

THE JOURNEY CONTINUES
THE ARCTURIAN CORRIDOR
PART II

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Dear Crystalline Beings,

If you have not read Part I of the Arcturian Corridor, which is in the Fulfillment Process, we encourage you to do so, as steps on through 13 lead up to the steps within this section.



In this dawning of the Aquarian Age, many are awakening their Planetary Consciousness and welcoming the adventures of life on fifth dimensional Earth. In fact, there is a magnificent gathering of Lightworkers into groups all over our planet. Perhaps you can take a moment in your busy schedule to visualize these groups as circles of light that emanate forward into the remaining darkness.

See how each light becomes bigger and brighter,
as the surrounding darkness fades into a pale gray.
Observe, how the gray becomes silver,
as it integrates into the Multidimensional Light of the many
groups.
Feel how the Light and the Silver dance into unity,
as they weave into each other.

And then, there is NO darkness.

Because we have found our Light within,
we no longer need to project our darkness out into our reality to
be healed.

NOW, we project our Light out into our reality to heal others and our
planet.

Thank you, thank you, thank you,
at last, we are AWAKE.



MESSAGE FROM THE ARCTURIANS

Dear Ones,

We also wish to express our gratitude to all of you for shining your great Light in our direction. If you could see your SELF from our perspective, you would instantly burst into Lightbody.

We NOW send all of you our Unconditional Love.

FEEL this love as it touches your Soul.

SEE this love in your mirror.

HEAR this love in your laughter.

TASTE this love when you kiss a loved one.

SMELL this love when you awaken and as you fall asleep.

KNOW that this love is you, for YOU are Unconditional LOVE!

Our Love and Light envelops you, just as your Love and Light envelopes Gaia.

*Together, we give birth to a New Earth.
The Arcturians*

The Arcturian Corridor
Step 14
THE SUMMER OF 2009



Welcome back to our Corridor. We wish to begin by telling you that the summer of 2009 has been very special, for there have been numerous waves of downloadable energy traveling towards Earth. Due to the conditions of your Sun, the magnetosphere of Gaia has been provided with myriad bursts of torsion waves. First, your Sun received the energy from the Galactic Center then passed it on to Earth and the other planets in your Solar System. **

These torsion waves, filled with divine intelligence, unconditional

love and divine creativity, have been available for download for those who have prepared their earth vessels to accept the higher frequencies of light. Those who have not prepared their physical forms by integrating their Multidimensional SELF into their bodies may not have been able to fully accept the energies, but there has still been unlimited potential for the expansion of their consciousness.

**For crop circle messages please click

<http://www.cropcircleconnector.com/2009/waylandsmithy/comments.html>)

Even those of you who were prepared for this moment likely experienced, and still are experiencing, some symptoms of transformation. These symptoms are primarily in your thoughts and your perception of reality. If you continue to surrender to these waves, meditate and ground your earth vessel, there will be fewer symptoms and you will increasingly experience moments of illumination.

The Solar Eclipse in July greatly amplified your feminine power allowing you to accept an augmented in-flow of higher light. Furthermore, the combined energies of *Chiron*, the wounded warrior, *Jupiter*, the great amplifier, and *Neptune*, the bringer of illusion or illumination, have been healing the wounds of your Spiritual Warrior to

amplify your masculine power of out-flow. This increased power gives you more courage to be your true SELF in daily life.

It is through receiving and grounding these higher energies that you will find your true enlightenment, as well as assist Gaia in her return to SELF. Because the energies have been so strong, even those of you who were prepared, likely experienced symptoms such as Third Eye headaches, a tingly feeling in your crown and dizziness without nausea. You may still be experiencing these symptoms or they may return whenever you integrate higher frequency light.

TRANSFORMATION

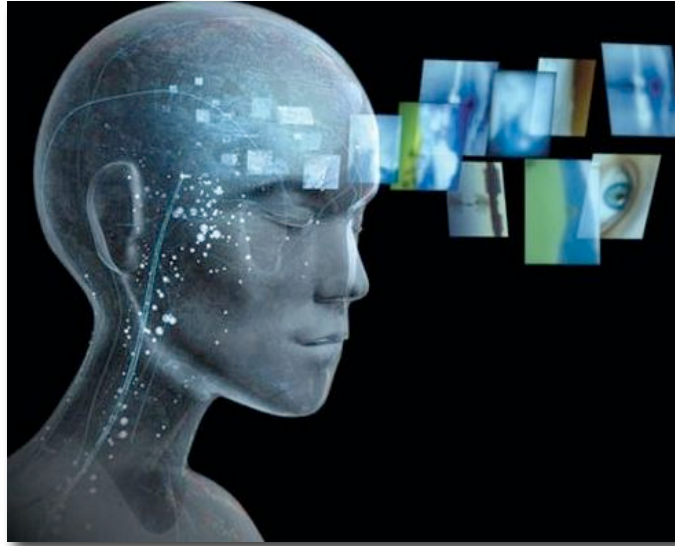
You have been in deep cover for most of your incarnations since the fall of Atlantis. However, NOW you have the opportunity to transform your life by awakening to and being your Multidimensional SELF in your daily life. In this manner, you will ground your multidimensional energies into Gaia, as well as serve as a role model for others. All you need DO is to BE faithful in your Knowing.

ALL that you desire shall come to pass. It is time to live within the Core of your SELF without the distractions and entanglements of a complex reality. There is much we have to share with you, and we need you to remain calm in order to receive it. The less you need from the outside reality, the more inner freedom you will have. Therefore, do not become attached to any person, place, situation or thing. Your Home, whatever place on the great body of Gaia that you have perceived as "your home," shall rise with you, for you have transmuted it by grounding your ever increasing multidimensional downloads.

The transformation of your shell, earth vessel, will activate the further awakening of your Core. Therefore, detach from all that creates stress or fear and hold your heart to that which fills your consciousness with love. Love is the Center Path and will guide you to your true vibration.

Once you have completed your return to SELF, you can easily replicate all that you have loved in your third dimensional realities. In fact, through these replications, you will share with the ONE all that you have learned in your great journey of Light into Matter.

YOUR CHANGING BRAIN



As you move through your process of living your higher expression of SELF there will be many symptoms of transformation, especially in your Third Eye and your brain capacitance. You are now being re-programmed so that you can have conscious access to a larger percentage of your brain. Furthermore, your corpus callosum, between the right and left hemisphere of your brain, will increase its function.

At the fall of Atlantis, your brains became separated into two lobes. The Right Hemisphere, left side of the body, is the feminine, creative, composite and unconscious mechanism of the body. On the other hand, the left hemisphere, right side of the body, is the masculine, logical, detailed, and conscious mechanism of the body. As Earth slipped into a lower, more polarized resonance, the brain also became more polarized creating a greater disconnection between the masculine and feminine hemispheres. The corpus callosum, a neural network connecting the two hemispheres, has allows a minimal communication between the left-brain reasoning and right-brain intuition.

Now that the resonance of your reality is rising, the corpus callosum is being reprogrammed so that it functions as a bridge. This bridge connects the polarities of the brain in such a manner that you will actually create a new brain based on whole brain thinking. Whereas the old brain functioned from the separation principle of "either-or," the new brain will function from the unity principle of "both-always."

In fact, not only are the masculine and feminine hemispheres now unifying, they are both being amplified as the neurons run back and forth across the corpus callosum at the speed of thought. Male/female, thoughts/emotions, logical/mystical, individual/holistic now function from the center point—the fulcrum point. From this point of perception all polarities become the edges of a spectrum. For example, male and female become the extremes of androgyny. Thoughts and emotions become boundaries of consciousness and logical and mystical become edges of perception.

THE FLOW

Without the effort of having to compare and contrast “separate” polarities, it is quite simple to find the location of the FLOW. The FLOW is the place of the least resistance, the resonance where the photons and electrons can most easily travel the path cut by the torsion waves. These torsion waves arise from the Black Hole in the Galactic Center and travel out into our Galaxy in cycles that enlarge exponentially.

Much like a great river begins as a small stream, the Flow of the torsion waves begins as a particle at the Source and finds its way through the Black Hole and into this Galaxy, where it cycles into your reality in exponentially increasing cycles. Then, a particle of these cycles enters your crown chakra, feminine/inflow, and integrates into your personal/planetary body with the magnetic field of your gratitude. This Flow again expands exponentially as you ground it into the planet, then bring it back into your heart.

Then, using the power of your male/outflow energy, you can project this grounded blend of personal/planetary energies of transformational light out from your heart in ever expanding cycles into your physical environment. In this manner, you serve as a step-down transformer, and as Keepers of the Land, Humanity, in conjunction with the Keepers of the Water, Cetaceans.

The Cetacean Keepers also collect the Flow of torsion waves in their crown chakra, integrate it into their personal and planetary bodies with their gratitude, and then project it out again with their masculine/outflow. The feminine/inflow energy collects the Flow, then uses the energy of the masculine/outflow to project the waves into the three dimensional matrix to assist in the process of transmutation of matter back into its higher expression of SELF/Light.

THE TREE OF LIFE

The bud that holds the seed of life dies when the flower blooms. The flower that holds the seed dies when the seed becomes the fruit. However, the tree remains constant, yet, its fruit falls to the ground and then dies—leaving only the seed within the fruit. The seed goes into the earth to become a new tree

“Death” is just another word for transmutation. Hence, the physical, earth vessel that you have worn is to be replaced with a crystalline, space vessel. Your tree of life represents your consciousness, which is forever replicating itself in different planets, times, spaces, realities, Solar Systems, Galaxies and dimensions. The tree never dies, as it has created so many versions of its SELF that at least one version is in form, somewhere or some time in some format of manifestation. However the “tree” may decide that it wants to return to the overview (higher dimensions) so that it can observe its creations from the perspective of the ONE. With this return, all that has been learned in the lower worlds is shared and integrated into the greater SELF.

RETURN TO SELF

You are one of the many creations of your SELF who is preparing to leave duality and exist in the realm of Unity. To do so, the Mystical Marriage of your male and female essence must be sealed in Light so that your child of love—Lightbody—can begin to expand beyond its cocoon of the physical earth vessel. This merging of genders begins with the merging into ONE of your female/in-flow, pineal gland and your male/out-flow, pituitary gland. This unification initiates your return to the whole brain thinking in which the two hemispheres of your brain act as one unit.

Your “junk DNA” is an on/off system of ones and zeros like a computer, which has the potential to initiate the growth of the “seed” of your multidimensional Lightbody/Merkaba SELF. As the torsion waves enter your crown chakra, which can easily occur if your vessel has already opened that portal, the junk DNA begins to turn ON. Your earth vessel is the third dimensional grounded version of your SELF. Your Lightbody is the “form” of your SELF in the fifth dimension and beyond, and your Merkaba is the space vessel for the inter- and multi-dimensionally traveling, Multidimensional SELF.

Just as your physical form resonates to the frequency of the third dimension, your etheric form resonates to the fourth dimension and

your Lightbody resonates to the fifth dimension and beyond. Your Lightbody is often perceived as your "body," whereas your Merkaba is often thought of as your inter-dimensional chariot. However, they are actually differing aspects of your Multidimensional SELF.

Your Lightbody can interface with your earth vessel via consciousness while you still reside in a physical form. However, your earth vessel cannot resonate to the fourth and fifth dimensions, and your Lightbody does not resonate to the third and fourth dimensions, except within your consciousness.

A being (human or non-human) can prepare itself for the acceptance, grounding and integration of this multidimensional energy of the torsion waves by integrating its Multidimensional SELF into its earth vessel. With this integration of SELF, the crown chakra can slowly, steadily accept, ground and integrate the torsion waves into the third dimensional reality and project them into the third/fourth dimensions. As we have stated, the Keepers of the Land and the Keepers of the Water are joining forces to begin the transmutation and ascension of Gaia into the fourth and fifth dimensions by accepting, grounding and projecting this higher dimensional energy into everyday, physical reality.

IN YOUR DREAMS

In your dreams is another reality, one that is exactly the same as the one you live in your daily life. However, this reality is of a higher frequency, which makes it more mutable, more easily changed and improved. It is within this reality that your ascension shall begin, for this is the reality of the Truth. You have lived your entire life in a reality of lies, lies about what is real and about who you are. You have believed these lies because you had not yet attuned your consciousness to your inner voice. In the other reality, the one in your dreams, change is much easier, for all you need do is believe that you can BE, DO and Accept your every desire. Then you can set your intention to create that which you believe is the reality that you wish to create.

Beliefs are the template upon which you organize the particles to form your holographic picture of "life on Earth." In your daily life, many of your beliefs have been taught to you, or even inherited. However, in your dreams your beliefs come only from your SELF—not your ego self, but your Soul/SELF. This reality is just like your physical life, but it is of a higher dimension. It is the Template for the life that you will

project onto the holographic matrix of the third dimension so that your Multidimensional SELF can enter into the “3D Game of Separation and Limitation.”

Whole brain thinking allows instant acceptance, integration and understanding of all information. Through your whole brain thinking you will be able to view the holographic image of your earth vessel, which has been created in the sixth dimension and projected from the fifth dimension. Your original divine blueprint lies within the sixth dimensional expression of your Multidimensional SELF. Through conscious connections with your sixth dimensional matrix, you can swiftly make adjustments to your Divine Blueprint, which holds the answers to all your questions. YOU are the answers to your questions, and YOU have created the 3D Game from which you are now commencing.

It is with this sixth dimensional template that you will create the change that you are becoming. While you are becoming change, you are changing. Change, the concept that you have too often feared in your daily life, will be the hallmark for the life that you are creating. Hence, make friends with change, embrace it, love it and have faith—in your SELF—that through the darkness is the LIGHT. Within the Light, is the unity and unconditional love that will CHANGE your entire perception of “life on planet Earth.”

We, the Arcturians, are ready to expand our Corridor into the sixth dimension so that you can make the appropriate adjustments to your Divine Matrix. However, first we wish to tell you of another important event on your planet.



Releasing the Illusion of TIME

We wish to share with you that third dimensional TIME has come to an end and exists only in the belief systems of humanity. Belief systems are not easily changed, especially the third dimension belief in the illusion of *time*. Fortunately, as your consciousness continues to expand far beyond your physical reality, you will increasingly release the structure

and safety of your old beliefs to embrace the freedom and power of *knowing* the TRUTH.

You, dear grounded ones, exist only in the NOW. How is that possible you may ask? It is possible because your consciousness, as well as Gaia's consciousness, has returned to the resonance of the fifth dimension. Do you remember in the 1980's when the Harmonic Convergence grounded the beginning of the release of the illusion of *time*? It was stated that this release had begun because the entire world could have the same experience at the same time. This process has amplified since then with the use of computers, Internet and cell phones. When many humans are focusing on one thing at the same time, everywhere on the planet, they are serving to release the illusion of *time*.

Since the beginning of the new millennium, there have been many occurrences that have united world consciousness to simultaneously focus on one event, unifying Gaia in the NOW. A few of these occurrences have been 9/11, Olympics in China, the myriad wars and uprisings, the 2008 USA Presidential election and the world financial deterioration. The July eclipse also caught the world's interest with people setting their clocks to experience the eclipse in "real time." But, what is real time? The answer is simple. There is only one real time—NOW!

THE CREATIVE NOW

All of your creativity occurs in the NOW. Many of you still hold the experience of the NOW in a third dimensional, sequential fashion, so that it appears to stretch out behind you in the past. Then, the belief in the concept of the past leads your mind to believe that there is also a future in which some unknown event will occur. When the Mayan's spoke of the "end of time," they meant the end of the illusion of *time*.

As the collective and planetary consciousness of Gaia's humans returns to the NOW, in which Her plants, animals and mineral kingdom already live, more and more humans feel an inner directive to awaken to their true SELF—NOW! Actually, many humans have consciously or unconsciously completed their process of integrating their Multidimensional SELF, and they are striving to BE their SELF in their daily lives. Those in the Corridor have read our words at many different "times," but they were sent within the NOW. Therefore, reading our communications aligns your consciousness with the NOW in which we exist.

The end of time means to “live in the NOW.” Furthermore, the release of the illusion of *time* triggers the release in the illusion of space. As your consciousness is re-set from sequential time to NOW, your proprioception (understanding of your form in space) is re-set to HERE. Of course, as long as you wear a third dimensional earth vessel, it will carry you through the many time-sensitive responsibilities that you may need to travel across space to complete. What will initially change with the release of the illusion of *time* is that you will be free of all attachment to dramas of your *past* and worries of your *future*.

Even more important, when you remain in the NOW you can truly live each moment HERE. No longer will you need to worry that you must go *there* by a certain time. Instead, your sense of NOW will allow you to find yourself HERE in perfect synchronicity with the NOW. Since our messages that enter your pineal gland in ONE flash of the NOW, we appreciate that human language, which is based on sequential words that take time to pronounce, is not a good transmitter for our communications. We also realize that it is a great challenge to live with the knowing that your consciousness is free of time, space and limitation while your earth vessel is still bound by time, space and limitation.

It is your ability to unconditionally love your vessel like a mother loves a toddler that constantly lags behind her or wants to wander off in a different direction. Indeed, it is your consciousness increasingly wandering off to different frequencies and dimensions that is causing your earth vessel problems. Because of the discrepancy between your explorative consciousness and your physical body, you may feel spaced-out, disoriented, cloudy-headed, fatigued, anxious or depressed. Therefore, YOU, your consciousness, will need to pick up your toddler, earth vessel, and carry it into the NOW of the ONE.

DAILY LIFE

But how does that work in daily life? The answer is that in daily life YOU, your consciousness, will need to constantly remind YOU, earth vessel, that you are transmuting into a higher frequency of being. Reassure your grounded form that it must stay HERE in the NOW, with Gaia, to ground all the magnificent information and experiences that YOU, consciousness, are experiencing in the ONE while your earth vessel is going to work, changing the baby, driving a truck, teaching a class, going to school, etc. Before Gaia and all Her inhabitants return to the fifth dimensional ONE, many of Her humans may need to go

through the phase in which they *appear* to be two—consciousness and earth vessel.

Because it is necessary that your consciousness serve as your Scout into the higher frequency in order to prepare the way for your ultimate return, this seeming polarity of consciousness and form will be one of the last polarities to collapse into the unity. This is true because there are many times that your earth vessel needs to totally focus on your third dimensional reality, which has actually already become fourth dimensional.

In fact, it is Gaia's gradual return to a fourth dimensional resonance that has created many of the planetary changes that have been perceived as disasters. With Gaia's transmutation into Her fourth dimensional expression, many third dimensional concepts, possessions and ideas have had to be released. This process of release will increase exponentially as Gaia, and her inhabitants expand into the resonance of the fifth dimension. When you keep your consciousness above the frequency of fear, you will realize that whatever you release is replaced by its higher frequency expression.

By joining us in the Corridor you have had a chance to practice inter-dimensional traveling via your consciousness. NOW, you are called upon to consciously and constantly integrate these experiences and any other multidimensional adventures into your earth vessel. In this manner, your Scout, consciousness, can return to your earth vessel, to assist you in BEING your Multidimensional SELF in your daily life.

With the intermingling of your multidimensional consciousness with your earth vessel, you will slowly progress through the process of BEING third dimensional to BEING fourth dimensional and into BEING fifth dimensional. As you continue to release third, then fourth, dimensional beliefs and illusions, it becomes increasingly easy for you to FLOW into and embrace the TRUTH of your multidimensional reality.

UNITING YOUR CONSCIOUSNESS AND EARTH VESSEL

Take a moment HERE and NOW to unite the YOU, consciousness, with the YOU, earth vessel, to prepare your Merkaba for an inter-dimensional journey into the sixth dimension. Once there, we, the Arcturians, will assist you in making the appropriate alterations in your Divine Blueprint so that your transmutation into Lightbody can be as easy as greeting a new dawn.

Place your intention on our forehead, brow chakra, pituitary gland, and feel a sense of pressure as though something is flowing into your mind. This “something” is your multidimensionally traveling consciousness. At the same time, focus on the tingling sensation at your crown that seems to travel all the way down your spine and into your root. These energies are assisting you to open, or further open, your Third Eye. Be sure to ground the energy, which is creating these sensations.

When you use your out-flow to ground this energy deep in the Heart of Gaia, use your in-flow to accept that integration of personal and planetary energy back into your form. As the energy flows back up your spine, feel it ignite the Three Fold Flame in the ATMA of your heart. Then experience a rush of euphoria as you welcome the energy flow back into the third ventricle of your brain where the secretions of your pineal and pituitary glands intermingle.

Relax into these sensations and hear or feel a clicking in our Atma as you allow your opened Third Eye to perceive your Merkaba, which we have previously activated. (Sixth Step, November 2008 Newsletter)



YOUR SIXTH DIMENSIONAL MERKABA

You are NOW activating your sixth dimensional Merkaba. Actually, the keys to this activation have always been hidden within your Junk DNA. This Merkaba is far more complex than the one you have already activated, as it is a vast network of many Merkaba, combined into one. Relax now, as you imagine the geometric patterns of your own

crystalline Merkaba. This is YOUR Merkaba, so allow your SELF to design it for you.

See the network that contains the many octaves of realities that peek through each multidimensional "window" of your Merkaba. Listen to the subtle tones as each network in your Merkaba is activated. These tones are unfamiliar to your third dimensional hearing and can only be received by your Soul/SELF.

With your opened heart see the myriad colors that glisten in your Merkaba networks and window for they are unrecognizable to your eyes. Close you eyes to better see these colors and ignore all external sounds. Imagine yourself within the center of this Merkaba and look out of it through the many patterns of the myriad multidimensional windows. See the waves of glistening light energy as they surround your Merkaba, directing you toward the sixth dimension.

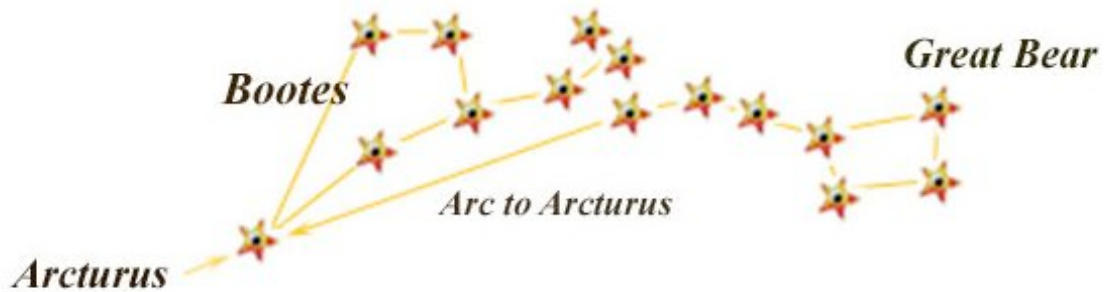
As this light enters your Merkaba, feel how it integrates into your brain, reprogramming it to activate your expanded perceptions and further opening your Third Eye. Your Third Eye is the *Bridge, control center*, of your Merkaba and your High heart is your *Living Quarters*. Feel the Light traveling down from your Third Eye and into your High Heart. See how the energy of your Third Eye cycles down into your Heart Chakra in the pattern of an infinity sign. As the light enters your High Heart, you feel yet another expansion of your Merkaba.

Imagine that you are lying back on a soft bed or gently floating on a still pond. Send lines of energies out from your Third Eye and your High Heart to meet in an arch. At the peak of this arch is a portal. See another line of energy connecting your Throat Chakra, hearing/voice, with this portal at the peak of the arch.

Focus the Intention of your thoughts, Third Eye, and the Intentions of your emotions, High Heart, to meet in your throat chakra. Take long breaths, accompanied by sound, to incorporate the power of sound and light with the power of your intentions.

Use your *inhale* to gather thought, emotions, light and sound into your intention. With your *exhale* direct your intention to the portal at the peak of your arch. As you exhale, hear the tones and see the light. You will steer your Merkaba with this form of toning. Take a moment to practice this.

Where does this journey lead you?
You will only find the answer by living in the NOW.



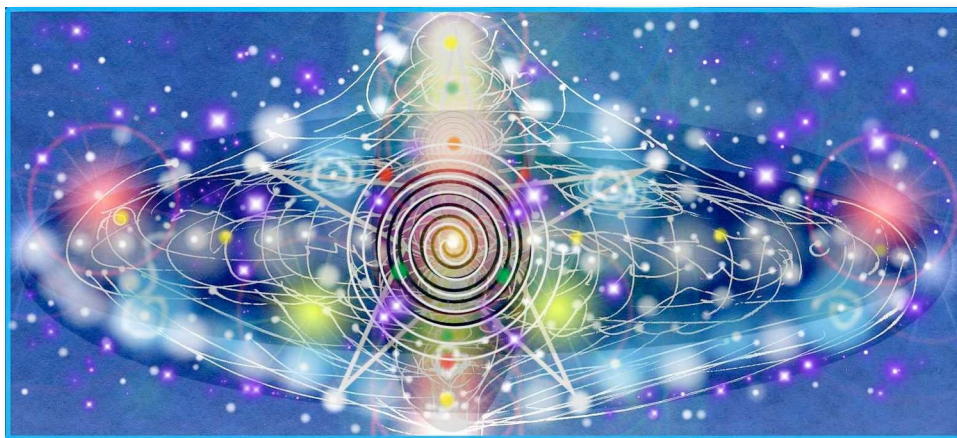
We are HERE with you NOW,
Just follow the Great Bear (The Big Dipper)

The Arcturians
Return to us for our journey into the sixth dimension.

ARCTURIAN CORRIDOR

Step 15

DOWNLOADING LIGHT LANGUAGE



(picture by Jan Custer)

Welcome back to our Corridor,

We Arcturians are joyous to be able to consciously communicate with more and more of our grounded ones. However, in order to discuss dimensions of the fifth and beyond, we will need to augment our means of communication. We have spoken of the difficulties of communicating about a multidimensional reality with a third dimensional language system. Hence, before we continue with our journey through the Corridor, we ask you to hold your sixth dimensional Merkaba in your High Heart, while we assist you in downloading multidimensional, Light Language.

Light Language is a component of the multidimensional light that flows from the ONE and is the form of communication for all Multidimensional Beings. Multidimensional light is alive and carries unconditional love, divine creativity and infinite knowing. Light Language is available to anyone who has regained multidimensional consciousness and remembered his or her true, Multidimensional SELF. Nevertheless, Light Language resonates beyond time and space and comes into your awareness in ONE moment of the NOW. You can't reach out for it, as Light Language is like a flower that will come into full bloom only as it is ready.

Multidimensional Beings no longer use words that are separated from each other and strung out sequentially into sentences. We live in the HERE and NOW of the ONE. Hence, our communication is infinitely within our consciousness in the ever-present form of multidimensional light. When we communicate we merely share our Light. You may not understand our message, or even know that we have sent it, but you will instantly feel a KNOWING.

Your downloaded Light Language will assist you in translating our communications into your earth language so that you can share them with others. Once you downloaded Light Language, you automatically attune your consciousness to a frequency of our information. Then after you have calibrated your consciousness to that frequency and opened your heart to us, there is an instantaneous exchange of information. This information enters your consciousness all at once in a burst of light.

UNDERSTANDING LIGHT LANGUAGE

In order, to understand our communication with your third dimensional brain, you have to pull the light/information through your 3D Filter, so that it can arrange itself into words and sentences. We say “arrange itself,” as Light Language is a sharing of our true essence, a merging of our SELF with your SELF. Hence, Light Language carries a portion of our SELF and is a living intelligence. Therefore, even if you can’t translate our message into your language system, you still receive the great benefit of an inner knowing.

Because Light Language is the language of your Multidimensional SELF, downloading this language and integrating it into you’re your earth vessel greatly expands your consciousness and frees you from the confines of linear, logical thinking. As your consciousness expands into multidimensional thinking, you can receive and understand messages from higher and higher frequencies of light, as well as messages from the quantum realities and “dark matter.” It is the Light of these multidimensional messages that “turns on” your “junk DNA” and begins the process of returning to SELF, even while you are still living within a physical form.

Since Light Language is multidimensional, you will perceive it in layers upon layers of information and understanding. Just as your human brain functions in a holographic manner so does Light Language, in that one small fragment of the Light Language carries all the meanings of that entire transmission. You will perceive these different layers/frequencies of the message through your expanded consciousness by matching each message with the corresponding resonant frequency of your multidimensional consciousness. Remember, you are not raising your consciousness—you are expanding your consciousness.

SURRENDERING TO SELF

In order to fully download the multidimensional Light Language, you will need to surrender to your Multidimensional SELF. Maintaining the resonance of your SELF will facilitate the integration of the Light Language into your consciousness and the language centers of your brain. In this manner, you can consciously perceive the multidimensional messages of Light Language. You can then

translate these messages into third dimensional language so that you can better share them with others.

Remember to release all judgment regarding messages from the “lower” vs. “higher” dimensions, as it limits you to polarized thinking. In reality, all dimensions are ONE, and it is only in third and fourth dimension that the illusion of separation exists. First and second dimensional beings have no sense of separation and live in unity with all life. Hence, they already experience the Unity Consciousness that you have and will continue to experience via your fifth dimensional consciousness.

The difference is that third dimensional beings have forgotten their Unity Consciousness and first and second dimensional beings have forgotten their Personal Consciousness. On the fifth dimensional Earth that you are creating, and simultaneously accepting and entering, you will have Personal Consciousness while you also experience unity with all life.

