acting, in an unconscious, habitual manner say: "I AM the creator of my reality and All patterns of resonance are created by my consciousness. My reality, the reality that I AM creating, begins with a thought form, which I created by the thoughts and emotions that I am consciously, or unconsciously, allowing to fill my heart and mind." This sentence is the key to being able to remain on New Earth.

New Earth is not a place; it is a frequency. It is not your responsibility to experience it; it is your choice. You can only perceive and experience New Earth when you are resonating to a fifth dimension and beyond state of consciousness. These higher states of consciousness are what open your Inner Portal to New Earth. However, whenever your consciousness drops below the fifth dimension, you will no longer resonate to that frequency of reality. Therefore, you will no longer be able to perceive the reality that is always there.

For example, insects perceive and experience the ultraviolet reality. This reality is always around you, and you can easily see the third dimensional insect bodies that are seeing and living in that reality. However, your consciousness and, hence, your perceptions, do not resonate to the ultraviolet frequency of the physical light spectrum. Therefore, you can see the insects, but you can't see reality as they see it.

At first, ascension will be similar to the insect vision, in that you can perceive New Earth, and others could see your physical body, but they will not be able to see the reality you are seeing until their consciousness resonates to the same frequency. This example is similar to a clairvoyant who can see beings from higher dimensions or a clairsaudient who can hear higher dimensional voices. Those whose consciousness is still only third dimensional, can see these people, and may ask them to share the reality their experiences, but they cannot experience that reality themselves.

Fortunately, as your consciousness expands, so do your perceptions.