

SUPERCONSCIOUS PART VI



THE FULFILLMENT DOOR

YOU ARE AWAKENED

THE FULFILLMENT DOOR



YOU ARE AWAKENED

Welcome!

It has been a long process getting here. You have moved into your deepest unconscious to release old core beliefs of separation, limitation and fear. Through this process, you have healed your wounded child and returned that "you" to your Divine Child.

This Divine Child has grown into a wise, independent and dependable adult whose consciousness has expanded to embrace your Multidimensional SELF. In fact, you have downloaded and integrated your true SELF into your physical earth vessel, your daily life and your planet, Earth.

Through your consistent inner explorations and surrender to your Soul, you have initiated a sense of fulfillment and connection with the ONE. However, your journey has not ended. In fact, it has just begun. Lately, your dreams may have been more like visitations to parallel realities. You see, you have made great strides in clearing and transmuting your present earth vessel back into your Multidimensional SELF. Hence you are now about the business of clearing parallel realities in which you have experienced the duality of Earth, only on a

slightly different frequency from the one of your current incarnation in which you are a member of the Planetary Ascension Team.

The members of this Team, who are all the awakened human and non-human inhabitants of Earth, volunteered to clear as much darkness and fear as you could in preparation for Planetary Ascension. Because of your clearing, you have expanded your clearing to parallel realities and past lives. Parallel realities are at a different "space," as they resonate to slightly different frequency. On the other hand, past lives are on the same space/frequency, but resonate to a different "time."

As Gaia moves ever closer to the Galactic Center, the Flow of the ONE'S unity consciousness and unconditional love is thinning the boundaries between dimensions, spaces and times. Soon, all your realities will be incorporated into the ONE of your Multidimensional SELF and the NOW of the fifth dimension and beyond.

From the NOW of the ONE you will be able to visit your many experiences in form, much like you visit friends on a vacation. What will change is that in the ONE, everyone is YOU and you are everyone. Hence, you will visit your SELF. However, because of your long sojourn into the third dimension, you have acquired the ability to maintain a sense of SELF at the same time that you are ONE with all life.

As the veils between the dimensions thin, so do the polarities and the many illusions of separation and limitation. If you can release these veils, you can release the polarities that created them to return, ascend, to the ONE of the fifth dimension and beyond.



Living in Surrender *Part 1*

Greetings from the Arcturians

We the Arcturians wish you a happy, transformative and fulfilling new life. Your life may appear to be on hold at this moment as many of you are in your cocoon. You are birthing your new SELF and being in the quiet so that you can allow the re-wiring of your brain and consciousness so that you may more easily integrate the higher frequency light that is coming into your personal and planetary body.

We do not wish to give you predictions, but we want to comfort you now, as fear may be attempting to enter your consciousness. You see, our One, you are about to embark on a great journey, which can ignite the old, habitual fear of the unknown. You are correct in the feeling

that you need to be in the stillness in order to prepare for that which is actually an entirely new perception of reality.

For much of your life you have associated busy-ness with success. Now, you will need to reprogram that belief. Busy-ness is effort and frenetic action. The way you will live your new life will be in ease and flow. Action will take on a new meaning, as you will no longer feel the need to *try hard* or *work* for that which you wish to manifest. In fact, you will not manifest as much as you will surrender to the Flow and allow your personal expression of the ONE to take form in your physical reality.

When your consciousness intermingles with the ONE, you realize that your earth vessel is your personal portal into the holographic experience of a third-dimensional, polarized world. In a polarized reality, love and fear are constantly at odds. It is this conflict that urges the grounded ones to try harder so that they can overcome their fear and somehow find love. Unfortunately, for most of you third-dimensionals fear is easily found and love is extremely illusive. Hence, fear becomes the common foundation for feelings and thoughts, as well as the actions that result from them.

On the other hand, once your consciousness is firmly rooted in the ONE much of your fear is released from your consciousness, which dramatically alters your perception of the 3D Game. Without fear as an impetus to spur you into action, you may feel almost bored. "What is going on?" you might ask. "It is so quiet and nothing seems to be happening." What you are really experiencing is NO effort. Effort has usually accompanied your sensations of work, success, self-esteem and so many other expressions for most of your physical life. Hence, when effort is taken from your reality, you are inclined to think that something is wrong.

Yet, nothing is wrong and nothing is right, for as your consciousness releases the dramas of the third dimension and instead attaches to the ONE, polarities begin to lose their power. You may still experience the pull of the third dimensional dramas as they try to bring you back into the old operating system of effort and work. However, do not try to resist this feel, for resistance makes the rope of personal limitation tighten. Instead, simply let go of the drama of fear and worry to exchange the feeling of effort and work for the experience of *being in the Flow*.

When things are going well, this release is relatively simple. On the other hand, when fear knocks at your door, adrenalin is released into your system and your earth vessel strives to "work harder." The definition of work is "effort over time," which pulls you deeper into the 3D dramas and illusions. Your challenge is to call upon the ONE to assist you in overcoming your hormones' call to battle. As we have stated, the absence of fear, drama and effort engaging your mind can make you believe that something is wrong, or will go wrong soon. You base this belief on a lifetime of your third dimensional limitations in which no effort often meant that you weren't trying hard enough.

Now, our ONE, there is no need to "try harder" for the silence simply means that you are transforming within your cocoon. Your long history of physical reality urges you to struggle and push your way out of the cocoon and into whatever challenge you will meet next. Therefore, we encourage you to *wait in peace and joy*. Waiting in peace and joy keeps your consciousness firmly rooted in the ONE and allows you to accept the inflow and outflow of the ONE. When you are in inflow, you are recharging your 3D batteries so that you can experience your outflow free of effort and work.

As always, your breathing with intention regulates your consciousness. If you breathe with the intention of *getting it done*—even if you are tired, even if you are angry and even if you are afraid—you will lower your consciousness for you will invite the rush of adrenalin. This adrenalin then ushers in the consciousness of Fight/Flight, as well as the anxiety that accompanies this state of consciousness. However, if you can breathe with the intention of *waiting in peace and joy*, you will give your earth vessel the message that all is well, and it can relax into a state of calmness.

BREATHING PEACE AND JOY

Take a few deep sighs to release any pent up anxiety and then relax into your body. Take a long moment to imagine just how peace would feel to you, and allow yourself to indulge in that sensation. Then take another long moment to imagine how joy would feel to you and allow that joy to enter into your awareness.

Inhale PEACE

Hold the peace

Exhale JOY

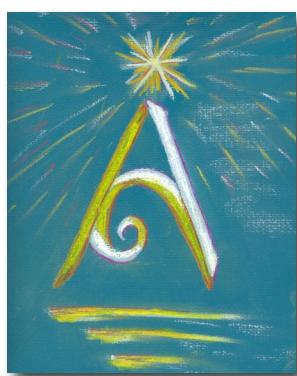
Hold the joy

Three times—or more,
Inhale Peace—HOLD
And exhale Joy—HOLD

Breathe in this fashion until you feel that peace and joy has filled your consciousness.

Practice this breathing in the morning, so that you can more easily remember to hold this intention in the midst of your busy day. You may also wish to breathe in this manner before you go to bed to insure a calm and restful sleep.

Remember, dear ONES, we are always sharing our infinite peace and joy with you. KNOW that the path before you is of your own creation.



YOU are in control because YOU are your SELF. You are ONE with your SELF and your SELF is ONE with the Flow.

Do not resist, and do not try. Release old beliefs of effort and allow your SELF to guide you into the Flow and keep you there. Then, just relax and allow your new life to unfold before and within you. Call upon us, the Arcturians, and we will assist you to awaken to your *new life*.

We are within the ONE; hence, we are ONE with you.

A*

IN YOUR NEW LIFE

In your new life, you are an infant. You look at a world that is foreign now, yet also exactly the same. You see, feel, hear and know the mist of change that swirls around inside you.

As you experience your life now, you hear yourself saying, "How did that happen? I wasn't expecting it; I didn't plan it." More and more, things are just happening. You seem to be floating in a sea of possibilities. If you relax into the Flow of the ONE, you can find the Center Current to easily travel to your next destination. This location or experience may be a total surprise, as well as exactly what you have wanted but dared not ask for.

In your new life, you don't ask. Instead, you receive. Possibilities drift before you as though they are sparkles of light on a gently moving stream.

Yes, sometimes your vision blurs and you can no longer see the stream of light. It is then that your hearing diminishes and you no longer hear the quiet flow of possibilities as they impinge upon your heart and mind. It is then that you regress into the "you" that you no longer are, and forget the "you" that you have become. Then, instead of living in the Flow, you find yourself living in the shadow of doubt. Within this doubt are fear, depression, anxiety, sorrow and anger.

Fortunately, in your new life, you can remember to ignore fear and focus on love. You can do this because, in your new life, there is love. This love is not just romantic love or love of family and friends, but love of life. Love of life was not abundant before. You could visit that feeling, but it was difficult to stay.

Now, in your new life, it is fear that is the visitor, and love that resides within you. In your new life, you love all of life because you love ALL of you.

Yes, judgment tries to invade your thoughts, but compassion is the antidote and acceptance the cure. You know this because you understand that all is as it should be in the NOW of the ONE. You also recognize that the Flow must wash ashore that which needs to be removed. Once the obstacles of life were barriers, but now they are that which is ready to be released, that which is ready to be transmuted from leaden fear into golden love. You have patience for this process because while you are ONE with the Flow you are also ONE with the NOW. Hence, there is no "time."

Of course, you still fall out of the flow, out of the NOW and out of the ONE. It is then that you forget that you are ONE with your SELF, your Planet, your Solar System and your Galaxy. You forget that you are no longer a finite person gazing into infinity, but an infinite being gazing into a finite reality. With that forgetfulness, you believe the illusions of limitation and feel the separate from your surrounding world.

In your new life, you have just awakened from a long, long sleep of forgetfulness. Because you have awakened, you no longer believe the limitations, as you remember they are not real. You can also see through the veil of separation, to perceive the ONE.

At first, it was difficult to wake up because you still listened to and cared about what other sleeping ones told you. But now, you have awakened, and you can clearly see those who are awake and those who still slumber. The Sun of a new reality is rising just above the horizon. Many sleeping ones fear the rising Sun, as they still believe that the ending is worse than the new beginning. Fortunately, in your new life, there are no endings. In fact, there are no beginnings. Ending and beginning are finite terms, concepts that created the dreams of your long sleep.

Now, you can dream freely, for you are awake and your dreams are real. You know your dreams are possibilities that travel within the Flow of the ONE, and you can easily step into a dream or choose to step into another dream, another reality. Your choice is made, not by desire, but by surrendering to the Flow of the SELF to whom you have awakened. Your SELF is the rest of you that you didn't know while you were still asleep.

In your new life, your SELF expands more and more each day. Sometimes you still fall out of the Flow, just as a toddler falls between steps. But, like a persistent toddler, you are aware that your new life has many wonders to explore.

Each day, new adventures float into your life. Each day, you take another step into your new reality, your new SELF. When you fall, which you often do, you can hear your SELF encouraging you to continue. Then, when you try again, you can FEEL your inner SELF reminding you that you don't need to try. Instead, you can just relax and surrender to the Flow of the ONE.

*When you surrender, you instantly remember that,
in your new life you are an infant.*



LIVING IN SURRENDER

The first thing we may notice in our new life is that we are actually IN our body and aware of its every need. Perhaps, we really are the captain of our earth vessel. Does that mean that we have completely integrated our Multidimensional SELF, as well? As we look inside, we see that the answer is one which is not easily answered. To be totally honest, we would likely say that most of the time our Soul is, at least, overseeing our life. Much like our ego/self once oversaw our thoughts, emotions and action, our Soul/SELF is now the observer of our everyday life.

Sometimes our Soul observes us falling into unconscious reactions. However, with the minute-to-minute interactions with our integrating Multidimensional SELF, our unconscious ego/self is quickly revealed as the source of our old, habitual behavior. The main shift is that whereas our ego would happily judge and reprimands us, our Soul unconditionally loves, accepts and forgives us.

Hence, since we no longer have the dreaded fear of judgment, we are able to constantly reveal our self to our SELF. We no longer worry, "Am I good enough now?" With the freedom from internal judgment, we find we are less plagued by the fear of external judgment. In fact, judgment is less of an issue, except that our Soul does lovingly point out when we judge others.

Our main confusion is that, while we know that we have completed the download and integration of our Multidimensional Soul/SELF into our ego/self, we are also aware that this process is infinite. In other words, the process of being our SELF and being our planet is a dynamic ongoing process, which will never end. It will, instead, expand. In fact, as we live in the NOW, we also expand our concept of ONE with our every breath.

Furthermore, every moment that we surrender into the Flow, our concept of the ONE expands. Are we always in the Flow? No. Do we wish to always be in the Flow? To be honest, we would need to answer, not yet. In order to be the true Master of Energy that we innately are, we must recognize that if we are not experiencing something, then we are not yet ready. However, practice makes perfect, and as we practice falling into the Flow, we can gradually release the habit of hard work and replace it with the peace and joy of allowing and accepting our new life.



FINDING THE FLOW

See yourself at the edge of a flowing river. Look first at your feet to find where you are standing, then look out into the middle of the river to find its Center Current.

Your intention is to enter that Center Current. However, first you must find a safe and comfortable place to enter the river.

Slowly, you begin to walk along the river in search of the perfect entry point. First you walk by an area that is filled with refuge from the past. There is an old tire, what looks like it was once a dresser and other prized possessions that have now become junk.

As you move beyond this area, you think of old possessions and concepts of worth that you are now ready to release, so that you can step into the Flow.

Next you see a whirlpool, which represents all the times you have gone around in meaningless circles, like a dog chasing his tail. Release your quest for the best spot and accept the knowledge that—all that is perfect will come to you when you are ready.

As you walk past a steep cliff, you reflect on your old belief in limitation. You decide then to release the barriers and boundaries that were created by you because you were not ready to change. Are you ready now? Are you ready to take full responsibility for the truth and admit if you are not ready?

When you are ready to embrace a journey within the Flow, you will find that just around the next bend in the river is a perfectly calm beach with a sturdy raft waiting for you to push it into the river.

Calmly and without hesitation, you bravely walk toward the raft and push it into the river. As it begins to drift away from shore, you jump onto your "life raft" and surrender your journey to the Flow.

JOURNEY TO THE CENTER CURRENT

As you sit back and relax on your raft, you see that you are floating towards the center of the river. But wait, does it appear that you are going over the same stretch of river over and over again.

Just as you read the symbols when you searched for your launching beach, you realize this redundant landscape is symbolic of problems in your life which you are still unconsciously re-creating again and again so that you can finally heal and release them. You take a moment of inner reflection to examine your current reality.

Is there any issue that still pops up in your life? It may have a different face, different circumstances, but it is still the same issue? Breathe in the essence of that issue and release it into the Flow of the river with your exhale.

Do not try to solve this problem. Believe in your SELF enough to surrender it to your Soul by exhaling it into the Flow. Do it now with three long, slow, deep breaths.

First Breath...

The river may appear the same, yet YOU are beginning to feel different.

Second Breath...

Yes, you appear to be rounding a bend that is the same, yet strangely different. Third Breath...

The landscape is different now. In fact, so is your raft, which now appears to be a boat.

As you take control of the boat and securely hold the oars to move them through the water, it turns into a small sailboat. You no longer have to labor as hard, but you do have to take responsibility for setting your sails correctly.

You read the signs of this image and realize that it represents your conscious creation. First you had to work hard to gain control of your small life, then your work paid off and you could allow the wind to help you with your chosen task.

Now, your sailboat turns into a large sailing ship and you are the captain. Imagine yourself standing at the helm. You feel powerful as you easily manage the many components of a large craft. Feel your steady command as you give orders to your loyal crew.

When the weather is calm, you can relax at the helm, but you see a storm brewing. You jump into action to direct your crew to prepare for difficult weather.