In your other incarnations on Gaia, you have likely experienced a form of ascension in which you raised your resonance beyond that of the third dimension. In that case, your physical body “died,” and you consciously crossed over into the fifth dimension to meet your “Higher SELF.” Your ascension is to be quite different this time, for you have volunteered to be a member of the Planetary Ascension Team. Therefore, you have chosen, whether you remember it or not, to delay your personal ascension so that you could join in unity with ALL the inhabitants of Earth to ascend the entire planet into the fifth dimension.

This option was also available about 13,000 years ago, during the time of Lemuria and Atlantis, when your reality moved into a similar energy field as it now enters. However, the primary polarity, male and female, could not be merged into the ONE. Hence, Earth remained a dualistic reality, and the battle between the polarities of light and dark remained constant. Unfortunately, the dark polarity of destruction, which is vital for a polarized reality, was stronger than the light polarity of construction, which is also necessary for a polarized reality. It was during this pivotal battle between light and dark that many of you entered Earth’s evolution to assist in balancing the dark with your great light to avert Gaia’s destruction.

You are now completing the full 26,000-year cycle of the Progression of the Equinoxes and are returning to the Galactic Center. This cycle is also known as Annus Magnus or “Great Year.” The Great Year charts your journey through the twelve constellations of the zodiac, and many believe this journey to be a gestation or birth cycle. There are several other cycles that are also finishing around your year of 2012.

Another cycle that is culminating around the year 2012 is the close of the Galactic Year. It takes 225 million Earth years for the Milky Way to make one

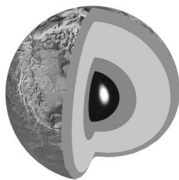
complete rotation in the sky. 225 million years ago Earth's one landmass, known as Pangaea, began its separation into the seven continents. Since then the one land mass has individuated into many landmasses. In the same manner, humanity's Unity Consciousness has individuated into Personal Consciousness.

EXPANDING YOUR SENSE OF SELF

Since you have chosen to assist in planetary ascension, it is important that you expand your sense of self to include your planet. As your consciousness expands, so does your sense of self. As you return to your SELF, your Personal Consciousness expands from dependent to independent to dependable. Once you have reached the pinnacle of human consciousness, your sense of SELF expands to embrace all of humanity and you connect to the Collective Consciousness. From Collective Consciousness, your sense of SELF expands to include the planet, and you regain your Planetary Consciousness.

Once your sense of SELF includes the planet, it is natural to perceive your SELF as a member of the Galactic Consciousness. With your full return to your Multidimensional SELF, you move beyond the confines of third/fourth dimensional time and space to embrace, and be, Cosmic Consciousness. To begin and/or strengthen this process, we will guide you by unifying your third and fourth dimensional body with Gaia's planetary and etheric body.

Gaia's planetary body represents your third dimensional form.



The lithosphere of Earth contains all of the solid land of the planet's crust (or surface), the semi-solid land underneath the crust, and the liquid land near the center of the planet. This sphere correlates to the bones and dense matter of your physical form.

Take a long, slow, deep breath to align the bones and matter of your body with Gaia's Lithosphere...

FEEL how you are ONE with land and the land is ONE with you...



The hydrosphere contains all the solid, liquid, and gaseous water of the planet and correlates to all the fluids within your physical body.

Take another long, slow, deep breath to align the fluids of your body with Gaia's hydrosphere...

Feel how you are ONE with the water and the water is ONE with you...



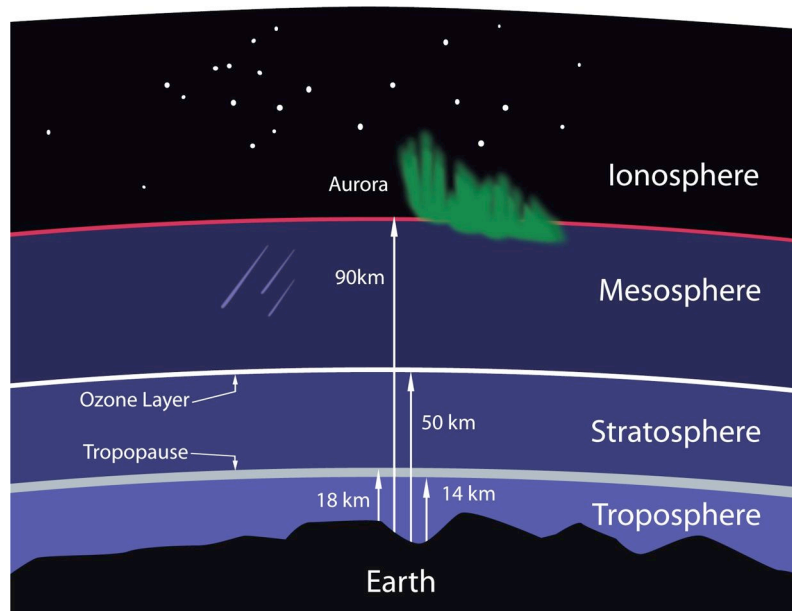
The biosphere contains all the planet's living things, including all of the microorganisms, plants, animals, and humans and correlates to the flora and fauna that reside within your body.

Take another long, slow, deep breath to align the living organisms within your body with Gaia's biosphere...

FEEL how you are ONE with all life and all life is ONE with you...

ATMOSPHERE

Gaia's atmosphere represents your etheric body.



Upper Atmosphere

The troposphere starts at the Earth's surface and extends 8 to 14.5 kilometers high. This part of the atmosphere is the densest. Almost all weather is in this region.

Take a long, slow, deep breath to align with Gaia's troposphere...
FEEL how your thoughts and emotions create the "weather" in your aura...
Breathe your aura full of unconditional love to share with Gaia's troposphere...

Middle Atmosphere

The stratosphere starts just above the troposphere and extends to 50 kilometers high. The ozone layer, which absorbs and scatters the solar ultraviolet radiation, is primarily in this layer.

Take a long, slow, deep breath to align with Gaia's stratosphere...
FEEL the protection of your Soul...
Breathe your aura full of unconditional love from your Soul/SELF and share it with Gaia...

The mesosphere starts just above the stratosphere and extends to 85 kilometers high. In this region, the chemicals of the mesosphere are in an excited state, as they absorb energy from the sun.

Take a long, slow, deep breath to align with Gaia's mesosphere...
FEEL how you absorb the energy of your Multidimensional SELF...
Breathe your aura full of the multidimensional light from your SELF and share it with Gaia...

Upper Atmosphere

The thermosphere, also known as the ionosphere, starts just above the mesosphere and extends to 600 kilometers high. The ionosphere is responsible for absorbing the most energetic photons from the sun.

Take a long, slow, deep breath to align with Gaia's thermosphere...
FEEL how you integrate the unconditional love and light of your SELF...
Breathe your aura full of this Love and Light and share it with Gaia...

The exosphere starts at the top of the thermosphere and continues until it merges with interplanetary gases, or outer space.

Take a long, slow, deep breath to align with Gaia's exosphere...
FEEL how your reality is merging with the fifth dimension...
Breathe your aura full of ALL your fifth dimensional experiences and share them with Gaia...

Once your sense of SELF includes the Earth and Her atmosphere,
Gaia will ascend with you for YOU are the Planet.



YOUR INTER-DIMENSIONAL JOURNEY

Remember dear ones, as you continue your inter-dimensional journey in consciousness, you are expanding your consciousness, not just raising it. Therefore, as you progress into the higher dimensions you also move more deeply into the lower dimensions. Before we begin the download, we wish to explain more about expansion of consciousness. While you are limited to third dimensional consciousness, you feel separated from all life that resonates above or below that frequency.

You do not raise your consciousness; you expand your consciousness. When you *expand* your consciousness into the *higher* frequency of the fourth dimension, it also expands into the *lower* frequency of the second dimension. Furthermore, you do not forfeit your awareness of the dimensions you have known in your third dimensional lives. Primarily, you will maintain your third dimensional awareness of your human self as you expand your awareness into your fourth dimensional Etheric and superconscious self and your second dimensional, animal and unconscious self.

Then, as you expand your consciousness into your new life, and Lightbody, of the fifth dimension, you maintain your awareness of the fourth dimensional realities of your ethereal self, your third dimensional human self, your second dimensional animal self and your first dimensional cellular self. As you expand your consciousness to include your Multidimensional SELF in the fifth dimension and beyond, you gain a great connection with your first dimensional cellular self, as they are both based on unity.

When you expand your consciousness to embrace the sixth dimensional matrix of all form that you choose to inhabit in the lower dimensions, you also become aware of the quantum reality where form is created by attention and intention. Hence, your sixth dimensional consciousness creates the matrix for form, and your quantum consciousness allows you to inhabit any form in any reality by

attending to the sixth dimensional light of that reality. Quantum light does not travel like third dimensional light, as it exists beyond time and space. You will perceive that light, or reality, by attending to it with your conscious intention.

The sixth dimension is the “hard drive” for the “divine blueprint” of any and all forms you inhabit in any reality. Your reality is entering a time of paradigm shift in which consciousness precedes form, rather than form preceding consciousness. Because of this, your form does not choose to be conscious. Instead, your consciousness chooses to hold a form. From the perspective of the sixth dimension, form is a holographic light-matrix projected from your Multidimensional SELF to create a vessel which your consciousness can inhabit in a chosen planet, galaxy and/or dimension.

What we are saying is that YOU are your consciousness. It is not that your consciousness is within your body; instead, your body is within your consciousness. Once you have expanded your consciousness to include the Collective Consciousness, all of humanity is within your consciousness. When you regain your Planetary Consciousness, the entire planet is within your consciousness. With Galactic Consciousness, the entire galaxy is within your consciousness, and with Cosmic Consciousness the Universe is within your consciousness. These facts have always been true, but as with all spiritual knowledge, you must experience it before you can understand it.

By expanding your consciousness, you progress from Personal Consciousness to Collective Consciousness to Planetary Consciousness to Galactic Consciousness to Cosmic Consciousness. As you begin to awaken, your third dimensional Personal Consciousness expands to include the Collective Consciousness of all humanity. Then, as your consciousness expands into the fourth and second dimensions, you can unite with the Planetary Consciousness of Gaia and ALL Her inhabitants.

When your consciousness expands into the fifth and first dimensions, both of which are based on unity, one planet becomes too small to contain your consciousness, and the entire galaxy becomes your home. It is at that point that you have regained your Galactic Consciousness. As your consciousness expands to embrace the sixth dimension and quantum realities, both of which are free of time and space, you can travel through all reality with a thought and Cosmic Consciousness becomes “normal.”

With the conscious recognition and use of your Cosmic Consciousness, human language becomes totally inadequate as a complete paradigm shift takes place in your perceptions, and only Light Language can express the concepts that swirl through your heart and mind. Downloading Light Language will assist you in the paradigm shift from the third dimensional separation and limitation to multidimensional unity with the ONE. You will connect to and download Light

Language in the same manner that you have connected to and integrated with all life—through the power of your unconditional love.

THE DOWNLOAD



At this time, you may wonder how you can connect with and download Light Language. The answer is simple. Unconditional love is the magnet of the Universe, and it draws to you whatever you love unconditionally. To assist you in expanding your consciousness and experiencing unconditional love, we offer to merge our Arcturian Consciousness with yours. Just as you have entered our Corridor, we are willing to enter your consciousness. You see, we are without form and are of total, pure consciousness. Will you allow us to merge our consciousness with yours?

“It may be too much of a shock to my system,” you may say. But, you are the creator of your life. You merge your consciousness with many people, places and things every day. However, you may be unaware of these experiences of Unity. We wish to offer you a merging with the unconditional love of our consciousness, as that is the frequency to which we resonate.

Another fact of which you may be unaware is that you, too, resonate to the frequency of unconditional love. Just as your ego/self merges with your automobile when you drive and your Spirit/Self merges with a loved one, pet or nature when you are with them, we can show you how to merge with ascended, multidimensional Beings such as we AND your SELF.

We want to share our consciousness of unconditional love with you so that you can remember the unconditional love that is the higher frequency expression of your SELF. We ask that you merge with the unconditional love of Gaia and Her planet. You, as a member of the Planetary Ascension Team, vowed to assist in planetary ascension. As you know, the members of this Team were amongst the

first holographic projections to take form on this planet. Now, you have all returned Home to Earth to assist Her in Her return to Her Multidimensional Star SELF.

Allow us now to breathe our love into your Essence. With your multidimensional perceptions, visualize our mighty corridor. In the same moment of the NOW visualize a small flower in your garden or in a pot on your table. Unconditional love does not favor the simple or the grand. It simply IS. Just as quantum light can only be perceived when you look at it, unconditional love can only be perceived when you accept it.

Now, as easily as you may bend forward to sniff that flower, breathe in the unconditional gift that we offer. As you inhale our unconditional love it fills your heart, opening it to bursting. Then, as softly as the morning Sun caresses the top of your head, allow our Multidimensional Light to enter your Crown. As you inhale the blend of Love and Light, it creates a concert of memories and experiences of the many lives, planets, dimensions and realities that have filled your multidimensional existence.

Allow these memories to fill your heart with unconditional love and your mind with infinite knowing, which dance into the unity of divine wisdom and infinite creativity. Remember, now, the eons of unconditional love that brought you to this moment.

Observe as this love flows out into All That Is to create a pathway for the entry of myriad shining symbols of Light Language. One-by-one, or all at once, these light symbols enter through the portals of your Crown and High Heart.

You do not need to understand their meaning, for they understand you. These symbols are intelligent Beings of Light who have always resonated within your consciousness, whether or not you were aware of them. Therefore, in reality, you are not actually “downloading” them, but “uploading” your consciousness into the YOU that has always been aware of them. The vision of the symbols entering you are actually an image we provide for your grounded self so that “you” can more easily believe in this process.

However, the expression of your SELF that is in the Corridor knows that YOU are the creator and everything is made up of YOUR consciousness. In order to make the paradigm shift from separation to unity, you must awaken from the dream of duality. When the dreamer dances awake from the dream of a polarized reality, the full potential of the center point is realized and the illusions of limitation and separation are transcended into the Truth of your Multidimensional SELF.

THE ACTIVATION



When you are ready, imagine a huge scroll unfolding before you and the Language of Light bursts forward, symbol-by-symbol. Each symbol holds lifetimes of information. Do not attempt to understand them. It will be enough for you to accept them into your consciousness. Surrender again to your Soul/SELF and remember that ALL is ONE. Therefore, the scroll before you is merely a projection of your consciousness.

Take a long moment to imagine that each symbol moves from the page, into your consciousness. FEEL how your Soul resonates to each Light Symbol. Breathe each symbol into our earth vessel and integrate it into your daily consciousness. However, your grounded self does not need to understand these symbols for they are the “code breakers” that will allow you to translate multidimensional messages into your third dimensional language system.

Later, when you are ready, you will see them, draw them, and hear their tone. Gradually, as you come to KNOW their meaning, you will use them for manifestation and experience. These symbols are your tickets to the multiverse. Take a deep breath to inhale every symbol and accept it into your SELF.

Actually, all the symbols have come into you in ONE flash of the NOW. The inhaling of “every symbol” is your third dimensional brain calibrating to all the symbols by separating them into “each symbol.” The concept of “each symbol” is no longer necessary from our perspective, as each and all are the same term in a resonance without separation.

Surrender now to your Multidimensional SELF and allow the rest of the process to be unconscious to your daily self, as you could easily become overloaded. Carry this sacred information within you until the time that you are called upon to use it. Remember that messages from Beings such as we will enter your awareness in a flash of light. There is no time or space in our reality, and we live in the Flow of the ONE.

When we call you, or you call us, feel the call in your Third Eye or High Heart. Then relax into the familiar “feel” of unconditional love and allow the message to

enter your earth vessel. You can then translate it into third dimensional language through the power of your creative force. Some of you will write, others will draw, and some may dance, sing, play an instrument and/or run like the wind. In all cases, your surrender to the flow of your divine creativity will translate our message into your daily language.

The COCOON

You may feel as if you are in a cocoon. Your self is the caterpillar in the cocoon and your SELF is about to burst free. Return now to your vision of being in the fifth dimensional Crystal Temple and standing before the Light Ambassadors of the Galactic Federation. Among the members, you may see Ambassadors from the Pleiades, Antares, Orion, Sirius, Andromeda and Arcturus. There are others as well. However, at this point in your earth "time," it is these Ambassadors who are in the forefront of helping Earth and Her humans to ascend back into the fifth dimension

"Feel" how all of us send our radiant love-force to you. Experience our unconditional love as it surrounds and caresses you. We are all here NOW ready to communicate and assist you in releasing ALL your beliefs in hardship, ALL your beliefs in fear. Envision yourself encircled by our unconditional love. Allow our love to be a poultice to draw-out your beliefs in difficulty and all the fear that those beliefs create.

As you absorb our message of love, feel yourself expand. Expand yourself beyond your beliefs and beyond your fears and beyond the circle of ambassadors. Below you, see the semi-circular table and the faces of the Ambassadors. Their bodies are glowing orbs of light with the semblance of their faces projected directly into your heart.

The projection of their multidimensional essence and unconditional love ignites a memory stored deep in your heart. Allow this memory to guide you. Your heart is so light and buoyant that you are floating through the Crystal Temple. You are moving up, up, up. You see before you a long stairway that appears to lead to a tower. You allow the pull of the tower to assist you in effortlessly climbing, actually floating above the many stairs.

Dearest, you may have been feeling fatigued because you believe that your human form is too dense to fully embrace your SELF. Now, from the highest step of the stairway, at the top of the highest tower in the Crystal Temple, direct the awareness of your true Being down, down, down, into the clay form of your physical self.

Imagine this projection as a beacon from your SELF to your Earth life. The "you" standing at the top of the stairway is YOU, and the "you" seeing these words is a hologram. From your place in the tower, would you like to make any revisions to

that hologram? Everything is possible. You are the creator. Your human self may not be able to stop creating illusions, but the YOU at the top of the stairway can easily revise your hologram.

Can you feel your grounded self far below you like a long tail? Can you identify with your SELF who is standing on the top stair of the tower while you also identify with your self in the physical world? From this perspective, can you identify with you, the one who is in the cocoon?

Feel this cocoon around you, as you also feel yourself standing on the highest step of the Crystal Tower. If you can imagine that, you can create any reality you desire. Just behind you, you hear a doorway beginning to open, flooding your cocoon with sixth dimensional Light.

BEING AWAKE

Due to the download of Light Language, you may be feeling great fatigue. Also, your meeting with the Light Council may have stirred up more hidden fear and darkness from your many earthly sojourns that you are now ready to release. We will gladly accept the feeling of your hardships if you wish to release them to us. We feel not their weight, yet we feel your sense of burden. The responsibility of “being awake” holds no such burden. On the contrary, it holds only lightness. Once you are totally awakened, you will realize that you have chosen to create these difficulties to spur you forward in your process of return to SELF.

Yes, we hear your confusion. Why would you want to choose to create hardships? The answer is that you have believed they will make you grow. And, since you believed hardships make you grow, they do. Once you are totally awakened, you will no longer have that belief. On the contrary, you will realize that hardships actually hold you back. Therefore, they are unnecessary.

The memory of your challenges may be necessary so that you can encourage others out of their hardships, but you no longer need to participate in hardships. We say, “No longer need to participate,” as there will be hardships aplenty all around you. However, you will not take them in, as you will not believe in them. You will not own them as a part of your reality.

Because this is your ascension life, you all can allow your self to feel the burdens of your old hardships because you are ready to release them. Just as your backpack becomes extremely heavy at the end of a long hike because you know that soon you can put it down, the burden of your hardships has become very heavy as you are now ready to “put it down.”

Once you are the one who is observing the sleeper, you are the one who is fully awakened. As you fall off to sleep tonight, observe your self in your bed. See the hardships that float within you aura, and whisper softly in your ear, "I no longer believe in hardship."



A CLOSING MESSAGE

We leave you with a message of love and comfort. We realize that your consciousness is being stretched far beyond what feels comfortable. Your download of greater light is flushing out deeply subconscious patterns that you believed you had long since risen above. Do not be discouraged, dear ones, for the grand finale of a VERY long play must pull up all unfinished business so that it can be cleared.

There will be no future third dimensional life to carry these burdens into, and old fears within your resonance impede your venture into Light. The threshold of the sixth dimension is especially challenging for it brings you into cellular memory, as well as places you in direct contact with the YOU that you are but are not yet being.

Live now in patience for there is nothing left to learn. The caterpillar is in the cocoon, the seed is in the flower, and the new life is in the womb. Just as thoughts precede actions, and emotions, consciousness precedes thoughts. Focus on your consciousness. It is your only eternal treasure and cannot be lost or stolen.

It can, however, be forgotten or travel the waves of light as they move up and down the multidimensional spectrum. Therefore, sit back and enjoy the ride. Breathe in our gift of unconditional love, which is now eternally in your aura. You

are a brave warrior and an adventurous explorer charting a path into unknown territories.

For a third dimensional reality to ascend an entire planet is novel, indeed. The remaining fragments of your darkness have come up to be released, and the many hidden secrets that created a reality based on lies and illusion are coming to the foreground.

Remember to keep your consciousness above the storm and protect your heart with unconditional love. No longer believe in hardship! Instead, choose to LIVE in the FLOW of the NOW!

We are with you,
A*

Step 16 PART I AWAKENING TO FULL POTENTIAL



Look up into the sky to see your SELF.

Dear Ones,

We, the Arcturians, welcome you again to our Corridor. Before we venture into the sixth dimension, we wish to ground your consciousness in the fifth dimensional Earth that you are entering and, simultaneously, creating. Therefore, for this “step” of our journey, our channel will speak directly to you...

When we awaken to our full potential, we realize that WE are the Creators of our reality. Since all possible realities exist within the NOW of the ONE of the fifth dimension and beyond, we can experience any frequency of reality (dimension) simply by calibrating our consciousness to the frequency of that reality. In other words, the reality that we choose to perceive is the reality that we live.

But how do we choose to perceive a reality? The answer to that question is that:

Consciousness precedes thought,

Thought precedes expectation,

Expectation precedes perception,

And our perception IS the reality that we live.

Hence, all reality is a perception, all the time. We are multidimensional beings and have myriad realities simultaneously existing at different frequencies. These many realities are not a place, they are a frequency, and they are all existing right HERE, NOW. However, we cannot perceive them when our consciousness is locked in the limitations and separations of the time/space of the third dimension. To access these realities we must return to our innate multidimensional consciousness.

MULTIDIMENSIONAL CONSCIOUSNESS

When we decided to journey from the ONE of the fifth dimension and beyond into the polarity of the third dimension, we took a “copy” of our Multidimensional SELF and “pasted” it on every sub-plane of the fourth dimension. Hence, when we journey back through the fourth dimension and into the fifth, we revisit these aspects of our SELF. Each of these expressions of our total Being evolves in a different manner, as they exist at diverse frequencies.

Furthermore, as our grounded self regains unity with our Multidimensional SELF, our visits to our alternate expressions in the fourth dimension advance the consciousness of our grounded one, as well as all of our fourth dimensional expressions. To “visit” with our higher expressions of SELF, all we need do is to calibrate our consciousness with that resonance of our being. Then, will be able to think in that resonance, expect communion with that resonance and perceive that reality while in a state of continuous consciousness with our grounded, third dimensional expression of SELF.

In other words, our consciousness is much like an elevator. We must go into the elevator, (enter our inner reality of pure consciousness), push the button for each resonance of self, (calibrate our consciousness to that frequency), which will open the door, (allow us to expect entry into that reality), and walk through the open elevator door, (perceive that resonance), to have the experiences inherent in that resonance of our Multidimensional SELF.

Our multidimensional consciousness, which is the “elevator” to all aspects of our SELF, is free of all the restrictions of time and space. Our multidimensional consciousness is not “just” our higher consciousness. It is ALL our possible states of consciousness. Hence, we use our multidimensional consciousness to think, expect, perceive and live in our third dimensional reality, as well as dimensions of reality that are far beyond our third dimensional consciousness, thinking, expectation and perceptions. All of these realities/perceptions occur at the same time and in the same space, as they exist and are accessible within the NOW of the ONE.

While we are limited to our third and fourth dimensional consciousness, we are unable to access, or even believe in, these myriad realities. Fortunately, our multidimensional consciousness expands far beyond any concept of limitation. However, like all spiritual, limitless awareness, we have to experience it before we can understand it. These different frequencies/resonances of reality are different frequencies, dimensions and levels of consciousness.

Therefore, to our grounded self they appear to be separate. On the other hand, to the perception of our Multidimensional SELF, all these myriad realities are different expressions of our ONE SELF. Hence, they are all one reality that exists within the NOW of the ONE. We are only one of the many versions of our

Multidimensional SELF, but we forgot that fact when we lowered our consciousness into the third dimension to take a physical body. At some time in our childhood, or even at birth, we forgot our true SELF, as well as our innate state of multidimensional consciousness. Fortunately, what we have forgotten lies latent within us, waiting to be remembered.



MASTERS OF ENERGY

Since our consciousness calibrates our thinking, expectation and perception to a specific frequency/dimension of reality, we can change our reality by simply changing our state of consciousness. The challenge in daily life is to be the Master of our Energy so that we have complete control of our state of consciousness. As a Master of Energy, we consciously choose the thoughts that we allow to stay in our mind and continually attend to our emotions. In this manner, we can receive pertinent information from any fearful thoughts or emotions, thank them for their warnings and replace them with love. We can choose any form of love as a replacement for fear, whether it be of a person, pet, place or even a thing. Then we seal our aura with deep gratitude for the love we experience in our life.

If we become bogged down in fearful emotions or allow obsessive thinking to tarnish our thoughts, our consciousness will drop into survival mode. Then, we live life through the dark filter of fear, martyrdom and victimization. However, if we can reclaim our center, we can regain the mastery of our emotions and thoughts. In fact, emotions are the raw material for our consciousness, which sets our thinking, expectations, perceptions and reality. Unconditional love is the secret to raising our consciousness. It is also the tool by which we can choose to experience the fifth dimension and beyond.

Human love, which is only third and fourth dimensional, is often heavily laced

with fear, anger, sorrow and negative thinking. On the other hand, unconditional love, which resonates from Source and from our SELF, is free of all fear-based emotions or thinking. In fact, unconditional love is the creative and healing force for all dimensions and all realities.

ACCEPTING UNCONDITIONAL LOVE

When we can remember to accept the frequency of unconditional love that is constantly flowing from Source and from our Multidimensional SELF:

Our consciousness glides beyond the fear of daily 3D life,
Through the fourth dimensional planes of the Lower Astral to clear our darkness,
Through the land of Faerie to regain our magic,
Through the Emotional Plane to regain our mastery of emotions,
Through the Mental Plane to remember our mastery over our thoughts,
Through the Upper Mental Plane to reunite with our Divine Child
Through the Causal Plane to experience again how energy out is energy back,
Through the Spiritual Plane to re-connect with our Spirit Guides,
Into our I AM Presence awaiting us at the Rainbow Bridge to the fifth dimension,
Over the Rainbow Bridge that expands across through the Great Void,
And into the consciousness of our Multidimensional SELF awaiting us at the threshold to the fifth dimension.

Of course, our Multidimensional SELF is always with us, as it encompasses all of our realities. It is helpful to remember that we were born as a third dimensional expression of our total, Multidimensional SELF. Nonetheless, while we still function within our third dimensional consciousness, our thinking will expect that we need to “take the time” to “go to another place” to find our Multidimensional SELF.

On the other hand, our fifth dimensional expression of our SELF will gladly play the role of the Keeper of the Threshold into the frequency of the fifth dimension. Our multidimensional expression of SELF, that we trick our minds into believing is standing *far away* on the threshold of a *different* reality, can assist us in raising our consciousness above the storm and into the calm.

From the consciousness, thoughts and perspective of our Multidimensional SELF, we can observe the challenges of our third dimensional life without becoming entangled in fearful thoughts and emotions. With the clarity and unconditional love of our SELF, we can detach from the illusions and find the Truth within each situation. It is within this Truth that we will find our solutions and/or the patience to ride out the storm.

RETURNING TO SELF



It is through returning to the consciousness of our Multidimensional SELF, while we still hold a third dimensional form, that unconditional love can eternally live in our being. This unconditional love is the creative and healing force of all life. When we are filled with unconditional love, we can perceive our fears and injuries as mere illusions that appear to block our forward motion on our Path. With unconditional love filling our consciousness, we can easily release these illusions of separation for SELF to flow above fear, injury and limitation and into our innate consciousness of love, light, truth and wisdom.

Our innate, multidimensional consciousness naturally resonates to the fifth dimension and beyond, allowing us to connect to, accept, perceive and live in the fifth dimension and beyond. With our fifth dimensional thinking, expectations and perceptions, we can follow the Flow of the ONE to the HOME that we have externally sought. Once we expand our earth-bound consciousness into the fifth dimension and beyond, we establish a link to our innate, unconditional love.

Our grounded self can then project this unconditional love out into our physical challenges, problems, illnesses or injuries. Unconditional love is the healing force of the Universe, as well as the “glue” that holds all of creation in form. Since unconditional love is beyond time and space, once released into the third dimension, it will move throughout the third dimension eternally healing our planet and creating new forms.

As our consciousness becomes more and more accustomed to the fifth dimension, our imagination, which is fifth dimensional thought, leads us to expect to perceive the unity of all life in-between the polarities of the third dimensional reality. When we expect to see unity, we can easily find it in our daily life. We can then choose to follow the flow of unity and unconditional love to calibrate our daily consciousness to the fifth dimension. Then, bit-by-bit, we receive flashes of our fifth dimensional Earth that is right HERE, NOW—only at a higher frequency.

