

THE CONSCIOUS PART I  
INTRODUCTION TO BEING CONSCIOUS  
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By Suzan Carroll PhD

# INTRODUCTION TO BEING CONSCIOUS

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## CONSCIOUS LIFE IN THE THIRD DIMENSION

What does it mean to be "conscious" in the physical plane?  
Does it simply mean to be alive or does it mean to also be aware?  
And, what are we aware of?

Of the myriad perceptions, to which do we choose to consciously attend?

Our physical life is not just what we hold in our daily conscious mind, it is also the ability to be "conscious" of what we try to hide deep inside ourselves. Often, we hide memories in our unconscious mind, and some of our hidden life is stored in our superconscious mind. To be truly "conscious" in our mundane life we must also be aware of these other, hidden, portions of our total consciousness. Otherwise, we will not have access to all of our choices of perception.

## BEING CONSCIOUS

### CHOICES OF PERCEPTION

We could not consciously attend to the constant bombardment of stimuli on our five physical senses. Therefore, we must filter out most of what we perceive and only be aware of a small portion of our total life experience. All that we have chosen to ignore is then stored in our unconscious and superconscious minds.

These "perceptual filters" are created by our beliefs, as our beliefs influence our expectations. In turn, our expectations influence our perceptions. For example, if we believe that the world is a hostile place, we will expect to see an enemy around every corner. Then, some one comes around that corner, a normal someone with a vast and paradoxical range of thoughts and emotions.

However, since we believe that the world is hostile, we expect to see an angry threatening person. Therefore, we will be aware of only the portions of that complex person that express anger. We will filter out the portions that are kind

and loving. Then, because we have chosen to perceive this complex person as being angry, we feel a need to "defend" ourselves against this "angry" person. With our fear and anger we amplify the fear and anger in this stranger. Voila! We have created an enemy, and we have also reaffirmed our belief that the world is a hostile place.

On the other hand, let us say that our belief is that the world is generally a loving place and that most people are of good nature. Now, on the very same day, at the very same time, we walk around the same corner and meet that same complex person. Because we believe the world is generally a loving place, we expect the approaching person to be friendly. Therefore, we smile warmly and say hello.

Since we are warm and friendly, we amplify the portion of this stranger that is also warm and friendly. Also, we expect a friendly reply, so we filter out the portion of the person that is frightened or angry and choose to perceive the portion of the person that is warm. In this scenario, it is likely that that person will respond in the same manner in which he or she was addressed. Again, we have affirmed our belief by "unconsciously" choosing to perceive that which is consistent with the expectations of that belief.



## CREATION OF BELIEF FILTERS

How were the beliefs that created our filters formed? Belief filters are custom-made based on a hierarchical system. In other words, what is most important comes first. And, what is most important of all is survival. Inherent in all species is the "fear for survival". Once this fear is activated, we create systems that provide a primary coping mechanism so that we can survive.

For example, if you are a person who believes that the world is a hostile place, then you were likely raised in a frightening environment. Your belief system was indeed necessary for you to reach adulthood. In order to survive early life, you learned to believe that everyone and everything was a possible threat.

Therefore, you expected an enemy everywhere and were constantly prepared for battle. This preparation for battle became a "primary coping mechanism," and, even though the external danger eventually leaves, your preparation for "war" has been stored in your unconscious self. This unconscious belief system then directs your expectations and eventual perceptions. Hence, you are now recreating your childhood environment.

On the other hand, if you are a person who believes that the world is a loving place, you were likely raised in a safe and caring environment. Or, perhaps you worked through your early fear and anger and found a way to believe in love.

Either way, you learned to believe that the world is a loving place or, at least, you learned to believe in the power of love. Therefore, you are now able to filter out the surrounding negativity and be aware of the positive.

The fact is, not many of us were able to come into adulthood without some fear, anger, loss or pain. However, if we were somehow able to find love, we can use our past trauma to recognize real, "not perceived," danger so that we can protect ourselves. All of us are now experiencing, or have experienced, a reality that was created for us by our families, our past, and our society. These realities are based on beliefs that were programmed into our consciousness.