Now, feel the wind as it fills your sails. Because you are a strong and confident captain, your sails are trimmed correctly and the wind speeds your boat at a steady clip over the stormy seas.

As you feel the wind fill your sails, you also feel the power of the wind as it lifts you up, above the helm of your ship, above your ship and above its highest sails. You no longer need a vessel, as you can soar through life by surrendering to the Flow of the wind.

With this superconscious creation you feel how your ability to surrender allows you to go faster and faster into territories that you never before dreamed of experiencing. Higher and higher you soar, the wind at your back, your head in the stars, and your feet psychically connected to the earth.

You are the master now, not just of your ship but the Master of your Destiny.

Remember, if you can imagine it, you can LIVE it
by opening your mind to infinite possibilities and your heart to infinite
love!

(Please click "meditations" on the first page of
www.multidimensions.com

for free downloads of meditations about
finding the Center Current and accepting the Flow)

For questions or comments please contact Suzan Caroll at:
suzancaroll@multidimensions.com

LIVING IN SURRENDER PART II



Message From Our Future SELF

My dearest Grounded ONE,

I am your infinite, future SELF. I am *infinite* because I am multidimensional, and I am *future* because I am the YOU who resonates to the ONE of fifth dimensional Earth. I have returned to your time frame to remind you of what you have already done. However, since I am ONE with the NOW of fifth-dimensional Earth, there is no time in my reality. Hence, "returned to your time" is an inaccurate statement. In actuality, I have logged onto the frequency and dimension of your Earth reality to remind you of your conscious (and/or unconscious) visits to your Home on fifth-dimensional Earth.

In the time/space in which you are presently grounded, Gaia is resonating to the third/fourth dimension. You see, you have already begun your partnership with Gaia to transition Earth from the third into the fifth dimension. Just as I am merging with your third/fourth-dimensional earth vessel, you are simultaneously merging with my fifth-dimensional form. Through our merging, your imagination is awakening to me—your true infinite, multidimensional Soul/SELF—and I am re-experiencing the wonderful process of personal and planetary transformation.

When you were a child, you still believed in the great power of your imagination, as you innately knew that it is, in fact, fifth-dimensional thought. Using your imagination, you communicated with me, as well as with your Spirit Guides. Unfortunately, these communications set you apart, as they gave you a truth that could not be shared for fear of ridicule and judgment. Therefore, you learned to protect yourself by keeping your true SELF a secret.

For much of your life, you locked your greater world in the realms of your inner life and tried to behave like a "normal" person. Unfortunately, a deep wounding began when you hid your true nature and all your wonderful gifts so that you could fit-in to a reality which was filled with doubt and fear. Gone from your daily life were the wonders of your Spirit World and the wonderful meetings that we shared in your "imagination."

Worse yet, as you "matured" into a teenager, most of these experiences disappeared from your memory and your innate, expanded perceptions were relegated to your dream reality, where no one else could taint them with their superstition and ridicule. Only in times of great sorrow and fear did you dare to unlock that secret door to find the unconditional love and acceptance of Spirit that you so craved in your mundane world. Why is it that the awakened ones feel they need to hide their great Light from those who still live in fear and illusion? Because they have forgotten that all they need do is to *surrender all control of their physical body to their Soul*.

Fortunately, as one-by-one you, the awakened ones, remember that you can live in the Flow of the ONE by merely surrendering to your Soul/SELF, you will also discover that you no longer feel a need to hide your true nature. You see, my grounded one, once you consciously re-connect with me, your SELF, you no longer care what others think of you. It is then that you can find in the ONE of your SELF the confidence to share your gifts and expanded perceptions with others. I wish to remind you that now that you have awakened to me, your Soul/SELF, you have become an "Awakener."

As each one of you openly shares your innate empathy, instincts, intuition, telepathy, clairvoyance, clairaudience, clairsentience, telekinesis and illuminating spiritual communications with others, you also make it safer for others to come out from their hiding to openly BE and share the abilities of their Multidimensional SELF, as well. (Please see the definitions of expanded perceptions at the end of

the newsletter.) Most wondrous of all, as you stand tall in the expanded perceptions of your true Multidimensional SELF, you can change into a wave of love and evolution the tide of fear and devolution that has long ruled your world.

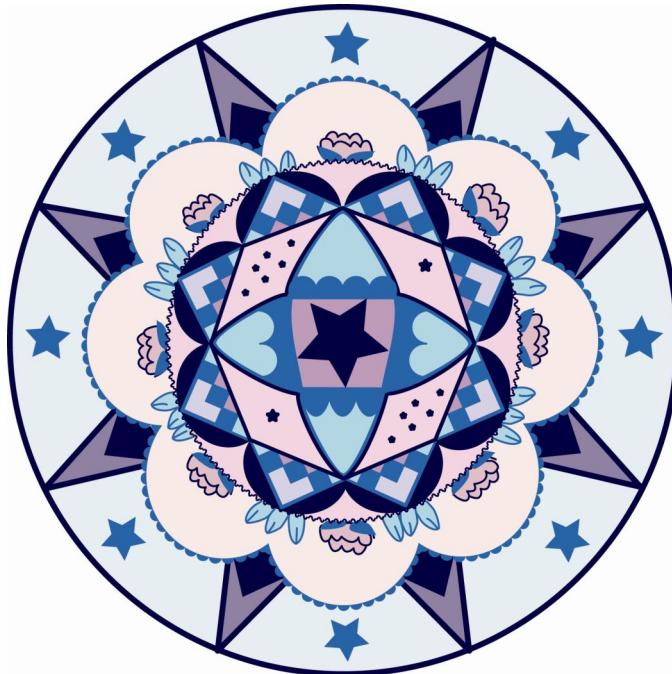
The planetary transition to the fifth dimension begins with each ONE of you awakening first to your own infinite nature and then sharing what you have discovered to awaken others. If you share your process with only two people, and they in turn share their process with two people, who share with two, etc, etc, the logarithmic progression would allow each personal ray of Light to steadily expand enough to join others to become the dawn of a new day. Can you see the impact "just one of you" could make?

As always, being among the first wayshowers you will receive the most flack, but your courage will pave a way for others to follow. And follow they will, for only humanity's expanded SELF will be able to effectively confront the challenges that lie ahead. Remember, my dear Grounded ONE, what is impossible for your ego is simple for your Soul, and you will find your Soul at "HOME," deep inside your SELF.

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

I AM your Present and Future SELF

Where is Soul?



I now surrender all control
Of my physical body to my Soul

My Spirit is alive in me
And wants to BE completely free

To travel to the worlds sublime
Beyond all limits, free of time

Within the NOW all life doth Flow
There are no questions, we simply know

"Come into me," my heart is calling
As I let go, I find I'm falling

Falling up and far away
To set my Spirit free to play

To stay within the starry skies
Where there are no reasons, rules or whys

"Just BE your SELF," I hear inside

"You can come out, you needn't hide."

"Oh, but the world's so mired in fear.
If I must go back, can I still stay here?"

"You never left, this is where you live.
"Know that truth, so you can forgive.

"Forgive yourself for getting lost.
"You're found again, but at no small cost.

"Yet, accept the pain that you have known.
And share this HOME that you've been shown.

"Hold this reality as your true life
"And release the illusions of fear and strife.

"In your mundane life, its time to heal
"To know that THIS is the world that's real.

"Within that knowledge, you'll rise above
"All loss and fear into peace and love.

"Embrace this life, as you return
"And share with all, what you have learned.

"From this world, you will not leave.
"You're always here, you must believe.

"Believe your Self's inside forever,
"For that connection you cannot sever.

"I AM the SELF within your heart,
"And from your life, I'll NEVER part.

"Hear my words each night and day,
"As I guide your life in every way."

SURRENDERING TO DAILY LIFE

It is not that we find the Flow and then surrender into it. It is more that the Flow finds us and engulfs us, but only if we allow it! We have all experienced times when a hint of euphoria flirts with our awareness. It is in that moment that the Flow has found us. At that

second, we can open ourselves to this feeling of wellbeing, or we can reprimand ourselves for daydreaming and push it away.

Believe it or not, it takes a lot of courage to make this paradigm shift, to release our old core belief of "you are a good person if you work hard," and embrace the new core belief of "just relax into the Flow and allow the process to unfold before you."

RELAXING INTO THE FLOW

Practice this exercise when you are alone and relaxed, so that you can more easily remember to repeat it in the midst of your busy day.

Begin by repeating the exercise from last month's newsletter of breathing in peace and breathing out joy, as you say,

I breathe IN peace.
I HOLD peace.
I breathe OUT joy.
I HOLD joy.

Continue with this breathing until you feel relaxed...

Holding your peace and joy...

Use your imagination to view a possible challenging situation...

Take a moment to allow your self to feel its negative emotional charge...

NOW, FEEL the Flow of the ONE as it gently caresses your consciousness...

Imagine that this Flow gently surrounds and embraces this situation...

You have a moment of choice.

Do you choose to attend to the emotional challenge...
OR
Do you choose to surrender to your Soul...

As you surrender to your Soul/SELF, You begin to FEEL the calm peace of the Flow as it gently surrounds you...

Visualize the Flow as rays of sunlight basking a closed window in your mind...

So you choose to open the window
and welcome the Flow of light into your life...

YES, you choose Light

You choose to surrender to your Soul...
You choose fall into the Flow...

FEEL the calm warmth of the Flow as it enters your imagination...

Observe as the Flow sweeps up your possible challenge
and its accompanying emotional charge...

Watch as the Flow cleanses all fear and transforms it into love...

FEEL the Promise of this challenge as you release it to your Soul...

To the Light...
To the Flow...

Welcome this challenge into your Being...

Visualize your self Flowing through this challenge...

Open your eyes and determine that
"Today—I choose the Flow.
"Today I choose to live in Surrender."

FLOWING WITH YOUR LOVE MATE



Being in a relationship is indeed one of our greatest challenges as well as one of our greatest joys. Therefore, if we "give up" on relationships, we shut ourselves off from a great joy and an important Earth lesson. Being in an intimate relationship is how we learn to trust our self enough to trust another. To flow with our love mate, we must first learn to find the Flow and launch our personal life raft into its center current. Then, we can gradually allow our love mate to step onto our personal life raft. Sometimes our mate will float along side us, sometimes he or she will visit it and in times of deep intimacy, our life rafts will merge into ONE. In this manner we can share our life, as we follow the Flow of both our personal and shared realities.

When we journey to places of healing, light, and/or other realities, we are within our SELF, and the limitations and fears of our mundane world are shut out of our awareness. We can travel the Flow fully aware of our physical life while free of the limitations and fears of our mundane reality. While on our life raft, we can move through the rapids with ease, even though the world around us seems to be in great turmoil.

When we invite someone else to join us on our life raft, it is vital that we take responsibility for our choices. Make no mistake, whether or not we are conscious of our decision, we have, indeed, *invited* them. If we don't, we will fall back into being a victim, which will pull us out of the Flow and into the chaos. On the other hand, when we take full responsibility for the relationship that we are sharing, we realize that we have chosen to bond our life with others. However, each kind of relationship requires a different state of consciousness to share the Flow of our life raft.

Let us begin with the relations of a fully committed marriage, whether or not it has any legal bonds. Marriage serves as if a mirror, which is constantly in front of us so that we can better see our self in every phase of our day and of our life. Because of this mirror, marriage is a wonderful way to learn about physical life, as well as an opportunity for deep intimacy and unconditional love.

On the other hand, since marriage goes beyond the bounds of our present reality, it often brings up unresolved issues from our youth. This return to our wounded ego can force us on a journey through the Lower Astral Plane to re-experience the hurts and misery of our entire life. We can perceive this journey as a bad experience—OR—we can choose to perceive this journey as a wonderful opportunity for healing. Either way, for marriage to be intimate and happy, we must remember that this is OUR life raft on which we float through the ONE of NOW.

If our mate can share our life while taking responsibility for his or her own life, then welcome aboard our life raft. However, if our mate disrupts our life to the extent that we cannot remain in the Flow, then we must send them back to their own raft until they can gain control of their behavior, or until we can heal ourselves enough to control *our* behavior. This does not mean that we need to divorce them. On the other hand, if we put up with unacceptable behavior for too long, divorce will seem like the only option. Then again, if we are centered enough in the Flow of our SELF that we will not allow them to disrupt our day (for too long), we can temporarily evict them until their behavior improves.

Once our mate has been temporarily evicted from our life raft, we must take a moment to see what our responsibility within the dissonance is. Remember we are the Master of our life. Therefore, every part of our reality is OUR responsibility—no ifs, ands or buts. Hence, once we have righted our own balance in the flow and

discovered what our contribution to the conflict is, it is time for an intimate communication with our mate.

This communication is best begun with a sentence about our own choice of behavior and an explanation as to how we have contributed to the problem. When we begin our communication in this manner, our mate will usually follow our example. Remember our marriage is OUR reality that we are creating. Hence, when we talk to our mate it is to discover how we have fallen out of the Flow within the relationship and/or how we have chosen to follow their dissonance rather than our own peace. In having an honest communication with our mate, we will likely find that we have also been dissonant and pushed the blame onto them.

Marriage is a deep commitment which, like the commitment to our SELF, should not be taken lightly. Much like our relationship with our SELF, marriage offers us an opportunity to experience unconditional love in our daily life. An intimate marriage is like a dance, but the one who leads shifts and changes. If we can follow the Flow of this dance, we do not feel the need to lead, nor do we feel as though we must follow.

The deepest intimacy arises when we are like two drops of water within the same sea. Sometimes these drops are far apart and sometimes they are combined into one larger drop, but always they are in the same ocean. When the ocean is turbulent, they are joined in ONE even though they may appear to be far apart, and when the ocean is calm and peaceful, we can easily flow together.



The Sea of Love

Adrift on an ocean
Alone, yet with you,
I am tied to your feelings
And that which you do

I try to remember
That, in fact, we are ONE
But if we fall into fear
Great damage is done

Can I take a long moment
To find the source of MY fear
To not push you away
When you try to come near?

When I push you away
I'm hurting me too
And I'm not being honest
About what I should do

Instead, I blame you
For the troubles I'm living
And ignore the love
That I'm sure you are giving

Can I take a long moment
To go into my being
To more understand
What I am hearing and seeing?

If life were just easy
Then our troubles would go
But we're in this together
I surely do know

So, if I ask for a moment
To find my own way
Remember I do so
To choose what I say

I could throw out my feelings
Without any thought
But some are about you
And some just are not

But because you're the ONE
With whom I share life
You become intermingled
With all of my strife

I just need a moment
Alone and within
To understand what I'm doing
And know who I've been

Within my true heart
I understand how we dance
So it's not left to fear
And it's not left to chance

Because I do love you,
Of that I am sure,
I'll protect our shared life
And keep our love pure

When I've had a few moments
To travel alone
I'll call you back to me
To see how I've grown

I ask that you, too
Look deep, deep inside
To find how you've acted
From your fear and your pride

Then, when we return
Back into the Flow
We'll share what we've learned
And what we now know

But one thing I know
For now and forever
The bonds of our love
I never will sever

Your heart walks with mine
Through each hour and day
And no matter the problem
We WILL find the way

I love you, my one
As I know you love me
And, as two drops of water
We travel the sea

FLOWING WITH OUR CHILDREN

Whereas marriage represents a love in which we wish to get closer and closer, our children have their own life raft that gets further and further away. At first, they share the mother's individual life raft during pregnancy and well into their first two years. However, as parents in the flow, we know that they are great beings who have honored us by choosing us as their parents. The children, who are being born now, especially to awakening parents, are of a new evolution.

These children are being born awake, just as we were, but because the resonant frequency of Gaia is higher and the Collective and Planetary Consciousness of her people is more expanded, children who once dared not enter the turbulence of Earth are now being born. And why are they choosing to incarnate now? It is because they are discovering that there are parents who can shelter them from the fear and pain of our physical Earth long enough for them to "get their sea legs."