As we allow our consciousness to step into this Flow, our lives become more and more fifth dimensional. Gradually, with practice, we remember how to hold our consciousness to the resonance of the fifth dimension. With a fifth dimensional consciousness, we think fifth dimensionally, expect a fifth dimensional reality based on unity and unconditional love, choose to perceive that reality and live it as our daily life. The hardships, illusions and fears of our third dimensional reality then begin to fade into a distant memory, much as we look back on a difficult time that we have grown beyond but are grateful for the many lessons that it taught us.

BECOMING FIFTH DIMENSIONAL

At first, our lives will appear much as they have always seemed. However, as we detach more and more from the illusions of the third dimension, the resonance of our body begins to adapt to the resonance of our fifth dimensional consciousness and begins our transmutation into Lightbody. At this point, our expanded consciousness begins the transformation of our brain. With our outer polarities blending into the unity of the fifth dimensional ONE, our expanded consciousness activates our whole brain thinking.

Whole brain thinking allows us to simultaneously use our right and left hemispheres. With our masculine, out-flow, left brain's logical, sequential call to action, and our feminine, in-flow, right brain's creative call to reflection, our brain capacity greatly expands from the 10% capacity we normally used to greater and greater conscious mastery of our biological computer/brain.

Our whole brain thinking frees us from the limitations of duality, opens our Third Eye, brings our expanded perceptions on line and begins the activation of our "Junk DNA" (97% of our DNA not yet decoded by scientists). Our Junk DNA is the hard drive for our Lightbody that has remained latent while our consciousness was trapped in the third dimension. The daily use of our expanded perceptions continues to activate our imagination and ground us in the fifth dimensional reality, which we are entering, and, simultaneously, creating.

Through our ever-expanding perceptions, the Cosmic Truths that have long been hidden beyond the now fading veils of illusion come into our awareness. Our enlightened awareness further expands our consciousness, thinking and expectation so that we can perceive more and more of our myriad realities that

resonate to myriad frequencies/dimensions. As we fully embrace our Multidimensional SELF and integrate it into our daily life, we regain our innate, unconditional love of our self, others and the planet.

Fortunately, through the myriad changes in our reality and the many ancient predictions being fulfilled, we are aware that our transition into the fifth dimension is imminent. Unfortunately, the darkest night is just before dawn, and we are called upon to be more than our third dimensional selves can endure. Fortunately, humanity is resilient and committed to survival. Unfortunately, our “time” is up and we must make the leap NOW! Fortunately, We are taking that leap NOW!!

“We must be willing to let go of the life we have planned so as to have the life that is waiting for us.”

Joseph Campbell 1904—1987

MEDITATION DOWNLOAD

Our Multidimensional Dimensional Journey to SELF



FOR DOWNLOAD OF THE MEDITATION, PLEASE CLICK:

http://www.multidimensions.com/players/Multidimensional_Journey.mp3

The Map of Our Journey

Seeing our self from the perspective of our SELF allows us to expand
Our consciousness can easily glide beyond the fear of daily, 3D life,
Through the fourth dimensional planes of the Lower Astral to clear our darkness,

Through the land Faerie to regain our magic,
Through the Emotional Plane to regain our mastery of energy in motion
(emotions),
Through the Mental Plane to remember our mastery over our thoughts,
Through the Upper Mental Plane to reunite with our Divine Child,
Through the Causal Plane to experience again how energy out is energy back,
Through the Spiritual Plane to re-connect with our Spirit Guides,
Into our "I AM Presence" awaiting us at the Rainbow Bridge into the fifth
dimension,
Across the Rainbow Bridge and through the Great Void,
And into the consciousness of our Multidimensional SELF

STEP 16 PART II

AWAKENING TO OUR FULL POTENTIAL



ACTIVATING OUR EXPANDED PERCEPTIONS

As we expand our consciousness, our perceptions expand as well. With the awakening of our expanded perceptions, the volumes of information that have been hidden behind the limitations of our five physical senses come to the surface of our awareness and create a transparency in our reality. This “all knowing” in our daily life serves to tear down the remaining illusions of limitation and separation.

Just as we have special talents in our daily lives, certain expanded perceptions will be stronger and will come “online” first to our mundane consciousness. We all have these expanded perceptions as an innate component of our true, multidimensional nature. A greater number of us would openly use our expanded perceptions if we had not suffered judgment from those who feared that which they could not understand. Fortunately, as more and more of us awaken, there is less judgment. Therefore, more and more of us are “coming out” with our newly activated, or long hidden, perceptual abilities.

As with all spiritual/enlightened endeavors, we cannot *try* to awaken or *force* our expanded perceptions. The Path to awakening is like a river in which we must stay in the center current to allow ourselves to be easily carried along with the flow. If we struggle or work, we only push ourselves out of the center current and into the many eddies and whirlpools of third dimensional life.

One of the main keys to restoring our innate “psychic” perception is to listen to the still, small voice within that whispers into our mind, heart and body. Just as our physical body uses our five sense to inform us of what we are hearing, seeing, feeling, smelling and touching, it also alerts us to information that resonates to the expanded frequencies of our higher consciousness.

Through merging with, downloading and integrating our Multidimensional SELF into our third dimensional earth vessel, we upload our new, multidimensional operating system to bring these expanded perceptions online. Then our brain, our biological computer, can signal our body to respond to frequencies of information that were beyond the threshold of our old, third dimensional operating system.

Remember, we do not just raise our consciousness. We expand it. As we expand our consciousness, thinking, expectations and perceptions, we receive information, not only with the fourth, fifth and sixth dimensions and beyond, but also with the second, first dimensions, and the quantum realities. When we moved into our exploration of the extremes of individuality, we became separated from our body, our animal instincts, our SELF, others, Spirit, “Heaven,” the planet and all of Nature. One of the innate, animal perceptions that we lost was our instinct.

INSTINCTS

Instinct, which is an innate "knowing," is a second dimensional ability based on our "primitive self" who has the ability to tune into the planet to know where there is water, what food will heal us or poison us and the location of our "tribe." If we "give a horse his head," he will find water. Animals in the wild know what food they are meant to eat and what food will hurt them. Animals know when a predator is stalking them or simply sharing the waterhole. In our quest for evolution, we have lost some of our basic survival skills.

Our instincts are usually a physical sensation, which our left-brain, logical self has been trained to ignore. However, as we regain our Whole Brain Thinking, we begin to become close friends with our earth vessel. As we awaken, we begin to realize that WE are not our body. WE are IN our body. Our physical form is one of many forms that surround our consciousness. However, without our physical body we cannot continue to play the 3D Game.

In other realities in which we held a tribal consciousness, or in which we had to survive off the land, our instinct was one of our most important perceptions. Our instincts are able to pull together information from our five physical senses that are just below our threshold of perception. However, when the distant vision, quiet sound, faint odor, proximity of someone or something that we cannot touch comes together in our right brain, our instincts give us the meaning of the subliminal information. Unfortunately, if we still deny our right-brain perceptions because we have become trapped in our logic, we will not receive their message.

When we say, “I just have a feeling,” or “I sense that I am being watched,” these statements are arising from our instincts. When we give our attention to these messages, we reinforce our instincts and invite them to remain active in our lives. All of our expanded perceptions are much like muscles. If we use them, they get stronger, but if we don’t use them, we lose them.

EMPATHY

Empathy is the ability to feel another person's emotions. It is a second dimensional ability shared by "primitive" tribal societies, herd animals, and birds in a flock. An example of this is when our pet comes up and nudges us in an attempt to comfort our sadness. Other examples are a mother's understanding of what her nonverbal infant needs or a healer's deep knowing of how a patient feels.

Empathy is another one of our “animal perceptions,” in which we must pay attention to our bodies in order to receive and understand them. Darwin wrote about animals’ four basic emotions as a means for survival. The survival purpose of fear is to create a state of fight or flight; sadness creates bonding within the herd/pack/flock; happiness urges procreation of the species; and anger’s purpose is to break through barriers. Our third dimensional animal self makes use of emotions in much the same way.

We tend to be more empathic with people that we deeply care for, even love. However, intense anger or fear can doom us to feeling the emotions of the person whom we greatly dislike. The complicated part of empathy is that we feel the emotions of another in our own bodies, as if they are our emotions. Therefore, to avoid confusion we need to understand our own emotions. For example, if we are in a fine mood and we walk into a room where someone is angry, it will not *feel* like that person is angry, but instead it will feel like we are angry.

In order to differentiate between our own feelings and someone else’s, we need to have a conscious recognition of our own emotions. Then, when we walk into that room and say, “I suddenly feel very angry,” we can also say, “However, it does not feel like my anger.” In that case, we can look around the room to determine the source of the anger that we have been feeling inside our own body. Empathy is not limited to time and space. We can suddenly feel an emotion from someone far away. However, this is usually only when we have a strong, psychic attachment to that person.

Fear and anger are very loud emotions because they are important to activate the Fight/Flight Response of our body. These emotions are loud in our psyche because they are directly related to our survival mechanism. Sadness is not as *loud*, but it is very contagious. We have all had experiences of crying at a funeral of someone we didn’t know that well, but we empathically feel everyone’s sadness.

Love, and the happiness that arises from love, comes in two categories: 1) conditional love (from humans); and 2) unconditional love (from Spirit). If we have no ability to feel and identify a certain emotion in our own body, it will be difficult for us to empathically feel that emotion in another. Hence, if we have never experienced someone loving us, or if we have never loved our self, we may be very close to someone who deeply loves us and never know it. It is sad to say that love is learned, but here, in the third dimension, it can be true.

Fortunately, there are those who never lose their connection to spiritual love. These people have “eleventh hour luck,” for they always find someone to love them when they need it, even though they currently have no loving support. In fact, many of those who vowed to awaken in this lifetime were born into loveless childhoods to urge them to look inside to find the love they need. The gift is that when they look inside, they not only find love, they find unconditional love from spirit.

INTUITION

Intuition, another form of bodily knowing, gives us answers, "gut feelings," without the need for thought. Intuition is the ability to combine the perceptions of the fourth dimension and beyond, such as vision, hearing, proprioception (your location in space) and smell. All these abilities are derived from our brain's functioning beyond the 10-15% range that is considered "normal." Many people use their intuition everyday, but they call it "luck."

Intuition is much like instinct, except that it calls in the messages, answers and protection from our Spirit Guides. Instinct and empathy come to us while we are in daily, beta brainwave consciousness. On the other hand, it takes alpha wave consciousness to access our intuition. We get an intuition when we “think outside of the box,” beyond the limitations of daily, third dimensional thinking.

Intuition can come to us as a warning or message from “above.” Of course, as we awaken, we realize that the message does not come from above but instead, from within. Hence, in order to receive our deepest intuition, we need to venture into the hidden places of our unconscious mind and injured heart. If we cannot gain a clear reading on our own emotions, we will project that tainted reading onto our intuition about others and get faulty information.

In other words, if we look out into the world with dark glasses, or an unclear aura, it will look as though the outside world is dirty or unclear. Because we are unaware of our “dark glasses,” we will not realize that the darkness and lack of clarity is within our own consciousness. Unresolved fear, anger and sadness tarnish our vision of reality and make us feel too unsafe to surrender to Spirit to receive our healing. As children, many of us had perceptions of faeries, ghosts or the face on the tree, which were lost in our adult struggle for survival.

To return to our innate intuition, we need to heal our wounded ego and regain the innocence and wonder that we had as a child. When we find the courage to make this journey, we will meet with higher and wiser expressions of our SELF who will assist us with our awakening.

TELEPATHY

Telepathy is the ability to read, or have a "knowing," of another person's thoughts. An example would be when we answer a question that the other person has not yet asked. It is a fourth and fifth dimensional ability, which is a natural consequence of either moving beyond the constraints of third dimensional time and into the more fluid fourth dimensional time, and/or moving into fifth dimensional consciousness where all life is blended in unity with the ONE.

Many of us have had telepathic experiences where we knew someone was going to call us or say something, and they did. We can write it off as a coincidence, recognize that we are awakening to our expanded perceptions, or realize that we are finally acknowledging what has been happening for a long time. Awakening to our full potential is a process of acknowledging that we are more than we once believed and accepting our new SELF as it is revealed in our daily life.

It is important that we take the time to commune with our Multidimensional SELF through meditation, reflection, being in Nature, enjoying a creative endeavor, or whatever we choose. If we can take at least 5 minutes before we start our busy day to calibrate our consciousness to the resonance of our SELF, we can better maintain multidimensional thinking, expect that we are awakening to our true SELF, acknowledge our expanded perceptions and allow them to guide us to BE our SELF in daily life.

Therefore, when we have a moment of telepathy, we can take a long breath of gratitude to be thankful for our transformation back to SELF. Thanksgiving for the moment at hand will duplicate that moment indefinitely. Furthermore, as we communicate regularly with our inner Self, telepathic messages no longer seem unique. Hence, they don't illicit fear. In fact, as we activate more and more of our expanded perceptions, our innate love grows, our fear diminishes and our consciousness expands exponentially.

When our consciousness expands beyond the third dimension and into the fourth and second dimensions, we can more easily have telepathic communications with fourth dimensional Elementals and Spirit Guides, as well as the second dimensional plant and animal kingdom. When our consciousness encompasses the fifth and first dimensions, we will have more and more telepathic experiences with our Soul/SELF, fifth dimensional parallel realities, and with the genetic, cellular, and DNA foundations of our personal and planetary bodies.

When our consciousness expands into the fifth dimension/first dimension and the sixth dimension/quantum reality, we gain freedom from time/space, form and the

linearity of third dimensional thinking. At this point, we regain our multidimensional/quantum thinking to receive, accept and understand messages free of any bondage of third dimensional limitation, separation or space/time. It is then that our messages can become precognitive and clairaudient.

PRECOGNITION

Precognition, seeing into the "future," is the fourth and fifth dimensional ability to move beyond the constraints of 3D time and into the mutable time of the fourth dimension or the NOW of the fifth. Precognition is helpful to assist us in creating our personal road map through life.

As we further expand our consciousness, we begin to perceive our physical reality from different points of view. While limited to our five physical senses, we perceive our reality as though we are in a huge forest among many trees which our block our view. Conversely, using our expanded perception is like being in a control tower at the peak of the highest mountain. From this "tower," which is beyond time and space, we can see where each trail of our thoughts, emotions and actions leads.

With this information, we can change our course at any time by raising our consciousness, changing our thinking, expecting another path and perceiving solutions that we could not find before. For this reason, the future is very fluid. Once we have mastered our precognition, we can more easily discriminate between a "possible reality" and a "probable reality." A possible reality is a choice of the ego and may or may not happen. On the other hand, a probable reality is a reality that already exists in the NOW of the fifth dimension and beyond. Therefore, if we are in alignment with our Soul, we will choose to manifest that reality.

The challenge is that, no matter how much mastery of our precognitive abilities we have attained, there is usually a "blind spot" regarding ourselves. Therefore, our best choice is to tune into and follow the directives of our Soul/SELF. By surrendering control of physical reality to our Multidimensional SELF, we have assistance in maintaining an expanded consciousness. In this manner, our daily consciousness, thoughts, expectations and perceptions can be harmonious and loving.

CLAIRAUDIENCE

Clairaudience is the ability to hear sounds and communications from the fourth dimension and beyond. With practice, we can all communicate with realities that resonate to frequencies beyond the third dimension.

Clairaudience differs from telepathy in that clairaudience usually refers to communication with higher dimensional beings that cannot be seen with our physical senses, whereas telepathy usually refers to non-spoken communication with beings of the same dimension. Channeling is a form of clairaudience. There

are two kinds of channeling: unconscious and conscious.

With unconscious channeling, known as “trance medium,” the recipient, known as the “channel,” vacates his or her third dimensional form and allows the messenger to use his or her body as a link to the third dimension. With this type of channeling, the channel cannot hear the message, even though their vocal cords are being used. Someone else needs to record or write down the message that was spoken through the channel. Edgar Casey is an example of a trance medium.

On the other hand, during conscious channeling we are fully aware of our physical body and awake to our daily life. However, we are in an expanded state of consciousness. Because we are using our multidimensional consciousness, third dimensional consciousness as well as fourth dimensional and beyond, it is difficult to remember our message if we do not quickly manifest it in our physical life by transcribing it as written material, poem or song. Art forms such drawing, painting, dance, architecture, athletics, etc, are more often perceived via our clairvoyance.

We can activate our clairaudience by listening to the still, small voice within. As we listen to our SELF, we calibrate our consciousness to that resonance. It is vital to remember that there are many dimensions above the third, including the Lower Astral Plane of the fourth dimension, which is a realm of fear and darkness. Also, just because a person is “dead” and speaking from the fourth dimension, does not mean that they know more than they did when they were “alive” on the third dimension. Therefore, it is vital that we ONLY attend to messages that come to us within the carrier frequency of unconditional love.

Furthermore, messages from the fourth dimension have a different time sequence than the physical plane, and those for the fifth dimension and beyond come into us in a flash of light from the NOW of the ONE. We then need to translate these messages into our third dimensional language in order to incorporate them into our daily life and share them with others. Our brain, which translates these messages, is like a computer. It only contains the information that we have downloaded into it. Therefore, it will be difficult to translate a light message if the concepts are totally unique to our third dimensional thinking. When the channel/medium vacates their physical form to allow the higher being to use their voice, the channel does not need to translate the message. In this case, the channel does not need to understand it.

However, no matter how benefic the being that we are channeling may be, it is dangerous to leave our bodies. Many channels who have done so have found this to be true. When we vacate our form, we greatly weaken our immune system, as well as take on energies that are not of our life-stream. Often we can take on the energy patterns, and even latent darkness, of the being we are channeling. The being on the other side may be able to deal with their darkness,

but it can be extremely damaging to the third dimensional channel.

As we are awakening to, downloading and integrating our Multidimensional SELF, more and more of our channeling comes from a higher dimensional aspect of our SELF. It is important to remember that we have a resonance of our SELF on many planets, galaxies and dimensions. With our expanded perceptions activated, we can learn to communicate with them while we still hold a physical, earth vessel.

CLAIRVOYANCE

Clairvoyance is the ability to see objects that resonate to the fourth dimension and beyond. As we expand our consciousness, our perceptions expand beyond the confines of the physical spectrum of light. Hence, we can "see" objects and beings in the fourth dimension and beyond.

Whereas clairaudience is our multidimensional hearing, clairvoyance is our multidimensional seeing. We perceive the various dimensions differently, as they resonate to diverse frequencies of light. One of the most common clairvoyant experiences is the perception of ghosts. Within our third dimensional thinking and belief systems, we think of a ghost as being dead. However, death is an illusion, for it means only that the person has returned it's resonate frequency to a higher frequency. The exception to this is when one moves into a lower frequency, the Lower Astral Plane, often labeled Hell.

Hell is not a place; it is a resonance of the lowest frequency of the fourth dimensional Astral Plane. The fourth dimension is the aura of planet Earth, as well as the aura of each person. We perceive different frequencies through placing our attention on the correlating resonance within our aura. Just as we have dark and light patches in our aura, so does Gaia. There are many power places on Earth where people have expanded their frequency, grounded that expansion into the planet and crossed over, returned Home, in bliss and unconditional love.

On the other hand, there are other places on Earth where great injustice, cruelty, fear and anger have scarred the face of Gaia and left a blotch in Her aura. Once we have activated our clairvoyant abilities, we can easily tell the difference between these two places. As we awaken our clairvoyance, as well as our clairaudience, we are called upon to take the initiation of creating a tunnel of light through our own Lower Astral Plane and ground the tunnel into the body of Gaia. If we are unable to clear a pathway through the darkness of our own aura, our expanded perceptions will be a beacon to the collective darkness that humanity has left in the aura of our planet.

The initiation of clearing our "tunnel of Light" teaches us to differentiate between voices and apparitions who resonate to either the light or the dark. There have indeed been many actions of fear, hatred and darkness that have left their mark

in the Lower Astral Plane. We have also suffered many fearful, angry or sorrowful experiences in our life that have left darkness in our aura. First, we must heal our self, which is healing our aura, or the darkness in our aura will mar our ability to differentiate between messages from Lower Astral Plane and from the higher planes. Our aura is the filter for our perceptions. If our filter is darkened with fear, so will be our expanded perceptions.

Fear is our psychic braking system. If we have a fearful experience, then fear will bring us out of our expanded perceptions and back into our mundane reality. Fortunately, once we have become the Master over our fear by confronting, healing and releasing it with our light, we become the Master over fear in the Lower Astral Plane. One of the ways we can confront and gain Mastery over negative entities is to stretch our hand and stand with firmness and love, "In the name of the ONE, be gone!" It is a Cosmic Law that the lower frequencies cannot stay when commanded to leave by a being of a higher frequency.

We can also send unconditional love to these wounded, lower dimensional apparitions. In this case, they will either show gratitude for our concern, then ride our wave of unconditional love into a higher resonance, or they will run from us, overwhelmed by their own fear. The real initiation is that we must face our own fear in order to have the courage to stay in our altered state and confront the apparition that can only be perceived through our own fear. Once we have become Masters over our own fear, we can sense the darkness, place our greater light around us and continue through the darkness, creating a tunnel of light as we do so.

A lower frequency entity cannot harm a higher frequency being anymore than a monster at the bottom of the ocean can harm a sailor on the surface. This astral "monster" cannot raise its resonance toward the higher frequency until the fear that has bound it to that resonance has been healed and released. Spiritualists are a group of people whose spiritual purpose is to assist those trapped in the Lower Astral Plane of the fourth dimension.

When our consciousness flows through our tunnel of light into the Land of Faerie and the Emotional Plane of the fourth dimension, the colors are very bright and the beings beautiful, although their forms can easily change. In the Mental Plane, the colors are calmer and the forms even more wavering. In the Causal and Spiritual Planes, the beings all flash with light. They seldom seem to have feet, and their hands and face are so full of light that you can barely make them out. Often, all we can see of their face is their eyes, and their hands are torches of light.

In the void between the fourth and fifth dimension, we experience complete nothingness. We appear to be alone, although we feel life all around us. Before we can release our ego enough to gain entry into the fifth dimension, it is our initiation to release our attachment to the forms of the third and fourth dimension

and perceive our self as a speck of light. Once in that resonance, our “seeing” is more like a “think-see” (seeing through our Third Eye) or a “feel-see” (seeing through our High Heart}. In other words, we must trust our SELF unconditionally to KNOW that if we think it or feel it, our perception is real. With practice, we can learn to perceive in a thinking/feeling way.

Once we Master our fifth dimensional perception, we can begin to “see” and “hear” beings who exist only as a group consciousness. We experience the call from these beings within our own physical body, usually our Third Eye or High Heart. We need to expand our consciousness into the fifth dimension to be able to have a communication with these beings. Our inner planes are FULL with wondrous beings, eagerly awaiting our ability to remember how to perceive them. They have illumined information to share and wise guidance to give.

CLAIRSENTIENCE

Clairsentience is the umbrella term for all psychic senses together. When we are clairsentient, we can access our expanded senses to smell, see and touch another person's aura, hear another person's thoughts, feel their emotions and/or communicate with higher dimensional beings.

Clairsentience is experienced as a feeling, usually accompanied by a physical sensation. We may smell something that “isn’t there,” get a quick glimpse of something from the corner of our eye, know something we didn’t know a moment before, blink out for a second to another reality and/or suddenly feel confused and disoriented. Very often we experience our alternate realities through our clairsentience.

There are different kinds of “alternate realities.” One is usually known as our “past lives.” However, time and space are an illusion particular to the third dimension. Hence, once we raise our consciousness into even the fourth dimension, we often begin to experience ourselves in a lifetime that is not consistent with the third dimensional life that we are used to experiencing.

Once we can look “down” in frequency through our fourth dimensional consciousness into the third dimension, we are able to perceive any time frame that we wish. Our many incarnations on third dimensional Earth can be witnessed from this perception as being aligned on a wheel of time. From our viewpoint on the fourth dimension, this wheel is not bound by time. Hence, we can visit any lifetime without the constraint of sequential time. In other words, we can visit a life in 223 BC, then visit a life in 2034 AD, then visit one in 1895 BC. Nevertheless, once we enter any of these times, we are limited to the chronological movement of third dimensional time.

Clairsentience can be experienced as a “Knowing” that comes into our consciousness. If we can trust that knowing, it can guide us through the many roadblocks of life. This inner guidance also directs us toward a better Knowing of

our self. The more we know our self, the more we can discriminate between the inner sensations that we have picked up from another and the inner sensations that arise from our expanded perceptions. As with all relationships, unconditional love and trust are what develop intimacy. Being intimate with our self is a foreign concept to many, but once we remember and embrace our true, Multidimensional Soul/SELF, this intimacy expands exponentially.

TELEKINESIS

Telekinesis is a fourth and fifth dimensional ability, which allows us to move objects through space without the workings of our physical body. In our fourth and fifth dimensional self, our mind, emotions and intentions are more powerful than our muscles. Therefore, we can displace objects by combining our thoughts and emotions with our conscious intention.

Telekinesis is often referred to as “mind over matter.” In other words, with conscious use of our telekinetic abilities we can move and/or influence matter with the power of our mind. However, emotions also play a strong role in telekinesis. Conscious telekinesis is one of the least common of the expanded perceptions. On the other hand, we often influence matter with our mind/emotions in an unconscious manner. For example, those who have more of a proclivity towards telekinesis, sometimes turn street lights on or off simply by walking underneath them.

These people may be attracted to martial arts or sports such as tennis, baseball, golf, wherein the power of their intention can be consciously used to direct the course of the ball or the force of their martial arts blow. Artists who work with carving or sculpting may also have an unrecognized talent towards telekinesis, as they manipulate matter with their hands, but the intention of their unconscious minds/emotions may also be a strong component of their artwork.

Another type of unconscious telekinesis is a poltergeist. A poltergeist is not a “ghost,” but the movement of matter through the unconscious intention of a living person. Often this person is an adolescent who is unaware of the force of their extreme emotions. In fact, fear, anger and sorrow can be very powerful forces. Unfortunately, when these emotions are unconsciously used to manipulate matter, it is usually terrifying to the person who unwittingly created that movement. Carl Jung, the famous psychologist and disciple of Freud, spoke of his adolescent telekinetic experiences in his autobiography, *Memories, Dreams and Reflections*. As a teen, he read all the thirteenth century books on alchemy he could find. Hence, he awakened a great power but had not yet gained any mastery over his emotions.

Strong emotion is an important element in telekinesis because emotion is “energy in motion.” Once we have gained mastery over our emotions, we can use love-based emotions to consciously and lovingly raise the frequency of the matter to the fourth dimension where it is less encumbered by time and space.

We can then move it without the limitation of third dimensional weight or mass. If we can consciously connect with our quantum consciousness, we can use the instant manifestation of our quantum thinking to teleport matter anywhere in the Universe, instantly!

Our “junk DNA” has been proved to function as tiny wormholes where messages, and eventually matter, can be instantly teleported to any location. In one experiment, samples of the junk DNA were put in vials and taken to another room. Pictures of fearful emotions were shown to the subject, and the DNA in the other room instantly collapsed and became somewhat unraveled. Pictures of loving emotions were then shown and, instantly, the DNA perked up and returned to its most vibrant state. The experimenter, the US Military, then moved the vials hundreds of miles away and the DNA still responded instantly. It is likely that the “teleporting” used on the Star Trek shows is an example of this form of telekinesis. The matter is taken down to the quantum level, where it can move beyond time and space, then restructured at the intended location.

ILLUMINATION

Illumination arises as we surrender our ego to our fifth dimensional Soul/SELF to become ONE with the NOW of the higher dimensions. Just one 3D moment of such Union can set us on a Path that takes most of our life to travel.

Illumination is what occurs as we download and integrate our Multidimensional SELF into our physical earth vessel. Once we have fully integrated our SELF into our self, our consciousness expands from Personal Consciousness **to** Collective Consciousness **to** Planetary Consciousness **to** Galactic Consciousness **to** Cosmic Consciousness. With each expansion of our consciousness, our sense of SELF expands. Our “sense of SELF” is defined as that with which we feel a complete sense of UNITY.

While in Personal Consciousness, we think of our self as a third dimensional human being who is fully conscious of the workings of our mundane life. We are also aware of our Inner Child and Ego. However, we may not be able to consciously access our expanded perceptions. With Collective Consciousness we feel unity with all humanity and think of our SELF as being a member of the family of all humanity. Because of this, we can use our expanded perceptions to tune into the fourth dimension and communicate with the mass, Collective Consciousness of humans on Earth.

With Planetary Consciousness, we feel complete unity with our planet, which expands our consciousness to embrace the fourth dimension. With the awakening of our multidimensional consciousness, we can perceive our SELF as a component of Gaia, the consciousness of Earth. In this case, we use our expanded perceptions to communicate directly with Mother Earth, as well as with ALL Her inhabitants. We can also connect with the fourth dimensional

Elementals of earth/gnomes, air/ sylphs, water/undines and fire/salamanders. With fourth dimensional consciousness, we can also communicate with the many realities and beings that resonate to the fourth dimension. At first, we may only be able to believe that these wondrous Beings and Spirit Guides even exist. Then, over time, we realize that many of these beings are fourth dimensional expressions of our own Multidimensional SELF.

