



For years, I resisted the instructions from my Inner Guidance to create a website, but the inner urging would not stop. Finally, I gave in—to my SELF—and began, what has become one of the greatest adventures of my life.

It is said that "if you want to learn—teach." I have found this to be completely true. Even more rewarding has been the response from my readers all over the world. It has given me so much hope in our future to hear from so many others who are awakening to their true, Multidimensional SELF.



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AWAKENING TO OUR FULL POTENTIAL

PART I

When we awaken to our full potential, we realize that WE are the Creators of our reality. Since all possible realities exist within the NOW of the ONE of the fifth dimension and beyond, we can experience any frequency of reality (dimension) simply by calibrating our consciousness to the frequency of that reality. In other words, the reality that we choose to perceive is the reality that we live.

But how do we choose to perceive a reality? The answer to that question is that:

Consciousness precedes thought,

Thought precedes expectation,

Expectation precedes perception,

And our perception IS the reality that we live.

Hence, all reality is a perception, all the time. We are multidimensional beings and have myriad realities simultaneously existing at different frequencies. These many realities are not a place, they are a frequency, and they are all existing right HERE, NOW. However, we cannot perceive them when our consciousness is locked in the limitations and separations of the time/space of the third dimension. To access these realities we must return to our innate multidimensional consciousness.

MULTIDIMENSIONAL CONSCIOUSNESS

When we decided to journey from the ONE of the fifth dimension and beyond into the polarity of the third dimension, we took a "copy" of our Multidimensional SELF and "pasted" it on every sub-plane of the fourth dimension. Hence, when we journey back through the fourth dimension and into the fifth, we revisit these aspects of our SELF. Each of these expressions of our total Being evolves in a different manner, as they exist at diverse frequencies.

Furthermore, as our grounded self regains unity with our Multidimensional SELF, our visits to our alternate expressions in the fourth dimension advance the consciousness of our grounded one, as well as all of our fourth dimensional expressions. To "visit" with our higher expressions of SELF, all we need do is to calibrate our consciousness with that resonance of our being. Then, will be able to think in that resonance, expect communion with that resonance and perceive that reality while in a state of continuous consciousness with our grounded, third dimensional expression of SELF.

In other words, our consciousness is much like an elevator. We must go into the elevator, (enter our inner reality of pure consciousness), push the button for each resonance of self, (calibrate our consciousness to that frequency), which will open the door, (allow us to expect entry into that reality), and walk through the open elevator door, (perceive that resonance), to have the experiences inherent in that resonance of our Multidimensional SELF.

Our multidimensional consciousness, which is the "elevator" to all aspects of our SELF, is free of all the restrictions of time and space. Our multidimensional consciousness is not "just" our higher consciousness. It is ALL our possible states of consciousness. Hence, we use our multidimensional consciousness to think, expect, perceive and live in our third dimensional reality, as well as dimensions of reality that are far beyond our third dimensional consciousness, thinking, expectation and perceptions. All of these realities/perceptions occur at the same time and in the same space, as they exist and are accessible within the NOW of the ONE.

While we are limited to our third and fourth dimensional consciousness, we are unable to access, or even believe in, these myriad realities. Fortunately, our multidimensional consciousness expands far beyond any concept of limitation. However, like all spiritual, limitless awareness, we have to experience it before we

can understand it. These different frequencies/resonances of reality are different frequencies, dimensions and levels of consciousness.

Therefore, to our grounded self they appear to be separate. On the other hand, to the perception of our Multidimensional SELF, all these myriad realities are different expressions of our ONE SELF. Hence, they are all one reality that exists within the NOW of the ONE. We are only one of the many versions of our Multidimensional SELF, but we forgot that fact when we lowered our consciousness into the third dimension to take a physical body. At some time in our childhood, or even at birth, we forgot our true SELF, as well as our innate state of multidimensional consciousness. Fortunately, what we have forgotten lies latent within us, waiting to be remembered.

