

THE JOURNEY BEGINS

Introduction to www.multidimensions.com



*By
Suzan Carroll PhD*

The Journey Begins
Introduction to www.multidimensions.com

By Suzan Carroll PhD

Published by
Multidimensional Publishing

To view other booklets, downloads, and products
By Suzan Carroll PhD

Visit
www.multidimenisons.com

THE JOURNEY BEGINS



We are entering a very special time as we begin a new millennium. Many ancient writings, modern books, and web sites state that we are on the threshold of an era when the veils of forgetfulness will be parted one by one. Then our consciousness will expand to encompass the components of ourselves that have been repressed, ignored, and forgotten.

If we could remember and be fully conscious of all the components of our true selves, we would be aware of the lessons and reasons for each of life's challenges. The challenges would still exist, but the confusion and perhaps even the doubt, could be erased from our experiences.

WHERE IS HOME?

There are still many of us who cannot remember who we are.

We have worn our earthen bodies for so many eons that we believe we are only physical and that we are limited to these clay forms until we "die".

According to the law of free will, as long as we choose to believe in the illusion of limitation and separation of the third dimension, that is our only "conscious" experience.

When the reality of our higher dimensional self became "unconscious", we forgot that Earth was a schoolroom.

We forgot that we came here to learn how to be conscious creators through the process of third dimensional experiences.

However, even though we lost the memory of our true selves and our reason for coming to this planet, we kept our higher dimensional powers of manifestation, at least for a while.

All manifestations start a circular path that eventually returns to the sender.

Therefore, it was dangerous to use our higher dimensional power from only a third dimensional consciousness, as we did not retain the higher wisdom and love to balance our power.

Fortunately, once we misused our power, we began to lose it.

Then we really were “only physical!”

As the collective consciousness of Earth continued to drop, we plummeted deeper and deeper into forgetfulness.

Before we knew it, we were enmeshed in the illusions of planet Earth.

Until the Collective Consciousness of Earth had again risen to a level where it would be possible to recognize messages from the higher dimensions, it would be difficult for us to return to the awareness of our true Multidimensional SELF.

Earth had so fallen into fear and superstition that most communications between higher dimensional beings and those on Earth were greatly misunderstood or distorted.

And so we waited!

Sometimes we hated the wait, and sometimes we loved it.

We learned that if we forgot about our higher dimensional Home and the part of us that resided there, we weren't so lonely.

Therefore, most of us forgot.

Until...

When we would least expect it, as if in a dream, we would remember something~
a feeling,
a brief picture,
a certain color
or a sound.

Then we would become very, very lonely. We would want to go Home.

But we couldn't remember where Home was. We only knew that it wasn't here.

We only knew that we didn't fit and

we didn't want to!

THE DREAM

I gazed upon the glorious being floating just before me. Its light filled the entire room with a warm radiation.

"Who are you?" I asked within my heart.

"I am you, Beloved," was the unexpected reply.

I did not understand what the beautiful being had said. I was not glorious. I could not float in the air as the being before me did, and I definitely did not have enough light to fill the entire room.



I was just a regular person with a regular life. Some days I felt good, even peaceful, but some days, I felt bad, even tormented. I did my job as well as I could and tried to pay my bills on time.

I was a good citizen. I had a family that I loved and friends that cared for me. However, sometimes, I was frightened, annoyed, or sad.

No, I was not special. I was just regular.

"Oh, but my one," the being interrupted my thoughts, "just regular IS special."

"What?" I responded in a somewhat angry and disrespectful voice. Quickly, I covered my mouth and muttered an apology.

"You needn't apologize to me my dear. I am you!"

"No, I'm sorry," I replied, almost to myself. "I can't believe that. I cannot accept that. If I were you, then why would I ever want to be me?"

"I am very proud to be you. I am very proud of how you have maintained your life under difficult circumstances. Life upon the physical plane can be, and usually is, challenging. And you/I have maintained a heart that loves."

"A heart that loves?"

"Yes, and a mind that thinks. You, that is you and I together, have kept our bond, our promise, to remain our SELF in the face of many temptations that could pull us out of 'being regular', out of 'being special'."

"Well yes," I replied as I scratched my chin. "I must say that there are a million temptations, from choosing to walk to the recycling bin to

remembering to think before I speak. I guess I do try, most of the time, to be the best person that I can be."

"Yes, and all of the time, you are special. You are special not just because you try to do your best, but because you have chosen to leave the form that you see before you/myself/ourselves and enter into the experience of physical life."

Now I was confused. I did not remember making such a choice. In fact, if I could choose, I would instantly become the glorious being before me.

"Are you sure?" responded the being, reading my thoughts. "What about your family, your friends, your work, your planet? Would you not miss them?"

"Well, yes, I would. I would miss them all very much. But, if I am also a being like you, then they must also have a part of them that is like you. Don't they?"

"Most certainly," replied the being with a smile so bright that the radiance extended beyond the walls of the room until there were no walls and no floor. There was only light.

At first, I was a bit frightened. Standing in the middle of blazing light was not a "regular" occurrence.

