

8-21-14

Message from the Arcturians



Being A Multidimensional Leader

We are in the process of shifting our reality. We say "we" for all dimensions, realities and worlds are shifting into a higher frequency of expression. As it is for the least, it is for the greatest.

Hence, as the third/fourth dimension releases itself from the shackles of the third dimensional reality of illusion and shifts into the fifth dimension of the light of cosmic truth, all the dimensions above the fifth also shift into their next higher dimensional expression.

As we make this transition, there is a release, a letting go, of what has been our predominant expression of self. For example, we Arcturians are expanding our baseline frequency from the eighth through tenth dimensions into the eleventh and twelfth dimensions.

In the same manner, your human baseline frequency will shift from the third/fourth dimension into the fifth dimension, which was once your higher expression of SELF. In the case of Earth, the third/fourth dimensions will gradually become less and less inhabitable.

You will find that just as it once took effort to consciously experience the fifth dimension, it will become increasingly difficult to consciously experience the

third/fourth dimension. Even now, your consciousness may appear to be wandering off into what appears to be a trancelike state. This trancelike state feels so natural that you do not want to leave it.

Also, as this shift continually accelerates your consciousness, you will gain a new perspective on your physical world. This higher viewpoint will enable you to perceive your 3D reality from “up above it” rather than “stuck within it.” In other words, you will be able observe your ego from your Higher SELF.

Once your Multidimensional SELF is in charge, you will be able to make some important decisions that make YOU the creator of your life. You will also become aware of many of your higher dimensional, alternate or parallel realities.

While you are swimming in the illusion of the third dimension, you see only what surrounds you. However, as you regain a higher perspective of your life, many of your priorities will change. Your ego will no longer tell you to *let go* of your meditations and creative expression so that you can “get back to the business of your real life.”

With your Higher SELF at the helm, you will realize that what you have perceived as “just your imagination” is actually your *real life*. Then slowly, or quickly, you will want to “let go” of many of our your lower frequency chores, responsibilities and jobs.

In this manner, you can more easily remain in the unconditional light and love of the fifth dimension. Of course you will still “take care of 3D business,” but your priorities will greatly alter as your consciousness expands into the higher dimensions.

You may be thinking, “Do I dare believe that what appears to be my imagination is actually my real world? If I make that choice and switch my primary attachment to the feelings of my fifth dimensional imagination, does that mean that I die to the physical world?”

When you meditate or dream about being in a higher frequency reality, are you able to wake up or end your meditation? Of course, your physical reality does not disappear while you sleep or meditate, nor will it go away when you switch your primary identity from being your 3D physical self to being your 5D Lightbody SELF.

Even those who actually “die” to the third dimension often experience both their higher worlds and the third dimension until they are ready to release their lower expression of self. In the same manner, our light workers are being faced with the decision of “which reality is the real world?”

While in your fifth dimensional state of consciousness, this question eventually evolves into, "Which of the many dimensions of reality do I choose as my primary expression of SELF?"

When you volunteered to enter your earth vessel, the physical world became your primary expression of SELF. While you are still draped within your earth vessel, you are inclined to believe that you only have the choice of one primary expression.

As you increasingly experience your multidimensional consciousness while you *also* perceive the third dimensional world, you may believe that you must choose a "primary reality." This belief occurs because even though you are having a multidimensional experience, you are thinking in a third dimensional way.

Once you take more and more excursions into your fifth dimensional consciousness, you will begin to also think multidimensionally. Thus, the either/or choices that filled your 3D world are replaced by the realization that you can choose *both* and/or *all*." It is then that you are beginning to understand the concept of multidimensional reality from a higher perspective.

Due to your evolved understanding of your Multidimensional SELF, you are remembering that you no longer need to choose. From the perspective of your fifth dimensional self, you know that you have myriad expressions of your SELF that are simultaneously being experienced on myriad dimensions and realities.

The difficult adaptation is for your fifth dimensional SELF to convince your third dimensional self to "Let GO" of the illusions of time and space. Your third dimensional expression is afraid to release that illusion because you unconsciously remember that that form of "letting go" meant *death* in many of your third dimensional incarnations.

It is very difficult to break the 3D indoctrinations of "one life per person," and "one life at a time." These *rules* further state that if you live a good life you go to Heaven, but if you live a bad life you go to Hell. The problem with good vs. bad is that the definition for *good* and *bad* are different according to your third dimensional indoctrination.

Because of the vast programming that many humans have received, as well as the fact that many of Gaia's humans live on the edge of survival, the bulk of the process of shifting into higher frequencies of consciousness falls on the shoulders of the awakened light workers.

We wish to thank you, dear Lightworkers, for your great courage and endurance. We are coming into your awareness to tell you that, "It is the NOW for those of you who have united with your Multidimensional SELF to unite with each other."

The members of the Galactic and Celestial realms are working with you, our earth-bound expressions of SELF, to remind you that, *"It is the NOW!" to unite with Gaia and all of Her human and non-human inhabitants, who are willing to release the myriad illusions and limitations of their third dimensional vessel."*

Any BELIEF that you are limited to your 3D expression traps you in illusion. Fortunately, once you can conceive that you are multidimensional, you will begin to realize that you do not need to leave one reality in order to experience another reality.

In fact, you all have the ability to experience your third, fourth and fifth dimensional realities within the NOW of your multidimensional consciousness. By tuning into the "NOW of the ONE" you can make an honest assessment of your state of consciousness by observing your thoughts, emotions and actions from your newly discovered higher perspective.

In order for you to choose to return to full awareness of your Multidimensional SELF, you will need to be CONSCIOUS observers of your life. First you must *know* yourself before you can *change* yourself.

Once you clearly observe yourself, you will realize any alterations you need to make in your life and in your self. This observation begins by your saying to your self,

"Right NOW I am entering my Higher SELF to observe my state of consciousness. From this higher perspective I can make an honest observation of my thoughts, emotions and actions."

"Right NOW I am observing *how* my thoughts and emotions are affecting my state of consciousness. I am also recognizing the activities and/or duties that lower my consciousness."

"Right NOW I am ready to flow into the fifth dimension, I am consciously choosing to transmute any thoughts, emotions, activities or habits that lower my consciousness."

In order for you, the volunteers who bi-located into an earth vessel to assist Gaia, to be fully aware of your Multidimensional SELF, you will need to be CONSCIOUS observers of your life.

As you regain an ongoing interaction with your higher expressions of SELF, you remember that this “higher guidance” is a higher expression of your own Multidimensional SELF.

Through a constant communication with your SELF you will remember the “mission” that you decided to accept before entering your earth vessel. Most important, as you allow your higher expressions of Multidimensional SELF to merge with and lead you, you are being prepared to be a Multidimensional Leader of others.

You may begin as one person, but as you merge with the many within you, you will be able to merge with the many who are beginning to *remember their mission* as well. Then 1 becomes 2 and 2 becomes 4, which becomes 8, 16, 32, 64 and so on into infinity.

You are awaking to your Multidimensional SELF *and* the reason why you chose to enter a third dimensional earth vessel. We know the great loneliness you have suffered and the deep yearning for... for what, for some thing or some one that is missing.

That *some thing* that you miss is the mission that you chose to complete, and that *some one* you are missing is YOU - as your true Multidimensional SELF. Every ONE of you is an important component of Gaia’s planetary ascension. Every ONE of you has volunteered to assist Gaia with Her ascension.

As the reward for your efforts, you will become a Multidimensional Leader who joins with Gaia as she transmutes her physical reality into multidimensional world of multidimensional light and unconditional love.

Arcturians Continue with Multidimensional Leadership



Multidimensional Thinking

Our Dear Ascending Ones,

We the Arcturians realize that many of you are having difficulty with your third-dimensional memory. We realize that the constant stress of an ever-changing world can interfere with your memory, but you have all had more stress in the past without your present loss of short-term memory. Likely you have realized that you usually forget 3D details about times or dates.

What is Multidimensional Thinking?

It may appear to many of you, the ascending ones, that there is an ever-increasing amount of information about your mundane life that seems unavailable to your daily thinking. You are experiencing this challenge because you are in the process of uploading all your third and fourth dimensional thinking into your *multidimensional thinking*. “What is multidimensional thinking?” you ask.

