

BEING CONSCIOUS PART II

The Heart Chakra



by
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THE FIRST GREEN DOOR



The first green door is marked: PHYSICAL BODY

We knock.

As the door opens, a message is displayed:

As we expand our consciousness in our physical, third dimensional life, we receive more positive body sensations because we are no longer hiding from our thoughts and emotions. This communication between our conscious and unconscious selves gives us a sense of well-being.

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 because we no longer have the stress of sitting on a volcano of suppressed emotions and negative thoughts. This makes us feel more sociable and we seek the company of others.

In the Unconscious Section, we learned how to remember, and experience, our fourth dimensional selves and those portions of our third dimensional memories locked in the forgotten archives of our unconscious mind. Now we begin the life-long process of learning how to integrate our “unconscious selves” with our conscious life so that we can form a strong base in which to ground our superconscious selves.

Fortunately, men and women of today are learning to stand eye to eye. Women are beginning to discover and express their masculine side, while men are beginning to discover and express their feminine side. Because of this, the third dimensional rules of polarity and separation are being loosened and the Collective Consciousness of humanity is beginning to embrace the beginnings of Multidimensional Consciousness. Through Multidimensional Consciousness, we begin to be aware of more and more of the “higher” perceptions that we were born with, yet forgot as we “grew up.”

However, first we must develop a sense of power and mastery over our third dimensional world. As our consciousness changes, so do our physical bodies. We must slowly prepare our earth vessels so that they may integrate the expanded perceptions of our fourth and fifth dimensional selves.

Since we have moved to the third stair, we can be more objective about our physical body and our physical life. From the position of the observer, we can closely examine the workings of our consciousness. But, what exactly is consciousness, and how does it interface with our chakras?



CHAKRAS AND CONSCIOUSNESS

Consciousness is the experience of “Be-ing” which represents everything that is possible for us to experience. All of our senses, perceptions, and possible states of awareness can be divided into seven categories that are associated with each of the seven chakras.

- First chakra is survival, vitality and grounding to physical life
- Second chakra is emotions, nurturing and shelter
- Third chakra is thoughts and power systems
- Fourth chakra is love, health and relationships
- Fifth chakra is communication and higher creativity
- Sixth chakra is inspiration, imagination and spiritual power
- Seventh chakra is unity with multidimensional consciousness

The chakras represent not only a particular part of our body, but also a part of our consciousness. Each chakra represents how our unconscious and superconscious selves communicate with our conscious self.

- First chakra rules the skeleton, legs, knees and feet
- Second chakra rules the genitals, abdomen and lower back
- Third chakra rules the liver, gall bladder, stomach, spleen and pancreas
- Fourth chakra rules the heart, lungs, immune system, arms and hands

- [Fifth chakra](#) rules the throat, mouth, speech and hearing
- [Sixth chakra](#) rules the vision, face, head, sleep and dreams
- [Seventh chakra](#) rules the brain and nervous system
-

Tensions that are felt in our consciousness are also felt in our body via the chakra system. Conversely, tensions that are felt in our body are felt in our consciousness.

In other words, if we were having a:

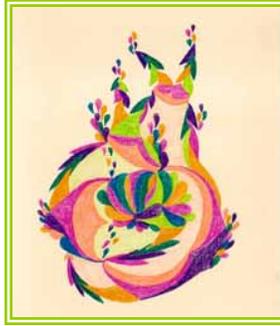
- [First chakra problem](#) it would express through our:
 - Consciousness as difficulties with our daily survival, vital energy or dedication to physical life
 - Body as problems with our skeleton, legs, knees or feet
- [Second chakra problem](#) it would express through our:
 - Consciousness as difficulties with our emotions, ability to give or receive nurturing, or our home
 - Body as problems with our reproductive organs, intestines or lower back
- [Third chakra problem](#) it would express through our:
 - Consciousness as difficulties with thinking and power struggles with others or within our self
 - Body as problems with our liver, gall bladder, stomach, spleen or pancreas
- [Fourth chakra problem](#) it would express through our:
 - Consciousness as difficulties giving or expressing love in our relationships and our over-all health
 - Body as problems with our heart, lungs, immune system, arms or hands
- [Fifth chakra problem](#) it would express through our:
 - Consciousness as difficulties with communication and creativity
 - Body as problems with our throat, mouth, speech or hearing
- [Sixth chakra problem](#) it would express through our:
 - Consciousness as difficulties with inspiration, imagination and spiritual power
 - Body as nightmares or problems with our vision, face, head or sleep

- Seventh chakra problem it would express through our:
 - Consciousness as difficulties with mind expansion
 - Body as problems with our brain or nervous system

The Physical Body Door in the Conscious Section represents the heart chakra. The life force of the physical body is thought by many cultures to be held in the heart. The heart is also thought of as the center of our ability to love. Indeed, as we move up the chakras to the fourth chakra, the heart chakra, we have moved past the areas of our consciousness that are too often “unconscious” to us and into the areas of our life that are primarily “conscious”. These are the areas of our daily interactions with others and with the world around us.

Our happiness, or lack of it, arises from whether these encounters are filled with fear or filled with love. These encounters begin within our inner Self. If our consciousness is filled with fear, then many of our encounters with the outside world will be fearful. On the other hand, if our consciousness is filled with love, then many of our encounters with the outside world will be loving.

But what is consciousness?



WHAT IS CONSCIOUSNESS?

Definition of Consciousness

Webster's New World Dictionary of the American Language defines consciousness as: "the state of being conscious; awareness, especially of what is happening around you and the totality of one's thoughts, feelings, and impressions."

Consciousness, therefore, encompasses our external, as well as our internal, reality. Cognitive science defines consciousness as a phenomenon that is explained in terms of computational or neural mechanisms such as:

- The ability to discriminate, categorize and react to environmental stimuli
- The ability to access internal stimuli
- The integration of information by a cognitive system
- The focus of attention
- The difference between wakefulness and sleep
- The deliberate control of behavior

The Western world is more apt to define consciousness as the ability to be aware of external events that are recognized by the five physical senses. On the other hand, the Eastern world is more inclined to say that one is a "conscious being" if one has the ability to be aware of inner events that are recognized by our higher sense organs.

CONSCIOUSNESS AND PERCEPTION

The next question is: "What is the mind conscious of?" In other words, of the myriad internal and external stimuli, what do we perceive and hold in our conscious mind? Our physical conscious reality is perceived by our five physical senses: vision, hearing, taste, smell, and touch.

However, our five physical senses are limited to a small segment of the total spectrum of light, sound, etc., and even this small segment is much more than we can consciously register. Therefore, we must filter out most of our

perceptions and send them to our unconscious and/or our superconscious minds. Thus relegated, this information can be called upon when needed.

What is this filtering system? Physiologically and anatomically this mechanism is the Reticular Activating System (“RAS”). The word reticular means “net-like” and the neural reticular formation itself is a large, net-like diffuse area of the brainstem. The brain’s RAS controls arousal, attention, and awareness, the elements of consciousness itself. The brain’s Reticular Activating System manages how we interpret, respond, and react to both internal and external information.

The RAS acts as a filter, similar to one on a camera or a microphone, that filters out certain frequencies of light, sound, or other perceptual stimuli. Most stimuli will be filtered out and sent to either the unconscious or the superconscious mind. The stimuli that pass through this filter will be imprinted on the areas of the cerebral cortex to which we have access in our daily “conscious” life.

Our physical senses recognize stimuli as frequency and intensity. We cannot consciously perceive a stimulus that is above or below a certain frequency band. For example, we can only perceive light above infrared and below ultraviolet. The stimulus is still there, but we can only perceive it unconsciously through our first, second and lower fourth dimensional bodies.

We also cannot consciously perceive stimuli with intensity below the threshold of our physical receptors. There may be a sound at 5 decibels, but if our threshold of hearing for that sound is 10 decibels, we will not consciously hear it. We also learn to adapt to familiar stimuli. For example, some one who has lived next to a train track for years may not even notice a passing train, whereas someone new to the area may perceive it as being extremely loud.

EXPERIENCE AND CONSCIOUSNESS

Robert Ornstein, in his book *The Psychology of Consciousness*, talks about consciousness as a constructed reality. He believes that in order to create a stable, manageable environment, a sensory-filtering system develops from childhood and is continually adapted by subsequent situations. Therefore, our experience of conscious reality is actually only a representation of that which we choose to experience. It is our personal history of experience that creates a belief system that defines our reality.



Beliefs define our experience because they create our filters. Filters are custom- made, based upon a hierarchal system, and that which is most important comes first. How do we determine what is most important? The third dimension is based on survival.

Therefore, that which is most important is that which will facilitate survival. Survival is a relative term and is dependent upon the circumstances of one's reality. If someone is a street person, survival means finding edible food in the trashcan. On the other hand, if someone is a stockbroker, survival may mean knowing the stock market.

That which is familiar is also important. Therefore, we filter in what is familiar because it brings comfort and a sense of security. This sense of security is vital because it eases our fear. Fear is not overcome by bettering our life. Fear is a key element of third dimensional life because there is always some possibility of danger. We seek to register what is familiar because it calms our anxieties, and we are startled by what is unfamiliar because it creates a release of adrenalin and a subsequent feeling of fear.

