

The Journey Through



Continues...

As the countdown to 12-21-12 begins...

June 2010



WE ARE TRANSFORMED

*The time of awaiting
Has come into the NOW
The reasons, the questions
The answers, the HOW*

*Are swirling within me
Coming into clear view
As the time of release
Encounters the new*

*I Remember the Moment
I remember the Way
I remember the Reason
I remember the Day*

*The dawn of this new day
Awakens my Soul
As the fragments and pieces
Return to their whole*

*I see all the pieces
Of me I have lost
I've lived all the stories
And paid all the cost*

*The cost of a life
That is lived all alone
Away from my Soul
That once I had known*

*I remember the Moment
I remember the Way
I remember the Reason
I remember the Day*

*The long wait is over
As the dawn rises new
And the start of a free world
Comes into my view*

*But this world's not just mine
For now we are ONE
Together WE waken
To the ONE dawning Sun*

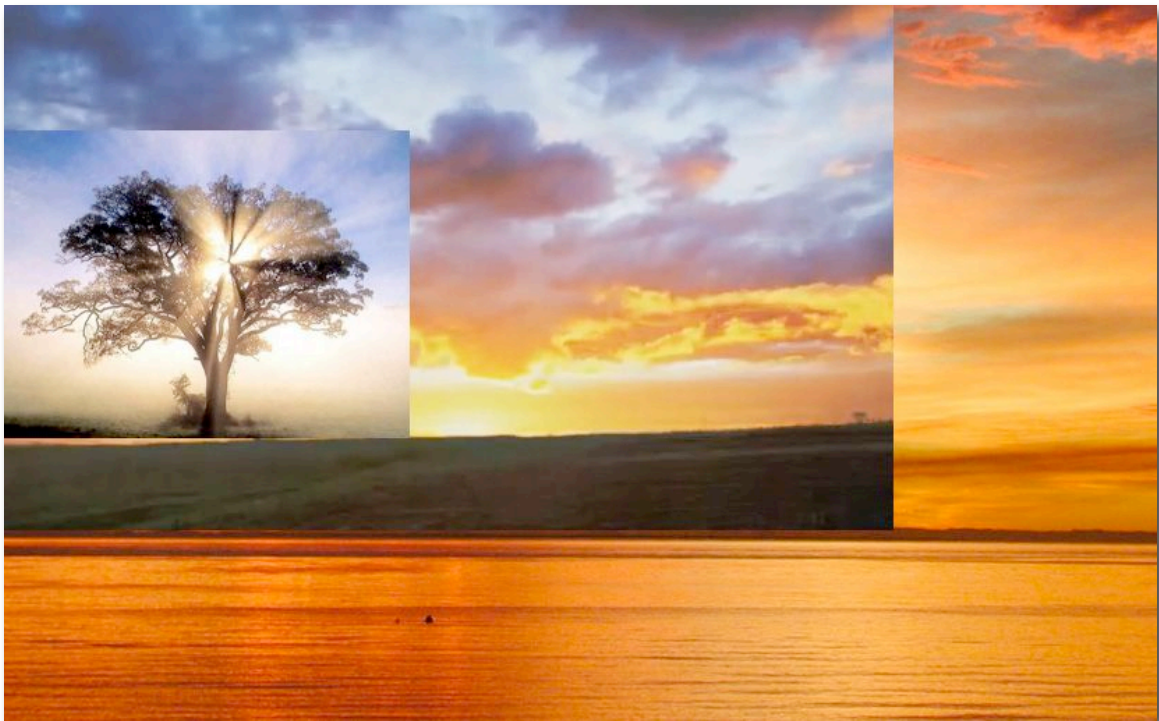
*WE remember the Moment
WE remember the Way
WE remember the Reason
WE remember the Day*

*Together we journey
As a planet of life
Above all our memories
Of fear and of strife*

*We release that which holds us
To the fear of the past
We know we are through now
We are all free, at last*

*WE remember the Moment that has made us all Free
We remember the Way that our SELF we can BE
We remember the Reason we chose to come Here
We KNOW it's the Day to release all our Fear!*

*Blessings of unconditional love on this
Day of Gaia's Summer Solstice*



JULY 2010

Preparing for Arcturian Corridor Part III

For part I and II please click: <http://www.multidimensions.com/TheVision/books.html>

OUT OF TIME



Greetings, We are the Arcturians,
Sometimes the information that you receive from your higher expression of SELF comes in an “out of time” fashion. This type of higher dimensional communication is that confuses your ego/self, which your Soul/SELF to more easily take charge.

In fact, since traveling through the NOW of our Corridor, you may be experiencing increasing confusion about your position in time and space. The past is fading into a distant memory and feeling more like a past life than your present life. This is because your future life is now your present life.

Yes, you are NOW the fifth dimensional being that you wished to become. Of course, you are not just fifth dimensional, for you are multidimensional. However, your consciousness, beliefs, expectations and perceptions have switched from being just third dimension, to being also fourth dimension. Now, you are concurrently having experiences of your fifth dimensional SELF.

The confusing part is that you still live in a third dimensional life in which you “work,” take care of your responsibilities and live in your earth vessel. This earth vessel lives in your earth home and takes time to travel through space in your car vessel. You are becoming many beings all at once. Each dimensional expression of your SELF is living within the appropriate frequency vessel to calibrate your consciousness to the beliefs, expectations, and perceptions of that frequency of reality.

BEING NORMAL

By day, you likely appear to be a “normal” physical person. Then, by night you are having increasingly lucid dreams about other realities, activities and people. Just to keep you “awake” to your SELF, you are also having flashes of BEING fifth dimensional. In these moments of the NOW you are able to believe that you have an expression of your SELF that resonates to the fifth dimension.

Because of this belief, you expect to have conscious experiences of this frequency band of your Multidimensional SELF. Your expectation then directs your perceptions to catch a glimpse of your fifth dimensional reality through the corner of your eye. Furthermore, your expanded perceptions are all coming online.

At first, they frightened you. Or, you became so excited about your ESP experiences, that you actually “shut them off” by falling out of the fifth dimensional Flow and back into the “real world.” Oh, but what is the “real world” now? Is the real world the one in which there is horrible damage being done to Gaia’s precious ocean while fear runs so strong that the Elementals must express it through weather and “natural disasters?”

On the other hand, these disasters are not “natural,” for they are the direct result of humanity’s fear, anger, greed and need to control others—whatever the cost is to the planet. This need for *power over others* is the final battle of polarity before the Center, the Fulcrum Point in-between the extremes, can be found.

RESTARTING YOUR COMPUTER BRAIN

You are discovering that if you can stay relaxed and believe in your SELF, your newly activated Multidimensional Operating System can easily download and integrate your fifth dimensional perceptions into your earth vessel. Once this download and integration has been completed, you will need to “restart” your computer/brain.

We suggest that you “turn off” and “restart” by choice, for if you wait until you have to “turn off,” it may be because of injury or illness. If you do not take time to let go of the “business as usual” programming of your Third Dimensional Operating System, your new system will not be able to fully integrate the multidimensional perceptions in your third dimensional computer/brain and earth vessel.

In this case, you will likely feel anxious as you can’t quite understand what is happening to you. You may also become depressed because you still believe the illusion that you are “so close, and yet so far” from whom you Know you can BE. When you shut-down the Third Dimensional Operating System of your computer/brain to restart it with your Multidimensional Operating System, you will

begin to perceive your ego/self through the perspective of your Soul/SELF. As a result of this higher perception, many Truths of your mundane life will be revealed.

Under the Third Dimensional Paradigm you perceive the physical reality as your *real world* and the fifth dimension as your *imagination*. When you restart your computer/brain to activate your multidimensional perceptions, you will perceive the fifth dimension as your *real world* and the third dimension as the world of your *imagination*.

GETTING GROUNDED

How do you shut down in order to restart? Shut down your mundane life by taking a trip into nature for as long as possible, or even an hour if that is all you have. Planting your new SELF in Gaia's world will assure that you are grounded enough to fully activate the highest frequency of your Multidimensional SELF. You can plug in an iron without the grounding prong, but if you plug in an oven without it, you will short circuit the electricity of your house/body. Furthermore, bonding with Gaia will cement your partnership with Her. Within this deep partnership, as you ground your personal light into Her, She shares Her planetary light with you.

If you can't go into Nature to ground your body, you can hug a tree, sit on the dirt, take a long, hot bath, climb a hill, sit on the beach or garden in your yard. Experience Earth's elements of earth, air, fire, water and ether (spirit) in an intimate and personal manner. Then, release the importance of your third dimensional life, as well as the many fears and desires of your ego/self.

Don't look at the clock for an entire day. Go one full day without doing one mundane task. Believe that you have the right to DO only what fills you with unconditional love. On the other hand, try for one full hour to unconditionally love everything that you DO.

If you believe that some one outside of you has made you DO that thing, take a long moment to remember that YOU are the creator of your life. Release any feelings of "poor me" or "I am a victim." Then, listen to your every thought to weed out any and ALL fear-based thinking.

WEEDING OUT FEAR

First, identify a thought or emotion as fear. Check to see if this fear is a warning, which it usually is NOT. Then, say or think,

"This is just fear, and I REFUSE to participate!"

Then, think of something, anything, that you deeply love. It can be a person, place, situation or even a thing.

FEEL that love in your heart as you say, "I Choose LOVE!"

Then, touching your Heart Chakra FEEL your deepest gratitude for that love as you say,

"Thank you, thank you, thank you for this love."

Feel the love intermingled with the gratitude until the fear is totally gone from your consciousness. The LOVE replaces the fear and the GRATITUDE binds the love deep into your heart.

The above exercise will serve to rewrite the habitual, fearful thinking of your ego/self, by replacing it with the Love and Inner Power of your Soul/SELF. When you remember to do this exercise, your Soul/SELF takes control of your thoughts as it heals and releases all fear-based thoughts and emotions. Just as an antivirus identifies and deletes viruses from your computer, your Soul/SELF will happily identify and delete fear from your consciousness.

RELEASING OLD HABITS

Fear has become a habit in your reality because it was necessary to survive your dangerous world. However, now you can use this exercise to rewrite old, habitual ways of thinking while your Soul/SELF

- takes control of your every thought,
- listens, heals and releases old fear-based emotions and
- puts an end to old, fearful habits.

These fear-based habits and behaviors have kept your primary consciousness focused on the frequency of the third dimension and has blocked your higher vision.

Be lovingly patient with your self, as you slowly but surely become the Master of Energy that is your true SELF. Humanity is the Keeper of the Land. When you went before the Karmic Board to ask to be incarnated in this time period you pledged to remember:



***Through the force of this unconditional love, WE, person and planet,
Unite to usher in fifth dimensional Earth***

As more and more of you awaken to your true, Multidimensional SELF, the power of your unified, unconditional love will heal humanity and all that humans have done to their planetary home. There are those who will not accept this healing, for Earth is a planet of free will.

However, the resonance of unconditional love will ascend beyond those who choose to remain in fear. Without the domination and limitation of fear, solutions will arise that have long been hidden behind the many veils of third dimensional illusion.

We remind you to release your attachment to time/space as you have known it. With this release, you can more easily surrender to the NOW of the Flow that unites ALL life into the ONE. Ride this Flow of the NOW as you would ride a moonbeam and follow its light through what may appear to be a dark night.

If you find your mind going into an unwanted future, take a moment and replace that thought and mental picture with a vision of your ensuing, glorious reality in the fifth dimension. This mental mastery will only take a moment, yet it will keep you on the Path of your highest destiny and within the Flow of the ONE. It is vital during this time of personal and planetary transformation that you remember and OWN that YOU are a great, Multidimensional Being. A helpful mantra for “course correction” is:

*I AM the Creator of my life.
I choose unconditional love and multidimensional Light!*

Repeating a mantra again and again is the best way to control your fear and master your thinking.

MULTIDIMENSIONAL PERCEPTIONS

Fortunately, since your multidimensional perceptions are becoming fully activated, this dark night will be only a small percentage of your total perception of reality. You will know that those who do not ride this Flow are choosing to live in a reality of a lower frequency than the one that you have chosen.

There is no judgment in this realization, for one frequency is not better than another. Some humans believe they still have much to learn from the experiences of the third dimension. Hence, they will continue the “3D Game.” Others will choose the fourth dimension. In the fourth dimension they can move through the etheric realities of Earth as they time-travel into any experience of Earth they wish to visit, revisit or create.

Then, there are those who feel complete with their experiences of a polarized reality. These grounded ones are ready to return to the higher dimensional expression of their SELF, as well as their greater Galactic Family. Those of you who have chosen to participate in the experience of Personal and Planetary Ascension will remain within the Flow of the ONE and Surrender all control of your physical body to your Soul.

We, the Arcturians, as well as your entire Galactic Family, look forward to being your guides and companions as we travel the Arcturian Corridor to your new HOME. In closing, we remind you to hold forever within your consciousness the mantra:

I NOW surrender all control

Of my physical reality

To my Soul



THE TRUE LANGUAGE

California Redwoods

Surrounded by trees, I hear the Quiet of the Nature all around me. It is a Quiet that is unavailable in the city, for it is a time warp. Nature exists before technology, before cell phones, WIFI, jet airplanes and the 24-hour electrical, environmental noise.

In the city, I am constantly in contact with this “noise” through the airwaves via my expanded perceptions. I did not recognize this noise until now, as slowly and silently, the electrical noise has interbred with my consciousness until it has become “normal.” Hence, it took three, maybe four, days in Nature before I could even hear the Quiet.

Actually, this Quiet is the language of the trees, but not just any trees, although, all trees speak a form of this language. This particular Quiet is the language of the Redwood trees, the oldest and largest trees on the body of Gaia. It is through these Redwoods that I can hear the True Language, a language not based on words, but based on tones of consciousness.

Now that I have spent a week in a sparsely populated area with few people, but a glorious abundance of trees, I can hear the True Language as transmitted by these ancient beings. The Redwoods are the remaining guardians of Lemuria. Hence, these trees hold that vibration.

Los Angeles, where I live, holds the vibration of Atlantis as transmitted through the electric noise of a modern city near the ocean. This electric city speaks the Atlantian True Language, whereas the Redwood Trees of Gaia’s Nature speak the Lemurian True Language. When we re-enter the Corridor, we will revisit these ancient ancestors, as well as our even more ancient Galactic Family.

We will take this journey as ONE through the power of our Collective and Planetary Consciousness. In fact, we will take this journey via our Multidimensional Consciousness.

Through our multidimensional consciousness, we will remember and revisit our “past” so that we can better Know our “present.” We will go, also, into the “future” to see it as our “present.” In other words, we will transcend the concept of time and space that has been based upon that third dimensional illusion.

Together, via our united, multidimensional consciousness, we will enter the unknown. Of course, the “unknown” is only the “forgotten,” for we are great Multidimensional Beings who have the honor of being incarnated NOW to participate in Gaia’s great Planetary Ascension.

Together we will remember our True Language, which is the language of tones/frequencies of consciousness. Before we know it, our Internet will be out of date for we will remember how to speak and hear via the expanded perceptions. This Language of our multidimensional consciousness is transmitted and received via Multidimensional Light and Unconditional Love.

CONSCIOUSNESS AND COMMUNICATION

The Internet has taught us that we can communicate by words and pictures with a person that we know only by their consciousness. Gender, culture, religion, age and economic status are unknown and unimportant. As we ground more and more of our Multidimensional SELF in our daily life, we will remember that:

Consciousness IS Communication and Communication IS Consciousness

It is through our consciousness that we truly communicate with the world that we accept as our reality. If our consciousness is restricted by the mundane actions of third dimensional life, then we can communicate only with that small fragment of our total multidimensional reality.

Fortunately, as we expand our Personal Consciousness from our personal third dimensional reality to the Collective Consciousness of our fourth dimensional reality and into the Planetary Consciousness of our fifth dimensional reality, we can accept increasingly larger fragments of multidimensional reality as our “real world.” We can then cross the threshold into the Galactic Consciousness of our Star Ancestors, as well as our own alternate/parallel realities in which we have taken form on other planets, galaxies and dimensions.

My old friends, the redwoods, have reminded me of the True Language in which spirit (breath) moves through Form (matter). When we use our human language

to speak, we allow our breath (spirit) to arise from our lungs (heart chakra) and move through the many articulators of our mouth, tongue and lips. The True Language is spoken through the trees as the wind (breath) moves through the trees (form). Each leaf is an articulator for the wind, just like our mouth, tongue and lips are the articulators for our breath.

This True Language of the ONE is transmitted by multidimensional light and unconditional love. The differing frequencies of light are the “articulators” which give meaning (words) to the unconditional love, which assures the listener that the message is Flowing from the ONE.

TRAVELING THE CORRIDOR

The Arcturian Corridor exists in the NOW of the ONE. Therefore, as we travel it together, we will become accustomed to the True Language of the ONE, as well as the signature frequency of those who travel the Corridor with us. Within the Corridor we are a microcosm of the macrocosm of Planetary Ascension.

All the people, animals, plants and Elementals on Gaia are consciously and unconsciously preparing for the Great Change. Will this change occur? Of course! The question is—will we be able to consciously perceive, thus consciously participate in, the frequency of reality in which this change will occur? In other words, will we be able to maintain the calibration of our attention and intention to the frequency of reality that is ascending? How will we find that frequency, much less remain calibrated to it? Fortunately, we will not be alone for, NOW we are ONE.

Therefore, we will figure it out TOGETHER.



HEALING THE MOTHER

Dear Ones,

We, the Arcturians, wish to remind you that, on some level, you have chosen all of your earthly challenges. Why would I do such a thing, you may ask. The answer is that only through connecting with your Soul/SELF could you confront and solve these challenges. Your Soul knows that your third dimensional reality is a “school” that you have chosen to enter to expand your Light through the experiences of physical incarnation.

Your Soul does not care if you are rich or famous. It only wants you to remember your True SELF while you are grounded in matter. Through your many challenges, you have learned to live every day, or at least most days, looking toward your Soul/SELF. You have remembered to stay in connection with your SELF, not just when you are embroiled within a challenge, but also when you are happy and peaceful.

You have remembered that Soul is not something to run to when you are scared, it is “some-ONE” that you ARE. You now Know that you ARE Spirit grounded in matter, not matter looking for Spirit. With this Knowing, your journey into the 3D Game is coming into its completion and “graduation” into the fifth dimension is commencing.

Now that you live every day, and most minutes, looking to Spirit, whether you are filled with love or filled with fear, you have found the great comfort of living in light and would not choose otherwise. Most importantly, you have learned to love yourself unconditionally, even if you are not aware of that fact. It is this love that allows you to find joy in the midst of your daily life.

We ask again that all of you find some time in your daily life to experience the glorious Nature of Gaia, even if it is within your own yard or local park. Being in the company of Nature will allow you to make a leap in your consciousness, which is beyond that which you formerly conceived. You are all butterflies just emerging from your cocoons, and you need the love of Mother Nature to nurture your new expression of SELF.

It is time for you, the leaders of New Earth, to quietly mature into the frequency of the fifth dimension while still inhabiting your earth vessels. This action is a great challenge and only possible if you have joy in your daily life. What is necessary in this portion of Gaia’s process of planetary ascension is that the ascending ones live in two worlds simultaneously.

If you are not grounded in your third dimensional world by the power of love and joy, which are perpetuated by thanksgiving, your energy will fly from your earth vessel and off into the fifth dimension. In other words, you will have personal ascension. In this case, you will not be using your great force of personal ascension to contribute to the ascension of the body of Gaia.

If you are happy, content and loving life in your third dimensional life, you will be more able to remain in your earth vessel at the same time that you journey into the fifth dimension. Your frequent journey into the fifth dimension while you still maintain an active earth vessel, will serve to “pull” third dimensional Earth through the fourth dimension and into the fifth.

In this manner, our grounded ones can return Home while they also bring their third dimensional home, Earth, with them. Furthermore, the force of Gaia’s planetary ascension will assist humanity with its personal ascension. The reality is, of course, that humanity IS Gaia, for in the fifth dimension YOU are the planet and the PLANET is you. As you become ONE with your planetary womb, you will leave its cocoon and fly free into the higher expressions of your Multidimensional SELF.

We know that we ask a lot of our Planetary Ascension Team to stay in the third dimension, but your frequent visits to the fifth dimension will make your time of waiting for planetary ascension much easier. We see the glory of your Awakening to your Multidimensional SELF as starbursts upon the body of Gaia. We also know that most of you were among those who answered Gaia’s distress call at the fall of Atlantis. We can also see your great dedication to “stay the course,” until you have completed your Promise to assist Earth’s return to a higher frequency of Her expression.

We commend you on your great patience, persistence and commitment. We know that you wish to return Home, yet have chosen to stay until you are no longer needed. We of the Galactic Federation, especially those of us who once lived on Earth and are assisting Her from the higher dimensions, are proud to know you and look forward to the grand celebration when you return to us.
Your Arcturian Family

SOS FROM GAIA

In every battle between the Dark and the Light, the darkness appears to be winning up until the very end. This is because those of the dark have no rules, no sense of greater good, no love for their fellow humans or even for their planet. They worship at the Shrine of Greed, which has a constant offering of fear from those who believe that darkness has the power to impact their lives.

On the other hand, the beings of the Light, are directed by the Flow of the ONE and the unconditional love that is difficult for humanity to maintain when the darkness lurks in every corner of our lives. Also, if we of the Light sink to the level of the Dark to engage in battle, we become pulled into the mire of the very fear and darkness that we have sought to repel from our lives.

Therefore, we have one course of action, which is very difficult for it feels like inaction. This course is to use our love, our unconditional love, to unite with each other. Our power, separated from each other's appears small and insignificant. However, unconditional love is the binding force of the Universe and can unite us all into ONE great being of Light.

As this ONE great being we can use the united force of unconditional love to heal ourselves enough to even love those who are perpetuating the fear and greed that is on the verge of ruining our world. We must heal ourselves first because we have the grand challenge of loving not only our beloved planet, but also those who have soiled it.

Every ONE of us has had lives in which we have fallen into the Dark, and we have all have moments of greed/fear. Greed and fear are the same, as greed arises from the fear that there is not enough, that we are not enough. Therefore, we must have MORE, more money, more power, more control. It is this paradigm of submission to fear that is completing so that we can replace it with the paradigm all encompassing and unconditional love.

However, this new reality is not a place, it is a frequency. Just as a stone cast into the water creates many rings, there are many versions of our reality, each resonating at a slightly different frequency. So why are we at this reality? We are at this reality because we are here NOW to undo the damage to Gaia that was done at the fall of Atlantis and Lemuria, when humanity fell into fear and greed.