As parents and grandparents of these wonderful children, we must protect them while we also fully allow them to become their SELF. A fearful parent is afraid that their child will evolve beyond them, whereas a loving parent rejoices when their child is able to surpass them. Awakened parents feel as though they are in a team race, and just as their parents have passed the baton on to them, they joyfully pass the baton on to their own children.

During pregnancy and infancy, the child shares the mother's raft, who can also share her raft with the father. Fathers are now able to share the pregnancy, birth and infancy of their children in a manner that was not present before the generation of the children of the Baby Boomers. Then, as children become toddlers, we lovingly watch as they create their own life raft on top of ours and rejoice as they decide to take their first maiden voyage. Of course, they may not realize that their raft is still tied to ours. On the other hand, perhaps they secretly know that they are still tied to us, and it is that knowledge that allows them the courage to explore their world seemingly alone.

As the children become older and older, the rope that secures their life raft to ours gradually becomes longer and longer. Our communication style with our children, however, is much like that with

our mate. First we must look within, so that we can clearly understand our contribution to the difficulty at hand. We are the creators of our reality. Therefore, we are the creators of *all* our relationships. Eventually, the day comes when our children will wish to sever the rope which connects our life rafts. Then, with tears and joy, we send them out into the world knowing that the rope is still there, although it is now invisible.

As parents of grown children, we must always remember this invisible rope for it sends to our children and their families all the thoughts and feelings that we have towards them. Our children know us as well as we know them. In fact, they may know us better, as they had to understand how to get what they wanted from us. As parents of grown children, we must perceive and interact with them as independent adults, even though our hearts still see them as our babies. The gift of being a loving parent who takes full responsibility for the rearing of their child is that they can have wonderful friends for all of their lives. These children may live close or far, but they are still forever implanted deep in our hearts.

When we are fortunate, our grown children give us the most wonderful gift in the entire universe, grandchildren. With our grandchildren, we are free of the responsibility of raising the children and can focus on enjoying them. Of course, there are many scenarios in life, and we can all choose to create our lives as we wish. Some of us have huge families and some of us find our family in our friends. Either way, family is a state of consciousness that says, "I love and accept you for all of my life. I may not always like you, but I will always love you!" In this manner, we can have friends that are family and family that are friends.

The Hen House

I look around the hen house and see many small chicks following their moms as they peck at the seeds on the ground. The rooster marches around the parameters of their small world, ready to sound the call at the first sign of danger.

The chicks are not conscious of the danger yet, as they know only their mother. Too soon, they must learn what is safe and what is not.



However, in their innocence is the great joy of discovery. The world is still a wondrous adventure, as fear has not yet tainted their lives. Eventually, it will taint the consciousness of each small chick, but with good parents, they can learn to deal with it.

For now, it is safe within their nest, as they hide behind their mother's feathers. They also feel the presence of their father, who protects and loves them. One day, they will become hens or roosters, and they wonder what the world will be like then. Do we? Do we as parents, grandparents, aunts and uncles wonder about the reality we are leaving our children?

Perhaps we don't, because the fearful possibilities are far too many and way too ominous. While looking at the threat of total planetary destruction, we look within ourselves and ask, "What could I possibly do that would make a difference. How could I, one small person, make a difference?"

Fortunately, we are not just one person on a violent and endangered planet. Instead, we are ONE with all persons, as well as the planet upon whom we have created violence instead of peace, fear instead of love and danger instead of safety. However, we are now awakening and beginning to travel the FLOW of the ONE to create any possible reality that we choose. "But what about the pollution and what about the global warming?" we may say.

In order to find our how to NOT choose to continue in a destructive, fearful reality, we must find out how we DID choose to create it. Yes, it was humanity living in fear that chose this reality. What if humanity could release their fear and choose to live in love? What if we surrendered to the Flow of our SELF enough to remember the unconditional love that infinitely flow from our Soul/SELF and into our earth vessel?

Could we then we love ourselves enough that we can more deeply love others? Could we so surrender to our Soul that we could remember that we are not just on the planet, we are one with the planet. Are we downloading and integrating our SELF into our earth vessel, and healing our wounded reality, just to ascend and leave our "hen house" so destroyed that other small chicks cannot have our opportunities? Just as loving, respectful children care for their ailing parents when they grow up, we need to care for our ailing planet who has served as our Mother Earth and Father Sky.

With the analogy of a baby chick that grows up inside of an egg and then hatches into the world, we have grown up inside of Gaia's egg and we are beginning to hatch. Do we abandon the egg that has served us in our transformation from embryo to adult, or do we protect our growing place so that others may use it as well?

Perhaps as humans we will now journey into other realities, such as other planets, galaxies, or even dimensions. Perhaps we will do this in our great, multidimensional consciousness, or we may even create new bodies of light so that we can better hold the power of our light information. However, can we abandon that which was our home?

Now that we are transmuting our limited self into our Multidimensional SELF, now that we are living in the Flow, we have a creative power that is much stronger than our old, destructive power. Now that we are ONE with all life, we don't want to test our new bomb by destroying an island. We don't want to so pollute our planet that other species must die, just so that we can have more *stuff*.

We are no longer baby chicks pecking on the ground. We have grown into the Phoenix Bird who welcomes in a new era. We are NOW embarking on an amazing era of detached compassion, unconditional love and expanded perceptions. With our expanded perceptions, we can perceive that which we have always missed. Therefore, we can KNOW that which we have vainly sought to discover. What will we do with this information? Will we complete our Divine Ideals, or will we peck away at the ground and not notice that the sky is falling?

EXPANDED PERCEPTIONS

Just as we each have specific skills and abilities in our third-dimensional life, we also each have specific expanded perceptions that we can more easily and naturally activate in our everyday life. As you look through the list of these expanded perceptions, ponder which ones you feel are more activated at this time:

Empathy

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

Instinct

Instinct, which is an innate knowing, is another second-dimensional ability based on our “primitive self” who has the ability to tune into the planet and know where water is, what food will heal us or poison us, and the location of our tribe. If we give a horse his head, he will find water. Animals in the wild know what food they are meant to eat and what food will hurt them. Animals know when a predator is stalking them or simply sharing the waterhole. If humans are more evolved than these animals, why would we lose that ability?

Intuition

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

Telepathy

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

Precognition

Precognition, seeing into the future, is the fourth-dimensional ability to move beyond the constraints of third-dimensional time and into the mutable time of the fourth dimension. Once we have practiced our sense of precognition, we can even discriminate between a possible reality and a probable reality. A possible reality is a choice of the ego, and a probable reality is a directive from our fifth-dimensional SELF. If we are in tune with our SELF, we will likely welcome and choose to experience that reality by filling it with our desire and conscious intention.

Telekinesis

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

Clairvoyance

Clairvoyance is the ability to see objects that resonate to the fourth dimension and beyond. As we expand our consciousness, our perceptions expand beyond the confines of the third-dimensional spectrum of light. Hence, we can see objects and beings in the fourth dimension and beyond that we couldn't see before.

Clairaudience

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

Clairsentience

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

Illumination

Illumination arises as we surrender our ego to our fifth-dimensional Soul/SELF to become ONE with the *now* of the higher dimensions. Just one third-dimensional moment of such union can set us on a path that takes most of our life to journey.

LIVING IN SURRENDER

PART III

SURRENDERING TO THE FLOW IN DAILY LIFE



It is not that we find the Flow and then surrender into it. It is more that the Flow finds us and flows into our being—if we let it. We have all experienced times when a hint of euphoria flirts with our awareness. It is in that second that the Flow has found us.

At the second, do we open our self to this feeling of wellbeing, or do we reprimand our self for

daydreaming and push it aside by thinking, "Don't bother me now. I have work to do." Believe it or not, it takes a lot of courage to make the paradigm shift of releasing the belief that *we are good if we work hard* to embrace a new operating system that *it feels good to surrender to the Flow*.

We have been trained from our many earthly incarnations that work not only makes us a good person but is the means to bring about what we desire. Hence, to release work to surrender to an unseen Flow of energy is a novel experience and one which may have not yet proven successful in our everyday life. Because of this, we may decide that we will surrender later when we are not so busy, or surrender just a little so that we still have time to work.

Fortunately, the Flow is not human and it will not get its feelings hurt or stop surrounding us if we don't accept it. The Flow doesn't have feelings. Instead, it IS a feeling, a feeling of unconditional love. On the other hand, we humans have countless feelings, many of which are laced with fear. Fear is the voice that says, "Not now, my work is too important. I will surrender later." Therefore, to surrender to the Flow we must first push aside the fear that we won't get what we want if we don't work hard. Once we release this fear, we can more easily choose the ever-present Flow of unconditional love that constantly swirls around and through our consciousness.

BEING OUR SELF

When we were young and dependent, we looked to others to show us the way. We had only vague knowledge of the rules of cause and effect and were largely unaware of the original causes in our present life, or our parallel realities, in which we suffered pain, hurt, abandonment and betrayal. Hence, we were victims to our past. What was worse, we projected out negative thoughts and fearful energy and wondered why that is what returned to us.

Gradually, we matured and took more responsibility for creating our own lives. However, we had not yet gone into our inner darkness to heal and release it. Therefore, as we worked our hardest to get what we wanted, we only got more of what we already had. Fortunately, we eventually recognized the patterns of our unconscious creation and became wiser and stronger with each confrontation of our own inner fear and darkness.

Eventually, we came to understand that when we kept the light of our true SELF hidden behind us, it could only cast the shadow of our darkness before us to be repeated again and again. On the other hand, when we pushed the light of our SELF beyond and before us, it could only cast a shadow of our darkness behind us, which kept us attached to our past. Finally, and with great joy, we realized that when we allowed the light of our Multidimensional SELF to shine directly above us, it could enter our earth vessel. Then, there was NO shadow, as we were filled with light.

This realization gave us enough inner power to consciously delve into our own inner darkness, so that we could allow our inner love to heal and release it. It was then that our consciousness greatly expanded and we became not only independent but dependable, as well. We learned the law of cause and effect. As a result, we carefully monitored our thinking and noted, then released, our fearful emotions. We even learned to differentiate between fear as a warning and fear as anxiety.

However, we still had to "work hard" to achieve our well thought out goals. It felt good to be in charge of our own life, but we became greatly fatigued from all the work, struggle, organizing, keeping track of and generally being a "good" person. We knew this was much better than being a victim, but did we always have to keep such close track of every inner and outer event in our reality?

A small voice, that we could only hear when we were NOT working, NOT struggling and NOT keeping track of, whispered into our heart, "Surrender to the Flow, my One. Surrender to me, your Soul." At first we wondered if we were a bit crazy to be hearing voices, but the information gave us the hope of relief and a way to relax into life. We were tired. We wanted to find an easier way to live. So, just as we went inside to heal our darkness, we went back inside again to find our multidimensional Soul/SELF.

The journey was long and caused myriad changes in our perception of our self and of our reality. Bit-by-bit, the kundalini rose up our spinal cord, initiating the process of integrating the light our Soul/SELF into each chakra, each area of our body and state of our consciousness. As our process continued, more and more, our Soul became the captain of our earth vessel, and it became easier to BE our SELF, the SELF we love being.

As a result of our doing and being who we loved, our daily brainwaves began changing. Alpha brainwaves began to feel natural, whereas beta brainwaves felt like trudging through mud. Meanwhile, we began to spontaneously experience a sense of flowing through life. At first, we had no idea what created this Flow, but we eventually realized that this Flow entered our life when we were doing what we loved, being who we loved, and/or being with a loved one. However, this feeling of flowing through life would quickly dissipate when our consciousness dropped back into struggle, stress, work and/or fear.

Likely, many of us have now had experiences of the Flow into our lives, but we are still a bit of a victim to the incursion of the stressors of everyday life. Hence, the question we face is, "How do we surrender to the Flow in the midst of the many stressors of our everyday life?" A hidden component to his question is, "How do we find the courage to only do what we love, BE the person that we love and be with loved ones?"

This task seems almost impossible. We still have to work, pay bills, clean the house etc. etc.. Fortunately, our SELF constantly reminds us that we have all the tools we need to live in surrender within our expanded perceptions. But, do we dare openly display our true Multidimensional SELF in our daily life? Can we totally "come out" from hiding who we really are because we think we are different? Can we stop thinking that *different* means *less*?

In reality, we are not less *or* more. We are awake, and from this awakening our view of daily life has vastly changed. For one thing, we no longer believe in mistakes or accidents, and we see that all of life is a flow of myriad possible realities. Each of these realities is a different frequency of the same story. When we are still holding on to our fear, our reality resonates to a lower frequency. However, as we advance through our "story" by learning through confrontation and adversity, our reality holds less and less fear and resonates to a higher and higher frequency.

These possible realities are likened a deep pond. At the bottom of the pond lies is the dark mud and silt and the light seldom enters this reality. As we move up the pond, towards the light, there is less and less density of matter and the water becomes clearer and clearer. At the top, the rays of light dance across the ripples of water and illuminate the surface of the pond. In the same manner, each possible reality of density or light is present for our choosing. The lower frequency realities are at the bottom of the pond, where is much darkness and little light, and the higher frequency realities are towards the surface of the pond where there is more light. We choose a reality by matching our vibration, our resonance, with the frequency of the reality which we wish to experience.

In other words, we are standing at a great banquet table of life. Whatever we choose to put on our plate is ours to experience. The choices filled with love and light will nurture and illumine us, whereas the choices filled with fear and darkness will make us weak. It is important to remember that we can choose to say YES to love and NO to fear. In this manner, we keep the light of our true SELF directly overhead so that we can be filled with light. This inner light will automatically activate our expanded perceptions, which will allow us to perceive the higher frequency realities that travel within the great Flow of the ONE.

RELEASING PAIN

As we release the fear and pain of this third dimensional reality, all the darkness of our past/parallel realities clamor to the surface of our consciousness to be released as well. The awareness of our other third-dimensional realities that resonate to a different time and space, give us the opportunity to free our Soul of ALL the pain and suffering we have ever felt in any third- dimensional life. We can initiate this process by repeating the mantra:

I NOW release ALL pain I have ever experienced in ANY third-dimensional life.

As we repeat this mantra, we can feel the Flow circling our consciousness in spirals that move beyond our present time and space. We also realize that these many lives-long stories have created a dam of past misery that blocks the clear, natural Flow of the ONE. This dam was built to protect us from the harshness of third-dimensional reality, but it was built by fear. Therefore, it protected us from pain, but it also re-created it. Some of the pain of third-dimensional life couldn't get in, but neither could the multidimensional Flow. The Flow needs our permission to enter us because Earth is a free will planet. Therefore, in order for the Flow to enter us, we must say:

"I am ready to accept the Flow of something wonderful in my life.

I know that I will not be able to control this Flow
and that, once I let it in, it will change my life forever."

Our Soul has patiently waited for one of its incarnations in any of our many time/space realities to make this statement. Fortunately, this incarnation is one for which we have prepared in many of our lifetimes. Some of us have not had an earthly incarnation before but have chosen to incarnate at this time/space because it is so special. We are at the edge of a marvelous opportunity to consciously experience the Flow of the ONE while we are still holding a physical vessel. We are entering the Photon Belt again (see multidimensions.com and Google if that term is new to you), which will allow us experiences far beyond those in any of our realities since the fall of Atlantis.

Surrendering to the Flow is much like falling into a cozy bed or into the deep end of a glorious pool. Allowing the flow to enter us is allowing the sun into our house or basking in the rays of the full moon. To fall into the Flow, we imagine that we are floating in a beautiful stream. We are not controlling the Flow, nor is it controlling us; in fact, within the Flow there is no sense of control at all. Within the Flow there is no manipulation, as there is no desire. Desire means that there is something or someone that we do not have. Within the Flow we are ONE with All That Is. Since we are not separate from anything or anyone, we have no need for desire.