BELIEFS AND EXPECTATIONS

Our belief system, which is based upon our history of experience, creates our expectations because we expect to perceive what is familiar and/or dangerous first. This expectation greatly influences our perception. A street person may not believe that he can survive off the stock market, so would not "choose to" notice the newspaper article on the stock market before him. On the other hand, a stockbroker may not believe that he can survive by recycling cans. Therefore, he may not notice the discarded can before him. Belief creates expectations, and expectations direct perceptions.

Beliefs also create our worldview and worldviews create beliefs. For example, the Western and scientific worldview believes that matter is the ultimate reality, the primary basis of existence, and consciousness is a phenomenon stemming from matter. Conversely, the Eastern and esoteric worldview believes that consciousness is the ultimate reality, and that the physical universe is a projection of our inner life.

As a result, those who believe in the Western and scientific worldview believe that only the third dimension exists, and they tune their filters to align with the frequency of the world of matter. On the other hand, those who believe in the Eastern or esoteric worldview believe in multiple dimensions, and they tune their filters to encompass the frequencies of the non-material realities.

Because of their beliefs, the scientific world has focused its primary attention on the intellect with its logical, reasoning powers and the perceptions of the physical senses. Conversely, the esoteric world has focused its primary attention on the inner self and the perceptions of the higher senses.

ATTENTION AND PERCEPTION



Where your attention is, there you are also. But what is attention? We can perceive things without attending to them. There are many events that make up our conscious experience of life, yet most of them form a backdrop that is the environment in which we live. It is not until we observe our “self” focusing our attention that we become intimately aware of it.

For example, we can hold a book on our lap and know that it is filled with letters. We know that those letters create words and sentences. However, until we take the initiative and choose to focus our attention upon those letters, we do not know what they say.

In other words, perception is a triangular circuit. The first point of the triangle is our sensory preceptors which carry the information to our brain. Then that perception must clear our filter for it to even be a part of our conscious environment. Thereafter, for that perception to move above the normal “wallpaper” of our world, we must impinge upon it the conscious intention of our self-awareness. It is this awareness of our focusing our concentration upon a given stimulus which creates attention.

This “attention” differentiates:

- Knowing that there is music on ~ from listening to music
- Hearing someone talking ~ from having a conversation
- Noticing a birdcall ~ from bird watching

It is this “attention” that creates learning and intimacy. We will not learn from a person or an experience unless we experience it intimately. Without a conscious sense of self it is difficult, if not impossible, to experience this intimacy. From the Western/scientific world-view, “self” would mean Ego. Alternatively, from the Eastern/esoteric world-view “self” would mean Higher Self. As we expand our consciousness to remember our true Multidimensional SELF, we are able to broaden our attention to encompass both worldviews.

LOVE AND FEAR

There are two feelings that also dictate our perceptions: the feeling of fear, in this case encompassing all uncomfortable feelings, and the feeling of love, in this case encompassing all pleasurable feelings. Love and fear have much to do with our development of intimacy, as we tend to move away from what we fear and move towards what we love.

However, the two feelings are often intermingled, which can be quite confusing.

For example, we may love to ski, but fear that we will get injured. We may also feel love for another person, but feel that he or she will hurt us. This is where our heart chakra is called upon to assist us in following what we love without becoming lost in our fear. Also, our experiences of daily life help us to differentiate from between the fear that is paranoia and the fear that is a warning.

If our personal experience has been that whenever we have allowed ourselves to move towards love we have been hurt, then it is likely that we experience fear then we think about allowing ourselves to love someone. In this case, we may suffer from ailments that are associated with our heart chakra, and our general immune system may be compromised. That is the origin of the saying that one has a “broken heart.” In this case, we need to find a way to release our history of getting hurt by love, so that we can take the chance to love again.

Often the search for love is lost in the search for acclaim, power and personal wealth. The heart chakra also rules relationships. The development of intimate, loving relationships takes time and unselfish dedication to another. It also takes an ability to deeply love ourselves, for we cannot give away what we do not possess. Acclaim, power and personal wealth are not negative, but they are bittersweet, indeed, if we cannot share them with a loved one.

Our true fifth dimensional Self is androgynous, male and female polarities living within one body. When we incarnate in the lower dimensions we must take on either a male or female body, as limitation and separation are the foundations of third dimensional consciousness.

While we are confined to this “separate” state of consciousness, we cannot accept the limitless experience of two polarities united within the same form. However, a part of us yearns to be reunited with our other half, our Divine Complement. We seek out relationships with others to complete ourselves, but find instead that our relationships with others are mirrors of our relationship with ourselves. If we want true love with another, we must learn first to truly love ourselves.



THE MIRROR

“What is love?” he asked her with a glint of anger in his eyes and a touch of sadness in his voice.

“Love...,” she answered slowly and with confidence, “...lasts.”

“And what is that supposed to mean?” he snarled, no longer attempting to disguise his anger.

She smiled sweetly, choosing to ignore his anger. She knew, of course, that it was really sadness. She did not know why he was sad, but she knew that he was sad. She felt it. She felt his sadness like an anchor in her heart.

Finally, after much thought, she answered him, “What that means is that love, true love, is Unconditional. Unconditional love lasts even though you may not understand, even though you may not agree, and even though you may feel differently. Unconditional love lasts, through all the fear, all the sorrow, and all the anger. Unconditional love lasts because it is *unconditional*. One does not have to want it, earn it, or even desire it. Unconditional love is free.”

“Ha,” he smirked. “Now I really don’t understand you. I have never received anything for free—NEVER.” He yelled the final never.

“Are you sure?” she questioned him.

He tried to lash out at her again, but he made the mistake of looking into her eyes. Well maybe it was not a mistake. Maybe it was a blessing. Yes, that was it. He looked into her eyes and he received a blessing. It was a blessing of love. This love had no judgment, no restraint, and no limitation.

When he looked into her eyes, the love he felt made him completely forget his anger and his pain. His fear was gone and so were all the walls that his fear had created.

He felt naked, vulnerable, open and alive. He closed his eyes, just for a moment he thought, so that he could drink in the feeling and allow it to enter every atom of his body. But when he broke contact with her gaze, he lost it all—all the love—all the acceptance—all the forgiveness—GONE!

Gone from his experience, but not from his memory!

He tried to be angry, but the memory of that love soothed him like a tender touch. He tried to be afraid, but the memory of that love protected him like his walls of fear once had.

He tried to doubt the experience, to judge it, criticize it, but for once in his life, his heart was louder than this mind.

His mind tried to doubt, but his heart reassured.
His mind tried to question, but his heart understood.
His mind tried to forget, but his heart remembered.
His mind tried to race ahead, but his heart was calm.

From his heart he asked, "Why did the feeling go when I closed my eyes?"

She smiled.

She would not answer that question. She put her arms around his neck and laid her head against his heart. She melted into him, forgave him, accepted him—unconditionally.

And then he was awake. Or maybe he was really asleep and that woman, that angel, was real.

"Huh", his mind said. "Get up its time to go to work. You have important things to do, important people to meet. These people will bring you recognition, fame, and money. Forget that dream. It's a distraction."

He was awake now. He forgot the memory in his heart and listened instead to the logic of his mind. That silly dream had made him late. He had to rush through his shower, throw on his expensive three-piece suit, grab a cup of coffee and shave in the car.

He went through his day in a flurry of activity.

Deals were made, moneys were earned, and contracts were signed.

He was important.
He was successful.
He was rich,
and he was ALONE.

He went through all of his important meetings—alone.
He had a romantic dinner with a beautiful woman—alone.
Later he had passionate sex with her—alone,
and fell asleep wrapped in her arms—alone.

At 4:00 AM he crawled from her bed and put on his expensive suit, left her penthouse like a thief in the night, got into his BMW and drove to the ocean. He did not know why, but he had to go to the ocean. He was remembering something, something in his heart.

He parked the car just before the first light of dawn. He took off his Italian shoes, his tailored suit and silk shirt. He grabbed a swimsuit that he kept in the trunk and ran onto the beach. He didn't stop until he had immersed himself in the ocean.

Then he lay on the cold sand and felt it cover his wet skin and get into his hair. He looked up into the sky. It was pale gray and misty. The sun was barely lighting the sky.

He was alone. But wait. Was He?

There was a feeling, yes a feeling, he had had just yesterday, or was it a lifetime ago.

What was it? It was a feeling he had in his heart, a memory, a desire. He desired something that he could not achieve, or win or buy. He desired a memory that was lost, lost in a lifetime of anger, sadness and fear.

Yes he, Mr. Strong, Mr. Smart, Mr. Rich, was afraid.
He knew now that he was afraid. He felt it.

Was that the feeling? Was that the memory?

Depressed and desolate, he dragged himself to his car.
He had left the keys in the ignition.
He did not care. It was only a thing.

He sat his wet and sandy body heavily on the leather seat.
He did not care. It was only a thing.

He slammed the car door so hard that it rattled the windows.
He did not care.

He cared for NOTHING,
NO ONE,
except...
except...there was the feeling, the memory.

A memory of someone—a woman—NO, an angel.
Where was she?
Who was she?

He sighed and reached for the ignition. It seemed to take all his strength to turn the key and put the car into reverse.

“Oh great,” he muttered to himself, “I knocked the rearview window out of position.” He reached up to move it when he realized that, not one time in his busy day or busy evening, had he looked, really looked, into a mirror.

Not one time had he looked at him self.