With Galactic Consciousness, we feel complete unity with the many planets, solar systems, and galaxies that resonate to the fourth and fifth dimensions. This unity allows us to fully integrate our Multidimensional SELF and expand our consciousness into the fifth dimension and ground that frequency of Light into the body of Gaia. By now, "ETs" are perceived as other expressions of our Soul/SELF and members of our Stellar Family.

We have moved beyond the limitations of duality, time, space and separation. We perceive our physical body as the earth vehicle that we use and maintain to "drive" us through the experiences of being a member of the Planetary Ascension Team. We perceive every aspect of our physical reality as a blessing or an initiation to remember to release all fear and live in unconditional love, forever and always. From this state of consciousness, we are Masters of Energy and keep close watch on our thoughts and emotions so that they do not threaten to lower our consciousness. We are no longer victim to any person, place, situation or thing and take full responsibility for every manifestation in our life.

With Cosmic Consciousness, we can move into the sixth dimension and beyond, as well into quantum realities and quantum thinking. We are preparing to release all attachment to form and see our self as a being of pure consciousness. Inter-dimensional travel is normal, as we interface with our Oversoul in the seventh dimension to assist our Soul Family in bringing ALL of our expressions of SELF Home to the resonance of Multidimensional Consciousness.

We no longer need to seek, for we live in Divine Intelligence, Spiritual Wisdom and Infinite Creativity. We share our Illumined Being with other expressions of our SELF and with all who seek our counsel. If we still maintain a grounded, earth vessel (usually to participate in the planetary ascension), we maintain a constant connection to our Multidimensional SELF and the heart of Gaia. We see one of our services as being "step-down transformers" to ground the higher frequency light and quantum reality into the body of Earth. With this service, we raise the resonant frequency of the planet to facilitate planetary ascension.

We are free of ego, so we do not seek fame or recognition and often see it as a distraction to our true work. We walk planet Earth as a "regular" person who still has to pay bills, go to work and feed our body. We know that it is a huge task to maintain a third dimensional form with the expanded frequencies of our consciousness, but we live with the many aches and pains of physical reality knowing that "this, too, shall pass."

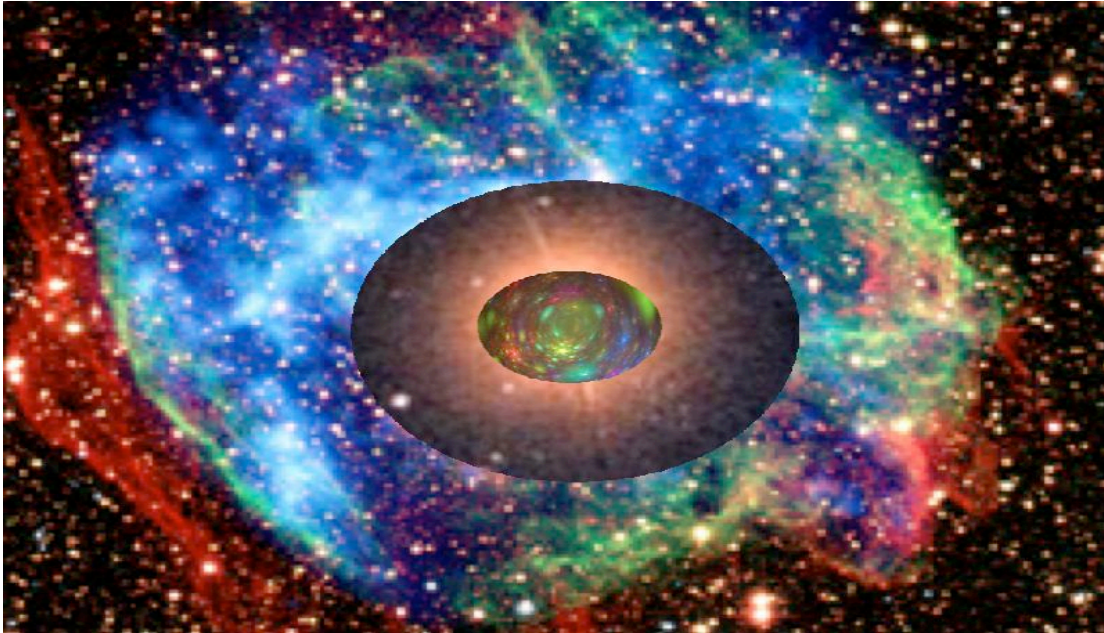
We KNOW we are greatly privileged to be a member of this Cosmic Moment and constantly strive to hold the connection with our Oversoul, through all our many dimensional realities and into our physical body. Most of us have suffered greatly in our sacrifice to forget our SELF in order to serve in the creation of and return to fifth dimensional Earth. We know that, since fifth dimensional Earth resonates beyond time and space, “returning to” and “creating” can happen simultaneously.

We seek others of our kind who hold their SELF within their vessel of clay as a planetary and galactic service. We still get hungry, tired, angry, confused, poor or sick. It is the ultimate sacrifice that we have made to ground our great SELF into Gaia and to assist in the ascension as an entire planet into the fifth dimension. Fortunately, more and more of us are awakening to our Illumined SELF and realizing that we don't have to DO anything. We only have to BE our SELF!

Thank you for sharing this moment of the NOW with us,
The Arcturians through Suzanne Lie/Suzan Carroll

ARCTURIAN CORRIDOR

Step 17 BEING FIFTH DIMENSIONAL



INTO THE VORTEX

Into the vortex
And into the light

To know all I'm hearing
And see with full sight

The splendor before me
Almost too much to bear

But, if I burst into Light
I am sure I won't care

I can now release
The life I have known

And surrender my Being
To what I've been shown

How long have I waited
For lifetimes, I'm sure

To again be surrounded
By what's honest and pure

I release my attachments
And surrender my Soul

To become my true SELF
And at ONE with the whole

Beloved Ones,

We are the Arcturians, returning to usher you into the Vortex of your new life. Before we venture into the sixth dimension, we are taking “time” to assure that you are fully grounded in your fifth dimensional reality. Yes, our Ones, you are NOW fifth dimensional. We feel your confusion because life seems much as it has in the past. Except, the ever-present fear diminishes more and more each day, and the drudgery of mundane life is awakening to new and exciting potentials.

You may also be confused because you can still perceive the third dimensional conflict in your surrounding world. But, did you not see the second dimensional plants and the first dimensional stones while your consciousness was limited to the third dimension? You see, our Ones, your life does not become “limited” to the fifth dimension. Instead, your life expands to embrace it.

Because you are still new to your fifth dimensional Earth, you are creating that which is familiar and comforting. Only after you are fully aware of your emerging Divine Creativity, Infinite Knowing and Unconditionally Loving SELF will you venture into that which appears unknown, yet increasingly familiar. Meanwhile, you are likely overcome with fatigue. Strangely enough, this fatigue only occurs when you believe you must attend to your mundane chores.

On the other hand, once you close your eyes to meditate, even for a moment, the fatigue is quickly replaced with a new feeling that you can't quite identify. This feeling is a sense of completion. You are complete with your experience of the third dimension. You are confident that you no longer need fear and limitation to force you into change. You have proven to yourself that change cannot be forced anymore than you can force a flower to bloom or the Moon to rise.

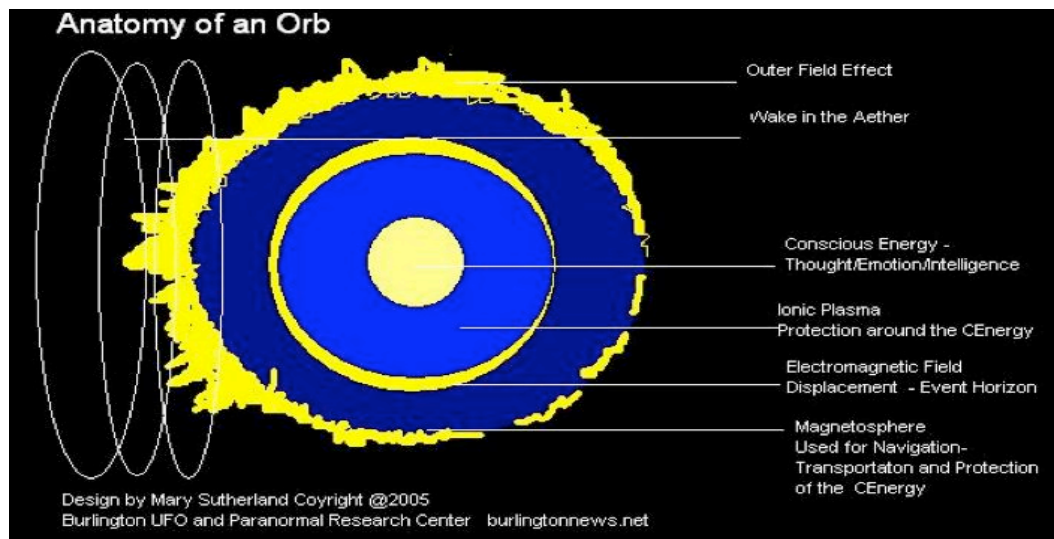
But, when did you cross the threshold into this New Earth? There was no fanfare or race to the finish line. There was no defining moment in which you arrived. No! Your arrival has been gradual, like the dawning of a new day, for, indeed, this is the dawning of a new life, a new reality. The line of demarcation from your “old” reality to your “new” one is not firm and unwavering. The reason for this is that you have not left your old life. Instead, you have expanded beyond it.

Your experience of reality oscillates with your state of consciousness. When your consciousness is expanded, your attention is primarily on your fifth dimensional life. On the other hand, when your consciousness is constricted to the third dimension, your attention is restricted to the physical reality, as well. Yet, even in your most limited consciousness, you are beginning to realize how quickly your thoughts and emotions are manifesting.

It is because of the instant manifestation that you may choose to “lag behind” in the familiarity of your old life until you feel more confident in your ability to live as a Master of Energy. To have every thought become a reality is a huge responsibility. Therefore, especially when you are tired, sick or under stress, you may choose to remain in the third dimension where your thoughts are not instantly manifest, as they are in your fifth dimensional reality.

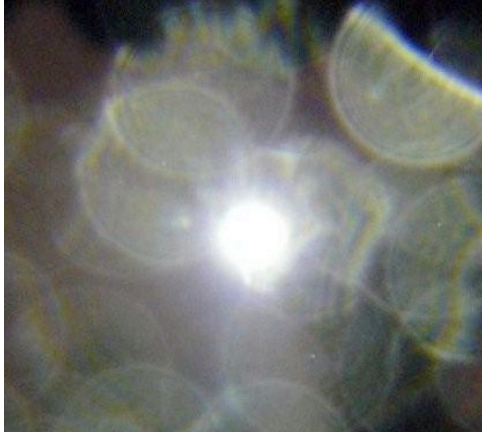
ORBS

One of the ways in which your new reality is impinging upon your physical life is through your expanding awareness of orbs. Orbs are inter-dimensional portals, or wormholes, through which other realities bleed through the third dimensional veil of illusion. These portals are increasingly opening because you, the members of Earth, are on the verge of intergalactic communication.



Those who are more clairvoyant will be inclined to perceive these intergalactic communications via the orbs. Others, who are more clairsentient or clairaudient, will perceive these messages via their bodies or as an inner call. Do not fear these orbs. They are very real, but of a higher dimensional and quantum reality. In fact, many orbs are quantum portals, whereas others lead to the higher dimensions through a different pathway. The quantum portals instantly transport the message, whereas the higher dimensional portals serve to acquaint the observer with the workings of inter-dimensional travel.

Many portals are opening at this time, because you, the awakening ones, are calling for the Truth. Because of your planetary call, many of us who have been surrounding dear Gaia, both in consciousness and higher dimensional spacecraft, are answering your call by sending our messages to eager humans who are ready to ascend. Many animals and children can easily see these portals and interact with them in their own fashion.



Since these children and animals are innocent to the indoctrination of the past, these lovely "bubbles of light" become something to interact with in a playful fashion. We on the other side of the portals greatly enjoy these playful interactions with the beings of Earth who have not suffered from the indoctrinations of fear and limitation.

Many of you are capturing these orbs on your camera because your resonant frequency is rising, and because we know that you are ready for our communication. Therefore, more and more of you are hearing, seeing and dreaming of Beings from other star systems, galaxies and dimensions. You may not consciously remember that you have called us, but your calls are being answered just the same.

Much has been said on your Internet about "ETs" revealing themselves to humanity enmasse. Once you have fully embraced your fifth dimensional nature, these myriad beings will be your neighbors, friends and family. You will no longer hold any fear regarding their assistance or their subsequent visitations and communications. In fact, you will be joyous to once again have conscious contacts with old friends who became invisible to you during your long venture into the third dimension.

These meetings may initially begin with a trusted channel or within your own consciousness. We visit you first via consciousness. Then, as you are ready, we visit you as members of your new reality. Fear in any form will instantly stop the experience of our communication, so please try to release any of the psychic scar tissue in your biological brain due to the mass hysteria and fear sent forth by the forces of Fear and Darkness.

Fortunately, these forces are beginning to leave your reality, for your resonance is high enough that their indoctrinations can no longer impinge upon your consciousness. Their need for power-over others disallows them from following you past the Lower Astral Plane of the fourth dimension and into the fifth dimension and beyond. You may "feel" these dark forces as a lower frequency in the third dimensional remnants of your life, but you now realize that the only power Darkness ever had in your life was the power that you gave it.

You have also learned that Darkness cannot attach to Light. It can only expand your own inner Darkness. Hence, once you are the Master of your own Darkness, you are beyond the reach of any external Dark Forces. With fear becoming a distant memory, you can freely and easily accept the inner call

knocking on the door of your consciousness. This call sends you congratulations for a job well done, as well as a diploma for your long awaited graduation.

We, the Arcturians, ascended beyond form many millennia ago. However, many of our brave ones have incarnated on your planet, or taken fifth dimensional forms on great Light Ships, to protect and assist you during your birth into your new life. The Pleadians, along with other members of the Galactic Federation, have also been protecting and communicating with members of Earth for much longer than you may imagine.

The Pleadians once inhabited Earth shortly after they left Lyra. Because of their former Earth experiences, and their own experience of ascension on their Pleadian Homeworld, they have been very instrumental in preparing and guiding you in your own planetary ascension. Mytria of the Pleadian High Council will now speak with you about your TWO REALITIES.



YOUR TWO REALITIES

Dear Ones,

I am Mytria of the Pleadian High Council. We are here to assist you with your adaptation to living in two realities. One reality is your physical world and the other is your fifth dimensional world, which is the threshold to the Multidimensional Multiverse. As your consciousness fully embraces the fifth dimension, you will be able to simultaneously experience your third-dimensional, physical reality, as well as your fifth-dimensional, light reality. In fact, many of you have already fully transitioned into the fifth dimension and are now living in two realities.

You are remaining at the threshold of the fifth dimension because you are waiting for Planetary Consciousness to reach its critical mass of expanded consciousness. It is on this threshold where you have the strongest experience of living in two realities, as you are actively participating in both worlds. We salute you pioneers who are willing to hold this frequency of “in-between” in order to shine a path for others to follow.

You are discovering that when you are being creative, enjoying loved ones or in a safe, love-filled place, you are in the fifth dimension. On the other hand, when you are “working hard,” anxious, depressed, sick, tired or having fearful thoughts or emotions you are in the third/fourth dimension. We ascended ones perceive the third and fourth dimensions as one reality, because the fourth dimension is the aura, emanation, of the third dimension. From our dimension, we perceive you and your aura, or Gaia and Her aura, as ONE. In fact, we perceive you and Gaia as ONE.

Slowly, as you awaken more and more, you are increasingly choosing to be with the people, be in the places, do the things and live the life that assists you in maintaining your fifth dimensional consciousness. Within your expanded consciousness, your thinking is loving and united with all life, and you expect to fill your day with beauty, creativity, enJOYment, gratitude and unconditional love.

Because of these fifth dimensional expectations, your expanded perceptions are coming online in your biological computer/brain. These expanded perceptions, known to your third dimensional reality as “psychic abilities,” are allowing you to more easily perceive the resonance of fifth dimensional life. Once you perceive the frequency of fifth dimensional Earth through your expanded perceptions, you can choose to live within that resonance.

As you experience fifth-dimensional, New Earth, the Flow of unconditional love, joy and gratitude guides you to choose to listen to your SELF and make choices in your life that disallow the “hard work” and limitations that separate you from this Flow. You are beginning to clearly differentiate between what you WANT to do and what you have believed you SHOULD do. Choosing to do what you want, rather than what you should, escalates your unconditional love, joy and gratitude even further.

Remaining in fifth dimensional New Earth requires that you also choose what you need to release in order to maintain your expanded consciousness. One of the main parts of you physical self that you must release is your ego. We see that you have all been working towards this goal for many of your years. However, as you come to the conclusion of a process, you are confronted with the “fine tuning.” Ego can hide in many “good intentions.” For example, wanting to help others can be an ego trap, for it is thinking third dimensionally.

When you are thinking fifth dimensionally, you can perceive how others' Multidimensional SELF is assisting them, and choose to allow them their own process. Helping can be a surprisingly difficult ego trap to release, for helping makes you feel like a good person. However, it is your ego that wants to be a "good" person. Your fifth dimensional Soul SELF is beyond polarity. Hence, *good* is a judgment; just as *bad* is a judgment. In fact, one of your greatest challenges will be to release your judgment of others, respect their process with an open heart and send them unconditional love.

Ego can also hide in your ambition to be recognized and/or rewarded for your efforts. In fifth dimensional realities, there is no need for recognition from "others" because there are no others. Everyone is ONE. The recognition that is needed is your own recognition of your Multidimensional SELF. Your SELF will guide you through the complex process of expanding your reality to encompass all that you have known, as well as all that you are creating in the NOW.

Eventually, "all that you have known" will so completely integrate into your fifth dimensional consciousness that it will be a distant memory. This process is much like looking back to your childhood, which created the foundation for your adulthood. However, you have grown beyond it and no longer "live there." You healed your inner child by basking him/her in unconditional love, and you will heal your third dimensional self in the same manner.

We Pleidians are speaking with you now, as our society is likely the closest to the society that you are choosing to create on your fifth dimensional Earth. Like our wondrous Arcturian friends, many Pleidians have chosen to incarnate in earthly bodies at this time. In fact, many of you are Arcturian, as well as Pleidian. You may wonder how you can be from more than one star family. We wish to remind you that your celestial ancestry comes from many star systems. You are Multidimensional Beings and have chosen to take form on many different planets, galaxies and dimensions.

Gaia has been the genetic test tube for millennia. Hence, Her humans, and animal kingdom reign from many galactic and universal sources. You have likely visited Earth from many of your different parallel and/or higher dimensional realities. As you release your attachment to third dimensional thinking, you will discover that concepts that were impossible for your biological brain to fathom are easily understood with your fifth dimensional mind.

Your High Heart, the container of your ATMA, and your Opened Third Eye are of the same resonance as your Multidimensional SELF. Therefore, they remain consistent in ALL of your realities, as they carry the same "signature frequency." This signature frequency connects you to all your myriad realities to allow you to locate and communicate with the many forms of your Multidimensional SELF. Yes, dear ones, you do have forms, vessels that contain your Essence, in myriad realities.

However, we do not wish to overwhelm you. Instead, we are here to assist you in grounding your consciousness in the fifth dimension and activating your expanded perceptions. Your expanded, “psychic,” perceptions allow you to perceive the different frequencies of reality. When you can experience the different frequencies of reality, you can more easily calibrate your resonance to the reality of your choice. Once you calibrate your resonance to a certain reality, you become ONE with that reality.

In your daily life, you have experienced that when you are joyful and unconditionally loving, you see and live in a reality of peace and calm. Then, you may choose to take a walk in nature or express yourself creatively. The challenge is, when third dimensional demands, such as paying bills, driving in traffic or cleaning the kitchen come into your “To Do List,” it is then that you need to remember:

Consciousness precedes thought,
Thought precedes expectation,
Expectation precedes perception,
And perception IS the reality that you live.

We are here to help you focus your intention on maintaining your fifth dimensional consciousness while performing third/fourth dimensional acts. Yes, we observe how difficult this can be. We congratulate you on your ability to hold a fifth dimensional resonance for as long as you possibly can while doing what you SHOULD do in your third dimensional reality.

We are here to help you remember that YOU are the creator of your reality. This creation begins by maintaining the resonance of consciousness that aligns you with fifth dimensional Earth where there are *no* “shoulds.” Hence, if you can maintain your expanded consciousness, you will break through the *shoulds* and return to fifth dimensional Earth.

Please feel free to call upon us when you find that your concentration on the fifth dimensional reality is wavering. All you need do is send us a call, and we will assist you by “fueling your earth vessel” with unconditional love. In the fifth dimensional reality that you are creating and returning to, the low resonance actions (shoulds) will no longer be a part of your life. We say “creating and returning to” because the fifth dimension is beyond time and not limited by space.

You can choose to perceive and participate in creating fifth dimensional Earth to experience the ultimate act of Divine Creativity. On the other hand, you can choose to calibrate your consciousness to the NOW of the ONE in which fifth dimensional Earth already exists and has always existed. In fact, in one moment you can focus on the creating of the fifth dimensional Earth. Then, in another moment, you can focus on the infinite NOW of fifth dimensional Earth.

We see that our last sentence has sent your third dimensional brain swirling. Therefore, take a moment to feel your Multidimensional SELF within you...

Surrender to your SELF and FEEL your innate, unconditional love as it soothes your confused brain and gently eases these concepts into your Multidimensional Mind.

Observe the vast fields of possibility in your Multidimensional Mind just as you would observe the layers of Earth's atmosphere.

Each field of possibility interacts with and is integrated into the next, yet each one holds its unique individuality.

Now, think of your myriad multidimensional realities in the same manner. Each reality interacts with, and is integrated into, the others, yet also maintains its unique frequency and pattern.

All you need "do" to intimately experience each reality is to calibrate your consciousness to that specific frequency pattern.

As you fully regain your abilities of inter-dimensional travel, you will become increasingly motivated to choose to DO and BE only that which allows your consciousness to resonate to the fifth dimension. You will also become extremely motivated to continue with the progression of your Mastery of Energy (thoughts and emotion), as you will fully experience how even one fearful thought or emotions greatly diminishes your ability to calibrate your consciousness to the fifth dimensional realities.

We say, "realities," for in the fifth dimension there are as many realities as you can imagine, for imagination is fifth dimensional thought. Once your consciousness is fully grounded and centered on fifth dimensional Earth, you can assist awakening ones in the lower worlds. You can also choose to experience the many fifth dimensions worlds in which you simultaneously hold form. We hope that you will visit your SELF in the Pleiadies. In fact, we look forward to your visit.

We are joyous to meet with you in the Corridor and await your call. We now return you to the Arcturians.



THE DREAM

Dear Ones,

We wish to thank the Pleiadians for their timely communication and urge you all to call upon them for assistance during your great transition. We close this visit with an interpretation of a dream that our channel recently had, for the message is pertinent to all of you. As she has done for many years, she called upon the ONE to assist her with her dream interpretations. We, the Arcturians, answered that call.

Dear ONE,

Please assist me in understanding the dream I had last night.

I was with a friend and my African Gray Parrot named Alice. However, Alice was no longer an African Gray but a huge, white bird with fluffy feathers that looked like angel wings. The bird was riding on my shoulder as my friend and I walked into a huge room with a high domed ceiling. Suddenly, the bird took off in flight. Even though the ceiling was very high, Alice struck her head on the ceiling and fell to the floor, unconscious.

My friend and I ran to the bird, and I carefully picked her up to carry her to the hospital. Suddenly, the scene changed and Alice was walking right next to me. She was still a tall, white bird and just a few feet shorter than me. We were walking with my arm around her, and I looked over to her to see that now she had a human face. Her face was totally innocent and completely pure. In fact, she was looking up at me with the sweetest and most unconditionally loving smile I have ever seen. With her eyes, she told me that she was fine and that everything was all right now.

I awoke, but stayed in a meditative state. I wanted to remember the dream and hold on to the look of the angel/bird's face until I could ask for an interpretation.

Dearest Ones,

We, the Arcturians, asked that our channel post her dream, as well as our response, on this newsletter, as our response applies to ALL of you! Below is our interpretation:

Alice is indeed an angel/bird. And, as you now realize, she is YOUR Angel Bird. She is, in fact, the YOU that is an Angel. Just as you have felt separated and abandoned by your bird, (who chose your husband as her mate and started biting you), you have felt separated from your Angel Essence.

What and who is your Angel Essence? Your Angel Essence is the YOU that has never known separation from the ONE. This YOU has never known a loss of unconditional love, never known judgment, never known regret, shame, anger or fear. This YOU has never experienced a loss of innocence or a sense of abandonment. This YOU is Pure Spirit, Total Unity and Complete Forgiveness of ALL life.

The bird flying into the heights of the ceiling, hitting her head and falling to the floor represents the many attempts by all of you in past/alternate lives to rise to the heights of ascension, then strike your heads (suffering judgment, fear and failure) and fall to the depths of depression, with your hopes dashed and your dreams lost. The pain was so great that you became unconscious to your SELF and to all your failed attempts.

Your Angel Essence came to you (that is, your Angel Essence is coming to ALL of you) to remind you that those injuries and failures are over. YOU are all right now. You have retained your consciousness, your innocence, and your purity. The dream ended with "walking HOME" with your Angel SELF tucked beneath your right arm, and your Angel Essence looking up to you as if to say, "I have protected you all of these lifetimes. Now, it is your turn to protect me!"

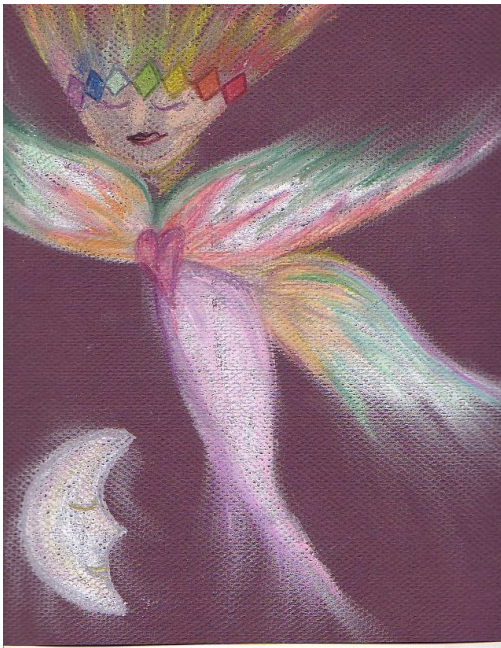
Therefore, dear ones who read this message, we urge ALL of you to protect your Angel Essence as you would protect your most beloved child. Feel your Angel Essence, as it walks beside, not above, you with your arm lovingly surrounding this Essence.

See how the face of your Angel Essence is right next to your heart, reminding you to remember your innocence, remember your purity, remember your Unity with the ONE and remember your unconditional love through which you can forgive all life!

Dear Ones, in order to completely ascend into the fifth dimensional Earth, you must forgive all third dimensional life. We know that this total forgiveness is too much to ask from one who has experienced such suffering and pain. Therefore, you must call upon your Angel Essence, the YOU who has never suffered.

In order to forgive all life, you need to become ONE with the YOU that life has never hurt.

FEEL your Angel Essence protectively tucked under your arm...
SEE the sweet, pure face of your Angel Essence...
STORE your Angel Essence in your Heart...
BE the unconditional love and forgiveness of YOUR Angel Essence
as you go about your day...



A BLESSING FROM IlliaEm

My dearest One,

I IlliaEm, Elohim of Arcturus, speak to YOU personally, as well as to all of you. As an Elohim, my abilities are completely liberated from all of your perceived limitations of time and space. You, too, will begin to know this freedom.

I have come to your heart to remind you that I have been with ALL of you since the very beginning of your exploration into polarized reality. I was with you each time you entered as an infant, and each time you crossed over at the end of each life. You see, Beloveds, I am YOU, and we are ONE.

I am so very proud of who you are, and who you are becoming. I see that you are exhausted. Your body is in the midst of a major transition, and you wish to be within your cocoon. You shall be able to do so after your Holidays. For now, just relax and be calm. All will be wonderful. Your fifth dimensional life is here now! Just open your heart to it. In fact, allow me to help you. Allow me to reach into your Soul, then into your physical encasement and touch the core of your heart.

Feel my Essence as I enter you. See my light within your heart. Do you see me now, my One? Deep, deep inside the center of your physical heart I have opened a small vortex. Yes, there it is right there, straight ahead and a bit to the left. At first you see it only as a small light in the midst of your throbbing physical heart, but as you approach it with your inner vision, you realize that, indeed, it is a vortex.

At first, the spin is slow, but gradually, it spins faster and faster, pulling you closer and closer to it. Wait! Stop a moment and wait as the vortex opens its core to you. Do you see how a light is beginning to dawn through it's center, like the morning light through the damp trees? It appears that this light is searching, searching for you, my One, oscillating around and around like a flashlight in a dark night.

Remain still, for it is seeking you, just as you are seeking it. You are beginning to realize that this light is intelligent. This Light is a Being, without form, yet filled with wisdom, power and love beyond all measure. You remain so still that you almost forget to breathe, as the light gradually hones in on your location.

At first the light only touches your toes, then it slowly works it way up your body, to your ankles, calves, knees, thighs, hips, waist, solar plexus, and into your heart. The light then moves up into your throat, your brow and your crown.