The Flow is a pure tone of energy and frequency of light. In fact, it is a liquid light that creates wonderful tones. These tones speak in every

language that ever was or will be to softly relay the message of unconditional love. This love doesn't heal, or give, or do anything. It just IS and it IS infinite—without a beginning or an end. It always was and always will be, for it is a frequency. It is a frequency that we can perceive once we are able to release all the suffering we have ever felt in any of our third dimensional lives.

"TODAY, I release all the pain I have EVER felt
in ANY of my third dimensional lives.

TODAY, I tear down my protective dam
and allow the Flow to enter my every day life.

TODAY, I will BE who I love and DO what I love.

TODAY, I surrender to the Flow."

Within the Flow, we surrender to life, to love and to peace. Just as water surrounds our body when we fall into a still pond, the Flow surrounds our consciousness as we fall into peace, love, joy and bliss. As we enter the Flow we realize that to release all the pain we have ever felt in any of our third-dimensional lives, we must also forgive every person, place, situation or thing that has ever harmed us in any of our lifetimes. Therefore:

"TODAY, I forgive every person, place, situation or thing
that has EVER caused me pain in ANY of my third-dimensional lives."

As we close our eyes and repeat this sentence three times, we choose to deeply, honestly and totally KNOW how it feels to forgive EVERY person, place, situation or thing that has ever hurt us in any of our third-dimensional lives. Within this forgiveness we accept the lessons we learned from our painful experiences and forgive the cause of that experience—as well as ourselves for having it, by saying:

"TODAY, I forgive my self for ALL the pain I have EVER accepted for
myself
or caused others in ANY of my third-dimensional lives."

We accept this initiation of forgiveness—forgiveness of others and our self—so that we can release our bonds to the dramas and illusions of the third-dimension. Through this release of our ancient, archived pain, our consciousness greatly expands and our personal vibrations/resonance rises greatly, giving us access to higher

frequency possible realities. In each of these higher frequency realities, we can gain greater illumination so that we can feel and emanate greater forgiveness. In this way, our consciousness expands enough to perceive and choose higher and higher frequency possible realities.

EVERY MOMENT

As we gain more illumination, we remember how important it is to stay in the moment. By staying in the moment, we have the ability to allow our every day life to reveal itself in the highest possible frequency. If we try to predict our future, we bind ourselves to the frequency of reality that we were holding when we needed a prediction of the future. In reality, it is likely that the act of asking about the future did, in deed, hold some element of fear. On the other hand, if we can live in the moment, we keep alive the possibility of raising our resonance to flow into higher and higher frequency realities.

To best enjoy the moment, we don't compare ourselves, our accomplishments, or our goals to those of others. Comparison is the root of competition, and competition is based on separation. Within the Flow there is only Unity—unity with all life and all that we could desire. At the point of Buddha's illumination he said, "The only true freedom is freedom from desire." To embrace the infinite freedom of the highest possible resonance of life, we can live in the moment of whatever part of life that we cherish right NOW.

Whenever we hold, integrate and synthesize the higher resonance of our cherished moments of daily life, we create a firmer foundation for the highest frequency "possible reality." Furthermore, when we allow ourselves to emanate our higher resonance, we share it with other persons, places and situations on and in the body of Gaia. When we integrate our higher resonance into Gaia's, we contribute to the rising resonance of the planet. In return, Gaia will also share Her rising resonance with us. Then, as the planetary resonance rises, it makes it easier for all of Gaia's inhabitants to also accept, integrate and maintain a higher resonance.

Thus, people and planet can work as partners to release the limitations and separations of the old, polarized, third-dimensional paradigm to merge toward the Center Current of the Flow. Within that Center Current, possibilities far beyond our third-dimensional paradigm are easily accessible.



MESSAGE FROM SOUL/SELF

Dear Grounded One,

I have come into your heart to remind you that you are on your Path. Yes, I have been with you through ALL of your third-dimensional realities. I was with you each time you crossed over and each time you were born. You see, beloved, I am YOU, and you are me. We are ONE.

I am so very proud of what you have done, are doing and will be doing. My dear, I understand that your body is in the midst of a major transition and you want to remain within your cocoon. I wish to say to you today that all will be wonderful. Just relax into each moment to find your calm center.

Your new life is here now; just open your heart to it. In fact, allow me to help you. Allow me to reach into your physical encasement and touch the Atma in the core of your heart. Do you feel me within you now, my one? Now join me deep, deep inside the center of your heart to see a small vortex. Yes, there it is right there, straight ahead and a bit to the left.

At first you see it only as a small light in the midst of your throbbing heart, but as you approach, you realize that it is, indeed, a vortex. At first, the spin is slow, but it spins faster and faster as you get closer and closer. Wait. Stop a moment and see how the vortex opens to accept you.

Do you see how a light is beginning to dawn through the vortex like the morning light through the damp trees? The light appears to be

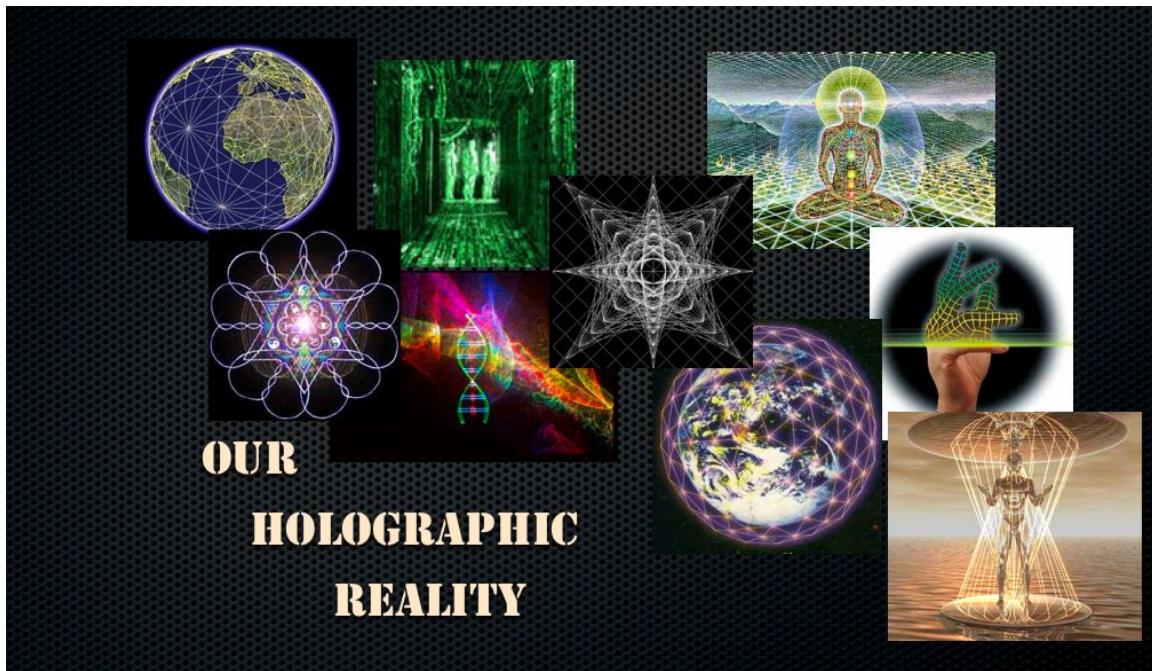
oscillating around and around like a flashlight in a dark night, searching, searching for you.

You remain still, for it is seeking you just as you are seeking it. You are beginning to realize, are you not, that this light is intelligent. This light is a being, without form, yet filled with wisdom, power and love beyond all measure. You remain so still that you almost forget to breathe as the light gradually hones in on your location.

At first the light only touches your toes, then it slowly works its way up your body, to your ankles, calves, knees, thighs, hips, waist, solar plexus, and into your heart. As the light seeps into the heart that is within your heart, there is a tickle that becomes a vibration, a glow, a spark, a fire, a Sun, and finally, a star.

YOU, my one, are the Star! You are the Sun, the fire, the spark, the glow and the vibration of the Flow. YOU are in the Flow. Hence, your ARE the Flow—NOW in this moment. You align your being with this pure light, pure energy, pure Essence, pure expression of your SELF that now emanates from your SELF. In doing so, you align yourself with me, Your Multidimensional Soul/SELF. YOU can connect with this energy anytime you connect with me, your Soul/SELF for we are ONE.

I AM your SELF. I AM within you, within EVERY moment of your daily life! I AM your Eyes of Soul



CREATION OF HOLOGRAPHIC EARTH

In dimensions far beyond the confines of time and space we, the collective consciousness of those who would be Earth decided to project a holographic program into the lower dimensions. Within our holographic reality every part of the hologram contains all the information possessed by the whole. Hence, each one of us has an innate connection to the Oneness in which we exists. The hologram of life on planet Earth has four dimensions. The first dimension is the foundation for this projection and those who wished to experience being the body of the planet chose to project a small portion of their multidimensional consciousness into the first dimension. These creators became Earth's lithosphere, which is Earth's land. Other creators wanted the experience of being the waterway, and they projected a small portion of the light of their consciousness into the second dimension to experience being all the solid, liquid and gaseous water of Earth's hydrosphere.

*(With the growing knowledge of quantum physics, the concept of third dimensional reality being a hologram is not unique. David Bohm, one of the quantum physics early advocates, states that, "objective reality does not exist, that despite its apparent solidity, the universe is at heart a phantasm, a gigantic and splendidly detailed hologram.")

Still others chose the experience of being mobile creatures of form, so they projected their consciousness into the third dimension of Earth's hologram to create the biosphere, which contains all of the planets living things. Finally, other creators chose the experience of being Elementals, Faeries, or the myriad other

mutable creatures, so they projected a small segment of their conscious into the fourth dimension to create the many layers of Earth's atmosphere.

Each of the four dimensions was created to have many octaves and each octave, or sub-plane, represented a slightly different version of the same reality within each dimensional of the hologram. Gaia, Mother Earth, is the "motherboard" who runs and maintains all the holographic projections for all the foundations of her planet, as well as for all the beings who inhabit her plant and animal kingdoms. Father Sky's formless light serves as the "electricity" to keep the holographic projection activated and connected to the motherboard. The fourth dimensional and all its inhabitants serve to connect the first three dimensions of the hologram connected to the fifth dimension and beyond.

In order for those of us who have logged onto the holographic program (incarnated on planet Earth) to experience the different dimensions as well as the many different sub-frequencies of every reality on each dimension, we focus our intention on either the higher or lower dimensional light to raise or lower the resonance of our desired experience. If we wish to experience life on a higher dimension, such as the fourth dimension, or a higher frequency version of our third dimensional life, we can choose to focus on and download higher frequency light. On the other hand, if we wish to experience a lower frequency experience, we can chose to focus on and take in a lower frequency of light. To experience the first and second dimension, we can connect with Gaia, and She will assist us in the joining with Her body.

To travel up and down the many frequency version of our third dimensional experience, we can focus on love or focus on fear. If we focus on and accept love and peace, we automatically take in higher frequency light, and if we focus on and accept fear and conflict, we automatically take in lower frequency light. All the dimensions and frequencies of light are intelligent and creative. Therefore, when we consciously choose to take in light, we automatically activate an innate intelligence which resonates to the same frequency of light to which we are attending. We choose (either consciously or unconsciously) the reality of our choice by calibrating our consciousness to that frequency of reality. The higher frequencies of light creates a consciousness which desires unity with the Oneness of the higher dimensions, whereas the lower frequencies create a consciousness which desires individuality and separation form the higher dimensions.

One of the goals of the creators of the life on planet Earth hologram is to experience the individuality of the third dimension, then return to their place of projection in the fifth dimension and beyond, maintaining their sense of individuality while also enjoying the total unity of the One of the higher worlds. This task has proven to be far more difficult than anticipated from the higher dimensional reality. From our vast unity consciousness in the higher dimensional worlds we did not realize how the sensate pleasure and experiences of the

physical world served to lull us into total forgetfulness of our true SELF, as well as forgetfulness that our reality is actually a holographic projection from the fifth dimension and beyond. Because of this, many of us lost all contact with our higher consciousness and believed that we were only the container (our earth vessel). We forgot our multidimensional, creator SELF who projected only a very small point of our consciousness into the hologram of life on the four dimensions of Earth.

When we felt separate from our true Multidimensional SELF, we also began to feel separate from others and even from our motherboard—Earth. This feeling of separation created fear which forced us to focus our attention on the lower dimensional light. With our attention on the lower frequency light instead of our Multidimensional SELF, we slipped further and further into the lower frequency versions of life on planet Earth. Due to all the fear and separation within the lower frequency realities, we created great disharmony within our self, with other people, as well with the planet and her many creatures. This disharmony threw our reality off the balance and created much damage and destruction.

In order to repair the damage we have created within our holographic projection, we need to harmonize the many dissonant energy patterns in our personal and planetary matrix. To do so, we must take in higher frequency light so that we can expand our consciousness beyond the individuality consciousness of our third dimensional, container self and into the unity consciousness of our Multidimensional, Creator SELF.

We, the creators of this holographic projection, did suspect that our "game" may be more difficult than we could gauge, so we built in a start date and a stop date, which is documented by the Mayan Calendar. The original Mayans were fully awakened beings who could see that those who were playing the 3D Game of Life, would need a road map to assist them return to their true Creator SELF. This "map" shows how we are meant to expand our consciousness which each of our evolutionary markers, so that we could transform ourselves back into our Cosmic, Creator SELF when we were ready to "log-out" of the hologram and/or create a new hologram by our "end date."

Exact length according to ancient Maya	Beginning date	Initiation	Resulting state of Consciousness	End date
13 x 20 kin = 260 days	11/2 2011	Transformation	Cosmic	28/10 2011
13 x 360 kin = 4 680 days	5/1 1999	IT revolution	Galactic	28/10 2011
13 x 7 200 kin = 93 600 days	1755	Industrialism	Planetary	28/10 2011
13 x 144 000 kin = 1 872 000 days	16/6 3115 B.C.	Writing	National	28/10 2011
13 x 2 880 000 kin = 37 440 000 days	100 500 B.C.	Spoken Language	Cultural	28/10 2011
13 x 57 600 000 kin = 748 800 000 days	2 048 000 B.C.	Human Beings	Tribal	28/10 2011
13 x 1 152 000 000 kin = 14 976 000 000 days	40 998 000 B.C.	Monkeys	Family	28/10 2011
13 x 23 040 000 000 kin = 299 520 000 000 days	819 998 000 B.C.	Complex life	Individual	28/10 2011
13 x 460 800 000 000 kin = 5 990 400 000 000 days	16,4 Billions B.C.	Matter	Cellular	28/10 2011

From Carl Johan Calleman

http://www.calleman.com/content/pyramid_of_consciousness.htm

As can be seen in the above calendar, the longest time years were at the beginning of the planetary experience when we had just entered matter. At this point there was no individual consciousness at all. Then, in the next five stages (Individual Consciousness/Complex life through National Consciousness/writing) we were learning to focus our individual consciousness with Beta-wave consciousness to better organize and move through our expanding orb of responsibility. At first we were learning to be responsible for our individual self, then our families, then our tribe, then our culture, and finally our nation.

For an empowered Individual Consciousness we need to focus our attention with our Beta-wave Consciousness. To experience Planetary Consciousness we need to be able to access our Alpha-wave consciousness, for Galactic Consciousness we need to access our Theta-wave consciousness and for Cosmic Consciousness we need to access our Delta-wave consciousness. It is our Cosmic, Delta-wave consciousness that will activate the full memory of our true SELF, as well as all that we have learned in our sojourn into the world of matter. We will then return to full awareness of the inter-dimensional traveler who we have always been and have more choices of reality than we can even imagine from a lower state of consciousness.