Some of these beliefs have assisted us, but some of them have created great limitations in our ability to expect and perceive the positive and loving aspects of our third dimensional life. Our beliefs can be changed, but habit is powerful. The reality that is familiar brings comfort, even if it is painful. Therefore, how can we break out of the habitual beliefs of the familiar and dare to step into an unknown and unfamiliar reality?

## CHANGING OUR REALITY

To change our reality we must transmute our beliefs in fear and limitation into beliefs in love and freedom. When our belief system is based on fear, we feel separate from the world around us because our view is that everyone and everything may try to harm us. However, when we learn to believe in love we feel united with the world. Everyone and everything can then be viewed as a new opportunity to experience love.

Belief in fear and limitation creates a self-image of being a victim, "The world is my enemy, and I am its victim." On the other hand, belief in love and freedom creates a self-image of empowerment, "Somehow I created my reality and since I created it, I can change it." It is in switching from "living in fear" to "living in love" that we can alter the basis of our belief systems.

Only then can we begin to change the reality that we experience. This change takes time and understanding, but if we can recognize that our experiences are lessons, we can begin our transformation from a dependent victim to a dependable leader. This transformation has three phases: being "dependent," being "independent," and being "dependable."

Everyone moves through these stages of consciousness. Since we are all complex people, we often move through these phases more quickly in some areas of our life and more slowly in others. Usually, it is in the areas of our life where we have known love that we can transform quickly, and the areas that have caused us fear that transform more slowly.

Unfortunately, it is these fear-filled areas of our life that often become our personal nemesis, and we return again and again to address the same old issue in a new way. Fortunately, we each have only a few of these "stuck" places. These areas of our life are our greatest challenge yet they also provide the greatest opportunity for personal growth.

## DEVELOPMENTAL STAGES OF CONSCIOUSNESS



### DEPENDENT CONSCIOUSNESS

As infants, we have no individuality and are completely dependent upon our caretakers. Without love and protection from someone outside of us, we will not survive. At this age we are unaware of our individuality and perceive ourselves as a portion of our parents. We are not yet aware of the separation that our new physical body creates.

When we grow into toddlers we become more aware of our individuality, but we are still dependent on others for our physical survival and to teach us the rules of third dimensional reality.

Throughout childhood, our conscious experience of the higher dimensions is often strong because we have not yet learned to forget "Home." However, our awareness of the physical world around us is largely limited to the beliefs and perceptions of the family, and/or those who raise us.

At this point in our lives, we have a family consciousness. If our family is fearful, we learn fear, and if our family is a loving family, we learn love.

### INDEPENDENT CONSCIOUSNESS

If our family perceptions are limited to the third dimensional world, they teach us to forget our "imaginary worlds" by saying, "No, that is impossible," or "It is only your imagination," or, "You must have dreamed that because it isn't real."

In order to fit into our new and limited physical bodies we learn to believe that the third dimension is the only "real" world, and all our other worlds are "make believe." Therefore, the beliefs of our families usually become our beliefs, and their reality becomes our reality.

When we become teenagers, we learn community consciousness as our awareness expands to include our friends and their families. Our growing

independence gives us the opportunity to become more individual in our beliefs and in our actions. We then have a chance to release the limiting beliefs that we accepted from others and recover the childhood memories of our true Self.

Some teenagers clutch on to these memories of Self like the secret treasures that they are. Unfortunately, many of us forget our true self as we "mature." and "sign" an exclusive third dimensional contract. Then, much of our adulthood is spent trying to remember what we knew as a child.

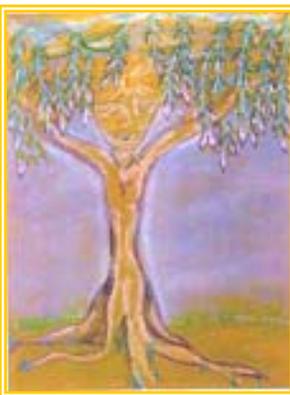
Many of us who were able to maintain a conscious connection to our inner truth suffered abandonment, abuse, or unpopularity in our developmental years. Since we did not find enough comfort and support around us, we were forced to go inside to meet our needs. In this manner, our connection to "Home" was maintained.