Multidimensional thinking is the ability to be aware of more than one version of your Multidimensional SELF while you are in the process of your daily, physical life. You are already accustomed to multi-tasking in your 3D life. For example, you can be sitting at your desk while you pay your bills, think about what you want to buy at the grocery store, remember that your child needs to complete a certain assignment at a certain time, your lawn needs to be watered and, oh yes, you forgot to call your friend.

All of these different thoughts flow in and out of your mind so quickly that they seem almost to be one thought. With multidimensional thinking, your thoughts are *not* limited to just your physical life. You may be taking a walk, thinking about the dream you had

last night and observing the clouds in the sky wondering if one of them is disguising a starship.

Your mind then remembers the “dream” in which you are in a huge room with many unfamiliar people listening to unusual beings talking. Then a nearby car screeches on its brakes, and you jump back into your physical reality. Because you are accustomed to screeching brakes as a warning, you return to your physical perceptions and totally forget the brief moment of your multidimensional memories.

Physical warning sounds are very common. Even when children are *too quiet* you know you must check on them. Hence, whenever you get a warning sound, or warning quiet, your attention leaves your multidimensional thinking so that you can focus on your physical world. That moment of multidimensional thinking is often forgotten because some level of fear has entered your consciousness. Once your consciousness drops back into “only the physical world,” your brief encounter with multidimensional thinking is lost.

Fortunately, once you include a possible message from your Higher Self, something that occurred in your morning meditation, or your longing to remember something that you can’t quite put your finger on, you gradually accelerate your brain into the higher brainwaves of your multidimensional thinking. In this manner, you are moving into and out of multidimensional thinking.

When you are calm and peaceful, your consciousness expands into higher brainwaves. Then your multidimensional thinking becomes engaged, and you begin to ponder your higher worlds. Suddenly, a third dimensional warning enters your thinking, such as looking at the clock to realize that you need to attend to some physical activity, and your consciousness drops back to the lower brainwaves of your 3D life.

Making Multidimensional Thinking Normal

A major component of returning to your full multidimensional awareness is to make your multidimensional thinking as “normal” as your 3D thinking. For example, if you routinely survey the skies for a spaceship, write down your dreams when you wake up and/or listen for the inner guidance of your higher dimensional SELF, multidimensional thinking becomes as common as your third dimensional thinking.

Just as your ear is tuned to hear your children calling, your boss’s request, or the sound of birds, your ear attunes to what you have determined as “important messages” from the higher dimensions. Unfortunately, your third dimensional brain and consciousness has a limitation as to how much information can be consciously recognized.

While you are attending to your third dimensional responsibilities, you are calibrated to receive physical information first and then store your higher dimensional thinking for a later *time*. Interestingly, it is only when you *leave time* that your consciousness expands into your fifth dimensional consciousness. Once your consciousness expands to that

frequency, you can “read the files” that you have stored in your invisible “multidimensional mind.”

Just as you can only read your Internet when you are “online” with your computer, you can only “read” your multidimensional mind when you are “online” with your multidimensional thinking. Once you are logged into your Multidimensional SELF you can recall what your *inner voice* has told you. You may also remember the waves of *almost* invisible light that quickly passed by the corner of your eye, or the important *dream* that was actually an *alternate reality*.

If you read the newspaper every morning, you calibrate your perceptions and thinking to the 3D. On the other hand if you meditate every morning, write down your dreams or imagine that your Higher SELF is near you, you calibrate your thinking and perceptions to the fourth dimension and beyond.

Of course, you do not need to read the paper every day to keep up on the news, nor do you need to meditate every day to keep up with your SELF. But, the habits that you establish in your life determine what is “normal” and what is “unique.”

Thus, if you think only of what is occurring in your physical life, it is abnormal to think about your inner self. On the other hand, once you begin to attend to your inner feelings, fleeting perceptions and inner messages from your multidimensional world, the higher dimensions become normal.

In other words, “normal” is whatever you carry in your mind on a regular basis. And, *what you think about, you bring about*. Thus, if you only think about what you read in the newspaper, the chores you have for the day, what bills must be paid and what your family or work needs you to do, you have limited your self to *only* third dimensional thinking.

Because you are wearing an earth vessel and live in a third dimensional reality, third dimensional thinking is necessary. On the other hand, when you also ponder your fourth dimensional dreams and creative ventures, listen for your inner guidance and remember to connect with your higher expressions of SELF while you go about your mundane life, you are thinking multidimensionally.

States of Consciousness

Multidimensional thinking is not limited to hearing or reading words, as it is a form of “light language.” Light language is relayed and understood via emotions, imagination, tactile sensations, sounds and colors that suddenly enter your consciousness. By attending to these “light messages,” you expand your third dimensional thinking into multidimensional thinking.

It is important to realize that:

- Your conscious thinking dictates your state of consciousness.
- Your state of consciousness dictates your conscious perception.
- The perceptions to which you consciously attend dictate your vision of life.

In the same manner, your emotions affect your state of consciousness.

- If you feel in a “bad mood” you see what is *wrong* with your life and your consciousness lowers to third dimensional thinking.
- When you feel in a “good mood”, you see what is *right* with your life and your consciousness expands into multidimensional thinking.

A **bad mood** is usually because fear has invaded your thinking. Because of this lower frequency of thinking, you primarily attend to the “*I should*” and “*I have to*” areas of your third dimensional life.

A **good mood** is usually because your consciousness has been able to focus on love, especially unconditional love. Then your thinking becomes calibrated to a higher state of consciousness in which you can remember to attend to your innate connection with your Multidimensional SELF.

Brainwaves

Your brainwaves determine your *state of consciousness*.

Your state of consciousness determines your *thinking*.

Your thinking determines the frequency of your *perceptions*.

Your Multidimensional SELF is in constant connection with all of your brainwaves, states of consciousness, within the NOW of the ONE. However, your physical self can become limited to only one state of consciousness at a “time.”

- Your **beta brainwaves** are aligned with the perceptions of your third dimensional state of consciousness, thinking and perceptions.
- Your **alpha brainwaves** are aligned with your fourth dimensional state of consciousness, your creative thinking and perceptions of your upper-third and fourth dimensional life.
- Your **theta brainwaves** are aligned with your higher fourth and lower fifth dimensional states of consciousness, spiritual and shamanistic thinking, and the beginnings of conscious perceptions and recognition of your multidimensional expressions of SELF.
- Your **delta brainwaves** are aligned with the consciousness of your fifth dimensional Lightbody SELF, as well as multidimensional thoughts and perceptions that resonate to the NOW of the ONE.

<http://www.multidimensions.com/the-conscious/physical-body-door/states-of-consciousness/>

Your brainwaves are much like your “mental muscles.” The more you activate them, the stronger they become. If you do not use them, they become weaker. In other words, when you consciously attune to a higher brainwave, and the resulting state of consciousness, a portal between your physical brain and your Multidimensional Mind is opened.

Every “time” you travel this *portal* between your multidimensional mind and your physical brain, the portal/neural pathway becomes increasingly activated. This activation is much like the activation of new neural pathways that are created when you learn a new task. Whenever you engage in that task, or state of consciousness, the neural pathway, portal, expands from a “small dirt road” into a “bigger street,” until it becomes a “freeway.”

Thus, the more you consciously activate a higher state of consciousness, the more you can integrate those brainwaves into your daily life. Conversely, when you chose *not* to attune to your higher brainwaves, it is more difficult to integrate those higher states of consciousness into your daily life. Then, you will think of, perceive, and live within the physical world with little awareness of your innate, Multidimensional SELF.

Different brainwaves and states of consciousness also determine what you emotionally feel about your life, as well as how you emotionally interact, react and/or respond to your daily life.

- **Beta** brainwaves and states of consciousness are a call to duty, and often result in stress, anxiety or depression.
- **Alpha** brainwaves and states of consciousness feel creative, fun, and more joyful.
- **Theta** brainwaves and states of consciousness feel deeply reflective and spiritual.
- **Delta** brainwaves and states of consciousness are very “other worldly.” Thus, they are difficult to access while you are awake to your physical world.

