

THE SUPERCONSCIOUS PART I

Introduction to the Superconscious

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By Suzan Carroll PhD

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WHAT IS THE SUPERCONSCIOUS?

Through all time, seekers and mystics have asked this question: "What is the Superconscious?" For the purpose of this section, the Superconscious will be defined as our total consciousness that is aware of, and has mastery over, ALL the segments of our Being. In other words, the Superconscious is the SELF that encompasses all of our "selves."

In the Unconscious Section, we explored the unconscious archives of our suppressed and forgotten past to enable us to better understand and heal old patterns of fear and limitation.

In the Conscious Section, we explored how to calibrate our consciousness in order to create a reality that resonates to the highest "Self" that we can be within our earthly life.

In the Superconscious Section, we shall explore ways to download our higher dimensional awareness and realities into our conscious, everyday life. If we can integrate our higher consciousness into our mundane life, we can become our Multidimensional SELF while holding our earthly form.

TIME AND CONSCIOUSNESS

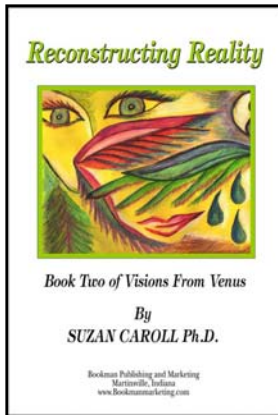
"Time" is a concept that is relative to our state of consciousness. For example, when we enter our unconscious mind we often find the self we are in our childhood or early adulthood. As we relive these events, we forget our "present time" and plunge ourselves into the past for understanding and healing. Our unconscious mind is also a portal to the fourth dimension.

In the fourth dimension, time is experienced very differently than it is in the third dimension. From our fourth dimensional consciousness we can also view our other third and fourth dimensional realities, which are often referred to as "past lives." However, past, present, and future are terms that only apply while we are engaging in the 3D reality of "time."

Besides being a portal to the fourth dimension, our unconscious mind can also be a portal to the first and second dimensions. If we can calibrate our conscious mind to alpha waves, we can activate this portal. Many shaman, mystics, and artists have been able to commune with crystals, which are first dimensional, and plants, animals and other life forms that are second dimensional. While visiting these other dimensions, third dimensional "time" is then forgotten until the multidimensional traveler returns from his or her journey.

While the unconscious state is the portal to the first, second and fourth dimension, the conscious state is the portal to the third dimension, and the superconscious state is the portal to the fifth dimension and beyond. It is only in the third dimension that there is time, as we know it.

In the first, second and fourth dimensions, there is the concept of time, but it is different than in the third dimension. In the fifth dimension and beyond there is NO time or space as we know it. There are also NO polarities, such as good/bad, pretty/ugly, smart/dumb, poor/rich, or hot/cold. There is only Unity, Here and Now.



The following excerpt from:
RECONSTRUCTING REALITY,
Visions from Venus, Book II

by Suzan Carroll Ph.D.,

best describes the nature of time regarding
the third, fourth and fifth dimension.

*“Shature, I have felt your approach. Are you ready to resume your studies?”
spoke the Guide as Shature entered the Temple.*

*“Yes, my Guide, I am. I feel different somehow. I feel like I am on the edge of a
great transition. I have merged with Lamire, and we have realized some patterns
that we must heal. I know that I must heal my pattern of feeling abandoned,
followed by my inability to trust, and an anger at the one that I felt abandoned
by.”*

*“Wonderful, my one. I have telepathically received your desire to view the lives in
which you have danced the pattern of abandonment. Your desire will activate
different third dimensional realities and program them into the dome. The dome
will then present a holographic display of one time period at a time. Remember,
you are actually entering that time frame and any interaction that you have with
its occupants is real and will most assuredly alter their reality.*

*“You will enter each life at a time when your third dimensional self will soon have
to make an important life altering decision. When you make this contact, you can
assist him or her in making this transitional decision from love rather than from
fear. The choice of love over fear is what will heal your old wounds of
abandonment. The vibration of love will remind you that you are never alone and
that separation is only an illusion. Love will open the wounded heart to the unity
and assistance of the higher worlds. Once the heart is open, it can be healed.*

*“Since you are now in the fifth dimension where you live within the omnipresence
of the ONE, you can view your other realities anywhere along the space-time
continuum. In this eternal now, time is perceived as a continuum that can be
looked at as if it were spread out upon a table. Upon this table is a large circle
that represents the time-space matrix of the third dimension. This large circle is
made up of many small circles joined together. Each of these small circles
represents a different third dimensional reality.”*

*“On third dimensional Earth the inhabitants are locked into a space-time matrix
and are NOT able to perceive the nature of time from outside their experience of
it as we can in the higher dimensions. Therefore, they measure the passage of
time with calendars and clocks, live the experience of past, present, and future*

and are usually unaware of their other third dimensional realities. In fact, they often have great difficulty just staying aware and fully conscious of the reality that they are living at that "time".

In the fourth dimension, time is more fluid and mutable, but progresses sequentially like it does in the third dimension. While you are traveling in the fourth dimension, you will be able to observe, or even interact with, the inhabitants of the different third dimensional realities. However, your vision from the fourth dimension will be somewhat distorted because the fourth dimension is plummeted by the backwash of the myriad of thoughts and emotions of Earth inhabitants."

In the fifth dimension, time does not pass, but you can pass into time. From here in the fifth dimension you can see that all time actually exists simultaneously. You can join with your third and fourth dimensional realities by viewing the holographic image that is displayed in the inter-dimensional dome that you are about to enter. Once you enter this dome, you can view a hologram of that reality to find an appropriate entry point. When you have found that point, you can merge your consciousness with that image. But remember, even though you may enter into any portion of Earth's space-time matrix, once you are there, you are bound by the progression of time as it is known upon the third dimension."