The light was still dim, and it took a few moments for his eyes to focus on what he saw.

Then, with a gasp and a shot of recognition, he saw the eyes—
HER EYES.

Then he remembered the feeling, the feeling of unconditional love.

It was a long moment before he regained his reason.
It was a long moment before he realized that the eyes he looked into were actually his own.

But inside his eyes was a glint.
He was not alone!

“I am with you always,” she said inside his heart.

“WE ARE ONE!”

STATES OF CONSCIOUSNESS

BRAINWAVES AND CONSCIOUSNESS

Brainwaves, like all waves, are measured in two ways. The first is frequency, or speed of electrical pulses. Frequency is measured in cycles per second (cps or HZ), ranging from .5cps to 38cps.

The second measurement is amplitude, or how strong the brainwave is. There are four categories of common brainwaves: Beta, Alpha, Theta, and Delta. When we are accessing our Multidimensional SELF we are able to use a combination of all four brainwaves.

BETA WAVES

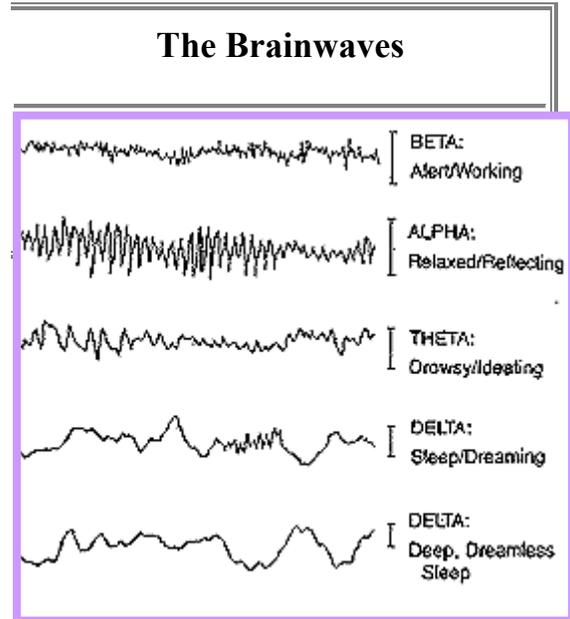
Beta waves represent our ability to consciously process our thoughts. We spend most of our waking moments in Beta waves, in which our brainwaves pulsate at between 13 and 39 cycles per second. In this state, our attention is focused on the day-to-day outside world. We are largely focused on the logical, sequential activity of the left hemisphere because the brain is busy processing myriad information that has arrived through our five senses.

If all this information is not put into some kind of order, we will become confused and overwhelmed. The voice of our inner self can still be dimly heard, but it is like trying to talk to someone in a loud and busy airport. You may be able to hear, but it is difficult to understand what is being said.

Beta brainwaves stimulate rational, analytical thinking and the consequent action. Most of our current education is Beta geared, and is characterized by logical, analytical, intellectual thinking and written or verbal communication. Beta waves are the predominant brainwaves in our everyday life. Without Beta Brainwaves we would not be able to function in the outside world.

ALPHA WAVES

Alpha Waves have a bridging capacity between our conscious and unconscious, and superconscious minds, because they stimulate vivid imagery, and relaxed, detached awareness. When we completely relax, we shift into Alpha Brainwaves, which are between 8 and 12 cps. Alpha Brainwaves are slower in frequency



than Beta, but have greater amplitude. A person who takes time out to reflect, meditate or take a break from an activity is often in an Alpha State.

When we concentrate intently on one thought, emotion, or activity we have less stimuli to process and our brains can go into Alpha waves. With Alpha Brainwave consciousness we are not bound by time and space, as we are in Beta Waves. This freedom shifts our focus from a primarily left-brain, logical, sequential organization and allows us to also access our more creative and intuitive right brain.

Our right brain thinks in pictures and sounds that are not bound by human language. Because of this, our thoughts, feelings, and/or activities are usually creative in nature such as dancing, writing, watching a good play or listening to enjoyable music.

There are fewer distractions as we focus primarily on the creative task at hand, and it is easier to hear our own inner voice. It is in this state that we have our moments of "A-ha". Many performers, artists, scientists, and athletes consciously or unconsciously put themselves into an Alpha State to gain inspiration and achieve their best performance.

Alpha Brainwaves are conducive to creative problem solving, accelerated learning, mood elevation and stress reduction. Intuitive insights, creative inspiration, motivation, and daydreams characterize Alpha brainwaves. These waves are relaxed yet alert. Therefore, they provide a bridge between our conscious, unconscious and/or superconscious minds.

THETA WAVES

Theta waves are our unconscious creativity, inspiration and spiritual connection. Theta waves, 4 to 7 cps, are associated with the deepest experiences of meditation and creativity. Theta waves are even slower than Beta or Alpha and are typically of even greater amplitude. When we narrow our focus primarily to our inner self, we can go into Theta waves.

In this state it is difficult to maintain conscious contact between our physical body and the outside world. To maintain this state of consciousness we must keep our bodies still because we are so focused on our inside world that it would not be safe to move around in the physical world.

In fact, the mere act of opening our eyes or listening to the exterior world could bring in too much stimuli and shift our consciousness back to the faster brainwaves. It takes an experienced meditator to achieve this state. Even then, in order to bring our Theta State experiences into our conscious mind, we must be able to communicate this experience to our language centers, so that we can "save" it to our cerebral cortex.

Most often Theta Consciousness is achieved only while sleeping, and in extremely deep meditation. As we all know, it is often difficult to bring the memory of our dreams into our waking life. When we do so, it is retrieved by our right-brain, symbolic, imagistic language and not by the logical, sequential language of our left-brain.

In fact, it is the bridging effect of the Alpha waves that can bring our Theta wave perceptions into our conscious mind. If we can take time to relax on awakening, or writing and/or drawing after a deep meditation, we can carry the memory of our Theta Wave experiences into our Beta Wave thoughts.

Theta Brainwaves are conducive to profound inner peace, mystical truths, transformation of unconsciously held limiting beliefs, creating a better quality of life, physical and emotional healing, and finding our purpose as well as a better quality of life. Theta Brainwave experiences are characterized by a “knowing,” an inner, wisdom, faith, psychic abilities and the retrieval of unconscious material. Theta provides the “peak” in the peak experience.

DELTA WAVES

Delta waves are our superconscious empathy, as well as our interaction and connection to full multidimensional perception. Delta waves are of the greatest amplitude and the slowest frequency. They usually range from .5 to 4 cps. They never go down to zero because that would mean that we were dead. In this state of consciousness our bodies are in hibernation mode. In fact, Delta waves are often associated with one being in a coma.

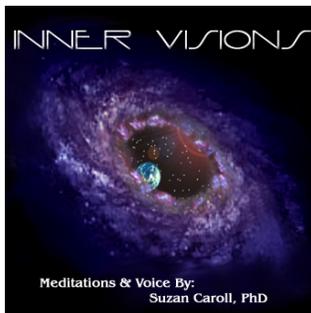
Practiced yogis can consciously achieve this state. While in Delta brainwaves they are able to regulate their body temperature and heart rate. They may even appear to be dead, but they are able to revive themselves. Delta Waves are the deepest level of dreamless sleep in which our bodies shut down. It is in this state that our bodies can completely focus on healing and growing.

Delta brainwaves are conducive to miracle type healing, divine knowledge, inner being and personal growth, rebirth, trauma recovery, oneness with the universe, samadhi, and near death experiences. Delta Brainwaves provide profound intuition, empathic attunement, and instinctual insight.

CHANGING BRAINWAVES

When we fall asleep our brain shifts gears, and our brainwaves begin slowing down. We start at Beta then go down to Alpha, Theta and then Delta. When we move towards waking up, we awake in the reverse order of Delta, Theta, Alpha and finally Beta. Just as we unconsciously change our brainwaves in sleep, we can learn to consciously change our brainwaves while we are awake.

- To keep our brains in an effective Beta pattern, we can determine to narrow our focus to a few things at a time, and choose not to allow ourselves to indulge in obsessive or fearful thinking.
- We can take time out to relax, contemplate our lives and enjoy our creativity to induce Alpha Brainwaves.
- We can meditate and/or pray and place our total focus upon our inner Self on a regular rhythmic basis to induce Theta waves.
- We can get plenty of sleep, “Let go and let God”, and surrender to our Soul to induce Delta waves.



It is important to put aside a time at least three to five days a week to spend inside with your SELF. This meditation CD was created to assist you in that process.

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If we can put aside that special time, we can learn to gain a conscious mastery over our thoughts and emotions while living our everyday life. We can then realize that we choose our consciousness by choosing the thoughts and emotions we allow to linger in our mind.

If we allow fear to dictate our thinking and give in to fearful emotions, our consciousness will be overwhelmed by the myriad stimuli supporting our choice of focusing on fear. Our Beta waves will then become rapid and erratic as our awareness darts from enemy to enemy like a frightened rabbit.

However, we are not rabbits. We have the ability to calm our thoughts and release our fear by focusing on love and calling to our higher guidance for protection and wisdom. This inner focus instantly changes our brainwaves. With practice, we can learn to take a few deep breaths and call on our guidance, chant and/or visualize our mantra.