Just as your brainwaves and resulting states of consciousness affect your emotions, your emotions affect your brainwaves/states of consciousness.

- **Fear** instantly lowers your consciousness into Beta brainwaves of your immediate third dimensionally tasks, duties, dangers and responsibilities.
- **Happiness** raises your consciousness into the fourth dimension in which your creativity is activated.
- **Joy** expands your consciousness into your fifth-dimensional desire to merge with your Multidimensional SELF.
- **Unconditional love** is the ticket to your inter-dimensional travels.
- **Surrender**, which is the release of all reactive emotions, connects you with the myriad expressions of your Multidimensional SELF.

It is through the sensations of joy, unconditional love and surrender that you begin to experience your Multidimensional SELF in your daily life. Gradually, you will hear the constant assistance that your SELF offers in every moment of the NOW. Eventually, you will *know* that you are being guided.

As you allow this guidance into your daily life it becomes increasingly conscious and you realize that you are *never* alone. You then KNOW that you are ALWAYS guided, instructed, comforted and protected. You become aware that you can *put in a call for assistance* for any area of your life.

However, just as you need to turn on your phone or computer to get information, you must “turn on” your higher consciousness to receive higher dimensional messages. It is important to document these messages in some manner, as it may be difficult to remember them when you return to your 3D consciousness. With practice, you will learn/remember how to channel your higher messages through writing or via your own voice.

Through the act of channeling your Higher SELF, your perspective moves from “being lost in third-dimensional lies and illusions” to “floating above the cares of mundane life while you visit with your higher expression of SELF.” Then the “YOU” that resonates to a higher frequency can comfort and guide the “you” who is wearing an earth vessel during these challenging times of personal and planetary ascension.

Your Higher Self will assist you to remember that:

First you ascend your *consciousness*

Then you ascend your *thoughts and emotions*

This allows you to ascend your *ideas and actions*

Which will lead to more multidimensional *perceptions and experiences*

That will reveal your *personal and planetary Lightbody*

We know that many of you became greatly disappointed that Earth did not suddenly become fifth dimensional during the many predicted moments of *time*. However, ascension is not associated with time. Ascension is the act of leaving time.

Also, if the planet were to suddenly ascend into the fifth dimension in any of the humanly assigned “times,” the physical planet would have become instantly uninhabitable to all third dimensional forms and the greater majority of Gaia’s inhabitants would be destroyed.

Gaia is a loving Mother Earth. Rather than “pulling the rug out from under” so many of the wonderful life forms that have lived on, in and over her planetary body, she has decided to continue with the suffering that She endures every day at the hands of the dark members of humanity.

Therefore, when you become impatient and ask, “When will we finally ascend?” We, the higher expressions of your own Multidimensional SELF, answer, “What have you done **today** for planetary ascension?”

We have seen that those who remember that they volunteered to take an earth vessel to assist dear Gaia with Her ascension do NOT ask, “When will it happen?” Instead, they ask, “What can **I** do to help?”

It is this question that makes them a *Multidimensional Leader*.

9-7-14

Multidimensional Consciousness



By IlliaEm, Elohim of Arcturus

Dearest Ones,

Please, take a moment of meditation before you receive my message. It is important to expand your awareness to your highest potential before receiving my communication so that your ego does not interfere with my transmission. I will assist you by leading you in a meditation to calibrate your consciousness to the higher dimensions.

Focus your attention inward into the core of your brain, the area below your crown and behind your brow. Feel the Light of Spirit flowing through your Pineal Gland and into your crown like the sunlight coming through the sunroof of your home. In front of you is the Mind Screen for your Third Eye. Settle into this area of your physical form.

Now send a root through your brain, down your spine and out your feet directly into the central core of Lady Gaia. This root will allow you to stay grounded as you assist *as well as* accept the assistance of Mother Earth. Now that your “launching pad” is activated, journey to your Soul Home in the fifth dimension. Feel your Divine Complement embracing you, as two merges into ONE. Together as ONE, you return your attention to me, IlliaEm.

Imagine a vortex before you.
See how the spin of vortex increases as you approach it.
Recognize your Arcturian guide as IT invites you into the vortex.

Visualize the archway to the vortex.
Raise your hands to imprint your vibrational signature upon this archway.
Feel the rush of euphoria as you make this connection.

NOW you *are* the vortex.
Feel how your form has become formless.
You are pure Light. Observe as you morph into an Arcturian Star being.

You are returning to the Home that you have never left.
However, you have forgotten that you are **also** there.

Long, long ago, in the distant past, you bi-located your great multidimensional consciousness to Gaia's beloved sister Venus. You inter-dimensionally traveled to Venus to prepare for your mission to rescue Gaia's planetary body Earth.

Once you had prepared your great multidimensional consciousness for the constraints of existence within a third dimensional vessel, you kept your promise to answer Gaia's call to rescue Her from destruction. Atlantis could not be saved, but Gaia was safe. However, Her frequency was not much lower then ever intended.

Now you are returning to your Multidimensional SELF, the ONE you have always been. See your Arcturian pod before you. The other star beings in your pod are also arriving and there is a beautiful reunion. You meet again in a giant star burst of light.

Now feel your physical form that is receiving this message. Extend your consciousness to that YOU. There are many changes going on in your physical body, emotions and thoughts. It may even seem that you can't keep up with all the new information and genetic encoding that is being activated in your earth vessel.

If you think, "I am alone on the third dimension, and I may not survive," these changes can be frightening. You are correct. Your third dimensional self is being transmuted into a higher vibration. Therefore, all your bodily defense mechanisms are being alerted to great change, which is often perceived as danger.

Therefore, please reassure your earth vessel that these feelings are NOT dangerous. Tell your body that you are being returned to your natural state. Remind your 3D self that YOU took on an assignment in which you needed to wear a vessel made of the same elements of the planet that you were rescuing.

This vessel is much like a coat that has now become too small, and the brain of this vessel has forgotten your true SELF. Therefore, your 3D expression is having confusing thoughts, fearful feelings and unusual physical sensations. Assure your earth vessel self that YOU are on an important mission from your galactic homeworld.

Thank your earth vessel for its service to you and for its willingness to undergo such a great transformation. Tell your third dimensional thoughts and emotions that they must be still to allow the changes to take place within the physical form you are wearing.

Do not judge or condemn your self for “not doing enough” for the transition. You are in training now. **When you have fully remembered your Multidimensional SELF and have incorporated this expanded SELF into the awareness of your earth vessel, you will be called upon to be of service.**

For now, continue with what you are doing. You are touching people more than you give yourself credit for. Release all competition and comparison and love yourself for exactly the way you are NOW. To assist you in remembering your innate multidimensional consciousness, I NOW take your mind on a journey back to Arcturus:

Imagine that your Arcturian family is around you once again. Feel the deep sense of Unity. Is there any competition or comparison here? No, my dear, we are all ONE. We are like individual emanation from the same star.

We have all emerged from the same light, and we all live within it together as ONE. Experience the light now as it weaves each member of your pod together into a beautiful tapestry of light. Sense the pattern that is formed by your collective selves, and see how you are the whole, *as well as the individual*.

This Unity Consciousness is also possible on dear Earth, but many low vibrational beings also live on the Dear Lady. Sometimes you can feel them, but Gaia must *always* carry them on Her body. Do you realize now how Gaia needs you? Do you understand how you can assist Her by simply remembering who you are?

When you remember who you are and ground your Multidimensional SELF in Gaia’s core, you share your multidimensional consciousness with Her core. As more and more of you share your multidimensional consciousness with Gaia, you create a stairway of light leading from the heart of Gaia to the higher dimensions. With so much darkness and fear impinging on Her body, the light of your multidimensional consciousness serves to refresh, rejuvenate and heal her planetary body from the center out.

Also, as you will see, all inter-dimensional journeys must begin with a deep grounding so that you can find your way back to your third dimensional vessel. Once in the higher worlds, you may not wish to return to Earth, but your connection to Gaia's core reminds you of the Mission you have chosen.

Also, when you travel into Earth's core, you can merge with all the beings of light there in the same manner as you have united with the members of your pod on Arcturus. Some of the beings in Gaia's core are human, but many are not. Since you have released the 3D illusion of separation, you can instantly join them in the unity of Multidimensional Consciousness.