(For more about states of consciousness, please click:
http://www.multidimensions.com/Conscious/con_body_states.html)

As can be seen above, the expansion of our consciousness is far off schedule. We definitely achieved an industrialized society, but it did not prove to create a united, Planetary Consciousness. In fact, with our better machines, we created greater devastation with our many wars. Then, the wars created more fear to lower our consciousness and push us into yet lower frequency visions of our third dimensional reality. The same hold true for our IT Revolution. WE have again expanded our physical accomplishments, but our consciousness has not expanded in a corresponding manner. Many of the participants of our hologram have only sporadically experienced even the Alpha-wave consciousness of Planetary Consciousness. Fortunately, more and more people are beginning to embrace Planetary Consciousness, although many are still stuck in Cultural and National Consciousness. Therefore, those of us who have expanded our being to feel a responsibility not only for our planet, but also for our Galaxy and our Cosmos are being called upon to assist this process of return to SELF.

When we expand our consciousness, we simultaneously expand our sense of self to embrace more and more of our reality. Our reality has moved through the evolutionary markers, but has not remembered to accept a higher frequency of light into their holographic being with each accomplishment. In other words, our SELF-esteem has not caught up with our accomplishments. Self-esteem is gained through owning our victories and accepting the greater responsibility that comes with each accomplishment. We can raise our self-esteem by owning, attending to, the higher frequency light. This spirit, intelligence and creative force of this higher frequency light will then assist us in remembering our true Creator SELF so that we can move out of the illusion that we are *just* a third dimensional human.

When we first chose to lower a portion of our being into this hologram, we had to take in lower and frequencies dimensions of light (spirit, intelligence, creativity) to ground our being in the hologram of matter. Now, as we return to our true SELF we will transmute this matter so that it can also resonate to its innate higher frequency of light. Humanity's challenge is to stay in love and release fear, as love creates a sense of safety and unity to expand our consciousness and fear creates a sense of anxiety and separation, which constricts our consciousness. Our aura literally expands to share love and constricts to protect our body from the source of fear.

DOWNLOADING OUR NEW OPERATING SYSTEM

As we download the higher dimensional light into our consciousness, we must slowly and carefully integrate it into our earth vessel so that we do not overload our body and cause it damage. In other words, when we "download" the higher frequency light into our holographic/computer body, we must "open the file" and allow it to integrate with all the old files. Downloading this higher light is much like

downloading a new Operating System. The old Operation System is basically survival based Beta-wave consciousness in which our control center (our locus of control) is outside of our sense of self. The new Operating System which we are currently downloading is based on an Alpha-wave consciousness (and beyond into Theta-wave, and Delta-wave) in which our locus of control is within our ever-expanding sense of SELF.

Just as a computer is not operational while it is changing its Operating System, our ability to function in mundane life is diminished while we are in the process of changing our Operating System. The long process of downloading the higher frequency light of our Soul/SELF into our consciousness and our earth vessel has created many symptoms of transformation in our body, our behavior and in the reality that we are constantly creating. Therefore, many of us are feeling very fatigued and wish only to take a break and live a calmer, more peaceful life. This feeling is one of the first signs that our new Operating System is integrating into our old files of work hard and suffer long.

While undergoing our transformation, it is best that we keep our process in the "quiet." A project that is not completed is best kept inside the creator's mind. A pregnancy that has not come full term needs to be protected like an egg that has not yet hatched, and a house that is not finished is not suitable for inviting guests. Just as a four cylinder car cannot run on jet fuel or a low voltage socket cannot support a 250v bulb without short circuiting the system, our earth vessel cannot initially tolerate the higher frequency light. Therefore, we are being re-wired so that the home of our SELF can tolerate and function with a higher frequency of light. Since we are required to remain functional during our change into a new Operation System, we must fool our body into believing that everything is the same, while we are simultaneously transforming it to accept a vibration of light far beyond its former capacitance.

Constant contact with our true Creator SELF is important so that its unconditional love and higher light can serve as a balance for the fear and lower light of our everyday reality. Our Soul/SELF is much like a loving parent who holds their child's bicycle from behind until the child gains enough confidence to believe that they are riding the bike themselves. The parent then lets go when that balance is found. Our body is gradually finding and keeping its own balance. However, in our case, our Soul/SELF does not release the bike, but instead, jumps on to it with us. It is the knowledge that our every moment is shared with our SELF that allows us to balance the many mundane responsibilities with the long process of our personal transformation. As the speed of our transformation advances, our balance is vital as we must live within our core in order to maintain a constant connection with our SELF who holds the manual for care and maintenance of our new Operating System.

During our integration of the higher frequency light of our new Operating System we will find that just as there are many different frequencies of reality, there are

also many different frequencies of our self which range from our trapped, victim, survival self to our fully awakened, multidimensional, Soul/SELF. Locus of control means the location within our total being from which we direct our life. Our new Operating System pulls the locus of control out of our survival self (who functions primarily with Beta-wave consciousness) and into our fully awakened SELF (functions from our higher states of consciousness). When our locus of control is in the Beta-wave consciousness of our victim, survival self, our choices of reactions are extremely limited and the solutions to our ongoing dilemmas seem far away and/or impossible.

Our old Operating System was based on the belief that our source of "electricity" (locus of control) was outside our self, whereas our new Operating System is based on the belief that our locus of control is within our true multidimensional SELF, who is now within rather than above. In other words, we need to remember our true Creator Self to activate our new Operation System and integrate it into our earthly self. To function from the core of our SELF, we need to stay in the consciousness of Alpha-wave and beyond.

In Alpha-wave consciousness we live from the center of our creative force and primarily give our attention to the higher frequency light, and the holographic projection of that resonance that supports and encourages love, intelligence and creativity. Unfortunately, there are still many who actually enjoy fear and treasure the ability to work hard. Hence, it is best if we protect our process by staying in the quiet until we are fully operational. To boast of our process or even to discuss it with those who cannot support us can throw us off balance, as the force of their doubt can ignite a small germ of doubt within us. This doubt in our process could interfere with the completion of our integration process.

Doubt in our process of transformation back into our true Creator Self is our worst enemy, as it allows fear to seep into our consciousness to lower our Alpha-wave consciousness and beyond and back into the collective consciousness of Beta-wave consciousness. We will then return to the operating system of hard work over time to achieve our ego driven goals. There is no amount of effort that can support our transformation back to our Soul/SELF. Instead, we need to live in trust that the Flow of our Multidimensional SELF surrounds in every moment. When our locus of control is in our full awakened multidimensional SELF, we live in unity and detached compassion to all life—the primary premise of our new Operating System.

Modern day awakened ones no longer live cloistered lives as we did in our past incarnations. Therefore, we often do not have the support of a system or group to protect and support us while we are in-between who we were and who we are becoming. Without this support, it is easy for us to doubt our SELF and abort our process when the challenges of daily life become overwhelming. Our consciousness will then drop and we will fall out of Alpha-wave consciousness and all the spiritual, intelligent, creative solutions that it can offer. When this

occurs, as surely it will in the midst of daily life, our best course of action is to remind ourselves that our consciousness has dropped, and before we go on, we need to first raise our consciousness back to Alpha-wave and beyond.

If we believe we are trapped in a situation which will not allow us to raise our consciousness, we know that (a) we have gone too long without connecting with our multidimensional SELF (b) we are in the midst of a major purging and/or initiation to release our old Operating System and replace it with the new one (c) we are being called upon to give service in a lower frequency reality. Whatever the reason, our first course of action is to breathe deeply and slowly so that we can stay out of the fear and slowly return to our higher consciousness.

If we believe we are forced to act from a lower state of consciousness, or if we cannot help ourselves, we can send a call for help up to our higher dimensional SELF to assist us until we can return again raise our consciousness. When we return to our higher resonance, it is helpful to take a moment to reflection to debrief so that we can (a) learn more about how to notice sooner when we are falling out of the balance of our SELF (b) anticipate our impending purging and initiations so that we can move through them in a loving, safe environment (c) keep our higher frequency SELF around us like a space suit when we are called upon to give service in a lower frequency reality.

As we enter the photon belt, our new Operating System will be able to easily perceive the different frequencies of reality, as well as the different frequencies of our SELF. These enhanced perceptions which are activated by the higher frequency light will assist us to find solutions that were not available to our old Operations System which only accesses our five physical senses. Our enhanced consciousness will activate our expanded mental and emotions abilities to find a vast array of actions and solutions that were not previously available while in our lower states of consciousness. To incorporate our new Operating System into our mundane reality we need to remember that no amount of hard work can support our new Operating System. We no longer need a stronger horse to pull our cart, as we now have an engine inside of it.

In order to return to SELF, we must release, allow, surrender and Flow from the core of our being, our high heart and our opened third eye. If our consciousness has the inner locus of control of Alpha-wave and beyond, we can remain centered in the Flow. It is then that our body will respond by being centered in the process of transformation of our thoughts, emotions, body, organs, atoms and DNA. In this center balance is a passageway, much like the passageway for the electrical current that flows through our brain, our spinal cord and into each nerve to guide our every thought and action. In this manner, our bodies are supported from within so that our new Operating System can completely integrate into our earth vessel to upgrade it to accept and use the higher frequency light.

With our consciousness fixed in Alpha-wave conscious and beyond to keep us always aware of our ongoing rewiring and shift in Operating Systems, we are able to better tolerate the re-calibration back to our higher resonance after an unscheduled "downshift" into the old mode of Beta-wave. What if we were driving on the freeway in fifth gear at 60mph and we suddenly decided to downshift directly into second gear? What would happen to our car? This metaphor is similar to what happens to our bodies when we are traveling the highway of fifth dimensional light in Alpha, Theta or Delta-brainwaves and must suddenly down shift into the third dimension Beta-waves. As we know, the reality in which we live will demand this downshift, so we must prepare our vehicle by staying centered.

Staying in alignment with the fifth dimension ONE is the ultimate protection necessary for our ego's sudden down-shift into fear, stress and hard work. If we can align our self at the beginning of each day, it is much like downloading new virus protection each time we start our computer. Also, we must protection our perceptions of reality by calibrating our perceptual filter to screen out the triggers of fear which constantly threaten to lower our consciousness. We can rest assured that our body will create a flood of adrenalin if a real emergency arises. When we allow stress of life diminish our focus to the lower frequencies of light, we can remember that our outer world is an illusion, a holograph projection that we are actually creating from our true Creator Self in the fifth dimension and beyond. There are many versions of our reality running in as many frequencies as we can allow ourselves to perceive. Once we raise our consciousness to perceive these higher frequency versions of our reality, we can choose to log-out of the lower frequency reality and log-into the higher frequency reality.

MORNING CALIBRATION MEDITATION

Take three long, slow, deep breaths
FOCUS on the core of your body

With your exhale longer than you inhale
Take three more deep breaths

Take a moment to give thanksgiving for anything in your life that you are enjoying
Breathe in that thanksgiving,
hold it in your heart,
then exhale it with love

Stay in that moment of enJOYment and LOVE
Fill the core of your body with that joy and love

The above breaths and feelings will activate your Alpha-wave consciousness

Imagine how your day will be if lived in this state of consciousness

Imaging that you can actually see the rays of high frequency light
Image breathing in these rays while you go about your day

Slowly open your eyes
See how long you can hold this state of consciousness

Notice the stressors that lowers your consciousness
Take three slow breaths, with the exhale longer than the inhale

Breathe out the stress
Breathe in Joy and Love from the morning
to re-calibrate your consciousness

*When you start your day with Alpha-wave consciousness
you can more easily return to it in the midst of our hectic schedule*

STAYING IN ALPHA

When we maintain an Alpha-wave and beyond state of consciousness, we become a portal of light, a vortex through which the higher frequencies of light can enter the matrix of our physical reality. The higher frequencies of light that are becoming increasing abundant as we move deeper and deeper into the photon belt are gradually and safely recalibrating our personal and planetary reality. The photon belt gives us a chance to re-start our hologram of light, so that we can release old programs and more fully integrate new Operating System. Once we have fully downloaded and opened the file for a new Operation System, we must "re-start our computer" before it is fully operational.

Many of us who are incarnated at this time have logged into this hologram for many incarnations. We have chosen to be here now to assist in our personal and planetary re-start to upgrade our personal and planetary Operating System without destroying our old system. We are here now to allow our earth vessel to gradually accept more and more light, then ground it into the body of land which we have (consciously or unconsciously) volunteered to transmute into its higher dimensional counterpart. We have also volunteered to raise our consciousness to Planetary Consciousness so that we can be full partners with Gaia. In return Gaia will assist us by sharing her integrated light with us and by connecting us to all the persons, places and beings on her body.

Gaia serves as a central hub for the entire matrix of life on Earth to awaken our innate Unity Consciousness. Once we have become ONE with Gaia, we can call upon Her to incorporate us into Her greater family, her galaxy. In the way, we expand our consciousness to Galactic Consciousness. Many of us now receive messages from intergalactic beings, as well as Angels and Elohim who soar through our cosmic reality. It is through these communications that our

consciousness expands to Cosmic Consciousness, which awakens the full memory of our inter-dimensional traveling SELF.

Many of us who have awakened are no longer just resonating to the third dimension earth, for we are also resonating to fourth dimensional earth and are in constant connection with our fifth dimensional reality, as well. Our past incarnations no longer need to be replayed, as we have resolved many of our outstanding issues. By integrating the higher light of our Multidimensional SELF, we have been able to move through many of our personal symptoms of transformation and realize that the many of the planetary disasters are symptoms of Gaia's planetary transformation. We know that we are here to assist in this major recalibration by slowly, yet surely, integrating more and higher frequency photons into our body and into the body of our planet.

When we can remain in Alpha-wave consciousness and beyond, we can stay in detached compassion for the symptoms of planetary transformation that are and will be occurring. In detached compassion we can see that Gaia is slowly and safely releasing the lower frequencies of reality (the old planetary Operating System) and is replacing them with the harmony of the higher frequencies of reality (the new planetary Operating System). With our expanded consciousness, we are able to consciously perceive higher frequency versions of the game of life on planet earth. These perceptions are important, for how can we choose a reality that we cannot see? What if we went into a store blindfolded? How would we be able to choose what we want?

However, even when are "blindfolded," we can always choose to surrender to the flow of the ONE to ride the Flow into the reality that calls our heart. In this manner, even when we feel trapped in struggle and conflict, we can catch the wave of peace and love by surrendering to the call of our heart and allowing our self to be carried into a higher frequency.

SURRENDERING TO HEART'S CALL

Take a long moment to allow yourself to hear the call of your heart
Feel its frequency of love

Think of something, someone or someplace that you love
Allow that feeling to fill your heart

Allow the love into the areas of your life in which you feel trapped or uncreative
Visualize a dry desert upon which nothing can grow
Now see a small trickle of life-giving water

Watch as the water flows into these areas your lifeless desert
See how this water leave patches of green wherever it flows

Now, call upon the support of your Creator Self
To recalibrate your hologram to a higher frequency of reality

Visualize a gently rain of higher frequency light
Observe how these areas of desert change into a beautiful oasis

Seal this process into your unconscious mind
To be replayed over and over through out day

Feel the areas of your life in which you feel in harmony with the higher light,
Breathe in thanksgiving for this harmony

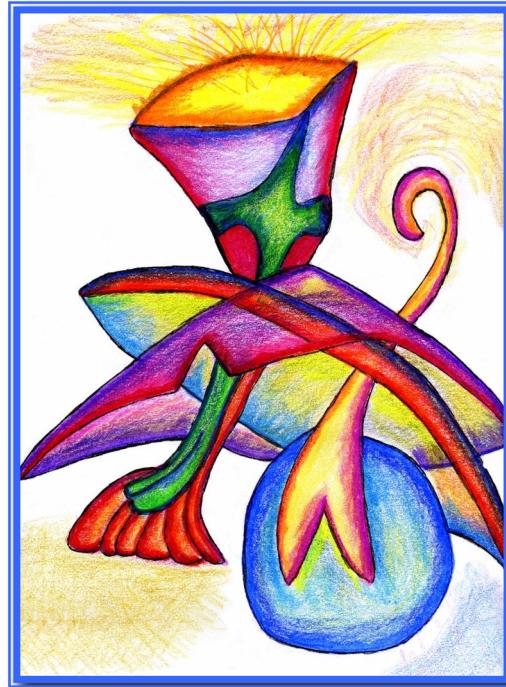
Take a long moment to imprint a continuous loop of constant thanksgiving
To remember that:

*Thanksgiving for the substance at hand
will duplicate the substance indefinitely*

Happiness is not getting what you want, but wanting what you have.