Now the light that is within you covers every surface of your form, it emanates down into the Earth and up into Gaia's atmosphere. As the light that entered through your heart expands into the core of the planet and the expanses of deep space, your feeling becomes a vibration, then a glow, then a flash, a fire, a sun, and a STAR.

You are pure light, pure energy, pure Essence.

YOU/I/WE are ONE Being of Light and Love.

YOU can connect with this energy anytime you connect with ME/US/WE,
IlliaEm!



Beloved Ones,

We, the Arcturians, leave you with the same vision of the vortex into the sixth dimension that began this visit to our Corridor. Imprint this picture on your Third Eye and store it in your High Heart. See and feel it as you fall asleep at night and when you first awaken. Know that change comes slowly, with every breath and every thought. Just as you are now experiencing your physical reality along with your fifth dimensional reality, you will experience your fifth dimensional reality along with our sixth dimensional reality.

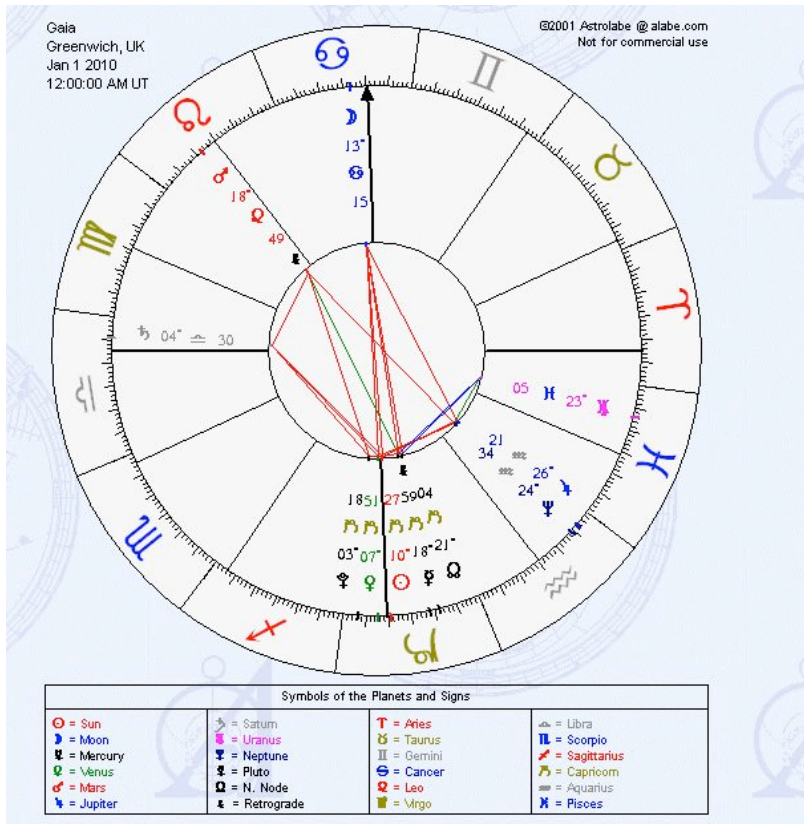
The sixth dimension holds the Divine Blueprint for your life on planet Earth. When we expand our Corridor into that reality in 2010, you will make changes on that Blueprint to facilitate your transition into Lightbody and Crystalline Earth. In the meantime, allow yourself to become comfortable and familiar with the completion of your past and your arrival into the NOW of the ONE!

We are the Arcturians,
We are YOU!



January 1, 2010

2010
It Has Begun!



The above astrological chart is symbolic for Gaia in 2010, Gaia being Earth and all Her inhabitants. I chose 12:01 New Years Day in Greenwich, England as Greenwich is the center/zero point for sidereal time. However, I ran a chart for Los Angeles at the same time, and the differences were minimal.

Gaia is beginning the year 2010 with great panache. A Blue Moon, second full moon of the month, with a lunar eclipse on December 31, 2009 at 11:13 am PST, four planets and the North Node in Capricorn, the sign of world government and

even a meteor show on January 3 and 4, from Bootes, the constellation of Arcturus. 2010 portends to be a VERY big year.

Pluto (political and spiritual transformation), **Venus** (feminine, inflow of energy), **Sun** (Spirit Self), **Mercury** (communications, contracts, thoughts) and the **North Node** (do it this lifetime) are all together straddling the third (thoughts, communications) and the fourth house (body, emotions) in **Capricorn**, the sign for world governments.

Hence, in 2010 **Pluto** will likely bring forth many transformations in world governments with the women and men (**Venus** and **Mars**) standing eye to eye to blend the male and female aspects of government into ONE. **Mercury** promises a release of long hidden information and writing of new contracts, and the **North Node** brings in a sense of urgency and “do it Now.” The connection of Pluto, Venus, Sun, Mercury and North Node can work as ONE unit to confront and address and release old illusions that have been held as truth for millennia, in fact, since the fall of Atlantis.

Furthermore, **Pluto, Venus, Sun, Mercury and North Node** are opposition the **Moon** (collective consciousness, Goddess Energy). An opposition is 180 degrees, which is like two streams of energy rushing toward and into each other. When there is a Sun opposition Moon there is a “full moon”, in this case, the second full moon of the month—a Blue Moon. There is also a lunar eclipse, just to get every ones’ attention. Do you wonder why you are so tired? No, it is not just that you stayed up too late on New Years Eve. You are absorbing and processing patterns of light that are rocking the foundation of life as you have known it

A full moon lasts only one day. However, this is the chart shows the beginning energies, and also lays the foundation for the entire year, which is the beginning energies and the foundation for the entire year. Not only is there a full moon—a Blue Moon, no less—but the **Moon in opposition to the Pluto, Venus, Sun, Mercury and North Node** conjunction, places the Moon (collective consciousness and power of the people) in a position to illuminate the hidden truths (Sun conjunct Mercury) and to transmute the consciousness of the world masses (Pluto), to spur the collective consciousness (Moon) to restore our Earth Mother to Her true, pristine beauty and spiritual power (Venus).

This opposition also represents a huge energy shift for our Collective and Planetary Consciousness (Moon) to transform (Pluto) and restore the initial beauty and grandeur (Venus) of Earth, by connecting and aligning our masculine (Sun) and feminine (Moon) qualities to communicate and make decisions (Mercury) based on the good of Gaia (the planet) and ALL Her inhabitants. Yes, Gaia is a Being. In fact, WE, along with all the other inhabitants of Earth, are Gaia. As the illusions are released, this TRUTH shall be increasingly revealed.

The challenge is that our human emotions (Moon) will be amplified to a planetary scale. Since emotions are the basis of our consciousness, which is the basis of our thoughts, expectations, perceptions and ability to create our own reality, we had better stay calm and centered this year. All of the work we have done to be the Master of Energy (thoughts and emotions) will pay off. However, if we allow our emotions to sway into the spectrum of fear, the consequences will be swift and very uncomfortable.

Because of this opposition, there will be times when the particles of light merge in a way that will greatly amplify our insight, creativity, energy, communications and motivation. On the other hand, there will also be times when the particles merge in a manner that seems to cancel out these qualities and leave us feeling exhausted and confused. Fortunately, if we remain centered and free of extremes, the lulls will give us a much-needed opportunity to integrate these immense energies into our consciousness, body and life.

The aspect of Moon opposition Mercury can definitely mean that there will be a great release of information that has long been kept secret. With our emotions (Moon) so charged this year, we will need to feel our Spirit (Sun) comforting us, so that we can take in the illumination that we are receiving. Then, Venus allows us to see the beauty in truthful communications (Mercury), while Pluto urges us to use this truth to transform the foundations of our world. Furthermore, the North Node says, "Do it now!"

The above may seem like more than enough energy to deal with, but it is only one portion of this powerful year. The Piscean Age of "I Believe," in which we learned blind faith in an unseen power far "above" us, is being replaced by the Aquarian Age of "I Know," in which that power is found within our SELF. Uranus, ruler of the Aquarian Age, is in the final stages of Pisces, the sign for the Piscean Age. Conversely, Neptune, the ruler of the Piscean Age, is in the final degrees of Aquarius, the sign of the Aquarian Age.

The Piscean Age was the Kali Yuga, the darkest night before the Dawn of the Aquarian, Golden Age. Pisces rules the 12th House, which represents the closing cycle of our return to SELF. As we can see from history, the last two thousand years, in fact the last 200 years, were filled with wars and conflict. With **Neptune** (the ruler of Pisces) conjunct **Jupiter** (the great amplifier) in the house of creativity and opposition to **Mars** (our animal self, or actions and our inner warrior), the old illusions of the Piscean Age will be released to spur us into action and fight for our rights to create our own reality.

The **Moon** also shines Her reflective inner light onto **Neptune and Jupiter** to further illuminate the lies we have chosen to believe. We believed these lies because we were too downtrodden and fearful to become the great Spiritual Warrior whom we have always been inside our Soul. Furthermore, **Mars** is exactly 150 degrees in aspect to **Mercury**, reminding us the pen is mightier than

the sword. The greatest tool to transform our lives is the TRUTH. **Mars** also sextiles (60 degrees) **Saturn** (responsibility and release of the old) to remind us to take responsibility and become Masters of our own Energy. We are the creators of our reality. It is this truth that is the gift of the Aquarian Age.

Saturn is also square (90 degrees) to the Pluto, Venus, Sun, Mercury and North Node group. This aspect reminds us to prune that which can no longer grow so that our energy can be focused, not on what is over but, on what is just beginning. This square also means that there will be major changes in world government, especially the pruning of lies and manipulations that we have allowed because we were “working too hard to notice.” We are no longer in the Piscean Age where we must mind our leaders. We now create our own reality—together as ONE people and ONE planet.

The **Saturn** aspects to both Mars and Pluto-Venus-Sun-Mercury-North Node remind us that energy out is energy back. Therefore, we are responsible for the energy field that enters our life, as it is merely our own energy reflecting back to us. Also, as we transform ourselves we transform the planet, and visa versa. Our call for planetary transformation needs to be based on our taking responsibility for the systems that arise from deep within our self. Hence, we must go deep inside “Saturn’s Cave” (Saturn in the 12th House) to face our own darkness in order to transform our reality.



SATURN'S CAVE

I took the challenge to enter Saturn’s Cave. At first, I did not know where it was, but then I realized that it must be inside myself. I closed my eyes and took long, slow, deep breaths until my outer world merged into the world inside my SELF. It was dark inside, but then, it was a cave. Then, off to the right, I saw a dim glow and set that as my course. However, at the instant that I intended to go there, I was simply there.

Upon my arrival, the dim glow became a beam of light, which came down from an unknown origin and landed in a small, still pool. The light entered the water straight on without even so much as a tiny splash or bubble. It was like the water was hungry for the light and instantly integrated it into its liquid. Hence, the pool became a pool of liquid light. It remained still and small, but now it appeared to be infinitely deep. As ONE, the light and water dove into the core of Gaia and She eagerly accepted it.

I awoke from my trance/meditation, I thought, but then the most curious thing began to happen. When I ventured out into my everyday life, I discovered that all over the planet, pools of liquid light were forming in the most unusual places. At

first people were shocked, but it happened so often that the sudden arrival of a new pool became commonplace. What was baffling was that no one could determine where the light came from.

This reality was so vastly changed from the one I had experienced before that I began to question whether I was still in my meditation, or asleep, or, maybe I was just crazy. Whatever the reason, this was still my reality, and I had to make the best of it, which was actually quite easy, as this reality was much improved over my other one.

Another very unique thing that was happening to all of us in “this reality” was that we would enter our homes to find that we were in the woods, at the seashore, at a desert sunrise or whatever our favorite place in nature was. Then, after just a moment, the vision/reality would vanish, and we would return to the world of our previous expectation.

Soon, we realized that when we were more filled with light, we had a quick flash of nature. On the other hand, we discovered, that if we were doubting ourselves, we would have a quick flash of darkness. Fortunately, we all learned to regulate our thinking before we opened any doors, as we realized that we would see what we were thinking or feeling. More and more, we shared these events with each other, and discovered that we were having the same experiences.

It may appear that people didn’t freak out. However, in the beginning many people became extremely upset and acted-out in fearful ways. However, these people began to slowly dim from our reality—like an old dream that we had almost forgotten. In fact, our entire past began to dim from our memories.

We were so excited to be experimenting with our new toy of instant manifestation that we lost track of people who did not share our sense of enthusiasm about creating a new reality. Once in a while, we remembered what it had been like before we were HERE in the NOW. Concepts like before, after, even up and down, became confusing, as we became accustomed to the HERE, NOW of life. Even the term “life” was changed, because in this reality life didn’t begin or end. Life here never ended or started. Life was infinite.

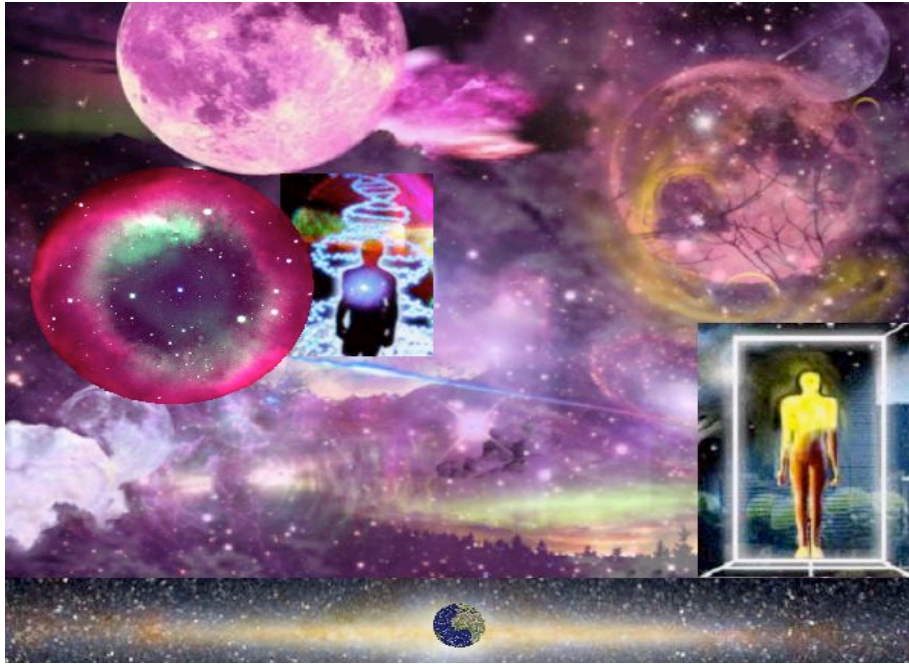
I tell my story as if it were in the past, but HERE there is only NOW, so I must speak only in the NOW. Somehow I remember entering Saturn’s Cave where I first saw a pool of liquid light. However, I can’t quite remember what “first” means. We have been told that when we become fully accustomed to this reality we will go the “Threshold” to assist others. “Others.” What does that mean?

We are all ONE with a unique signature frequency. Once in a while, we hear stories about how people didn’t “believe” in ETs. Now we don’t even think of our Space Family as extra-terrestrials, because our reality encompasses much more than just one planet. In fact, WE encompass more than a Galaxy.

WE now know that WE are a Cosmic Force, for WE are consciousness. In fact, WE are LIFE! As I/WE proclaim our BEING as life, I/WE hear a voice. Actually, there are many voices, but they are so perfectly harmonized that they sound like an orchestra. The many voices sing,

“We Are ONE!”

HAPPY NEW YEAR
HAPPY NEW LIFE



STEP 18 ***ENTERING THE SIXTH DIMENSION***

Dear Ones,

We, the Arcturians, welcome you again to our Corridor. We see that you are making progress in being fifth dimensional. It is glorious, indeed, to see your consciousness expand in such a manner that you are releasing your old bondage to third dimensional illusions and limitations.

WHAT IS REALITY

We perceive your confusion, as your collective minds ask, “What reality are we in now? Are we actually fifth dimensional, or are we only fifth dimensional in our consciousness.” Our response to that question is that “only in your consciousness” is REAL, for ALL reality is a state of consciousness.” We understand that inter-dimensional travel can be very tricky. One minute you may be happily experiencing a lovely fifth dimensional day. Then, in the next moment you are stuck in traffic in a third-dimensional city. However, one thing you have learned is that being somewhat out-of-control in your inter-dimensional travel is much better than being trapped in the limitations of your physical world.

Fortunately, the third dimension is becoming more comfortable, as you have learned the laws of attraction and gained more mastery over your thoughts and emotions. Hence, you are gaining more control over your physical life and are no longer choosing to be victimized by the lies of the dark forces. You know that

there will be many changes, but you are not exactly sure what will change or how. Nevertheless, you are increasingly ready to move onto the next level of your *3D Virtual Realty Game* in which you return to your higher dimensional realities.

Despite the many ensuing changes, you KNOW that you are ONE with that which you love. The forces of Darkness in this 3D Game of polarity have made love so scarce and surrounded by fear that you have learned to unconditionally cherish what you love. In fact, you feel confident that the people, places, activities and even things that you love are staying with you throughout your transition into the “unknown” of your planetary ascension. Furthermore, you realize that on the fifth dimension you can easily manifest any “thing” that you have loved in your sojourn into the physical world.

The instant manifestation of the fifth dimension, which you are beginning to experience, may seem like a roller coaster ride to you. You think of what you want, then—instantly—it manifests. On the other hand, one second of doubt, fear and anger and—instantly—your manifestation disappears. Fortunately, you are realizing that it is all about your state of consciousness, especially raising your resonant frequency.

If your resonant frequency is third dimensional, then even fourth dimensional consciousness can be difficult to maintain, and fifth dimensional consciousness is out of the question. Of course, Earth has largely been fourth dimensional since the turn of the millennium.

The problem has been that whenever you, person and planet, enter the fourth dimension you, have to create your “tunnel of Light” through its Lower Astral Plane of the fourth dimension. The fact that the Darkness is losing most of its power over others now, indicates that you, people and planet, are putting the final touches on your tunnels of light. And you are just in time, for now you can use that Light to reveal the Truth that has been hiding behind all the third dimensional illusions. One of those truths is that darkness cannot attack light; it can only expand your own inner darkness. Hence, once you rise beyond your own darkness, which is some form of fear, you are beyond the reach of external darkness.

END OF ILLUSION

The main illusion that you are releasing is the illusion of separation. You now realize you are NOT separate Beings. You are all ONE, no matter how you look, what you do and how, or where, you live. Most importantly, your cooperative effort with others, or with Gaia, to create your tunnels of light has changed your Consciousness from Personal to Collective to Planetary. As you become increasingly fifth dimensional, your consciousness will easily expand into Galactic

Consciousness. Then, when we enter the sixth dimension, your consciousness will expand into Cosmic Consciousness.

On the other hand, your expanding consciousness also contributes to your confusion about “What reality is this?” The best way to determine your reality is by trusting your emotions. In the third and lower fourth dimensions, you need to be separate as a means to protect yourself from all the darkness and fear that you suffered—and have BEEN—in your many physical incarnations. However, when you get a taste of fifth dimensional reality, you feel such peace, calm and unconditional love that you have NO desire to be separate. You want to merge with the love, peace and calm, as well as with the people, plants, animals, places and things that emanate these fifth dimensional qualities.

You are discovering that certain objects, which you have formerly labeled as “things,” serve as capacitors to hold fifth dimensional energy. These objects have become enlivened by your creation or use of these objects during your strongest creative and healing moments of unconditional love. Therefore, crystals, art objects, homes, bridges, chairs seem to take on a life of their own. You have also found that if you diminish your intention and attention towards these objects, they return to being “just things” or they get “lost.”

Actually, these things are not getting lost. Instead, they are returning to a lower resonance/dimension, which matches the frequency of that matter. In other words, they become matter without consciousness. It is helpful to know this fact about objects, for it also holds true for your earth vessel. When you hold the intention of peace, calm and unconditional love, the resonance of your earth vessel rises into the fifth dimension to match the frequency of your consciousness.

What will happen next remains to be seen, for your ascension process is a “create as you go” endeavor. Eventually, you will transmute into Lightbody. You have all read many physiological, scientific and metaphysical version of how this transmutation will take place. However, this Planetary Ascension is YOUR creation. Earth has always been a planet of myriad forms of life and people. Hence, owners of different earth vessels may become Lightbody in different manners. Likely, the first ones for each form of transmutation will assist others who are drawn to make their transition in the same fashion.

Either way, you, people and planet, have myriad adventures ahead as you move into your year of 2010. We, the Arcturians, as well as the many members of your Galactic Family, lovingly observe you and are eager to assist whenever you call. In fact, it is now time to heed your call to be taken into the sixth dimension.

THE DIVINE MATRIX

The sixth dimension holds the Divine Matrix, which is projected into the lower worlds of third/fourth dimensional realities. It is in the sixth dimension that you can write, or re-write, the blueprints for your third and fourth dimensional holograms. The fifth dimension is not a hologram. Holographic realities are places for learning, schoolrooms, in the lower worlds of the third and fourth dimensions. Conversely, the fifth dimension is a reality where you integrate all that you learned in these lower worlds, as well as a format from which your SELF can assist your grounded, earth vessels.

Once you allow your Kundalini to rise into your Crown Chakra and download and integrate your Multidimensional SELF into your grounded earth vessel, your Personal Consciousness regains its expanded perceptions. As you experience reality through the multidimensional perception of your Soul/SELF, your “family” expands beyond the third dimension and into the fourth and fifth dimensions, to include your Galactic Family.

We are now accelerating our Corridor to the resonance the sixth dimension, so that you may merge with your sixth dimensional SELF. Yes, YOU have a component of your SELF on every dimension, but in the sixth dimension you will only contain your consciousness in a form for certain purposes. In the sixth dimension, you may choose to “put on your form,” as you would “put on a jacket” in your material world.



YOUR DIVINE COMPLEMENT

When Gaia first enters the fifth dimension, you will likely wear your form/body at all times as a means of comfort. Comfort often comes from what is familiar, such as wearing a form. In fact, you will likely choose to wear a form of gender, as that is also familiar. However, you will remain on the fifth dimensional threshold until you have recognized and united with your Divine Complement. Your Divine Complement, also known as your Twin Flame, is the completion of your SELF that split into a gender when you first took form in the third and fourth dimensions.

Since you are united with all life on the fifth dimension, there will be no effort in connecting with your Complement. Because there is no time or space in the fifth dimension, all you will need to “do” is to put out the call for your Twin Flame, and instantly, you will be united. You will know that this union has occurred because you will feel complete bliss and total unity. Many of you are already in contact with your Twin Flame/Divine Complement in your grounded reality, but you may not know it, as your Complement may be a child, a best friend, or a parent.

In fact, throughout your many third dimensional incarnations, you and your Complement have met in many differing forms of relationships. (see *Reconstructing Reality* by Suzan Carroll) Fortunately, the instant manifestation of your thoughts in the fifth dimension will allow you to instantly perceive your Complement. On the other hand, if your thoughts and emotions become fearful, your resulting lowered consciousness will immediately return you to the lower dimensional realities.

This return to the lower realities is in no way a punishment. It is simply a matter of resonance. Your reality is a result of your state of consciousness. In order to maintain a state of consciousness that resonates to the fifth dimension, your thoughts and emotions must be based on unconditional love, unconditional acceptance and unconditional forgiveness. We know that your grounded self may find unconditional love to be impossible to maintain. However, once in the fifth dimension, unconditional love fills the ethers, and you feel totally safe and united with all life. With more frequent experiences of the fifth dimension, it will become easier to maintain that state of consciousness.

Your Multidimensional SELF is preparing you now for this shift by showing you how quickly your thoughts and emotions create your reality. You are also being shown any remnants of your ego attachment and service to self. You are brave spiritual warriors to confront your ego and fears again and again, so that you may regain your full Mastery of Energy (thoughts and emotions). It is because you are becoming a Master of Energy that you are able to navigate from one reality to another.

VERTICAL AND HORIZONTAL REALITIES

The “fuel” for your inter-dimensional travel is unconditional love. Unconditional love raises the frequency of all it touches and is the force that will expand the Corridor to encompass the sixth dimension and beyond. As the force of your collective, unconditional love touches the perimeters of the Corridor, its resonance will escalate the frequency of the Corridor into the next dimension. In this case, it will extend the resonance of the Corridor into the sixth dimension. Do you see how we are having you participate in your journey now? We no longer need to guide you, for you are fully awakening. Hence, we now give you the tools and allow you to experiment with your expanding perceptions and powers.

Remember that the fifth dimension and beyond is free of time and space. Therefore, it takes no time, nor do you travel across space to enter the sixth dimension. Instead, as the frequency of the Corridor oscillates, it raises its inhabitants into a higher dimension. Because of the tremendous force of unconditional love emanating from the many different ones who are now united in this Corridor, we can easily make our transition into the sixth dimension.

Remember, since there is no time or space in the Corridor, it does not matter “when” people tune into this experience or “where” they are located.

The force of unconditional love oscillates us up and down the different frequencies/densities via the “elevator” of vertical reality, where we can open the “elevator door” to enter the “floor” of the horizontal realities on each density. The constant oscillation of Flow of unconditional love up and down the different dimensions greatly increases its power. Therefore, we ask you to oscillate your energy/consciousness from the third dimension to the fourth dimension and back to the third dimension.

Then, oscillate your consciousness from the fourth dimension into the fifth dimension, then back to the fourth. In this manner, you will gather momentum to expand your resonance/consciousness from the fifth dimension into the sixth. After you have practiced moving your consciousness up and down the vertical realities, “fuel up your consciousness” with unconditional love. Now, again oscillate your consciousness up and down the vertical reality, but FEEL how unconditional love is the force that drives you. You are creating a huge engine of unconditional love, which is the Cosmic Force needed to promote a higher state of consciousness, thinking, expectation, and perception.

Every possible reality is always with you in its own resonant frequency. In order to experience each reality, you must raise your consciousness up the vertical realities to match your resonant frequency to that horizontal reality. You will remain in that reality as long as you can maintain that resonance. Since there is no separation in the fifth dimension and beyond, you are always in all the realities all the time. However, the remaining attachments you have to the third and fourth dimensions make it difficult for you to experience more than one reality at a “time.”

Your multidimensional SELF is able to connect with and experience all your realities in the NOW of the ONE. When you are perfectly aligned with your Multidimensional SELF, you, too, can have this experience. However, you will need to release your attachments to your physical body, as well as your ego’s beliefs, illusions and expectations. Most important, you will need to release your attachment to fear. You may think that releasing fear would be easy, but it has been your companion for many third and lower fourth dimensional lives.



FIFTH DIMENSIONAL SPACE STATION

As you progress into the sixth dimension and beyond, you will repeatedly return to the fifth dimension to ground your primary consciousness, not in the third dimension, but in fifth dimensional Earth. Fifth dimensional Earth shall be your Space Station (Home) for all your inter-dimensional travels. It is the frequency of unconditional love that will allow you to remain HOME in the fifth dimension.

You may ask, “How is unconditional love a frequency?” To answer your question we remind you that All That Is vibrates to a frequency. As a famous earth scientist, Albert Einstein, said, “Even matter is a frequency, but it is vibrating at a very slow rate.” Conversely, unconditional love is vibrating at what you would call an “infinite frequency,” for it is a frequency beyond measure. How can you calculate something that is beyond time and space? Unconditional love is assessed like all love, according to its manifestations. Since unconditional love manifests virtually everything, it is certainly “beyond measure.”

Not only does unconditional love create all life, it transmutes all life. Of course, since everything already exists, creation IS transmutation. For example, a great art piece transmutes light placed onto a canvas with paints into an art form and music transmutes sounds into music via breath and or manipulation of instruments. However, the art was not created. Instead, elements of a lower frequency were blended together along with the unconditionally loving intention of the artist to transmute these elements into a higher resonance.

Yes, everything always IS in some frequency. In the same manner, you are not creating the sixth dimensional portal of the Corridor. You are using the great force of your unconditional love to transmute the Corridor into its sixth dimensional expression. Actually, we, Arcturians and humans, are using unconditional love to call forth that which has always existed in a higher frequency.

When unconditional love is used to heal, it calls forth the perfect health that already exists in a higher frequency. Since your thoughts and emotions create your reality, negative thoughts and fear call forth/create illness and discord. However, when unconditional love governs your body, you bring down the energy pattern of your perfected body that already exists in the Divine Matrix of the sixth dimension.

In the same manner, you will use the power of unconditional love to call your Lightbody into manifestation. Of course, since your Lightbody resonates to the fifth dimension and beyond, the Lightbody, which you call down to your frequency, will simultaneously lift you up into the fifth dimension, which is the resonant frequency of your Lightbody.

When we say, “lift you up,” we do not mean the YOU of your earth vessel. We mean the YOU of your multidimensional consciousness that already exists in every dimension. In other words, much like you now decide to “change your clothes,” you will decide to “change your form/body.” Your clothes cover and protect your body, whereas your body covers and protects your consciousness. With the proper clothes you can go out into a hostile environment and survive. In the same manner, with a proper body you can go into the hostile environment of the third dimension with a better ability to survive.

Just as you call down your Lightbody to take you Home into the fifth dimension, you will call down the sixth dimensional Corridor, and it will lift you up into the sixth dimension. Remember, dear ones that up and down are third dimensional space terms. In our multidimensional reality, “down” means a lower frequency dimension and “up” means a higher frequency dimension. Ever since our journey has taken us into the fifth dimension, we have been beyond time and space, and ALL is HERE NOW. Hence, we don’t go “up” to create; instead, we transmute form into a different resonance.