Feel how this union creates a giant merkaba with the top half above Mother Earth and the bottom half embedded in Her core. See that there are many of these merkabas joined together all around the planet. Within each merkaba is a pod of like-minded multidimensional leaders who have released all competition and comparison to serve the Mother in Her hour of need.

It is for this reason that all of you have volunteered, yes volunteered, to be incarnated on Earth at this NOW. This is the cosmic opportunity for which you have prepared for millennia. ALL of you are ready NOW. Any one who can receive messages from their higher selves (or from the higher self of others) are able to actively and consciously participate in the process of planetary transformation.

There are still many beautiful light beings that choose to allow their multidimensional consciousness to slumber while they do the *work* in their night bodies. Some of these dear souls may even appear to be of the darkness. However, do not judge their third dimensional self, as each one has their own assignment.

Those who have chosen to display dissonance so that it can be healed are indeed brave. In their higher vibrational selves, they too are aware of their process of transformation. Send unconditional love to these beings. They have chosen a very difficult path. They have chosen to embody darkness so that it can be healed.

Remember my beloveds, there is no job too small to be of service. Embrace ALL life within your multidimensional consciousness. *Feel* the Unity of Purpose to the Divine Plan of planetary ascension. *Be* that Unity of Purpose. *Know* that with this knowledge comes great responsibility.

Embrace your responsibility. Remember who you are!!!!

(The next day)

I AM Illia Em, returned to complete my message,

Everyone on the third dimension has a challenge, which is the same theme for everyone. This challenge is facing FEAR! The “faces of fear” change with each person, but the lesson is the same: “Keep your consciousness above fear and in the frequency of love.”

When you remember to live within your multidimensional consciousness, I IlliaEm can constantly share your/our Oneness. Your multidimensional consciousness can be re-discovered by merging with your Mother Earth. Gaia serves as a multidimensional computer that stores *every* thought, emotion and action of every life form on Her planet. These “files” can be “read” by merging with Gaia.

To merge with the Mother,

Experience Her pulse as it rises up from her heart to enter your heart.

See Her Nature around you.

Listen to Her creatures, the wind through the trees and the rain on the ground.

Smell the fresh grass and feel it beneath your feet.

Feel the warm Sun and cool breeze as it caresses your face.

Hear the ocean as its waves break upon the shore.

In this manner, you commune with and become grounded in Mother Earth. Allow myriad memories to enter your multidimensional consciousness. Stay grounded in Gaia’s core while I assist your memory by surrounding you with my multidimensional consciousness.

I am with you. I am You. WE ARE ONE! Through our Oneness I can merge my multidimensional consciousness of your Multidimensional SELF so that you can consciously experience:

The cells of your first dimensional consciousness

The organs of your second dimensional consciousness

The physical body of your third dimensional consciousness

The astral body of your fourth dimensional consciousness

The Lightbody of your fifth dimensional consciousness

The Soul Fire of your sixth dimensional consciousness

The Oversoul of your seventh dimensional consciousness

The Galactics, Celestials, and Devas of eighth - tenth dimensional consciousness

The Archangels, Elohim and Ascended Masters of eleventh, twelfth and beyond dimensional consciousness

As you expand your consciousness into the higher and higher dimensions, the dimensions merge. Hence, eighth through tenth dimensions blur into ONE as does the dimensions of eleventh, twelfth and beyond. As you fully remember your

multidimensional consciousness, all dimensions swim together like drops of water in a cosmic ocean.

Within this comic sea your multidimensional consciousness simultaneously experiences your myriad forms of Human, Cetacean, Galactic, Ascended Master, Angel, Archangel, Deva, Elohim, Planetary Logos, Solar Logos, Galactic Logos, and mighty Logos of Universes and Multiverses. All of these realities exist simultaneously within the NOW of the ONE.

The illusion of separation and polarity only exists in the third and fourth dimensions. Once you remember how to return to your innate fifth dimensional consciousness, all illusions shatter and you live only within the TRUTH!

The first truth that you will remember is that *you are the creator of your reality*. Therefore, you must take absolute responsibility for your life. Anything and anyone that is in your life is there because **you** have created it!

In the fifth dimension, every thought and emotion instantly creates itself in your reality. You are now learning how to be a resident of that dimension. The first thing you must learn is to be the *master* of every thought and emotion that you allow to linger in your consciousness.

When you experience fear, it is a natural safety mechanism to lower your consciousness back down into the fourth or third dimension where manifestation takes “longer.” Do not judge your fear. It is your friend. Fear is the brakes on your earth vessel.

Whenever you begin to go too fast and begin to feel “out of control/” you experience fear. Then the vibrational brakes go on, and your rate of progress slows or stops. Your lesson at that time is to learn to push the fear pedal slowly so that you do not slam on the brakes and go into a tailspin.

Do not be worried about the challenges ahead of you, as they are an indication that your consciousness is expanding into the higher dimensions. Therefore, you are ready to progress into a higher frequency of your service to the light.

In Love and Full Support, I AM IlliaEm.

NOTE FROM SUE:

This message came to me on 4-10-1996, but it totally applies to our life on 9-7-2014. So many of us become impatient that we have not ascended yet, but how long has dear Gaia waited for her humans to consciously participate in Her ascension?

9-11-14

Message from the Arcturians



The Stairway of Unity Consciousness

We are always ready to communicate, commune with you. In fact, we are constantly communing/communicating with you, as we are ONE. While wearing your physical earth vessel, you may experience that there are times that we are ONE and times that we are not. However, since we resonate beyond the frequency of time, we are always ONE with you NOW.

One of the most difficult adjustments to your fifth dimensional SELF will be the release of the illusion of time. This challenge is exceptionally difficult for our Masters in the bigger cities, which are ruled by time. On the other hand, societies who work with the land will not have that difficulty as they already live within the flow of Gaia's NOW.

Therefore, we request that you connect deeply with Gaia. This winter the landings will begin in earnest. The landings will not be in areas, but in people. In other words, people will begin to flow more easily into the NOW.

Once in the NOW, which is a fifth dimensional and beyond, state of consciousness, you will begin to remember your galactic and celestial consciousness, and thus your galactic and celestial memories. In other words, you will begin to awaken to your true SELF.

All of you chose to send a fragment of the essence of your galactic and/or celestial consciousness, genetic coding, and thus, memory into the higher consciousness of your earth vessel. As your consciousness expands into the fifth dimension and beyond, you will increasingly remember that your galactic/celestial SELF is a higher dimensional component of your physical self.

Some of you are predominantly representing the Angelic Kingdom and others are predominantly representing the Galactic Federation. The Galactics and Celestials work as ONE within the fifth dimension and beyond. Therefore, the bonding of the earth-bound galactic and celestial representatives will greatly assist Gaia.

Once our “away team” to Earth unites with their own higher expressions of SELF, they can share the unity of that multidimensional consciousness with other grounded Celestials and Galactics. In this manner you will create a very powerful multidimensional energy field. By uniting this energy field with physical Earth, you greatly assist Gaia.

You are building your “stairway of unity consciousness” by:

- Uniting with the Core of your Galactic and/or Celestial SELF
- Remaining in constant contact with your Galactic/Celestial SELF
- Uniting those who have merged with their Galactic/Celestial SELF
- Uniting with Gaia’s planet Earth

The order of these expressions of unity is not important, as “order” is a third dimensional term. As your consciousness resonates more and more to the fifth dimension, you are finding that many physical concepts are becoming obsolete. In this manner, there is a stairway of Unity Consciousness. This stairway begins by remembering that you are a Multidimensional Being who is ready to connect with the ever-expanding expressions of your SELF.

This decision to consciously unite with your galactic and/or celestial energies, and to ground that expanded energy field in the body of Gaia is the first step towards assisting Gaia with Her ascension. Remember, whatever Gaia’s beings experience greatly affects the entire planet. Much of humanity has forgotten that Gaia is a living being who has volunteered to be the “school for ascension” for your sector of space.