EXPANSION OF CONSCIOUSNESS

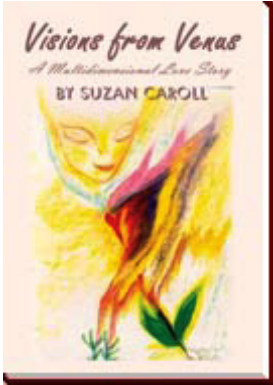
The conscious mind is a "great integrator". It has the innate ability to assimilate messages received from the unconscious and the superconscious realities while simultaneously being aware of our everyday physical reality. This task is only possible because consciousness expands like a flashlight beam.

In other words, as we expand our consciousness into the higher dimensions, we simultaneously expand our consciousness into the lower dimensions and visa versa. Therefore, we do not "raise" our consciousness; we expand it. This expansion gives us a wider and clearer perception of stimuli from more than one dimension at a "time".

Consciousness expansion is much like a roller coaster ride. We usually begin with the slow ascent to our peak consciousness, so that we can develop enough self-esteem to plunge into the depths of our unconscious secrets. However, unlike the roller coaster, each progressive excursion goes higher into our upper levels of awareness and deeper into our lower levels.

We are able to go deeper into our unconscious after we raise our self-esteem by go higher into our superconscious. The higher we raise our self-esteem, the more prepared and motivated we are to return to our dark-side for greater understanding and healing. Inversely, since our greatest enemy is the one inside ourselves that we DON'T know about, the transformation of this inner enemy, our fear, builds greater courage to travel again into the "unknown" of our forgotten Higher Self.

As stated in the beginning of this site, we are all multidimensional beings who have come to this time-space quadrant to heal our past so that we can complete our "Mission." This mission is the reason why we chose to take embodiment. If we can remember to remember our superconscious SELF, we can successfully complete that Mission. However, as we expand our consciousness, there is so much to integrate into our conscious minds that many of us get lost in the labyrinth of third dimensional life.



The following excerpt from:

VISIONS FROM VENUS BOOK I

by Suzan Carroll PhD,

explores our multidimensional confusion.

Since this was Shature's first physical embodiment since Atlantis, she had forgotten how strong the polarities were on the third dimension. Good was wonderful and bad was horrible. Even the light of the Sun was brighter and much more direct here, while the dark of a moonless night was darker than it ever was in Faerie. Shature could not help but compare the differences between life on third dimensional Earth, life on fourth dimensional Faerie, and life on fifth dimensional Venus.

When she was in Faerie with her Divine Complement, Lamire, she was so content that she seldom thought of Venus. But now that she was on Earth again, and even with Lamire in his third dimensional persona of Malton, she still often thought of her Home on fifth dimensional Venus. When she was with Lamire on Venus, they were one being. Now they were still the same Soul, but their individual expressions of it were completely different. When she and Lamire were together in Faerie, they had separate forms, but their hearts and minds were one. Now, the only time that she and Lamire/Malton felt united in that way was when they made love.

Sex was also very different here than on the higher dimensions. In Faerie, sex was for fun and, if their bodies had been harmonized and prepared, it was also for procreation. On Venus, sex was an orgasmic experience of the Cosmic All. This experience was saved for only the most spiritual of rituals of either stepping into the Violet Flame together to bring down a new Soul for embodiment or for consciousness raising to unite with higher portions of one's SELF.

Since most Venusians were androgynous, living in one form with their Complement, sex was a form of meditation rather than a form of physical coupling. Two complete, androgynous beings could also merge in a sexual manner in order to share the experience of bringing down a third Soul into embodiment. This being was then loved and raised by their entire community. Fifth dimensional beings could also join in lovemaking to assist each other in raising their consciousness as well as the group consciousness of their community.

When Shature had viewed Malton from her place in Faerie, and from seeing the lives of the other members of his kingdom, it appeared that sex was used

frequently for power. On Earth, sex was often a mating drive like the animals in the forest, except that a female animal had the right to refuse. This right was not always granted to human females.

This kind of sex was neither fun nor enjoyable. Sexual encounters seemed impulsive and without forethought. New Souls were brought down into physical form with no planning or preparation, and the honor of parenthood was often reduced to a grim duty. Shature saw that many parents were mere children themselves and completely unprepared to offer their child a happy or fulfilling life.

Shature was also having difficulty adjusting again to the simplest aspects of life on the third dimension. For example, eating seemed like a new experience to her. In Faerie, eating food was for fun and friendship, and on Venus it was a ceremony for the purpose of uniting with and partaking of the Cosmic All. On Venus, their forms were light bodies and nourishment was the vibration of light taken in through the process of breathing. On Earth, however, eating was a basic survival need. Those of money, means and power often ate far too much, while the poor around them lived just above the starvation level.

"Work" was also an unfamiliar concept for Shature. On the Earth plane, one had to work hard, or command someone else to work hard, in order to get what he or she needed. In Faerie, desires were filled by ritual and magic, and on Venus there was complete freedom from all desire because everyone lived in the abundance consciousness of the fifth dimension.

In abundance consciousness, one did not desire. They simply manifested what was necessary at that moment, and allowed it to return to the Oneness when it was no longer needed. Shature's magic skills were still very much intact, and she could manifest for herself whatever she desired. However, she found that she had to do this in private, as there was much fear of the unknown. Also, in the "time" that she was now incarnated, women were not supposed to have power. They were expected to obey their men completely and could only rule over children and other women.

Shature took many trips into the forest where she could open the vortex into Faerie. She returned there often and gained much from her visits. Malton did not wish her, a woman, to leave the castle unescorted and insisted that she was chaperoned by at least two well-armed guards. However, she went to the woods alone as often as she could. She did not understand nor respect the different rules for men and women.