LIGHT AND LOVE

Unconditional love is the creative force of all life. All life is light, and all light is consciousness. Unconditional love is the Light Language that is innately within your multidimensional consciousness. Third dimensional light is polarized into light and dark, whereas third dimensional love is conditional and programmed to adapt to a polarized, light and dark reality. On the other hand, unconditional love is a zero point energy field and designed for the none-polarized fifth dimensional light. Unconditional love is a great force that serves as your “fuel” for inter-dimensional travel, whereas Light Language is your “steering system.”

While in the sixth dimensional Divine Matrix, your force of unconditional love will assist you to use your Light Language to program the release of all your perceptions of illusions of separation, limitation and polarity. Without these

illusions, your ability to perceive the fifth dimensional reality in which you *already* exist will be greatly enhanced. All around you are moments, feelings and visions that resonate to the frequency of the fifth dimension, but you cannot see them through the veil of illusion. Once that veil is gone, you will be able to see the many ways that you are already fifth dimensional.

Take a moment now to merge with your Multidimensional SELF...

Using your innate Light Language, commune with and communicate with your SELF to feel the unconditional love that forever emanates from that expression of your SELF...

As you commune with your SELF, you receive the Light Language symbol of Unconditional Love...

Place this symbol in your Third Eye and High Heart and extend that force of Unconditional Love out from your Third Eye and High Heart to meet in an arch over your Throat Chakra...

Breathe the Light Symbols of unconditional love into your High Heart to “start the engine” of your Merkaba...

FEEL how your Merkaba amplifies your energy and extends your unconditional love into our Corridor to escalate its resonance into the sixth dimension...

Share your unconditional love with every consciousness in the Corridor to raise the resonant frequency of the Corridor...

Extend this Collective Consciousness down to third dimensional Gaia, so that She may ground and participate in your journey...

Feel your consciousness expand to Planetary Consciousness, as Gaia joins you in the Corridor...

Focus your Personal, Collective and Planetary Consciousness to expect to perceive the sixth dimension...

Gradually, you begin to perceive the sixth dimensional quality of the Corridor...

Light Ribbons of Possibility dance about the Corridor and beckon you to follow them.

See the Light of each Ribbon moving into and through the Corridor. Hear the Cosmic Choir emanating from each Ribbon of Light.

Touch them, as gently as you would touch a butterfly's wing.

Take long breaths to expand your consciousness to embrace both the highest frequency of your Multidimensional SELF, as well as the smallest particles of your quantum reality...

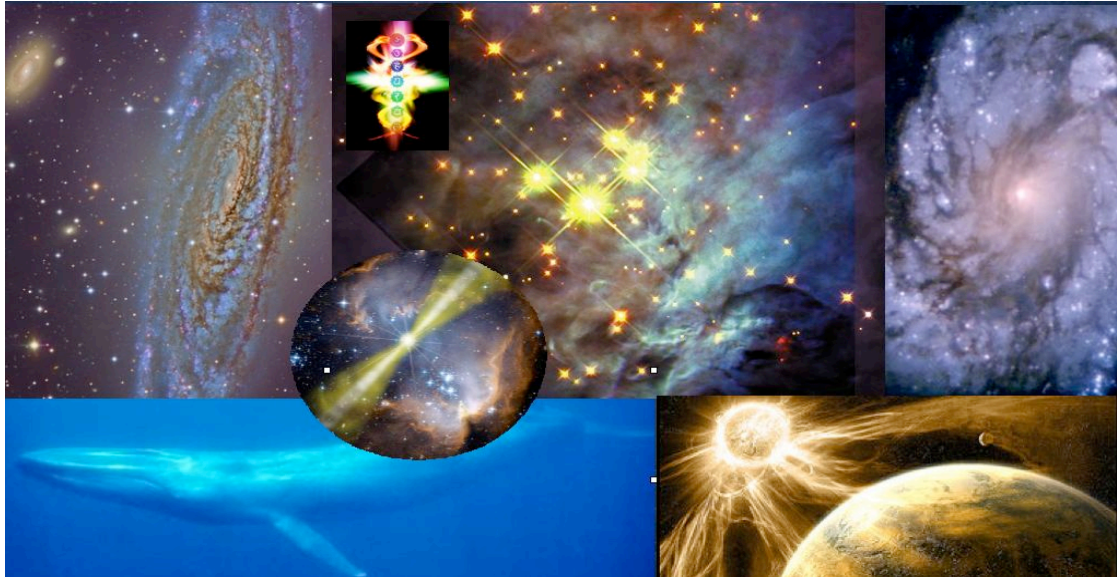
Allow the sixth dimensional light and unconditional love to enter into every cell and atom of your being. Planetary ascension begins with the complete and total infusion of Spirit-into-Matter, Light-into-darkness, on every atomic, cellular, etheric and spiritual level.

FEEL the Ribbons of Possibility enter your form, which no longer appears to be human. The vessel that houses your consciousness has become a body of light with light projections of unconditional love emanating from the back of your heart that appear almost like wings. Above your heart is your Third Eye encased in a force field of pure intention.

Your arms are also projections of light emanating from your heart that change form depending on their purpose. From below your heart, your body flows down into two trails of light like the trains on a wedding gown. You have no feet at this point, as you do not need to walk. Instead, you float or you are simply "there." If for some reason you desire to walk, emanations of light will appear to be legs and feet.

As you look at your hands, you see that your fingers also appear to be offshoots of light. There are no joints or fingernails. Your body is liquid light, and it can morph into any shape that you desire. Upon discovering this phenomenon, you experiment with this form.

First, you so expand your form that you become the Corridor. Then you compress your form into a spec of light so minute that you are pure consciousness. Finally, you become pure unconditional love. You have no head and no limbs. You are a pulsing portal of light. You ARE the Arcturian Corridor! Simultaneously, you are Earth.



INTO THE SIXTH DIMENSION

The Corridor has opened to the sixth dimension. You are now ready to experience the threshold into the sixth dimension. Feel the Corridor around you, opening into a strange, new world. As you set your intention to stand upon this threshold, you again see myriad Ribbons of Light. Each Ribbon represents a different parallel reality that YOU created. When you stand upon this threshold, every thought and feeling that lingers in your consciousness will dictate the reality to which you will be attached.

You see that there are, in fact, millions of realities, as well as billions of possible realities. Your resonance will attract the reality that you enter, at the same time that it simultaneously creates it. It may be difficult to project this concept into your third dimensional brain, but spiritual growth is based on experience first and understanding second. It is the experience that allows you the wisdom of understanding. Experience is precisely why you decided to live in the third and fourth dimensional realities.

Feel the unconditional love of the Corridor push you towards the very edge of the sixth dimensional threshold. But, wait. Hold back a moment, and allow your resistance to build the oscillating force of unconditional love as it pulls your back into the Corridor, then pushes you out onto the threshold...

Again and again, you move back and forth, as your momentum grows stronger and stronger...

Feel yourself becoming the Corridor, becoming the threshold, becoming a new dimension, a new reality...

**Now let go.
Let go!**

Yes, you are there now. You are a being of pure light floating in a reality that looks somewhat like a lightning storm, only without the rain or thunder. Through the flashes of light, you see worlds, planets, stars and galaxies.

Suddenly, you are pulled into one of these flashes of light. Feel yourself traveling through a long corridor that is more like a glass matrix. You can see each “possible reality” as it extends off from your tunnel, but you stay on a steady course.

Over, under, around and through you, realities co-exist in harmony and peace. However, you do not stop. You have set your intention for the reality in which your consciousness is currently grounded on third dimensional, ascending Earth.

You will choose any given reality with the power of your attention and intention. Hence, you view your many alternative worlds with detached compassion to remind you that no distraction will interfere with your journey.

Ah, here you are. You have arrived at the “programming station” for your current grounded reality. This life is very important, as it is the one in which you chose to participate in the planetary ascension. You realize that many of the lives that you have passed on your journey to this “station” have been preparations for this planetary ascension life.

Feel yourself now without form. When you entered the sixth dimension, you become pure consciousness, and pure light. Send your Great Light and Love into the matrix of light of this reality so that you may login to your sixth dimensional SELF.

Within this matrix you feel your awareness flowing through many shapes and channels. You realize that there is a hub, or a heart, but you start at the periphery and flow inwards following the lay lines, the spiritual, electrical circuit board of the matrix for this reality.

You have entered a huge puzzle of light, traveling from all directions inward towards your center. Your pure Light and Love, the essence of your Creator SELF, is gradually merging inwards until it has filled each lay line of the Divine Matrix.

NOW, you have entered the Great Central Hub,
the heart, the core, the center, the ONE!
The All in ALL!

All the worlds, planets, stars, and galaxies, which you passed on your journey greet you in the NOW. Once you are in the NOW, you are EVERY-WHERE and EVERY-WHEN.

From the EVERY-WHERE and EVERY-WHEN

You ARE the Universe that you observe
You ARE the Galaxy that you observe
You ARE the Planet that you observe
You ARE the Person that you observe

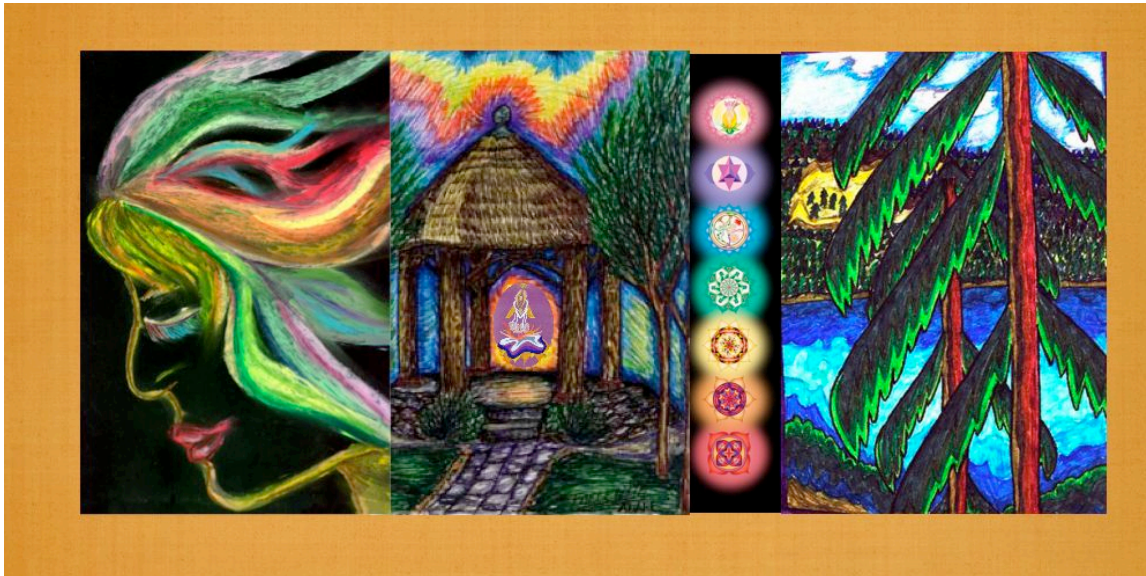
You ARE your SELF, silently observing your self!



**WENDY, PLEASE MAKE THE ABOVE PICTURE HOT LINKED
TO THE BELOW YOUTUBE SITE**

<http://www.youtube.com/user/suzannelie#p/u/0/b849WzacqkE>

ARCTURIAN CORRIDOR STEP 19



MEANWHILE, BACK IN THE FIFTH DIMENSION, OR IT IS THE THIRD?

We, the Arcturians, are *always* with you on your journey to full awakening because we are *always* with you. How could we leave you for we are ONE? Actually, we are ONE with all of our grounded ones, even though their mundane minds are often unaware of this fact. We wish to remind you again that it is important that you do NOT perceive us as some form of God Beings who are more "evolved" than you. We do NOT perceive reality in terms of "more or less." In fact, when you are ONE with your Multidimensional SELF, neither do you.

We wish to take a short intermission from our journey into the sixth dimensions to make sure that you are grounding your Corridor experiences into your everyday life. Of course, we observe that you are definitely doing so, but now you have new challenge. What was once the world of your imagination and the "real" world are blurring together, causing your physical brain great confusion.

LIVING IN TWO WORLDS

It used to be that the third dimension was in your present and the fifth dimension was in your future. Now, more and more, you are experiencing the reality that you have known as the third dimension to be moving into your "past," while the reality that you experience as the fifth dimension is moving into your "present." There is no "future,"

for when your consciousness moves into the fifth dimension. There is only the NOW.

Furthermore, your energy is pulling away from the mundane actions of the physical world, and you only feel energetic when you engaged in an action, with people or in places that resonate to your fifth dimensional consciousness. Nonetheless, this "coming attraction" that you feel just beyond your reach still alludes you. What is actually happening is that what you are feeling, wanting, predicting is integrating into your daily life. In fact, it is integrating into the daily lives of all who can accept this frequency of light.

Indeed, what you are experiencing is a frequency of light that has always been beyond your perception. However, now that Gaia is being released from the shackles of the old darkness, Her humans are increasingly joining the ranks of Her plants, insects, animals, elements and Elementals to journey into the fifth dimension. Those of you who have opened your minds to the process of awakening are beginning to absorb this higher frequency light. Actually, the light is not "higher frequency" for it is multidimensional. Hence, it contains all frequencies, including the quantum, zero frequency.

It is with the fifth dimension and beyond, as well as the zero point, energies that humanity is challenged. You are challenged because these energies are new to your five physical senses. The expanded perceptions of your Multidimensional Soul/SELF can easily perceive the cosmic waves of torsion energy streaming from the Black Hole in the center of the Milky way and out the now open portal of the Galactic Center. On the other hand, these waves are a unique experience for your ego/self who is struggling to receive, translate and integrate these frequencies of light/information, even when your Soul/SELF gives it the green light.

The reason for this struggle between your self and your SELF is that you ego has been assigned to protect your earth vessel. These waves of torsion energy, are turning ON old codes in your Junk DNA that have been shut off since the fall of Atlantis, and turning OFF certain codes in human genome DNA. For over 12,000 years, your earth vessel has been limited to 3% of your DNA and not had access to this "new" genetic information. Therefore, your earth vessel cannot recognize it, perceives it as an intruder and tries to attack it.

Because of this struggle, you are having an antibody war in your earth vessel, which creates great exhaustion. Fortunately, when your

consciousness extends into the fifth dimension, you are so distracted by the feelings of unconditional love, gratitude, peace and calm, that you can easily ignore the conflict in your earth vessel. Normally, one would begin their ascension process at this time. In fact, many of the members of the Planetary Ascension Team have had the experience of ascension in one or more of their parallel realities.

However, in these other realities, you “died” and abandoned your physical body in order to soar into your true Home in the higher dimensions. In your present reality, you have volunteered to stay on earth in your earth vessel to assist with planetary ascension. Hence, your consciousness is in one dimension and your body is in another. It is through consciously closing this gap that you assist with the planetary ascension. Your consciousness forms a bridge of light that connects these two worlds. Now, this bridge is beckoning you to cross.

CHANGING PRIMARY CONSCIOUSNESS

At first, the process of crossing the bridge makes you spacey and exhausted. However, as you begin to place your primary consciousness, your sense of self and main control center, in the fifth dimension rather than the third, you will begin to get relief. As the third dimensional reality continues to move into your past, and your fifth dimensional reality moves into your present, your “primary consciousness” becomes fifth dimensional.

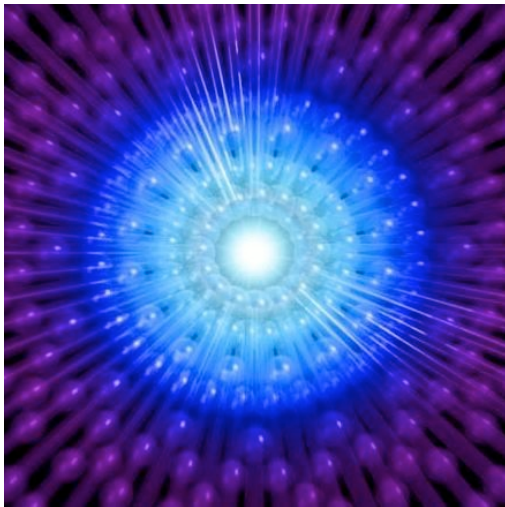
Your primary consciousness is also what you perceive as your “present.” Hence, Gaia and Her grounded ones are gradually transferring their primary consciousness from third dimensional Earth to fifth dimensional Earth. This process is much like one in which you get a new home, but still live in your old home for an extended time. In this manner, you can slowly and exactly personalize your new home—Lightbody—while still living in your old home—earth vessel.

While having the two homes, bodies, realities, you can gradually transfer your primary consciousness from your old home/body and into your new one. However, these two homes/realities are quite different, and you will need “time” to completely make your shift. On the other hand, once you move into your new home, time will no longer exist. Therefore, your third dimensional consciousness is becoming very confused. It has become addicted to the concepts of time and space. Because of this perceived limitation, when your primary consciousness “returns” from NO-time and NO-space, your biological computer/brain cannot compute these experiences.

Your ego/self perceives this entirely novel reality as possible harm or even "death," and tries to stop you from going back to your fifth dimensional reality. Hence, you may feel an increasing amount of fear that needs to be released—again and again. You don't understand why you are having this fear, for you have already done so much releasing. Therefore, please understand that your ego/self is quite frightened by the constant influx of the torsion waves that are foreign to it, and fears the imminent loss of its earth vessel.

The best way to deal with this situation is talk to your ego/self from the vantage point of your Soul/SELF. Tell you ego/self that there will be no loss, only a grand transformation from a carbon-based body to light-based body. Show your ego/self how your light form already exists within your earth vessel, and expand your ego's duties from just care and maintenance of the earth vessel to include care and maintenance of your inner light body. Surround your ego and earth vessel with the wonderful unconditional love, gratitude, peace and calm that you—Soul/SELF—experience every time you embrace the fifth dimensional reality.

OPENING A PORTAL



The rising of your Kundalini and opening of your Third Eye has activated your pineal gland. Your pineal gland is a hyper-dimensional stargate built in to our human physiology. There are tiny molecules within the pineal gland water called microclusters. These microclusters form geometric shapes that create a resonant gateway or stargate. When "fired up" by means of Kundalini activation, the pineal gland stargate is accessed. Kundalini activation is the clearing, balancing and unifying of all your chakras, so that the latent force of of Kundalini can rise up from the Root Chakra, through all the chakras, and into the Crown Chakra to open your Third Eye. This opening is often experienced as a tickling, buzzing or pressure inside of the head or on your forehead.

The activation of the Kundalini and opening of the Third Eye brings new brainwaves online to allow advanced states of consciousness to

integrate into your daily consciousness. One of these is Gamma brainwaves (40 cps), which serve as harmonizing frequency through which the observations of any object's size, color, texture, function, etc. are stored, perceived, and processed by different parts of the brain.

Gamma brainwaves are thought to be associated with the brain function that creates a holographic synthesis of data stored in various areas of the brain to fuse them together into a higher perspective. This higher perspective facilitates the activation of the expanded perceptions of your fifth dimensional consciousness.

There are also extremely high brainwave frequencies above Gamma, which *have been* titled *Hyper Gamma brainwaves* (100 cps) and *Lambda brainwaves* (200 cps). Conversely, the extremely low *Epsilon brainwaves* (0.5 cps) are thought to be the state yogis go into when they achieve suspended animation and/or complete control of all their biological functions.

All three of these newly discovered brainwaves (Hyper Gamma, Lambda, and Epsilon) are associated with higher states of SELF-awareness that allow conscious access to superior levels of information and insight, psychic abilities, and out-of-body experiences. Theta (Shaman brainwaves) and Gamma brainwaves interact with these new brainwave patterns to assist in the brain's holographic packaging of information into coherent images, thoughts, and memories.

Hyper Gamma, Lambda, and Epsilon frequencies are linked together in a circular relationship. Hyper Gamma and Lambda brainwaves are so fast that they appear to be embedded in the extremely slow Epsilon brainwaves. Simultaneously, the extremely slow Epsilon waves are so slow that they appear to be riding on the crest of the very fast Hyper Gamma and Lambda waves. In the same manner, our expanded, psychic senses are embedded into, and piggybacked onto, our-third dimensional five senses. As these new brainwaves come online, our inner perceptions can be consciously perceived while in our mundane consciousness.

It is important to remember that the higher dimensional realities have always existed, but the moment you forget them, you stop choosing to perceive them and exclude them from your possible reality. However, that potential remains latent within your biological computer/brain. Fortunately, the more your primary consciousness becomes fifth dimensional, the more you activate these extremely high and low

brainwaves, and the more you regain access to your innate higher brain functions. These higher brain waves will allow you to more easily close the “perceived” gap between your “two realities.”

CLOSING THE GAP

We fully support you in closing the “perceived” gap between your grounded reality and your multidimensional reality, for it is the core of ascension and of being an Ascended Master. Of course, from our perspective, there is no gap. How can there be a gap when there is no time or space to measure it? Therefore, releasing the illusion of a gap between one dimension and another, one person and another, one time and another etc. is the challenge that forces your polarized, computer/brain into its true state of unity.

We know that you can feel the higher dimensions just beyond your threshold of perception, much as you can feel the rain just before it falls or the light just before the dawn. The secret of closing the gap is actually inside the very earth vessel that you have blamed for separating you from the higher realities. Focus your consciousness, now, deep inside your earth vessel and inside your heart.

See your blood around you and hear your heart’s valves pumping it through your body. Feel how your breath brings fresh oxygen into your lungs to be shared with your blood. Visualize how that oxygen is carried on waves of multidimensional light and unconditional love.

Now move into your High Heart and see your ATMA, your Three Fold Flame of life blazing before you. Step into the center of that Flame and see it before you, behind you and around you. Just as smoke rises from a physical flame, your consciousness rise above your Three Fold Flame and into your opened Third Eye.

From within your Third Eye, see how the third/fourth and fifth dimensional realities are actually ONE, constantly interacting and intermingling.

Look to your right and see a magnificent Light Being who smiles in response to your recognition.

Look to your left and see any place on Earth that you wish to experience.

Now, look above you and through the Portal that is between your Third Eye and your Crown.

This Portal is in the center of your forehead at the edge of your hairline, between your Third Eye and Crown. At first, the Portal looks like a mirror with water rippling over it, a wormhole, which indeed it is. This Portal is one of the many areas on your earth vessel, which affords you the opportunity to close the gap between the world of illusion and the multidimensional worlds on the other side of the veil.

Now, with the force of unconditional love emanating from your ATMA, gently blow the veil away from the Portal to see the wormhole open, welcoming your entrance. You will not leave your body, for there is no leaving or coming when you resonate beyond time and space. To enter this Portal you must release your attachment to physical limitations and know that you are everywhere and everywhen.

As the current of your breath totally moves the veil of separation aside, the Portal is revealed in its full splendor. The circular shape morphs to remind you that this Portal is an alive Being. In fact, it is an element of your aliveness, yet independent from you as it is not limited to just you. This Portal is for every person, animal, plant and Being that is the body of Gaia. What you are experiencing is YOUR entrance to this infinite and Cosmic Portal.

The veil of illusion is completely removed now because you were/are able to believe that you deserve entrance through this passageway. What appeared to be water rippling over a mirror that reflected your light, is now revealed as a vast orb filled with liquid light.

The liquid light begins to slowly flow out of the Portal and onto your earth vessel. As the liquid light adheres to your physical form, you become the Portal, you become liquid light, and your consciousness and sense of self extends through the Portal while your earth vessel still remains in your mundane reality.

The illusion of separation between physical and consciousness is released, and you are freed from the perceived boundaries of your previous existence. You know that eventually you will return your sense of self to your mundane life—even though you have never left it. You know that when you “return,” you will seem to forget this experience and become, once again, embroiled in the challenges of your third dimensional life.

But is it still “just” third dimensional? What about your body of liquid light that infinitely flows, dances, intermingles and communes with All That Is? Will you forget this experience? Will you just be physical?

No, you cannot. You cannot return to the illusion once the truth has been revealed. You may temporarily forget the truth, but the illusion has been unveiled. The secret has been exposed and the truth is alive in your Being forever whispering to your sleeping awareness, "I am one! I am a Being of liquid light."

Then, when you hear that whisper, you will see the light, feel the unconditional love that is absorbing into your every cell and atom, and you will remember! You will remember your SELF, and you will remember the Portal. You don't go through the Portal, for "through" denotes that a part of you leaves where you were to be where you are going. But, if you listen to the whisper of light it says, "You don't leave or come, for you are everywhere. There is no time. There is no space, There is only HERE and NOW.

You are HERE NOW because the distance between Light and Light is zero. You are physical/matter interacting and intermingling with spirit/light. The liquid of the light indicates that the Flow of the Light is zero distance for all the light. Hence, your third dimensional matter/self intermingles with your Light/SELF that is at zero point to ALL Light. This light flows like a liquid through the entrance of the Portal to commune with the light of your third dimensional self.

Your third dimensional self
Intermingles and flows with your light

Your light intermingles and flows with ALL Light

Thus, the Light of your fifth dimensional SELF
Intermingles and flows with your third dimensional self

You do not leave to become fifth dimensional or leave to become/return to your third dimensional self. Your light holds the third and fifth dimensions as ONE. Once you bond your consciousness to Light, you are zero point form the light of your fifth dimension SELF that intermingles and is ONE with the your third dimensional self. Only illusion separates you from your SELF, as the third and fifth dimensional light is continuous.

While maintaining your connection to your earth vessel who is dedicated to matching the slowing increasing resonance of Gaia's Earth, you can expand your consciousness through the Portal to merge with your fifth dimensional reality. Feel the connection in your High Heart, which serves as your grounding point, and your opened Third

Eye, which serves as your control tower, for all your multidimensional journeys.

Through merging with your fifth dimensional reality, you can more easily release old attachments to the drama and limitation of third dimensional life and expand your belief that you can live in peace and calm. It is through the peace and calm of truth and love that the "gap" begins to fill-in with the Knowing of Unity with all life.



Being your SELF

When your primary consciousness is in your Multidimensional SELF, you can consciously experience both of your merging realities. Since your inner Divine Child has never lost the awareness of your Multidimensional SELF, he/she is the gateway to the merging of your imagination and logic. Within the heart and mind of your Divine Child, everything is always possible and alive in your inner worlds. When you can awaken this Child and allow him/her play with the wondrous fifth dimensional perceptions, there is no limit to the reality you can create.

You can walk through the woods and see Nature Spirits fly above you. You can have a tea party in the middle of a stream and swim through a water cave with a gently manatee. You can pull down the Light and see the Portal between water and sky. The colors of your expanding reality will open your heart and heal old wounds of loneliness and

sorrow. You will float through these colors in your body of light and fully merge with each moment of your experience.

Remember the innocence of your childhood, no matter how fleeting it may have been, so that you can recapture your ability to KNOW that what you imagine IS real. Imagination is fifth dimensional thought. In order to fully embrace the fifth dimension in which you already exist, believe your imagination. Believe your SELF. Trust your expanding perceptions and allow your inner voice to be louder than fear and self-doubt.

In fact, we Arcturians ask you to take a moment now to put on your "imagination glasses" as you look around the room in which you are sitting. Just as you would put on your 3D glasses to allow the action on the movie screen to enter the theater, put on your imagination filter to allow the fifth dimension to enter your room.

Look to your right... What aspect of your fifth dimensional reality does your imagination perceive? FEEL the freedom and joy of this perception. Allow your inner child to fully explore this new adventure.

Look to your left... Allow a fifth dimensional thought, which was formerly beyond your conception to fly into your awareness. Accept this thought into your heart and place it forefront in your mind.

Turn around and see all the aspects of your third dimensional reality that you are ready to release... Give thanksgiving for the lessons you have learned as you bless these aspects goodbye. Now, focus your primary attention on the fifth dimensional reality that you are NOW beginning to live.

Turn forward to see your Path laid out before you... What does your Path look like? Where is it leading? See yourself bravely walking this Path filled with peace, calm, confidence and unconditional love.

Now, allow your room to gradually shift into its fifth dimensional resonance. As you look around, what has changed and what has remained the same? How have you changed, and how have you remained the same?

As you go about your day, place your attention on the parts of your self and your life that are already fifth dimensional. For as long as you can remember, see all of your life through the perceptions of your

Multidimensional SELF. In this manner, you can consciously experience the merging of the third and fifth dimensional realities.

To BE fifth dimension, remember that, first you raise your **consciousness**—to open you up to new **beliefs**—that set your **expectations**—and dictate your **perceptions**. Then, the reality that you perceive is the reality that you live.

You must “perceive the change” to “BE the change you wish to create.

We, the Arcturians, bless you for your wonderful contribution to the ascension of Earth, the Solar System and the entire Milky Way. YOU are the Light of the world. You are the multidimensional Light of all reality.