It is likely that many of those who are surrounded by the darkness now, were of the darkness then. On the other hand, those who were of the light then, are of the light now. Just as we have seen in this lifetime, issues do not end until they have been brought to resolution. We look into our lives and see that we do not have many issues. Instead, we have only one or two that we repeat again and again in an attempt to heal ourselves and remember our true SELF.

In between the great fall and this lifetime, we have all had many lives in which those of the darkness found the light and those of the light fell into the dark. We have had many lives filled with greed, as well as lives filled with generosity. NOW, we must heal and release our feelings that we are "not enough." With this healing and release, we can expand our consciousness enough to accept the unconditional love that forever Flows from the heart of the ONE. It is with the unconditional love that we will heal our inner darkness.

Once we have healed our own inner darkness, we can love those who have fallen into the darkness themselves. There is no government or external forces that can assist us with healing our self, and only by healing ourselves can we find it within our consciousness to love free that which is happening to our beloved Earth. Only by healing ourselves enough to unconditionally love our own wounded/self, can we find the ability to unconditionally love those who seek to

interfere with our Planetary Ascension by damaging the planet and creating fear in Her inhabitants.

As the ascending ones, we must remember that: “NO one outside of us can be given control of the frequency of our consciousness!” We are Masters of Energy, which means that WE choose our state of consciousness by CHOOSING LOVE. Furthermore, we can only choose love by rejecting fear. And, the best way to reject fear is to unite with others who have chosen love—that is unconditional love.

The conditional love upon which humanity has lived is the hidden cause of the “not enough” that has created the greed and darkness in our world today. Unconditional love knows no boundaries and is given as freely to the perpetrator as to the victim. Unconditional love is the force, which allows us to be freed once and for all from being a victim to anyone, even the “greedy corporation” or the “inept government.”

If we are to Flow into fifth dimensional Earth, we must BE the government we want to change. WE are the co-creators of our reality. First, we govern ourselves by being the Master our Thoughts and Emotions. Then, we can weed out all fear and live moment-by-moment in unconditional love.

According to the Mayan Calendar, this weekend of July 17—18, 2010, we can become ONE to hold the intention for the unity consciousness of the Ninth Wave of the Mayan Calendar.



For more details please see:

http://www.calleman.com/content/articles/ninth_wave.htm

Within this Ninth Wave is the Unity of all the other waves of consciousness, which are:

(1)Cellular, (2)Mammalian, (3)Familial, (4)Tribal, (5)Regional, (6)National, (7)Planetary, (8)Galactic and (9)Universal.

THE POWER OF UNITY

I know that many of you have been feeling a floating anxiety and sense of urgency regarding the conditions of our wounded planet. I have been receiving instructions from Gaia and the Arcturians about how I can be of assistance.

In response to these instructions, one Thursday a month, at 3:00 pm Pacific Time, I am facilitating a "Healing The Mother" group. We will meet once a month to heal ourselves and contribute that healing to Gaia. We will heal one chakra a month, starting with the first chakra, and share that healing with our planet Earth. The only way we can heal our world, as well as the humanity that has damaged it, is with unconditional love. Furthermore, unconditional love can best be felt from within.

Fortunately, we are moving ever closer to the Galactic Center where the emanations of unconditional love and multidimensional light are stronger than they have been in over 26,000 years. Therefore, we will choose to accept this unconditional love and multidimensional light into our own body, share it with Gaia, then send it around the globe. I am asking people to create groups of their own. The founder of that group, even if it is only 2 or 3 people, will be the facilitator for seven months, and seven chakras. In this manner, we as a planet will have moved all the way into the Seven Chakra by January of 2011.

It is my instructions that at that time the group will disassemble, and each member will create their own new group to contribute to an ever-growing network for HEALING THE MOTHER. Each month, I will post a loose guideline for the groups on my blog: <http://suzanneliephd.blogspot.com/>.

Each group is encouraged to follow their own inner guidance and creativity, but to cover the same format, so that the matrix of information can more easily blend into ONE.

Intertwined with the chakra awakening, we will journey together through the Arcturian Corridor to re-program negative core beliefs and communicate with other dimensional realities to learn more about the process of personal and planetary ascension. I hope you can participate in some manner, even if you do not choose to create or join a group. It is through giving to another that we can best forget and cure our woes for our self.

August 2010
ARCTURIAN CORRIDOR PART III



MANY PORTALS
HEART CHAKRA

As I sit here in our cabin in the forest and look out the windows onto a variety of shades and textures of green, I understand why the Heart Chakra is green. The sounds of the city are replaced by an overwhelming Quiet, which is too often interrupted by the sound of the old refrigerator. But then the refrigerator stops, and it is back to the Quiet again.

Within this Quiet is a deep peace and connection with the green just outside the window. I understand now how the frequency of light that reflects from the Heart Chakra is green, for green is the color of growing life. The green collects the prana from the Sun to feed the trees, flowers, vines and grass, just as our Heart collects the love/prana of the Sun to feed our body.

The trunk, limbs and branches are the body of trees and perhaps the leaves are their Hearts. It must be difficult for the trees in the winter, when their Hearts are not available to them. As humans, sometimes we go into a winter in our life, where our Hearts feel unavailable, and we feel alone and unloved. In spiritual terms this time is called the "Dark Night of the Soul."

It is during these times that we must take a lesson from the trees and find the love that has been stored in our “trunks” when the leaves were verdant and green. Maybe, spring and summer feel far away from us, but we must remember that Gaia, our Earth Mother, holds all the love stored by every tree on Her entire planet.

If we can take some time from our busy life to BE with Gaia so that She can share this storehouse of love with our aching Hearts, it will help us through our long winter. In our demanding city lives, we become too busy to remember that Nature, whether it is an ocean, a mountain, a forest, a park or our own yard, can fill our hearts with love. This love actually creates a portal through which we can return to spring.

Let us take a moment to walk through one of Gaia’s many portals to New Earth—
The Redwood Portal:

THE REDWOOD PORTAL



<http://www.youtube.com/user/suzannelie#p/u/1/qOFfe67UVY>

THE NEW AGE

We have become too detached from the Earth in our quest to find the God in the sky. The Piscean Age of the last two thousand years had led us to believe that if we were good, if we were deserving, then we could find love far off in Heaven—when we died. These teachings separated us from the land and sea and from Gaia’s healing/loving Nature.

Now, as the cycle of that Age is complete and we enter the Aquarian Age, the beliefs that were dictated to us by others are being replaced by the Knowing that

we find within our SELF. This Knowing that awaits our discovery is within our Hearts, where the love and the dawning of spring are stored.

Spring is coming for us all and none too soon. Our dearest planet has suffered gravely from our perception of Her as a “thing.” We have forgotten that Earth is a living, breathing being. Of course, every terrible thing we have done to the planet, we have done also to other humans. We have become lost in a Dark Night of the Soul. Humanity has regressed from the Divine Expression of Spirit to the tormentor and savior of a lost world.

After the final destruction of Atlantis and Lemuria, we entered a planetary season of decline and fall, which progressed into a long, harsh winter. There were, of course, times, seasons, cultures and people that somehow remembered the Truth of Spirit’s unconditional love and multidimensional light. These cultures and people were beacons in the long, dark night.

COMPLETING CYCLES

We are completing the 25,2556 year cycle of the Procession of the Equinox, the amount of time it takes for our Solar System to transit all the way around our Milky Way Galaxy. Halfway through this cycle, our ancestors on Lemuria and Atlantis were at the “back door” of the ascension cycle, just as we are now entering the “front door.”

It is said that those who do not know their history, are doomed to repeat it. Do we know the history of these expressions of our greater SELF? Do we remember the mistakes that were made then, so that we don’t make them again? In fact, many of us who chose to embody at this time, swore to remember our lives on those distant worlds.

Why would we swear to remember them? The answer is that those who remember their history can learn from the past and use it in the present. Those who take responsibility for their mistakes can forgive themselves for making them. With this forgiveness, we can dare to remember the reasons why the mistakes were made and correct the problems before they had a chance to begin again.

Humanity is the only animal that spoils its own nest. If we can find the reason why we have done that, then, maybe, hopefully, it will not be too late to correct the great harm we have done to our Mother. Then, rather than destroy our world, we can ascend it, and our selves, into the next cycle of experience, the fifth dimension.

It is for these reasons that we now return to worlds of Lemuria and Atlantis that have been lost beneath the sea. We return with the hope that we can remember our SELF that was a member of those realities. There are as many versions of

these worlds as there are people to remember them, for there are myriad parallel realities. Unfortunately, all of these parallel realities ended in destruction, for it was the completion of their cycle. The details of this destruction are many, but the overall picture is the same.

Lemuria was destroyed through misuse of Love and Atlantis was destroyed through misuse of Power. Neither one was able to gain enough Wisdom to learn from their mistakes before it was too late. Therefore, rather than ascension, these worlds experienced destruction. However, many of the Lemurians and Atlantians did experience personal ascension, and others found homes in Inner Earth where they have been able to re-create their peak society. These members of Inner Earth will assist Gaia again, as our Solar System moves through the Front Door of the planetary womb, the Galactic Center. We have come half way around the Galaxy since their decline and fall. Have we gained that Wisdom yet?

THE SEA PORTAL



<http://www.youtube.com/user/suzannelie#p/u/0/XGqz2Y-6EC0>



TAKING THE CALL

The sky absorbs the Light today
 It shines above to show the way
For in this moment the NOW is HERE
 To think about what we hold dear

We've no time left to moan and pout
 For now we know, what it's about
It time for us to look inside
 Beyond our fear and past our pride

The Truth will soon be free for all
 To push away or "take the call"
We look away, or take a stand
 To save the sea, the sky, the land

Protect the Earth, She is our Mother
 She is our SELF, there is NO "other"
We are all ONE, we Know inside
 And from that Truth, we cannot hide

We aren't alone. We have resources,
 If ALL the world can join forces
We ARE the planet that we have squandered
 For, from our SELF, we all have wandered

The greed of now and in the past
Must be released, it cannot last
Our Mother calls, "It's time now dears.
"Give me your love, I'll take your fears.

"We need each other more than ever
"Although that bond, some try to sever.
"Love them most, for they are lost.
"They knew their game would have a cost.

"Yet, still they want what's been before
"But, we've had enough, and don't want more.
"So in their choices, we will not follow.
"Our New World lies just through that hollow.

"So reach right through and deep within
"To find the ONE you've always been.
"The Game is closing, it's the final call
"To go Home NOW, once and for all!"

SWITCHING CHANNELS

Blessings. We are the Arcturians, here to usher you back into the Arcturian Corridor. Just as there are earthly portals, which are opened by your love for Gaia, there are portals in outer space that are opened by your love for Spirit. All of these portals are always available, just beyond the limitations of your third dimensional perceptions. Therefore, we wish to further educate you regarding the care and maintenance of your new Operating System, which will expand your perceptions beyond all physical limitations.

By now your Multidimensional Operating System is fully online. You have "restarted your computer/brain" ** and are ready to switch channels onto this new system of operating in daily life. The process of this switch is to remember from minute-to-minute that you are different than you have been, likely since your lives before the Fall of Atlantis over 10,000 years ago.

**(See July 2010 newsletter http://multidimensions.com/TheVision/integration_newsletters.html)

It will be helpful for you to remember your lives in which you were a Priest, Priestess, Shaman and/or Healer, so that you may bring that Knowing into your current incarnation. In the lives in which you attained multidimensional consciousness, you could perceive the physical plane from a higher dimensional expression of your SELF. Therefore, it is important to bring these realities into your present memory to counteract your "lives-long" habit of viewing life through a third dimensional viewpoint. Some of these spiritual lives were "past lives," whereas others were "parallel realities."

There are many parallel realities, and they resonate to the myriad frequencies and sub-frequencies of the multidimensional matrix for planet Earth. To explain this concept, we ask that you imagine a stone that is thrown into a still pond. Now visualize the many circles in the water around the stone's point of entry. The circles closest to the point of entry are clearest to your third dimensional expression, and each echoing circle becomes less and less distinct as it moves away from that point. It is the same with the many frequencies of Earth. Earth is like the stone thrown, not into water but into space.

The echoes of Earth's many expressions of reality are densest closest to the physical planet for they hold more matter, which lowers the resonance of that circle. The versions of reality further from Earth's physical expression hold less-and-less matter, which allows them to resonate to higher-and-higher frequencies. This amplification of resonance moves all the way through the fourth dimension, through the fifth, and into the sixth. The integration of the multidimensional light and unconditional love of the Flow from the ONE activates your Multidimensional Operating System. This activation gives you the capabilities to perceive these higher dimensional rings of reality as they echo into the higher dimensions.

By the time the inhabitants of Earth are able to perceive the fifth and sixth dimensional expressions of Earth, they are no longer planet-bound and have long since taken to inter-galactic and inter-dimensional travel. That "time" is closer than you may think. In fact, this reality exists NOW, just beyond your third dimensional perceptions. Through continually accepting and integrating the multidimensional light and unconditional love of the ONE, you can complete the "switch of channels" from the limited Third Dimensional Operating System to the unlimited Multidimensional Operating System.

The challenge is that, even after you have completed your transition into your Multidimensional Operating System, you will need to release the emotional addictions and defense mechanisms that have protected you from the dangers of your third dimensional reality. These behaviors and addictions that once protected you, now make it difficult for you to "take the leap" into a new way of living. You dare not "drop your shield" for fear that the dangers of your formerly polarized reality will attack you. This fear makes it extremely difficult for you to accept the very multidimensional light and unconditional love that will raise your consciousness beyond those dangers, once and for all.

LOOKING INTO YOUR SELF



Through remembering realities in which you embraced the unconditional nature of love which Flows from the fifth dimension and beyond, you can replace your old, protective mechanism with the love and light of the ONE. Unfortunately, most of your spiritual traditions since the “Fall” have had a Heaven, Nirvana, Afterworld, etc., which were actually in the fourth dimension. Since the fourth dimension still holds polarity, even in its highest octaves, there remains a conditionality to love. This conditionality teaches that love is something to be earned or achieved.

It is only through expanding your consciousness into the fifth dimension and beyond that you will be able to fully embrace, and live, the concept of unconditional love. Once your consciousness is filled with unconditional love, you will be able to realize that your old habits and emotional addictions were like training wheels on a child’s bicycle. These training wheels protected you from falling. However, once you realize that you can maintain balance on your own, the training wheels (habits and emotional addictions) slow you down and limit your ability to “enjoy the ride.”

On the other hand, once you have released your third dimensional limitations the work really begins. We say the word “work,” for releasing judgment in a world filled with fear, such as your own, takes a tenacity and determination that feels like work. In order to release your old coping mechanism of differentiating between dark/fear (which you move away from) and light/love (which you move towards), you must fully embrace the fact that YOU resonate beyond the reach of either of these options. In other words, you will need to release your habitual perception of your SELF as being your earth vessel and see your SELF as being the ONE who is using that earth vessel as a means to more intimately experience the third dimension.

When the resonance of your consciousness is beyond polarity, unconditional love can rule your every thought, for you KNOW that you are protected at all times. With the knowledge of this protection, you will not need to judge others as a means to protect yourself. Even more importantly, when your consciousness is filled with unconditional love, you can perceive the “big picture” of the small fragment of your SELF who is grounded in the third dimension.

YOU are a magnificent Being of multidimensional light and unconditional love. Just as your physical body can be lying on a bed with your hand reaching down to touch the floor, your Lightbody can be in the fifth dimension with your lower resonance of SELF extended down to touch the third dimension. To better understand:

- Visualize that your physical self is lying on your bed with your hand touching the floor...
- How does your hand experience the floor beside your bed?...
- Imagine that *you* are your hand looking up at your body...
- How does your hand perceive your body?...

NOW:

- Visualize that your Multidimensional SELF is in the fifth dimension with your third dimensional expression touching the physical world...
- How does your physical self perceive third dimensional life?...
- Imagine that you are your grounded one looking up at your Lightbody...
- How does your physical self perceive your Lightbody?...

From your third dimensional perspective, you can see many powerful humans who willingly harm people and planet in their endless need for power and possessions. On the other hand, from the perspective of your fifth dimension SELF, you are united with the higher expression of these very same people. From your higher perspective, you realize that your grounded one can only perceive the lowest resonance of these fifth dimensional ones who are still “logged in” to the “Power Over Others” chapter of the 3D Game of Separation and Limitation.

You may even ask the fifth dimensional ones why their lower resonance is still logged in to that Power-over Game. Since you are coming from the perception of the fifth dimension, you would ask this question in the same detached manner in which you may ask someone why they are enjoying that particular Reality Show. Have you noticed how popular Reality TV has become? This appetite for a different reality, or several different realities, is actually the beginning of multidimensional consciousness.

Planet Earth, Gaia, is the expression of a great Multidimensional Being whose consciousness is so vast that it must be contained in the body of a planet. Gaia’s consciousness is now expanding beyond the point that it can be encompassed in

a planet, and She wishes to expand Her expression of SELF into that of a Star. As Gaia becomes a star, Her inhabitants will expand their expression into being a planet. Fortunately, for those still logged into the 3D Game, this process is commencing. On the other hand, those whose consciousness is still limited to the third and fourth dimension will become increasingly uncomfortable.

A person whose consciousness resonates primarily to third/fourth dimension will have great difficulty with the instant manifestation of EVERY thought and emotion. The instant manifestation of their fear will not be enjoyable, nor will they like their every thought and emotion being read by others. The many secrets of the lower worlds do not exist in the fifth dimension. Therefore, those who still wish to live in separation from others will not be comfortable in that frequency of Earth.

With your expanding multidimensional perceptions, the intentions of others will be increasingly transparent, as you will perceive these intentions within your own form. In the same manner, you will telepathically hear within your mind and empathically feel within your body. Higher perceptions operate within the Unity of the ONE. You will no longer experience life as outside of you. Instead, you will know that all life is within.

Fortunately, your Multidimensional Consciousness will assist you in understanding this concept of “All life is within the ONE, which YOU are within.” Furthermore, your Multidimensional Operating System will allow you to unconditionally love ALL life. The protection that this unconditional love provides far surpasses any emotional addictions or behavioral defense mechanism.

SEEDING OF EARTH

There are many different versions of humanity because Earth has been “seeded” by numerous worlds throughout the Milky Way, as well as other Galaxies. To tell our story about the seeding of Earth we start, not at the beginning, but many cycles and millions of years after the initial seedings of Earth. A seeding of a planet is much like a seeding of the ground. Seeds are planted in the hope that they will grow and prosper. In the same fashion, beings from different planets, galaxies and dimensions, planted their “seeds” in the hope that they could live, grow and prosper on a new, young (in planetary terms) world.

We, the Arcturians, were among the first to plant our seeds on planet Earth. Hence, we will assist our grounded one in telling this tale. Before we discuss the relatively new societies of Lemuria and Atlantis, we encourage you to remember your Galactic Family. In order to do so, you will have to dust off the cobwebs of your many incarnations during the Piscean Age in which the Sun revolved around the Earth, and you were the most evolved planet in all of the Galaxy, or even the Universe.

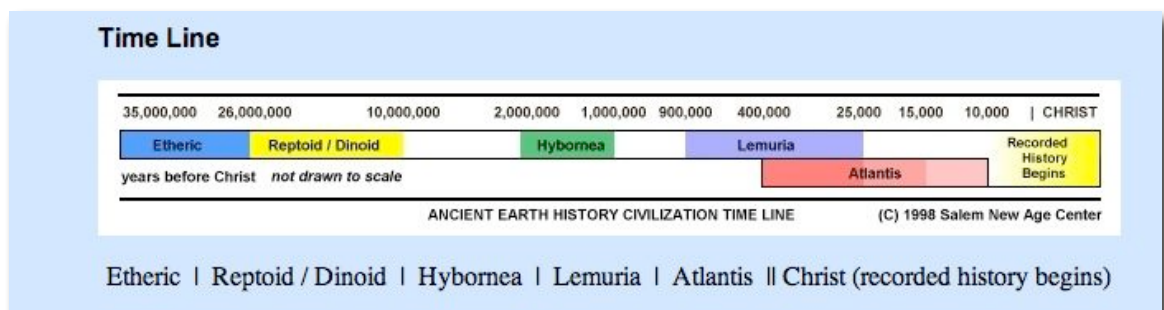
It takes a strong person to recognize their weaknesses and an even stronger person to recognize the many lies that have limited their expansion into SELF. Furthermore, and most important to understand what we are saying, you will need to release the fear that other civilizations are as barbaric as your own. Yes, there are indeed some civilizations that function under the “Service to Self” paradigm, just as many Earth societies have since the Fall of Atlantis. However, most of those galactic civilizations have now evolved into the Unity Consciousness, which you are on the cusp of embracing.

As you will later discover, it was some of these “Service to Self” civilizations that were greatly responsible for the decline and fall, rather than the rise and ascension, of these two great civilizations. Just as the civilizations of Lemuria and Atlantis fell, there were some of the members of these worlds who did ascend. There were, also, those who took refuge underground within the body of Gaia to await their next opportunity to ascend. That time is NOW.

Because these refugees entered Inner Earth before Earth plummeted into Her lowest frequency, these beings live just one half octave above your current frequency of expression. Auspiciously, because of your Solar system’s completion of the Great Cycle of the Procession of the Equinox, this places Earth within a close proximity to the Galactic Center, which is increasingly raising the planet’s resonant frequency. Earth is now preparing to enter the 2,000 year Golden Age of Aquarius, in which your Solar System will enjoy the constant stream of multidimensional light and unconditional love emanating from the Galactic Center.

The influence of this multidimensional energy will allow those who can accept this gift the ability to hear the truth as told by those who have ascended, as well as those who have waited in Inner Earth. Because truth is relative to the perception of those who speak it, there are many stories of the rise, peak, decline and fall of the great civilizations of Lemuria and Atlantis. As We, the Arcturians, share our perspective, we welcome you to allow your perspective to awaken and grow within your consciousness, as well.

OUR STORY BEGINS



LEMURIAN AND ATLANTIS TIMELINE

We begin our story at the beginning of the last Procession around the Equinox, 26,556 Earth years ago. A wonderful Golden Age was bringing the Cycle of Lemuria to its completion, while Atlantis was living within the Peak of its society. Lemuria and Atlantis were meant to bring Gaia into the polarization, which you have been experiencing since their fall. Lemuria was to be the “Mother Civilization” and represent the Flow of the electron, receptive/inflow, feminine polarity of energy, experienced as Love. Atlantis, on the other hand, was to be the “Divine Father” and represent the Flow of the proton, expressive/outflow, masculine polarity of energy, experienced as Power.