As we become young adults, we take more responsibility for our life. If our parents do their job well, they prepare us bit by bit to become more and more independent. Unfortunately, our independent thought is too often lost in the conformity and compromise of wanting to "be accepted" and "fit in".

Fortunately, the generation known as the Baby Boomers broke the rules of the collective reality and fought for their own world. They, in turn, allowed their children more freedom of discovery and respected their children's imagination as an expression of his or her personal truth. These children are now becoming parents themselves and their children are the first generation of this new millennium.

As adults, we expand our vision of reality and begin to develop national consciousness. Our world has gotten larger now, and we are able to move through it "independently." When we marry, have children or enter more responsible positions in our work, we find that being independent is not enough. Now we must become dependable.

## DEPENDABLE CONSCIOUSNESS



The Baby Boomers were born with a mission to prepare the world for the planetary consciousness of the new millennium. The Goddess energy is awakening from Her long slumber during the patriarchal rule, and She is calling for an awareness that Her planet is a living Being.

The awakening of the Goddess and overt female power provides an opportunity for the blending of the more individual focus of the masculine energy, as well as the more collective focus of the feminine energy. In this way, we can maintain our personal identity while we experience our sense

of unity with all life. It is this Unity with all LIFE that is the core of fifth dimensional consciousness.

When the Baby Boomers were born in the late 1940's and 50's, there were strict rules about what a woman could do and what a man could do. These rules have now been suspended in many areas of the world, and men and women are both free to express their creativity in the manner they choose. With the breakdown of the male/female restrictions, many other limitations are being loosened.

The earth has become a small place and anything that happens anywhere can be instantly communicated to the entire world. Just as the boundaries defining "appropriate" male and female behavior have been relaxed, the national boundaries are also growing fainter. When we have fifth dimensional Planetary Consciousness, we will see every aspect of nature, everywhere in the world, as an aspect of our own being.

We must then be dependable not just within our home, our job, our community or our nation, but also within our planet. We will then understand that we are in the process of creating the world in which we live. As more of humanity embrace Planetary Consciousness, the mentors and sages will move into Galactic Consciousness.

However, even the wisest sage and most powerful mentor has certain areas of his or her life that operate at a lower stage of consciousness. Many of us who have reached the dependable stage in one area of life are still barely independent, or are dependent victims, in another area.

For example, we may have children or a responsible job and are still a dependent "victim" to our employers or our mates. Or, we may be very dependable in our careers and still be a victim to our health or have trouble being independent with our friends.

We are all complex people who have certain challenges that seem to haunt us through out our entire life. To be truly dependable, we must know the "enemy within," for our greatest enemy is the one inside ourselves that we are too arrogant to see. It takes a very strong person to know their weaknesses.



## MASTERY OF STAGES OF CONSCIOUSNESS

We must gain a level of mastery within our third dimensional world before we can awaken our Multidimensional Consciousness and integrate other dimensions into our conscious awareness. We need to root out the victim from whatever area of our life that we have not mastered, so that we may take full responsibility for our life. We need to be fully mature and grounded before we expand our awareness too much. Otherwise, we can become mentally or physically ill due to the excess of information that is beyond our ability to understand.

Regardless of chronological age or areas of life, once the victim is liberated and we are dependable adults, we have the power to go inside ourselves and raise the frequency of our consciousness to include beliefs, expectations, and perceptions of the higher dimensions. Awareness and integration of both our male and female qualities and learning the third dimensional laws of “cause and effect” is inherent in the development of within every stage of consciousness

### DEPENDENT AREAS OF LIFE

Within this stage of consciousness, at whatever age or whatever area of our life, we are the victim and the reactor. We react to each stimulus without observation or reflection and believe that situations and people outside of us create each moment. We feel powerless, anxious, or depressed because we believe that there is nothing that we can do to repair our lives. We are the victim of our circumstances and take no responsibility for our lives. We are completely dependent upon others to create our lives for us.