In Faerie, there was still the separation of male and female, but everyone knew that they had a Divine Complement and that they would eventually meet them. Men and women were both completely independent, and all roles and responsibilities were determined by desires rather than by gender. On Venus, most of the people in her community had chosen to be androgynous and therefore, there was no males or females. Each being was seen as a body of light in complete equality and love. Some appeared more feminine or more

masculine, but in actuality they were androgynous. There were elders, of course, but everyone knew that they too would achieve that status as they progressed in their spiritual endeavors.

Shature missed the unity consciousness of Venus where each Soul viewed itself as a component of the One. There were no thoughts of separation or limitation there, nor was there comparison or competition. Even in Faerie, where the polarities were stronger than on Venus, there was a constant sense of cooperation and sharing, at least in her community. In Malton's medieval kingdom, and from what she could determine about the third dimensional world around her, every person felt separate, even from their loved ones. There was love that brought cohesiveness to family and community, but even that was often filled with fear, suspicion, and anger.

The difference that caused her the most embarrassment was the difference in time and space. On Venus, there was no time and space. There was only "here" and "now". One was in a place at one moment and then, if they desired to change experiences, they would change their thoughts and were instantly wherever those thoughts took them.

There was no experience of traveling from one location to another unless the experience of traveling was desired. Although very different from Earth, there was still the concept of time and space on Faerie. One would travel from one "place" to another, and the journey took "time". However, time in Faerie was relative to the activity. When the activity was enjoyable there seemed to be no passage of time. But when the activity was not enjoyable, time seemed to pass slowly.

Therefore, few beings in Faerie performed any activity that they did not enjoy. Shature, still being very much her Faerie self, did not abide by the strict time schedule of castle life. She was usually late, or did not appear at all. Then someone was sent to find her. Shature had planned to be where they awaited her, but she could not keep track of the movement of time in such a regimented fashion.

The truth was that Shature did not want to keep track of her obligations as "Malton's woman". She was her "own woman" and she had no desire to be, or to act like, "his Queen". Malton's mother started to take over the Queen's obligations. This was still acceptable because Shature had not yet married Malton, but it had been almost a year since she had come to live with him, and she would have to marry him soon or return to Faerie.



THE DIVINE COMPLEMENT

The previous excerpt brings up the concept of the "Divine Complement". Our Divine Complement, also known as our Twin Flame, is the completion of our fifth dimensional, androgynous SELF. In the dimensions five and beyond, there is no polarity. Therefore, there are no "males" or "females".

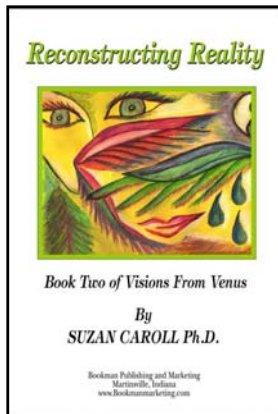
All beings are androgynous in nature, but they may choose to cloth themselves in a male or female form, just as we may choose to dress like a man or dress like a woman. When we resonate to the fifth dimension, we can decide to send our consciousness, a portion of our Essence, to the lower dimensions so that we can take embodiment. Then we must choose either a male or female form.

Our Divine Complement, or Twin Flame, is the portion of our androgynous self that stays in the fifth dimension to serve as inspiration and guidance to its lower dimensional bodies. Since our Divine Complement has our exact same Essence, it is our easiest portal into the fifth dimension. Even though our manifest body is one sex, we are constantly linked to our opposite polarity who is unmanifest in our fifth dimensional, androgynous body. It is this link that urges us to seek the unity of true love.

Our Soul/SELF shoots down many elements of itself into the lower dimensions to gain experience. It is the experiences of the third and fourth dimension that allow it to gain more Wisdom, Love and Power. In the out-breath, our Higher Self sends down its Essence to experience life in the lower dimensions. Then, with the in-breath, it calls to these "offshoots" to return Home with all that they have learned.

This call to return Home feels like Unconditional Love. Often we cannot hear that higher dimensional call, yet we seek to fulfill it in our physical reality. If we were to meet another portion of our SELF, who is also in physical embodiment, we would feel deeply compelled to merge with that person. Sometimes we are successful. Unfortunately, more often than not, the complications of life in the third dimension do not allow us a successful merging.

However, just being near that other portion of our SELF lights our fire of remembrance. Then we deeply desire to return Home, where the merging is guaranteed. We can also return Home in our consciousness, so that we can have the euphoric experience of psychically merging our manifest, physical self with our unmanifest, spiritual self. Carl Jung called this merging the "Mystical Marriage".



The following excerpt from:

RECONSTRUCTING REALITY, Visions from Venus, Book II

by Suzan Carroll PhD,

illustrates merging with our Divine Complement, as well as life on the fifth dimension.

"Yes, Shature, you have now returned to your Home on fifth dimensional Venus. You are in between incarnations, studying about your third dimensional lives on Earth in which you sought to merge with your Divine Complement." Shature's Guide reached over to touch her shoulder. "The extreme emotions of your first Earthly experience on Atlantis pulled you from the awareness of your true self. Would you like to rest for a while?"

Shature nodded as she put her hand to her head.

"Perhaps a rest would help me to regain my balance," she thought, remembering that all communication on Venus was telepathic.

"I suggest that you merge with Lamire, your Complement who is here with you. I think that will bring you back to your SELF."

Shature nodded again and sat up as she swung her legs to the floor. She felt dizzy and stood up slowly. Her Guide helped her to her feet and assisted her to the door. He was actually androgynous, but his main emanation was masculine. Leaning against his warm essence calmed and assured Shature. "Thank you," she said as she left the room. "I know that if I merge back into Lamerius I will regain my strength."