The being gently laughed, "Be not concerned, the room around you, in fact your entire physical world, still exists. However, your attention is now on my world, which is of a higher vibration.

"Follow me," said the being. "There is something I would like you to see."

The being led me to a door that seemed to appear from nowhere. It opened wide as we approached it.

The being stepped through the door and beckoned me to follow. It took a moment for my sight to clear. Then I saw it.

Before me was a vision of my house, my family, and my friends joining together in friendly communion, except that everything and everyone was emanating radiant light. They all turned towards me and smiled. Their smiles lit the room even brighter.

"You have brought your physical awareness," they said as one voice. "We are trying to bring our physical consciousness here as well. Wouldn't it be beautiful if we all could meet here, physical with spiritual, and then return to earth? Think of it! Can you imagine the impact it would make if we could link

our physical and spiritual essences to create a continuous flow from Spirit into Matter?"

"I must be dreaming," I thought out loud. I reached to pinch my arm, but it looked different. It was not hard. I was more like a cloud, a golden cloud. My hands were as radiant as the glorious being's. I looked around to ask the being what had happened and found that it had gone.

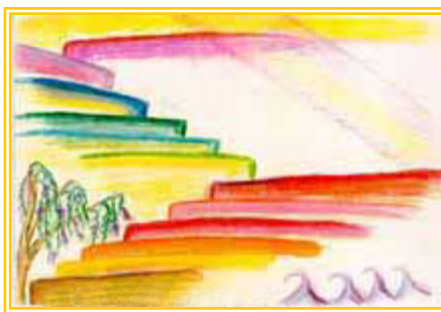
"No" replied the being's voice from inside my heart and mind. "I am not gone. I am inside of you. Now, please take me into your physical world and don't forget that I am you-inside."

I sat up in my bed with a start. My body was drenched with sweat and my mate was sleeping beside me.

"It was just a dream after all," I thought.

"Oh, but what a glorious dream!" came the now familiar inner voice.

Fortunately, it was still responding to my every thought.



THE STAIRWAY

I awake, or have I just fallen asleep, to find myself on a stairway. Above me the stairs get brighter and of a looser form. Below me the stairs become darker and more constricted to form.

I look at the stairs above me and feel a sparkle of love calling me to climb them. But when I try, I find that an inner pull urges me to turn and go down the stairs below me. I turn to look down the stairway and feel a fear that chills my heart.

"Why would I want to go down there?" I say to myself.

"Because you already have," whispers a voice that seems to emanate from the sparkle of love above me.

"If I have been to that place," I ask, "why would I ever want to return?"

"You do not need to return," the voice breathes into my heart. "You have never left."

"No, that is not possible. I feel myself only here, upon this step"

"But you are on other steps as well. In fact, there is a "you," in fact, there are many of "you" on every step. You see, each step is like a dimension, a plane of existence."

"If there are so many fragment of myself, why don't I know about them?"

"Do you feel the pull from the steps beneath you?"

"Yes, I do."

"That pull is coming from the portions of your self that are lost in the lower dimensions. They are lost because they believe they are alone. Because you have not freed them, you believe that you are alone."

"How can I free them when I feel like I am lost myself?"

"Oh my one, you are not lost. You have found your higher voice; you have found ME! Your "lost" fragments of self have sent you up this stairway, like a scout, to see if there was another way. Now you have found it. Go back now, and share your experience with them."

"Please don't make me leave. I remember it down there now, and I want to stay here."

"You shall stay where you are, just as you will stay where you have been. You will not move, instead, you will expand."

"Expand?"

"Yes, you see yourself now as a single point of awareness. Can you extend that awareness to imagine that you are standing on every step?"

I close my eyes and call upon my imagination. I have always had a vivid imagination. Oh yes, there they are. There is a person on every step. Each one has the same amount of light and density as the step that they are standing on. They all look very different, but there is something about them that feels the same, as well.

"Yes," the voice replies to my thoughts. "They all are of one consciousness. Can you feel how you are I are the same?"

It seems difficult for me to imagine that I could be the same as this wise and loving voice, but I close my eyes and try to make the connection. At first all I can perceive are the many voices of doubt, ridicule, and fear calling from the stairs below me. But, gradually, I also feel the love and support sparkling from the stairs above me.

With this feeling, my consciousness and perception begins to expand more and more. I feel pulled like a rubber band being pulled so tight that it is ready to break. Tighter and tighter I feel the pull until I can barely stand the tension.

Then, with a sudden SNAP, I understand. I am the loving voice that has guided me. I am the pull of fear and doubt. I am each person upon each step. In fact, I am each step and the imagination that created them. I am ALL IN ALL.

"Yes," resonates the loving voice from every person, every step, and every dimension. "WE are a multidimensional being. It is OUR expansion from a singular consciousness to multidimensional consciousness that allows us to KNOW who we are."



WHAT IS MULTIDIMENSIONAL CONSCIOUSNESS

"Dimensions" are a means of organizing different planes of existence according to their vibratory rate. Each dimension has certain sets of laws and principles that are specific to the frequency of that dimension.