Gaia, like yourselves, made promises from the higher dimensions of reality without realizing how extremely difficult it would be to carry out those promises in the lower frequencies of the physical plane. Furthermore, these promises were made long before Her planetary frequency dropped so severely after the destruction of Atlantis.

Because of Gaia's fall into the lower third dimension, the forces of darkness could take a strong hold on Her planet. To assist dear Gaia, your galactic and celestial selves volunteered to take a form on Her body to assist in raising Her frequency.

Many of you took your first earth vessel at the fall of Atlantis, not realizing that you would need to continue re-incarnating on Her planet for the duration of her third dimensional form. Dear Brave Ones, we the Galactics, Celestials and Ascended Masters who have guided you through your many incarnations, are happy to tell you that the Clarion Call has been sounded.

The "Clarion Call" is a strongly expressed demand or request for action. In order to effectively answer this call to assist Gaia, those who can remember their Multidimensional SELF must join in peace and love. The forces of darkness have been very strong, but the "time" is NOW.

Gaia has waited long enough for those who have abused Her to find their inner Light. She can wait no longer, as it is the NOW. Within this NOW, Gaia must answer Her Clarion Call to return to the higher frequencies of Her planetary expression of SELF. The best way to assist Gaia is by uniting with the higher frequencies of your Multidimensional SELF. Then you will be able to perceive Gaia's ever-expanding higher light to join Her in the glorious NOW of planetary expression.

We must remind you, our dear ones wearing a human vessel, that you are NOT the vessel you are wearing. YOU are a magnificent multidimensional being who has volunteered to wear a vessel by implanting your consciousness into your human body. The seed of your multidimensional SELF has been lying in different stages of latency within the human form that you are wearing.

Beloved volunteers, the Clarion Call has sounded within YOU. Hence, it is the NOW for you to fully awaken to the infinite wisdom, multidimensional power and unconditional love of your true, higher dimensional SELF.

By "fully awaken" we mean that you:

- 1) Remember ALL of who YOU are.
- 2) Remember how to live in constant contact with that "YOU."
- 3) Remember your many "rehearsal" lives.
- 4) Remember the Mission that YOU volunteered to fulfill.
- 5) Remember that your Mission begins NOW.

We will now speak in depth on each of the above points:

1) Remember ALL of who YOU are.

This remembrance is not as difficult as it may seem, as your inner child will be of great assistance. Therefore, go into your subconscious to connect with your inner child who still remembers many of the versions of your Multidimensional SELF. With the help of your inner child, you can remember the games you played, the thoughts you had and where your imagination took you.

This remembrance of your child self will leave a puzzle of memories that you can put together as an adult. As you follow the trail of your childhood memories, you might recall what you think of as “past lives.” These remembrances are actually parallel and/or alternate lives that are all occurring within the NOW of the ONE.

Once you can connect with these versions of your third dimensional self, they will create a stairway leading to their higher expressions of your Multidimensional SELF. You see, you have taken many lives, some of them parallel or in slightly different frequencies in which you practiced for the NOW of personal and planetary ascension.

2) Remember to BE in Constant Contact with that “YOU”

Remember that YOU are your best friend. As you listen to, visualize and imagine your realities in the higher dimensions, you will gradually begin to hear, see and/or imagine a Galactic or Celestial being of Light who is now, and always has been, with you. You can ask your child for confirmation.

Then you must release your ego and trust your imagination. Your well-trained, third-dimensional ego will likely say, “Oh, you are being conceited to think that that higher being could actually be you.” Many of our brave volunteers who entered an Earth Vessel have been convinced by the “dark ones” that they are “just humans.”

What is worse, you were trained that you are “crazy” if you believed you are a being of light who has taken on an earth vessel. Be courageous, our dear away team. Ignore the outer voices and listen to your SELF. You are a beautiful multidimensional being who has volunteered to wear an earth vessel so that you can better serve Gaia in Her time of re-birth.

3) Remember Your Many “Rehearsal” Lives

Many of you came to Earth in response to Gaia’s call for assistance. What you may not have when you volunteered to enter Gaia’s evolution is that you did so for the duration of Her process of ascension. Hence, you have lived many incarnations on the body of Gaia.

Some of these were very dark, some were lives of quiet desperation, some lives were filled with adventure, some filled with spiritual awakening and, in some of

your lives, you were able to ascend back into the fifth dimensional expressions of your Multidimensional SELF. It was during your ascension lives that you learned what you would be teaching as a Multidimensional Leader, which is how to surrender into the process of ascension.

You all took many “rehearsal lives” in preparation for this NOW of planetary ascension. Many of you are very impatient in your current life to “get on with the ascension.” Once you remember your rehearsal lives, the impatience of waiting one lifetime will be small compared to the many lives you have already spent in service to dear Gaia.

4) Remember the Mission that YOU volunteered to fulfill

Owning that YOU are your true SELF is the key to unlock the door to remembering your mission. Again, you will put together the puzzle of all the things you like to read, to watch and do. When you allow your self to remember that your “imagination” is actually fifth dimensional thought, you can consciously listen and watch what you like to “imagine” you are doing.

This kind of imagination is a *rehearsal* of who you will actually BE and what you will actually DO. Hence, this “imagination” builds your confidence and empowers your mind. You will know when it is your NOW because you will find yourself actually doing and manifesting that which you once “only imagined”.

Your *imagination* is how the creative right hemisphere of your brain communicates with the analytical left hemisphere of your brain. Your right brain carries the “blueprint” of your mission, and your left brain materializes that plan in your physical world.

It is important that both of the hemispheres of your 3D brain are in alignment with each other and with your multidimensional mind. We will take you through that process of alignment within your NOW.

5) Remember that your Mission begins NOW

When you unite more and more with your higher expressions of SELF, time will become increasingly confusing as you will begin to live in the NOW. Once you live within the NOW you will remember that your mission begins NOW. You will remember that time and space are only illusions of the third/fourth dimension.

In your higher dimensional expressions of SELF, you live within the HERE of the NOW as you experience flowing within a vast sea of possible realities. When you wish to participate in a given reality, you choose to attend to it and decree with your thoughts, “*I choose to participate in this reality.*”

You will then *extend your unconditional love* into that reality to participate in that reality until you feel complete with that experience. Within that NOW you will withdraw your attention and send another gift of unconditional love, as you release all attachment to your involvement with that reality.

Even though you appear to be wearing a third dimensional earth vessel, your SELF has chosen the circumstances of your life within this NOW. This important lifetime is tailor-made so that you can remember that:

You are the creator of your reality.
Which reality do you choose to create?
What reality are you creating NOW?

If you wish to remain in your present expression of reality, send it unconditional love and thanksgiving. Unconditional love will align you with the highest frequency of any reality in which you are engaging. Also, **thanksgiving for the substance at hand will duplicate the substance indefinitely.**

On the other hand, if you find yourself confronting or living a reality that you do NOT wish to experience, merely say, "I refuse to participate in that reality!" Then withdraw your attention from it as you say, "Blessings BE!" Blessings BE means, "There are blessings to be experienced should you decide to accept them." In this manner, you are not abandoning a situation. Instead, you are giving the persons in that reality the key to resolving whatever they are ready to release.

Just as your Multidimensional SELF allows you to resolve your own issues when you need to, you will allow others to go through their own process of discovery without emotion or judgment. Also, what may appear to you to be a grave mistake may be the only way in which that person will go inside to find his or her own Multidimensional SELF.

Our dear ascending ones, we see the strength inside of you that you may have forgotten. Turn around inside your mind to see the magnificent YOU that lives inside your earth vessel. YOU are your Multidimensional SELF.

YOU are the Stairway of Unity Consciousness!

9-13-14

Message From Your Multidimensional SELF



The Volunteers

(NOTE FROM SUE-I woke up this morning with the following dream/message.)

We are the Arcturian, speaking to you from the NOW of 1946,
We are in what is known as a “hospital” awaiting the birth of the female human that we will be over-lighting. The year is 1946 and Earth is in great danger again, and still. Gaia has put out another call to the Ashtar Command and the Galactic Federation to assist her. She needs some humans who can be a genetic combination of galactics and celestials to assist Her in the dangerous times ahead.