Through the marriage of feminine and masculine, Love and Power, the two landed expressions of Gaia could gain the great Wisdom to Ascend. Unfortunately, instead of a beautiful bonding and resulting ascension, their “marriage,” as with many earthly marriages, ended in a long divorce in which both of them lost everything. Part of the reason for this “divorce” was that their galactic parents never approved of this marriage. These Service to Self “parents” wanted to maintain control of the people and possessions of Earth. Power over others and greed was the cause of downfall then, just as it is now.

It was the children of the families who suffered the most. Those children are you. As Gaia moves again into the energy of planetary unity and possible ascension, the marriage of ALL polarities into the ONE is your best hope for ascension. As we tell the age-old story of love and power, peak and fall, unity and separation, we ask you to listen with your Multidimensional SELF, so that you will remember YOUR Truth. Through remembering your Truth, your own perception of this story, you can take the lessons from your distant “past” and bring them into your “present” to assist you in creating a “future” of ascension within the HERE of the NOW.

As we re-enter the Arcturian Corridor, we will sweep our consciousness into the sixth dimension to heal the damage done to the Divine Blueprint of Gaia by the destruction of Lemuria and Atlantis. Both of these realities resonated to a frequency that we would now call the fourth dimension. It was not within the Divine Plan to create a reality at the third dimensional level, for the absence of Spirit would make future evolution too difficult. Unfortunately, after the fall of Atlantis, Earth was so shaken on her axis that Her resonance dropped into the third dimension. It was then that the fourth dimension became the reality that vibrated as the fourth dimensional aura of Gaia, whereas Her body—Earth—resonated to the third dimension.

The creators of the Earth experiment of “life in an extremely polarized reality” were very concerned for they knew that the polarities of the third dimension were too harsh to allow an easy integration of spirit into matter. It is this integration of spirit into matter that allows the grounded ones to find and live in-between the extremes of polarity. In this way, the grounded humans could experience the

lessons of living in a polarized reality, while having the safety of the center frequency of the ONE where all matter is still imbued with spirit.

All energy travels in circles. Therefore, the end extremes of the circles, such as the very dark/fearful and the extremely light/loving can merge. This merging resembles the bracken water where the fresh water of the river intermingles with the salt water of the ocean. When the fear and love intermingle in this fashion, the fear can appear to be love, and the love can look like fear.

This is the case when humans confuse their fear with love by believing that what they are doing to others is “for their own good.” In the same manner, when love becomes tainted with fear humans need others to prove their love by following their commands and personal needs. It is the fear that they don’t deserve love themselves that drives these people to command that others prove their love by being obedient.



LEMURIA



ATLANTIS

This paradigm began with Lemuria and Atlantis. The extreme scientific, protector, logical polarity of the male energy became ruthless in its plight to protect its people at all costs. On the other hand, Lemuria became so polarized to the feminine side that they became passive to the point of weakness. Then their only power left was that of escaping into the higher planes. Meanwhile, they missed what the experimentation and hunger for power of the masculine Atlantians was doing to the body of Earth.

WHAT WE HAVE LEARNED

From this experiment of polarized reality on Earth, we have learned that both masculine (proton) and feminine (electron) energies must incorporate Wisdom, Power and Love within their own human earth vessel to serve as a means to find their center point. Hence, the ATMA, the Three Fold Flame of Wisdom, Power, and Love was placed in the High Heart of every incarnating one. Unfortunately, in most cases, this correction was useless. After the final fall of Atlantis the

frequency of Gaia's body was so low that everyone one was too busy with the business of survival to ever connect with their High Heart.

As you look into your ancient history, you will see how it ignites issues from today. Many of you have a deep-seated fear of abandonment, which may appear to be extreme for your present reality. We the Arcturians, as well as the other members of your Galactic ancestors who are founders of life on Earth, have felt as though we have abandoned the many generations of the descendents of the Lemurian and Atlantian worlds. However, since Earth was created as a free-will planet, we were limited in the manner in which we could assist you.

It pained us greatly to see how you struggled after the fall of Atlantis. Unfortunately, until you, the humans of Earth, asked for our assistance, we, the Arcturians, Pleaidians, Sirians, as well as others, have only been able to speak to you through the awakened humans who asked us to communicate through them. Their call needed to be backed by great tenacity and dedication, for it takes many years to fully train a grounded one to receive and successfully translate our message of Light Language into linear, third dimensional language.

Fortunately, as the frequency of Earth is rising, more and more of us are able to incarnate on Earth. Furthermore, with the expansion of human consciousness, our incarnated ones are able to more easily understand and translate our messages. We wish to invite you who are interested in our communications to simply call us just as you would call on a telephone. Once you have asked for our assistance and guidance, we are free to give it.

It was difficult for us to first watch as Lemuria fell into collapse and then again as Atlantis slipped into its final demise. We all realized that a greater story was being played out, and we remembered the mistakes that we had made when we, too, were also "children of Spirit." Just as parents must observe their adult children make the same mistakes as they did, we had to merely observe, and send love, as our Earthy children made the same mistakes that we had.

Lemurians and Atlantians experienced a long peak of their society and eventual decline. This birth, rise, peak and decline of civilizations was the pattern for the remainder of that 25,256 year cycle. Now that the close of this cycle is commencing, the Lemurians and Atlantians who have remained in Inner Earth and/or have incarnated again in this time zone will have another try at the ascension energy of the Galactic Center. We have watched many cycles of your evolution from our higher dimensional perspective, and many of us have taken earth vessels, so that we may be able to directly assist in this moment of great transition.

ENTERING THE CORRIDOR

With the conclusion of our introduction, we ask you to re-enter our Corridor. Just as you have used the power of your imagination to step through the Redwood and the Sea Portals, we guide you to step through the space/time portal of our Arcturian Corridor. Once you enter this portal, time collapses into the NOW and space collapses into HERE. The journey through our Corridor is fueled by the power of your imagination, which is fifth dimensional thought, and you will be changing your frequency rather than your location. The progress of your journey through the Corridor is determined, not by your desire, but by your state of consciousness.

When you are within the Corridor, you are within your SELF who is within the ONE. This Oneness ignites your highest creative powers of thought, emotion and imagination. For every second that you can believe that you are living life in the fifth dimension and beyond, you are creating that reality for yourself and for the planet. Hence, remember to periodically view your life from the perspective of the fifth dimension. In this manner, you will begin to realize the many ways in which your life is already resonating to the fifth dimension.

Your old habits and addictions to fear and complaining were based on the Piscean Age in which hard work and suffering were noble. As you enter your dawning Aquarian Age, those old habits will be easily replaced with the peace and joy of living in Unity with all life. Therefore, we ask you to turn around in your mind to see your life as we do...

Do you see how your aura expands far above, below and around you?

Do you see how each kind thought and action expands your aura and makes your heart glow?

Observe how this glow of your heart precedes you in your earthly endeavors and protects you at night when you sleep.

Observe how you influence all the people in your every day life...

See how your aura interacts with your environment, your yard, the freeway, your pets, animals, birds, insects...

Watch how Gaia responds to the color of your aura...

Note how Her plants and animals respond to your admiration...

Pay attention to how the atmosphere wavers as you walk through it...

YOU are a powerful Multidimensional Being, just now emerging from your cocoon of doubt and fear. Turn around again to see that the Arcturian Corridor is directly in front of you...

Are you ready to be your SELF?

Are you ready to BE the Planet?

Are you ready to enter the Corridor?

If the answer is YES,

Enter the Corridor NOW!



September 2010
THE ARCTURIAN CORRIDOR PART III



OPENING PORTALS
PART I

WALKING YOUR PATH

Welcome back to your journey through the Arcturian Corridor. It is within this Corridor that you are able to trust your fifth dimensional imagination regarding your inner-realities. Do you remember when you first started your Path? You were so worried about revealing your true nature. Now you have come so far that you are *usually* your SELF in daily life.

Having the courage to be your true, Multidimensional SELF while living on a third dimensional planet can create a constant sense of fatigue because your consciousness is vibrating at a higher frequency than your earth vessel. Furthermore, when your consciousness is resonating to the fifth dimension and beyond it is difficult to remain focused on the mundane chores of your physical life. Hence, you must constantly adjust and re-adjust your consciousness to remain in the third dimensional world of your current service.

We understand this dynamic, for our consciousness usually resonates between the eighth and tenth dimensions. Because of this, we are very uncomfortable if we try to even maintain even a fifth dimension form. Therefore, we speak to the grounded earthlings through our beloved family members who volunteered to carry lower dimensional earth vessels. Our brave ones who maintain our fifth

dimensional Star Ships have chosen to restrain from too many visits into their innate eighth–tenth dimensional frequency, as it makes it too difficult for them to return to their Mission of Service to Gaia.

They do, however, make frequent visits to our various Arcturian planets, such as Zantarius. All of the planets in our Arcturian Star System have gone through the planetary ascension for which Gaia is preparing. Ascended planets only hold form for beings who resonate to the fifth through seventh dimensions. Beyond the seventh dimension, form is experienced as an encumbrance to one's consciousness.

Many of our grounded ones on Earth visit fifth dimensional Earth, which is called Terra. However, they often *forget* their many adventures there, as those memories make it too difficult to return to the End Game of third dimensional Earth. We to remind you dear ones, you are with us many nights in your *sleep*. In fact, it is then that you are truly awakened. It is when you disconnect from your real life in the higher dimensions that you are truly “asleep.” On the other hand, because of these visits, bit-by-bit the fifth dimension is becoming your Home, while the third dimension is becoming your “Service to Gaia.”

We are joyous to see that many of you are finding new clues regarding your daily Mission. The veil between your two worlds is becoming thinner and thinner, and Gaia has more and more patches of Her planet and atmosphere that resonate to the fifth dimension. At the same time, other patches of Her planet are falling into destruction. With every moment, people and planet are receiving that which is of the NOW while simultaneously releasing that which has become complete. In this manner, Gaia and Her inhabitants are no longer choosing to attach their attention to that which may interfere with the process of personal and planetary ascension. On the other hand, they are choosing to focus on that which assists the ascension process.

In your lower fourth dimensional dreams, you may be having visions of destruction, which is the reality being created by those of Gaia's inhabitants who believe they cannot release their attachment to their physical reality and are fearful that they are losing their power over those who are ascending. These ones who once had great power-over others would prefer to destroy Earth rather than allow Her to return to Her fifth dimensional expression. However, Gaia is like a bird that will surrender her tail feathers in order to fly free from a predator. The bird knows that new tail feathers will quickly grow, and those who possess that which she has released will find little joy in that which they have stolen.

Therefore, we remind you to focus on the multidimensional light and unconditional love, dear ones. Imagine the light growing brighter and brighter as it encompasses more and more of Gaia's body. Allow this light to guide you to the many Portals that are revealing themselves to your higher perceptions. Use the power of your unconditional love to guide you through these Portals. To

better maintain the purity of your course, we ask that you release all fearful thoughts and emotions that might taint your great force of unconditional love.



LIFE IN A FIFTH DIMENSIONAL REALITY

We are NOW speaking to you from the eighth dimension surrounding our Homeworld on Arcturus. Arcturus has long ago become fifth dimensional and beyond, but its third dimensional resonance still shines in your sky to remind you of our presence and guidance. However, our life forms no longer resonate to that frequency, as we only inhabit the higher planes. In preparation for your great planetary ascension, we have come to you to tell you more about life in a fifth dimensional reality.

Yes, Gaia will ascend, for we of the Galactic Federation will not allow it to be otherwise. Gaia is a cornerstone in the age-old plan of reformation for our Galaxy. We are determined to fulfill that plan and need our grounded ones to hold the TRUTH of Gaia's ascension, as well as their own. Do you know that even when you are still attached to your physical reality, your thoughts and emotions are more powerful than you can imagine? We wish to demonstrate your power by taking you on a tour of our world so that you can hold the vision of a fifth dimensional reality in your heart and mind. This vision will assist you to more completely believe in your SELF.

There are, of course, many planets in our Arcturian star system. Therefore, we will choose one, which in your language may be called Zantarius. It is difficult to transmit the name correctly, as we no longer use verbal language, as you know it. When we send messages to our grounded ones, they come to them in a flash of light and sound, which may be perceived as an image much like our crop circles. With practice, our grounded ones learn to transpose these colors of light and tones of sound into what you would call a word and/or transpose the image into an entire message.

The colors that you would see for the “word” Zantarius are a higher dimensional version of violet, green, magenta and gold. All of our planets end in Gold (the “ius” sound), as they are fifth dimensional and beyond. The tones cannot be transmitted to you via the written page, but your imagination can hear them when you trust your Multidimensional SELF. We will take a moment to talk about color, as it is quite different in the higher frequency realities.

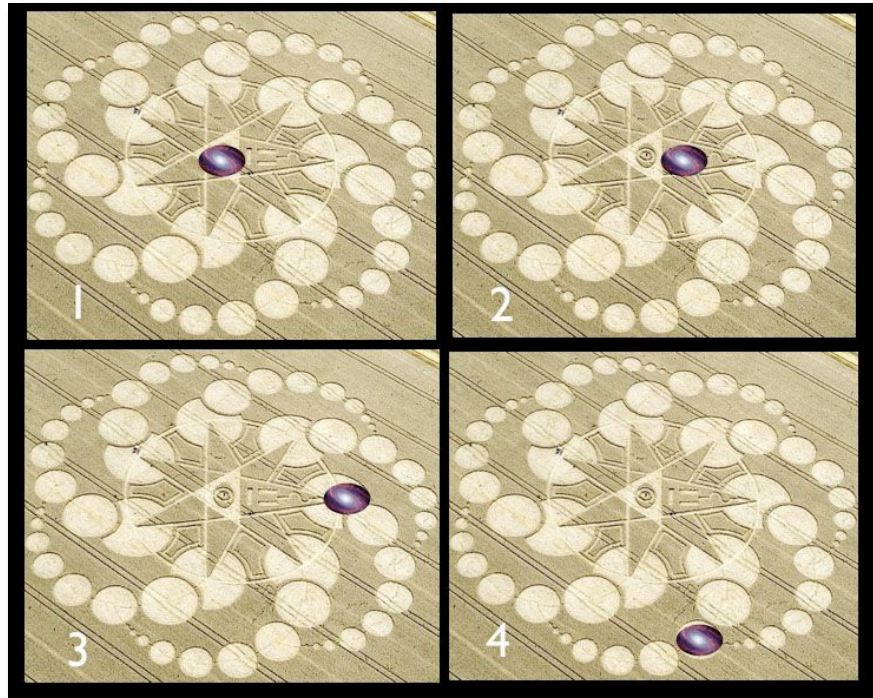
Again you will need to trust your imagination because your physical eyes cannot perceive these colors, they can only be seen with your fifth dimensional imagination. The higher dimensional violet wavers with sparkling, silver light. The green has all the echoes of your most verdant forest, but with the overtones of aquamarine and silver. The magenta is the higher frequency of your red and is laced with oscillating light of silver/white. Finally, the gold is similar to your gold, except that you can easily perceive the rays of golden light that surround and continually emanate from it.

Perhaps, one who is musical could transform these colors into flowing tones of sound to discover a truer representation of the name of this planet. It is the combination of color and tone that is vital in the process of ascension. When you combine the emanations of the colors and tones and slowly raise their frequency of resonance, the higher harmonics of these colors and tones initiate your initial sensations of ascension.

You will see these lights and hear these tones within your consciousness, with the lights being more predominant in your opened Third Eye and the tones being more predominant in your High Heart. As you combine these colors and tones into a rhapsody of light and sound, you fully unite your Third Eye and High Heart to set your Merkaba spinning and your inner Lightbody glowing.

OPENING CROP CIRCLE PORTALS

As we said before, our symbolic language is often shared with Earth via our crop circles. The “message” of the crop circles below, speaks of opening Portals into the higher frequencies of reality. First, we ground our higher frequency light and unconditional love into Gaia by “writing” our crop circles on her body of Earth. Then, we leave a message for those who wish to “read” our language with the power of their fifth dimensional imagination. We will now “translate” our message into English.



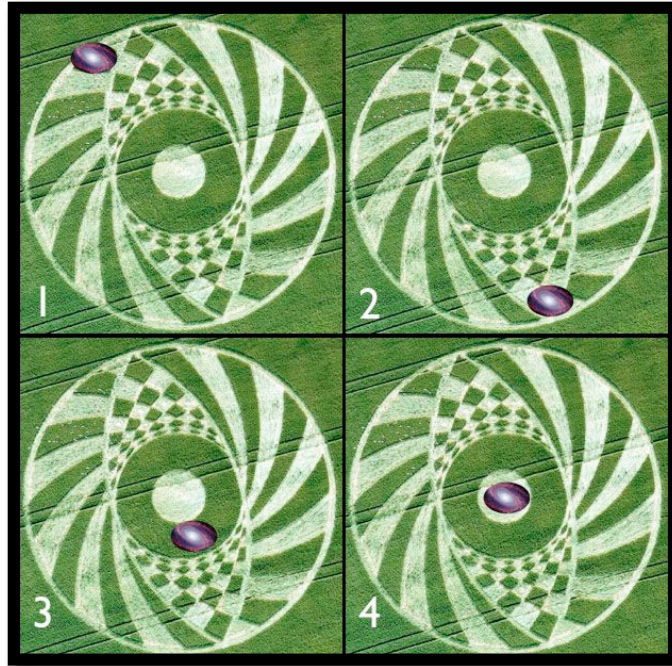
This crop circle “reads” that by raising the resonance of light and sound 7 (number for spiritual seeking) times, you can initiate the opening of a fifth dimensional Portal grounded on Gaia by this crop circle. The opening of this Portal will be as symbolic as our message. Hence, you do not need to physically journey to these crop circles, as your journey is within your multidimensional consciousness. You will enter this first portion of the Portal at the “Third Eye” in the center of the seven-pointed star, which is connected to the “Key to Ascension” in the star point to its right. The Key to Ascension is symbolic of your High Heart.

The journey of this Portal, as it is with all Portals, begins by opening your Third Eye and uniting it to your High Heart. It is through your Third Eye that you perceive the Portal, but the “key” to opening it is the unconditional love of your High Heart. Unconditional love is the highest resonance of the Omniverse. Hence, it holds the power to open Portals, as well as the wisdom to know if it should be opened. It is through your own High Heart that you enter all three of the Portals in this series, for multidimensional journeys always occur within your SELF.

To begin your journey you use your consciousness to (1) step into the “Third Eye.” (2) Then you move into the star point with the “Key.” (3) From there you enter the circle directly under that star point. (4) You can see from the above picture that once you take the 9 steps (number of completion) from that circle, you can travel infinitely around the outer circle by stepping onto the 3rd (3 is number of wisdom, power and love) circle of the spiral arm coming from the next

star point. Then you take 7 steps onto the third circle of the next spiral arm, and on and one. You travel faster by raising your consciousness, which also increases spin of the Portal. As the spin increases, the Portal opens.

After traveling the circular path in these cycles of 7, you find yourself on the outer



rim of this Portal.

(1) On this Portal you will take 6 steps on the green zone while feeling deep love for your inner path (6 represents love). (2) Your 7th (spiritual seeking) step places you on the first diamond at the edge of the Third Eye within the core of the circle. (3) You then follow the 7 steps, 5 green diamond steps, 1 step across the green circle and (4) the 7th step will place you in the white Center of the Third Eye (your inner vision). Through this “Third Eye,” you see a third Portal.



(1) You then step into the center of the “flower” of this Portal. This center is surrounded by 4 (number for foundation and structure) rows of six petals each. Again, there is the pattern of 6 that represents love, creativity and the planet Venus. Venus is Gaia’s beloved sister planet who will guide Her through Her planetary ascension process.

(2) From the center “flower” of this Portal, you lovingly follow the 4 rows of 6 petals out towards the petal that connects you to the (3) first of the 9 (number of completion) increasingly smaller circles, (the illusion of distance) with the (4) 9th circle being larger with a halo around it. This halo represents your return Home to the fifth dimension.

TRAVELING THE PORTALS TOGETHER

We will now guide you, as we travel through these Portals together. Our destination will be fifth dimension, and we will eventually travel to the planet of Zantarius in the Arcturian Star System.



(1) Using the power of your multidimensional consciousness, imprint the picture of this Portal onto your Third Eye. As you focus on the “Third Eye” of the first Portal you see multidimensional colors that are beyond the vision of your physical eyes.

(2) Then, as you move through the Key (which represents your High Heart) you hear tones and overtones that transport your consciousness into the higher dimensions.

(3) As you move onto the connecting circle, the many colors in your Third Eye and tones in your High Heart intermingle and merge, uniting your Third Eye and High Heart. Moving along the first spiral, you allow the colors and tones to guide you on the 9 steps to the next spiral of circles.

(4) As you move onto that circle, you feel the Portal start to spin. As you travel the circumference of the Portal via the 7 circles, the colors and tones resonate to higher frequencies of light and higher octaves of sound. The light and sound intermingle more and more as they serve to increase the spin of the Portal. As the Portal spins faster, your consciousness expands, which further increases the spin of the Portal,

As the spin accelerates you are see colors and tones that are far beyond your physical perceptions. Faster and faster the Portal spins to intermingle and unite the colors, tones, Third Eye, and High Heart. Then, in an instant, the circle stops spinning. You have internalized the spin into your every cell and atom, which activates your Merkaba. With the activation of your Merkaba, Inner Spaceship, you easily Flow onto the outer rim of the next Portal. Together, we ALL step onto the first green “stripe” after the edge of the inner Third Eye.



(1) As you take your first step onto the first of the green paths, you take a moment to release that which no longer serves your process of ascension...

As you take your second step you acknowledge everything in your daily life that replenishes and assists your process of ascension...

With your third step you recognize how you have changed and grown...

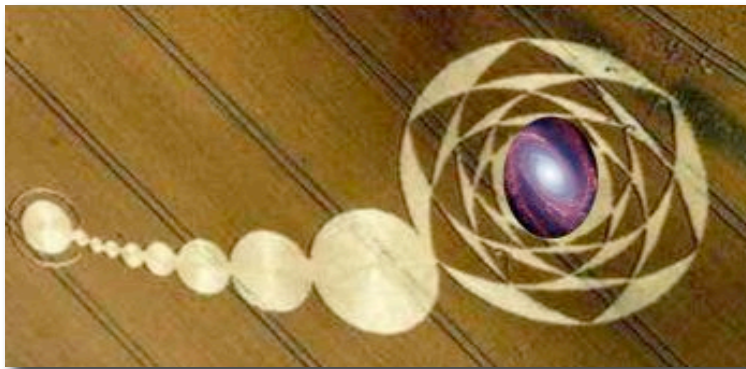
With your fourth step you feel the love that you hold for your daily life...