Our consciousness is of the Maiden in our feminine selves and the Warrior in our masculine selves. Our lessons are meant to guide us to learn about our own power so that we can gain our independence and take responsibility for our lives. In this stage of development, we are meant to learn to respond rather than react, for when we are no longer bouncing off of others, we can experience the power that is within us. Then, we can confront each experience straight on.

The female Maiden within us must learn to respond in a creative manner filled with love, and the male Warrior within must learn to respond in a powerful and protective manner. In this way, the inner Maiden can learn the power in receiving information from her own intuitions, and the inner Warrior can learn the love in using his will to protect others.

From choosing our responses, rather than instantly reacting, we learn that every action has a reaction. By having an awareness of the responses to our responses, we learn how to release our mental state of being a victim. In this manner, we can begin to take responsibility for choices that we make in our life.

Our female side learns that what goes out comes back, whereas our male side learns that if we want to have power we must gain courage by confronting our fear. As we learn more about our power and ability to love, we become more independent. Through the conscious observation of ourselves, we learn that the world respects us if we respond to it with love and in a powerful manner.

## INDEPENDENT AREAS OF LIFE

Within this stage of consciousness, whatever our age or whatever area of life, we are the “independent-responder.” Our life is improving now, as we are increasingly gaining control of our personal reality. We have a growing awareness of our independence and the individuality that independence brings us.

We are beginning to realize that we have a choice regarding where we place our attention. This awareness gives us a sense of power and freedom to choose to respond, interact, ignore, or leave a situation, person, or experience. We realize that it is our own choice of responses that create the quality of our third dimensional life. However, we still perceive only the small picture where cause and effect are limited to only the third dimension.

We have not yet recovered our conscious perception of the other dimensions. Hence, we are still unable to rise far enough above an experience to see the multidimensional picture of cause and effect to see the “bigger picture” of our life experiences. This perception will come as we expand our vision beyond ourselves and learn more about responsibility for others.

Through our independent choice to be responsible for others we learn about our own creative force. As we assist in creating a world for others, we learn to understand how we are also creating a better world for ourselves.



We now enter the phase of the Mother and the Father. In this phase of development, the inner female/Mother

learns to receive and accept the creative force and patiently gestate it into fruition. Conversely, the inner male/Father energy learns to initiate the creative force and then protect it until it can live on its own.

Slowly we begin to remember our multidimensional nature as we receive information from the first, second, fourth and fifth dimension with our feminine energy. Then we must integrate what we have received with our masculine side and manifest it upon the third dimension. Through this partnership of our inner male and female forces, we learn that WE are the cause as well as the effect. Once we have learned this, we can more completely release blame against others and our selves, replace that blame with responsibility.

The placing of blame, "Why did they do that to me?" creates the shame of, "I don't have enough power to stop them." On the other hand, assuming responsibility of, "I created this mess and I will fix it," creates a feeling of empowerment. The Mother within uses her love force to pull in the creative force from within and around her, and the Father within uses his power to project this creative project into reality.

#### DEPENDABLE AREA OF LIFE

With this stage of consciousness we are leaders and creators. We have now become the Mentors and the Sages. Our egos have been so refined that we can begin to surrender the guidance of our "earth vessel" to our Soul and relegate our egos to being the "Captain" of our physical life.

We can do this because we are beginning to remember our true multidimensional nature. Because of this, we are learning to integrate our higher dimensional selves into our third dimensional consciousness. The inner female Mentor and the inner male Sage are beginning to merge into ONE, as we become more aware of our fifth dimensional selves. In fact, now all polarities become evident as opposite ends of a spectrum.



Our inner female/Mentor is teaching us to love, accept and forgive ourselves UNCONDITIONALLY. Our male Sage then projects these fifth dimensional emotions into the world. The cause of our reality is now our Soul and the effect is the grounding of our Multidimensional SELF into our third dimensional bodies.