Lamerius was the name of her complete, androgynous form. When she and Lamire studied with their guides in the temple, they separated into their male and female essence. She used the name Shature, rather than the Venusian name Lamira because it helped her to identify with her Earth experiences. Often, in between their studies, they would rejoin into one being. Her Guide had told her that she was preparing for her final visit to third dimensional Earth. The wheel of the Great Cycle was closing, and the Venusians were being called back Home. It

was important that they understood and balanced their Earthly lives from the fifth dimensional perspective of Venus before their final incarnation.

** * **

Lamerius lay upon the warm pink sand of their special cove beneath the cliffs of Red Mountain. The Waters of Light gently caressed their feet and grounded their joint vision while the warm sand penetrated their united aura. The Sun was low upon the horizon, and it would soon be time to return to their Temple studies. Lamerius was remembering their many third dimensional lives apart. Now they were one again in a body of Light. Their joining had enriched and healed them both. They each shared what they had learned while apart, and their joint wisdom brought clarity and peace.

Lamerius enjoyed the "no time" of fifth dimensional Venus, where personal readiness created environmental markers to indicate that they were ready to make a transition. When one was ready to return from their cycle of deep meditation, known on Earth as sleep, the Sun would rise. When they were ready to take in the beautiful and healing love rays of the Venusian ecosystem, their Sun was high in the sky. When they were ready to return to the Temple for more learning and healing, the Sun was then low upon the horizon.

There was no space-time continuum like on third dimensional Earth. On fifth dimensional Venus, one's environment was created, or rather chosen, by each member of the group consciousness. Each consensus reality was chosen; much like one would choose a radio station or turn a page in a book on Earth. All the stations and pages existed simultaneously at all times, and one could choose the one that they desired to experience. Others who had also made that choice shared that same reality.

"My Guide said that I will soon be ready to return a portion of myself to the third dimension," spoke Lamira, the female polarity of Lamerius.

"It is so for me as well," spoke Lamire, the male polarity. "Our commitment to Earth is ending, and we are free to return Home. That is, after we have balanced and healed the limited thoughts and painful emotions of our Earthly incarnations. That is best done while in a physical form, if we can remember who we are once we incarnate."

"That is the difficult part," added Lamira. "The illusion of separation is strong and clouds the memory."

"It is said that some of us will remain on Earth and assist in creating its new fifth dimensional reality. What do you think we will do?"

"I don't think that we can make that decision until we have finished our healing. I just viewed my first incarnation, and our first separation, in the final years of Atlantis. Deep emotions were created in that life that I am still clearing from my third and fourth dimensional bodies."

"Emotions are a constant challenge while in the astral and physical worlds. When we have learned to call on love to ease our fear, we will balance the polarities of the third and fourth dimension. Once the polarities are balanced, all judgments of 'good' or 'evil' can be released and mistakes can become lessons. Earth offers a great opportunity for that experience," chuckled Lamire.

"Yes, and that opportunity continues. I realized in my studies today that I have held resentment against you, against myself, since that first Atlantian embodiment. When you could not enter my third dimensional body with me, I felt abandoned, alone and angry. I have learned that in life after life I repeated that initial pattern of abandonment. I was afraid to trust, afraid to love. All I had left was hidden anger. Can you forgive me? Can I forgive myself?"

"I, too, created patterns that have been repeated," continued Lamire. "After I was unable to enter the body with you I tried for days and months of your Earth time to contact you, but you could not hear me. If I lowered my vibration to the lower fourth dimension, my fear and sadness of losing you beckoned all the dark forces that were active around the planet at that time. Therefore, I had to call you in your night body while you slept.

"We connected many times in that manner, but you were in such emotional turmoil that you forgot your dreams once you awakened. Before we had entered the third dimension, emotions of this kind were unknown. Therefore, when you first experienced them, you could not control them.

"Finally, when you were safe in the temple, I was called back to Venus. There were many of us there who had not been able to enter the body with our other half. We banded together to form a group to guide our complements on Earth. Although I had not yet had a true physical experience, I felt yours as we are in fact one being. I felt all your anger, fear and sadness. Just as you felt like you were only part of yourself, so did I. Those of us who had lost our complements were different from the others. Although there is no judgment on Venus, I did not feel 'right' for a very long time.

I was filled with an uncomfortable feeling of remorse. I had told you that I would lead, but you took charge and rushed in. Just as you carried a deep sense of abandonment, I carried a deep sense of guilt. I realize that part of the reason that I had difficulty communicating this to you is because of my guilt. In all of my Earth lives, whenever I met with a situation of abandonment, I responded with an ancient memory of guilt and shame. Perhaps, I also need to forgive both of us and the third dimension which caused us to be separated."

Lamerius was still for a moment after the conversation within them. They realized that it was the sense of separation that made the third dimension so difficult. But the separation was only an illusion. They were One with each other and with the entire universe. Could they remember that when they were not merged?

"The Sun is low," they spoke as one. "It is now our time to separate again and return to our studies. We will each ask our guides for assistance."

The one Light body of Lamerius stood upon the sand and reached their arms towards the top of Red Mountain. Their glowing, golden form expanded slowly, growing wider and wider until they took on the form of two pyramids attached at their base with the masculine peak reaching towards the sky and the feminine peak grounded towards the heart of Venus.

As the upper peak opened, the double pyramid slowly separated into two separate spirals of light. The spirals looked like spinning golden vortexes. Gradually, they unwound into two golden stars. Slowly, arms, legs and a head formed from the stars, and two separate beings emerged. Lamire and Lamira lifted their hands to the level of their hearts and touched each other, palm to palm.

"Good-bye for now, Beloved," they spoke together as they took their separate paths to the Temple. Although they could have separated at the Temple door, they had learned that it was better if they went to the Temple separately. It gave them each time to individuate. Lamira returned to her persona of Shature because it was easier for her to think of herself as Shature while viewing her Earth bound realities. In their individual Temple studies Lamire and Lamira had been learning to experience more than one reality at a time. In this way, they could be conscious of both their fifth dimensional self and their third dimensional self that they were viewing.