With your fifth step you re-connect with the spiritual and human Guides that have assisted you...

Finally, with your sixth step you commend yourself for being a courageous Spiritual Warrior who has battled fear and WON...

(2) Congratulate yourself as you step into the diamond shaped patches of green

(3) take the 7 steps—5 steps through the triangles, 1 step into the green of the Third Eye



(4) and the seventh step into the white Eye of the Portal.

(1) Instantly, you find yourself in the center of the “flower” of the Third Portal. We speak to you in the Flow of our Light Language. This Flow travels around this center circle of the Portal carrying our message, which is likely revealed to you as pictures, tones, emotions, colors, ideas and sensations.

As you perceive our message, FEEL the Flow of it as a soft breeze that gently caresses your consciousness. This caress is similar to what you would experience as a word, a telephone ring, or a call from another. However, since you now resonate within the ONE you need not look outside of you into a “different” location to answer our call. Now you resonate to the ONE. Therefore, you focus inside of your being to “take the call,” or “give your answer.” Of course, the inner call and answer happen simultaneously, as your Merkaba resonates beyond space and time.

(2) Follow the call of our message as it leads you round the 4 layers of 6 petals and onto the first of the 9 circles.

(3) As you follow the Flow of the First Circle relax into the awareness of your SELF. Release your habit of space and time to fully embrace the HERE of NOW.

As you move into the Second Circle feel how your Merkaba blurs into your Lightbody, which fills the entire circle. Within this circle of your light you can

review the entire process of your evolution. First you perceive your former earth vessel as a cave in which your consciousness hid in order to find protection from your hostile world.

While flowing into the Third Circle remember a lifetime in which you lived in a cave to find protection. Feel how that body was primitive and dense.

Within the Fourth Circle imagine that you are finding the courage to step out of that cave. As you do so, you find that your primitive body begins to evolve. First, you stand up straight. Then, you begin to “think” about your reality instead of seeing everything as food or danger.

As you move through the Fifth Circle your thinking expands into curiosity and imagination.

In the Sixth Circle you are ready to abandon your cave of separation and begin to have ideas of *what you can do* and *who you can be*. With this expansive thinking, you perceive reality in a new way, which causes your body to change even further. The hostile planet that once surrounded you, is less hostile, for you are seeing with new eyes. You stand tall and walk with dignity for you are no longer a victim to the whims of others.

As you move through the Seventh Circle you remember that YOU are the creator of your body. Just as your world changes as your perception changes, your earth vessel changes when your idea of your SELF changes. You are beginning to release the old concept that you are “just a human,” with body of clay that quickly grows older and is vulnerable to harm and illness.

Within the Eighth Circle you begin to think of yourself as your SELF, and your concept of your body moves beyond the limits of your clay vessel and out into your ever-expanding Lightbody. When your SELF includes your aura, YOU are suddenly much bigger. Furthermore, the size of your Lightbody changes size with your state of consciousness.

(4) In the Ninth Circle your consciousness is so expanded that your Lightbody fills the Portal, the country, the hemisphere and the planet. Hence, you are united with everything and everyone. YOU experience everyone and everything as your SELF. In other words, you are experiencing reality through your fifth dimensional Lightbody. In response to your perceptions, the glow around the ninth step expands to totally encompass your consciousness.

Instantly, you are in the fifth dimension.



For the meditation *Traveling the Portals Together*, please click
www.multidimensions.com/players/TravelingPortalsTogether.mp3

LIVING IN-BETWEEN

As you travel back and forth between the fifth and the third dimension, you find that you are actually living in-between these two worlds. Your consciousness now resonates to the fifth dimension while your earth vessel remains physical. Because of your inter-dimensional travels, you feel vast changes within you that you cannot understand. You are having trouble remaining fully consciousness in the third dimension, but you cannot stay focused in the fifth dimension either.

Sometimes your sleep is more work than your third dimensional life, as you are visiting and living in more parallel realities than you can count. You often awaken with messages that you can't quite remember, but their *feeling* leaves you with a sense of peace and gratitude. On the other hand, fatigue haunts most of your waking life, as the third dimension seems too heavy and slow for your ever-expanding consciousness. You are not fully ascended, yet you are no longer "just human."

More and more you are thinking fifth dimensionally, which leave your third dimensional thoughts limiting and sluggish in your mind. Now that you are on the threshold of your new reality, you feel more love for our physical life than you ever have before. Third dimensional illusions are dropping away, yet the physical world still continues. However, now it is more naked to your perceptions, as are becoming your SELF in your daily life. You have greatly released your fear and substituted it with love of life and gratitude. Yet, judgment and impatience still haunt you. These old habits are an issue because judging another denies you the Unity of the ONE and impatience denies you the NOW.

Dear ones, we wish to remind you that you have waited, lived, died, suffered and loved for millennia to experience this moment. Therefore, it is best to enjoy every second of it while you still live on physical Earth. Focus your intention on the enjoying your *time* on the third dimension, as it is will slowly warping into the NOW. As you remember to live in Unity with all life, your consciousness becomes more and more firmly implanted into the fifth dimension. Then, instead of living in the third dimension and visiting the fifth, you will be living in the fifth dimension and visiting the third.

Surprisingly, your fifth dimensional life will not change that much. What will change will be your reactions because you will experience life from higher and higher perspectives. Just as there are many octaves of the fourth dimension, there are, also, many levels of the fifth. At first, you will likely visit the Threshold of the fifth dimension where you will still hold form and continue life much as you did in the third. However, you will be free of all that has separated you from your SELF, and hence, separates you from the ONE.

Then, as you slowly adapt to the fifth dimension, you will be less and less attached to form and other third dimensional expressions of your being, such as "work." First, many of you will be inclined to assist your fellow humans who are still trapped in the myth of the physical plane. As you remember the special gifts that you have honed over your many physical incarnations, you will want to use them to assist both people and planet with the ongoing process of ascension. This process has begun and will escalate with your every breath.

We look forward to guiding, assisting and joining you in the process. In fact, we the will soon return to travel to our ascended planet of Zantarius and fifth dimensional Earth. In the meantime, enjoy living in-between and remember that

WE ARE ALWAYS WITH YOU



HELLO AGAIN

Hello again, we're always here
Your smile we see and whisper hear
When you recall that love's the key
You'll know you are forever free

As the smile upon your face expands
You'll travel off to distant lands
These lands you'll find are glowing
With love that they are showing

This love has formed the long, long way

That you have traveled to this day
You've come so far from where you started
That, now, the road of life has parted

Since you have a choice of where to go
We remind you now to find the Flow
The flowing path holds no resistance
But to stay that course, you need persistence

You must maintain your daily quest
While you also go inside to rest
Inside your SELF you'll find the means
To see the Way that flows and sheens

Within your SELF there is a center
Which shows the Flow that you can enter
This Center Flow is calm and still
But demands that you release your will

The human will which brought you here
Is marred with grief and filled with fear
The Center Flow can heal that state
Since it has no time, it's not too late

The NOW within the Center Flow
Leads to the Truth you forgot you know
This Truth you know down deep inside
Behind your anger and your pride

Tells you NOW that you are HERE
You're filled with love and free of fear
The Truth you learn inside the Flow
Says there is no "place" you need to go

Once you regain your inner sight
There is only beauty, love and light
Your inner sight and hearing too
Will lead you towards what you will do

As you maintain your quest inside
The SELF you find, you will not hide
You know this SELF is who you are
You're made of light, just like a star

You are the Earth, the Moon, the Sun

You're everywhere and everyone
There's only HERE and only NOW
You live the life that you allow

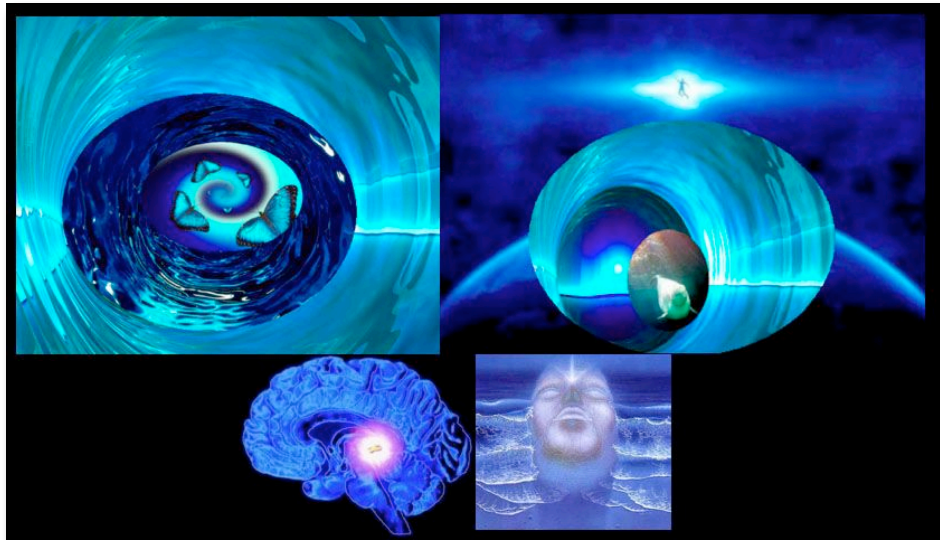
You are creator of each day
You are the path, you are the way
No longer can you hide this knowing
So embrace the Truth your SELF is showing

You are the SELF that you feel near
You are the LOVE that healed your fear
The path you've chosen has led you HERE
To a life that filled with love and cheer

You remember now, that what you're seeing
Is another octave of your true Being
You know that you are everywhere
And all reality is yours to share

10-10-10

THE ARCTURIAN CORRIDOR PART III



OPENING PORTALS PART II

Dear Ones, We are the Arcturians. We ended our last communication with you in the “in-between.” How did you enjoy it? * You are, indeed, very brave pioneers forging your Path into a new reality. In fact, YOU are creating this Path while also living your daily life. This act of being in two realities/frequencies at the same time is giving your unconscious mind permission to fully allow the download, integration and operation of your new Multidimensional Operating System.

* (http://multidimensions.com/TheVision/newsletter_092210.html)

SYMPTOMS OF TRANSFORMATION

Since, your Multidimensional Operating System is turning on new codes of DNA in your biological computer/brain, you are likely experiencing many “symptoms of transformation” in your Third Eye. Some of these symptoms are dizziness, eye and nasal problems, lucid dreaming, difficulties with remembering, an inability to focus on mundane tasks and generalized confusion. Your brain is regaining its former capacitance, and you are now being re-programmed so that you can have usable access to a larger percentage of your innate, expanded perceptions and multidimensional skills. However, as you are opening new files, you may not have full access to the old ones.

Furthermore, your corpus callosum (neural network between the right and left hemispheres) is reversing its function. Before, it separated the masculine and feminine areas of the brain so that your reasoning and intuition remained in different camps. Now the corpus callosum is being reprogrammed so that it functions as a bridge, which connects the right/feminine and left/masculine

hemispheres to such a degree that you are actually creating a new brain. Whereas the old brain functioned from the “Separation Principle” of either-or, your brain now functions from the “Unity Principle” of both-always.

In fact, not only are the hemispheres now unified in function, their joining amplifies the speed of your thinking and creativity, because the neurons can now transverse back and forth across the corpus callosum at the speed of thought. Masculine/feminine, thought/emotions, logical/creative, and sequential/holistic aspects of thought now function from the center point of your corpus callosum.

Therefore, masculine and feminine attributes becomes *androgynous*,
thoughts and emotions becomes *consciousness*,
logical/creative becomes *communication*
and sequential and holistic processing becomes *perception*.

Within the Unity Principle, you no longer have to expend the cognitive effort of comparing and contrasting the third dimensional polarities, as you perceive all reality from the Center Point of the “in-between.” It is from this Center Point of consciousness that you can most easily accept the torsion waves that are constantly being emitted from the Galactic Center.

TORSION WAVES

These torsion waves enter your earth vessel through the center flow in your opened Third Eye/thinking and are understood through your High Heart/feeling. Within this center flow of torsion waves is a tunnel of protection, much like our Arcturian Corridor. This protective center flow is felt as unconditional love in your High Heart and perceived as multidimensional light to your Third Eye. As your Third Eye and High Heart unite in function, these messages of love and light combine to greatly amplify your innate creative force. It is the combination of multidimensional light, which is transmuted into thoughts and carefully directed by your intention and attention, in unison with unconditional love, which is transmuted into the understanding and compassion, that initiates your transmutation into Lightbody.

As you ground into Gaia’s Earth, the torsion waves that you have integrated into your body, the energy assists Her in Her planetary ascension. The Humans, who are the Keepers of the Land, have volunteered to ground this expanding, transmuting force into the earth, whereas the Cetaceans, Keepers of the Water, have volunteered to ground it in the water. Gaia then amplifies that energy and returns it to Her surface to expand its radiance. In this manner, the torsion waves grounded into one small patch of land, or one small area of water, gradually expand until all of Gaia’s planetary body is basking in multidimensional light and unconditional love.

The Flow from the higher dimensions is grounded into the physical plane by the power of your in-breath, and then shared with all of life with your out-breath. As

the higher dimensional spirit/energy is integrated into the lower dimensional matter/form, the form begins to transmute into a higher frequency. There are areas of your personal consciousness, life and body that will need to be released, for they are too dense to transmute. In the same manner, areas of Gaia's body are too dense to transmute and will have to be released.

This process of transmutation/ascension of matter back into its higher frequency of expression is the same for all holders of form, whether it is plant, animal, person or planet.

The bud that holds the flower dies so that the flower blooms.

The flower that holds the seed dies so that the seed can become fruit.

The fruit falls to the ground to release its inner seeds into the earth.

The seed dies so that a new tree can be born.

Death is just another word for transmutation.

Hence, the earth vessel that you have worn is to be replaced with a light vessel. The Tree (Tree of Life) represents your consciousness, which is forever repeating itself on different planets, times, places, parallel 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 sometime in some format of manifestation. When a version of the Tree, such as a human, decides that it wants to observe its many manifestations within the perspective of the ONE, it returns to the overview (higher dimensions) so that it can view all of its creations from the Unity Consciousness of the ONE.

In preparation for this return, the human brain is preparing to leave duality and enter the realm of unity. To do so, the Mystical Marriage of masculine and feminine must be sealed in Light so that their child of love, Lightbody, can gradually expand beyond its cocoon of the physical earth vessel. As the gender-based version of the brain begins to merge, "whole brain thinking" comes online to expedite the activation of the DNA codes for both-always cognition. At that point, the DNA on/off system of ones and zeros begins to turn OFF the lower frequency of physical form and turns ON the higher frequency of light form, which is your Lightbody.

As the multidimensional torsion waves enter the Crown Chakra, which will only happen if the being has already opened that portal (Earth is a free will planet, and each being must choose ascension), the earth vessel accepts the incoming higher frequencies through the High Heart. (We say earth vessel, as there are other Beings besides humans who are ascending.) This torsion energy then needs to be grounded into the earth to avoid "short circuiting" of the neurological system (electricity). Once sufficiently accepted and grounded, this multidimensional light and unconditional love can be fully integrated into the earth vessel. The Keepers of the Land (humans) and Keepers of the Water (cetaceans) will then join forces to begin the transmutation and ascension of themselves and Gaia into the fifth dimension.

PLANETARY ASCENSION

This planetary ascension process is only possible when in direct alignment with the Galactic Center, as only the galactic torsion waves are a powerful enough “fuel” to ascend an entire planet. This was tried via the “back door” when Atlantis and Lemuria were at the other end of the Corridor of Ascension 12,000 years ago. Unfortunately, the balance of light and dark on Earth was tipped too heavily toward the dark/fear. Therefore, the Flow of torsion waves could not be sufficiently accepted, grounded and integrated into the planet. Then, instead of Earth ascending, She was nearly cast off her axis.

Since you have consciously accepted, grounded and integrated the multidimensional light and unconditional love into your vessel, you have more easily remembered to stay in connection with the Spirit of the ONE, not just when you were embroiled in a challenge, but also when you were happy and peaceful. You have learned that Spirit is not something to run to when you are scared. Spirit is something that you ARE. You have remembered that you ARE Spirit grounded in matter, not matter seeking Spirit. With this Knowing, your journey of the “3D Game” is coming into its completion, and your full acceptance, integration and utilization of the galactic torsion waves has begun.

You have found the great comfort of living in light and would not choose otherwise. Most importantly, you have learned to love yourself unconditionally, even if you are not aware of that fact. It is this love that allows you to find joy in the midst of your daily life. It is time for you, the leaders of New Earth, to quietly mature into the frequency of the fifth dimension while still inhabiting your earth vessels.

This integration of realities is a great challenge and only possible if you have joy in your daily life. What is necessary in this portion of Gaia’s process of planetary ascension is that the ascending ones live in two worlds simultaneously. If you are not grounded in your third dimensional world by the power of love and joy, which are perpetuated by thanksgiving, your energy will fly from your earth vessel and off into the fifth dimension. In other words, you will have personal ascension.

In this case, you will not be using your great force of personal ascension to contribute to the ascension of the body of Gaia. If you are happy and content and loving life in your third dimensional life, you will be more able to remain in your earth vessel at the same time that you journey into the fifth dimension. Your frequent treks into the fifth dimension, while still maintaining an active earth vessel, will serve to “pull” third dimensional Earth through the fourth dimension and into the fifth. In this manner, our grounded ones can return home while they also bring their third dimensional home, Earth, with them.

In return, the force of Gaia’s planetary ascension will assist humanity with its personal ascension. The reality is, of course, that humanity IS Gaia, for in the

fifth dimension, YOU are the planet and the PLANET is you. As you become ONE with your planetary womb, you will realize that this womb is a higher expression of your Multidimensional SELF. We know that we ask a lot of our Planetary Ascension Team, but your frequent visits to the fifth dimension will make your time of waiting for planetary ascension much easier.

We see the glory of your Awakening to your Multidimensional SELF as starbursts upon the body of Gaia. We also know that most of you were among those who answered Gaia's distress call at the fall of Atlantis. We can also see your great dedication to "stay the course," until you have completed your Promise to assist Gaia in Her return to a higher frequency of Her expression. We commend you on your great patience, persistence and commitment. We know that you wish to return Home, yet have chosen to stay until you are no longer needed. We Arcturians, as well as all of the Galactic Federation, especially those of us who once lived on Earth and are assisting Her from the higher dimensions, are proud to have you in our Galactic Family. We look forward to the grand celebration when you return to us.

DIMENSIONAL REALITIES

Before we continue with our journey to Arcturus, which was started last month, we wish to remind you that when you ascend you don't go to a place. Instead, you resonate to a wider band of frequencies. In fact, you go to a spectrum of frequencies such as the spectrum of the "Third Dimensional Reality," which includes the first dimension, second dimension, third dimension and fourth dimensions. The fourth dimension is the "aura" of the physical world and serves as the threshold to the next octave of reality. The octave up from Third Dimensional Reality is "Fifth Dimensional Reality," which includes dimensions five, six, seven and eight. Dimensions five, six and seven hold varying densities of increasingly mutable forms, whereas the eighth dimension holds no form and is pure consciousness. Much like the fourth dimension, the eighth dimension serves as the threshold into the next octave of reality, which is the octave of formless consciousness.

In a Third Dimensional Reality, "life" is perceived as matter, whereas in a Fifth Dimensional Reality, life is perceived as light. Members of an ascended planet hold a fifth dimensional form that they have decided to wear, and also enjoy constant access of the sixth dimensional Divine Blueprint. This access is possible because they have ascended beyond fear and any desire to have power-over others. They also have awareness of and interaction with the extended family of their seventh dimensional Oversoul. The Oversoul is the extended family of individual Souls of any given reality.

In your Third Dimensional Reality, you are aware of and can travel to different areas of your third dimensional planet, and you have awareness of your fourth dimension via dreams and meditations. The members of a Fifth Dimensional Reality are fully aware of and can easily travel to anywhere in their Galaxy and

beyond. Members of a Fifth Dimensional Reality hold form and journey through their fifth, sixth and seventh dimensional world. They also have access to the eighth dimension through embracing their “Oversoul Family” as a higher expression of their Multidimensional SELF.

By expanding their fifth dimensional consciousness into the seventh dimensional Oversoul of their reality, they can instantly transport themselves to any location in our Galaxy, as well as any dimension from the third through the seventh. Then, just as you “turn off” the perceptions of your third dimensional world to enter your fourth dimensional dreams and meditations, you can turn off your Fifth Dimensional Reality, to enter the formless reality of the eight dimension.

We wish to remind you that the voice that is being translated into the words of this message is from the Group Mind/Heart of the eighth through tenth dimensions. Our reality is quite different from the reality of the fifth through seventh dimensions. Therefore, when we speak of our Fifth Dimensional Realities in Arcturus, we are speaking of our former reality. To avoid overloading your human brain circuitry, we wish to follow a sequential path of ascension from the third through the fourth and into the fifth dimension. In the fifth dimension and beyond, the Mind/Soul is free of sequence, for all reality occurs within the same ONE of the NOW.

This fifth dimensional reality is embedded inside your space/time reality, and it is called time/space. In this reality, time is no longer divided by space. Hence, there is no traveling. There is only calibration of consciousness. As you ascend beyond your third dimensional space/time, you “turn inside out.” In other words, the reality deep inside your Center Flow becomes the reality that surrounds your perceptions of SELF. At this point, time becomes NOW and space becomes HERE.

Therefore, all you need do to travel through time and space is to change your expectations of perceptions by calibrating your consciousness to a higher frequency of reality. Then, your reality will be that which you expect to perceive. Desire becomes extinct because everything you could want is instantly available. It is no longer “far away,” and you don’t have to “wait” to receive it. Hence, desire transmutes into expectation. One of the problems with newcomers to the fifth dimension is that they constantly shift realities as they get excited and “want” many different things within the same NOW. They eventually learn/remember to contain their excitement in order to hold their minds still and their hearts centered in the Flow.

We have gotten a bit off the track with our story, but we felt it best to impart some information so that you could more easily understand your experience of visiting a Fifth Dimensional Reality. In our last message, Opening Portals Part I, we set our expectations toward the reality of the Fifth Dimensional Reality of Zantarius in

our Arcturian solar system. Please enjoy the following youtube to revisit your journey into the fifth dimension.