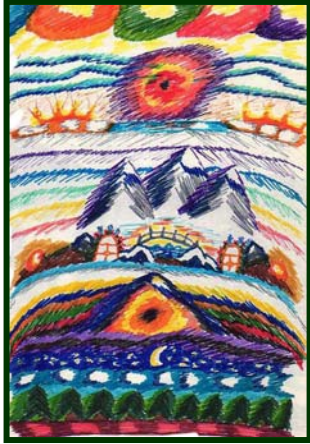
"Consciousness" represents awareness. The inhabitants of each dimension function clearly, easily, and with a minimum of resistance within that plane because their consciousness vibrates in resonance with the frequency of that dimension.

"Multidimensional Consciousness" is the ability to be "conscious" of more than one dimension. To be multidimensional in our consciousness we must remember that we have within us the potential to expand our perceptual awareness to the dimensions above and below the third dimension.

"Unconscious" means unaware of and unable to attend to internal and/or external stimuli within the inhabitants' own dimension or within another dimension. Third dimensional humans are largely unaware of their first dimensional, second dimensional, and fourth dimensional selves. The human unconscious is best accessed through physical body messages, introspection, dreams, and meditation.

"Conscious" means aware of and able to attend to stimuli within the inhabitants' own dimension. The third dimensional self is conscious of what can be perceived by the five physical senses of sight, hearing, touch, taste, and smell.

"Superconscious" is a higher order of consciousness of the fifth dimension and beyond in which the inhabitants are able to be aware of and attend to stimuli of their own dimension as well as all the lower dimensions. The superconscious is innately multidimensional. The third dimensional self can become "conscious" of the superconscious through meditation, prayer, and by surrendering to the perceptions of the higher order consciousness.



DIMENSIONAL CONSCIOUSNESS

First dimensional consciousness is awareness as a point. The consciousness that resonates to this dimension is the Mineral Kingdom. Current third dimensional science has not proven that minerals have any awareness as we recognize it, but healers and shaman have been using crystals as healing tools for many centuries.

Humans' first dimensional consciousness is "unconscious" to our five physical senses. However, the first dimension is a portion of our bodies and represents the minerals, water, and genetic codes that are the foundation of our physical forms. If we could access this level of our unconscious, we could connect with the entire physical world via its most basic common denominator, the individual molecules. Perhaps we could even consciously access our own genetic coding.

I feel myself upon the first step of my consciousness. I am of the first dimension. I am an atom of carbon, a drop of water, and an imprint upon a strand of DNA. However, I cannot perceive the strand or the other molecules of water and carbon. I am only conscious of my exact point of my awareness. However, as I look inside myself, I find that another world exists, a world of electrons, protons, nuclei, and quarks. I am the gateway between the macrocosm and the microcosm.

Second dimensional consciousness is awareness as point and line. The consciousness that resonates to this dimension is biological matter such as the Plant Kingdom and the lower Animal Kingdom. The consciousness of this dimension does not possess self-awareness. These beings are only conscious of their species' identity and their need for feeding, fighting, and procreation. Their consciousness is based upon survival of the fittest and they live solely within the awareness of the moment.

Human second dimensional consciousness is centered in the lower brain, which directs the autonomic nervous system to regulate and maintain life support functions. Our five physical senses are largely unconscious of this component of ourselves, but with training such as biofeedback and meditations, some conscious awareness and control can be established. Yogis are known to achieve enough conscious control of their autonomic nervous system and can regulate their heartbeat and metabolism.

"Primitive" peoples are much more aware of this "animal" portion of their physical form and, therefore, have conscious access to their basic instincts

and an awareness of how they are a portion of a greater whole. Unlike "civilized" man, they have a constant respect for all life and the balance of Nature.

I feel myself now expand to my second dimensional consciousness. My task is simple. I must survive. I will protect myself and procreate in the proper season. I look neither forwards nor backwards, and I dwell only in the present. I am what I am and where I am. I neither plan nor reflect. I live to continue the existence of my species. If a human consciousness inhabits my form, I am not aware of it. My perceptions are confined to what I can eat, use, fight, mate with, or rear. However, my "herd" and I are one. Our instincts guide us, and we are a part of Nature.

Third dimensional consciousness is awareness of point, line, length, breadth, height, and volume. The primary consciousness of this dimension is the higher Animal Kingdom and the Human Kingdom. The humanoid form is composed of all the elements of the first and second dimensional being, which are: water, minerals, genetic coding, and biological matter, as well as an individual soul. It is the individual Soul that distinguishes humans from the other members of the Animal Kingdom who mostly have a group Soul.

The third dimension is locked in a time/space and cause/effect paradigm. This dimension is a schoolroom that our Souls attend by inhabiting humanoid physical bodies to learn more about creation. In the third dimension, life mirrors all that we are seeking to understand. Therefore, the process of creating via our thoughts and feelings is slowed down so that we can track the circumstances of what we hold in our consciousness.

The third dimension is known as the conscious world. However, there are different stages of human consciousness aligned in a hierarchical manner that often coincide with our age and stage of life.