The testing and the droppings of atomic bombs have wounded Her body all the way into her fourth dimensional expression. It appears that the Draconians wearing human forms have lost this latest World War, but in reality they have infiltrated much of the Allied forces that *appeared* to have won.

These forces have now gone underground, both literally via their many underground cities, and physically in that many Draconians have taken an earth vessel to disguise their true nature. To counteract this ruse, we of the Galactic Federation are contributing our genetics to certain humans who have volunteered for this Mission.

We will then over-light them throughout their lifetime. “We,” meaning the Arcturians, have joined our genetics with the Pleiadians, Antarians and Sirians from Sirius B, which is one of our Galactic Regional Centers. The contribution of this genetic combination will

be implanted in our galactic family members who have volunteered to take a human vessel during this NOW.

The main area in which these decisions and actions are occurring are on the Arcturian Mothership. Our Mothership that has been over-lighting dear Gaia during the horrific destructions during World Wars I and II. From our Nowness on the Mothership we can see there are many possible realities in which Earth is destroyed by yet another World War. In fact, the seeds for this third world war are already planted.

We see that the Zeta Reticuli who have worked with the Nazis on their plan to create a “superior race” are about to shift their attention to the United States. The United States has taken many of the German masterminds into their scientific community. Also, the Draconians in human disguise who supported the Nazis during the first two world wars have shifted their interests to the United States.

From the Draconians’ perspective of the fourth dimension, they have been able to view the possible reality of their defeat during WWII and are already planning another world war, with their base in the United States.

Because the Draconian timeline is out of phase with third-dimensional Earth time, they are able to implant their genetic codes into many of the founding fathers of the United States. They have already taken over the Freemasons, who have been the holders of the Atlantian technology and information since Julius Caesar destroyed the great library in Alexandria, Egypt.

To combat what the Draconians have done, as well as what we see the United States will allow the Zetas to do, we have decided that we must implant much of our genetic material into humans who are being born from this NOW of 1946 and forward.

These humans will have a greater chance of receiving and activating the 97% ascension genes that have been turned off in humanity, until the fifth dimensional light can activate them. The ones who are born just after WWII will be mature adults during the possible timelines of Gaia’s ascension.

Therefore, we are contributing our genetic material, as well as our constant higher guidance, to as many of these humans as possible. In this manner, we anticipate that some of them will be able to remain in some degree of contact with their higher expressions of SELF. We also hope that this multidimensional contact will assist them to remember to accept the higher light into their consciousness so that it can activate their 97% Galactic DNA.

Those humans will have the ability to remember their true, multidimensional natures and will be able to communicate with their Pleiadian, Sirian and Arcturian higher expressions of their Multidimensional SELF. Since these galactic beings were amongst the ones who initially seeded the human race, we have been chosen to assist Gaia by assisting her people.

From our location in the fifth dimensional NOW we can see all possible “future” realities. Therefore, we know that even though Gaia’s plans for planetary ascension have been greatly disrupted by the Draconian humans, stemming from this 1946 timeline there is still a possible reality in which Gaia does, indeed, ascend.

Therefore, we have decided to genetically upgrade certain members of the human race. We are hoping that this upgrade, as well as our constant over-lighting of these volunteers, will create a support system for Gaia’s plan to transmute Her third-dimensional shell back into Her true fifth-dimensional Light Planet.

As we look forward to that impending “time” of 2014 and beyond, we see a strong possible reality in which enough humans can transmute their third-dimensional physical body into their fifth-dimensional Light Body. We know that Gaia will be ready, Her minerals, plants and animals will be ready, but many humans will still be trapped in the darkness of 3D illusion. It is for this reason that we have decided to contribute our genetics and constant guidance.

Oh! We sense that the physical being we are over-lighting is about to be born, but there appears to be a problem. We will need to over-light her from within the surgery room. In this timeline the mother is often put to sleep so she does not suffer the pain of delivery. However, the labor has been long and the mother cannot assist in the birthing process while she is unconscious.

Immediately, we are in the surgery room. We see the Lightbody of the one soon to be born hovering over the mother’s inert body. We will have to enter her physical form while in utero, or she will not survive. Thus, we send a fragment of our collective SELF into the mother, then into the unborn babe.

The mother is awake to her physical form, which allows her to perceive our assistance from her etheric self. In this manner, we are able to assist with the delivery. However, the mother has been under the ether too long, and her life signs alarm the doctor and nurses. Hence, the newborn is somewhat abandoned on a metal weighing table while everyone tends to the mother.

This moment of abandonment will be replayed in her psyche until her full awakening. On the other hand, being a newborn, she is able to perceive our energy field, which is lovingly encompassing her while the others tend to the mother. This early merging of consciousness, which appeared to occur as a “mistake,” will actually assist her perceptions of us throughout her life.

It is in this manner that we, her higher expressions of SELF, remember the density and chaos of the third dimension. Just as she and the others who have volunteered for this assignment will greatly benefit from our guidance, we will learn through them how best to guide humanity.

All of those who volunteered to take this “away mission” will be wearing an earth vessel that has been seeded with galactic DNA. We are hopeful that this higher dimensional DNA will assist them to activate and merge with the higher expressions of their Multidimensional SELF at an early age. The difficult component for our volunteers will be the great loneliness for “Home” that they will suffer.

We move forward now into the timeline from the 1950s through the early 1990s in which the Zeta Reticuli are using human DNA to augment their own over-replicated DNA. Because of their long war with the Draconians, as well as their own mistreatment of the planetary surface, the Zeta’s needed to retreat into the inner caverns of their planet.

Before they realized it they had sterile and had to replicate themselves via cloning. Since they cloned out emotions, they were unaware of the fear they induced in their human subjects. The Zetas, along with their Draconian companions, came to Earth to take DNA samples from their abductees.

They were especially interested in the humans who had volunteered to be our “away team to Earth” because they were holding a constant genetic connection with us, the members of the Galactic Federation. The United States made a deal with the Zeta’s to exchange human DNA for Zeta advanced technology. (As shown in the X File series) This technology was kept by the Illuminati, Draconians in human vessels, and was never shared with the masses of the people.

The “away team” of our galactics and celestials in human vessels has had to silently know what could not be discussed for many decades. They knew the truth of what was occurring because we told them. We told them everything in their dreams and meditations and guided them toward information when we saw they were ready.

Many of our away team felt different, isolated and alone with an inner secret that they did not totally understand and would not dare share with any one. Therefore, they became lonely, depressed and often went “off into their imagination.”

However, when others thought they were just “day dreaming,” they were actually communicating with us. Unfortunately, once their consciousness returned to 3D life, they usually forgot what had occurred in their higher dimensional selves.

With that brief history lesson, we the Arcturians return to your NOW of full awakening. Due to all that we have described, many of our away team forgot to remember their higher dimensional expressions. They, you, were often haunted by dreams and imaginations, which were actually the true reality. In addition, the brainwashing of the third dimension was much worse than we had predicted.

Therefore, many members of our away team in human form forgot about the higher expressions of their Multidimensional SELF that actually connected them to their Home for which they so longed. And some of our away team was primarily associated with the

celestial, angelic kingdom. On the other hand, some of them were primarily associated with the members of the Galactic Federation and/or Ashtar Command.

Thus, some of you have more “angelic traits” and others have more “galactic traits.” However, once your awareness expands into your higher fourth and fifth dimensional expressions of your Multidimensional SELF, your reality will become increasingly based on unity with all life. Then the “difference” between angelic and galactic will merge into the true unity of the ONE.

In the higher dimensions, Angels, Galactic Federation members, Ascended Masters and Elohim, who are builders and holders of form, all merge into the ONE of the NOW. Then, as your consciousness increasingly merges with the higher expressions of your Multidimensional SELF, your human graduation from third-dimensional *individual consciousness* will transmute into the higher dimensional *unity consciousness* with all life.

We, your higher dimensional expressions, are HERE in the ever-present NOW to merge with our courageous representatives on Earth. We see that all of you have suffered much, but have not given up on your own inner directives. We commend you all for somehow remembering us, who are higher expressions of your SELF, in spite of the immense third dimensional campaign to force you all to live in fear and follow that which is *outside* of you.