Our male and female aspects join into one to learn mastery of our multidimensional consciousness. Within our first dimensional self we learn the power of the crystal and the regulation of our own biochemistry through food, meditation, and exercise. Eventually, we hope to learn the mastery of our own DNA and RNA to assist us in transmuting our physical bodies.

With the mastery of our second dimensional self we can learn to tame our animal nature and live in union with Gaia, the consciousness of planet Earth. Our third dimensional self now exists for the service it can provide to Gaia and all of her inhabitants. Mastery of our fourth dimensional self allows us to remember our other third and fourth dimensional realities as well as the powers of our "higher human" self. Our fifth dimensional self can then communicate with us as we work to ground its energy in our every day life.

At this stage of consciousness we have become mature, dependable leaders and creators. We are consciously aware of our personal programs of limitation and our dark side, as well as the light side of our Higher Selves. This knowledge of our own power and weakness empowers us and allows us to take responsibility for all of our experiences. We can now see each situation as an opportunity for growth and spiritual transformation.

We act as role models for others and face the many responsibilities of our physical life in tandem with, and under the direct supervision of, our Soul. We constantly and consistently surrender our ego to the higher guidance of our higher dimensional selves. Because we consistently confront and heal our own darkness, we live more and more in the light. Negative situations are often stopped long before they have a chance to develop, and those that are not stopped are seen as an opportunity for growth--no matter how painful they are.

It is from this state of mastery in our third dimensional life that we can experience our multidimensional self without being overwhelmed. We understand that our spiritual powers come "not from us, but through us," and we accept that it is our duty to ground the light and to remain a clear vessel.

## SUMMARY



As we move through these stages of consciousness in our chronological maturity, we are able to take deeper and deeper looks at ourselves to discover any hidden areas of our life where the victim still rules. Once we have learned that we are not victims, once we have proven to ourselves that we are the creators of our own reality, we can begin to create a better life.

Then we will not be tossed about by the waves of other people's realities. Instead we can learn to accept that, in some way, we have chosen to interface with these people and these situations.

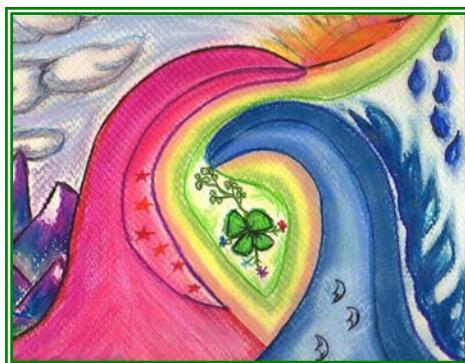
We will have proven to ourselves that it is from our greatest challenges that we gain our greatest victories.

When we have cleared our unconscious beliefs in limitation, we can integrate our superconscious perceptions into our everyday physical life. Fortunately, many of

us have always felt a connection to our superconscious selves. It has been that connection that has allowed us to release our belief in victimization and embrace our belief in our own creative power.

Through remembering our true multidimensional nature, we expand our consciousness to become more and more of our total SELF. The higher we raise our consciousness, the deeper we are aware of our unconscious secrets until, at last, the lines between conscious, unconscious and superconscious blur. Then we can experience our full multidimensional reality.

All of this transformation began with the simple shift from belief in fear—to belief in the power of love.



## THE GROOVE

The wind blew so hard that I wavered in my stance. The rain pelted me like a million tiny bullets threatening to bring me to my knees. Just a moment ago, or was it an hour, a day, or a year, I was safe, safe within my groove.

The groove, as I have come to call it, is not a place. It is a state of mind, a calmness of spirit, a feeling of joy, a level of consciousness. The groove is like an indentation in my mind, a safe, protected feeling that life could proceed without the skids and bumps of struggle.

Like an old time phonograph player, the needle of my awareness, could settle into the pattern of the groove and the melody of my life could play itself at a steady and uninterrupted pace.