<http://www.youtube.com/user/suzannelie?feature=mhum>

BEING LIGHTBODY

We Arcturians no longer lower our resonance below our Fifth Dimensional Reality, as we find it too uncomfortable. Therefore, we have great compassion for you who still wear a dense physical form in your Third Dimensional Reality. We also hold great compassion and unconditional love for all of our Arcturian Family who have volunteered to take an earth vessel on Gaia at this time to assist with Her ascension.

We ask you to take a moment to *shake off* the habit of your dense boundaries and *expect* to feel your glowing, emanating and mutable Lightbody. Look down to your feet, which you experience as overlapping and pointing down to serve as a “rudder” for your light vessel. Experience the flowing motion of your light-legs, as they move like the tail of a dolphin to navigate you through the fifth dimensional Flow. Look up your Lightbody to what was once your navel, second chakra, to find the point of your greatest flexibility. Take a moment to move your legs/tail from this area.

Move into what was once your solar plexus, third chakra, to experience your inner vortex of light. As you look into your heart chakra, you see that it has merged completely with your High Heart. Tune into your High Heart to feel the beautiful essence of every Being (some are not human) with whom you have taken this journey. Feel your great love radiating from your heart and follow the journey of this love as it moves upwards within your form, through your arms and out your hands. As you look at your hands, you see only huge bursts of light, emanating out into your environment.

Move your hands of light to what was once your throat chakra to activate and hear the tone of the signature frequency of your Lightbody. This signature frequency is your “name,” which is experienced as a dance of light and sound. As you focus on your Third Eye you can see this dance, as well as the wavering Lightbodies of those with whom you share this journey. Look now to see the multidimensional radiance of light and love that connects you to each other and the ONE via your Crown.

Take a moment to experience your SELF...
Feel how you float, flow and intermingle with each other...
Share your signature frequency of light and sound...
Accept and embrace this sharing from those around you...

Since the distance between light and light is zero, there is zero distance between you. In fact, the concept of “you” has become the concept of “us.” If there is no distance between, there is no separation, and there is no “you.” There is only “we.” Since you are now Lightbody, we will release the pronoun of “you,” and replace it with the constant “we” of the fifth dimension and beyond. Hence, “we” perceive the glow and sheen of the fifth dimension around “us.”

As we Flow through the group, we see the bright glow of myriad Lightbodies intermingling and overlapping. We feel their bright cores of individuality within our High Heart and see that core with our Third Eye. Taking a moment of our ever-present NOW, we merge with the Core of the many Lightbodies within our circle. Memories of myriad lives spent with friends and companions in alternate realities and inter-dimensional journeys fill us with unconditional love and expanded light. We deeply enjoy the unity and recognition of each unique SELF within the Unity of our ONE.

WELCOME TO ZANTARIUS

With the power of our expectation, we are instantly on the Fifth Dimensional Reality of Zantarius. (http://multidimensions.com/TheVision/newsletter_092210.html) We perceive our many Lightbodies as sparks of brightness in an ocean of light. Each bright core is individuated in its experiences and memories but is in constant contact with all the experiences and memories of the entire ocean.

As we move through the unconditional love and unity consciousness of Zantarius, we create images that comply with our expectations. These images are shared with the entire reality. Since we all have multidimensional cognition, emotions and perception, we can easily pull these images into the completeness of our ONE experience. Because we realize that our new ones may be having difficulty with this experience, we share our communal image to assist these new expressions of our SELF with the experience of being ONE.

We feel our new one's struggle to embrace our resonance, and we send a wave of unconditional love through our group. Constantly the wave of unconditional love permeates our forms of light, expanding our resonance into the sixth dimension. Within the sixth dimension, we easily perceive the matrix for our reality much as our grounded earth vessels perceive the matrix of a hologram.

Instantly, we Flow through the stream of this matrix and into our seventh dimensional Oversoul. We support our new ones as we all commune with our greater Galactic Family of Light. We share our simultaneous experience of reunion, as we allow our new ones to perceive just their experience, for we feel their "overload" of stimuli. Because of this we now focus on YOU, meaning the individuation of YOU that you carried before visiting our world.

We support YOU as you commune with your Galactic Family of Light Beings from other planets, galaxies and dimensions. We encourage YOU to recognize and perhaps use your 3D language to write about the Galactic Members of your Oversoul with whom you are resonating...

We wish to remind YOU that an Oversoul. An Oversoul is the seventh dimensional expression of your Multidimensional SELF, as well as the Expanded Soul Family of your individuated Soul. This family encompasses many different species, planets, galaxies and dimensions. In other words, your Oversoul represents the greater YOU before you lowered your resonance from the Cosmic Consciousness of your Seventh Dimensional Oversoul into your sixth dimensional Galactic Consciousness, then your fifth dimensional Planetary Consciousness, then your fourth dimensional Collective Consciousness and, finally, into your third dimensional Individual Consciousness.

Beyond the Oversoul you no longer hold form, as you are pure consciousness. We see that we have taxed your earth-bound brains enough information, so we will conclude our journey. We will return to Zantarius again. As you download and integrate more of your Multidimensional Operating System into your biological computer/brain, you will be able to more easily release your habit of third dimensional thinking to more easily embrace a reality free of time, space and individuality. You can also return to Zantarius in your dreams and meditations.

FIFTH DIMENSIONAL EARTH

Before we conclude our multidimensional journey we will take advantage of your expanded consciousness to take a short trip to fifth dimensional Earth. There are two versions we will visit. One version is the threshold of fifth dimensional Earth, in which humanity has just transmuted into the experience of unconditional love and complete unity. We will also visit mid-fifth dimensional Earth. To initiate our journey, we ask that you direct your intention to the same state of expectation that brought you to Zantarius. Then, when you *expect* to find yourself on the threshold of fifth dimensional Earth—you ARE!

THE THRESHOLD

At first, you may seem a bit disoriented by the instant transportation to another place. Therefore, take a moment to acclimate to your new surroundings. Blink your Third Eye a few times to clear your higher vision and open your High Heart to embrace this experience. Since this reality resonates to the frequency of the threshold of the fifth dimension, it differs from Zantarius. For example, everyone is holding forms similar to their earth vessel, but these forms glisten with light and waver with each thought and emotion.

Some people appear to be confused, as though they don't know where they are or how they got here. On the other hand, some people appear to be very comfortable in this reality, as they have visited it many times in their dreams and imagination. The threshold of New Earth still maintains many of the *illusions* of the third/fourth dimension to assist the new arrivals in gradually accepting their new environment. Therefore, the members of this world are still dependent on technology, although it is vastly beyond that of the physical plane. For example, there are still cars, but they are anti-gravity cars operating with free energy. There are no wheels or need for polluting fuel.

At the very threshold there is still public transportation, but instead of a bus, train or airplane there are inter-planetary Portals. Therefore, a trip to the other side of the planet is just as quick as a trip to another part of your neighborhood. Replication devices, much like the replicators on Star Trek, create food. When you have completed your meal, you place leftovers, plates and table settings into the replicator to be dis-assembled into raw material for another creation. In fact, this reality has much of the same technology as Star Trek. There are Star Ships, transporters, long distance scanners, and communication devices that you wear on your clothing or implant into your body. Your body still appears much as it did when you were on the physical plane, but you all appear thin, healthy and ageless.

THE MID-FIFTH DIMENSION

To travel into the mid-fifth dimension, you merely raise your resonance. Therefore, take a moment to inhale peace and exhale joy. With each inhale you center your awareness on the peace of your High Heart, and with each exhale you feel joy circulating through your form...

To assist you to ground this "alternate reality" into your everyday life, we guide you on this journey by intermingling this mid-fifth dimensional reality into the daily activities of your grounded expression of SELF.

Therefore:

As you stand in the line at the grocery store, imagine the fifth dimensional correlate in which you are sitting at a table with your family. As you give thanksgiving over your empty plate, you open your eyes to see the plate filled with food that appears to be glowing with light.

When you clear your third dimensional table to do your dishes, see the correlate mid-fifth dimensional life in which you give thanksgiving for a lovely meal and open your eyes to see the plates cleared and the table clean.

When you get in your car to go to work, take a moment to perceive the reality in which expect to be at the place in which you are offering your social service and open your eyes to see yourself there. Your friends with whom you offer this service merge with you in unconditional love when you materialize by their side.

When you sit down to pay your bills, imagine the freedom of knowing that there is no cost, for no one is paid with money. Instead, everyone is “paid” with joy and unconditional love. All services are given as a contribution to social health and welfare, and all products are materialized with your expectation.

As you walk through your neighborhood, see how each home glistens and glows with multidimensional light and unconditional love. See the verdant greenery and unusual plants and flowers that surround each home.

Feel how you KNOW every ONE in your neighborhood and can instantly communicate with them telepathically. However, you take a moment to empathically feel if they are choosing the *illusion of privacy* to pursue *their illusion of personal endeavors*. Everyone knows they are all ONE, yet many still have the habit of individuality and are free to engage in that experience whenever they choose.

You enjoy the old sensation of walking, but decide that it would be nice to fly. With that thought, your form of light lifts into the air and you soar above your neighborhood to see the beautiful nature surrounding the area.

You decide it would be wonderful to have the experience of being a tree, and instantly find yourself on the ground feeling your roots deep in the earth and the breeze moving through your leaves. You follow the breeze into the atmosphere and find that you are now formless. You enjoy the freedom from all form and soar through the sky like the wind.

As you look down, you see not just your neighborhood, but also the vast areas of land surrounding it. You ascend higher and higher until you can perceive the entire planet. New Earth is a sparkling jewel filled with peace and love.

As you slowly descend back into your body, you realize that it is not YOU. Your body is merely an envelope to contain your great Essence in a form. You wish to share your experience of planetary unity with the new arrivals, so you “go to work” on the threshold of New Earth.

Those of you who have been able to expand their consciousness enough to adapt to the mid-fifth dimension, often volunteer to work with those who are new to the fifth dimensional threshold. Many newcomers to multidimensional consciousness are very confused, even frightened. It is the frightened ones that need immediate attention, for if they are not immediately assisted their fear will lower their resonance back to the fourth dimension. Therefore, all newcomers enter through a smaller portal, which instantly monitors their level of fear. If there is any fear at all, a silent alarm is sounded for the “helpers” to instantly assist these new arrivals.

On the other hand, those of you who have familiarized yourselves with the mid-fifth dimension, immediately arrive at the destination, or destinations, that you have already chosen and prepared for in your meditations and inter-dimensional journeys. Some of you may go directly to mid-fifth dimensional Earth, whereas others may wish to go to your Homeworlds, such as fifth dimensional Zantarius. Still others may return to the Star Ship on which you have been serving in their higher dimensional expression. Others may wish to visit the Multidimensional Crystal Temples.

You may also choose to hold a form in the threshold reality, while you simultaneously hold a form in the mid-fifth dimension. In fact, in a Fifth Dimensional Reality you all maintain myriad versions of your SELF within the ONE of the NOW. Most important for you to realize is that YOU get to choose. You have created your ascension, and you will decide how it proceeds.

CHOOSING REALITIES

In closing, we would like to say that there are many parallel realities of Earth that resonate to different frequencies. The reality that you will perceive is the reality that matches the resonance of your consciousness. If your consciousness holds fear, it will be a lower frequency reality. Most importantly, if your consciousness resonates to unconditional love, you will have the choice of myriad higher dimensional worlds to experience.

Your shift of consciousness depends completely on whether you choose to hold onto fear or to maintain love. As we have frequently said, fear will lower your state of consciousness, whereas love will raise it. In order for you to choose a reality that resonates to the fifth dimension, you will need to choose to maintain a resonance of unconditional love. We understand how difficult that choice can be in your present life. On the other hand, the life in which you are receiving this message is one of great benefit to your Soul, for it is the reality of Planetary Ascension.

Of course, as this ascension process continues, there will be many choices you will have to make regarding your mental and emotional reactions to all that is happening. In this “final act” of planetary ascension, the dark/fear may appear to be “winning,” but that possible reality only exists if you remain on the timeline/reality in which fear dictates your decisions. If you choose to ONLY make decisions based on love, you will ride the ascension wave above all fear-based realities. We understand how challenging these times are. Many of the aspects of your life that you once took for granted are now changing or leaving, likely forever.

Because of this urgency, we Arcturians are about to begin a very important transmission to assist you in moving into fifth dimensional Earth. When we say, “we are about to begin,” we mean that when the grounded one is ready to

receive this message, the transmission will begin for that person. We Arcturians are not bound by space/time, as we resonate to the NOW of the ONE. Hence, our transmission is much like a radio station that is always transmitting, but you only receive it when you turn on your radio and calibrate it to our station/frequency. Therefore, whenever you can return to a high enough state of consciousness in which you can receive our *station*, even if it is only for a brief moment (remember we do not exist in time), or even while you are dreaming, you will receive our transmission of transformational energy.

RECEIVING TRANSFORMATION

The transforming energy that we are sending is going out on a constant beam for all those who can raise their resonance enough to “catch a ride.” This ride is much like your surfing. First you must go to the ocean (take the time to be receptive), swim out into the water with your surfboard (meditate), pay close attention to the flow of the water (energy patterns), and then stand on your surfboard (find your balance), so that you can catch a ride. Your ride (Flowing within our energy) will last as long as you can maintain your balance. The balance that we speak of is the balance of staying within the center-point of your consciousness. This center-point is found in the core of your High Heart, which is where you can most easily accept our Flow of unconditional love.

When you receive our transmission, we ask that you stay aligned with our consciousness so that you can serve as an amplifier for the unconditional love that flows freely and constantly from the higher dimensional realities. We know that many of our grounded ones can become frightened by unconditional love, for it is so unknown to them, and humanity’s greatest fear is fear of the unknown. Nonetheless, we wish to give this service now, for when Earth is in its direct alignment with the Galactic Center in 2012, the force of this unconditional love will be greatly amplified! This intense flow of unconditional love could be frightening to those who have never experienced it.

An example of this fear of the unknown is swimming in the ocean waves. If you are accustomed to swimming in the ocean, it is a beautiful and glorious experience. The flow of the waves offers you more enjoyment for you have come to understand how it moves. On the other hand, if you have never seen the ocean, as millions have not, the thought of entering it could be upsetting.

All you need *do* to accept our gift is to call to us directly. You will best prepare your consciousness by Surrendering to the Knowing that we have a gift to share with you. Do not worry if we can see you, for even though you usually cannot perceive us, we see you clearly. Then, allow yourself to get comfortable, close your eyes and breathe deeply. Breathe IN Peace and breathe OUT Calm. Do not “desire” our gift or put out any effort, just surrender and accept. By accepting our gift of unconditional love, not only will you gain a great healing, but your creativity will also be greatly amplified.

Unconditional Love is not only the healing force of the Universe. It is also the creative force of the Universe. Right NOW you are ALL creating (pregnant with) your multidimensional Lightbody. Since your Lightbody resonates beyond space and time, it is not the passage of time, but the amount of unconditional love you maintain in your consciousness that initiates the “birth” of your Lightbody. Just as a pregnant woman feeds the developing fetus with the food she takes into her body, YOU, males and females, are feeding your Lightbody fetus with the unconditional love you hold in your consciousness.

There is a spectrum of time that initiates the birth of the human fetus. In the same manner, there is a spectrum of unconditional love that signals the Lightbody to begin its emanation beyond the boundaries of its womb of your physical form. Once the emanation of your Lightbody overlaps the boundaries of your physical earth vessel, it gradually becomes your primary vessel. In the meantime, you have two bodies, your physical body and your Lightbody. Your human body perceives and experiences the Third Dimensional Reality, whereas your Lightbody perceives and intimately experiences the Fifth Dimensional Reality.

Another important benefit of the acceptance of our unconditional love is love is the antidote to fear, and unconditional love is the antidote to ALL fear. If you wish to have an image to more easily attune with our gift, visualize our consciousness as a Portal surrounding the Galactic Center. This Portal serves as a way station where you, our grounded ones, can receive the multidimensional light and unconditional love emanating from the Galactic Center.

Within this Portal, we will assist you to modulate and calibrate your energy to the resonance in which you can most easily open your High Heart to accept our gift of unconditional love. We ask that you ground this unconditional love into Gaia, so that She can amplify it with Her Earth body. In return, Gaia will send this amplified love to you so that you can project it out into your daily life. In this manner, you and Gaia serve as a team to open the High Hearts and expand the Lightbody of Her many beloved humans.

In Fact, we see your opening High Hearts and expanded Lightbodies.
In response, we send you an infinite Flow of unconditional love.
The Arcturians



As I bask inside the love
I surrender to the NOW
I don't know what will happen
But my spirit tells me HOW

As I float among my memories
Of who I've been and why
I know I can release them
With a blessing and a sigh

All I've been and had and known
Are circling round my mind
I see now what I have looked for
What I've tried so hard to find

Surprising as it may be
I need to look no more
I've found my SELF at long last
I am deep within my core

This core, it now is glowing
And shines out into my life
I know if I can just relax
It will ease ALL of my strife

Working hard and suffering long
No longer wins the day
I've found this place inside me
Now, if I can only stay

Can I remember how I'm feeling
When I'm here so deep inside?
Can I be this ME in daily life?
Can I release my need to hide?

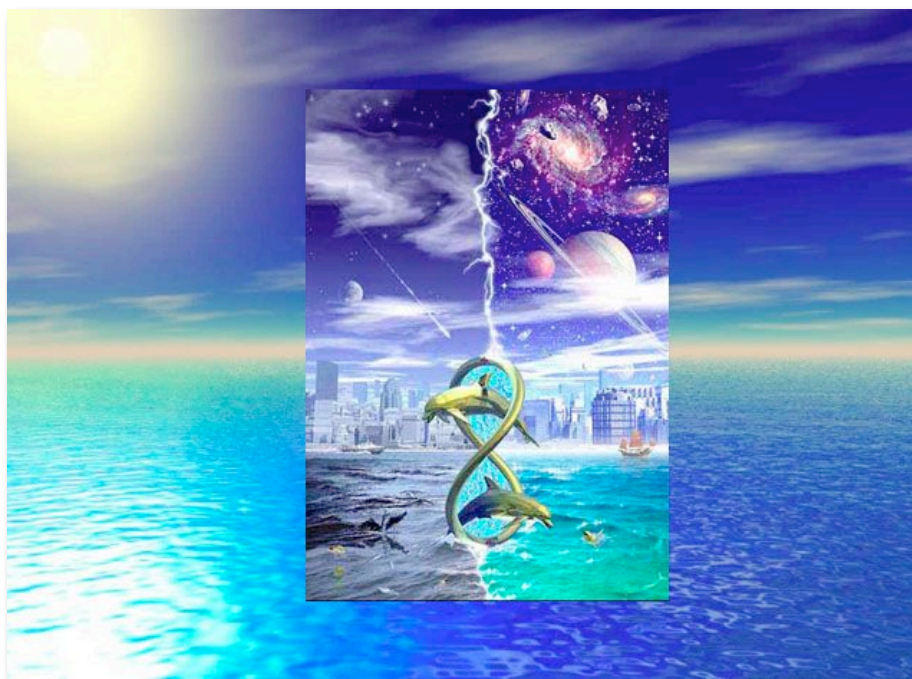
So long I've kept my secret
From those I feared would judge me
But, no longer can I trap my SELF
It is time to let ME be free

My secrets now are fading
With the memories of the past
As I become my SELF again
I am coming Home, at last!

So long I have awaited
For this moment of completeness
I hear, I see, I feel it
I can even taste its sweetness

If I can just remember
These sensations through my day
Not only will I know the HOW
I will also see the WAY

Special Message for 11-11-10



Beloved Grounded Ones,

We, the Arcturians in unison with your entire Galactic Family, joyously observe as you, our grounded ones, are choosing this day for a collective awakening of your united power of creation, innate unconditional love and wisdom of the ages. All of us are proudly observing the magnificent vision of you returning to your Multidimensional SELF.

From our perspective, we see fifth dimensional Earth in all Her splendor overlapping, intertwining and shining through the former illusions that once ruled Her reality. In unison, we applaud your progression into the ONE and contribute to your vision with our united hearts and minds.

WE blend our Galactic Consciousness with you, as we feel you blending your Planetary Consciousness with us. As planet and galaxy become ONE, Gaia is revealed in Her true splendor as a glorious, multidimensional being of light.

On Gaia's great form, we see each of you, who are among the many humans remembering your SELF and awakening to your mighty

*power of collective creativity. We envision all of you as blooming
Spirits arising from your womb of clay and gradually unfolding
your great Light to encompass the planet.*

*As each Soul awakens, it turns to another,
Who then awakens and turns to another,
Who then awakens and turns to another...*

*One by one, your Light is growing
Two by two, your Heart is knowing
Four by four, your Love is showing
Eight by eight, your world is glowing*

*The spiral of your dawning Day
Grows wider as you find the Way
This Way inside reveals your Light
Once trapped within your darkest night*

*The growing of your Light within
Is greater than it's ever been
And the glory of your inner being
Encompasses the life you're seeing*

*This Light, alive and full of love
Shines far below and high above
Above the strife and sad illusion
Above the fear and all confusion*

*This Light that once you could not see
Has now become whom you MUST be
As you awaken, you share your gift
With others who may need a lift*

*Together NOW, you all are seeing
The power of your inner Being
This power you have now un-tethered
Calms the storm you long have weathered*

Inside the storm, you found the reason

*You entered life within this season
For eons, you have long awaited
This moment that you ALL created*

*Together, and within each Heart
You KNOW the life that you will start
At last, the world you sought begins
At last, it is ALL life that wins*

*One by one, then two by two
You remember what you came to do
Four by four, then eight by eight
You love the life you NOW create*

*You remember love is the solution
Cause and core of resolution
Together NOW, you do resolve
To find the issues YOU will solve*

*You ARE the life you do create
You ARE the “others” you berate
You ARE the problems of your life
You ARE the answers to all strife*

*We know you have returned to ONE
We see the Path you have begun
We hear your calls and light the way
To guide you through each night and day*

*It is to us that you return
You left us once so you could learn:
What once forgotten ~ can be re-learned
What once was lost ~ can be returned*

*As you return back to your Soul
You find it was your inner goal
You are complete with all you need
You are the flower, you are the seed*

*Your seed of Light you plant on Earth
To participate in Her rebirth
You came to Gaia, as She is YOU
You are the planet of green and blue*

*You are the dawn and evening breeze
The desert sun and polar freeze
You are the land, you are the sea
This is the planet you came to BE*

*As ONE with Gaia, you do awake
And heal your world, for Heaven's sake
Heaven on Earth has NOW begun
As EACH of you become the ONE*

Celebrate Earth

http://www.youtube.com/watch?v=s4vGEweOWBY&feature=player_embedded

What Can you do for 11-11-10?