The main focus of their Temple studies was to communicate with their third dimensional realities from their fifth dimensional position on Venus and act as guides to heal and awaken the portions of their total self that were still locked in the forgetfulness of Earth. Once a third dimensional portion of themselves could awaken to the nature of their total self and commune consciously with their fifth dimensional self, they could understand and heal the pain of physical embodiment and become that Higher Self. On Earth, this process was known as ascension. On Venus, it was known as recalling all the portions of self back into the Oneness.

This communication was often started while the Earth bound one was asleep or in a moment of great challenge. Sometimes, if the Earth self was able to see spirituality as a path to freedom, a connection could be made during their prayer or meditation. When Shature or Lamire viewed each life, they actually became a part of it while they simultaneously maintained their Venusian consciousness. However, if the Earth emotions were too strong, they were in danger of losing their fifth dimensional perspective and thereby falling into the forgetfulness of Earthly incarnations. Shature's Guide had told her that she was greatly improving. She was almost ready to move a portion of her primary awareness back into the third dimension so that she could experience her higher selves from the perspective of the third dimension. Shature so loved her life on Venus. Her Guide had told her that she could use that love to create as a yearning in her

third dimensional reality that would cause an urgency to remember her multidimensional consciousness.

As Shature took her solitary journey to the Temple, she could hear its chime. Each of the twelve Mystery Temples on Venus radiated their own tone and color. She was studying in the Violet Temple of Transmutation. Shature could set her intentions upon the Temple and instantly arrive there. However, she so loved the environment of Venus that she chose to go there with the floating sensation particular to movement in the fifth dimension.

On the way to the Temple, she saw many of her friends who had also tuned into the reality she was experiencing. Shature's good friend, Founteen, floated up to her and greeted her with a warm merge. Merging with another Soul was not like a complete union with one's Divine Complement, but it was still wonderful.

"Are you returning to the Temple now?" Founteen asked telepathically.

"Yes, I am ready to view more of my Earthly incarnations. My Guide has said that soon I will be ready to return to the third dimension."

"Perhaps, we shall meet," Founteen continued, "for I am also returning. It seems that many of us are doing so. Lady Gaia, Earth's consciousness, is sending out a call for Lightworkers to return and assist Her in a major transformation. At least, that is the reality that I am returning to."

"Oh, I hope I can return to that one as well. Perhaps I will see you there." Shature said as she left Founteen and headed for the Temple.

Shature particularly enjoyed the final trail up to the Temple Gates. Even if she transported directly to the Temple, she always arrived at the foot of the hill upon which the Temple vibrated. The slow ascent up the path helped her to focus on an open and allowing state of consciousness.

As she stepped upon the Golden Trail, she could feel the love that emanated from the beautiful floating gardens that surrounded the Temple. These gardens bore flowers of shapes and colors that were not possible on Earth. There were also many small life forms that lived in the gardens. Some flew and some hopped from flower to flower. Others lived in the floating roots that hung down towards the heart of the planet.

Shature took a moment, as she often did, to leave the path and wander among the beautiful flowerbeds. Here, each plant and life form warmly welcomed her as she approached. She felt like she could communicate with all life. She smiled, remembering how such a behavior would be considered delusional to many Earth societies. She would get her fill now while she was still on Venus.

Once on Earth, it would be her task to remember that a portion of her being who infinitely existed on fifth dimensional Venus. If she could do that, she could then ground her multidimensional consciousness into her physical form. This

grounding would assist in raising the vibration of the planet because she would be creating a bridge, merging spirit and matter much like they had done on Atlantis.

Shature could feel now that the Temple was near because her heart was glowing and her mind singing. She floated above the flowerbeds so she would not disturb their delicate roots and wished them all good-bye as she approached the Temple Gates. Before she entered, she turned and viewed her beloved home. From the Temple Gates at the top of the hill, she could see forever. Below her and to her right lay a beautiful valley filled with the hanging violet trees. The path to the pink shores where she met with Lamire was to her left.

The Violet Temple was actually the crown upon the Peak of Red Mountain. Far below her were the shores of the Waters of Light, where she and Lamire met to merge into Lamerius. As she thought of him, his essence instantly surrounded her. She had taken an especially slow ascent to the Temple because she was deciding that now she wanted to focus on lives in which she had incarnated with Lamire. She intuitively knew that in many of these lives she had not recognized him just as he had not recognized her in his life as Malton.

We have bodies that reside in all the dimensions. Some of our “guides” are higher dimensional bodies of our SELF whereas other guides are not part of our superconscious life-stream. As we learn to consciously travel through the fourth dimension we will be able to differentiate between the two. The Unconditional Love of the superconscious elements of our SELF, and especially our Divine Complement, who is the spiritual completion of our physical self, can best lead us through “the narrows” and into the fifth dimension. Once there, we can merge into the ONENESS of our superconscious realities.



RECOGNITION OF COMPLETION

The stream of light
fell upon my head.

I felt it illumine
my deepest secrets
and bring them to the surface
of my consciousness.

I was not pleased
to see some of them,
yet others filled me
with the glory of Truth.

I had always known
that there was more.
There had to be.

Just this life,
just this reality,
just this consciousness,
would not be worth it,
would not be a possibility.

This knowledge set me apart.
I was different from the rest.
There was no reason for me
to believe as I did.

No one around me told me
about the things I knew.
But inside, yes, inside
there was always a feeling.

When I was a child,
it was my friend.
When I was a teenager,
it was a secret love.

When I was expecting,
it was my unborn child.
And when I needed it,
it was my Guardian Angel.

Always, always it was there.
When I was alone,
it held my hand.

When I was afraid,
it protected me;
and when I was sad,
it comforted me.

When no one smiled at my humor,
it laughed.
When no one answered my question,
it replied.
And when no one understood,
it knew me.