Until... something or someone would bump against me and send my focus racing across the surface of my life. Then a crack was created in my groove, a weakness where I could more easily be bumped, more easily be distracted and disrupted from the center of my Self.

This nick became a potential moment when I could fall out of harmony, fall out of rhythm: rhythm with my spirit and rhythm with my soul. Then I was again exposed... exposed to the wind, exposed to the rain, exposed to my struggle, the struggle of others, and exposed to FEAR.

Yes, fear was that which stole me from my groove. Fear was that which created the crack that exposed me to more fear, which created even more fear and more struggle.

Within the groove I was calm, peaceful, faithful, and filled with love. Within the groove I could withstand any storm, any fear. But then, something or someone would bump against my love and cause me fear. Once in fear, my protection was gone, my peace was gone, and my rhythm was gone.

The fear then became my groove. This fear made me struggle to escape. But, I was trapped in the quicksand of my own creation, and the more I struggled, the more I fought, the deeper I would sink into the groove of fear.

Only faith could save me then, faith that love had not deserted me, and faith that I had not deserted myself. Could I surrender to the faith that love had not deserted me in the midst of my fight with fear?

If I could surrender, perhaps, I could remember that the wind was NOT trying to topple me. Perhaps I could remember that it was my own resistance to the winds of change that threatened to knock me from my feet.

Then I could remember that the rain was not bullets, but was instead droplets from above sent to cleanse that which was soiled and to feed that which was growing.

If I could surrender to the wind and allow it to guide me, if I could surrender to the rain and allow it to cleanse and nurture me, if I could surrender enough to remember to love, I could love the rain. And, yes, I could even love the fear and the struggle it created.

Then my mind could calm, my spirit could connect, and my consciousness could rise above the struggle, above the pain, and above the cycle of fear creating fear creating fear...

Then the rains could softly rinse away my fear and feed my hope. The wind could then guide me back, back into the groove.

Yes I remember NOW. It was my Soul that bumped against me. My Soul created the crack that had pushed me from my groove and into the struggle, into the fear. But why? Why would my Soul expose me to fear?

"Because I love you," my Soul whispered in the wind. "Because my love washes you clean of your fear. For only in facing your fear can you remember to grow. A groove that is never left becomes a prison. A fear that is never faced becomes your jailer. And the love, that is the key to your cell, is forgotten!

"Remember now your love, so you can face your fear again!"



## BEING CONSCIOUS IN THE THIRD DIMENSION

When we are embroiled in the day-to-day fight for survival it is difficult to observe ourselves with any degree of objectivity. Our victim self is too busy feeling sorry for itself and cannot see the forest for the many trees that are blocking the way. Therefore, we must climb the three steps that symbolize the three phases of consciousness so that we can take a close look at ourselves from the Unconditional Love that only our Multidimensional SELF can offer.

Within the comfort of this Unconditional Love, we can unconditionally accept that EVERYTHING that we have experienced has been a portion of the life that our Soul chose for us so that we can better remember who we are. There are many of us who have made great strides in the expansion of our consciousness, but still hold on to an element of being a victim. We must release ALL victimization to move into our true self.

Once we unconditionally accept that we create our own reality, we are able to Unconditionally Forgive everyone and everything that has caused us harm. When we realize that there are NO mistakes and NO accidents, that everything and everyone in our life has been orchestrated to guide us towards the light, we can Unconditionally Forgive and Unconditionally Accept our selves. Then, we can project that pure Essence out into our reality.

We all have a mission for which we volunteered while we were still in our higher dimensional Self. However, from those planes of light we may have forgotten how dense and difficult the third dimension can be. Consequently, we can forgive ourselves for our forgetfulness of our true SELF. If we had not conformed to the life we entered, we may not have survived long enough to fulfill that mission. Now we are almost ready to fulfill that agreement, but first we must remember it.

Let us climb the three steps of consciousness, revisiting who we have been and anticipating who we wish to be. As we take this journey, we will remember to

remember that our true self is a Multidimensional Being of Light who was brave enough to enter the third dimensional Schoolroom Earth.