FIRST STAGE OF LIFE

In the first stage, we are children, and we are dependent on others for our survival. In this state of dependency we do not realize that our consciousness holds the seeds of the life we are creating. We believe that we are powerless over our environment and are victims to the circumstances of our lives. It is our goal to gain enough self-awareness as we mature beyond this child state so that we can become independent.

SECOND STAGE OF LIFE

In the Second Stage we are independent. This independence develops as we learn that we can control our own life. Through our choices and experiences, we gain trust in our ability to be responsible and we maintain our responsibility because we respect ourselves. This respect is based upon

our sense of personal power. Without a sense of personal power we are filled with fear which reduces us to "surviving".

THIRD STAGE OF LIFE

In the Third Stage we are dependable. This dependability develops as we gain enough trust and respect for ourselves that we can become responsible for others. Through positive experiences, we have learned that we definitely have an impact, not only on our own life, but also upon the lives of others. Because of our earned self-esteem, we feel confident that we are reliable.

Unfortunately, people will take responsibility for other people's lives while they are still in the dependent stage or when they have not yet learned to be responsible even for themselves. These actions can create generation after generation of dysfunctional families.

EXPANDING THIRD DIMENSIONAL CONSCIOUSNESS

As humans we have the ability to remember the past and the future while remaining aware of the present. However, much of our true SELF becomes lost in our unconscious mind. This loss leaves us with a feeling of separation from the whole, a fear that we are limited in our ability to achieve our desires, and a belief that we have to "work hard" to accomplish our goals.

Third dimensional society and "science" seek to prove that the only reality that exists is the one we perceive with our five physical senses and urges us to believe that our 3D perceptions of reality ARE the only reality. From this state of consciousness, spirit congeals into matter and our consciousness is limited to our ego. Hence, the need for the development of a strong sense of ego is often gained at the cost of losing our sense of group identity. This limitation is especially in especially predominant in the Western World where individual achievement and possessions often become the most important parts of our lives.

Awareness of our Spiritual Self can only be remembered when we have expanded our consciousness to encompass the higher dimensions. Then we can release our dependency upon others and heal our sense of powerlessness and victimization. We then become independent in a new sense because we have realized that we and we alone, are creating our reality. We are, thereby, more dependable then ever because we are not waylaid from our promises and goals by our own "unconscious" self-sabotage.

As we become more aware of the many aspects of our once forgotten self, our consciousness expands to encompass more than our ego and even more than our third dimensional reality. As we Our Third Dimensional

Consciousness expands from: Individual Consciousness TO ~ Group Consciousness TO ~ Community Consciousness TO ~ National Consciousness TO ~ Collective Consciousness TO ~ Planetary Consciousness TO ~ Galactic Consciousness. As our consciousness expands, so does our definition of the world in which we live.

I expand my consciousness to the next step. I am three-dimensional. I am aware of myself as an individual human, but still I struggle for survival. I need to feed myself, shelter myself, and cover my body. I wish to find a mate and create children. Is there more? Yes, there are feelings and thoughts. With my thoughts I remember my past. My feelings fill these memories with happiness, pain, love, or fear. With my thoughts I plan the future which I desire. But do I have the power to create my life or am I a victim to the world around me?

Fourth dimensional consciousness is awareness of point, length, breadth, height, volume, and time. The fourth dimension is also known as the Astral Plane, and the primary consciousness of this dimension is the Astral Body, which is also known as the "higher human." Because of the octave leap in vibration from third to fourth dimension the Astral Body is of a higher vibration known as etheric and fourth dimensional perception of past, present, and future is more fluid, as the laws of time and space change.

On the fourth dimension, we can reintegrate our group identity without the loss of our personal ego, as it is the last vibration where physical vehicles are used to contain individual consciousness. However, because of the fluid nature of time and space our astral forms naturally morph. Hence, there is a huge mobility of form. It is the realm of the "shape shifters" of which mythology speaks. A shaman or holy person who can shape shift has learned to ground their astral form upon the third dimension so completely that they can temporarily change their third dimensional form.

Much of our third dimensional life also exists upon the fourth dimension in a format of a higher vibration, but we are not aware of it because that reality is NOT in sync with our physical time and space. We can have a dream of an entire lifetime and wake up to find that only five minutes of our physical time has passed. Our astral reality, as well as our other physical incarnations, is not perceivable to our third dimensional self unless we have remembered our Multidimensional Consciousness.

The fourth dimension is the realm which holds the awareness of our body's first and second dimensional components, as well as all our past experiences of this life and all other third dimensional lives. We can expand our third dimensional consciousness into the fourth dimension through gaining an awareness of the inner-workings of our physical body, remembering our dreams, and having intense experiences of passion, emotion, creativity, and/or spirituality.

The Astral Plane is the realm of dream life. When we are "asleep", we are unconscious in the third dimension, but we are conscious in the fourth dimension. Our fourth dimensional Astral Body possesses advanced dreaming, imagination, psychic ability, intuition, magic, and creativity. As we expand our mind to frequency of the fourth dimension, we can experience more and more of these qualities while in our physical form.