A mantra is an inner or outer visual picture and/or a positive sentence that can be used to filter out fear and negative thinking. For example, a visual mantra may be a symbolic picture of a favorite place, a loved one, or a pet that evokes a positive feeling of peace and love. Verbal mantras work best if they are in first person, present tense. For example: I am successfully fulfilling my goal. If the mantra is in the future tense (I will successfully fulfill my goal) it will be like a carrot on a stick that is never obtained. A mantra is used to “edit out” negative

thoughts and feelings by shifting our focus from negative thoughts and placing our attention on to the feeling of our positive mantra.

When we receive fearful thoughts and feelings, either from our inner or our outer world, we can use our mantra to regain our balance in love. It is best if we choose a mantra that is the antidote for that fear. For example, if the fear is that we will not achieve our goal, our visual mantra is a picture of us achieving it, the verbal mantra is “I am achieving my goal,” and the feeling is one that is associated with the fulfillment of that goal.

If we can identify the fear before it is amplified by our conscious or unconscious attention, we can take a moment to close our eyes (limit our focus), take a deep breath (breath through the fear), and visualize a picture that is the antidote for our fear (choose another “channel”) ,while we say our verbal mantra and allow the positive feelings of love to override the fear.

Once we have regained our footing in love, we can look again at the fear from our objective self. Does this fear carry a warning? If it does, then we can listen to the warning, act appropriately, and release the fear.

SUMMARY

Our MULTIDIMENSIONAL SELF who is in a broadcast station, which broadcasts messages to us across many different frequencies.

Our CONSCIOUSNESS is a broadband radio, which receives messages from many different frequencies.

Our BRAINWAVES are the stations that are always receiving messages sent from the broadcast station to our radio.

We receive whichever channel we dial into by CALIBRATING our consciousness to the brainwaves of the frequency from which we wish to receive messages.

When we calibrate our consciousness to the different brainwaves, we set our expectations to filter-in the perceptions within the frequency range of that filter/expectation.

We then experience the reality that vibrates at that wavelength/brainwave.

For example:

When we dial the Beta Brainwave Channel, we calibrate our consciousness to FILTER-OUT the perceptions that do not pertain to our external third dimensional world. On this station, our Multidimensional SELF gives us information about our physical world.

When we dial the Alpha Brainwave Channel, we calibrate our consciousness to FILTER-OUT any extraneous third dimensional perceptions that do not pertain to the creative activity. On this station, our Multidimensional SELF gives us information about our physical world from a fourth dimensional perspective.

When we dial the Theta Brainwave Channel, we calibrate our consciousness to FILTER-OUT all third dimensional frequencies except maintenance of our earth vessel. On this station, our Multidimensional SELF gives us information about our fourth and fifth dimensional world.

When we dial the Delta Brainwave Channel, we calibrate our consciousness to FILTER-OUT all third dimensional frequencies. On this station, our Multidimensional SELF gives us information about our fifth dimensional, and beyond, world.

Our “beta reality” would be filled with myriad stimuli which was directed towards survival, thought, decisions and action.

Our “alpha reality” would be one of creativity, artistic focus and relaxation, and imagination..

Our “theta reality” would be deeply spiritual and introspective.

Our “delta reality” would be focused on our non-physical reality and our perceptions would be from our Light bodies—our Higher Selves.

As we remember our multidimensional consciousness, we will be able to live all the above realities at once.

Even though our brains are the radio, it is best to let our Heart Chakra choose the channel. There is much fear in the world and in our psyches. One of the most difficult aspects of learning to use our multidimensional perceptions is to differentiate which fear is a warning and which the fear is anxiety.

If we can learn to perceive our reality through our Heart Chakra, our fear will be greatly limited to warning fears. Then we can learn to listen for LOVE.

WHERE IS LOVE?

“Where is love?” she asked the sky.

It did not answer.
The sky had no voice.
It merely looked back at her with its invisible eyes,
but it did surround her.



It did give her vital oxygen and protection from the harsh rays of the sun.
It provided for her an atmosphere where she could learn and grow.

However, it was silent.
It simply WAS!

“Where is love?” she asked the ground.

The ground did not have a voice.
It spoke a different language—the language was of the many.

The squirrels chirped,
the waters babbled,
the insects buzzed and
the sky spoke through the earth as it moved the leaves upon the earth’s trees.

But still her question was unanswered.

Yes, she walked upon the earth.
Yes, it proved to be a place where she could learn and grow.

Was love there—just being, just growing
like the plants and animals around her?

No, love was more, she determined.
Learning and growing were often painful.

Where is love?” she asked inside—inside herself.

At first there was no voice—only a feeling.
The feeling was agitated, anxious, and unstable.
But she continued asking her inner question.

The feeling calmed.
It became more balanced—more stable.
The agitation left and the anxiety began to be replaced with...what?

There was a feeling,
a new feeling that she could not describe.
A feeling that she had no language for.

It was then that she heard the voice.
The voice was just a whisper at first and she could not understand it.

She turned all of her attention inside herself.
She closed her eyes so that she could not see the sky or the ground.

She focused her hearing internally so that she could not hear the water,
or the breeze rustling through the trees.

All she heard now was the inner whisper.

The whisper now became a voice.
It was a still, small voice,
but it did have a language—it was her language.

The voice spoke to her.

”Love is peace,” it said.
“Love is calm and time to look into the sky and lay upon the land.
Love is the ability to look inside and know your SELF.

“Feel me now—feel my voice.
Feel how my tone is filled with understanding.
Feel how my words are filled with acceptance.

“Now, my one,
my beloved one,
feel how my voice is filled with LOVE.

“Hear my voice of love and know that you need not search for love.
Love lives inside—inside the voice—inside your heart.

“We are ONE
One voice
One form
One love

Feel the me that you are inside and
you will always find love.”



BETA WAVES AND EVERYDAY PHYSICAL LIFE

BETA WAVES

Beta waves, ranging from 13-40 cps or Hz, represent our everyday, normal state of consciousness, which is focused primarily on external stimuli. Nobel Prize Winner, Sir Francis Crick and other scientists believe that the 40 Hz Beta frequency may be the brainwave that represents the act of cognition because 40 cps or Hz corresponds with how long our neurons typically stay phase-locked on one stimulus.

Dr. Rodolfo Llinas, professor of neuroscience at New York University, believes that the 40 cps waves serve to connect structures in the cortex where advanced information processing occurs within the thalamus of the lower brain region. The thalamus is internal and external stimuli must go through a complex relay and integration function.

It is important to remember that all these stimuli are not accessible with our conscious awareness. Of the myriad stimuli that enter our brain, which information will be integrated in our conscious mind and which information will be stored in our unconscious and superconscious mind for future access?

Beta wave information that is usually directed to our everyday conscious mind is:

- 1) Information that is important for survival
- 2) Information that is familiar
- 3) Information that is expected
- 4) Information that is desired

The short, fast Beta brain waves are bound by the logical, sequential, “time-bound” rules of the third dimension. Information that cannot be placed into a sequential or cause-effect pattern will go into the unconscious mind because the confusion this information causes would interfere with survival. However, if the stimuli become familiar, they can then be processed in the Beta waves and integrated into the information of our daily life.

Information that is expected and/or desired may also be routed to the conscious mind even though it may not be “time-bound.” For example, if we are interested

in the parapsychological or metaphysical information, we not only believe that stimuli can be received from other dimensions, we expect and desire it. Therefore, we can integrate this information into our mundane reality.

Beta wave information that is usually directed to the unconscious mind is:

- 1) Information about our physical body
- 2) Information about our emotions
- 3) Information about our ego/self
- 4) Information about others

Most of this information will be “reactions” to our physical life. If we are a “conscious person,” meaning that we can maintain some degree of inner focus while we go about our daily life, we may be able to consciously perceive these “unconscious” reactions.

The Western mind often focuses the concept of “self” in our minds rather than our bodies. Therefore, we tend to give more importance to information about our mental well-being than our physical well-being. However, if we become injured or sick, any information that we receive about our body becomes VERY important. It is the same with our emotions. Just as we do not perceive the information from our bodies until we get sick, we often are not aware of our emotions until they are out of our control.

Beta wave information that is usually directed to the superconscious mind is:

- 1) Information about our Higher SELF
- 2) Information about the Collective Consciousness of the world around us
- 3) Information about our personal “mission”
i.e. our reason for coming to Earth
- 4) Information about the higher dimensions

Our ego/self is most likely to consciously perceive information regarding how we interact with others in our physical society. However, if we believe that information from our superconscious mind is important to our survival, that information will be routed to our conscious mind. As we habitually, consciously receive information from our Higher SELF, it will become more familiar and easier to integrate into our conscious reality.

However, most superconscious stimuli cannot be received by Beta Brainwaves, as they resonate to a higher frequency carrier wave, such as Alpha, Theta, and Delta. We can perceive the carrier frequency of the superconscious only when we have expanded our consciousness to the extent that we can access information from both our Higher Self and our Unconscious Self. Our challenge is to integrate that information into our daily life.

INTEGRATING BETA FOCUS

Beta Brainwaves focus our perceptions and awareness towards our external third dimensional reality. These brainwaves must also organize all our conscious perceptions into the third dimensional construct of space/time. Concurrently, it is this sequential space/time processing which calibrates our perception to the third dimension.