Three steps may not seem like much, but many people have spent their entire lives limited to step one or two. Now imagine that we are moving up these three levels of consciousness until our hearts and minds have been joined by this inner stairway. It is this journey of heart and mind that creates our bridge to freedom, freedom to create our own life.

### THE FIRST STEP

This step is steep indeed and takes much courage to ascend.

You may have lived some of your life here. Perhaps, you still do, at least some of the time. Upon this stair you feel that you have no ability to control your state of consciousness—or your life.

You react to each stimulus without observation or reflection. Situations, and people outside of you create each moment and experience. You feel powerless, anxious and depressed because you believe that there is nothing that you can do to repair your life.

You are the victim of your circumstances and take no responsibility for the condition of your life. You are completely dependent upon others to create your life for you.

### THE SECOND STEP

This step is comfortable, indeed, and only a call from within can force you on.

Upon this step your life is improving, as you are gaining some control of it. Here you have an awareness of your independence and the individuality that independence brings you. You now believe that you have a choice regarding where you place your attention.

This choice gives you the freedom to choose to respond, interact, ignore, or leave a situation, person, or experience. You are beginning to realize that it is your own choices and responses that create the quality of your life.

On the other hand, you still perceive only the “small picture” where the cause and effect resonate only to the third dimension. Your conscious perception of the other dimensions is not yet remembered. Hence, you are unable to raise above the situation enough to see the multidimensional picture of cause and effect.

### THE THIRD STEP

Here the rewards are the greatest, but so are the challenges.

Upon this stair you have grown into the mature, dependable leader and creator that is your birthright. You are consciously aware of your personal programs of limitation and your dark side. On the other hand, you are also aware of your higher guidance. This higher awareness allows you to recognize and transmute your inner "victim" into a strong, dependable "creator."

You continually seek to expand your own light by addressing and healing your darkness. You see each situation as an opportunity for growth and spiritual transformation, while you continually try to remember to surrender ALL of your physical life to your Soul.

You are developing, or have developed Multidimensional Consciousness, and you quietly face the many responsibilities of your physical life in tandem with, and under the direct supervision of, your Higher Guidance. You are aware that your consciousness is the creative center from which all reality manifests, and you unconditionally forgive yourself if your creation has been challenging or feels "out of your control".

From this place of love and acceptance of yourself and others,  
let us look again into the six doors that we visited in the Unconscious Section.

These doors are up an octave from the unconscious doors  
and have therefore changed from red to green.



## THE GREEN DOORS

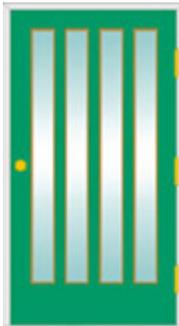
We stand before the Green Doors knowing that we have turned our life around. We have reached out to a higher portion of ourselves and our consciousness is rising. We have learned that if we can observe our reactions to life, we can perceive them as a message from our unconscious self. Body symptoms, bad dreams, feelings of fear, as well as negative thinking and aberrant behaviors can be observed rather than lived.

Observation of our actions and reactions release us from denial and victimization. Our statements of denial, "I'm fine," and our victimization of, "I can't change it." and "It's not my fault," begin to fade when fault is transformed into "responsibility." This transformation releases guilt and shame to be replaced by a sense of empowerment.

Once we have gained a sense of personal power, our unconscious is no longer a dark and foreboding enemy, as we have gained enough ego strength to face our inner demons.

The six Green Doors are before us.

Let us now take a careful look at being CONSCIOUS in the third dimension.



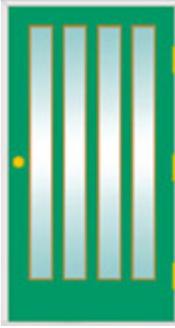
The first door is marked:

PHYSICAL BODY

We knock.