Some people are born with an innate connection to their fourth dimensional self and must "work" to ground their consciousness in a third dimensional world that often feels foreign and hostile. Others are born without this awakened connection, and they usually feel more comfortable and "at home" within the third dimensional paradigm. These people often feel cut off from the higher dimensional portions of themselves and may not even believe that "higher selves" even exist.

However, our astral body does exist and its highest vibration is our Spiritual Guidance. Much like a person upon a mountaintop can observe and guide the residents of the valley below, our higher astral self can observe us upon the third dimension and give us guidance. Through the expanded perception of our fourth dimensional self we can create great changes in our physical world.

However, the fourth dimension still has the polarization of light and dark, and this realm is not necessarily more loving, especially upon the lower sub-planes. Upon the fourth dimension, thought and feelings create reality much more quickly than upon the third dimension, and fear can create evil as easily as love can create beauty and joy.

FOURTH DIMENSIONAL SUBPLANES

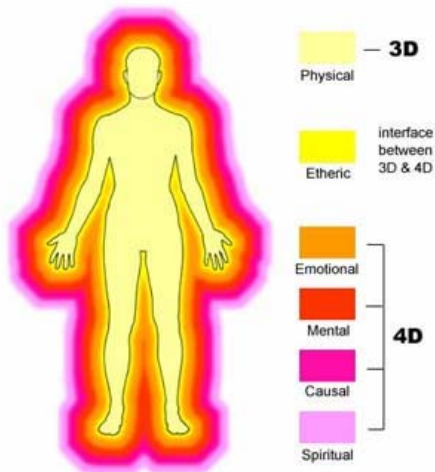
There are different planes, which are increases in frequency, which we can access by expanding our conscious. The Lower Astral Plane holds the invisible emanations of all the fear and negativity that is projected into it from the physical plane. The Lower Astral has been known as Hell, with Purgatory being above that. Fourth dimensional consciousness feeds into and extends third dimensional emotions. Therefore, it is often known as the "realm of emotion". The Lower Astral, which holds the third dimension's negative emotions, is not a pleasant experience and a path must be forged through it into the higher sub-planes-such as Faerie.

The Land of Faerie, which we read about as children in our "Fairy Tales", actually exists upon the middle fourth dimension. Faerie acts as respite after we have forged our pathway through the fear and darkness of the Lower Astral Plane. After we have experienced Faerie, we can travel in our fourth

dimensional consciousness (or fourth dimensional bodies) into the Emotional Plane, also known as the Astral Plane, to learn about the master of our emotions. From there, we can travel up into the Mental Plane to learn mastery of our thoughts. In the Causal Plane, also known as the Higher Mental Plane, we can learn the cause and effect of how thoughts and feelings create our world. The Spiritual Plane connects us to the higher guidance of our I AM Presence.

One of the maps (there are many maps) of the sub-planes of the fourth dimensions with the highest vibration on the top is:

- CAUSAL/SPIRITUAL: learn laws of cause and effect and Spiritual Guidance
- MENTAL: learn mastery over our thoughts
- ASTRAL/EMOTIONAL: learn mastery over emotions
- LAND OF FAERIE: overlaps emotional, mental, and causal plane
- LOWER ASTRAL: learn mastery over dark side - i.e. fear and negative emotions



ETHERIC: interface between third and fourth dimension

The fourth dimension is like a stream that creates a bridge into the higher dimensions. The base of the bridge is where the physical and astral bodies overlap. This area is known as the Etheric Body.

The Etheric Body is of a vibration between the third and fourth dimension. This body encompasses the physical body and extends beyond it a few inches.

FOURTH DIMENSIONAL BODIES

Each of the sub-planes of the fourth dimension has a correlate body, with every body resonating to a higher vibration than the latter.

The Emotional Body, also known as the Astral Body, is higher in vibration than the etheric and physical bodies and extends beyond them.

Overlaid on the lower frequency bodies is the Mental Body, which is also of higher vibration, and extends beyond the Emotional Body.

Then the Causal Body, again another increase in vibration, overlays the other bodies and extends beyond the Mental Body.

Finally, there is the Spiritual Body, the "I AM Presence," which is the highest in vibration and extends beyond all the other bodies. The I AM Presence is the guardian to the Rainbow Bridge, which crosses over into the fifth dimension.

All the fourth dimensional bodies exist over, under, around, and through the physical body, but they cannot be seen by our five physical senses. If we can perceive the fourth dimension consciously, we can expand our awareness enough to cross the Rainbow Bridge into our Superconscious Mind of the fifth dimension.

We navigate out travel into and through the fourth dimension with our desires, thoughts, and emotions. A metaphor of this would be sailing the ocean. We are the boat, the ocean is the Astral Plane, the location we wish to reach is our desire, our thoughts are the sail and the steering, and the wind is our emotions.

If our emotions are fearful and tumultuous we will have an uncomfortable ride. Even though our desire is for the higher planes of the fourth dimension, our personal imbalance will limit our entry to the Lower Astral Plane where fear, which is the lack of emotional balance, rules. If we wish to journey to the higher planes of the fourth dimension we must keep our thoughts harmonious and our feelings centered in the infinite balance of love. In that manner, eventually, we can experience all the planes of the fourth dimension. Then our I AM Presence can lead us across the Bridge into the fifth dimension and beyond.