The Arcturians



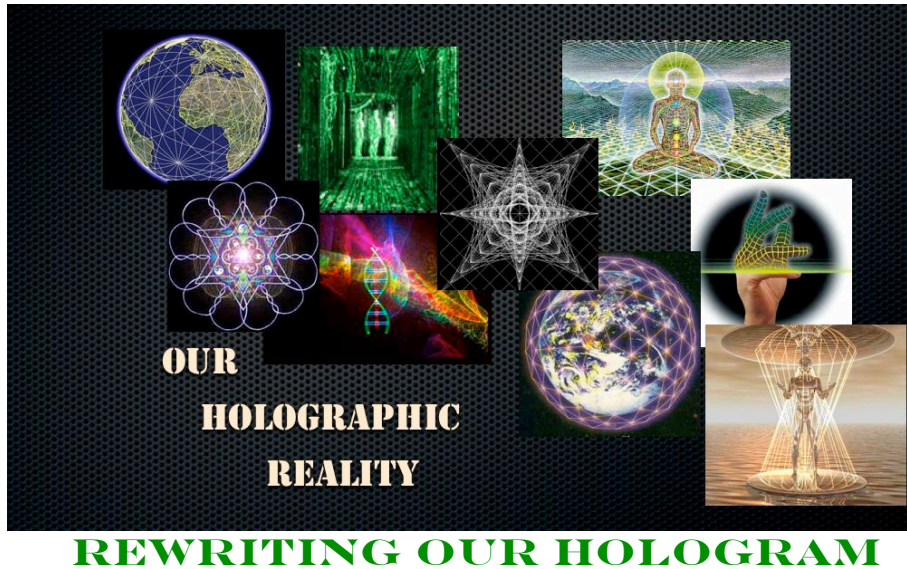
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THE ARCTURIAN CORRIDOR Step 20



Welcome back to the threshold of the sixth dimensional expression of our Arcturian Corridor. It is from this frequency/expression of our Corridor that you can re-enter the sixth dimension to rewrite the holographic projection for your current third dimensional reality. You have heard the “theory” that your third dimensional world is actually a holographic projection.

The Truth is much greater than that, but a “holographic projection” is, indeed, a good metaphor for third/forth dimensional life. From our perspective in the eighth through tenth dimensions, which flow and intermingle as ONE, we perceive the fourth dimension as the “aura” of your third dimensional reality. Hence, when we speak of the third dimension, we include the fourth as the etheric emanations of the physical world. This fourth dimensional etheric reality connects you to the higher worlds of the fifth dimension and beyond.

OPENING THE PINEAL GLAND STARGATE

The process of raising your Kundalini and opening your Third Eye activates your pineal gland, which is the hyper-dimensional stargate built into your human physiology. Kundalini activation is the result of balancing all of your chakras and raising the feminine force of Lady Shakti from your Root Chakra into Divine Unity with the masculine force of Lord Shiva in the Crown Chakra. This blending and balancing of your feminine and masculine energies, known as the Mystical Marriage, opens your Third Eye and fully activates your “pineal stargate.”

With the opening of your pineal stargate, you can accept the multidimensional, torsion waves directly into your daily consciousness and earth vessel. Furthermore, different DNA is turned ON or OFF by different frequencies of light. The third dimensional spectrum of light turns ON the 2% to 3% of your human genome DNA, which runs your Third-dimensional Operating System. This Operating System is based on the illusions of separation and limitation that arise from a strongly polarized reality. This system can only accept, integrate and utilize light that is limited to the small spectrum of the physical reality.

Since the fall of Atlantis, and especially during the last two thousand years of the Piscean Age, the higher dimensional light has been lost to most of humanity. However, now, you are entering the Golden Age of Aquarius and Gaia has moved into the flow of torsion waves emanating from the Galactic Center. These torsion waves of multidimensional light turn OFF your 3% of human genome DNA and turn ON your 97% of “Junk DNA” as they enter through the small quantum vortexes of the Junk DNA.

Once the multidimensional light is accepted and integrated into your earth vessel, it turns ON your new Multidimensional Operating System, which is stored in your Junk DNA. Then, the multidimensional light slowly takes precedence over the physical spectrum of light and the Third-dimensional Operating System of your 3% DNA begins to turn OFF. This is why so many of you have an ever-decreasing interest in the third dimensional reality and deeply long for the multidimensionality of the fifth dimension and beyond. Fortunately, during your transition, both Operating Systems will be operational, allowing you to simultaneously live in both realities.

THE MYSTICAL MARRIAGE

Before the Mystical Marriage of your inner feminine and masculine energies and the opening of your Third Eye, your earth vessel can only perceive, integrate and utilize the limited light spectrum of the third dimension. Your First, Root Chakra accepts and reflects the spectrum of red light, which connects and grounds you to Earth. As your Kundalini rises, this red light merges into the orange light of the Second, Navel Chakra, integrating the frequencies of red and orange light. Then, as your Kundalini rises into your Third, Solar Plexus Chakra to merge the red and orange with the yellow frequency of light, you combine and integrate your “Lower Chakras.”

The combined frequency of light of your Lower Chakras then enters your Fourth, Heart Chakra to intermingle with the green frequency of light. Via your Heart Chakra, you connect your Lower Chakras with your “Higher Chakras.” The light of the first four chakras then moves into your Fifth, Throat Chakra to intermingle with the blue frequency of the third dimensional light spectrum. Your Kundalini then moves into your Sixth, Brow Chakra to unite the red through blue expressions of light with the indigo frequency of this chakra.

The Seventh, Crown Chakra resonates to violet light, which is the highest frequency in the third dimensional light spectrum. This violet light serves as a bridge to connect the white light, the unity of all colors of light, into your earth vessel. With Lady Shakti awaiting her groom in the Sixth, Brow Chakra, Lord Shiva in the Seventh, Crown Chakra calls forth the opening of the Pineal Gland Stargate to accept the multidimensional light of the higher through quantum frequencies of reality. The multidimensional light enters your Crown much as the groom (masculine, Lord Shiva) walks into the Chapel to await his bride (feminine, Lady Shakti).

The bride then walks down the aisle (through the pineal gland of the Brow Chakra) to join her groom at the Marriage Alter (third ventricle of the brain) to enter into their Mystical Marriage. With this Marriage, the seven octaves of the physical spectrum of light (Shakti's Bride's Maids) unite with the multidimensional light of the ONE to join the Spirit of the ONE into the Matter of your earth vessel, as well as the earth vessel of Gaia.



This Mystical Marriage of your inner masculine and feminine energies opens your Third Eye and High Heart, which have been latent within your earth vessel since your birth. This opening then allows you to begin the gradual unveiling of the illusions of your third dimensional reality. With the opening of your Third Eye and High Heart, new brainwaves come online in your computer/brain that can access and utilize your Multidimensional Operating System. Furthermore, because of your Mystical Marriage, you can now accept and integrate multidimensional light, which commences turning ON the Junk DNA in which your new Operating System has silently been stored.

BRAINWAVES AND OPERATING SYSTEMS

As your Multidimensional Operating System comes online in your computer brain, it is your new brainwaves, which allow you to consciously understand and utilize the multidimensional light that invisibly swirls into and through the third dimension. One of these newly accessible brainwaves, Gamma brainwaves (40 cps), are associated with the brain function that creates a holographic synthesis of data stored in various areas of the brain to fuse them together into a higher perspective. It is this higher perspective that allows you to consciously perceive the fifth dimension and beyond, while still wearing a human earth vessel.

The extremely high brainwaves of Hyper Gamma (100 cps) *and* Lambda (200 cps) and the extremely low Epsilon brainwaves (0.5 cps) are associated with higher states of SELF-awareness. This awareness encompasses the ability to access superior levels of information through insight, psychic abilities, and out-of-body experiences to assist in the brain's holographic packaging of information into coherent images, thoughts, and memories.

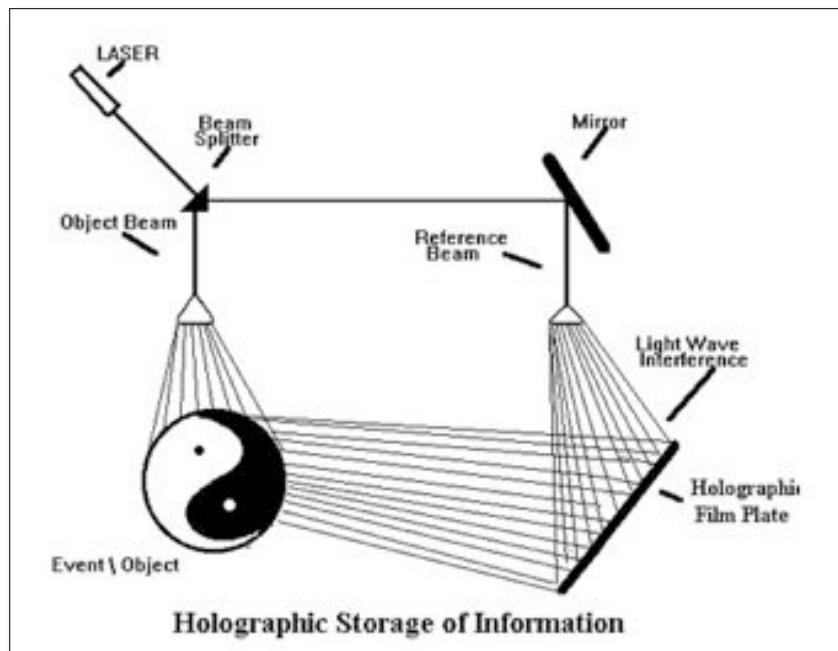
Hyper Gamma, Lambda, and Epsilon frequencies are linked together in a circular relationship. Hyper Gamma and Lambda brainwaves are so fast that they appear to be embedded in the extremely slow Epsilon brainwaves. Simultaneously, the extremely slow Epsilon waves are so slow that they appear to be riding on the crest of the very fast Hyper Gamma and Lambda waves. In the same manner, your multidimensional senses are embedded into, and piggybacked onto, your third dimensional five senses. These brainwaves allow you to use your expanded perceptions while you are in your mundane consciousness.

The higher dimensional realities have always existed, but they were beyond the perceptions of your Third Dimensional Operating System, because the expanded states of consciousness of your Multidimensional Operating System were not yet "online." Therefore, these dimensional realities were forgotten. Fortunately, your potential to perceive these dimensions remained latent within your biological computer brain, awaiting the activation of your Multidimensional Operating System.

At first, both the Third Dimensional Operating System and the Multidimensional Operating System will both be online. Eventually, the Multidimensional Operating System will be the main system, which means that your primary reality/consciousness will be in the fifth dimension and beyond. Yet, you will still be aware of the third and fourth dimensions. This process has already begun for those of you in our Corridor, although you may not be fully aware of it in your mundane states of consciousness. From the sixth dimension, you will be able to read the holographic projection of your current reality to assist in updating your computer/brain to the Multidimensional Operating System.

CREATING HOLOGRAMS

The rise of your Kundalini, Mystical Marriage, activation of your Pineal Stargate, expanded consciousness, and the recognition and integration of your Multidimensional SELF, expands your consciousness enough to encompass the sixth dimension. It is from the sixth dimension that you can write, or edit, your holographic program for your third dimensional, grounded self and/or selves. To better understand what we are saying, let us divert from our journey long enough to explain to you how a holographic projection is created.



- FIRST a single laser beam is split into two separate beams.
- The first beam is bounced off the object whose image is to be recorded.
- The second beam is recorded on a mirror and allowed to collide with the reflective light of the first beam
- THEN the interactions of the two beams are recorded on a piece of film called a holographic plate or matrix.
- The PATTERN that is recorded on the plate looks like chaotic swirls and concentric circles until another laser beam is used to illuminate the film. It is then that a hologram of the original object occurs.

In other words:

- The light of your Soul/SELF copies a portion of its light from the unity of the ONE to become two sixth dimensional beams of light.
- This FIRST part of the sixth dimensional light beam is bounced off the object, thought-form of your Multidimensional Soul/SELF, whose image is to be recorded.
- The SECOND beam of sixth dimensional light is recorded on a mirror and allowed to collide with the reflection of light bounced off of the "object" (your Multidimensional SELF).
- Then the interaction of the two beams (light wave interference) is recorded on a piece of film called a holographic plate (matrix of third dimensional Earth)
- The pattern that is recorded on the plate looks like chaotic swirls and concentric circles until another laser beam is used to illuminate the film.
- This "other" beam is your fifth dimensional SELF'S intention to observe your physical ego/self.

- It is then that a holographic projection of your original sixth dimensional SELF occurs on the Holographic Film Plate as a physical reality.

To summarize, in order for your Multidimensional SELF resonating within the ONE to observe it's reflection in a third dimensional form, it had to split its light into "the observer" and "that which was to be observed." Therefore, your Multidimensional SELF needed to create a Divine Ideal for the form it wished to observe in its holographic projection of life in the lower dimensions. Consequently, your SELF created a thought-form of a human body, which became the object off which the first beam of light would reflect.

Then, the second beam of light was infused with unconditional love and multidimensional consciousness so that once it reflected off the mirror and intermingled with the first beam (human body) on the holographic plate, the purity of the multidimensional light and unconditional love would be maintained.

Then the projections of light needed to be unified on the holographic plate (planet Earth) to manifest as a member of that physical reality. At this point, your Multidimensional Soul/SELF needed to observe you so that the swirling circles of energy could become form. In this manner, your form was held and the illusion of your physical reality was maintained.

BREAKING THE CHAIN OF ILLUSION

When you were young children, most of you could still see the world from the consciousness, belief, expectation and perspective of your Multidimensional SELF. In other words, you believed that you had full control of the creation of your reality. You had this belief, expectation and perception because your Multidimensional Operating System was still fully activated. Unfortunately, it was very difficult to maintain the expanded state of consciousness that activated this Operating System while incarnated in your third dimensional form.

Overtime, your consciousness lowered, your Multidimensional Operating System turned OFF, and your Third-dimensional Operating System took precedence over your beliefs, expectations and perceptions of reality. Then, you accepted the collective belief that you were a separate being living in a dense, physical world and expected hardship and limitation. Consequently, that is what you perceived. Your childhood world of magic and imagination still surrounded you, but it was just beyond the limitation of your third dimensional perception.

This limitation created a strong inner yearning to "go Home," but you soon forgot where Home was. You just knew that something was missing, and that some day you would find it. That day is NOW. However, in order to return Home to your true Multidimensional SELF, you have had to find a way to connect with your SELF while still in your third dimensional form. Fortunately, you learned that if you expanded your consciousness beyond the confines of the physical reality,

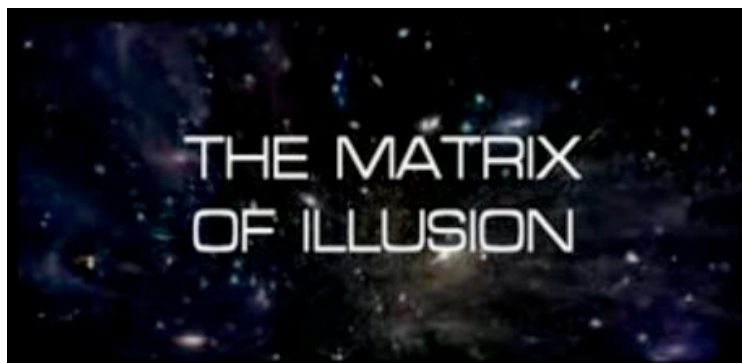
you could perceive your Multidimensional SELF from the perspective of your third dimensional self. To accomplish this task, you had to break the chain of illusion.

It is through your observation of your Multidimensional Soul/SELF in the ONE from the perspective of your ego/self in the third dimension that you have broken the chain of illusion to see your self (projected light) as your SELF (light united in the ONE). When YOU (the holographic projection) can observe your Divine Matrix in the sixth dimension (your SELF in the ONE) while still holding your holographic form, the third dimensional veils of illusion are released. You can then eternally commune with and return to your SELF who lives eternally in unity with the ONE.

It is at this point that you fully remember why you have chosen to “log-in” (project your SELF) into the third dimensional hologram. The ONE does not want to extinguish its many expressions of light. Instead, it wishes them to return to the full awareness of their Multidimensional BEING while maintaining their sense of individuality. In this manner, “Individuality within Unity” is created.

This process of maintaining your Personal Consciousness within the ONE begins with the maintenance of your personal earth vessel while you fully grounding your Multidimensional SELF into your third dimensional holographic self. Therefore, your unity with the ONE begins with your unity with your physical reality. Through uniting with your third dimensional reality, while observing and communing with the ONE, you learn the power of manifestation in your physical reality.

This power of manifestation is based on the Knowing that YOU are your Multidimensional SELF. Then you, Multidimensional/SELF, remembers that you, ego/self, have the innate ability to observe the many swirls of light on your holographic plate to create your reality of form. Hence, when your Multidimensional SELF is fully grounded in your ego/self, YOU create your reality by the simple act of observation.



http://www.youtube.com/watch?v=oePY_MH3mqk&feature=player_embedded#

The above youtube is created by some of today's most awakened minds. Some of their most important points are outlined below:

The ocean of consciousness is the source of all matter.

There is no matter.

All physicality around us is the result of a frequency of resonance.

If you amplify the frequency, the structure of matter will change.

This self-contained system is a "super hologram," and everything within it is an expression of that hologram.

Since reality is a hologram, every particle is a vision of the whole.

In other words, the entire whole is contained in every particle.

We can't find one particle, as it is a reflection of ALL particles.

If we change any small component of the hologram, it is reflected in the whole.

The substance of the Universe is Consciousness.

Fear-based consciousness holds the belief that the substance of the Universe is matter.

If the Universe is matter, then the believer needs possessions and riches.

Remember that all physicality is a frequency.

Fear is a slow, dense vibrational state.

If we hold fear, our consciousness lowers and the frequency of our reality is dense and slow.

Within a holographic reality, what you believe, you create.

Reality is built out of thought.

Every thought is like a spider, spinning a web in the holographic matrix.

The Matrix of a hologram is information.

When you put information into your hologram, you create fractals, unending and ever-repeating patterns, in your matrix.

These fractals change your matrix.

When a system becomes highly destabilized, there will be random shifts that suddenly self-organize into higher states of complexity.

At a sub-atomic, quantum level, reality organizes according to the expectations of the observer.

Everything in the Universe is composed of sub-atomic particles, whirling at lightening speed around huge empty spaces.

These particles are not material objects; they are fluctuations of energy and information in a cosmic void of energy and information.

When you change the field that the atoms are in, you change the atoms.

We are made up of these atoms.

Our feelings change the field of our atoms to literally alter our physical reality.

Our BODY is a biological computer.

WE are Consciousness.

Our WORLD is a tiny frequency range within infinite ranges of frequency.

LIFE is a holographic television station.

Our consciousness creates the channel, frequency, of the REALITY we experience.

We can't imagine a reality that exists without us because...

The act of our observation allows us to create-as-we-go a participatory Universe.

We may never find the edge of the Universe or the smallest particle because...

Everywhere our consciousness explores with the expectation of perceiving something, there it will be, for we have created it.

We are building the Universe as we go!

Consciousness is the programming language of our holographic Universe.

We are consciousness conductors.

Consciousness comes through us and emanates from us.

Therefore, humanity has the ability to create a new reality.

If we switch OFF our brains and hook our consciousness into the mainstream media of illusion, we are manipulated in a certain way so that the creation of our reality is not ours – but the reality of someone else.

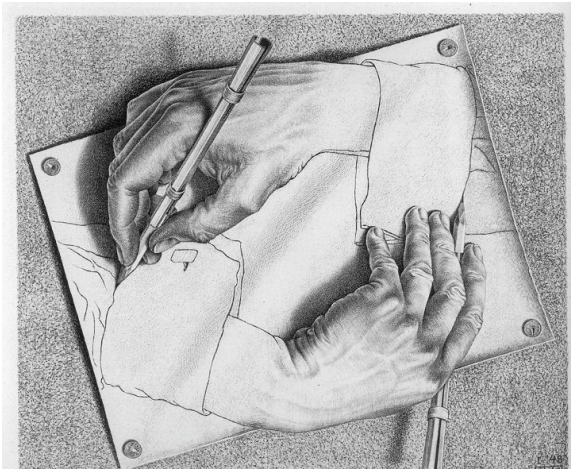
Therefore, we need to take control of our reality at a quantum level.

The world is just a ride, but we forgot that fact and began to believe that the ride is real.

CONGRATULATIONS DEAR GROUNDED ONES

Dear Ones, now that you have awakened, you realize that the third dimension is a ride, a stage for your play, a virtual reality game, and YOU are the conductor, director and programmer. Once you regain this multidimensional knowing, you are free to conduct, direct and program your Path Home to SELF. Now, the creation, you, are ready to unite with the Creator, you, to become “the hand drawing itself.” On your Path Home to SELF, you travel the vertical “elevator” up into the higher frequencies of reality on the horizontal planes of existence.

On each of these planes you find a form of your Multidimensional SELF. These forms were created on your first projection down from the ONE and into the planes of illusion and separation. Each form/container is a construction of the resonance of the light particles of that dimension/plane. In the case of your earth vessel, light is so slow that it becomes physical matter. In the realities higher up the vertical scale, your container is of a higher resonance.



Do you realize now what a great accomplishment you have completed? Do you realize now how truly magnificent you are to observe your SELF from the form of your self that your SELF is observing? It is much like the famous picture by Escher of the hand drawing itself.

RETURN TO THE SIXTH DIMENSIONAL CORRIDOR

We will now resume our inter-dimensional journey through the Arcturian Corridor. As you step onto the threshold of the sixth dimension remember that **Consciousness is the language that programs your hologram**. Through the recognition and integration of your Multidimensional SELF, as well as your experiences in our Corridor, your consciousness has expanded from Personal to Collective to Planetary to Galactic Consciousness. When you participated in the opening of the sixth dimensional frequency of our Corridor (archived Multidimensional News, January 26, 2010), your consciousness expanded to Cosmic Consciousness.

Now, before you take part in the expanding of the Corridor into the sixth dimension, remember, if you can, when you were a young child and KNEW that Faeries and Angels were real. In fact, you knew that you were a Faerie, a mighty Dragon, or a beam of Light soaring through the sky. You knew these things to be true, to be real. Unfortunately, over time, you wanted to be like “others,” so you pretended to just be “regular.” Then, bit-by-bit you began to forget what you knew as a child, and the memories of your Multidimensional SELF began to fade from your mind and leave an empty space in your heart.

One day, your great Multidimensional Consciousness deflated so low that you found you were a victim. You were a victim to the demands of others and the rules and regulations of a world that limited your creativity and made you *work hard* to be *good enough* to get lots of money to buy stuff. You needed the money and the stuff because the ache in your heart had become a painful longing for a place you once knew and a person you once had been. Nonetheless, you put your head down and tried to do what others wanted. However, each victory that you achieved was empty and only fed your longing.

You began to discard the beliefs and expectations of others and sought to regain the peace and joy you knew when you were free to be alive in your imagination. Then, gradually, or all at once, you began to remember your SELF—the one who flew and fought for love and light. This knowing made you feel independent and gave you a strong sense of your own Personal Consciousness, which allowed you to release being a victim.

At first this new person, this SELF, was a secret. Then, the loneliness returned, and you knew you had to be your SELF in daily life—no matter what the consequences. To your surprise, the consequences were wonderful. As you came out of hiding, you found others who were also coming out of hiding. You

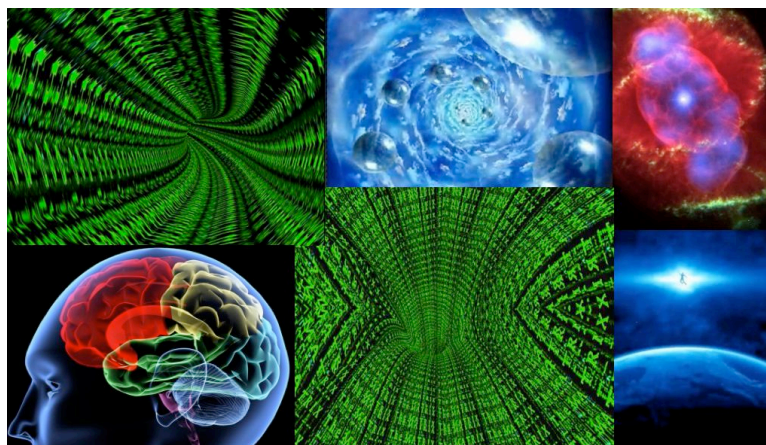
opened your heart to these people, and your consciousness expanded from Personal to Collective Consciousness.

You, and the collective of awakening beings loved Gaia, for your Soul told you that She was you Mother Earth, as well as the higher dimensional expression of your Collective SELF. This love for all life expanded your consciousness to Planetary Consciousness. Via your Planetary Consciousness, Gaia whispered to your Soul about Her portals into higher worlds, and many of you found your way to our Corridor. You joined other awakened ones, and Gaia Herself, to journey through the Lower Astral Plane of the fourth dimension to clear your tunnel of light and enter your fourth dimensional reality.

You then entered your fifth dimensional reality to connect, commune and integrate your Multidimensional SELF. With this return to SELF you were able to recognize and begin a relationship with your great Galactic Family, which expanded your Planetary Consciousness to Galactic Consciousness. With your first visit to the sixth dimension (See Multidimensional News January 26, 2010) your consciousness expanded to Cosmic Consciousness.

Cosmic Consciousness is the state of consciousness that allows you to fully perceive, accept and integrate the torsion waves flowing from the Galactic Center. Furthermore, from the perspective of your Cosmic Consciousness you can easily see through the third dimensional illusions of separation and limitation. You KNOW that YOU are the creator of your reality because you are a reflection of your Multidimensional SELF in the ONE who cast the reflections of its Light onto the holographic matrix of your present incarnation.

You also KNOW that this incarnation—log-into the 3D Game of Separation—is special as it is the life in which you are to experience the joy and victory of raising your planetary reality into the fifth dimension. You will live within the Collective ONE and experience Being a planet, reunite with your Galactic Family and take charge of your reality at the quantum, sub-atomic level.



THROUGH THE MATRIX

See yourself at the threshold of a holographic matrix that directs you into and through the ribbons of Light Language, which moves into and out of your potential form. Take a moment to find one of the ribbons, and attach your consciousness to it with the intention of entering the vortex. As you surrender to the feel, color and tone of multidimensional light, its resonance of unconditional love pulls you into and through the vortices of light. Faster and faster, you travel into and through myriad possible, probable and even “impossible” realities.

Beyond the speed of light, you now flash past planets, solar systems, galaxies, nebulas, black holes, white holes, voids and universes. All that you perceive is real because you have chosen to observe it. It is the act of your observation that has created these realities, although they were always there as potential. Logical thought and human emotions cannot adhere to your consciousness. You are too expansive and too small.

You are your thoughts made manifest, while your emotions hone your course towards your present life, the one you had before you became pure light. As you enter that matrix, the force of your unconditional love intertwines you into the sixth dimensional holographic projection of your present life. From the perspective of the sixth dimension, you see your grounded self on third dimensional Earth.

Using the Cosmic Consciousness of your programmer SELF, you send a beam of unconditional love and multidimensional consciousness from your sixth dimensional SELF to the heart of your grounded one. Allow this beam of light and love to create a constant communication between your programmer SELF who projected you into your reality, and your grounded self, who is returning from a long journey into polarity.

Now, take a moment to review the files of that life. Then, any fear-based virus can be erased by your unconditional love, while the light of your great Cosmic Consciousness can raise your resonance beyond the polarity of fear. See the “file” your “child of knowing.” EXPAND this file with your unconditional love, and SAVE it with your Cosmic Consciousness. As you do so, you feel your Multidimensional Operating System begin its download.

When did that knowing disappear? What were the fear-based emotions that caused you to forget your SELF? The antidote for fear-based thoughts and emotions is unconditional love. HIGHLIGHT that fear and DELETE it with unconditional love. Then, SAVE that change with your Cosmic Consciousness. As you do so, your Multidimensional Operating System comes online.

When did you realize that you had become a victim? Use your unconditional love to AMPLIFY that moment of awakening. Remember the fear that created your becoming a victim and DELETE that file with your unconditional love. With the

language of your Cosmic Consciousness, change your programming from “I can’t control my life,” to “I am the creator of my reality.” SAVE these changes and feel a moment of joy as you catch a glimpse of reality through your Multidimensional Operating System.

When did your awareness expand to Personal Consciousness?

Review this return to SELF and AMPLIFY it with unconditional love, as you use your Cosmic Consciousness to SAVE these changes. As you do so, your Third-dimensional Operating System gradually begins to switch OFF, while your Multidimensional Operating System gradually turns ON.

When did your awareness expand to Collective Consciousness?

FEEL the Collective Consciousness of humanity about you. With the force of your unconditional love, DELETE all fear stemming from this Collective and SAVE those changes with your Cosmic Consciousness. Take a moment to send a ripple of unconditional love into that collective reality to assist others to DELETE their fear. Now, merge your Cosmic Consciousness with the Collective Consciousness to assist in raising the resonant frequency of all humanity.

When did you embrace Planetary Consciousness?

AMPLIFY that process and share it with Gaia. Then, use your unconditional love to DELETE the fear and heal the damage that has been done to Her planet, as well as to your personal earth vessel. Use your Cosmic Consciousness to raise the resonance of personal and planetary bodies, as well as to SAVE those changes in your earth vessel and in the area of Earth in which you live.

When did you embrace Galactic Consciousness?

Use your unconditional love to welcome the closest members of your Galactic Family into your daily life. Using your Cosmic Consciousness, SAVE that connection on the “Desktop” of your Third Eye and High Heart. “Back it up,” on the hard-drive of your Junk DNA to expedite your process of returning to Lightbody.