YOU, our beloved volunteers who have chosen to wear an earth vessel during this time of great personal and planetary transmutation, are ALWAYS with us. We are with you and observe how even when you are tired, frightened or angry you carry on. Somehow, you have remembered to remember your SELF.

Because of your courage and tenacity, we can openly communicate with you in your NOW. We thank you for remembering your true, Multidimensional SELF and lovingly commend you on your great sacrifice and courage. Despite all barriers that you have confronted, we see that you are still able to hear our call to action!

Remember that WE are YOU, NOW!

Together we serve Gaia in Her task of planetary ascension.

Remembering Unity



An Arcturian Blessing

We, the Arcturians wish to bless our grounded ones who have volunteered to take a body to assist Earth in Her great NOW of planetary ascension.

We primarily wish to tell each and every ONE of you, that YOU have a *very* special purpose that you have volunteered to fulfill in this NOW of Gaia's ascension. We apologize for our "confusing" referrals to "time." We find it extremely limiting to speak in the linear and sequential language of the third dimension.

In our true language, Light Language, the flow of ideas move in circles of light, which are revealed to the listener as pictures, emotions, ideas and sensations. To us, language is similar to a soft breeze that gently caresses our Lightbody. When we feel this caress, we experience it as if it were a word, as telephone ring, a call from another.

Since we all resonate within the ONE, we need not look outside of us into a "different" location, as our grounded ones must do. Instead, we focus inside of our being to "take the call," or "give our answer." Of course, since we do not resonate to a time/space reality, the "inner" call and our answer occur simultaneously.

Because our Light Language is free of time and space, you must expand your consciousness into the fifth dimension and beyond to receive and understand it. Then, you can fully relax into the awareness of our presence as you allow our "beingness" to integrate into your Multidimensional SELF.

Then, when you return your attention to your physical reality, you can more easily translate our message into Earth language. We ask you to release your habit of time and space, so that you can imagine that you are in the NOW with us.

Please take a moment to do so NOW...

Take a long, slow, deep breath and allow your mind to float into your imagination and your heart to open to the unconditional love of the higher realms...

Breathe in multidimensional light...

Hold it in your heart and allow it to circulate through your earth vessel...

Breathe out multidimensional love to All That Is...

And RELAX...

As you relax into your fifth-dimensional consciousness, feel how your earth vessel begins to blur into its environment? This blurring sensation is your Lightbody peeking beyond the limitations of your clay vessel.

Imagine now that your earth vessel is similar to a cave. Your consciousness had to *hide* in this "cave" in order to find protections from a hostile world.

Imagine yourself in a life in which you lived in a cave to find protection. Do you feel how that body was primitive and dense?

Now, we ask you to imagine that you are finding the courage to step out of that cave. As you step out of the dark cave, you realize that your primitive body begins to evolve.

First, you stand up straight, and then you begin to "think" about your reality instead of perceiving everything as mating, food or danger.

When you begin to *think about* your reality, rather than *how to survive* your reality, a curiosity and imagination begins to take hold in your consciousness.

It is then that you awaken your imagination, and you begin to have IDEAS of *What* you can do and *Who* you can be.

You are all coming out of your cave of separation NOW.

As you step out of your cave, your body begins to change. As your body changes, you begin to perceive reality in a new way. The hostile planet that once surrounded you is less hostile, for you are seeing it with new eyes.

You are no longer a victim to the whims of others, because your connection to your SELF constantly reminds you that YOU are the creator of your reality. In the same way, YOU are the creator of your body.

Just as your world changes when your perceptions change, your earth vessel changes when your perceptions of your self change. When you see your self as “just a human,” your body becomes a clay vessel that quickly grows older and is vulnerable to harm and illness.

On the other hand, when you think of your self as the “Light of Spirit,” the concept of *your body* moves beyond the limits of a clay vessel and encompasses your ever-expanding aura. Then, when you perceive that your “self” includes your aura, YOU are suddenly much bigger.

You may not be aware that your size changes with your state of consciousness, when you are in a fifth-dimensional state of consciousness:

YOU fill the room.

YOU are united with everything and everyone in that room.

YOU *feel* everything and everyone as your SELF.

In this expanded state of consciousness

YOU perceive reality as it appears in the fifth dimension and beyond.

To further explore your SELF as the entire room ask yourself:

How does it feel to be:

A chair,

A desk,

A plant,

The ceiling,

The computer

Or the paper you are reading?

We suggest that you:

Light some candles,

Drink some water,

Feel the breeze

And walk barefoot on the earth.

In this manner you can experience:

Being the element of **fire**,
 Being the element of **water**,
 Being the element of **air** and
 Being the element of **earth**

Once you are fully bonded with the *third-dimensional elements*, you can ask them to assist you to unite with their *higher-dimensional elementals* that flow into and through your body.

With this higher multidimensional boost you can more easily calibrate your consciousness to the fifth-dimensional frequencies of reality.

We suggest that you also do this exercise with others. Then you can share *being* the elements of earth, air, fire and water while you also experience of *being* the people in the room, on the phone, Internet or Skype.

You do not need to be physically together, as it is the connection of your multidimensional consciousness that is important.

When you share your Multidimensional Consciousness
 You instantly flow into Unity Consciousness

When you deeply experience the elemental of “other” humans, you *unite* with those “other” humans. Once you unite with humans via your own elements of earth, air, fire and water, you become joined on a cellular level.

This cellular unity creates a deep bond and sense of security. All humanity was once linked in this manner, but as the world became increasingly hostile, humans began to find their own “separate” safety. Since separation creates fear, you began to perceive Earth as a “hostile planet.”

Just as separation creates fear, fear creates separation. Thus, humans increasingly felt separate from their environment and from others. Fear also made them want to hide. Then, many of our dear grounded ones found it necessary to hide their true expanded SELF for millennia in order to *survive* their “life on a hostile planet.”

NOW it is safe for you to remember that YOU are planet Earth *and* planet Earth is YOU. You share earth, air, fire and water with the planet and with all of the planetary inhabitants. As more and more of you awaken to this truth, you will remember that limitation and separation is just an illusion.

Wonderfully, as each of you expands your consciousness into your Multidimensional SELF, you will share your experience via your Unity

Consciousness. Please remember that Unity Consciousness is innate. It does not need to be learned or even remembered.

You are all united on a cellular level via your planetary earth, air, fire and water. As the cellular structure of one person remembers to expand into his or her innate fifth-dimensional expression, they send a wave of Unity Consciousness to every cell of every inhabitant of Earth, including the planet itself.

At first, just one cell will not make much of an impact. However, this process progresses in an exponential manner. Thus, one cell shares with two cells, then four cells, then eight cells, and one-and-on.

In this manner, all life will begin to consciously experience their fifth dimensional expression. Once the threshold into fifth-dimensional Lightbody is crossed, time and space are extinct concepts.

At this point, there will only be HERE and NOW.

In the higher worlds of the NOW, you are always HERE.

There is only the NOW of *unconditional love*,
Which infinitely flows via the *multidimensional light*,
As a constant message from the ONE

This multidimensional light, which includes **all** dimensions, is constantly caressing you on a cellular level to guide you “Home” to the NOW of the ONE.

When you live within this NOW you remember that there is no specific “time” for ascension, nor is there an assigned “place” to which you will travel.

Ascension is a process of returning Home
To your true Multidimensional SELF
Who is *infinitely* HERE NOW!

6-12-2014

Becoming Masters



The Arcturians Speak

(I appear to have written, received this message on 6-12-14, but I do not see it posted anywhere, so I am posting it today.)

Dear Arcturians,

I felt your consciousness and stopped what I was doing to receive your message. For some reason I was inclined to see the numerology for today and found it is a 7 day. I am ready to receive your message.

Our dearest Suzille,

We did indeed wish to contact you in this NOW. We wish to begin with a private message, which you can rewrite for others to receive. Of course there are no “others,” as there truly is no separation between you and what on Earth is known as “others.” *Others* is a term that denotes that people or things are separate from you, which is not correct. More and more within your NOW this fact will become evident.