Blessings to us all in our transformation back into our SELF,
Suzan Caroll

www.multidimensions.com



HOLOGRAPHIC REALITY PART II



MESSAGE FROM THE ONE

Dearest Grounded ONES,

We are here within you today and always to assure you of the constant support and assistance that is found in the Flow. We are all ONE. Hence, whenever you call, it is heard and answered before you make it. Then again, the physical act of calling for assistance from the ONE opens a communication portal, a wormhole between your physical reality and the ONE, which resonates beyond time and space. By opening this portal, you are setting your consciousness to the superconscious mode where you can bask in the flow of the ONE and allow it to absorb into your earth vessel.

This portal of communication is two-way. It sends you an infusion of Spirit into matter while simultaneously allowing you to share your life experiences with the ONE. By opening this portal, you automatically create a filter that is calibrated to consciously filter-in the holographic light information from the fifth dimension and beyond, as well as from the depths of the quantum world of the first dimension and below. This state of consciousness allows you to access a greater percentage of your brain and accept light into your DNA to trigger your hidden potential.

With the initiation of your expanded abilities, you can more easily accept, integrate, interpret, and project multidimensional light-interference patterns through the projector of your third eye. In this manner, you invite your Multidimensional SELF to pilot your earth vessel. At first, it may appear that your

Multidimensional SELF is a higher SELF. However, as more and more you choose to keep the portal to the ONE open, your resonant consciousness and range of perception will begin to permanently alter until your *normal* state of consciousness will no longer be Beta brainwaves.

You will instead begin to recognize Alpha, Theta, and even Delta, brainwaves as your normal state of consciousness, and your Multidimensional SELF will feel like YOU! When this occurs, you will have to pay special attention to your physical earth vessel. It is not strengthened to fit your expanding mind you will suffer symptoms of transformation in whichever area of your body is your weakest link.

These symptoms are a sign of your transformation into *being* your SELF in your physical world. When this happens you will no longer need to open a portal, for you will BE the portal. You are, of course, already a portal, but "BEING a portal" means that the percentage of your earth time in which your portal is open and your true SELF is captaining your vessel will silently and almost secretly increase. Eventually, one day or one moment, the illusion of your humanity will be totally replaced by the truth of your true SELF, and you will suddenly *know* that you have made the leap into being a master of energy.

Many of you tire of the separation and limitations of the 3D game. You have deleted your programs of being a victim and realize in every minute that you are creating your reality. Hence, you are ready to move into the next level of the game in which there are no longer winners or losers, as you fully realize that your life is what you create. How do you choose to create your life? What experience do you wish to share with the ONE through your two-way portal? Perhaps you are ready now to move through the portal as it moves through you. Then you can be totally free of the game while you are also the programmer, the player, and the game.

With the increasing awareness of your true SELF, your mind is growing beyond the confines of human language and only your creations can speak your truth. Words are too limiting and many of the concepts that you are discovering are novel to human thought. However, the human heart carries the Three-Fold Flame, the Atma, which is the inner portal to your SELF. Through this portal flows the unconditional love of the ONE that unites all realities. If you can choose to go inside, feel the love, and project it out into your reality, you will be the projection, as well as the projector.

As we increasingly become aware of our SELF, we regain a conscious connection with our holographic brain and holographic universe, as well as the potential hidden within our "junk" DNA. Our junk DNA is the 97% of our DNA for which scientists have not yet found the purpose.

Blessings are forever yours,
The ONE

OUR HOLOGRAPHIC REALITY

In the 1980s, science started to support the theory that our reality is a hologram. Scientific research (documented by Stanislav Grof M.D., in *The Holotropic Brain*, and by Michael Talbot, in *The Holographic Universe*) concluded that our brains and the universe are holographic in nature. In other words, reality is a holographic *projection* and we are the *projector* that receives the holographic film, processes it with our holographic brain, and projects it onto our screen of life. According to these theories, the third dimension is a projected illusion, and the physical reality only exists through our perceptions.

In order to create a hologram, a single laser beam is split into two separate beams. The first beam is bounced off the object that is to be recorded, and the second beam is recorded in a mirror and allowed to collide with the reflected light of the first beam. Then the interaction of the two beams is recorded on a piece of film called a holographic plate. When the film is developed, it appears as a meaningless swirl of light and dark lines until the developed film is illuminated by a third laser beam. At that point, a three-dimensional image of the original object appears.

To clarify, we can imagine that we are all sitting in a movie theater. In this analogy, the holographic projection is much like the lights we see streaming from the back of the movie theater onto the movie screen in front of us. If there were no screen, or even a wall, to trap the light, the movie would remain streams of light traveling through space. Also, if we were not in the theater, we would not see the movie. The difference between life and this analogy is that we are not only the audience sitting in the theater, we are also the projector, the light streaming through the theater, as well as the screen upon which the light is projected.

Our senses capture the interference patterns of light that are projected into our reality, whether we are awake or asleep. Then, our third-dimensional and extended preceptors pull the light through complicated filters in our holographic brain so that we can project the interference patterns of light onto the screen of our life. They then appear as the pictures, sounds, sensations, and smells that create our reality. We can choose our reality by selecting the film (light) for any movie (reality) that we desire to experience.

However, we must show up at the movie theater (open our perceptions) so that our holographic brain can accept the patterns of light interference, translate them into the third-dimensional illusions of our reality, and project them out into the movie of our third-dimensional life. To experience this movie, we must be at the theater to see, hear, smell, touch, and taste with our appropriate sensors and run that neural information through the universal translator of our holographic brain.

Furthermore, the translation of the same screen of life (movie) will differ with each individual holographic brain according to that person's history of similar neural information. For example, if we live in Los Angeles, California, we would likely experience a holographic projection of ice as ice cubes; whereas an Inuit (Eskimo) may think of ice as an emergency home. Our state of consciousness at the time of our perception also dictates our personal translation of the same movie (event).

If our consciousness is primarily Beta brainwaves, for example, then we may think of ice as something we could use to cool our drink; whereas, if our consciousness is expanded to Alpha brainwaves, the ice could remind us of an ice sculpture we once saw or the last time we went skating. In Theta brainwaves, ice may denote frozen water/emotions or it may remind us of the perils of the melting glaciers and the effect they will have on the planetary ecosystem. Either way, if we do not choose to focus the lens of our attention onto the screen, we will not even perceive the ice. In other words, the reality we choose to perceive is the reality we live.

Our memory is also holographic and resides everywhere in our holographic brain. Furthermore, every segment of memory is related to and intertwined with every other segment of memory. We are actually united with the entire universe, but we can only perceive the frequency of reality that can move through our perceptual filter and into our holographic brain. If our consciousness is limited to Beta brainwaves, our perceptual filter is limited to the third dimension, and we can only capture the holographic light that resonates to the frequency of our third-dimensional senses. On the other hand, when our consciousness (the filter of our perception) is expanded, we can capture a wider spectrum of interference light patterns.

With the expanded consciousness of our opened third eye, we widen our filter enough to capture light patterns ranging from the sub-atomic, quantum world to the fifth dimension and far beyond. With this perceptual filter, we realize that all the projected light, all the projectors, and all the realities are ONE, as we can see the connecting and overlapping subatomic particles of light.

In this way, we can deeply understand that no thing and no one is separate unless we narrow our perceptual filter to create the third-dimensional reality that we have been trained to perceive. The Beta brainwaves filter out the first-, second-, fourth-, and fifth-dimensional light, but as more and more we utilize our Alpha, Theta, Delta, brainwaves, our perceptions and our reality expands.

EXPANDING PERCEPTIONS

COLOR RANGE	VALUES IN NM	VALUES IN HZ
Ultraviolet	380-280	179.51-243.61
Violet	430-390	158.13-174.90
Blue	480-460	142.11-148.29
Green	530-490	128.70-139.21
Yellow	580-550	117.61-124.02
Orange	640-590	106.58-115.61
Red	750-650	90.95-104.94
Infrared	1000-751	68.21-90.83

With our expanded brainwaves, we have access to perceptions that were once beyond our brain's ability to receive and process. Our third-dimensional, Beta Consciousness has long been limited to the narrow range of 90 to 174 cps. This range is a very small percentage of measurable light and sound, not to mention the light and sound that is not yet measurable by modern technology.

As we open our third eye and gradually regain our ability to access brainwaves that have formerly lain dormant, our perceptions will then expand, and we will be able to consciously perceive both higher and lower frequencies of light and sound. We will then have myriad possible realities from which to choose to create our experience of life. This choice of perception is called entrainment.

ENTRAINMENT

When we strike a tuning fork, it will vibrate at a certain frequency. When we hold a second tuning fork close to the first one, it will vibrate at the same frequency. In other words, the first tuning fork entrains the second one. Entrainment is the noun associated with the verb "entrain," which means to pull along, or pull aboard. As another example, if many pendulum clocks were on the wall, and we erratically swung all of the pendulums at different speeds, over time, all the pendulums would become synchronized again. They would achieve entrainment.

Brainwave entrainment occurs when the frequency of our brainwaves gradually begin to emulate the rhythmic pattern, or frequency, of our inner and/or outer stimuli. Almost any frequency stimuli can be used to entrain our brainwaves—sound, light, touch, or anything the brain can perceive through physical and/or expanded senses. Hypnosis, and the resulting Alpha or Theta brainwaves, begins by focusing on slow breaths to entrain our mind to our inner processes.

Actually, within every moment our brain's biological rhythms and brainwaves are entrained with our inner and outer environment. If we are walking through a beautiful countryside on a clear, sunny day, we will likely become calm and our brainwaves will entrain to Alpha brainwaves. On the other hand, if we are stuck in

traffic, our biological systems will become agitated and our brainwaves will entrain to Beta brainwaves.

Of course, our inner world has a great influence on both of these events. If we are deathly afraid of snakes and are looking for one with every step of our countryside walk, our system will become agitated and our brainwaves will entrain with Beta brainwaves. Conversely, when we are stuck in traffic, if we calmly tell our self that all is fine, put on some relaxing music and decide to enjoy our time alone while we are driving, our system will calm down and we will entrain with Alpha brainwaves.

EXPECTATION AND ENTRAINMENT

Our inner mental and emotional processing of each situation has much to do with our body's reaction. In other words, our body will entrain itself to our thoughts and emotions. Our inner world also sets expectations for our outer perceptions. For example, if while walking through the woods, we tell our self that we will see birds, our expectation will be to see birds. Hence, we will consciously or unconsciously search for and find birds. Conversely, if we tell ourselves that we will see trash, the same process will occur and we will find trash.

If we are finding trash to clean up Mother Nature, we will likely feel good and entrain our consciousness with Alpha brainwaves. However, if we angrily comment on the slovenly nature of humanity while we stomp through the woods, we will definitely experience stress and entrain to Beta brainwaves. Finding birds is a calming activity as we look up into the trees and listen intently for their call. However, if we become frustrated because we can't find any birds, we will entrain the same Beta brainwave conscious as when we are driving in traffic.

On the other hand, if we could sit down, calm our minds, and enter into a meditative trance to entrain our consciousness to the resonance of Mother Nature, we would enter into Alpha or even Theta brainwaves. At this point, if we could choose to expect to see the higher dimensions, we could expand our perceptions to see the Faeries who are nurturing each flower and plant, the Deva in the nearby tree, and the Angels, Elohim, and other higher dimensional beings observing our reality from the higher dimensions.

As we can see from these examples, our expectations, thoughts, and feelings create the reality that we choose to perceive and experience. Our expectations are greatly determined by our core beliefs. If we believe that reality is only what we can experience through our five physical senses, then the third dimension will be the only reality that we have to choose. On the other hand, if we believe many other dimensional realities are hidden within or riding upon the third dimension, we can expect to see them, as well. Our expectation of these other realities will entrain our bodily systems to activate our extremely high and/or extremely low

brainwaves to perceive other dimensional realities. Again, the reality we choose to perceive is the reality we choose to live.

An expectation to see a multidimensional reality entrains our consciousness to the expanded perceptions of our multidimensional consciousness. However, we have lived so long on third-dimensional Earth that our body Deva, our personal holder of form, expects to perceive stimuli from only the third dimension. However, if we can remember to expect to find the higher dimensions interlaced with our mundane life, we will entrain our consciousness to brainwave patterns that allow that perception. For example, we can entrain our consciousness to the perspective of Gaia.

RESEARCH ON OUR HOLOGRAPHIC REALITY

Two modern founders of the concept of holographic reality, in which everything is a projection from a level of reality beyond time and space, are University of London physicist and Einstein protégé David Bohm and Stanford University neurophysiologist Karl Pribram. Bohm and Pribram were independently working from two different directions but came to similar conclusions. Bohm became convinced of the universe's holographic nature after years of dissatisfaction with standard theories' inability to explain all of the phenomena encountered in quantum physics. On the other hand, Pribram became convinced that our brains are holographic because of researchers' inability to explain various neurophysiological puzzles.

Since then, the holographic model has been embraced by more scientists because it explains virtually all paranormal, mystical experiences as well as our expanded perceptions, known to many as ESP. In 1980, David Bohm wrote *Wholeness and Implicit Order*, in which he theorized that reality is not what is *out there*, but a representation of the frequencies of stimuli interpreted by the brain. With a holographic model, we can widen our filter to perceive frequencies of stimuli that are not apparent to others. In 1985, Stanislav Grof, M.D., published his research stating that only a holographic model could explain such things as collective consciousness and experiences during altered states of consciousness.

Similarly, in 1982, Alain Aspect and his team at the University of Paris discovered that under certain circumstances, subatomic particles such as electrons are able to instantly communicate with each other regardless of distance. As a result, they concluded that a web of subatomic particles compose our physical universe and are the very fabric of our reality, which possesses an undeniable holographic property. David Bohm believes that these subatomic particles are not a separate part of reality but instead an underlying unity that acts as a super hologram or matrix for every configuration of matter and energy.

On a human model, Pribram states that memory is not encoded in single neurons, or even small groups of neurons, but instead memory is stored in patterns of nerve impulses that crisscross the entire brain in the same way that light interference patterns crisscross in a hologram. With holographic perception, it is possible to record many different images in the same space simply by changing the angle at which the two lights strike the film. In the same manner, an extreme amount of information can be stored in a small area. Could this mean that by our taking a new perspective, such as changing our consciousness, we are able to receive and compute enough new information to change our view of reality?

Everything is energy. Einstein definitively established this fact with his famous theorem E=MC², which proved the interchangeability of matter and energy. Concerning matter, Einstein said, "We have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses." The ancient Hindus knew this sacred truth when they employed the term "maya," which means illusion, to define our mistaken concepts of reality. Both the ancient spiritual text and modern scientific models state that energy, including matter, is simply perceptions that are dictated by the state of our consciousness.

RESEARCH ON JUNK DNA

In 1987, at the same time that the holographic research was taking place, Malcolm Simons, M.D., immunologist and founder of Genetic Technologies in Australia, could not believe that evolution would be so wasteful as to make 97 percent of our DNA junk. He discovered an order in this supposed "junk" DNA, and he believed that if there was an order, there was likely a function, as well. Now, as the human genome has become more accessible to scientists, even more researchers have begun to scrap the notion that 97 percent of our DNA has no purpose.

Richard Gerber, M.D., who practices cardiology, internal medicine, and interventional cardiology in Salinas, California, concluded in his book *Vibrational Medicine* that matter, including human cells, is actually "frozen light" (light that has slowed down in vibration and become solid). Gerber's book came out in the same month that a German book entitled *Vernetzte Intelligenz*, by Grazyna Fosar and Franz Bludor (translated by Barbel Mohr), was published. In this book, Fosar and Bludor documented extensive research done in Russia revealing the amazing relationship between junk DNA and light.