I step into the fourth dimension. I see my connection to all of life and to my third dimensional selves on the step below me. However, I still experience myself as an individual. My reality is very mutable now. Persons and places change quickly, but I am aware that it is my thoughts and feelings that dictate these experiences. My fearful thoughts create frightening situations, and my loving thoughts bring me happiness. If I follow my fear, I go down into a world of torment and sorrow. However, if I follow love, I see a Rainbow Bridge of Light.

Fifth dimensional consciousness is awareness of length, breadth, height, time, and spirit. All life upon the fifth dimension lives in the Unity Consciousness of Spirit, but there is still an experience of "I" as an individual member of the group. Linear time and space do not bind consciousness here, and there is NO illusion of separation or limitation. Instead, there is a constant experience of the Oneness of God/Goddess/All That Is.

The primary consciousness of this dimension is androgynous, stellar beings living in Lightbodies. These Lightbodies are light based rather than our carbon based physical bodies. Our Lightbodies have the awareness of our lower selves without the physical limitations. These forms have no need for

pain to learn their lessons. Therefore, they do not need the protection and warning signals of the physical body. Our fifth dimensional selves have integrated the lessons that their lower dimensional selves are learning through the experiences of "Schoolroom Earth," and do not need physical suffering to learn.

All actions on this plane are based upon love because, just as a dead leaf cannot survive the higher vibration of a fire, fear cannot survive the higher vibration of the fifth dimension. If we were to experience fear while in the fifth dimension, our vibration would drop and our consciousness would instantly be lowered to the lower sub-planes of the fourth dimension. It is only within the consciousness of fifth dimensional Unconditional Love that we can maintain a conscious connection with our Spirit SELF.

On the fifth dimension, experience, creation, and travel are created in harmony with the Divine Will of God/Goddess/All That Is. Every being, place, situation, or location that is desired becomes instantly manifest. If we do choose the experience of movement, it feels like a combination of flying and treading water. Our Lightbodies, like our fourth dimensional bodies, are mutable and can easily change form. Just as we can change our location or experience with our desire, we can also change the form of the "body" that surrounds our consciousness.

The fifth dimension is the beginning of ascension. Hence, all consciousness there is naturally multidimensional. The awareness of the fourth and third dimension are as automatic as looking at our hands and feet. Since there is no sense of separation, we can experience our third and fourth dimensional realities within the same moment that we are experiencing our fifth dimensional Lightbody.

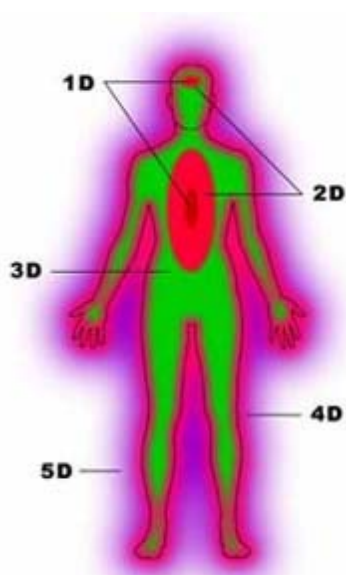
Because there is no feeling of limitation, we can easily believe that we are "alive" and "conscious" within many different vibratory rates. Just as our third dimensional consciousness is aware that we are also made of the minerals, water, genetic codes, and biological matter of the first and second dimension, our fifth dimensional self is aware that we are also third and fourth dimensional beings.

On the fifth dimension we live in Unconditional Love, Unconditional Forgiveness, and Unconditional Acceptance. We hold no judgment, guilt, or negativity towards the "lower" portions of ourselves that are striving to remember our "Higher Selves". In fact, our fifth dimensional self serves as a guide to the lower aspects of our consciousness, as well as to others.

There are also sub-planes of the fifth dimension, but awareness of, and therefore writings about, them are minimal. It has been my experience that there is a threshold upon which we wait for our Divine Complement. Our

Divine Complement, also known as our Twin Flame, is the opposite polarity of our integrated male/female androgynous Lightbody that was split off from us when we took embodiment in the lower dimensions.

I am upon the step of the fifth dimension and see that there are many steps above me. I am aware of and united with the portions of myself upon the lower steps, as well as my other fifth dimensional realities. Love and fear, beauty and ugliness, are only polarities of a single concept. I live in unity with the male and female expressions of my being. I have learned to Unconditionally Love, Unconditionally Accept, and Unconditionally Forgive all life and the portions of that life that I identify as myself. I have a sense of personal identity within the unity of All That Is. My thoughts and feelings are instantly manifested, and my body of Light lives forever in the NOW.



UNDERSTANDING DIMENSIONAL CONSCIOUSNESS

All five dimensions exist within, are a portion of, and emanate from, our third dimensional body. We are a vessel that we fill with our own multidimensional universe.

As we become aware of the five dimensions of ourselves, we can become conscious of their relationship to each other. Then we can begin to understand how the many dimensions of ourselves integrate within our conscious, unconscious and superconscious awareness.