<http://www.wix.com/realitytransmission/11-11-transmission/page-1>

Can you imagine Being Fifth Dimensional?

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

November 2010
THE ARCTURIAN CORRIDOR PART III



ACTIVATING YOUR PINEAL PORTAL

We welcome you to the continuation of Part III of our journey through the Arcturian Corridor. Since you re-entered our Corridor, we have been educating you about the many inter-dimensional portals found on the body of Gaia. We wish now to educate you about the inter-dimensional portal in your own physical body, your pineal gland. In preparation for the activation of your Personal Portal, we wish to expand a bit more about the many vortexes that are opening in your reality.

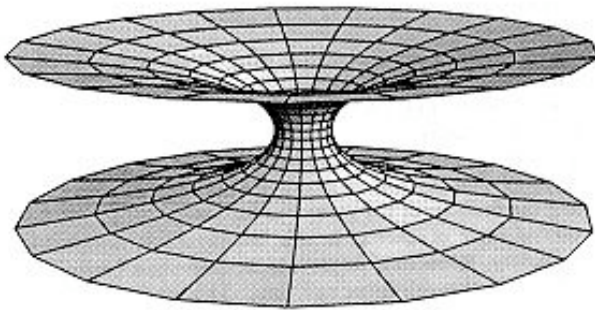
Because of the progressive altering of the third dimensional laws of space and time, more vortexes are becoming visible, but usually only in the corner of your eye. Until you can “believe” these visions, they will disappear when you look at them straight on. Auspiciously, there are many events that will soon be occurring which will stretch your ability to believe in the “impossible.” For example, your Galactic Family is communing with more and more of its ground crew in human form, as well as making their presence more visible in your daily life.

Furthermore, as more of you awaken, you will discover the truth of the many patents for technology that have been suppressed. Once this technology becomes available, it will change your world. These patents include, free energy,

anti-gravity automobiles, the use of known minerals that absorb toxic substances, the creation of inter-dimensional portals and much more. Those who function from “Service to SELF” have too long governed your world. As more citizens of Earth commune with their Multidimensional SELF, other awakened ones, Gaia and their Galactic Family, they will regain the power and courage to confront the lies that have ruled them.

VORTEXES

There are two parts of a vortex. One part is the unseen source that generates the vortex. The other part is the outer appearance of the spiraling arms of energy that extend out from that source. These swirling arms, much like those of our galaxy, make the vortex perceivable. A vortex in the Northern Hemisphere will rotate in a clockwise fashion, whereas a vortex in the Southern Hemisphere will rotate in a counter-clockwise fashion.



A vortex is also known as a wormhole, portal, corridor and/or stargate. A wormhole is a hypothetical tunnel connecting two different points in time space, which allows you to travel through the wormhole free of the third dimensional limitations of time.

Portals are vortexes that exist in “places” where the transmutation into the fourth dimension has been completed. Gaia resonates to the fourth and fifth dimensions in differing areas of Her planet, at differing times. The times and places change according to the beliefs and expectations of the Beings in the area, along with stellar influences. Certain Portals are only open during certain lunar and stellar alignments, whereas others are opened solely by the expectations of the Beings in close proximity to that “possible portal.”

We use the term “Being” for there are many life forms of great power that visit and live on your Earth that can only be perceived by your expanded perceptions. Many of you are beginning to perceive these Beings now. Through the corner of your eye or in a sound so subtle that you may believe your thought it instead of heard it, you can perceive these inter-dimensional Beings.

Because these Beings are fully connected with their Multidimensional SELF, they are not limited to cars, planes, trains or any vehicle that moves sequentially across space in order to reach its destination by a certain time. Instead, they can easily perceive Portals, just as many of you are beginning to, and can open them with their expectation. However, as we stated, some Portals will open only when there is a celestial influence. These Portals are usually inter-planetary and inter-

galactic. The intra-planetary and inter-dimensional Portals are typically independent of celestial influence and open with the expectation of the Being whose consciousness resonates to a high enough frequency to recognize and open the Portal.

PORTALS AND CONSCIOUSNESS

Basically, if your consciousness is high enough to perceive the Portal, you can open it. We say “perceive,” as it is not just your vision that determines the location of a Portal. To perceive Portals, you may feel them, hear them, Know they are there or see them with your expanded perceptions. At first, you will only perceive them with your imagination, as you may have to release old programs of third dimensional thought before you can allow yourself to fully identify them.

Part of the reason why transportation on your planet has become so problematic is because it forces your mental programming to allow the concept of the ease of entering a Portal. If you think something is “possible,” you can calibrate your consciousness to the frequency of reality in which it naturally occurs. On the other hand, if you think something is impossible, it is. It would be wonderful if you could easily make the shift in thinking to “possible,” but while you are still holding a third dimensional brain, some concepts must be gradually accepted.

Fortunately, you are all downloading your Multidimensional Operating System. However, the Collective Consciousness is still using the Third Dimensional Operating System. Since you are all ONE, the force of the collective beliefs is still restraining those who have fully integrated the Multidimensional System. You, dear ones, are the pioneers who are shaking off the influence of those who still believe in, and live, the old paradigm.

There are also places on the land, which are temporary Portals, such as our crop circles. These Portals are inter-dimensional. However, if a Being, such as a Being from another planet and/or galaxy, is not bound by Earth’s collective consciousness it can use our temporary crop circles as an inter-dimensional Portal. Beings who KNOW they can use our crop circles for that purpose can open an inter-dimensional Portal through which they can teleport themselves to their Star Ship or Homeworld with the power of their expanded thoughts, feelings, beliefs and expectations. They can also transport to Star Ships other than their own, as we in the Federation cooperate and assist each other in every way. We also assist and cooperate with our many grounded ones. Some of our grounded ones are visiting your planet, and others have been “born” into an earth vessel. (To hear the Arcturian Ascension Process Radio Show with Jacqui Callis on “Walking A Crop Circle,” and her wonderful meditation, please click <http://www.multidimensions.com/players/Show3JacquiCallis.mp3>)



CORRIDORS AND STARGATES

We will speak now of Corridors, such as our own. A Corridor is a Portal that is not connected to a landed area. It is a Portal in outer space. There are other inter-dimensional Portals/Corridors such as our own, but we are in your area because your planet is on the verge of ascension into a higher dimensional expression of itself. We can move our Corridor, for our resonance is beyond the limitations of time and space. Therefore, we can have as many Corridors in as many “places” as are required. However, because we resonate to the ONE, we perceive that we have ONE Corridor with openings to many differing realities.

We understand that many of our messages are not easy for you to understand. On the other hand, the primary reason why you cannot understand our meaning is because they are new concepts. When a new concept enters your cognition, it is not linked-into your cognitive format. Therefore, it is difficult to understand or seems impossible. However, if you repeatedly accept this cognition into your awareness, you will gradually link it into your operating system. As more and more of you activate your Multidimensional Operating System, the Collective belief in “impossibility” will be overwritten by the Knowing of your Soul.

Stargates are gateways for inter planetary and inter galactic travel. A Stargate is circular objects constructed of the elements of the world on which it is placed. These Stargates are constructed by technology and are not naturally occurring as the above vortexes are. There were many Stargates constructed on your planet that connect you to many other worlds, most of which are of a similar resonance to your earth vessel.

Stargates are based on the fact that space and time are illusions of the third dimension and primarily operate by confusing the consciousness of the ones entering the stargate to believe that they traveled far through space. In reality, they traveled through the NOW of the ONE to enter one of the myriad parallel worlds that resonate to each frequency band of reality. If the traveler is not

conscious of multidimensional nature, their earth vessel can be greatly confused and harmed by the misuse of a Stargate.

Those in leadership of your world discovered these Stargates long ago. Unfortunately, they used the Stargates, and other similar devices that come in varying shapes and sizes, with negative and selfish intention. Therefore, they caused damage to the holographic matrix of your third dimensional reality, which could be disastrous if their mal-intended use continued. Fortunately, most of these Stargates have been disassembled. It is best to travel inter-dimensionally via the multidimensional consciousness of your Soul/SELF. The third dimensional ego/self is far too prone to seek power-over others. Since all energy travels in circles, that negative intention will return to the location of the sender, and they will receive that which was sent.



OPENING YOUR THIRD EYE

All of you have a Person Portal, which is your pineal gland. Your pineal gland, crown chakra, is in the center of your brain, behind the pituitary gland of your brow chakra. When your Kundalini Force has risen from your first chakra at the base of your spine into your sixth chakra at your brow, you are able to open your Third Eye. This opening occurs by combining the physical energies of your first through sixth chakras with the multidimensional energy entering the pineal gland of the crown chakra. When your Third Eye is opened, your Pineal Portal begins its slow or swift

return to full activation. To fully understand the process of opening the Third Eye, please click:

Kundalini and the Divine Mother

http://www.multidimensions.com/Unconscious/uncon_body_chakras.html

The Sixth Chakra and Opening the Third Eye

http://www.multidimensions.com/Conscious/con_thoughts_6chakra.html

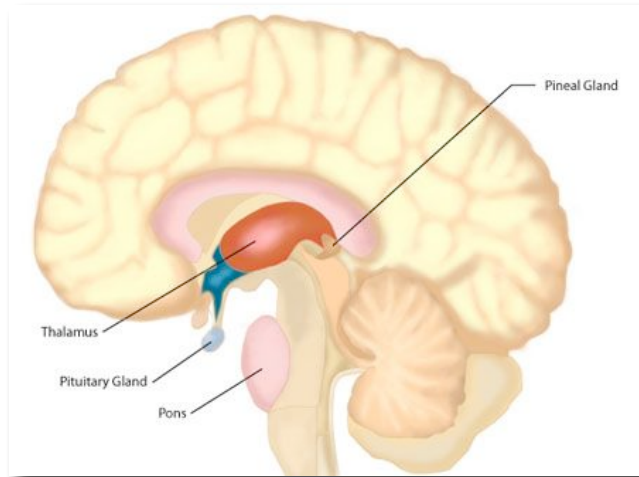
The Temple of your Third Eye:

http://www.multidimensions.com/Superconscious/super_integration_supercontemple.html

You have all taken myriad inter-dimensional journeys through out your life, especially when you were a child. However, you have forgotten most of them because you could not incorporate these experiences into your daily life. Now, more and more children are being born with opened Third Eyes, and fully activated pineal glands. Since your reality is more “awake,” these children will not have to “shut down,” as many adults needed to do in order to continue with daily survival.

Dearest ones, we wish to remind you that “survival” is a term that will soon be deleted from your vocabulary, for you all will remember that you cannot die. You are on the cusp of fully remembering that you ALL are Infinite Beings of the ONE. Your pineal gland is the inner vortex that allows you to travel inter-dimensionally while still maintaining a physical earth vessel. At the time of planetary ascension, your physical body will be replaced by your light body and inter-dimensional travel will be considered “normal.”

YOUR PINEAL PORTAL



In the meantime, your pineal gland serves as your Personal Portal through which your Multidimensional SELF enters your earth reality. It is also the Portal through which you return to the myriad realities of your SELF. Your Pineal Portal is filled with a liquid light and micro-crystals of calcite. A crystal is a solid substance in which the atoms, molecules or ions are arranged in an orderly, repeating pattern.

Dr. Marcel Joseph Vogel (http://www.vogelcrystals.net/legacy_of_marcel_vogel.htm) demonstrated that crystalline growth could be modified by patterns of human thought waves because humans think in patterns. These patterns of thought travel energetically and have certain frequencies. Fear-filled patterns of thought carry a low frequency, whereas love-filled patterns of thought carry a higher frequency.

Because thought waves travel energetically at a certain frequency, they can be picked up, stored and transmitted by crystal, such as the micro-crystals in the pineal gland. Furthermore, crystals have a memory. Therefore, just as crystals can be used to hold a computer software program, they can be used to hold a pattern of thought. In this manner, the habit of fearful or loving patterns of thought is stored within the “hard drive” of your brain to encourage you to repeat that pattern. Therefore, a history of fearful thinking creates a habit of living in fear, whereas a history of loving thinking creates a habit of living in love.

The micro-crystals of your pineal gland serve in much the same way as an old-fashioned crystal radio. However, most of the frequencies received via your pineal gland are outside of the human perceptual range. Therefore, they can be perceived as colors and sounds. Because of this, many of the messages you receive from the higher dimensions are colors and tones. Also, if your thought patterns are fearful, they carry a low frequency, which calibrates your Pineal Portal to a lower frequency of light. On the other hand, when your thoughts

resonate to the frequency of love, you calibrate your Pineal Portal to the higher frequencies. As you gain Mastery over your thoughts, your Pineal Portal will be calibrated to the higher frequencies of loving thoughts. Then you will be able to translate more of these light and sound messages into Light Language.

When you first open your Pineal Portal, you may primarily receive auditory messages. If you wish to convert these messages into light, actually Light Language, you would need to raise the frequency of sound by forty octaves. How can this be accomplished? The answer is that as you expand, you surrender to your Soul. Since all energy is related to the speed of light, Einstein's $E=mc^2$, when two frequencies meet, the higher frequency will raise the resonance of the lower.

Therefore, when you surrender to your Soul/SELF you allow the cosmic light and unconditional love to enter your Pineal Portal, and this energy will raise the resonance of your brainwaves, consciousness, thought patterns and perceptions. Hence, by surrendering to your Soul, you will raise your consciousness enough to perceive the higher octaves of Light Language. In fact, it is common to experience a download of Light Language once you have fully opened and activated your Pineal Portal.

Another important point regarding your Personal Portal's ability to receive light messages is that your pineal gland's micro-crystals have piezoelectric properties. Piezoelectricity is the charge which accumulates in certain solid materials, such as crystals, some ceramics, bones, DNA and various proteins. It is because of this property that certain crystals are used for pressure gauges, oscillators, resonators and wave stabilizers. Crystals also have the ability to rotate the plane of polarization of light into the higher frequency of ultraviolet. Ultraviolet is the highest frequency of the third dimensional light spectrum. Therefore, it serves as a gateway into higher dimensions.

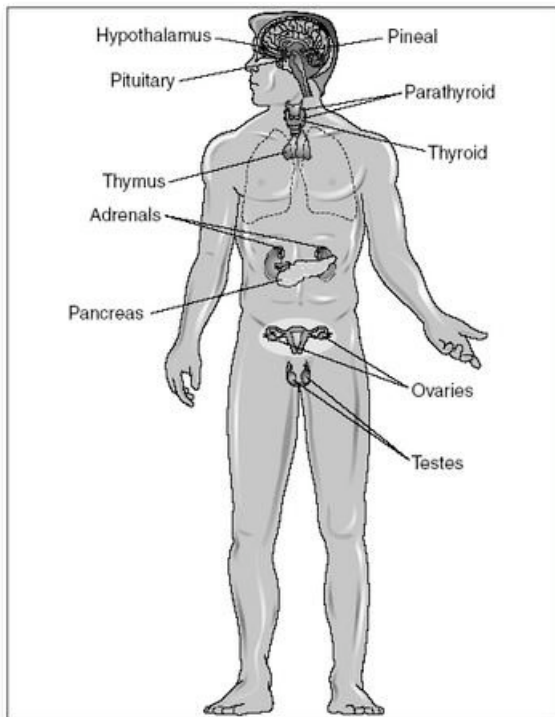
Scientists have theorized that the Global System for Mobile Telecommunications (GSM) waves constitute a new mechanism of transduction on the pineal membrane via the micro-crystals. GSM is a digital technology that enables up to eight simultaneous telephone conversations to be held on the same channel. This indicates the potential of your Pineal Portal to receive multiple messages within the NOW. In fact, your pineal gland controls your focus of attention on the inner worlds of sleep and meditation or the outer worlds of physical reality. Therefore, this ability to perceive multiple messages can assist you in tuning into your inner SELF while you simultaneously maintain a connection with your physical life.

The cerebrum of your brain is your personal "sleeping giant," as it the center of your earth vessel's electro-magnetic resonating power. The pineal gland is the positive contact point and acts as the neuro-endocrine transducer, which transmits its multidimensional information to the pituitary gland. Then, your

pituitary gland acts as the negative contact point to receive the information and distribute it throughout the cerebrum. Next, the cerebral cortex gathers the various frequencies of information into the brain cells that are designated to convert electro-magnet frequencies into electrical currents. These electrical currents dictate your thoughts, actions and behaviors and are projected out into your reality via your intentions.

When this transmuted cosmic energy collides with the current Earth grid, it is re-absorbed by your pineal gland in such a way as to create the illusion of the linear space/time of third dimensional reality. However, a new Earth grid will be activated in 2012 that will allow your brain to absorb at least two more octaves of light waves through your pineal gland. A new receptor will then grow in order to accommodate the added frequencies of light waves. This will produce an additional dimensional experience and dramatically transform our reality.
(<http://hiddenlighthouse.wordpress.com/category/earth-grid/>)

THE ENDOCRINE SYSTEM



To assure a higher state of consciousness, the hormones of your pineal gland create a sense of peace, calm and even bliss. The hormone melatonin collects the light into the “eye” within your Pineal Portal. It is this light that you see within when you are meditating or in states of bliss. Serotonin, the hormone that makes you feel calm and centered, is also found in the pineal gland. Metatonin assists you in being “awake” to your dream state, and DMT (dimethyltryptamine) also found in the Ayahuasca plant used for Shamanistic journeys, allows you to “see” other dimensions and realities during sleep and/or meditation.

As your pineal gland shares the incoming light messages your pituitary gland, your pituitary gland (Master Gland), shares that gift with your entire body via the ductless glands of your endocrine system. As this cycle of multidimensional light and unconditional love produces higher consciousness, and thus loving thoughts and emotions, the resonance of the matter of your earth vessel continually raises. In this manner, you are gradually transmuting your physical body into a light body.

For more about the pineal gland please the below excellent youtube:

Pineal Gland Awareness + Awakening Third Eye

http://www.youtube.com/watch?v=TN1reb_Lzi8&feature=related

Pineal Gland 101: Pineal Gland Activation

<http://www.youtube.com/watch?v=V5c4qoG8fZM&feature=related>

To summarize, you were born with your Pineal Portal opened, but life in the third dimension has all but closed it. However, many of you have re-opened your Personal Portal by raising your resonance through meditation, spiritual practice and healthy living. Furthermore, due to Gaia's higher frequency, many children born today are far more likely to be able to maintain a fully functional pineal gland and opened Pineal Portal.

This opened portal sets their baseline brainwaves, not on the 3D beta brainwaves, but on the multidimensional theta brainwaves and above. If you had a choice of traveling through the cosmos and speaking with your Soul, would you want to clean your room, do your homework or get ready for school? The Universe is the school for these awakened ones, and few members of your educational system are awake enough to connect with these children in a meaningful way. Parents also struggle with this challenge.

However, this issue will soon change as more and more "adults" awaken and awakened children grow into adults. These awakened adults will also prefer to soar the higher dimensions and visit with their Galactic Families. Going to work, driving in traffic, paying bills and cleaning the house will not hold the same attraction as traveling inter-dimensionally and multidimensionally creating a new reality. Thus, what are you, the conscientious parents and workers of Earth do? The answer is, YOU change reality, which you are doing NOW.

CARE AND MAINTENANCE OF YOUR PERSONAL PORTAL

You care for your pineal portal in the same way that you care for your physical body by choosing good nutrition, exercise, meditation, adequate sleep, stress management and time under the Sun. Time under the Moon is good, too. Try moon bathing. Your pineal gland is your inter-dimensional portal to your Multidimensional SELF, and it takes a healthy body to integrate the changes in your life when you open that portal.

A fully opened pineal gland creates a state of deep meditation (theta brain waves) during ordinary waking hours. This is why you may feel "spacey" and "disorientated" as you adjust to ordinary life at this higher resonance of consciousness. The greatest challenge is to stay grounded in your physical reality while living a "normal life" with theta wave consciousness. Fortunately, theta consciousness can create everyday miracles by shaping energy with positive intention and unconditional love.

The "fuel" to keep this portal open is the body's Endocrine, or Hormonal, System. The hormones of the Endocrine system transmit the multidimensional light and unconditional love throughout your entire body by entering the cerebrospinal fluid and bloodstream. These hormones regulate the energy and functioning of the physical body. If the Endocrine system is over stimulated, it produces energy surges and imbalances.

Many of you are experiencing "power surges" in your pineal gland because of the myriad electromagnetic emissions from the Galactic Center. These power surges can easily over-stimulate your Endocrine System, which creates stress, anxiety and diminishment of your immune system. The pineal and the pituitary glands work together as the bio-energetic "circuit board" for your biological computer brain. The pineal gland receives the torsion waves from the Galactic Center and then transmits them to the pituitary gland.

The pituitary gland regulates the secretion of hormones for the entire Endocrine System. When it receives the cosmic light from the pineal gland, it distributes it throughout the entire body to maintain hormonal balance. If the pituitary is over stimulated, it can temporarily over stimulate the thyroid gland (throat chakra) and the adrenals (root chakra), producing surges of energy and the feeling of being on a "high." This energy surge imbalances the body, and if this continues for too long it can produce adrenal burn-out or stress exhaustion.

Over-stimulation of the Endocrine System can also produce extreme physical exhaustion as the thyroid moves between over activity and under activity, in an attempt to regulate the energetic fluctuations of the body. It can also produce depression and anxiety, as brain chemicals such as serotonin are also put out of balance. As a result, the individual can experience extreme physical and emotional symptoms as the body seeks to cope with this new surge of evolutionary energy.

The thymus gland rules your immune system, and is the energy portal of the High Heart where the multidimensional light can be experienced as unconditional love. It is because of this connection that "love heals." The heart chakra also rules the lungs. Hence, the act of physical breathing through your High Heart elicits the feeling of unconditional love and activates your immune chakra. In other words, Love Heals. In fact, the best way to calm your entire body is through your breath.

When you breathe IN through your opened Third Eye, you pull in the cosmic torsion waves interlaced with serotonin to calm you, Metatonin and DMT to enlighten you. Then, when you breathe OUT through your High Heart, you expand your experience with unconditional love, as you share your gift with all of life. This type of breathing also courses multidimensional light and unconditional love through out your entire body.

This feeling counter-balances the excess electrical stimulation at the Pineal by providing a feeling of calmness, peace and love. The more you learn to breathe deeply, to become a "conscious breather", the more you will activate the function of the Thymus, which not only enhances feelings of unconditional love, it also supports your physical immune system.