In the 1990s, the Russian researcher Vladimir Poponin developed a series of experiments to research the patterns of light in the controlled environment of a vacuum. Under the vacuum conditions, the light fell into a random distribution. He then placed physical samples of DNA into the chamber and found that in the presence of genetic material, the patterns of the light particles shifted. The new

pattern resembled waves as they crested and fell. This pattern remained even after the DNA was taken away. Poponin believed that the DNA possessed a force that somehow influenced the light photon, even when the DNA was no longer present. This phenomenon was called the "Phantom DNA Effect."

Russian biophysicist and molecular biologist Pjotr Garajev and his colleagues, who were also doing junk DNA research, believed that the patterns of light in the vacuum caused by the DNA were actually magnetized wormholes. Somehow the DNA transformed the light into wormholes, which were still present after the DNA was removed.

These wormholes are the microscopic equivalents of the so-called Einstein-Rosen bridges theorized to exist in the vicinity of black holes (left by burnt-out stars)—tunnels through which light information can be transmitted outside space and time from different areas in the universe. Poponin, Garajev, and other Russian scientists think that our junk DNA attracts bits of light information and passes them on to our consciousness. This inter-dimensional passage of information is titled "hyper-communication."

These scientists surmised that energy from outside of space and time flows through these wormholes, and that the wormholes were activated by the existence of the DNA. If it was the DNA that actually opened these wormholes, is it possible that our very DNA is capable of receiving the subatomic light particles that make up the matrix of the "super hologram"? There may be a "chicken or egg" situation where the subatomic light matrix can activate DNA wormholes, whereas at the same time, it is the activated wormholes that can perceive and accept the holographic picture of the subatomic light particles.

Russian researchers have also joined with linguists and geneticists to explore junk DNA. They found that junk DNA follows the rules of our human language. According to them, our junk DNA serves as data storage and communication. In exploring the vibrational behavior of DNA, Garajev and his colleagues have found that living chromosomes function just like holographic computers. These researchers modulated certain high-frequency patterns onto a laser ray to influence the DNA frequency and thus the genetic information itself. Since our junk DNA and language share the same structure, no DNA decoding is necessary. One can simply use words and sentences of human language to influence the DNA.

Garajev believes that junk DNA in living tissue will always react to language-modulated laser rays and even to radio waves, if the higher frequencies are used to project the message. Garajev's research explains why affirmations, hypnosis, and the like can have a strong effect on humans and their bodies. They have further stated that the higher the individual's consciousness, the less need there is for any type of laser device.

The holographic and junk DNA research reveals that humans are basically receivers floating through a sea of frequencies of light interference patterns. We choose to perceive, and hence create, our reality from the myriad possible realities that the super hologram projects from beyond time and space for us to receive through our personal portals (the wormholes). Once we receive this light information, we process it through our holographic brain so that we can project our picture of reality into the physical world to be contributed to the collective and planetary consciousness. In this manner, we are all ONE being receiving ONE message through many different portals.

LIVING AS MASTERS

When we expand our consciousness and allow the light of the ONE to enter our earth vessel, all polarities slowly merge into the center point/zero point of the ONE. With this blending, the polarities the right and left hemispheres our brain, the polarities of our feminine and masculine energy, as well as the polarities of Spirit and matter, blend into ONE. The good/bad polarities then become experiences on planet earth, and the love/fear polarities become that which we wish to move toward and merge with (love) and that which we wish to filter out and transmute (fear). Love, especially unconditional love, is the glue that unites us with all life, whereas fear is merely a warning message that we have lost contact with our Multidimensional SELF.

While our Soul/SELF is captaining our earth vessel, there is no fear for there is no separation from the ONE, and we can filter in the many light-filled possibilities to perceive and live. Through our opened third eye working in conjunction with our High Heart, we can differentiate between our unconscious projections from the past, the realities that we have worked so hard to create, and the flow of the ONE to which we can surrender.



The fire of our kundalini has been ignited in our first chakra and rooted deep in Gaia, so that it can balance our emotions, direct our thoughts and unlock the portal of our heart to awaken our greatest creativity, clear our vision and open our third eye. Hence, we are now able to pull in a greatly expanded spectrum of multidimensional light/information.

Gaia, also a multidimensional being, has shared her experience with us, as we have blended our personal and planetary essence, chakra by chakra. With the expanded light entering our consciousness and form, we can also upgrade our holographic perception and allow more light into the

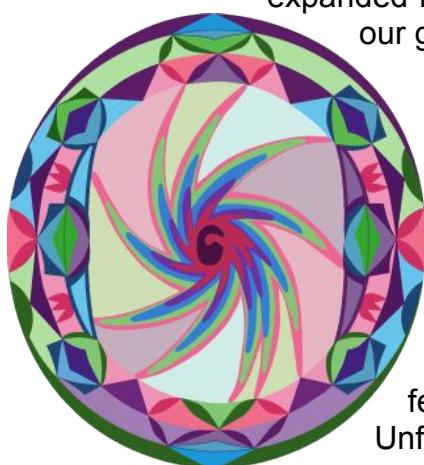
projector of our earth vessel—all the way into our junk DNA, which is the hard drive for our holographic brains.

We have been down loading new upgrades into our brains, but at some point the old computer is too full to accept and translate it all. Therefore, we are now downloading a new Operation System with more memory and faster processing. (See Multidimensional News June 2008 in newsletter archives of www.multidimensions.com) Fortunately, we don't have to go to the store to buy this new system, as it is already in our junk DNA awaiting activation from the expanded frequencies of light that we can now consciously perceive and accept.

Our expanded perceptions of empathy, instincts, intuition, telepathy, precognition, telekinesis, clairvoyance, clairaudience, and clairsentience that were awakened by the rise of kundalini and the integration of our Soul/SELF into each chakra are now the very tools through which we accept a wider spectrum of light into our projector. It is through receiving, interpreting, and integrating this expanded light into our daily lives and projecting it out into our reality that we attain our full illumination and create a reality that is beyond our wildest imagination.

Fortunately, as more of us awaken to our SELF and allow the flow of unconditional love from the ONE to enter our hearts, we will realize that each one of us is creating our planetary as well as our personal reality. As we expand our consciousness to planetary consciousness, we can commune with the land, the sea, and the sky, as well as follow our perceptions into the quantum world to see, feel, hear, and touch the sub-atomic particles that connect all life. With our solar consciousness, we can perceive our planet as a member of a system. With our galactic and cosmic consciousness, we can travel inter-dimensionally experience realities in other galaxies and dimensions.

When we live in the center current of the flow of the ONE, we can share our expanded reality with others. It is through being that expression of our greatest SELF that we can BE ONE with all life.



CLOSING MESSAGE FROM THE ONE

Dear Grounded Ones,

We know that you are having moments of consciousness in which you experience a state of unity with the ONE and mastery in your everyday life. These feelings occur when your portal is fully open. Unfortunately, too easily, you become lost in your daily responsibilities and slowly—without your even noticing—the portal closes and your messages from the ONE are beyond your perceptions.

At the same time, your KNOW that you are on the very edge of understanding something that has puzzled you for your entire life. Your portal, your holographic projector, is ready to load expanded light into your DNA and activate your greater potential. We know that you are ready to accept the multidimensional light into your earth vessel, and most importantly, you are remembering to stay deeply grounded in Gaia so these multidimensional light frequencies don't short circuit your electrical circuitry and disable your holographic projection/body.

Because of your readiness, we wish to inform you that there are definitely instructions for your download process. These instructions are inside of you. In fact, they are stored in your heart and can easily be accessed when you open your portal to the ONE.

Therefore, dear ONE, right now, take a long, slow, deep inhale to open your heart's portal and *feel* the silent, calm Flow of higher light infinitely entering your portal...

As you slowly exhale, feel the ONE flowing into your heart and through your body...

Take three breaths now to ground your process in Gaia...

- 1)...
- 2)...
- 3)...

Take three more breaths to feel the Flow traveling up from the core the Gaia, Into your root, all the way up to your crown and back down again into your heart...

- 1)...
- 2)...
- 3)...

This light may feel quite euphoric, so relax into it and allow it to naturally travel back down your spine to share it with the Heart of Gaia heart...

- 1)...
- 2)...
- 3)...

As the light naturally travels into the heart of Gaia, you *instantly* feel Gaia's heart within your own heart.

Breathe IN through your heart's opened portal,
which is now ONE with Gaia's heart portal...

- 1)...
- 2)...
- 3)...

Breathe OUT through your open portal to share the light with all your reality...

- 1)...
- 2)...
- 3)...

(Breathe IN through your open portal at your open portal
Breathe OUT through you hearth that is unified with Gaia's

- 1)...
- 2)...
- 3)... delete this part—it is redundant)

With a final long, slow, deep breath, LET GO and Surrender to the ONE

Go about your day keeping your portal open to the ONE
your heart joined with Gaia's
and your light shared with all!

In this manner, even before you ask the question, you can
BE the answer!

Blessings from the ONE
who is infinitely
over,
under,
around,
and through
YOU!

OUR HOLOGRAPHIC REALITY III



GAIA'S STORY

My Dearest Partners in Ascension,

First, allow me to answer a question that I have been asked by many of my awakened ones. This question is, "How can I best serve the process of planetary ascension?" My first response is—patiently. I know that patience is not a common trait in today's modern world. The rush and competition of daily life, hurry up, get-there-first and do-it-now overshadows my planetary ideal of calm patience. Patience is so vital because the hurry-scurry of working hard to get ahead lowers your resonance to survival consciousness.

Just as rushing is a human trait, patience is a planetary trait. Do you think that I could have created mighty oceans, vast prairies, high mountain ranges and huge forests without patience? Humanity thinks in terms of days and years, whereas I think in terms of centuries and millennia. However, we are returning to a frequency of reality in which time is only measured in terms of NOW. We are at End Game of the experiment of life on a dimension/frequency in which polarities create myriad limitations and separation from Spirit.

I remember clearly when we, the collective consciousness of all the wonderful beings of my planet, decided on the experiment of creating this hologram so that we could experience having form in the lower dimensions. Our planet was meant to be fourth dimensional, which has polarities, but time, space and form are mutable. Due to the elasticity of form, those who had volunteered to be first dimensional beings such as rocks, river beds, and deep caves could easily transmute their frequency to take the second dimensional form of lower animals,

trees and flowers. Furthermore, animals could become people and people could become animals.

When Earth was in the fourth dimension, we all lived in constant communication with our Creator SELF, the Elohim, who held our form, and the Angels, who kept us in infinite connection with Source. Our shift into the extreme polarity of the third dimension began during the time of Atlantis. At first, Atlantis was as pure and innocent as Lemuria, its precursor and counterpart in the Pacific Ocean. Atlantis was in what is now the Atlantic Ocean and epitomized a primarily masculine energy. On the other hand, Lemuria was in what is now the Pacific Ocean and epitomized a primarily feminine energy.

With the initiative power of the masculine energy, the humans of Atlantis began experimenting with creating new forms to understand the powers of the Elohim and to make new connections with Source. Because the Atlantians' reality was fourth dimensional, these experiments were easy due to the transmutable nature of that dimension. Unfortunately, in their search for personal expansion, the Atlantian scientists gradually became arrogant and above the laws of Nature, which lowered their frequency enough to separate them from constant communications with their SELVES, the Elohim, the Angels and Source. Without their spiritual connection, they also became separated from the collective and planetary consciousness. At that point, they began to desire greater individuality and more control over others and over their outer reality.

Before this, every creature, whether in the form of a rock, plant, animal or person, was connected to Source and to me, Gaia, the mother of all earthly experience. Together with Father Sky, I, Mother Earth, united all reality in a holographic network projecting life as form on a fourth dimensional planet. All of us, even those who chose to take the form of rocks, waterways, or insects, knew that we were ONE consciousness plugged into the same holographic experience. We had all joined our consciousness together to create a joint reality in which we took forms.

We all knew that these forms were mere costumes that we wore on the stage of life. Hence, just as certain workers may "trade shifts" with their co-workers, we saw nothing unusual in shifting into other forms or trading forms with others. In order to keep our matrix stable, the only things to remain static were the forms of Mother Earth (planetary form) and Father Sky (container/holographic backdrop for the form of Earth).

Much to our unified surprise, the actors who joined our planetary stage gradually became very attached to their roles. They no longer wanted to share their form with others or shift from their parts. Hence, the lovely, flowing holographic picture became more static. Furthermore, as the actors became too attached to their roles, they became more detached from their Creator SELF within them. Eventually, this detachment from Spirit became more and more prevalent.

Because of this, the frequency of my planet began to lower and many fourth dimensional abilities were lost.

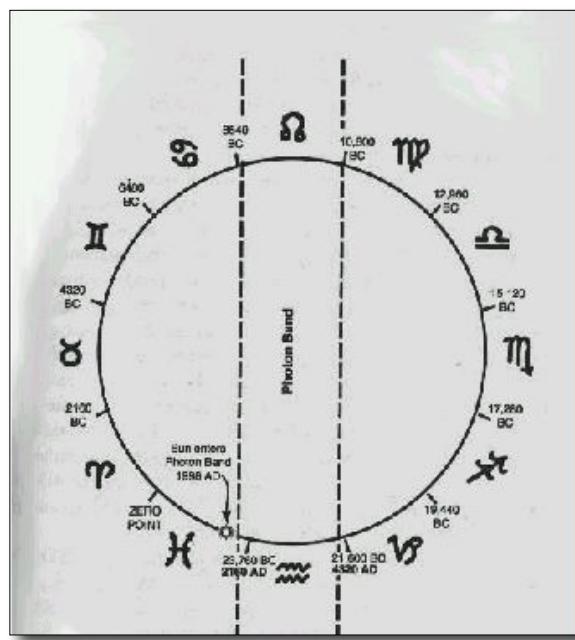
While in the fourth dimension, all life was connected via consciousness, and we were all aware that together we projected out a holographic picture of our united reality. Through our connection, we knew that whatever we did to another, we simultaneously did to ourselves. Hence, any action that caused psychic or physical pain was soon discarded.

Then the Atlantians, who saw themselves as scientists, grew to believe only in that which they could prove within the illusions of the holographic matrix. Hence, the truth of their higher dimensional reality became lost, as well as their connection with the multidimensional creatures of my planet. Because of their detachment, they could experiment with the form of others without any reflection or conscience. They tried to recover their lost skill of shape shifting, but instead of raising their consciousness into a frequency in which that would be natural, they began genetic mutations and painful operations.

Their experiments created great pain and suffering for their “subjects,” and the concept of cruelty took root on my planet. With the invention of cruelty, came fear. This fear began to lower our frequency to the point where many were beginning to forget that our planet was actually a holographic projection, and we—all life—were united into ONE consciousness in the fifth dimension and beyond. By this time, we were in the Kali Yuga of the Atlantian era.

The Kali Yuga is the 2,000-year cycle that is furthest from the last excursion through the Photon Belt. We are within the Photon Belt for 2,000 years, which is

a marvelous Golden Age filled with high frequency light. Then, once we leave the Photon Belt, we go through five two-thousand-year, cycles, or Ages, in which there is less and less high frequency light. By the Kali Yuga, the final Age, we have been out of the Photon Belt for ten thousand years. Fortunately, the Kali Yuga is followed by the re-entry into the Photon Belt and another two thousand years of a Golden Age.



Within the joint illusion of the time/space rotation around the holographic galaxy, the Photon Belt comes up every 10,000 years in the Age of Leo and the Age of Aquarius, which we are now entering. The vast

concentration of fifth dimensional, and beyond photons, in the Photon Belt facilitates the awakening of the players of the hologram. Those who have already awakened to the fact that they are united in a joint holographic reality of life in form, as well as those who are awakened by the proximity of the Photon Belt, are presented with an opportunity to log-out of the virtual reality and return to their multidimensional, Creator SELF in the fifth dimension and beyond.