(see below charts)

Many ancient prophecies, current books, and other web sites speak of a great shift that our planet, in fact our entire galaxy, is about to undergo. These prophecies say that the third dimension is collapsing into the fourth and fifth dimension. As a metaphor, think of a travel cup with the smallest bottom section of the cup being the third dimension, the middle section of the cup being the fourth dimension, and the largest top section of the cup being the fifth dimension.

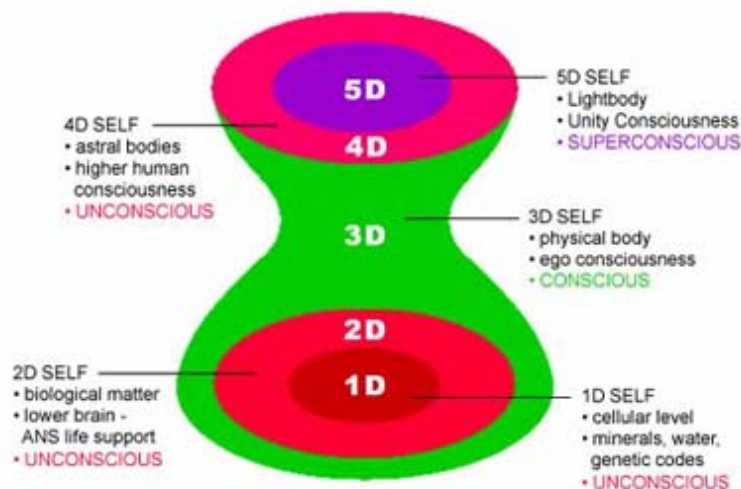
If you were to partially collapse the cup, the bottom section (third dimension) would be surrounded by the middle (fourth dimension) with the top section (fifth dimension) just above it. However, if you were to completely collapse the cup you would see the bottom section (third dimension) surrounded first

by the middle (fourth dimension) and then by the top section (fifth dimension).

If these prophecies are correct, if we are collapsing into the higher dimensions of ourselves, how can we be conscious of this process? How can we help both our selves and others? Perhaps if we can each take personal responsibility for raising our own consciousness we can assist in raising the consciousness of our group, nation, planet, and galaxy. Could one person have that much power? Perhaps, as we raise our individual consciousness, we will realize that we are not "just one person".

Regardless of whether or not we are moving into the next dimension, our third dimensional Earth is suffering from our disregard for Her body. We are running out of unpolluted "space" and running out of "time" to repair the damage we have done. If we don't raise our consciousness, if we remain "unconscious" of our physical destructive behavior and "unconscious" of how we create our world with our thoughts and feelings, we may not have a "Schoolroom Earth" for our higher dimensional selves to enter.

We must awaken NOW. We must remember our true multidimensional nature so that our UNCONSCIOUS, CONSCIOUS, and SUPERCONSCIOUS selves can merge into the Multidimensional Consciousness that is our innate heritage and true foundation. We are a vessel of light, and our LIGHT is multidimensional!



DIMENSIONAL CONSCIOUSNESS

QUALITY	FIRST DIM.	SECOND DIM.	THIRD DIM.	FOURTH DIM.	FIFTH DIM
AWARENESS	point	point and line	point, line, length, breadth, height, & volume	point, line, length, breadth, height, volume, & time	point, line, breadth, length, volume, time & spirit
PRIMARY CONSCIOUSNESS	mineral kingdom	plants, biological creatures w/o self-awareness	higher animals & humans	higher human astral body	androgynous Lightbody
SELF-AWARENESS	none	none	individual awareness & ego	awareness of self & all 3D lives	awareness of self, all 5D lives, all 4D lives, & all 3D lives
HUMAN'S 5 PHYSICAL SENSES	conscious to external senses unconscious to internal senses	conscious to external unconscious to internal	conscious only to CNS--5 senses indicate reality	unconscious to this plane until awakened doorway is body & dreams	unconscious to this plane unless awakened
PORTIONS OF PHYSICAL BODY	mineral, water, genetic coding	lower brain autonomic NS life support + all the above	entire humanoid form + all the above	etheric & astral form + all the above	light matrix & meridians of physical form + all the above
TIME	no awareness of	instincts & body clock	time/space past, present & future	time/space is mutable & different from 3D	no time or space only Nowness Hereness & Beingness
LAWS AND PRINCIPLES	no awareness of	survival of species	polarization of light and dark cause/effect time/space & work	still polarization of light & dark still cause/effect & time/space	no polarization unconditional love, forgiveness, & acceptance
TRAVEL	no travel except within physical body	instinctual only	use will to take time to travel across space	desire location & and fly or morph reality to get there	desired location & experience instantly manifest or floating/flying experience
CREATIVITY AND SEXUALITY	slow metamorphosis into form	procreation for survival of species nest building & some tool making	procreation to love making thoughts & feelings slowly create reality	sex for magic and lovemaking reality quickly created by thoughts, feelings, & magic	sex is merging with Twin Flame reality instantly created by thoughts & feelings
SERVICE	foundation for physical planet and body	life, beauty food chain	guide to lower beings & balance Earth's resonance	guide to 3D self assist newly dead balance 3D self's resonance	Higher Self to 4D & 3D selves balance resonance of higher worlds
SUB-PLANES WITHIN THE DIMENSION	mineral atoms to crystals	single cells To mammals	higher animal to dependable self-realized human	lower astral to causal plane	5 D threshold to threshold to Soul