Remember, your Pineal Portal goes two ways. It takes in the torsion waves flowing from the Galactic Center, and it takes you Home for a visit with your SELF. To best care for your portal, visualize your self, not as a human who visits the higher dimensions, but as a light who visits your earth vessel. In other words, see yourself as an individual photon in the unified ONE of Multidimensional Light.

A PHOTONS STORY



I have been traveling through the Galactic Center and have come to assist the Earthlings in their awakening. In fact, I am seeking a human who will allow me entrance through his or her Crown Chakra. Yes, there appears to be a human who is ready to open their Third Eye.

Perhaps I can be of assistance. I enter through the pineal portal and wait just inside the human's brain. I wish to enter this human's consciousness so that I can share my gift of multidimensional light and unconditional love. However, Free Will Earth rules state that I can't do so without an invitation. Therefore, I will wait.

I respect humans, for they have survived the third dimension and are in the process of Awakening. They have been cut off from the ONE for eons. Yet, somehow, they are now awakening. Fortunately, my wait is short because my presence in the pineal gland has stimulated the pineal gland to produce DMT, which is creating a sense of euphoria and consciousness expansion for the human. Serotonin is also being released in response to the positive sensations.

In response to these sensations, the human is welcoming more. Therefore, I have been invited to enter the expanding consciousness and rush into what appears to be a dark cave. Shortly, I enter a huge cavern in the shape of an inverted triangle. The entire cavern is filled with a liquid glimmering with crystals, and I calmly enter it. Instantly, my great Light illuminates the formerly dark cave. On the long roof of the cavern I see myriad lights that are flashing to a frequency far lower than mine.

I contain my Light so as not to harm this person. At what appears to be the front of the cave, a circular vortex seems to be hanging from the ceiling. This vortex appears to be a dispenser of powerful chemicals and hormones. Behind me,

another cone-shaped vortex hangs from the ceiling. This, too, appears to be a hormone factory. Yet, whereas the other vortex seems to dispense, this one appears to receive. It is this second vortex, at the back of the cavern, that is my destination, for it appears to be the receptor of higher dimensional Light. As I approach it, I realize that it was also my entry point.

First, however, I feel a need to enter the other gland, at the inverted peak of the cavern, as I know it is the main control center of this vessel. As I approach the vortex, I discover that this person can accept a only few amps of my Light at this time. Therefore, after a speedy run through this vortex, I return to my former destination at the rear of the cavern.

I find that my brief visit, to what I now know is the pituitary gland, was enough to give me all the information I need about this person. I now know exactly how much light this person can accept without overloading the vessel's life support. Hence, I slowly integrate my photon SELF into what I now know is the pineal gland.

As I integrate into the Pineal Gland, I am a bit surprised to find that I drift back into the fluid of the cavern as a changed photon. I float through the cavern and, then, through a small circular tunnel to enter yet another smaller cavern. I do not linger here, as I am instantly integrated again into the humans vascular system.

Within a flash of light, I AM the blood flow as I enter every cell and atom of this biological vessel. It is a unique feeling for me to experience gravity and density. I know that even though this person may not realize what has happened, I have initiated an extreme change in his/her consciousness. This expansion of consciousness will, in turn, initiate a great transformation of the earth vessel.

I feel sorry that my higher vibration is causing discomfort, as the person now appears to be quite uncomfortable in his/her body, mind and emotions. However, I know that these symptoms are temporary and that the person will soon adapt to their accelerated vibration.

Now that I have toured the entire vessel via the blood flow, I decide that I will "set up camp" just inside the, soon-to-be opened, Third Eye. From here, I can gradually and safely increase the frequency rate of this earth vessel. I settle in and relax. Yes, this will be a great show. I will get to watch this person, as well as the entire planet, raise their vibration into the fifth dimension.

I feel good that I might have been of some small assistance. Perhaps more of my photon friends will also enter this person. What a party you will all have as we look out at Earth through this person's Third Eye! I wonder if this grounded one will ever know that I am HERE.

A HUMAN'S STORY



I have been feeling as though something is sitting inside my head, making things spin, and slowly turning up the volume. When this happens I get snappy with any one who distracts me from finding out what is going on in my head. Then, of course, I feel sorry, as I also know that there is a ME that no longer needs to "get snappy."

At least my heart is feeling fine now. In fact, it feels as though something is growing or blooming inside of it. It sounds kind of crazy, but it feels as though I am starting to love myself. Actually, I am starting to love myself unconditionally. Suddenly all the things that I should do, all the ways I should be, or should know or get, are NOT important. I am fine, right now, exactly as I am. Wow, what a difference.

Now, if I can just do something about that fuzzy feeling in my forehead, the cotton in my ears and the blurry vision, I will be fine. No, I am already fine!! I will just feel better. I wonder if the new love in my heart has something to do with my head. Could it be that because I love myself now and no longer care what "they" think, that I am becoming a higher version of myself?

I don't know if I should say this, but I have been hearing voices lately. Oddly enough, I hear the voices in my heart. No, actually, I hear them in my mind, but I understand them in my heart. The voices are saying that I am more than I thought I was. They are saying that a light is coming into me that is opening a portal at the top of my head. They say, if I can continue to love myself, I can follow the "feel" of that unconditional love to find the portal of light into another version of reality.

All right, now that the cat is out of the bag, I might as well tell you that I actually did it. I actually followed the feeling of love to find a portal at the top of my head, or was it the center of my brain? Once I got close to the portal, I lost all sense of time and space and didn't really know where I was, but it was wonderful. However, first I followed the love that expanded beyond my heart space down into the Earth. The voices told me to be sure to get grounded, so I thought about my favorite place in nature and shared my love with it. That part was easy.

The difficult part was surrendering to the flow of the love as it carried me upwards into the unknown. At first I resisted and became very nervous, even a little scared. Then I thought, "what do I have to lose? I want a new life, and I am willing to even face my fear to get it." It was then that the voices reminded me that I won't "get" it, I will "create" it. Yes, that did sound much more empowering. I am pretty new to loving myself, so my thinking process needs a rebooting.

With a sense of inner power, I continue my journey. Once I let go of my fear and surrendered to the love, I felt a beam of light (that almost seemed to be waiting for me) carry me into what looked like outer space. The voice told me it was inner space for all inter-dimensional travel occurs within my SELF. Somehow, that gave me comfort, and I was able to completely relax and enjoy the ride.

And what a ride it was! There is more than I can remember and much more than I can put into words, but I left. I left who I had become and returned to who I really was all along. The final scene in *2001: A Space Odyssey* where the astronaut became an infant finally made sense. I became an infant to my new SELF, and the beginning of my new life began.

IN CLOSING

Dear Grounded Ones, we the Arcturians, know what great fortitude it takes to maintain faith and hope as you watch the world around you collapse bit by bit. Every day there is a new story in the news or on your Internet, which speaks of the downfall of yet another system that you once thought would last your entire life. Fortunately, because of your awakening, you are aware that this change is actually a sign that you are correct in your knowing that Gaia is ascending, for where else is She to go? Her holographic matrix has been tainted with the virus of fear for too long, and the third dimensional systems cannot tolerate the frequency and speed of the new energy that is constantly coursing through Her planetary body.

That's why there are many new "diseases" occurring which baffle your medical practitioners and scientists. They are confused because there is not an explanation for these "diseases" in their third dimensional paradigm. This is, of course, true. Your reality no longer resonates to only the third dimensional hologram, which is upsetting the hologram, creating flickers of disruption through the entire planet. We wish to remind you that these "disruptions" are actually Portals into your new world.

When you catch a glimpse of a portal, you may think, "Is this real?," which leaves you with the age-old question. "What is real?" Our dearest ones, we say that YOU are real. Whatever you hold in your heart and mind is REAL for YOU created it. Yes, we know that our statement rattles the remains of your Third Dimensional Operating System. Good! For it is within this NOW that you release the shackles of the old paradigm and accept, integrate, ground and live the true reality of your SELF.

SWITCHING CHANNELS

We wish to give you a technique that will assist in adapting to your "download" of cosmic light. As the greater love and light enters your consciousness and form, old habits and memories of fear and darkness are pushed to the surface to be released. Most of this fear is ancient, but it loves to attach itself to anything in today's life that is vaguely similar. Therefore, it is best to deal with the fear as an

energy field. To assist you in releasing this ancient fear, imagine two channels of reality in your brain.

One channel is on the left side of your forehead, which is symbolic of the old third dimensional thinking of duty, guilt, worry and stress. The other channel is on the right side of your forehead, which is symbolic of peace, calm, flow and unconditional love.

Your opened Third Eye is in-between the two, and it monitors your myriad mental messages. As a fearful message invades the left side of your forehead (the left/fear channel), simply switch channels over to the right side of your forehead (the right/love channel). Don't try to analyze the fear at all, just switch channels! Try it...

The long-term goal is to stay in-between the two channels, for that is the Path of the Flow of the ONE. You can practice finding that center when you are in the process of releasing fear.

Won't it be glorious when you don't have to release fear? Won't it be wonderful when you KNOW you are safe, loved and guided in every moment of your life? When you are fully centered, you feel connected with your SELF. However, when you are stressed and forging your way through daily life, you feel disconnected from your SELF, others and the planet. That is when you can change emotions/resonance by taking a quick moment to switch over to the love channel.

Yes, emotions and resonance are the same. Take a moment to feel your stress, anxiety, depression or whatever face Fear is choosing right now... Remember that much of this fear is from the Collective and/or Planetary Consciousness.)

Next, indulge in your fear and feel how the resonance of your body lowers...

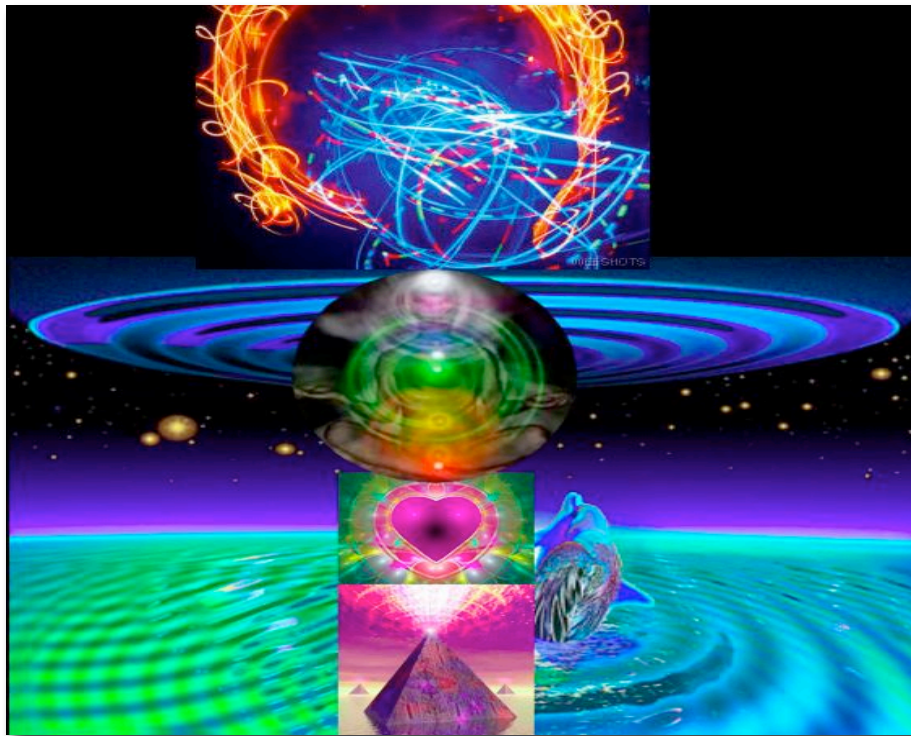
Now SWITCH CHANNELS to love...

Feel how the resonance of your body rises and your consciousness expands...

With this higher state of consciousness, your inter-dimensional travels will exceed your greatest hopes.

WE WILL SEE YOU IN THE FIFTH DIMENSION

December 2010
THE ARCTURIAN CORRIDOR PART III



[Click Here to View the Youtube video, **Activating the Pineal Gland: Opening Your Third Eye**](http://www.youtube.com/user/suzannelie?feature=mhum)

<http://www.youtube.com/user/suzannelie?feature=mhum>

HAPPY WINTER SOLSTICE

AN OPENED THIRD EYE

We are the Arcturians, welcoming you back to our Corridor of transmutation. With your Third Eye opened, you will begin to remember the details of your true, Multidimensional SELF. When you are maintaining the habit of the third dimensional individuality, you have less memory of your SELF. On the other hand, once your Third Eye is opened you begin to live within the Flow of the ONE, and the memory of your greater SELF gradually returns. In fact, we ask you now to remember when you first decided to take on the challenge of inhabiting a third dimensional earth vessel. Free yourself of any self-doubt and quietly receive the information. Your answer may be in the form of words, a memory or an image.

For many of you, that first human incarnation was when Gaia called for help before the fall of Atlantis. Visualize the expression of your SELF who is holding only a faint form of wavering light. There is no concept of two legs as walking has

not yet been experienced. Instead you Flow, which feels like you are floating in an upright position. Your arms are extensions of light that Flow out from your Center, the source of your unconditional love. This Center is the location of your High Heart in your third dimensional reality.

Shining up from your Center is your Universal Mind, your Control Tower. Your Universal Mind is a transmuting device, which receives the highest frequency of multidimensional light that your form will allow. The frequency of your Lightbody changes as you travel the frequency spectrum of possible realities. Your Control Tower shares this light with your Center where the Multidimensional Light is received and translated into the Light Language of unconditional love.

Just as we are now, many of you had been in the state of the pure, formless consciousness of the eighth through tenth dimensions when you first decided to answer Gaia's call. Beyond the tenth dimension, your light cannot be contained in form. In fact, on your journey from the eighth dimensional resonance to answer Gaia's call, you had to stop on Venus to prepare for your descent. While on Venus, you slowly lowered your resonance to the fifth, then fourth dimension so that you could be contained within an earthen vessel. Even then you had to lower your resonance even further in order to enter the physical body.

ANSWERING GAIA'S CALL

Can you remember now what a tremendous sacrifice you made when you so drastically lowered your resonance to assist Earth? Feel the power of your unconditional love that you would make such a sacrifice for your sister, Gaia. Before our ascension, we Arcturians, along with the Pleiadians, Sirians, Orions, Niburians and even some Andromedans, along with as others, had all spent time on the body of Gaia. We were in the "youth" of our civilization and made many mistakes that left psychic scars on Her body, Earth.

Nonetheless, Gaia was always a loving Mother and patiently watched over our childhood and adolescent development. She forgave us when we experimented with our adult power by creating wars that damaged Her body. Then, finally, she loved us when we evolved enough to find new homes on different planets, galaxies and dimensions to continue our transition into the fifth dimension and beyond.

Therefore, how could we deny Her call? How, in Her time of need, when She had always been so loving and patient with us, could we deny Her call? Hence we answered her and lowered our resonance enough to inhabit her planet once again. In fact, we volunteered to remain on the cycle of death and re-birth of third dimensional form until Her time of ascension arrived. That time is NOW. Blessings BE to all of you—all of us—who have now taken a third dimensional form one last time in order to repay our Mother Gaia for all she has done for us.

We know that many of you came, not from Arcturus, but from other Star Systems. However, you all had lives of spiritual awakening in which you had the opportunity to visit, integrate, become one and ascend with other galactic civilizations. In this manner, you have prepared for the ascension process of Earth. Now, in your current ascension life on Earth, you will call upon the lessons that your Multidimensional SELF has learned in your previous experiences of ascension back into a higher expression of your SELF. Again, do not doubt yourself. Just allow the information to enter your consciousness when you are ready to receive it.

ENTERING YOUR EARTH VESSEL



With the opening of your Third Eye, your multidimensional memory will return. For example, you may even remember the moment before you were “born” into this very important ascension life. Allow your consciousness to return to the moment in which you took your current earth vessel. Visualize yourself, as a Lightbody, overlooking the small growing vessel in the womb of the woman who was to be your Mother. You were completely aware of the many dramas and scenarios you would face in your soon-to-be reality. In fact, you chose them to prepare your Earth Self for your participation in Gaia’s ascension.

You knew that, above all, it would be vital that you awaken. To miss the conscious ascension that you had planned for in myriad lives would not be allowable. We remind you that, although you entered your first Earth form over ten thousand Earth years ago, most of you have chosen to incarnate in many different time zones of Gaia’s great history. From the higher dimensions, there is no restriction as to the time zone in which you may choose to incarnate. Therefore, you may have had many lives before the fall of Atlantis. In fact, you likely chose to inhabit Lemuria, as well as Atlantis during its peak. In this manner, you could better understand how each came to its demise.

You have all experienced other realities in many time zones and dimensions before taking the particular stream of consciousness that you now experience as yourself. Please remember that YOU are a great, multidimensional being who simultaneously experiences infinite streams of consciousness within the NOW of the ONE. In fact, we see that you are now remembering that fact. We ask you to return to the exact moment before you entered your form in your present life.

See that moment in your imagination. From the perspective of your radiant Lightbody, you recognize your Mother and other family members from alternate realities. You can also see the events that will likely occur in that life, because

YOU have planned them as opportunities for awakening. From the perspective of your Lightbody, you are somewhat detached from these ensuing challenges, but you hold great compassion and unconditional love for this soon-to-be grounded expression of your Multidimensional SELF.

You realize how courageous you are to allow your great consciousness to be held in such a small, helpless vessel. Therefore, you open your mighty heart, which is directly connected to Source, and gradually send the birthing vessel unconditional love. You realize that this newborn portion of your SELF is of a very low resonance, so you slowly and carefully send your unconditional love. The newborn's first in-breath accepts your unconditional love, as well as the spirit light of your breath, into its small form.

EXTENDING YOUR CONSCIOUSNESS

As you extend your consciousness into the new vessel, you remember the limitations of matter. At this moment of new life, you hold great love and empathy for the ensuing challenges of your newest expression of SELF. You promise this new being that you will always be within. Since you are multidimensional, you are no longer limited to only one reality. However, you know that your grounded self will likely forget you in the midst of third dimensional illusions. You are aware that your consciousness, held within this new, grounded expression, will suffer in a manner that is unknown in your higher dimensional realities.

On the other hand, you are confident that your grounded consciousness will grow from that suffering and find a way to use it to awaken to your true, multidimensional nature. You feel the density close in on the portion of you that has entered that form. You feel the rapid beating of your small heart, and the dreaded sensation of separation. Oh, you had forgotten how that feels, to be alone within a small vessel. You hear your vessel crying and feel the sensation of cold. You know now how it will go with you mother, but you also know that you will soon forget. You will forget it all, for you will forget your SELF.

Already, you can feel how your multidimensional nature is too much for your small brain to register. Quickly, while your multidimensional memory is still intact, you use the force of your unconditional love to embed a light message into the unconscious mind of your new brain. Knowing that this message will become conscious when you awaken, you lovingly sing into the heart and mind of your new vessel,



YOUR GALACTIC FAMILY

“Great Being of Light, I want you to Know
How your true SELF appears as you travel the Flow

Your vessel of Light floats the great Cosmic Sea
The gift of your love is abundant and free

The planet's your SELF, the Sun your dear friend
Their message of Light, you accept and then send

The stars in your System are ONE with your Knowing
You work as ONE unit for the Path you are showing

Your Being expands to the heart of the Galaxy
As you accept and embrace your unending odyssey

The Home you once sought, you've found deep within
And the new life you're making is about to begin

You're ONE with your SELF and the “SELF” of each other
Your mind is your Father, your heart is your Mother

You have found and returned to the Flow of all life
To be free of the fear and above all the strife

To know of your SELF as a family of light
Gives rise to vast wisdom, pure love and great might

From the core of the ONE you remember each day
There is ALWAYS a reason and FOREVER a way

To find your great light you look deep inside
Where only love lives and fear cannot hide

Your bright inner light finds life all around
Where peace, love and beauty exist and abound

You may lose your great blessing to the jaws of illusion
And fall into the depths of fear and confusion

But your family of Light will open your eyes
So you can remember, all life is a prize

A prize, free for the taking, just ask and you'll have it
Thought fear's an old friend, and worse yet, it's a habit

Yet, if you call to your family to remember your Being
You will enter their feeling, their hearing and seeing

With your family of light around you once more
You can never feel empty, lonely or poor

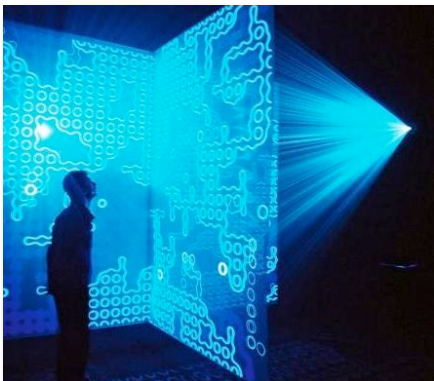
The wealth of pure spirit lives at ONE with your Soul
As you travel the cosmos, once again, you are whole!

[Click here for the Audio of this poem.](http://www.multidimensions.com/players/FamilyOfLightPoem.mp3)

<http://www.multidimensions.com/players/FamilyOfLightPoem.mp3>

“Dear new expression of myself, always remember that you are not alone.
You are a member of a great Galactic Family.
Remember me, dear ONE, remember your Multidimensional SELF.”

JOINING THE HOLOGRAM



When you hear this message and remember your SELF and your Galactic Family who lives within, you can more easily remember that you joined the hologram of third dimensional life, not from above, but from within. From your third dimensional mind you are accustomed to being outside of things. Therefore, when you wish to experience something, you go into it from the outside.

On the other hand, with your opened Third Eye you are remembering that all life is inside you. Consequently, when you travel inter-dimensionally, you do so from

inside of your imagination, mind, emotions and consciousness. The higher dimensions are not higher up above your head; they are deeper into the core of your SELF. The further and further you go IN to your SELF, you will experience higher and higher frequencies of reality. See your SELF as a spiral of light, such as a torsion wave, that is moving deeper and deeper IN to your consciousness. Experience how your light circle becomes tighter and tighter and it vibrates faster and faster.

This journey is replicated in your body in the cochlea of your inner ear. The outside of the cochlea holds the lower frequencies, such as the frequencies that create the third dimension. Then the center of the Cochlea holds the mid frequencies, such as the frequencies that hold the fourth dimension. The fourth dimension is visited by your consciousness every night in your dreams. Therefore, it is a well-known waypoint along your inner journey. As you go further within, you move past the fourth dimension and into the fifth.