What was this presence?
Only I could keep it away.
If I didn't believe,
it was gone.

Or, if I fell into
the depths of emotion,
I couldn't hear it.

But just as soon as I recovered,
as soon as I believed again,
in myself,
it was back.

I could lean my head to the right
and rest upon its shoulder.
I could feel
its arms about me.

Sometimes, I could feel it
brush my forehead,
as if to release the pent-up thoughts
that were forever in my brain.

So what was it?
Was it just a figment of my imagination?
Or was it the only reality
and everything else was an illusion?

Was it in me,
next to me,
beside me?
Would it leave me?
Would it ever show its form?

Oh, please,
let it show its form.
Let it enter
into my very soul
and take me into it.

If it isn't real,
then neither am I.
If it doesn't truly exist,
then there is no reason.
There is no love.

It must be real.
It is my life.
It is my SELF.

It is the part of me.
that I have not yet become.

It is my completion,
the Divine Complement of myself.

The thread which will mend the tear.
The salve that
will heal the wound.

The other half that
will make me whole.

But how could I accept it?
How could I ignore
that which I hear outside and
listen to this quiet inside voice
above all others?

How could I remember
that I am special?
I do deserve,

I am complete,
I am whole.

I must.
I simply must.
Yes.

Yes, I feel its arms
as they enter mine.

I feel its feet
as they stand within my feet,

hear its heart
as it beats within my own,

and feels its breath
inside my mind.

We are complete.

We are ONE
together in

LOVE



JOURNEY INTO THE SUPERCONSCIOUS

In search of the recognition of our Superconscious SELF, we now climb the seven steps to the Violet Doorways. We have journeyed into our unconscious to awaken Kundalini and invite Her to begin Her journey to join Her Divine Complement in our Crown chakra.

In the Unconscious Section we examined our first, second, and third chakras for opening, exploration and healing.

In the Conscious Section we invited Kundalini into our fourth, fifth and six chakras for further opening, exploration and healing.

Now, as we invite Kundalini into our seventh chakra, our Crown Chakra, She will initiate the recognition of our latent Multidimensional SELF.

From our multidimensional perspective we are aware that we have many bodies. Therefore, we can perceive our physical body as our earth vessel. This magnificent vessel can ground our superconscious self into Gaia, so that we can regain our Unity Conscious with planet Earth. This grounding will assist Gaia in Her process of returning planet Earth to Her former glory. It will also align our many dimensional bodies so that we can better create the reality that we KNOW we deserve.

Let us now travel up the Seven Steps to the superconscious so that we can light the fire of our Divine Self and allow the Thousand Petal Lotus of our Crown Chakra to bloom.



As we:

STEP UPON THE FIRST STEP TO THE SUPERCONSCIOUS

We must take responsibility for releasing ALL judgment of our self and others. Then we can transmute that judgment into forgiveness, acceptance and love so that we can raise above all sense of victimization to attune our Multidimensional SELF with our **EARTH VESSEL**.

As we:

STEP UPON THE SECOND STEP TO THE SUPERCONSCIOUS

We must expand responsibility of our emotions to encompass ALL emotions from Subconscious to Soul. Then we can transmute our emotions to instincts, empathy and inner messages so that **INTUITION** can become the fuel for our creations.

As we:

STEP UPON THE THIRD STEP TO THE SUPERCONSCIOUS

We must expand responsibility of our thoughts to encompass all our thoughts, from Subconscious to Soul. Then we can transmute our thoughts to higher perceptions, telepathy and inner guidance so that **ILLUMINATION** can form the structure of our creations.

As we:

STEP UPON THE FOURTH STEP TO THE SUPERCONSCIOUS

We must expand the responsibility of our behaviors to encompass all experiences. Then we can transmute our experiences into initiations that we have chosen from our subconscious to our Soul so that we may learn the **INTEGRATION** of our innate power of precipitation.

As we:

STEP UPON THE FIFTH STEP TO THE SUPERCONSCIOUS

We must expand our responsibility to encompass all our creations whether they are from our subconscious to our Soul. Then we can experience the **FULFILLMENT** of creating our own reality in alignment with our Highest Self.

As we:

STEP UPON THE SIXTH STEP TO THE SUPERCONSCIOUS

We must expand our responsibility of our "self" to encompass our "SELF". Then we can integrate ALL of our guidance so that we can easily access our multidimensional **COMMUNICATIONS PORTAL**

As we:

STEP UPON THE SEVENTH STEP TO THE SUPERCONSCIOUS

We must expand the responsibility of what we are DOING to encompass all that we are BEING. Then we can release all struggle and surrender to the innate expression of our Superconscious SELF. From this place of multidimensional

consciousness, let us look again into the six doors that we visited in our Unconscious and Conscious selves.

These doors are up an octave from the Conscious Doors. Hence, they now have new names and the colors have changed from green to violet.

THE VIOLET DOORS

We stand before these doors.
The names have changed, just as we have.

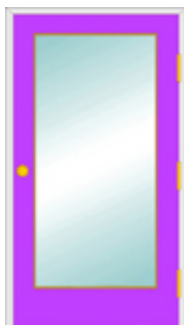


We stand at the top of the stairway knowing that messages from our Higher Self is able to heal the old negative feelings of separation and thoughts of limitation, which blocked communication between our SELF and our physical Earth Vessel. We have now learned, or are learning, our body's language, which can receive important multidimensional communications and speak to us via body symptoms and sensations.

Since we have been able to transmute many of our emotions into instincts, insights, empathy and illumination, we have some access to the Causal Plane in the upper frequencies of the fourth dimension. This connection provides us with an awareness and understanding of the "cause and effect" of everyday life. The Causal Plane also provides us with the "big picture" regarding the reasons for our earthly initiations, which assist us in learning more about being the creator of our own reality.