As the door opens, a message is displayed:

More positive body sensations make it easier for our conscious mind to perceive cues about our hidden thoughts and emotions. These physical messages may not be understood yet, but we have a sense of well-being that encourages communication between our thoughts and emotions. Our body feels better now, and we do not wish to taint that feeling with excesses of food, alcohol, or drugs. Our immune system is healthier, which makes us feel more sociable and seek the company of others.



The second door is marked:

## EMOTIONS

We knock.

As the door opens, a message is displayed:

Our emotions create mental pictures that awaken our imagination and trigger memories that encourage further self-development. Positive emotions of love and well-being surface from behind our pain and fear as feelings of empowerment override the sense of feeling like a victim. Gradually, we begin to take responsibility for our life. We observe our emotions as reactions to the external world and messages regarding the internal condition of our body and psyche. Love, more than fear, comes into our emotions now.



The third door is marked:

## THOUGHTS

We knock.

As the door opens, a message is displayed:

Our thoughts come into focus, as our self-talk becomes conscious. This ability allows us to take responsibility for choosing the thoughts that we wish to dwell on in our mind. We know that when we choose positive thinking, our self-confidence grows and our thinking shifts from being "problem-oriented" to being "solution-oriented." Old core beliefs break down, so that we can respond to life in new ways, rather than acting in old, habitual patterns. When we no longer see ourselves as victims, we can respond rather than react, because we think before we speak or take action.



The fourth door is marked:

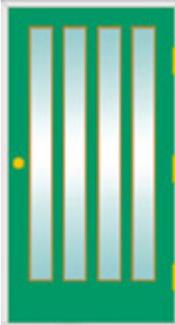
## BEHAVIOR

We knock.

As the door opens, a message is displayed:

Our behaviors are based on emotional needs and mental forethought as our reactions have evolved into responses. Behaviors that are consciously initiated and completed give our conscious mind clues as to our true goals and desires. We can then seek out what we really want to do, rather than what we "should" do. As past fear, pain, and negative programming is released, our behavior is appropriate to the situation, and is no long a projection from our fears. Therefore, we have more

positive and successful experiences that builds our self-esteem. We learn to take responsibility for ALL our behavior, which is now more loving and unselfish.



The fifth door is marked:

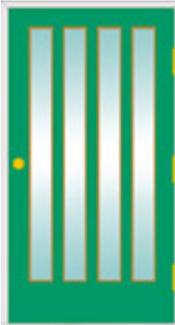
### DREAMS & ASPIRATIONS

We knock.

As the door opens, a message is displayed:

Our sleep is more regular and our level of dreaming has shifted from the uncovering of negative feelings to rehearsing our next move in our everyday life. If we can maintain a higher stage of consciousness, we can even think of our "nightmares" as an opportunity to consciously clear repressed feelings. Often our rehearsal dreams will also assist in making us aware of thoughts and emotions that we are too busy to notice when we are awake.

We are gaining self-confidence so that we can more easily complete our mundane tasks in a timely manner, which we feel even better about ourselves. We begin to build a trust that we can dare to do more. This trust encourages us to connect with the aspirations that come to the surface of our consciousness via dreams, mental pictures, and emotional yearnings.



The sixth door is marked:

### SPIRITUAL GUIDANCE

We knock.

As the door opens, a message is displayed:

More balanced thoughts and feelings bring about a sense of deserving that allows spiritual feelings of grace and joy to grow. Because we can now connect with our fourth dimensional self, our instincts are keener and our creativity and inspirations have expanded. Our self-esteem grows as we begin to trust that we can keep ourselves above merely surviving. We are discovering ways to rise above, and move through, negative situations as our expanded communication with our Multidimensional SELF awakens our need for loving and deeply intimate relationships.

Our feelings of victimization have so diminished that we seldom hold judgment and anger against others or ourselves. We have begun to observe our body, emotions, thoughts and behaviors from a higher consciousness. This perspective of ourselves allows us to release our shame and take full responsibility for the life we have created. Our illusions have become our

imagination, and our spiritual guidance has become a portion of ourselves, rather than a Being that resides far away and high above.

We enter our CONSCIOUS SELF to transform *fear* into LOVE.

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