Beta Brainwaves must also constantly differentiate between “me” and “not me” in order to maintain the third dimensional illusion of separation. Then the Beta waves must also factor in the ever-increasing list of limitations that maintain our ego within the physical reality. Beta waves belong to our ego’s sensory mechanism. To perceive beyond the limitations of the ego, we must calibrate our consciousness to frequencies beyond the separation and limitations of the third dimension.

INTEGRATING ALPHA FOCUS

In Alpha Brainwave consciousness, we focus of our attention and, therefore, our perception. If we simply close our eyes and attune to our emotions, body sensations and thoughts, we can sense our inner world. If we then learn to hear the inner voices and see the inner pictures, we can create enough “NOWNESS” of perception to slow our brain’s frenetic energy to the Alpha Brainwaves.

The Alpha waves will then give us a glimpse of the ever-present fourth dimension. From the fourth dimension, time and space begin to blur, as in our dreams. One moment we are “here,” and the next moment we are “there.” Shapes also morph so that we can experience third and fourth dimensional faces of our SELF within one vision. Our imagination and creativity is the means by which we can integrate our Alpha focus in our daily life.

THETA AND DELTA FOCUS

In the brainwave patterns of Theta and Delta everything is experienced simultaneously in the NOW. Therefore our Delta and Theta experiences are “unconscious” to our third dimensional consciousness. In order to integrate into our “conscious” life information we receive in Theta and Delta waves, these perceptions must be formatted into the sequential function of our third dimensional brain. Otherwise, it will resonate only to the fourth dimension and the third dimensional brain will not be able to perceive or remember it.

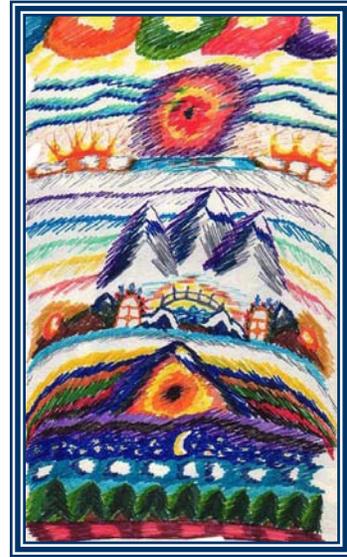
We can learn to use our focused Alpha brainwaves to transfer, or “download”, information from Theta and Delta waves. Once these “files” are downloaded into our Alpha consciousness, they can more easily be integrated into our everyday Beta consciousness.

The 70-85% of our brain that is usually unused is only accessed while our attention is focused on a meditative and creative activity. When we learn to calibrate our consciousness through balancing our emotions, calming our minds and attuning to our inner reality, we can access information from other dimensions.

As we consciously expand the full capacity of our personal computers, our brains, we will be surprised by the vast talents that have latent in our unused brain.

For example, with our Multidimensional Consciousness, we are able to use the Alpha Bridge to integrate the otherwise unconscious spiritual guidance of Theta waves, as well as the superconscious higher dimensional information of Delta waves.

It is within a balanced state of Conscious, Unconscious and Superconscious that we can BE our true Multidimensional SELF while still inhabiting our physical earth vessel.



MORE ABOUT CHAKRAS



A chakra is like a wheel that creates a vortex which can “download” energy from the higher dimensions. This higher dimensional energy, known as prana, or chi, is not physical. Prana is the life force or animating principle of our physical bodies. Our ego, emotions, intellect and mind, as well as the physical elements of earth, water, air, fire, and ether are creations of the life force within us.

This “downloaded” prana is an aspect of our consciousness in the same manner as our aura, but it is denser than our aura and less dense than our physical body. Our chakras interact with our physical system via a connection with a specific endocrine gland and nerve plexus, which associates each chakra with a different area of our bodies. Chakras one through three, as well as an explanation of how the chakras work, is in the Unconscious Section.

HIGHER AND LOWER CHAKRAS

The Fourth Chakra is the Heart Chakra. Chakras one through three are often called the lower chakras; probably because they rule our “lower”, more primal nature, while chakras four through seven are often called our higher chakras. The fifth and sixth chakras are an octave above the second and third chakras, but they rule similar areas of physical life.

For example, the fifth chakra rules creativity and communication just like the second chakra, but the second chakra rules the basic communications in our homes and our procreative creativity, while the fifth chakra rules the more complicated communications and our creativity in the world.

The sixth chakra is an octave higher than the third chakra. Our third chakra rules our issues of “power over” and “power within,” and our abilities to tune into messages sent to us via the fourth dimension, whereas our sixth chakra rules our spiritual power and our ability to commune with our higher guidance.

The first chakra, Root Chakra, the fourth chakra, Heart Chakra, and the seventh chakra, Crown Chakra, are connected in a similar manner. Our consciousness is a radio that receives messages from many different frequencies, or channels.

Our Root Chakra brings our feminine, physically manifest, energy up into our bodies, and our Crown Chakra brings our masculine, spiritually unmanifest, energy down into our bodies. These two transpersonal polarities meet with a burst of light in our Heart Chakra.

Our Heart Chakra is also where our personal feminine/matter and masculine/spirit energies integrate. Therefore, the Heart Chakra is often thought of as the chakra of relationships. These relationships begin with the relationship between our inner male and female polarities, as well as our human and divine polarities. The success of these integrations has a strong impact on our external relations and our ability to be happy and successful in our lives.

MASCULINE AND FEMININE ENERGIES



Certain chakras demonstrate primarily masculine energy, whereas others demonstrate primarily feminine energy. Masculine energy flows outward and is related to expression and action, while feminine energy flows inward and is related to reception and emotion.

Emotion here is defined as “energy in motion”. The second chakra (Navel Chakra) and the sixth chakra, Brow Chakra, are of a feminine energy while the third chakra, Solar Plexus Chakra, and fifth chakra, Throat Chakra, are of a masculine energy. Therefore, we are receptive to emotions with our second-feminine chakra and express those emotions with our masculine-fifth chakra through creativity and communication.

Our feminine-sixth chakra is an octave above our masculine-third chakra. Our sixth chakra allows us to receive spiritual power and information from our higher guidance, and our third chakra can use our personal power to express that information through “right action” and clear, intellectual and/or psychic interactions.

The first, fourth and seventh chakras hold both feminine and masculine energy. Therefore, these three chakras assist us in learning how to integrate our masculine and feminine energy fields. The Root Chakra pulls energy up from the earth to serve as a source of grounding and vitality, a quality which both men and women need. The Crown Chakra pulls energy down from the universe to open our multidimensional awareness, a quality which both men and women need.

The Heart Chakra is where we integrate our masculine and feminine energy as well as our human self and spirit self. Within our Heart Chakra, we can raise our consciousness through the power of love or lower our consciousness through the power of fear. Our Heart Chakra is where we wage our battle between the Light and the Dark. Many cultures think of our Heart as the Seat of our Soul.

EMOTION AS ENERGY IN MOTION

It is through our emotions that we are able to perceive the masculine and feminine energies of prana, as they enter our aura through our chakra system. The experience of intimacy is largely based on our ability to consciously perceive these waves of energy in movement.

<u>Fifth Chakra- masculine</u> Expression of emotion through communication and creativity	<u>Seventh Chakra-M&F</u> Integration of masculine energy down into third dimensional male/female energy field	<u>Sixth Chakra- feminine</u> Reception of power through visions and higher guidance
	<u>Heart Chakra-M&F</u> Integration of the masculine/feminine and human/divine within us	
<u>Second Chakra-feminine</u> Reception of emotions as energy in motion	<u>First Chakra-M&F</u> Integration of feminine energy up into third dimensional male/female energy field	<u>Third Chakra-masculine</u> Expression of power through actions and intellect

The relationship between our internal masculine and feminine energy forms the basis of how we interact with the world and with our SELF.

THE VALUE OF SEPARATION

In our higher dimensional selves, we are androgynous beings who live in complete unity with ALL THAT IS. We must remember that we have chosen to take on a third dimensional body so that we can learn from the experience of separation. Whenever we take a physical incarnation we have the opportunity to learn more about ourselves through the departmentalization of time and space.

Our physical selves are scouts that forge ahead into the physical territory of separation and limitation so that we can individualize a portion of ourselves for growing and advancement. Unfortunately, the third dimension can be an extremely difficult plane and we are often so hurt by our fear and pain that it appears, from the perspective of our human consciousness, that we have not grown at all.

However, from the perspective of our Soul, it is often these painful lives in which we learn the most. There are also lives in which we “remember to remember” who we are. Within that remembrance is the higher guidance that can carry us through the worst situations. At the end of these incarnations we do not experience death. Instead, we experience a glorious reunion as we return Home to our true self.



THE SECRET OF INTIMACY

From the point of view of our Soul, we want to reunify with our multidimensional spiritual self, and we often try to fulfill that need of unification through relationships with other physical persons. We experience this unification through deep and loving intimacy.

However, in the third dimension, deep intimacy is based on strong boundaries. If both parties of the relationship are assured that they will NOT become lost, will not become absorbed into the one with whom they are intimate, they can relax into the moments of unity.

The definition of intimacy is the removal of barriers, but it is the deliberate choice of the removal that creates the feeling of unity. If each one perceives their body and consciousness as their home, then they can take responsibility for what happens in and around them.

If we had no home, if we lived on the street where we had no boundaries, we would feel so vulnerable all the time that we would not feel safe. If we do not feel safe, then we will not allow ourselves to merge with another for fear that our Self will be extinguished.