We wish to tell you that many changes are occurring on the inner levels of our grounded ones, meaning humanity. Those who are allowing their consciousness to expand beyond the *illusion of time* will feel these changes on a daily basis. However, those who are still bound to time, you will likely feel the changes in what they would call “later.”

Since there is no time, there is no later, except for within your third dimensional holographic projection. This holographic projection is beginning to morph and change because so many inhabitants of the hologram are beginning to expand their consciousness beyond the confines of the holographic reality. Because of this expansion

of consciousness, many of our away team are beginning experience another reality, which is based on truth.

This “new reality” is not *new* as it infinite. It is infinite because it resonates beyond the confines of time and space. We have talked much about the *real world* beyond the hologram many times, but there is something that we have not shared. We have hinted at what we are about to share many times, but it was not yet the NOW for it to occur.

The NOW meaning that you, and many of those with whom you share our messages, could not yet conceive of what we are about to say. This will not be shocking news, as we have said this message many times. The difference is that in the NOW more of humanity will be able to understand the core of this message rather than just the message’s lower emanation.

As we have said on myriad occasions, the reality you perceive is the reality that you life. What is occurring NOW is that there is a beautiful harvest of light. If you could see your world from our perspective, you would witness a beautiful light show much as those you might have seen at a concert.

We perceive Gaia’s Earth as a living being with different patches of light and darkness. For many eons Gaia’s body was primarily in darkness with timelines of light that were eventually snuffed out by the encroaching darkness. What we are seeing now is that there is a growing patches of light that are unconditionally loving the myriad patches of darkness free from their bondage.

These patches of darkness, which are increasingly growing smaller, are slowing, or quickly, being transmuted into light. As our awakened ones are aware, the darkness of fear can only be transmuted with the light of unconditional love. The forces of darkness have continued their fear campaigns and as many fearful confrontations as they can. However, there is a growing majority of humanity that are refusing to participate in that illusion.

Since third dimensional Earth is a hologram, every one, including animals and all of Gaia’s creatures, have the ability to participate in altering this hologram. You are ALL programmers of Gaia’s hologram. During the long Kali Yuga, Earth was furthest from the Golden Age of direct light from the Multiverse. Hence, darkness was the programmer.

However, now you are in the Golden Age in which you are in direct alignment with the light of the Multiverse. Therefore, you all, that is every creature on Earth, have access to this higher frequency of light should they choose to accept it. Before you were within the Golden Age you needed to seek out the light, which was often hidden in the darkness.

In your NOW of 2014 and beyond, you have been in direct alignment with this flow of infinite light for over two of your years. We say to you, dear humans who have lived many years in the darkest times of the Kali Yuga, that two years are not very long in your

time. However, the first thing that this light streaming from the ONE of the Multiverse is doing is releasing the illusion of time.

You will all cling to the illusion of time for as long as possible. After all, time has become a habit to which you have structured your life for many incarnations. However, we observe that many of you are beginning to release the illusion of time and float into your fifth dimension and beyond.

We also see how dangerous this can be to your earth vessel. If you are to float beyond time while driving a car, crossing the street or cooking at your stove, you could harm your earth vessel. Therefore, we suggest that you put aside certain “times” in your day in which you can place your earth vessel safely in a chair and allow your SELF to visit your true, fifth dimensional HOME.

This is much like giving a child his or her “playtime,” so that the *child* can be patient during times of third dimensional obligations and activities. To our perspective, you all appear much as race horses waiting in the gate for the bell to sound so that they can run as fast as you can.

You all want to “run HOME” as fast as possible, but your Mother Planet Gaia needs your growing light so that She can return HOME too. We know that we are asking a lot of you. However, if one is on the cusp of personal ascension it is because they have mastered much of their physical life. Therefore, they are often quite happy with their life.

Remember, our dear Ones, that ascension is not an escape. Ascension is the Mission that you volunteered for before you took this incarnation. Of course, not all of humanity volunteered for this mission, but if you find yourself reading this message, you are likely among those volunteers.

It is a vital component of your ascension process that you remember that YOU are the creator of your reality. Therefore, you programmed every thing that occurs in your holographic reality. We feel your collective resistance to this part of our message, but we remind you that you also programed myriad parallel and alternate realities. Therefore, there are always options to every occurrence in your life.

From your perspective, death is a tragedy that creates great sorrow and loss. Conversely, from the perspective of your Multidimensional SELF who programmed your 3D life, death is a means to logout from the hologram. Also, *facing death* it is a deep initiation that forces you to look deeply into your life to determine what is really important and what is just a third-dimensional distraction from your mission.

In fact, many of you have programmed into your holographic life that if you become too distracted from your true reason for incarnation that you will “reset” your program by having a near death experience or an actual death experience. The third dimension teaches you that death is your enemy and you must “be the strongest ones” to survive.

That message primarily occurs in the patches of darkness that are ruled by fear. When that timeline, area and/or population evolves into a higher frequency of consciousness, they begin to realize that third dimensional life is the illusion and the LIFE they wish to experience is actually in the higher dimensions of reality.

As more and more of you become Masters of your energy field, you are remembering that YOU have control of your emotions and thoughts. Thus, it is YOU that is creating your life. While one is trapped in the areas of darkness, it is very difficult to come to that conclusion. Hence, once you regain mastery of your energy field, you remember that you have taken an earth vessel to assist dear Gaia with Her ascension.

While in the third dimensional holographic projection is it easy to believe that only humans are important and the myriad other life forms that share your planet are far beneath you. However, once you become Master of your energy you realize that the planet is alive and ALL life is of equal importance. The truth is that Earth could easily survive, and in fact prosper much better, if all humanity would leave. However, without the “insignificant” insects, the entire ecosystem for Gaia’s planet could collapse.

It is important for our human ones to remember that they are not in any manner “better” than any other component of Gaia’s immense ecosystem. We are sure that those reading this message are aware that humanity has caused great harm to their home planet and have brought Gaia to the verge of destruction on more occasions than your limited “history” reveals.

Dear human expressions of your great Multidimensional SELF walk softly on the body of your Mother. Send Her your unconditional love with your every breath. Remember that your current physical incarnation, which appears so important to you, is a mere fraction of your SELF and less than a millisecond of Gaia’s ‘time.’

As you move beyond the limitations of that illusion of time, you also move beyond the illusions that you have held as truths for myriad incarnations. When you become aware of the truth of what is occurring around you, it is a great temptation to feel fear, anger, sorrow or judgment. But, these feelings lower your frequency to the state of consciousness in which you actually contribute your own energy to the very fear, anger, sorrow and judgment that you disdain in others.

Remember that YOU are calibrating your perceptions, and thus your experiences, to the versions of reality that resonate to your state of consciousness. Ascension occurs within your consciousness and expands far beyond your earth vessel. As you continue your ascension process, you will move out of alignment with the third-dimensional holographic projection of Earth and into alignment with Gaia’s true Planetary SELF in the fifth dimension and beyond.

Ascension does not make you a Saint. Ascension merely means that you have returned your consciousness to the frequencies of your Multidimensional SELF, which resonates above the illusions of the third/fourth dimensional realities. What is so very different in

your present timeline, for which you have prepared for in many incarnations, is that the third/fourth dimensional holographic projection of Earth is closing.

Gaia and all Her inhabitants are returning to their true Multidimensional SELF. Those who wish to take on a physical form to study at a “planetary school of cause and effect” will need to log into a different planet. Those humans who do not feel complete with their lessons of cause and effect will simply shift from Gaia’s holographic projection to another planetary holographic projection to complete their education.

There is not judgment by an outer source, as the concept of “outer sources” is a third-dimensional illusion. In fact, the concept of “judgment” is also a third-dimensional illusion. While one is still feeling trapped in third-dimensional illusion, they will not be able to understand this message.

However, if the “egg” that has encased their embryo self is cracking, and they are emerging as their true Multidimensional SELF, they will know that our message is real. The act of “cracking the egg” will open the window of their mind to allow the ever-expanding light of the ONE to shine into their consciousness.

In closing we remind you to withdraw ALL attention from that which you do *not* want to manifest, while you recognize and send gratitude to the “everyday miracles” that are increasingly blessing your life.

Blessing BE to our ascending ones,
We will keep the light on while we await your return,
The Arcturians