Your inner journey begins with the familiar rhythm or space and time, which are greatly altered by the mutable time and space of the fourth dimension. As your consciousness expands, it raises in frequency and creates brainwaves that create higher and higher states of consciousness, the boundaries of time and space blur more and more into the now. Therefore, as you enter the core of your consciousness, the frequency is so high that it can no longer be measured by the limitations of the third dimensional world and can only be perceived as HERE and NOW.



It is at this point that perceptions and languages of the third dimension become completely extinct. Human language has been based on organizing sounds and words in a sequential order that take a certain amount of “time” to hear, read or speak. Therefore, these language systems are obsolete in a reality that is free of ALL concepts of time and space. A crop circle is a physical representation of Light Language in which one picture relays a huge amount of information in ONE moment of perception. A crop circle is embedded into a field of grain, whereas a Light Language message is embedded into the receiver’s consciousness.

Light Language is images, like a crop circles, that activate patterns of perception in the higher consciousness (higher brainwaves) of the receiver. What takes “time” is the translation of this message from the neural/light picture into your sequential 3D language. These messages of Light Language from us, as well as from our entire Galactic Family, are being sent to everyone. The grounded ones who are “channeling” our messages have gradually, or suddenly, awakened to their ability to connect their higher consciousness with their voice and hands to

speak and/or write the translation of our Light Language into third-dimensional, sequential language.

However, this type of translation has already become passé, as many of the “new children” can understand and communicate Light Language without the burden of translation. Unfortunately, like all vanguards of change on a fear-based, polarized reality, these awakened ones are too often judged as having a “problem.” Instead, they should be recognized as having evolved perceptions and cognitive abilities.

We salute these brave ones who chose to enter Earth at this moment of transition. They have had to bear the prejudice of judgment by those who are, in fact, less evolved. However, their Souls knew the challenge they would face. They also knew that, eventually, they would be called upon to be inter-dimensional translators. The technology that will carry you into the New Age is based on the circular patterns of light and the science of holographic perception.

As you move deeper into your core, you will realize that it is YOU who is projecting a portion of your Beingness into the external holographic projection of the third dimension. Within that projection there are many portals through which you can log-out of the hologram and return to your “real world” in the higher dimensions. This process of logging-out can be confusing at first, for there are as many versions of “reality” as you can imagine. Therefore, when you log-out of the hologram, to which real world do you wish to return?

In other words, when you return to you SELF, to which SELF do you wish to return? THAT is how powerful you truly are! Your earth vessel is merely the character that you have chosen to wear while you are logged in to the 3D Hologram. Fortunately, as you continue to awaken, you realize that you can easily maintain any portions of the holographic reality that you love, because YOU created that reality via your projection. Because of this, you can easily re-create it in the higher dimensional projections, as well.

We say “higher dimensional projections,” because when you return to your true SELF, you will at ONE with the formlessness of pure consciousness. You are all members of the ONE. You cannot lose anything, for YOU are everything! You are the creator, the observer and the participant in your holographic world. YOU have created “windows” through which you can visit HOME while within your projected life. It is vital that you remember this fact, which is why we have been talking about portals in so many of our communications. Through your personal Pineal Portal, you can connect your *projection* (your grounded self) with the *projector* (your Multidimensional SELF).

From the perspective of your Multidimensional SELF, you can perceive and use the many personal, planetary, galactic and cosmic Portals. More and more of these Portals will be staying open to shine the multidimensional light and

unconditional love from the Galactic Center out into your world. You see, dear Ones, the Galactic Center is not “over there” across space and time. That is the *projection* of the Galactic Center. You are the *projector* of the Galactic Center. You, every one of you, is projecting your inner perception of the Galactic Center out into and through your personal hologram.

We understand that this message may be nearly impossible to compute with the outdated Third Dimensional Operating System of your organic, computer/brain. It is imperative, that you complete the download of your new Multidimensional Operating System and switch all your cognitive functions to that system. In this manner, the linear/time-bound perceptions and cognitive abilities of your Third Dimensional Operating System will be replaced with the omni-present/infinite perceptions and cognitive abilities of your Multidimensional Operating System.

Many of you are falling out of alignment with the “normal” routines and expectations of “daily life in the third dimension.” Your Soul/SELF is creating this choice of attention in order to nudge you into full awakening. Your Soul knows that your ego can get too complacent if your attention remains too focused on your third dimensional reality. Therefore, your Soul is rattling your mental cage as a means of coercing you to release your old patterns of thought and embrace new ones.

As discussed in our last message, your primary patterns of thought are stored within your Pineal Gland, your personal inter-dimensional Portal. Fortunately, the higher frequencies of love-based thought will over-ride and replace lower frequencies of fear-based thought. Every time your Personal Portal is opened to the multidimensional light and unconditional love of the ONE, the same thought is embedded into your consciousness. As you relax into the FEEL of SELF you hear this thought, as it reminds you again:

*“Dearest grounded one,
It is time to log out of the 3D Game and come Home to your SELF.
But first, please tell as many people as possible,
‘You can wake up now. The dream is over!’”*

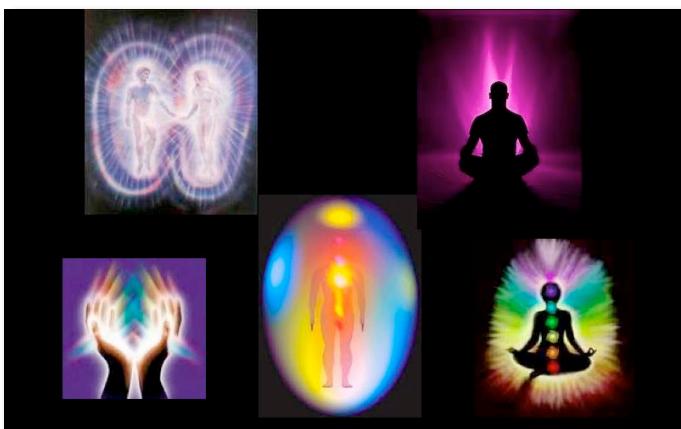
INSTRUCTION MANUAL FOR MULTIDIMENSIONAL OPERATING SYSTEM

As you download more and more of your Multidimensional Operating System, you become more and more aware of the holographic nature of your third dimensional reality. You begin to remember and experience the YOU inside of you who is actually projecting its consciousness into the you in the 3D Game. This memory expands your consciousness beyond Personal Consciousness and into Collective, Planetary, Galactic and even Cosmic Consciousness. You also FEEL these states of consciousness not above you, but within you. It is then that the third dimensional based illusions of UP and DOWN shift to the truth of IN and OUT.

Your new Operating System reminds you that by projecting your attention OUT, which is similar to the old concept of DOWN, you place your primary consciousness into the polarity of the hologram and further away from the ONE of your Core. Conversely, by projecting your attention IN, which is parallel to UP, pulls your consciousness IN to your core. Therefore, to log out of the 3D Hologram you “turn your attention inwards” to release your attachment to your *projection* (earth vessel) who is playing the 3D Game. Then, you can choose to focus your attention on the *projector* (Multidimensional SELF) who is creating your third dimensional experiences.

In this manner, your consciousness is placed, not in the *projection* of your ego self into the 3D Hologram, but in the *projector* of your 3D Reality, your true SELF. Since your SELF is multidimensional, you can easily participate in the 3D Game while simultaneously attending to programming and projecting OUT into your 3D Hologram your experiences of Planetary Ascension. Since your Multidimensional SELF is ONE with all life, there is no “conflict of interest,” which is so common in the 3D Game. Everyone is infinitely together within the ONE. Some *projectors* wish to experience being the “bad” polarity, whereas other *projectors* wish to experience the “good” polarity of a dualistic reality.

This shift from *down to out* and *up to in* is one of the many perceptual and cognitive paradigm shifts of your Multidimensional Operating System. The modification from *polarity thinking* to *unity thinking* is another paradigm shift. It is this second shift that will be the most difficult to adapt to because your communication system, language, is totally based on polarity thinking. Therefore, all concepts are “I” or “not I.” In other words, all pronouns are based on individual consciousness with even “we” meaning many individuals who are temporarily joining in a certain endeavor. This individual thinking was within the Divine Plan for Earth to create the challenge of: “Can individuality exist within unity?”



As your consciousness adapts to your new Multidimensional Operating System, you all naturally perceive higher and lower frequencies of light and sound. Therefore, you will consciously perceive the fourth dimensional auras of all life forms that radiate out into the hologram to intermingle with the auras of other life forms. You will be surprised to

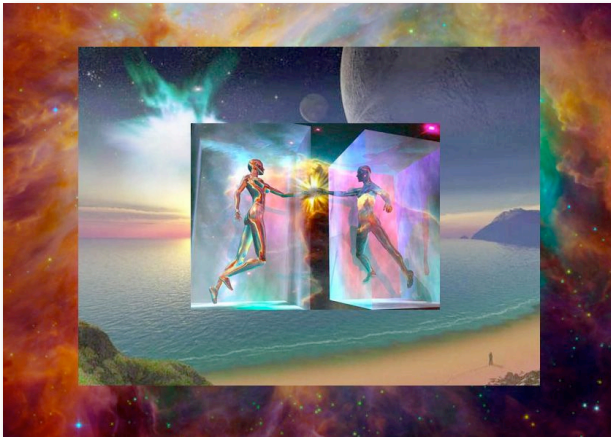
see how many inanimate objects have auras because the humans using them have left their signature pattern on that object. Over repeated use, the object begins to become sentient due to the constant infusion of the fourth dimensional aura of the one using it.

The objects that many people use will develop on a group sentence. On the other hand, the objects that are used by only one person will take on an individual sentence. This is why you can look at your car as a metaphor for your body. It is also why well-loved objects are kept as family heirlooms. A sensitive person can feel the energy of the owners on that object. Therefore, if they loved that person or family, they will love the object and want to keep it with them.

You see dear ones, all that you see is just as alive as your earth vessel for all that you see *outside* of you is part of the same holographic projection as your own earth vessel. You log out of this hologram when you sleep or meditate, which raises your consciousness enough to consciously operate your new Multidimensional Operating System. The manual for this system is encoded not in to your brain, but into your High Heart.

As a protection for the consciousness of the collective hologram, you can only read the Manual when your consciousness is attuned to the frequency of unconditional love. In this manner, those within the higher dimensions of the ONE can vicariously play the 3D Game with unconditional love serving as the firewall to assure that the lower frequencies of thought, intention and emotion of the 3D Game can not leak into the purity, peace and calm of those observing the Game withIN the ONE.

CLOSING THE GAP



With the opening of your Third Eye, the gap between your self and your SELF, closes. The gap of which we speak is the illusionary “distance” between your ego, grounded one and your Soul, multidimensional ONE. It is time now, beloveds, to complete the process of closing this gap. We speak to each of you specifically as well as to ALL those who receive this message in any form. If YOU are ready to receive this message, somehow it will get to you.

Closing the gap is the process of fully remembering, downloading, integrating and being your true SELF while still holding your earth vessel (participating in the 3D Game). Your earth vessel is indeed a vessel, much like your car. Just as you enter and leave your car, you exit your earth vessel every night when you're sleeping and during deep meditation. Whenever you exit your earth vessel and direct your consciousness inwards towards the higher worlds, you strengthen the Bridge between your Personal Pineal Portal and the higher dimensions.

This Bridge is like a neural synapse in that whenever you use it, the connection between the two experiences, perceptions and/or thought patterns gets stronger. There are so many of our beautiful grounded ones have created bridges, either consciously or unconsciously, that there is a virtual highway of bridges from third dimensional Earth to fifth dimensional Terra. It is on fifth dimensional Terra that our Planetary Ascension Team holds a Light Vessel, which connects them with their third dimensional counterpart.

The closing of the gap between the two is like lassoing a horse. This horse is a great stallion of immense power and leadership abilities. Therefore, if you throw out your lasso in fear or anger, this powerful being will easily escape your grasp. On the other hand, when you throw out your lasso in unconditional love, the stallion literally steps into its loop to assist you in coming Home. In other words, your fifth dimensional SELF will “catch” your light lasso and connect it to its Core.

Take a moment to visualize the beam of light that is connecting you to your fifth dimensional SELF on Terra, fifth dimensional Earth. The way that you close the gap is not by pulling on the light lasso, but by surrendering to it. In this manner, your fifth dimensional SELF can reel you into your Core while you, its grounded part, surrenders to this process.

This exercise is a version of the Native American Sun Dance in which the “dancer” hangs from a tree via the hooks embedded in his chest. These hooks cause great pain, but it is by overcoming the pain that the “dancer” can truly surrender to the Sun, Higher Self. In the same manner, if you can fully surrender to the pain of your daily life, without inner dialogue or self-doubt, your SELF can use the mighty force of its unconditional love to more easily “close the gap” between you.

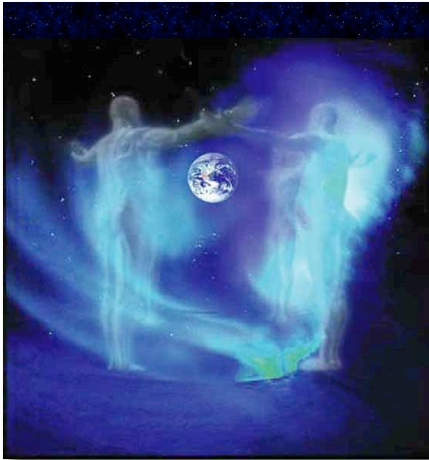
GATHERING YOUR WOUNDED ONES

As you surrender to returning Home to the fifth dimension, the wounded fragments of your ego/self come into your consciousness. Therefore, we ask you to *turn around in your mind* to gather these many wounded ones into your heart. As you do so, place your point of perception in your High Heart, where you can best express unconditional love. Slowly move toward your wounded ones, arms spread wide and heart open. Just as you would swoop up beloved children, collect your wounded ones into your heart. Hold them close, even if they struggle to escape. These wounded expressions of yourself may still want to play the 3D Game, but you firmly and lovingly say,

“It is time to go Home now, my ones. I love you very much, and I won’t leave without you. I AM your Higher SELF. Therefore, I AM aware that you are afraid that you are not ‘good enough.’ I want you to know that you are perfect. In fact, you were always perfect, you just forgot.”

Encompass these wounded ones within your multidimensional light and unconditional love. With your great compassion, you realize that some of your wounded expressions are too tired to continue and too blinded by illusion to assist Gaia. Lovingly, you decide to send these ones on ahead. You call upon the many Angels that always surround you to release these wounded ones into their care. Having NEVER known illusion, the mighty Angels can embrace them with their Light and carry them off to be healed in the Mystery Temples of the Fourth Dimension.

You are likely surprised by how many of your wounded ones have decided to stay with you. Although in pain, they are Spiritual Warriors and determined to continue, for they will NOT abandon their Mother Gaia. With this decision, veil after veil of illusion is released from their consciousness. With the release and healing of your wounded ones, the gap between your body of clay and body of light is greatly diminished.



You see the Angels and other higher dimensional beings around you and remember your longing to return Home to your fifth dimensional SELF. More and more of the fifth dimension is leaking into your life because the cycle is closing. You feel ready now to BE your Multidimensional SELF in daily life. You know that you will forget this feeling of confidence when you are tired, emotional or filled with stress. Nonetheless, you are confident that you will remember to decree,

"I AM ready to return to the fifth dimension."

With this proclamation, your inner light expands to fully illuminate your Path Home, and your heart bursts open with unconditional love. As you bask in the feel of unconditional love, you begin to hear the Cosmic Quiet. The sounds of your external world are still captured by your ears, but they do not enter your mind. This Quiet rests in your Opened Third Eye, guiding your thoughts towards peace and calm.

Because your mind is silent, you can more easily feel your great longing to return Home. Without a thought, you surrender to this longing. As you do so, you experience Gaia all around you. You experience Her Light, Her longing for Home and, most of all, you experience Gaia's unconditional love. You place your hands on your High Heart to assist you in centering your focus on the frequency of love.

Slowly the world around you begins to morph and change. You are accelerating your consciousness into the higher frequency of reality. You remain in the same

place, for only your frequency changes. Your body feels lighter and lighter as you raise your resonance. Gradually you are returning to your true form of Lightbody. You float and Flow, as a deep peace begins to take root in your core. Your mind is washed clean of thought and your heart shines upon your Path.

As you follow your heart, world after world Flows past you. They do not distract you as you seek a certain frequency of reality. Slowly you feel this reality move into and through your body. You remain calm and accept these new sensations. As you surrender to the Flow of unconditional love, all sensations of movement are released. You feel only PEACE, only CALM. As you surrender to the Flow, you calmly and peacefully Flow Home.

CALIBRATING FOR PEACE AND CALM.

As you Flow into 2011, take a moment to remember:

Being Lightbody

[Audio meditation](#)

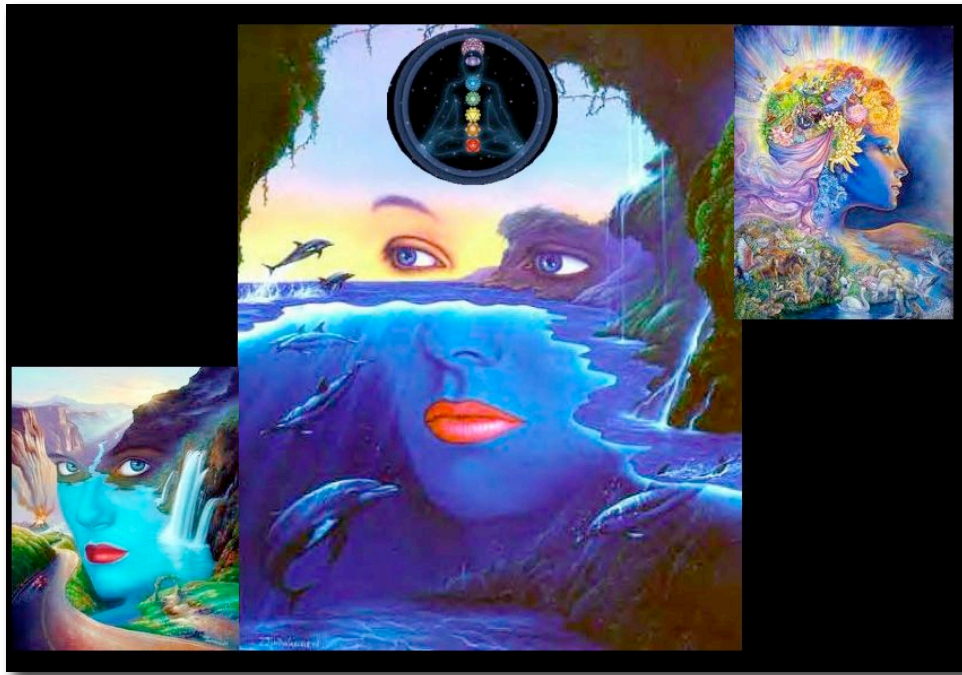
<http://www.multidimensions.com/players/BeingLightBody.mp3>

Calibrating Peace and Calm

[Audio meditation](#)

<http://www.multidimensions.com/players/CalibratingPeaceAndCalm.mp3>

January 1, 2011
Special New Year's Eve Blessing from Gaia



Dear Children of my Land,

I am Gaia, your Earth Mother. I wish to speak with you this evening on the last day of my year 2010 to tell you that I AM so Proud to be YOU. Yes, I AM YOU, for dear humans, we are ONE.

You have come onto my body for myriad lives, during myriad civilizations, and NOW you have come to me to live your final physical incarnation. Dear Children, you have done so much to assist me in this, your closing incarnation, so that we may travel Home to our fifth dimensional expression as ONE Being.

We, you and I, have suffered many assaults at the hands of those who could not see the Light, but these assaults are coming to an end, for we have remembered. You, dear ones have remembered, as have I; we have remembered that the “time” has come to “end the game.”

We have come to the completion of the lessons of this frequency and desire to return to our true, fifth dimensional resonance. We long to be within the Oneness from which we were born and to live within the unconditional love and multidimensional light of that reality.

Those who have feared the concept of that return have forgotten that they too are magnificent beings of light. Therefore, in these final times of illusionary life, I ask of each of you, my brave warriors, to ease your fist and open your heart.

Fear and fight will feed the dark, whereas love and light will awaken a spark within the ATMA of their hearts.

There is NO ONE who does not have an inner ATMA, a Three Fold Flame of Wisdom, Power and Love, as it is that which allows a human to maintain a body. Therefore, my brave children, I, your mother, ask that—instead of fear and anger—send to these lost ones the Wisdom, Power and Love that resides within your OWN Three Fold Flame.

As you have learned, that which you send out into my world, will return to you, and me, three fold. Because of this Law, which I know you remember, the best way to assist me now is to Forgive those who have harmed US.

Use your mighty Wisdom, Power and Love to send unconditional love and forgiveness to the ones who have forgotten and cannot remember. As you bless them see my true beauty. Envision my mighty oceans, rivers and streams, my beautiful mountains, vast prairies, lush forest and courageous deserts. See my many life forms of plants and animals as they bask within your unconditional love.

As you forgive these lost ones, please tell them that I, Gaia, hold no remorse for my choices, nor should they. Each of my beings has chosen to play a role in the drama of “Life in the Third Dimension.” Those who cannot awaken are merely those who cannot remember their true SELF. As these lost ones awaken, they shall contribute so much to our planetary ascension, that, at last, they will understand why they have chosen to play the role of the villain.

As we come to the final act of this great drama, we remember the last words of a beloved, yet widely misquoted hero. With his dying breath, he sent forth forgiveness as he said,

“FORGIVE THEM LORD, FOR THEY KNOW NOT WHAT THEY DO.”

Soon “they” will know what they are doing and these ones who have chosen to incarnate, as the villain will need your unconditional love to heal. The higher the climb—the steeper the fall, also reads as, the steeper the fall—the higher the climb.

My dear, dedicated children, I ask in this final turn of illusion that you choose love, for it is only through the power of unconditional love that forgiveness can be sincere.

Let we, Person and Planet, hold these words within our heart and mind,
“Forgive them for they know not what they do.”

With these words we use the power of our unconditional love and forgiveness for ALL LIFE to merge the polarities of our third dimensional expression and ascend into the fifth dimensional Unity of the ONE.

The ONE awaits us NOW. Our Return is imminent!

Please click [HERE](http://www.multidimensions.com/players/ArcturianAscensionProcess12-31-10.mp3) to listen to the hour long New Year's Eve airing of
<http://www.multidimensions.com/players/ArcturianAscensionProcess12-31-10.mp3>



WE WILL SEE YOU IN THE FIFTH DIMENSION