We have many words for love: I love ballgames, I love chocolate, I love competition, I love my hair. How are these loves the same as or different from deep intimate love? Also, love and fear can become so entangled that it is difficult to determine which is which.

The first time we truly fall in love with someone we surrender ourselves in a fashion that we never will again. In our naivety, we have not yet experienced how much love can hurt. Then, when love returns as fear and pain, we have created healthy boundaries, and we become deeply wounded. Scar tissue often builds from this experience, and we are afraid to try intimacy again.

It is through creating the protective boundaries around our personal essence that we can gain confidence that we will not allow another to steal who we are. If we see our 'self' as our home, we can take the responsibility of maintaining that

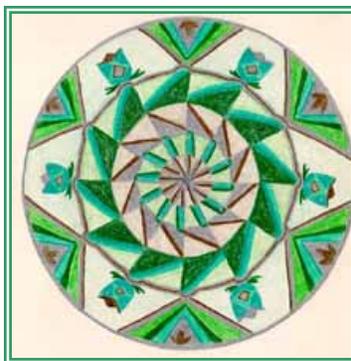
“home”. We can choose to “keep the door closed” and find intimacy within, or we can choose to “open the door” and invite someone into our Heart.

Would we allow just anyone into our home? Would we allow them to take anything that they want or destroy our possessions? NO! We must think of our heart like our home. We have in our heart what is most valuable to us, and we can choose to share it with others—WHEN IT IS SAFE! We would not invite a burglar into our home, and we do not want to invite into our heart one who would harm us.

As we mature and learn to differentiate between our fear of intimacy and a warning from our higher self that this person is not safe, we can feel confident enough to experience deep intimacy. When we love ourselves, we will not allow others to harm us.

However, love is not just about protecting and receiving. Love, true interpersonal love, is about giving. We cannot give away what we do not have. Therefore, if we cannot love ourselves, then we cannot love another.

True love is also based on acceptance. Only if we truly accept ourselves, can we truly accept another. When we can learn Unconditional Love we will activate our High Hearts, but that is often not until the Kundalini has reached our Crown Chakra.



THE FOURTH CHAKRA

LOCATION: The location of our fourth chakra is in our heart.

PETALS: This chakra rules the first of the higher vibrations. There are twelve spokes or petals. Twelve in numerology reduces to the number three. Three is the number which represents the relationship between Wisdom, Power and Love. It is this balance that is a primary focus of the Heart Chakra.

Wisdom without Love and Power would be cruel and weak. Power without Wisdom and Love would be dangerous and selfish, and Love without Power and Wisdom would be victimized and foolish. In our hearts we must learn how to find and join all three of these virtues.

NOTES AND MANTRA: The note for this chakra is F# and the mantra is “Yam” or “a” as in ah. Chanting these mantras in the key of F# while focusing our attention on this area of our body can enable us to more consciously access the Heart Chakra.

COLOR: The color for this chakra is green (and pink for the High Heart). Green is the middle color on the light spectrum and represents healing, growth and health.

RULES: The Heart Chakra is the hub of our bodies, the center point where our internal masculine and feminine, as well as our human and divine energies, meet. The fourth chakra rules ALL of our intra- and inter-personal relationships.

This chakra rules our perception of love, our ability to give and receive love, and our highest essence. Our High Heart rules Unconditional Love and the lower Heart rules human love. It also governs compassion, healing, lungs, breath, and our sense of time, which is tied into the rhythmic cycles of our breath and heart beat.

SENSE: The Heart Chakra rules our sense of touch. Touch is the first intimacy that we know as infants and remains our most powerful unspoken means of

communication throughout our lives. Touch can be the most loving, or the most fearful means of communication. It is in our hearts that we learn about touch and how we, in turn, wish to touch others.

ASTROLOGICAL SIGN: Libra is the sign of relationships and Venus, the planet of love, rules it. Libra teaches us to balance our attention and love between our self and those that we love. Venus urges us to strive for contact, love, harmony and the augmentation of self.

ELEMENT: Air is the element that is ruled by this chakra. The fourth chakra also rules our lungs, which is how we bring air, oxygen, into our bodies. The relationship between our lungs and our heart is vital. Without the fresh oxygen that our lungs drive into our hearts, our red blood cells could not carry vital life-force throughout our bodies.

CONSCIOUSNESS: The fourth chakra rules our everyday, conscious lives. However, even in the most scientific person, some fourth dimensional aspects of empathy and intuition arise. The Heart Chakra rules our family and community consciousness. It is through our hearts that we strive for Unity Consciousness with all life and with Mother Earth Herself.

Our “human love” can often be filled with negativity, fear, hatred and cruelty. However, if we can function from our “High Heart”, our love is Unconditional and we are accepting and free of judgment.

It is the challenge of our hearts to connect with and receive the love of our spiritual SELF, so that we can heal the harm that others have done to us. Then, from the heart space of healing and self-love, we can love others as well.

PERSONAL TIMELINE: This chakra represents the adolescent stage of life. In adolescence, children create their own identity. In order to create their identity, they often rebel against those who have loved and guided them. They then must find the qualities of Wisdom, Power and Love that they have received from their inner and outer realities to develop the persona they wish to live.

SOCIAL TIMELINE: The time era best represented by the Heart Chakra is the Renaissance. It was during the Renaissance that art and beauty was reborn after a long and painful Dark Age. The concept of “nations” began to replace the reality of “empires,” and worship was focused primarily on one God.

ENDOCRINE GLAND: The endocrine gland for this chakra is the Thymus Gland, which is the core of our immune system and is vital for our healing. Often it has been said, “love heals”.

Both the psychological and the physiological centers of healing are in the Heart Chakra. The heart is known as the symbol of life. In metaphysical literature it is

said that the Atma, which is the Three-Fold Flame of Life, is activated at our birth and extinguished at our death.

NERVE PLEXUS: The nerve plexus for this chakra is the cardiac plexus, which is the neurological hub for the heart, lungs and the blood circulatory system. Without the circulation of blood and oxygen, we cannot live in our third dimensional body.

CLEAR: When our Heart Chakra is clear and balanced we can experience love, compassion, acceptance and fulfillment. Our heart and respiratory system are strong and healthy, we have a good immune system, and we feel calm and joyful.

We are able to balance our masculine and feminine aspects, as well as our human and our divine aspects. Our relationship with our SELF and with others is happy, and we have found our service to our family, our community, our nation and our planet.

UNCLEAR: When our Heart Chakra is unclear, we have an immune deficiency, lack of joy, heart problems, and bitterness in life. We are insensitive, emotionally closed, passive and sad. We have cardio-vascular or respiratory problems. We may suffer from hypertension, a stroke, a heart attack or asthma.

Our lives often feel unfulfilling, and we have not found our position in our family or community. Our relationships are unloving because we are as unable to receive love, as we are to give it. We are often critical, judgmental, uncompassionate and joyless.

EARTH CHAKRA: Earth's Heart Chakra is Haleakala, Maui. One visit to the verdant growth and aromatic breeze of Maui is enough to understand why it is Mother Earth's heart.

DIMENSIONS: The Heart Chakra rules the Beta wave consciousness of everyday third dimensional life and the Alpha wave consciousness which is the bridge to the higher dimensions. When our heart is open, we can live the beauty of every moment, smell every rose, create a reality of love and harmony and combine our superconscious guidance with our mundane life.

Metaphysically, the Heart Chakra rules the areas of the brain that are the higher cortex and abstract thinking. These areas are best activated when we are "in the groove" of handling our everyday reality and when we have taken the time and focus to access our creative self.

SUMMARY: Our Heart Chakra determines our ability to expand our consciousness. There is no degree of meditation that will access the higher dimensions if we cannot open our hearts to love. Without love we could not

travel beyond the Lower Astral Plane and our consciousness would be limited to the separation and limitation represented by our ego self.

Above all else, it is LOVE that allows us to climb the stairs to our observer self and allow true objectivity in our lives. From a perspective of objectivity, we can be free of the desires and passions of everyday life. Then we can be free to find our meaning as we progress through the development of our consciousness from dependent—to independent—to dependable.

When our Heart Chakra is opened, our sense of self is not limited to our ego. When we have learned to balance our masculine/feminine and human/divine energies, we expand our SELF from individual consciousness—to family consciousness—to a community consciousness—to national consciousness—to planetary consciousness.

Then we are ONE with the Mother, Lady Gaia, and we can realize that whatever we do to another member upon the body of Earth, we do to ourselves.



WHERE IS GAIA?

I live in mountains high above
And in they clouds they touch with Love

I live in valleys deep below
And in the caves my light does glow

Within the heights and far beneath
My inner self holds the belief

The belief that I shall never end
As just a spark—my Source did send

A spark from regions far beyond
Came down to earth to form a bond

A bond between the sky and earth
MY spirit into matter's birth

As I awake for journey's end
No need to lie, or to pretend

I am here and I am there
I'm everyplace and everywhere

I hold my heart within my mind
I AM the SELF I seek to find

MY awareness I prepare to wake
To spirit's journey that I take

Beyond the limits I have known
Into the Oneness I've been shown



ACCEPTING THE CALL

*A Personal Experience
Of the Rising Kundalini*

Opening of the Heart chakra

TIME FRAME 1985-1988

The opening of the chakra just above it usually precedes the final initiation of a chakra. Therefore, my final initiation for the third chakra was in 1986, but the opening of the fourth chakra first began in 1985 with the death of my beloved grandmother. In fact, both of my grandmothers died that year.