We now have greater access to the Spiritual Plane of the highest fourth dimension because we have learned to take responsibility for the thoughts, emotions, perceptions and experiences that we allow into our aura. Without the continuous emotional and mental storms of the past, we find that transmissions from the higher dimensions are clearer and more frequent.

Furthermore, we have even learned to set aside a special time to calibrate our consciousness to a frequency that is receptive to messages from the Spiritual Plane. Because of all these transitions, we are able to open each of the superconscious doors. We will peek in now, and fully enter them as we are ready.



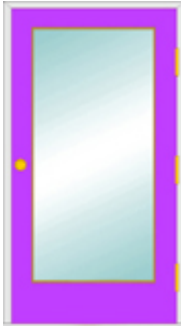
The Physical Body Door is now labeled The Earth Vessel Door.

We knock.

As the door opens, a message is displayed:

Increased vitality and health of our physical form encourages a sense of well-being which promotes greater self-esteem and self-confidence. Body illnesses are now perceived as the purging of toxins, initiations for spiritual growth, and the uncomfortable changes within our bodies as they integrate elevated frequencies from the higher dimensions.

Our body sensations are perceived as clues to instincts, inspiration, empathy, telepathy, and communications from our multidimensional SELF. Sex has been replaced with lovemaking, which can also be used as a vehicle to raise the Kundalini.



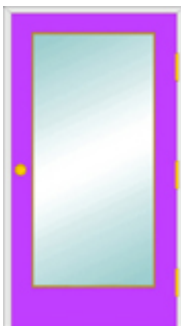
The Emotions Door is now labeled The Intuition Door.

We knock.

As the door opens, a message is displayed:

Positive emotions of joy and love create clarity of mind and connection to our higher guidance. Emotions become a method of communication as our empathy increases. There is also a growing urge to express our emotions through some creative endeavor. The feeling of fulfillment that accompanies this creative act reinforces our need to continue it.

A feeling of empowerment allows the negative feelings of pain, fear, guilt, and shame to surface for conscious recognition and healing. Emotions become messages about us rather than problems. The "feel" of grace and spiritual protection surrounds us as we perceive our emotions as a force of creation. Lovemaking becomes a shared act of empathy and deep intimate communication.



The Thoughts Door is now labeled The Illumination Door.

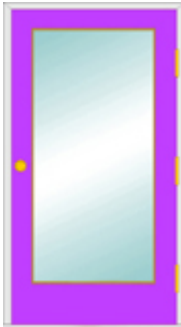
We knock.

As the door opens, a message is displayed:

Positive self talk transforms into communications with our Higher Self. Our thinking encompasses telepathy and communion with our multidimensional awareness as our daily consciousness integrates messages from our unconscious and superconscious minds.

Solutions to problems are "heard" rather than "figured out" as our thoughts become communications from portions of our multidimensional SELF.

Thoughts are perceived as an important component of intimacy and as the structure of our creativity.



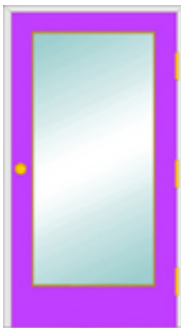
The Behavior Door is now labeled The Integration Door.

We Knock.

As the door opens, a message is displayed:

Our behaviors reflect our true goals as habits of self-sabotage diminish and disappear. Behavior becomes action initiated by the integration of all our inner guidance. Old habits and addictions come to the surface to be balanced and healed.

Our behavior is perceived as the "effect" of our unconscious, conscious, and superconscious thoughts and feelings. Our daily intention is to integrate our multidimensional experiences into our conscious awareness. More and more we gauge ourselves, not from what we do, but from who we are.



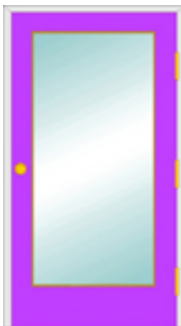
The Dreams and Aspirations Door is now labeled The Fulfillment Door.

We knock.

As the door opens, a message is displayed:

We habitually call for guidance from Spirit to assist us in fulfilling our aspirations. Sleeping dreams are perceived as messages from our "SELF" to our "self". Aspirations come into alignment with our Soul's purpose and we have a sense of needing to "fulfill our mission".

Personal aspirations become transpersonal aspirations, and individual goals become group, family, community, national, planetary, and galactic goals as our consciousness and sense of self expand.



The Spiritual Guidance Door is now labeled The Communication Portal.

We knock.

As the door opens, a message is displayed:

Our spiritual guidance becomes clear telepathy and empathy as we develop our ability to understand without language. Our consciousness is expanding to encompass our Superconscious SELF. We are also learning to integrate our multidimensional consciousness into

our daily life as we receive continuous guidance and information from our higher selves.

Lovemaking becomes the deepest act of telepathic communication and the vehicle to merge with another. This merging paves the way for the eventual merging with our Divine Complement and the conscious awareness of our fifth dimensional realities.

We now stand upon the threshold
of the realm of the Superconscious.

We are patient with ourselves because
we know that we have taken on a difficult mission.

To ground our fifth dimensional SELF into
our third dimensional reality takes
patience, persistence and, most of all, LOVE.





Message from the Superconscious

Dearest One,

We are you—all of the “you” that you have ever been and ever will be. Feel us inside you now. Feel us as the essence that never changes. Go deep, deep inside, to find us. Yes, through all of your lives and through all of your realities, there is a fundamental nature that is constant. We know that it is difficult to describe this feeling in language, but if you try to, it will help you be aware of it in your present reality. Try now, first feel this core, then describe it as best as you can.

I will try...

There is a quiet breeze deep inside my core...
That is inside the core...
of the core...
which is the core...
of my core...