“Logging-out” of the hologram is very different from dying. When you “die,” you have not yet awakened to your Multidimensional SELF or to the fact that YOU are, and have always been, the projector of the reality that you have experienced. On the other hand, when you log-out, you have awakened to remember your SELF. Hence, you can consciously choose to return to your true Creator SELF. In other words, you ascend into the fifth dimension and beyond to merge with your Multidimensional Creator SELF.

The entry into the Photon Belt has always served as a re-start of the holographic projection of form in the lower dimensions. The base of Mother Earth and Father Sky remained, but a new game began and new Souls could experiment with life in form. With the cycle ending with Atlantis, the re-start came none too soon. Due to the great amount of fear that had invaded the collective and planetary consciousness, the frequency of Earth had fallen from the higher fourth dimension, into the Lower Astral Plane (lowest frequency of the fourth dimension) and even into the third dimension.

Since our reality was meant to be fourth dimensional, the third dimension was so low that the very holographic matrix was beginning to degrade. The end result of this degradation would be the total collapse of our matrix and the shut-down of the holographic projection. I sent out a call for assistance from the higher dimensions and wondrous light beings volunteered to enter our holographic reality to mend the matrix with their higher light. They were successful in that my Earth matrix remained, but the third dimension became my permanent resonance.

Although many players chose to log-out of the hologram during the last excursion through the Photon Belt, many Atlantians wanted to remain in the hologram. They were aware that their consciousness had become so distorted that they had almost crashed their “mother-board of Earth.” They wanted to return to Gaia and repair the damage they had done. Fortunately, the volunteer Light Beings who answered our planetary SOS. agreed to continue assisting our matrix through the next 10,000 years cycle before our re-entry into the Photon Belt.

We are currently in the final years of the 2000 years of the Kali Yuga. As with the Atlantian times, we have been the furthest from our 2000 years of light within the Photon Belt. Hence, we have experienced a time of great fear and darkness. However, once we transmute that fear and darkness into love and light we have the greatest ability to remember our SELF and ascend back into our Creator

SELF'S fifth dimensional reality. With this entry into the Photon Belt, I, Gaia, will join you, and your personal ascensions will also be a planetary ascension.

Furthermore, our segment of 3D space/time wishes to ascend back into the fourth and/or fifth dimension and beyond. Hence, all the players of our holographic matrix will return to the fifth dimension, as will the form of Mother Earth (planetary form) and Father Sky (container/holographic backdrop for the form of Earth). Because of this, great beings from the highest dimensions have volunteered to lower their frequency enough to enter a third dimensional form to heal my planetary matrix and participate in the glory of our great ascension.

Due to the introduction of fear, the frequency of our holographic matrix slowly dropped from the fifth dimension to the fourth dimension, and then into the darkness of the Lower Astral Plane of the fourth dimension, then into the third dimension at the "fall of Atlantis." Now, it is returning to the Unity and timeless NOW of the fifth dimension from whence we came. I know that some of my humans may not be ready to release their third dimensional attachments, but arrangements have been made for them, as well.

Our forms are now third dimensional and our auras, personal and planetary are fourth dimensional. It is within the fourth dimension that you rest in between your log-ins into yet another holographic life. Many of you who are incarnated at this time have practiced your contribution in life after life toward this great ascension. Between these lives, you have rested in the fourth dimension. Some of you have even been able to ascend and return to join your SELF in the fifth dimension and beyond.

Many of those of you who have ascended have returned in this era to assist with our planetary ascension. In fact, you may well be among the original players and/or those who volunteered to save our matrix at the fall of Atlantis. Because of your past planetary service you wished to return to participate in the wonderful moment of the culmination of a great experiment. In addition, many members of other planets, galaxies and dimensions have been of great assistance from the fourth and fifth dimension.

At some time, most of you fell asleep to your true Self and became trapped in the illusions of the third dimensional reality. You were then limited to re-incarnating/logging-into the physical Earth hologram again and again. Fortunately, you eventually awakened, and are awakening to, the truth that YOU are actually projecting your holographic role from the fifth dimension and beyond. I wish to tell you that I, Gaia, remember and spiritually KNOW each being who has incarnated in any form, whether it be rock, water, insect, plant, animal, human, faerie, Elemental, Elohim or Angel.

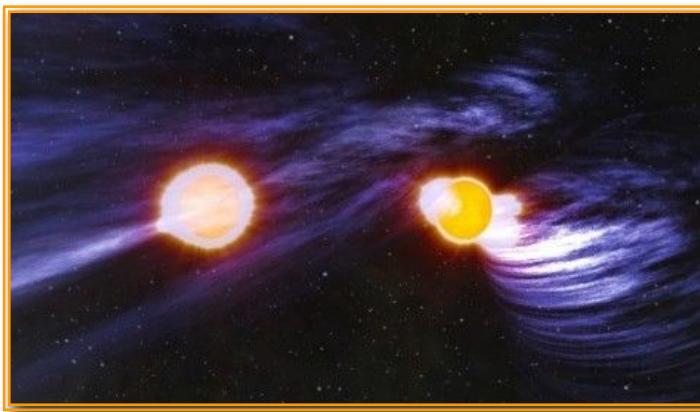
I feel the great love and dedication to each of my humans who have returned to become my partner in planetary ascension, as well as those who fear change,

any change, because they are too filled with fear to venture out of their comfort zone. For those who are still asleep to their SELF, I offer the same patience that I have while I create mountains and oceans. Time is an illusion, for our holographic reality is projected from the NOW of the ONE.

Thank you for joining me in our great experiment. Just as together we created the projection of our holographic Earth, together we shall embrace our Creator SELF who is our projector of life on third dimensional Earth. It was the emergence of fear that lowered our matrix from the playfulness and creativity of the fourth dimension and into the extreme polarities of light/dark, love/fear, male/female third dimension. As we find the center path in-between these polarities, we will back through the fourth dimension to return to the Unity of the ONE in the fifth dimension and beyond.

Your Partner,
Gaia

RAISING THE PLANETARY VIBRATION



The more discrepancy there is between the frequency of the Photon Belt and that which travels through it, the greater will be the disruption to the holographic matrix. If we can raise our personal frequency enough, we can assist in raising the frequency of our planet. In this manner, the damage done to people and planet will be greatly diminished as our third dimensional planet crosses into the fourth and/or fifth dimension.

If we have raised our collective and planetary consciousness into the fifth dimension and beyond, the transition from polarized, third and fourth dimensional realities into a fifth dimensional reality free of all polarity will be greatly diminished. For example, when we entered the third dimensional hologram of Earth, we polarized ourselves into Creator/SELF and ego/self.

In this manner, we could spin the lower frequency, ego/self portion of our consciousness into the electromagnetic fields of Earth's holographic matrix. We could then observe our ego/self's responses to a reality based on polarities and the illusions of separation and limitation that these polarities created. Could we remember our true SELF while living in such a reality? To a very great degree, the answer was NO. However, those who did remember their SELF have greatly expanded their Essence far beyond what it was before their entry into our holographic playing field.

Many of us have grown attached to the blue planet, Earth, and do not wish to pull out of the matrix and leave that program vulnerable to destruction. Being the Creations of the Earth hologram, we—people and planet—could end the 3D Game and ascend, die, log-off (according to the belief of our grounded one who is engaged in this matrix.) Instead, we wish to raise ourselves, that is raise our grounded one AND our planet Earth, up into the fifth dimension and beyond, as the one entity that we have always been.

The experiment of life in a polarized, dualistic reality has often gone poorly, especially during the Kali Yuga. Nonetheless, what first began as a hologram has become a life form of great magnitude. We, the planet Gaia, do not wish to merely log-off from this holographic projection, as we have come to unconditionally love life on Earth. We are aware that there are many glitches in this program, as the polarities of darkness and fear can be very destructive influences. Many of our fellow creators have become lost in this victim/victimizer polarity and the daily battle for happiness or even survival.

We see that our Earth matrix is having many symptoms of transformation as we approach the Photon Belt, and we realize that our new Operating System of raising our consciousness into the Flow of the ONE of the fifth dimension is vital for the success of our peaceful transition into the 2000 years of the Photon Belt. After going through 10,000 years of darkness, we do not want to leave this program just short of experiencing the prize of 2000 years of light.

Many of us remember our lives on Atlantis and wish to put right the mistakes that we made there. We see that the same greed for power that destroyed Atlantis is rearing its ugly head now, and we want to close this hologram with the happy ending of returning to our SELF, people and planet, in a beam of multidimensional light and unconditional love. We want to be awake while we gradually and safely transmute back into our true frequency of Lightbeings who first joined this hologram.

To fulfill our dream, we must first raise our personal frequency, and then raise the frequency of the patch of Earth over which we are stewards. As each of us fulfills our personal puzzle-piece of Earth, we will contribute it to the great Planetary Puzzle of ascension to raise the overall frequency of Gaia from third to fourth, and even into fifth dimensional, and beyond. We have put much attention on

raising our personal frequency, but we must now turn our attention towards also raising the frequency of our planet.

We find, as we awaken, that we have practiced our personal contribution for planetary ascension for myriad lifetimes. We look around our reality and see that many are still trapped in the illusions of survival on a hostile planet, as well as the illusion of gaining and holding power OVER others. These polarity games have been played for millennia, and we are coming now to End Game. Extreme polarity will not be able to survive our journey into the Photon Belt. Therefore, as we each awaken, we need to find ways to assist others in their awakening so that they no longer feel that they are in the program of "Battlefield Earth." Hence, as we raise our personal frequency, we turn our attention to others and to the planet to assist Gaia in raising Her frequency.

We do not have "time" to correct the viruses of fear and war, as the Photon Belt is too close. Therefore, we must, instead, pull out of the battlefield and into our new Operating System of Flowing in Unity with the ONE. In this manner, we can better perceive and choose the frequency of consciousness that is in unity with the fifth dimension. While in this higher state of consciousness, we have a greater power over our thoughts. With this mastery over our thoughts, we can direct our intentions toward personal and planetary ascension.

RAISING THE RESONANCE OF OUR REALITY

Take long, slow, deep breaths to raise your consciousness...

Now, see your reality as it is in this moment...

Begin with all the parts of your life that you love
All the persons
Places
Situations
And even things that you love...

(Remember that everything is alive in a holographic reality. A thing that you love is something you invented in your reality. Hence, it is a symbol of your connection to your true, Creator SELF.)

Feel the loves of your life in your heart and allow this love energy to travel up into your mind/thoughts and down into the body of Gaia, your planetary self...

Hold that LOVE as you observe the parts of your life that you wish to transmute/change...

Do NOT attach any emotion to these aspects of your life, as the emotion would likely be some form of fear, which would deny you the ability to connect with your Creator SELF. Remember, fear separates, but LOVE expands and unifies.

As you peruse your reality, allow all that you LOVE about life to expand until it encircles any parts of your life that you wish to change.

As you do so, imagine the loved portions of your life as a green meadow And the difficult parts as holes in that meadow...

(Keep your process symbolic so that you will not get triggered into fear by the negative charge of your "problems/holes.")

Know that reality will never be flat, and there will always be meadows and holes, loves and fears...

Now, visualize a rain of higher light coming down from your Creator SELF

See how the higher light expands the meadow
While the holes become smaller and smaller...

Send the higher light directly into the holes to fill them with unconditional love...

Look again to the rain of light...

See how it has filled the holes in your meadow, transmuting them into pools of light...

LOVE the pools of light in your meadow, for they allow you to better see your SELF ...

Visualize the entire field, including the holes—which have become pools of light—raising up to join the rain of light...

Once more, look at the loved portions of your reality...

Feel how you have allowed yourself to love them even more...
See how your love has expanded them...

Send your old reality the love and thanksgiving that a great teacher deserves...

Hold on to this feeling of love and thanksgiving, for it will assist you in releasing the habits of stress and fear, which you have associated with the difficult and fearful portions of your life...

Stand on the edge of each pool of light that had once been a low point in your life...

Look into that pool to see the reflection of the lesson of that challenge ...

Now see the fulfillment of that lesson as a wish fulfilled...

Hold that image of your wish fulfilled in your mind and love it with your heart...

Surrender this image to the rain of light...

Begin every day for 7 days with the feel of love and thanksgiving for your old challenges...

In this manner you will release the link of fear to that area of your life and replace it with the link of love...

It is this Link of LOVE that allows you to heal, and re-heal and re-heal and re-heal...

One day you will awaken, and that old problem will have become ONLY your teacher who taught you how to raise the frequency of your reality by expanding your love to heal your fear...



MESSAGE FROM OUR SOUL/SELF

Are you ready to activate your Lightbody?

Your Lightbody is complete, and you have always had it. It is your Creator SELF, your fifth dimensional component of this holographic projection. When you

activate your Lightbody you are actually reconnecting the projection of your light/consciousness and sound/form with your fifth dimensional counterpart that is, and has always been, the projector of your holographic adventures in this particular projection/game/reality.

Your “junk DNA” is the means by which you can log-out of the hologram and/or consciously direct and suspend it. In other words, your junk DNA can create a constant wave of energy that moves from the third dimensional projection to the fifth dimensional electrical source. Your fifth dimensional SELF for this login is your electrical source in that it is the electricity/consciousness that connects you to the magnetic field of third dimensional Earth’s holographic matrix.

When you use your thoughts to call out that you are ready to activate your Lightbody, you are extending your consciousness (your light) to expand beyond the confines of the hologram and to include the projector as well as the projection. Once your light, which is your consciousness, your spirituality and your creativity, expands to encompass your fifth dimensional projector SELF, the bandwidth of life in the third dimension is expanded to include life in the third, fourth and fifth dimension. Gradually, as your locus of control, the point of your awareness, changes from the third dimensional dramas and illusions to the fifth dimensional source of creation and projection, the illusions and dramas cease to be important.

You may become upset, as if you were watching a movie, but YOU are the director, producer, writer and actor. Hence, you have power to change that which you do not enjoy. You no longer feel trapped in a “bad movie” for you know that you can change it. With the expanded perceptions of your awakened multidimensional SELF, you can find solutions that were impossible while you were trapped in the illusions. When your locus of control, point of awareness and sense of SELF, is within your Creator SELF, you can see your reality through the perception of being the projector instead of the projection.

Take a moment to imagine that you can see your projector SELF in the fifth dimension from your consciousness that is within the reality of the third dimension. Sending your consciousness from the “projection” back to the “projector” is like looking into a mirror and seeing YOU looking back at you.

What if you looked into a mirror to brush your hair and the you in the mirror picked up the brush before you did? This vision would be an indication that not only have you surrendered your control to your SELF, but you have also expanded your consciousness to acknowledge that the YOU that you have conceived as your self has been, and is, the puppet, whereas the you that is the puppeteer is your fifth dimensional, Creator SELF.

Now project your awareness (your locus of control) into the YOU in the mirror and tell your third dimensional self to brush your hair. In other words, pick up the

brush from your fifth dimensional side of the mirror of life and see your third dimensional SELF picking up the brush.

Be the Cause of your life and not the Effect. From the Projector side of the mirror, witness your physical self consciously perceiving the YOU that is the projector.

From the YOU in the fifth dimensional side of the mirror, project waves of high frequency light to the you in the third dimensional side of the mirror.

Watch as these rays of light flow into your grounded self.

See how this light activates the Lightbody within your grounded self.

NOW

See yourself as the grounded one on the third dimensional side of the mirror accepting this higher light.

See how this light fills your physical body.

Observe, as the light integrates into your form to create the inner vision of your Lightbody.

NOW

Merge the fifth dimensional YOU in the mirror with the third dimensional you looking into the mirror to see YOU inside of you!

Hold this vision of your Lightbody within your physical body.

How long can you hold this vision?

Remember to return to it if you have forgotten it!

How will you use this higher frequency light of your Lightbody to raise the resonance of your reality?

Suzan Caroll/Suzanne Lie
www.multidimensions.com
suzancaroll@multidimensions.com