As I was claiming my power, the “grandmother generation” died. This pushed my mother into the “grandmother” role and me firmly into her role as “mother.” The baton was passed on to the next generation and my power within the family unit increased. Even though I had been a mother for quite some time, now it was time to be a mentor. (See Maiden, Mother, and Mentor behind the Behavior Door in the Conscious Section.)

SPIRITUAL LIFE

The fourth, Heart Chakra represents our love relationships on a horizontal plane with persons, places, and all life forms as well as our love relationship, or lack of it, with ourselves. The High Heart represents our Unconditional Love on a vertical plane with our higher dimensional guides and higher dimensional selves.

The high heart does not totally open until after Kundalini has traveled into the Crown Chakra to join with Her completion. However, grounding of unconditional love into our third dimensional heart greatly expands our consciousness and heals our “broken heart.” I will talk about the opening of my lower heart here and talk about the experience of opening my High Heart later.

In 1985 I was still receiving spiritual communications from Long Island. Several of the Ascended Masters who channeled through the Long Island “church” offered a gift to their readers to come into the fourth dimension each night for one month (the harvest month of October) to have one veil of illusion removed per night. I decided to accept that invitation. Each morning I channeled my experiences of the night before. This was my first book, Thirty Veils of Illusion. During this month, my grandmother was dying.

It was as if I was crossing over just like her, only I would still maintain my physical body. As my heart chakra was opening, I was consciously and clearly bridging the gap between my world and the higher worlds. The bridge was not

only created with the information that I received, but also with the love that I was able to feel coming to me from the fourth dimension. The experience also gave a voice to my inner self that had been silenced in my struggle to “survive” and “fit in”.

I also traveled to Long Island to meet everyone that I had been communicating with for over a decade. Somehow, that experience disillusioned me. They were all “just people.” This was the beginning of a long lesson that I was to learn about integrating the spiritual life with the physical life. Since I was unable to love me for who I was—right now—I needed to believe that all spiritual people were somehow sainted.

I hope that the readers of this journal will see that I am just a regular person. Even though I truly believe that the Kundalini did rise, it did not make me into a saint or ascended being. It just allowed me to be more of who I always was. Spiritual work does not finish, as it is infinite. However, at that time I could not realize that. I still felt such fear and struggle in my daily life that I had to believe that something wonderful would come along and take it all away.

CAREER LIFE

During the opening of my heart chakra my career life took a back seat to my personal life. My family needed me and I discovered that I deeply needed them. I also knew that my body needed me too. My immune system was compromised of all my stress, and I greatly needed time to heal my family and me. I decided to take a few years to work only three days a week, and boy, did I need it for the challenges ahead!

It may have sounded as if I had completely abandoned my family in all my spiritual and career ventures, but that was not true. When I was so busy, people would ask me, “How can you do all this when you have a husband and two children?” I would respond, “It is because of them that I can do all of this.”

However, I had been gone too much, both psychically and mentally. We all went to therapy and I tried to do my best to heal whatever wounds I had created by my absence. One of the main things that I learned was that I had guilt about not being a good mother because I had guilt about not being a good daughter. I also realized that what I had done for myself, I had actually done for the family. In allowing myself to follow my inner directions I had been a role model for my children to do the same.

PERSONAL LIFE—PHYSICAL BODY

The Heart Chakra rules the thymus gland, which governs the immune system. I knew that it would be a very good idea at this time to focus my attentions on

taking care of my physical body. I ate healthy, meditated, practiced Yoga or Tai Chi, and wrote out my feelings in my journal daily.

I believe that it was these practices that saved my health. That is along with a long hard look at my dark side—depression! There was in anchor in my heart that needed to be removed. That anchor was made of fear, and it expressed itself as depression.

FINAL INITIATION

Interestingly, although the Heart Chakra is about being in relationships, my final initiation was about being alone. Isn't that where all our relationships begin—with ourselves? My husband had an opportunity to take a job where he would be away. We would only be able to see each other on Sunday afternoons when he would be in town.

For months before that, my inner voice had been whispering, "You know, you never have never lived alone." Well, now I would get to—or have to. We needed the money, my husband needed the experience, and I needed to totally focus on my children—at last. Little did I know that my real focus would be on my self and my life long battle with depression?

All my life my depression had hidden within my emotional dramas, mental challenges, and my busy, busy life. Now, I was not working very hard, the kids were in school or otherwise involved in being teenagers, and for a lot of time I was alone—that is alone with my depression. I could, of course, find more dramas to tack my depression onto, but the reality is depression is a mind/body illness, and I had been depressed since I was a child.

Since I was a child I had felt different and alone. I wanted to go "Home," but I didn't know where Home was. I only knew that it was not in that house, or that planet or even that dimension. The physical world had always scared me. Too many people were mean and I lived in constant fear of not fitting in. Of course this struggle was silent.

To someone looking from the outside, I probably looked like a "lucky" middle class girl, in a nice home, from a good family. However, as a teenager I had thoughts about suicide daily and felt totally alone with even the most "popular" group. I tried to solve my depression by getting married, by having children, by getting a career, by getting married again etc., etc. However, doing something is not the cure for depression.

Depression was, and still is, my dark side. It is the excuse I can give myself for being a victim. "They" are the enemy. "They" are the reason why I live in fear and unhappiness. Before I could open my Heart Chakra and step into my role of mentor, I had to face my own dark side and make it my friend.

I meditated, I cried, I screamed, I released oceans of pain. "Take this from me," I called to my higher guidance. "I can no longer tolerate this feeling of not being good enough, of not being HOME." But "Home" was some place far away, unreachable, unattainable. I was a victim to my choice to incarnate. The part of me that had remembered my Multidimensional SELF had become my enemy. Now I had to find a way to forgive the world and to forgive myself for being a part of it.

I had nowhere to hide now, not in a relationship, not in school, not in work and not in my children. I had to face my pain alone. I had to accept that my pain/fear was real even if I could not yet understand why it was so intense. And release it I did. How did I release it? I felt it; I felt all the feeling that had been hiding in my unconscious for my entire life.

It was not fun. In fact it was awful, but it was also a relief to finally let the dam break, to let my "happy face" crack, and to allow myself to feel how I really felt. It took a lot of courage, and love for my SELF to do it. But my inner guidance was strong then and held my hand through out the entire process. Gradually, as I allowed my unconscious to communicate my "bad" feelings to my conscious self, my depression subsided.

Then I began to have dreams. The house we lived in was small and the landlady was "crazy" and invasive. She stalked my "nest", invaded my world and was a constant source of agitation in my life. I was already deeply missing my real Home, and the landlady (a projection my own craziness) was making my earthly home uninhabitable.

Meanwhile, the dreams were telling me of a beautiful house right near the ocean. Over and over I would have a similar dream. I had "manifested" a home before with my desire body and intension. I got the exact house I had asked for, but I had left out one important element, the landlord. In fact, since I had left the home my ex-husband and I had built, I had had many landlord problems. Guilt perhaps? Well, this landlord was the epitome of all my landlord problems, but I felt that I should stay there for my kids.

Then one day my son said, "Mom, when are we going to leave this place?" Simultaneously, the landlady raised the rent by hundreds of dollars, and a realtor called me to look at a new place. The last dream I had had was that I had moved into my new home. It was blocks from a beautiful ocean cove and had a great view. In the dream, I was getting ready to go to bed and was walking to lock the door when a feeling of deep, joyous thanksgiving overcame me. I fell to my knees and said, "Thank you God for this beautiful home!"

I went to the house that the realtor had told me about. It had been vacant for 6 weeks and the owners were desperate to rent it. I knew that it was within my

price range—barely. When I went there, I saw that it was 1½ blocks from the beach. I entered the house alone, as my husband was still working out of town, and I walked up a strangely familiar stairway.

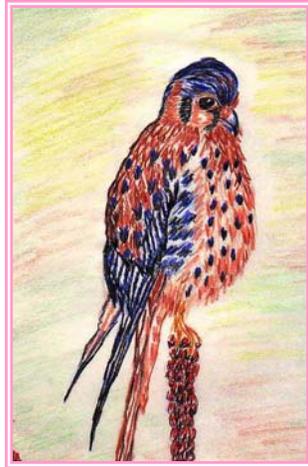
When I entered the living room I saw a gorgeous view. I fell to my knees and said,

‘Thank you God for this beautiful home.’ It was a few days later when I was standing on the beach with my friend that I remembered the dream, because it was exactly the same cove as in my dream.

When we moved into our new house I installed the “no junk” law. Anything that was old or unnecessary did not make the cut into the new house. While during my final shipment of boxes to our new home I heard my inner guidance say in a voice so clear it sounded physical, “Congratulations, you have completed your karma with landlords.” I still live in that house and the landlords have always been wonderful.

The initiation of my Heart Chakra allowed me to clear much of the old fear and sorrow of not being in my true “Home” in the higher dimensions. It was through surrendering that fear to my higher guidance that I allowed the love of my heart to manifest a perfect “Home” in the physical world.

Most important of all, I learned that HOME IS WHERE THE HEART IS!



THE DEBATE

The breeze gently caressed the small bush
creating a dance of fluttering leaves.

The stillness was absolute with the loudest sound being
the distant wind through the trees.