FEEL your Cosmic Consciousness as it begins to close down your Third-dimensional Operating System and fully activate your Multidimensional Operating System. SAVE this shift with your unconditional love. Take some “time” each day to acknowledge the great change that is ongoing in your consciousness and, hence, in your reality. Vow, again and again, I AM my SELF.

With the programming language of your Cosmic Consciousness, you have programmed your Third-dimensional Operating System to turn OFF and your Multidimensional Operating System to turn ON. Since your new Operating System is multidimensional, it functions for the third, as well as for the higher dimensions. Therefore, you will still experience the third dimension, but will no longer be limited to it.

With you Cosmic Consciousness, which is inherent within your Multidimensional Operating System, you have access to all the files of third dimensional illusion, as well as the files of multidimensional awareness and perception. Unfortunately, the virus of fear has entered the computer brain of your grounded one and needs to be continually purged. Nonetheless, your Multidimensional Operating System can use its sixth dimensional component to purge these fearful illusions, which will reveal the Truth to of your expanding perceptions. This System will then SAVE these changes to your Third Eye and High Heart.

Your Cosmic Consciousness and unconditional love may need to go deeply into the ones and zeros of these files to clear the many lives and parallel realities in which your grounded one suffered under the illusions of hard work, limitation, fearful thoughts and emotions, as well as separation from your true, Multidimensional SELF. Fortunately, with your Multidimensional Operating System online, all you need “do” is:

Be still within your mind, and open in your heart.
The Path of ONE may seem alone, but only at the start.

Each day you walk along this Path, you KNOW it’s filled with love.
This love resounds from deep within, as well as from above.

Reach down inside and all around, to see what you desire.
To find the life that you’ll create, and BE who you admire.

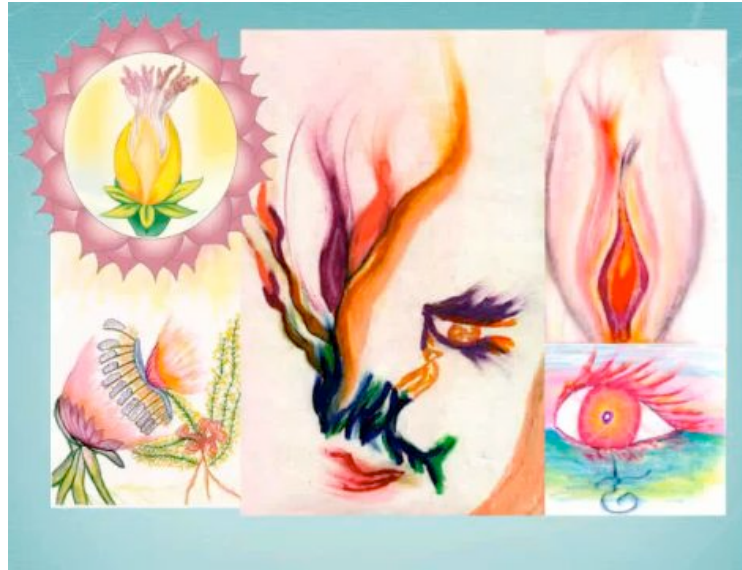
Accept this life and give it thanks, each day and every hour.
Then, just relax and watch the show, as your new life comes to flower.

It may take some third dimensional “time” for your grounded one to be aware of your shift. Therefore, with the unconditional love of your Cosmic Consciousness, you whisper into the heart of your grounded one,

“NOW, you are awake. You are your SELF!
Separation is an illusion. Limitation is a state of mind.
YOU are the creator of your life.
Consciousness is the programming language of your reality, and
YOU are Consciousness!”

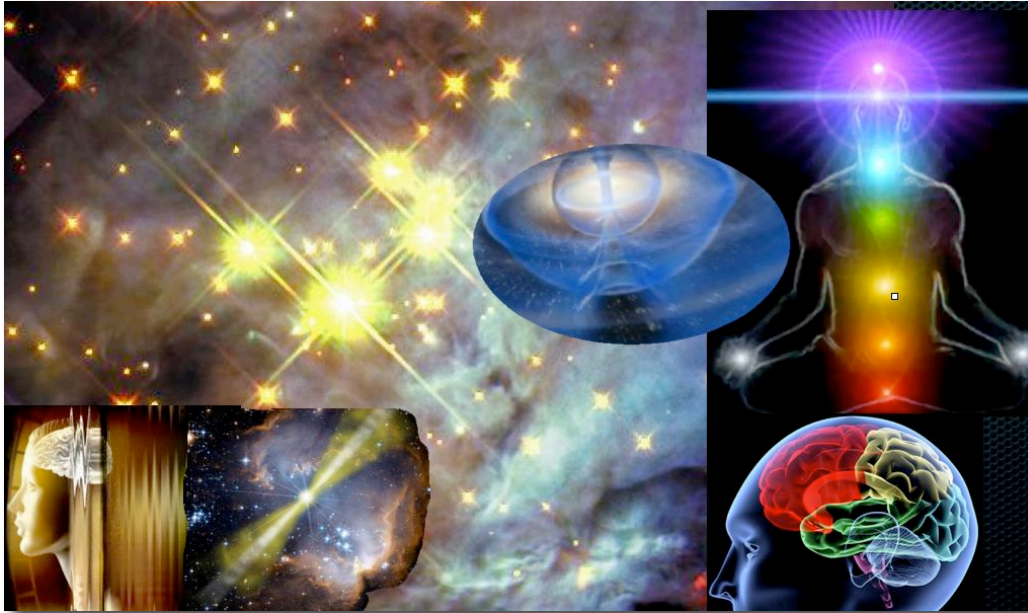
We are The Arcturians

YOU ARE CONSCIOUSNESS You Tube



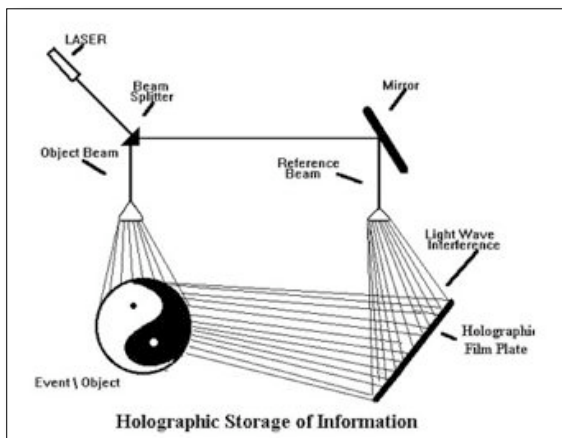
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STEP 21 YOUR MULTIDIMENSIONAL OPERATING SYSTEM



Welcome back to our Arcturian Corridor. We wish to take a moment to review our process in Step 20. Then, we will assist you in the use of the new, Multidimensional Operating System that you downloaded in that Step.

In order for the light of your Multidimensional SELF to observe it's great light in a physical form, it had to split that light into "the observer" and "that which was to be observed." Your conscious, intelligent, unconditional loving SELF, who resonates to the ONE, then needed to create a Divine Ideal for the form it wished to observe in its holographic projection of life in the lower dimensions. Consequently, your SELF created a thought-form of a human body, which became the object off which the first beam of light would reflect.



The second beam of light was then infused with unconditional love and multidimensional consciousness so that once it reflected off the mirror and intermingled with the first beam (human form) on the holographic plate, the purity of the original light (Multidimensional SELF) would be maintained.

The light was projected onto the holographic plate of planet Earth. At this point, your SELF needed to observe you so that the swirling circles of energy of your conscious light could become form. In this manner, your form was held and the illusion of your physical reality was maintained.

This process is repeated again and again for every third, fourth dimensional reality in which your Soul/SELF chooses the experience of being in third dimensional form. When you gain Mastery within the form of even one of these realities, you can consciously return to your fifth dimensional Lightbody and travel inter-dimensionally with the power of your multidimensional consciousness and unconditional love.

BEING A MASTER

Your Multidimensional Operating System, which was downloaded in Step 20, has the primary goal of guiding you into Mastery of your present reality. As a Master of Energy you can fully embrace your Multidimensional SELF who will return you to your true, multidimensional reality. The youtube below will add insight to this statement:

http://www.youtube.com/watch?v=g79UaJ8s8K4&feature=player_embedded#



Brief Summary of Youtube:

Your many multidimensional realities are extensive fractals and subjective fundamental patterns expressing your holographic rays. Since you already exist in many dimensions, your being is timeless. Every element of focus you have ever had, still exists.

The illusion of time does not dissipate energy; it only focuses it. All that you have experienced in all of your sojourns into form still exists in the NOW of the ONE. Once you can perceive reality from this perspective, your ideal of time changes from something that was past, present or future into the arena of experience. As a Multidimensional Being, you move into the consciousness of the perceiver that moves from one experience to another, rather than from one time to another.

A Master can move through experiences without being bound by the “River of Time,” for a Master lives within all the moments in-between. As you regain this innate Mastery of your Multidimensional SELF, there is nothing that you cannot experience again and again, for you are operating within the no-time of the Multidimensional Universe.



INTEGRATIVE CONSCIOUSNESS

Your Multidimensional Operating System also allows you access to a new form of consciousness, which is as delicate as an Angel's wings and as strong as a mountain. This state of consciousness intermingles who you are on your transmuting planet with the true SELF to whom you are returning. Your multidimensional consciousness releases any emotional “hooks” to the third dimension that may interfere with your process of allowing all that is leaving to be replaced by all that is becoming. This new state of consciousness stems from your Junk DNA, which is constantly being activated by your Multidimensional Operating System. Your new consciousness assists you in expanding into the fifth dimension while remaining grounded on Earth.

For the sake of conversation, we will call this consciousness “Integrative Consciousness,” for it allows you to integrate into your awareness all that you want to remain in your life while you enter the marvelous adventures of New Earth. In other words, your Integrative Consciousness allows you to easily release that which is now complete, so that you can fully embrace that which was formerly beyond your perceptions. This release assists you in integrating the “past” and the “future” into a cohesive reality of NOW.

Your Integrative Consciousness also helps you to remember any pertinent information/experiences from your myriad past lives and parallel realities, so that you can intermingle them into your new reality. In this manner, nothing necessary for your return to SELF will be forgotten or lost. In fact, Integrative

Consciousness allows you to experience no sense of loss at all during your shift into your true, Multidimensional SELF, as it assures you that you retain all your primary lessons, experiences, loves and creations as you *become* New Earth.

Just as the information now stored in a device you can hold in your hand once had to be stored in computers so large that they filled entire rooms, your Integrative Consciousness can gather and store all the pertinent data/experiences from all the realities that you have ever manifested in ALL your third and fourth dimensional realities.

You do not constantly peruse the information that is stored in your hand-held computer device, but you know it is available should you need it. In the same manner, you will not constantly be in conscious contact with all the information in your Integrative Consciousness, but you can access it whenever it is needed. The energy of Pluto in Capricorn, which will be in transit until 2024, will facilitate your ability to release that which is over while you keep that which allows your rebirth.

Your Integrative Consciousness also assists you in integrating your Personal, Collective, Planetary, Galactic and Cosmic Consciousness into the ONE awareness of the many versions of your SELF. In other words:

Your Integrative Consciousness perceives you as an individual
 Within the collective of all humanity
 Within the collective of planet Earth
 Within the collective of your Solar System
 Within the collective of your Galaxy
 Within the collective of the Universe.

All of these collective realities exist within the Great Collective of Cosmic Consciousness:

Hence, your Individual Consciousness
is surrounded by your Collective Consciousness,
 Which is surrounded by your Planetary Consciousness,
 Which is surrounded by your Solar Consciousness,
 Which is surrounded by your Galactic consciousness,
 Which is surrounded by your Cosmic Consciousness.

Most importantly, your Integrative Consciousness merges your spark of individual love with the unconditional of love of the ONE. This merging of humans', conditional love into spiritual, unconditional love allows you to hold all of your myriad realities within your awareness through the great magnetic force of unconditional love. Unconditional love is the glue that binds all reality into a cohesive ONE. In fact, it is unconditional love that holds the myriad expressions of SELF within your Integrative Consciousness.

SEEING WITHIN

Allow your imagination to turn your vision inward to the inside of your earth vessel. Think of your earth vessel as you would think of any vessel, an object that YOU enter so that you, consciousness/light, can move around in an environment. For example, your home/vessel stores your body/vessel, which stores your consciousness/light. You are NOT your house or your earth vessel, for these objects are used to store the YOU that is consciousness and light.

Take a moment to look inside the vessel of your body to see YOU, consciousness/light, just as you would look inside your house. You know the house that provides protection for your earth vessel very intimately. However, how much do you know about your earth vessel that provides a third dimensional form for your consciousness/light? To better know the inside of your body:

Imagine that you are standing at the doorway to your heart...

Closely examine the inner vision of your heart...

Closely examine the doorway into your heart...

Just as you would enter the door to your house, enter the door to your heart...

As you enter this door, see a long stairway that leads up to your High Heart...

As you walk up these stairs, the glow of your Three Fold Flame guides you...

See your ATMA, your Three Fold Flame, and step into it...

FEEL and Merge with your innate Wisdom, Power and Love...

As you do so, you are instantly transported into your Third Eye...

Within your Third Eye, you turn inward to see the electrical circuitry of your brain's synapses firing with your every perception and thought...

Look up towards your Crown to see the Opened Pineal Stargate pulling in multidimensional light and unconditional love...

Move to the center of your Computer Brain where the Kundalini Earth energy that has risen into your Third Eye intersects with the Flow of the ONE through your Pineal Stargate...

YOU are now the programmer of your computer/brain...

With the great force of your consciousness/light, turn ALL systems of your Multidimensional Operating System ON...



THE BIRTH CANAL

Turning on your Multidimensional Operating System places you in the birth canal of your new life. Because you are in the birthing process of your new life, you may be experiencing great fatigue. You may feel so close and yet so far. Your new synapses tell you that you are different, but your remaining illusions tell you that life appears to be the same, so just go back to “business as usual.” This conflict between the two messages builds doubt, which increases your fatigue.

You are so tired, so very, very tired. But what are you tired of? First, you are tired of the 3D Game. You have gone through it so many lifetimes and done, redone and done again the same dramas. Second, you are tired of waiting for the shift to happen. You want it to happen NOW. It is then that your New Operating System kicks in to remind you that it is only your belief that limits you to the third dimension. Your Multidimensional Operation System reminds you that all you need to change is your consciousness.

When you raise your consciousness, you move up the vertical spectrum of possible realities toward the resonance of the fifth dimension. Each time a multidimensional circuit is turned ON and a third dimensional synapse turns OFF, your expanded perceptions are activated and you can perceive the higher dimensional expressions of your reality that have previously eluded you. When you can consciously perceive these higher frequencies of reality, you can place your attention and intention on them. Then, it will be much easier to release the limitations and hard work of your third dimensional life.

Now that you know the truth of your magnificent, multidimensional nature, you can no longer accept the restriction put upon you by an outdated system of beliefs that focuses on struggle and fear. You rebel against those limitations and are finding the courage to create the reality of your dreams. You still feel the onslaught of fear emanating from the Collective Consciousness of those who wish to control others.

However, you can also feel the unconditional love of your SELF, as well the widening stream of unconditional love that is also Flowing from the ONE. It is this Flow of unconditional love that assists you in raising your consciousness, beliefs, expectations and perceptions into the reality of fifth dimensional Earth. With this beacon of hope and love shining in your aura, you are beginning to find time to be with those who are near to your heart and to do what you love.

As illusions crumble and false prophecies are uncovered, you see the slow collapse of old third dimensional systems. You are entering such a deep confidence in your SELF that you are coming out of the “hiding” that was necessary before you awoke. You no longer fear what others think of you, nor do you need their approval or praise. You are an “Island unto your SELF” in that all your needs are met from the vertical realities that fill you with unconditional love.

Meanwhile, the horizontal reality of the third dimension remains as a place in which you serve and assist others to awaken and become their SELF, just as you have. At night your dreams are filled with life in the fifth dimension, and you awaken with messages to assist you in your daily life. On the other hand, you may also use your dreamtime to clear out issues from childhood, past lives or alternate realities that beg to be cleared from your aura. In this case, you may awake tired, anxious or depressed.

It is then that you go into meditation, take a walk, or talk to a loved one to re-find your Center. YOU are the Center, not only of your physical body, but also the Center of your physical reality. You are creating this reality with your every thought and emotion. You are the Master of your destiny, as well as the destiny that you share with every human and non-human member of Gaia’s Earth. In fact, YOU are Earth, for you are Gaia, the Consciousness of your planet.

When you begin your day, you find your Center and follow its Flow into the highest expression of your Being. Because you trust your SELF, you calmly relax into the movement of your breath and step into that Flow of the ONE to receive the guidance that it gives you.

Feel that guidance now...

Absorb it into your every cell and atom of your being, into your aura and into your daily life. Share this guidance through the emanation of your presence as you slowly go public with the gifts of your expanding reality. You remember again and again throughout your day to call upon the unconditional love of the ONE to release all fear and attract love, peace and joy. Allow your fatigue to remind you of that which you are tired of doing and of whom you are tired of being. Respect that message and follow the Flow of the love on which it travels to find the Path to the *Life You Love to Live*.

The long, third dimensional winter of separation and limitation is fading into a memory, and spring is beginning to bloom. That which is complete is leaving your life to make space for the re-birth of whom you truly ARE. Release that which no longer functions in your life and allow Pluto to pull it from the structure of Capricorn to prune the flowers that have completed their life cycle. In this manner, you make a space in which your new life can be born. YOU are

Awakening now, and the long night is ending. Before you a glorious adventure is dawning.



THE BIRTH

Gradually, the first two sprouts sneak above the damp fertile soil. Lovingly, the light of the sun caresses them, urging them to open wide to their new reality. Too long, the young plant has hidden beneath the earth, afraid to face an unknown world of light. The darkness of its earthen reality was familiar and comfortable.

Yet the two small arms have peered up from the safety of the only world they have known to venture into the light. “What will become of them?” whisper the roots who cling to the familiar. “We may never know,” they all agree. “Nonetheless, together, we will hold firm to create a base for the part of us that has ventured into an unknown land.”

To their surprise, the roots *did* know because they felt the flow of light sent down to them by their brave pioneer. Gradually, this added light fed the roots to make them bigger, deeper, and stronger. Mystically, they could feel the movement of their leaves as they grew taller and more plentiful each day.

Together, they rejoiced at the birth of their first flower. How did they know of this birth? The leaves told them. Yes, the land above was no longer unknown to the roots, for they constantly communed with the rest of their SELF.

Slowly, the roots expanded into new underground territory to intermingle with other roots. They also formed a center root that dug deep into the core of Mother Earth. Just as the auxiliary roots intertwined with other roots to create a network just below the surface, the center roots communed with each other via the fertile soil that connected them.

One day, the roots discovered that they were no longer just a plant. “We have Become ONE. We are now a garden,” their plants joyfully communed to them. As the roots communed with the other roots in their network, they further learned that each system of roots supported a different plant, which bloomed different flowers at different times. But blissfully enough, each root, each leaf, each plant, and each flower was ONE within the garden that they had become.

The roots were proud of their plants, but so wished that they could see the garden of which they were a part. “Go inside your self,” whispered the Sun. “Travel up your own roots into your stem, out past the leaves, and up into *your* flower.”

“Our flower?” they said. “We are not flowers. We are just roots.”

“Ahh,” cooed the Sun. “I come down into you, the roots, so that the flowers can bloom. So please, come up to me so that I may thank you for your service.”

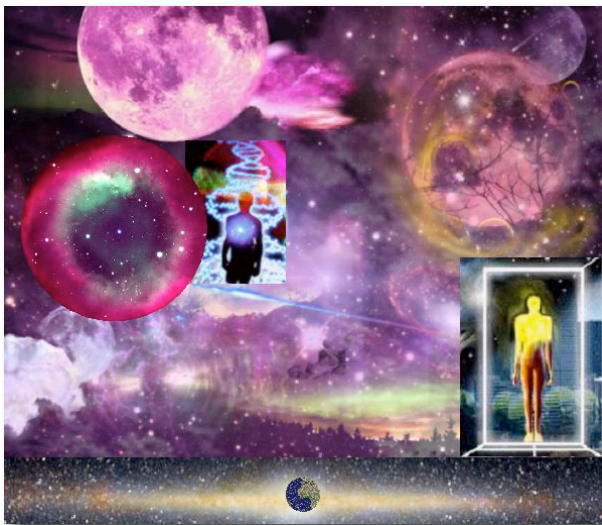
“Our service?” the roots asked in one voice.

“Yes, dear roots, you are the parents of your plant. You first conceived it while you were just a seed. You gestated the seed through the long, cold winter, and in spring, you were the ones who formed a support system when your flower was just a seedling.

“You pulled the water and minerals from the soil to nurture your plant, and you empowered it with your strong foundation. You are the reason there is a garden, for you were able to release a part of you, your seedling, so that it could go off into an unknown land. You neither judged nor reprimanded it. In fact, you supported what you did not understand.

“You see dear roots, you are the inner life that allows your flower to bloom in the glory of my Sun. Without *you*, there would be no plant, no flower and *no* garden. Because you were courageous enough to experience what you did not understand, *you* will receive the vision of my *light!*”

LIVING MULTIPLE REALITIES



More and more, with or without your conscious knowing, you are lapsing into your alternate, multidimensional realities. Because you are new to your Multidimensional Operating System, you think that you have “forgotten” some THING, or “spaced out.” In fact, you are in the act of remembering some ONE, your SELF. This expanding remembrance of your SELF makes it increasingly difficult for you to be limited to the reality of your earth vessel.

You are like a child with a new toy. You want to play with this toy and forget about the work your mother has told you to do. Fortunately, once you adapt and become proficient with your Multidimensional Operating System, you will be able to easily perform your 3D tasks, while you simultaneously soar through your new realities. Then, you will be watching your physical self from your Multidimensional

SELF. From this higher perspective, you will understand that you are not leaving your third dimensional reality yet. Instead, you are expanding your reality to embrace the higher dimensions while still holding your physical form.

Eventually, your consciousness will resonate to such a high frequency, that you will “let go” of your clay vessel to fully embrace your true form of light. At that point, you will concentrate more on your new, multidimensional reality and less on the limitations of your old, physical reality. This transition can be as simple as gradually falling asleep and slowly waking. However, when you wake up in your new life, it will be your true reality and the illusions of your physical life will be experienced as a long dream.

You will not awake alone, for Gaia, as well as all Her inhabitants who have supported the creation of Her new form, shall be with you. You will also rejoin your Galactic Family, for your entire Galaxy is now ready to return to its higher expression. Remember, our One, that from the perspective of your awakening, fifth dimensional SELF, you are able to maintain constant contact and interaction with all your realities without being limited to only one. You are now endeavoring to connect with your fifth dimensional SELF, but your fifth dimensional SELF has always been in connection with you.

When you take on a third dimensional form, the speck of your Being that chooses to enter that form still exists in unity with your Multidimensional SELF. Then, once the YOU in the third dimension awakens, you can experience both your third and fifth dimensional realities simultaneously. Then again, the perception of multidimensional worlds while still in your earth vessel requires that you download and integrate the multidimensional consciousness of your Multidimensional Operating System before you can experience multiple realities.

A way in which you already live in multiple realities is when you are reading a good book. When you are reading a book that you deeply enjoy, it travels with you in your mind like another reality. You may be at work or doing dishes and momentarily shift your primary attention to the story of the book. At the same time, you are still performing your physical task.

Instead of reliving a part of your book, you may be replaying a video game in your mind. In reality, your third dimensional experience is the “video game” that your Multidimensional SELF logged-into. Unfortunately, when you forgot that you were “in a game” you began to think that the video game was real and the vague memory of your SELF was just your imagination. Of course, your imagination IS real, for imagination is fifth dimensional thought.

Much like you can log-out of a video game, while the game still continues without your primary attention, you can log-out of the 3D Game and log-in to the fifth dimension, while the 3D Game continues to run. In fact, that is what you do when you “space out,” sleep, meditate or fall into your imagination. You already live in

multiple realities. You just label it as “using your imagination” rather than “following your fifth dimensional thought patterns into alternate realities.”

Just as all the television channels are always running all the time, but you can only watch one channel, all your realities are running all the time, but you can only watch one. Actually, you can “surf” from one channel to another. Or, maybe, you have multiple televisions or a wide screen television where more than one channel can play at once. The large, screen television that can display multiple channels functions like your new Multidimensional Operating System. Within this Operating System, you can watch and participate in numerous stations/realities at the same time.

BEING MULTIDIMENSIONAL

Just as your physical self can talk to a friend, drive a car, listen to the radio and drink water at the same time with no difficulty, your fifth dimensional SELF can consciously participate in multiple realities within the ONE moment of the NOW. It is the ability to break free of the illusion of time and space that allows you to participate in multiple realities. Just as you can drive, eat, talk and listen within a single third dimensional moment, you can exist in multiple realities within the fifth dimensional NOW. To have an experience of what we are saying, we are you to:

Create an image of yourself reading this message in your present reality then...
ADD the image of walking in a fifth dimensional forest in another reality...
Now ADD the image of navigating your Starship in another reality...

Allow your imagination to hold three images at once:
Reading this message...
 Walking in a fifth dimensional forest...
 Navigating your Starship...

To the extent that you are still using your Third Dimensional Operating system, these three pictures are in different areas of your mind. That is fine for this part of the exercise.

Now, “press play” to allow these pictures to come alive with movement, experiences, thoughts and emotions...

Perhaps you are experiencing some anxiety, doubt or excitement as you simultaneously hold three different “videos” in your mind. You are likely using your mind as one of those televisions that presents three stations on the same screen. Therefore, first, view them one at a time.

Tune into the experience, emotions and thoughts of reading this message...

Tune into the experience, emotions, thoughts and perceptions of walking in a fifth dimensional forest...

Tune into the experience, emotions, thoughts and perceptions of navigating your Starship...

We ask you now to activate your Multidimensional Operating System, just as you did in the previous exercise...

Feel how all of these “pictures” are moving independently of each other, yet all of them live as ONE in your consciousness...

Now take your primary consciousness out of “reading this article” and place it into “Walking in the fifth dimensional forest”...

Imagine that you are walking in a 5D forest—while you are navigating your Starship in another reality—while reading this message in yet another reality...

Now, put your primary consciousness into “navigating your Starship”—while you also walk in the fifth dimensional forest—while you are reading this message in the third dimension...

At first, this exercise may “hurt your brain,” until you become accustomed to perceiving more than one reality at a time. Fortunately, within your Multidimensional Operating System, your expanded perceptions are gradually coming online. Your expanded perceptions greatly facilitate your ability to intimately experience the inter-dimensional realities that are wafting through your ever-expanding reality.

In fact, YOU are the creator of your many multidimensional realities. Unfortunately, many of you have forgotten that fact. Therefore, the first adjustment you will make with the power of your Multidimensional Operating System is to turn OFF the DNA that limits you to third dimensional perceptions and turn ON the DNA that activates your multidimensional perceptions.



From your “Programmer Position” in the center of your computer/brain, make sure that the multidimensional Junk DNA that stores your expanded perceptions is turned ON and the limitations of your 3% third dimensional DNA is turned OFF. You may wish to start this exercise with the inner vision of your heart, just as you did before. In this manner, you can assure that you enter the place in your consciousness, as well as in your

computer/brain, where YOU are the Programmer of your reality.

You can choose to believe this experience is “an interesting exercise,” or you can choose to believe that you have the ability to control your own DNA. All of you on Gaia at this “time” have graduated into a higher level of the 3D Game of Separation and Limitation. However, you know that only if you can remember that you are a holographic projection of your Multidimensional SELF. It was YOU who chose to send a spark of your total light to be unified on the holographic plate of planet Earth for the experience of assisting in Gaia’s planetary ascension.

BECOMING A CHANNEL

Click here to listen to the message Blessings on Your Awakening <http://www.multidimensions.com/players/BlessingsAwakening.mp3> (Long version with special information for being a channel.)

Because you have downloaded and turned ON your Multidimensional Operating System, you can begin to remember and maintain the state of consciousness in which “you are the programmer” of your 3D experience. See your earth vessel from the viewpoint of your Multidimensional SELF, so that you can view the two main programming Centers of your earth vessel, your High Heart and Opened Third Eye.

Your Opened Third Eye uses the multidimensional light to program and run your computer/brain; whereas your High Heart uses the great force of unconditional love to run, maintain and heal your earth vessel. These control centers function as ONE unit to receive the multidimensional light and unconditional love that guides you back to your true, Multidimensional SELF.

Connect with your High Heart to receive the unconditional love from your Multidimensional SELF...

Allow this love to protect you and give you courage to open the Stargate Portal of your pineal gland...

Open your inter-dimensional Portal of your Crown to receive a multidimensional light message from HOME...

Display this message on the inner mind screen of your Third Eye...

Integrate the words/pictures of your message with your unconditional love and integrative consciousness, so that you can receive and understand the highest frequency components of the messages that you receive. In this manner, you can learn to BE your Multidimensional Lightbody SELF in your daily life.

Even if your message is as simple as “Have a Nice Day,” allow your unconditional love to fully embrace the many ways in which you could *have a nice day*. From this simple message, you can begin to open a channel of ongoing

communication between your grounded, human/self and your celestial, Multidimensional/SELF.

BLESSINGS ON YOUR AWAKENING – YOUTUBE VIDEO



<http://www.youtube.com/user/suzannelie#p/u/4/frfUOZQ0ADU>