The essence is familiar yet unrecognizable. It is like an aroma from long ago that arouses a feeling, but the memory that is the feeling's source eludes me. I see this essence now as it slips through a doorway and then another and another. Yes, there are many doorways to my many realities. However, I do not see the realities. I only see only the essence, like a ghost, moving swiftly through hundreds, perhaps thousands, of doors. This ghostly mist leaves each doorway open with its passage.

The doorways are ALL open now. There are more than I can count. This essence that I seek is a gossamer string that ties the doorways together like pearls on a necklace. The necklace is in a circle as huge as the universe. Slowly, the circle with all the doorways on it shifts and moves as it swirls through different densities and vibrations. It moves up and down like a feather in the wind. There are many other feathers that shift and swirl with it. Some of these feathers are different and some are so much alike that they must have come from the same bird.

Indeed, I see now that there is a flock of birds just above me. The feathers that feel like the same essence as mine are indeed falling from the same bird. No, it is not a bird. It is an angel, a flock of angels. Above them there is the nest that all these angel birds share. The nest is made of a light that shimmers and moves like the aurora borealis. The light is violet in color and radiates from an origin that is beyond my perception though I know there is a Source. It is this Source that ties together all the angel birds, all their feathers and all the circles with all the doorways, of All-the-ALL.

As I float into this Source that I cannot perceive, I feel my essence blend with all the other essences. Then, in a burst of light, there is a feeling of unity, a moment of recognition, a whisper of promise. The promise is a secret, a puzzle, and a labyrinth.

I know that if I follow this labyrinth
I will solve the puzzle
and find the secret—
the secret of my SELF.
THEN, I am back!
What has happened?

Dearest One,

Do not doubt. Look again to the first doorway.

I will try...

I see the first door before me. It opens to the right and stands slightly ajar. Streams of violet light peek through the opening. I reach again into the light, but now the experience is different. Before the light took me up, higher and higher. This time the light takes me down, deeper and deeper as it is absorbed into my body.

I see and experience it in two ways. Simultaneously, I perceive from my eyes and also from my body as I see the light begin to run up my right finger, the finger that touched the light. I see the light, but also, I am the light. I feel myself like a drop of water in a stream of violet liquid light. I flow slowly through the territory that I have always known as my physical form. However, I have never experienced it from the inside before.

I am floating in a river deep inside an underground cave. The waters are violet and the circular walls of the cave are shades of red and orange. I am an essence without the definition of form while I am also the form that encompasses the essence.

I see now from both perspectives as the violet light travels up my right arm, across my shoulder, down my collarbone, and slowly into my heart. Then it runs simultaneously down to my third chakra, my second chakra, and into my root chakra as it also runs up into my throat chakra, into my third eye and, finally, my crown.

For a long moment all is infinitely still. Time is suspended as my body adjusts to a sensation that is totally unique yet completely familiar. Slowly I feel the light ooze down my legs and deep into the skin of Gaia. It also flows into my left arm and hand as well as into all areas of my brain. Time means nothing and space has lost all connotation as I continue to perceive from two different perspectives. From outside I see the light entering every cell and atom of my form while internally I feel myself flow through cavern, after cavern, after cavern.

I can no longer stand. I find that I must lie down on my couch. The couch has its same cool texture and warm comfort, but I am different. Now I do not feel myself lying on the couch. The couch and I are merging into different forms of matter. Some of this matter is of my own essence and some of it has only the essence that I have imprinted upon it. No wait, it is alive as well and it is my imprinting that awoke it into consciousness.

I return to my inner perspective and find another doorway. It is ajar with violet light peering through its opening just like the doorway I had touched long before time stood still. The door opens wide and calls me to enter. I am now in a small body and the door is huge. I float right through the middle of the door and into a darkness that is denser than I could ever imagine. But wait, is that a spark of light I see in the distance? Yes, the blackness has turned to a charcoal gray and the source of the light is now evident. I continue my journey and see that the light is oscillating within itself. Closer I zoom in until at last I see that the light is a nucleus with its orbiting electrons and protons.

I move through the electrons and protons like a space ship flying through the rings of Saturn. Straight into the core I go. After my long journey through the void of darkness, the light is blinding, but gradually I adjust to it. Something is dancing in the light. Couples with long angular bodies like snakes are joining. Yes it is the DNA finding its other strand.

I grab a strand as I float by and I am instantly pulled onto a stairway filled with molecules. Again couples are finding each other. I am now a slithering snake filled with the recipes for life. I feel it as my essence. Slowly, my vision blurs as all awareness fades from me. I can no longer subsist in such an alien environment.

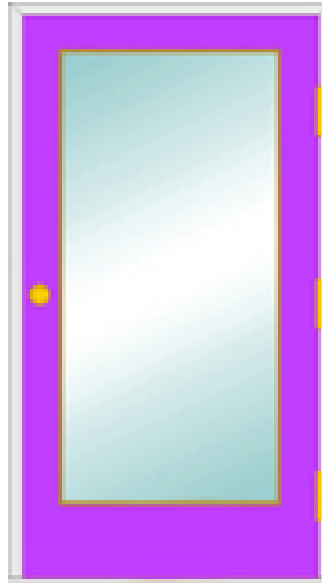
Impulsively, my eyes fly open and I look onto the familiar ceiling which has long been my protector. I look towards the door to my room. It is closed. There is no light breaking through its door jam. It is dark, yet I see perfectly. It is as though I wear a miner's hat with the light going out before me. The light, of course, is violet. First the light is a dim mist. Then, gradually, the mist becomes streaks of light streaming onto the door. The light beams onto the door from behind me, no through me – yes, through me, and from me.

Still, the door is not open. Have I not finished this initiation? Was it only my imagination, an illusion, or was it my Reality?

I am tired now—tired and ready.
But what am I ready for?

*Dearest One,
You are ready to BE me. I am here, just beyond the Violet Doors.*

JOIN ME!



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