THEE STAGES OF CONSCIOUSNESS

HUMANS ARE USUALLY CONSCIOUS OF:	HUMANS ARE USUALLY UNCONSCIOUS OF:	HUMAN SUPERCOSCIOUS IS AWARE OF:
1) external inhabitants of first dimension i.e.: rocks and crystals	1) internal components of first dimension i.e.: water, minerals, genetic coding of body	1) all inhabitants of 3D—5D simultaneously
2) external inhabitants of second dimension i.e.: plants and insects	2) external components of second dimension i.e.: life support of autonomic nervous system	2) all inhabitants of 3D—5D simultaneously
3) animals in external world	3) animal component of 3D self	3) all inhabitants of 3D—5D simultaneously
4) intellect and reason	4) instincts and intuition	4) the "knowing"
5) ego/outer self	5) inner self	5) Higher Self
6) willful thoughts and reactive emotions	6) self-talk and repressed emotions	6) every thought & feeling because it is instantly manifest
7) pertinent information relayed to brain by central nervous system i.e.: conscious, willful movement, & information that you do not desire to touch, taste, see, hear, or smell	7) nervous system stimuli that is not consciously attended to i.e.: reflexive movement, & information from autonomic nervous system	7) all information relayed to all members of 5D Unity Consciousness
8) reality that is observed with 5 senses	8) realities that are not observable with 5 senses	8) collective reality chosen to be experienced
9) memories of conscious experience i.e.: experiences attended to when they happened	9) memories of unconscious experiences i.e.: experiences not attended to when they happened	9) all memories of all experiences of 1D to 5D simultaneously
10) memory of past experiences i.e.: pleasant memories	10) memories of past experiences i.e.: repressed, unpleasant memories	10) memories of all past, present, & future experiences of 3D & 4D
11) some emotional needs of present self	11) many emotional needs of past & present self & inner child	11) emotional needs instantly manifest into reality
12) locations which were consciously attended to while traveling there	12) locations that were NOT consciously attended to while traveling there	12) each location that is thought of is instantly experienced
13) cause and effect of conscious actions	13) cause and effect of unconscious actions	13) cause & effect are merged into instant experience

14) physical need for sex	14) emotional need for sex	14) sex is a need to merge into Oneness
15) intentional effect upon lover	15) unintentional effect upon lover	15) all love is intentional & unconditional
16) goals achieved by “work”	16) goals achieved by intention & desire	16) goals are Divine Will
17) present, ego based desire for goal	17) past, emotionally based desire for goal	17) NO ego based desires, emotions instantly manifested
18) “hard work” creates reality	18) thoughts & feelings create reality	18) reality chosen by thoughts & feelings
19) some sensations of physical body	19) unconscious physical body sensations, etheric double, astral body, higher human	19) sensations of all 3D—5D “bodies”
20) some dreams & their meaning	20) most dream & their meanings	20) dreams are 4D way of communicating
21) purposeful intention	21) imagination, instincts, latent creativity	21) Divine Purpose
22) information from 5 physical senses	22) information from higher, inner senses i.e.: ESP, psychic ability	22) information of all 3D, 4D & 5D lives
23) communication via hearing & some visual input	23) communication by telepathy, empathy, intuition & visual cues of language	23) communication via merging into experience of Oneness
24) present life	24) past lives, past deaths, past and present birth	24) all 3D, 4D past, present & future lives
25) physical guides & mentors	25) spiritual guides & mentors	25) guides & mentors within and above fifth dimension
26) physical body	26) etheric & astral body	26) Lightbody & Soul body
27) present physical time	27) time/space paradigm	27) Nowness
28) individual consciousness	28) collective consciousness	28) Unity Consciousness
29) separate individuals	29) Communication with All That IS	29) Oneness with All That Is
30) limitations of everyday life	30) freedom from physical limitation	30) freedom from all limitations
31) concept of God	31) Reality of God/Goddess/All That Is	31) merging with God/Goddess/All That Is
32) physical mate in 3D world	32) Divine Complement in 5D world	32) merging with Divine Complement

33) outer identity of human mate	33) true identity of human mate	33) awareness of 5D self of all human mates
34) conditional love, conditional forgiveness, conditional acceptance i.e.: I will love you if you...	34) true love, true forgiveness, true acceptance i.e.: I love you truly	34) Unconditional Love, Unconditional Forgiveness, Unconditional Acceptance for others & for self
35) awareness of this 3D life	35) awareness of ALL 3D LIVES, & present 4D life	35) awareness of all 3D, 4D, & 5D lives
36) awareness of human self	36) awareness of Spirit present	36) awareness of Soul

NEXT IN THIS SERIES
Booklet or Download

THE JOURNEY BEGINS
Introduction to Multidimensions.com
25 Pages

at
www.multidimensions.com