Where had life gone?
Just a moment ago I was a young woman
filled with promise and depression.

The promise died easily,
but the depression stayed
and stayed...

Now the promise is returning
and the depression is an unwelcome visitor,
rather than a constant tenant.

Perhaps now the promise of my dreams
can come true.

"You are too old to receive your dreams,"
whispered the raspy voice of Depression
to the innocent ear of Promise.

"Promise knows NO age,"
was the innocent reply.

"I will never leave you,"
threatened the offended Depression.

“I wouldn’t want you to,”
soothed Promise.
“You are my inspiration.”

“Bah—it is not my job to inspire.
It is my job to extinguish.”

“Extinguish?”
questioned Promise

“Extinguish you!”
screamed Depression.

But then the gentle breeze
set the leaves to dancing once again.

It was so enchanting that
even Depression took notice.

In the distance a bird cried a tone so sweet
that the voice of Depression could not be heard.

“I want to hear you,”
called Promise.
“It is from your darkness that I gather light.
It is from your sadness that I know joy
and from your anger that I find peace.

“We are not enemies,”
pleaded Promise,
“We are the two that make the ONE.”

“I don’t understand your dribble,”
snarled Depression.

The bird flew closer now.
In fact, it landed on the railing before me.

A simple sparrow it was,
small and brown—nothing special,
yet it stared into me as if it knew me.

It stared past the Promise
and into the Depression.

It did nothing...
It said nothing...

But the wild freedom of the bird
touched the captured spirit of Depression.

Then, in a blink, the bird was gone
And I sat alone once again

Alone with my depression
and alone with the promise that it held.

When my depression cleared, I was able to open my heart to what I desired and
what I deserved. I then moved into my new home and stepped onto the
FOURTH STEP TO SOUL



Excerpts from:

SEVEN STEPS TO SOUL

A Poetic Journey of Spiritual Transformation
By Suzan Carroll

THE FOURTH STEP TO SOUL

Relationships ~

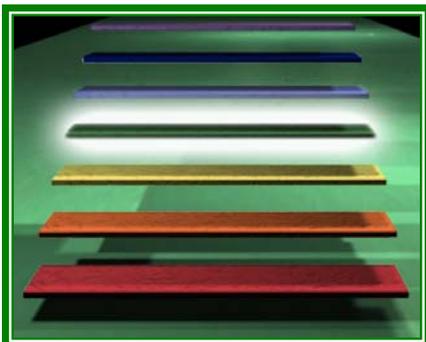
Learning to Love Ourselves, Others, and the Planet

Relationships allow us to learn about love and the healing power that it holds. However, whatever conflict we hold inside ourselves will be mirrored out to the relationships around us. If we can learn to love ourselves, then we can forgive our past and create a new future. Only in loving ourselves can we allow ourselves to trust enough to freely love another.

When we have truly permitted love into our hearts and lives, we can realize that each of us is a portion of a greater whole. This whole is our planet. If we do not love our planet, we will not truly show our love to our people for we won't create a safe place for them to live. Once our hearts are filled with love, our sphere of concern widens and a responsibility to all life grows. This responsibility to all life is the dominion of the Goddess.

The Goddess is the beacon of the power of love. This power of love is an energy field and it is not limited to women, or even to humans. The beacon of the Goddess finds our mates, bears our children, and holds our families together. The Goddess nurtures, heals, and grows our seeds of creativity into manifestation. Men may also live the power of the Goddess, and more of them are doing so every day. Balancing the God and Goddess within us allows us to create and maintain relationships that are co-operative and peaceful.

TAKING THE FOURTH STEP



She saw the fourth stair before her. It was on the stairway that curved up to the porch of the house she shared with her true love. Could she allow the joy of this love to take root in her heart and give birth to all that continues; or would the pain of the past hold her in fear?

This stairway was short, but each step held a lesson. These lessons were meant to teach her how to hold her love completely open—without giving her Self away. Could she heal her past and learn her lessons?

To find that answer, she must love herself first.

THE FOURTH CHAKRA AND RELATIONSHIPS



The fourth chakra represents our ability to love. Without love we feel isolated and alone. However, if we do not love ourselves we have difficulty accepting the love of others. Our inability to love others and our self is the result of past experiences and we must heal our hurt before we can truly open our hearts.

HEALING THE HURT

There are very few who have not experienced some hurt in regard to love. Therefore, our Heart Chakra teaches us to forgive. This forgiveness is largely based on understanding. Understanding creates acceptance, and from acceptance we gain the true intimate knowing that is LOVE.

This forgiveness, acceptance, knowing and intimacy must begin with our Self.

AWAKEN



The early morning light
shines through the window
glistening and dancing
across the table.

Now is the time to remember,
remember your Self.

Now, when the light is near,
allow it to enter deep within
to reveal your Soul and

awaken ancient memories
that know all,
feel all,
think all,
love all.

For only in
knowing your Self
can you truly know another.

Only in
trusting your Self
can you truly trust another.

Only in
receiving comfort from your Self
can you truly comfort another.

Only in
loving your Self
can you truly love another.

OPENING THE HEART

Once we have developed intimacy with our Self, we can feel guided and protected enough to open our hearts to others. Through the vulnerability of an open heart we can learn the lessons of love.



THE LESSON OF LOVE

To love from the
Center of your Heart
can pull you from your Self.

To love from the
Center of your Heart
can make your life a dream.

A dream of question,
and a dream of fulfillment
beyond all conception.

To love from the
Center of your Heart
is to be naked in another,
to open from your Soul.

But how can you keep your Self
when you love from the
Center of your Heart?

You don't.
You share it.
Oh, but to share what you don't know
is impossible.

It is impossible to share a Self
you have not found.

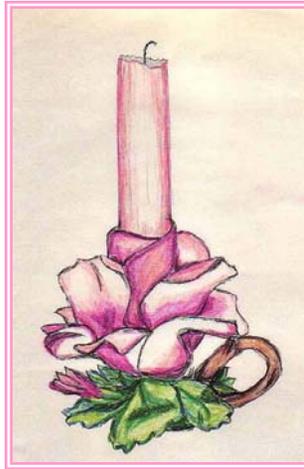
To love from the
Center of your Heart
requires that you find that Self.

You must find the Self
that lives in the center of your Heart,
and Share!

Share what you didn't know you had until
you loved from the
Center of your Heart.

LIVING IN LOVE

Living in love is not easy. We must constantly face the darkness and fear that is within us and within those with whom we have chosen to have intimate relationships. To be truly loving to our self, we need to maintain a balance of independence and vulnerability. We need to keep our hearts open so that we can maintain our inner relationship between our own feminine/masculine and human/divine selves. We must remember that love grows best with understanding, acceptance and freedom.



I MISS YOU

The candle burns
without your essence.
The mirror reflects
without your presence.

The sun still rises
and sets each day,
but something's missing
when you're away.

Apart we look
inside to see,
we can be in love
and still be free.

Then, when we're
together again,
something starts
and something ends.

We await our reunion
knowing we've grown.
For together we're more
than when we're alone.

I await your return.
My heart calls your name.
Our souls are quite separate,
yet somehow the same.

For I know, as the sun
sets in the night sea,
it will rise again each dawn
on you, my dear,
and me.

LOVING THE PLANET

When we expand our sense of Self, our relationships expand to encompass all of life. When we honor the feminine as well as the masculine, we remember the Goddess in everyone, whether they are male or female, as well as the Goddess within our home—planet Earth.



ARISE

Arise, awaken-
the Mother calls.
Alight your wings
your tails, your claws.

The Earth is ready
for a change
and many fear
disaster's range.

Fear not for Light
and Love and Purity,
but rather know them
as security.

If you have learned
to Love each other,
you've learned to Love Earth
as your Mother.

But, if in your greed,
you have taken all
it is that choice
that is your fall.

Release them now
your many things.
They close the eyes
and clip the wings.

For that which is possessed
possesses.
And that which is released
releases.

The flight of the Phoenix
began with a fire
to cleanse and
purify the mire.

The streams of Life
will flow forever.
The breath of Spirit,
it ceases never.

Protect the Earth.
Embrace the Moon.
Accept the Sun.

The hour is SOON!

GREETINGS FROM GAIA



I am Gaia, your Earth Mother.

I answer any call that comes to me. I feel your love for me as I cycle that love back to you. Dearest One, I am indeed glad that you have made the decision to come out from your cave.

But, remember my One, the cave is always there for you and you can return whenever you need to. My Representatives of the Goddess have always lived in caves and returned to my core between their duties and services in the world.

See that cave before you now. Place your small offering in the simple clay bowl at its entrance.

What part of yourself do you surrender to me on this day?

Today I surrender my FEAR. Please dear Mother, for one day, take this fear into your heart, into your crystal core and use it as you may. Fear is a powerful force and, once transmuted, can be of great use to the One.

Thank you dear, I will gladly take your fear because it is offered to me in Love. The surrender, and the love of that surrender, instantly transmutes your fear into its polar opposite - Love.

Now you must remember, dear, that you have given your fear away today. Therefore, you have none. With every fearful feeling or thought, see my clay bowl at the entrance to my cave. Surrender that fear to me again and again.

Feel your love for me and mine for you
and the fear that you surrender shall be replaced with LOVE.

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BEING CONSCIOUS PART III
The Throat Chakra
56 Pages

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