MASTERS OF ENERGY

Since our consciousness calibrates our thinking, expectation and perception to a specific frequency/dimension of reality, we can change our reality by simply changing our state of consciousness. The challenge in daily life is to be the Master of our Energy so that we have complete control of our state of consciousness. As a Master of Energy, we consciously choose the thoughts that we allow to stay in our mind and continually attend to our emotions. In this manner, we can receive pertinent information from any fearful thoughts or emotions, thank them for their warnings and replace them with love. We can choose any form of love as a replacement for fear, whether it be of a person, pet, place or even a thing. Then we seal our aura with deep gratitude for the love we experience in our life.

If we become bogged down in fearful emotions or allow obsessive thinking to tarnish our thoughts, our consciousness will drop into survival mode. Then, we live life through the dark filter of fear, martyrdom and victimization. However, if we can reclaim our center, we can regain the mastery of our emotions and thoughts. In fact, emotions are the raw material for our consciousness, which sets our thinking, expectations, perceptions and reality. Unconditional love is the secret to raising our consciousness. It is also the tool by which we can choose to experience the fifth dimension and beyond.

Human love, which is only third and fourth dimensional, is often heavily laced with fear, anger, sorrow and negative thinking. On the other hand, unconditional love, which resonates from Source and from our SELF, is free of all fear-based emotions or thinking. In fact, unconditional love is the creative and healing force for all dimensions and all realities.

ACCEPTING UNCONDITIONAL LOVE

When we can remember to accept the frequency of unconditional love that is constantly flowing from Source and from our Multidimensional SELF:

Our consciousness glides beyond the fear of daily 3D life,

Through the fourth dimensional planes of the Lower Astral to clear our darkness,

Through the land of Faerie to regain our magic,

Through the Emotional Plane to regain our mastery of emotions,

Through the Mental Plane to remember our mastery over our thoughts,

Through the Upper Mental Plane to reunite with our Divine Child

Through the Causal Plane to experience again how energy out is energy back,

Through the Spiritual Plane to re-connect with our Spirit Guides,

Into our I AM Presence awaiting us at the Rainbow Bridge to the fifth dimension,

Over the Rainbow Bridge that expands across through the Great Void,

And into the consciousness of our Multidimensional SELF awaiting us at the threshold to the fifth dimension.

Of course, our Multidimensional SELF is always with us, as it encompasses all of our realities. It is helpful to remember that we were born as a third dimensional expression of our total, Multidimensional SELF. Nonetheless, while we still function within our third dimensional consciousness, our thinking will expect that we need to "take the time" to "go to another place" to find our Multidimensional SELF.

On the other hand, our fifth dimensional expression of our SELF will gladly play the role of the Keeper of the Threshold into the frequency of the fifth dimension. Our multidimensional expression of SELF, that we trick our minds into believing is standing far away on the threshold of a different reality, can assist us in raising our consciousness above the storm and into the calm.

(For information about the sub-planes of the fourth dimension click:
http://www.multidimensions.com/Conscious/con_thoughts_choose.html

<http://www.becomingone-book.com/freedownload.htm>

Becoming ONE Volume I, Chapter 7)

From the consciousness, thoughts and perspective of our Multidimensional SELF, we can observe the challenges of our third dimensional life without becoming entangled in fearful thoughts and emotions. With the clarity and unconditional love of our SELF, we can detach from the illusions and find the Truth within each situation. It is within this Truth that we will find our solutions and/or the patience to ride out the storm.

RETURNING TO SELF

It is through returning to the consciousness of our Multidimensional SELF, while we still hold a third dimensional form, that unconditional love can eternally live in our being. This unconditional love is the creative and healing force of all life. When we are filled with unconditional love, we can perceive our fears and injuries as mere illusions that appear to block our forward motion on our Path. With unconditional love filling our consciousness, we can easily release these illusions of separation for SELF to flow above fear, injury and limitation and into our innate consciousness of love, light, truth and wisdom.

Our innate, multidimensional consciousness naturally resonates to the fifth dimension and beyond, allowing us to connect to, accept, perceive and live in the fifth dimension and beyond. With our fifth dimensional thinking, expectations and perceptions, we can follow the Flow of the ONE to the HOME that we have externally sought. Once we expand our earth-bound consciousness into the fifth dimension and beyond, we establish a link to our innate, unconditional love.

Our grounded self can then project this unconditional love out into our physical challenges, problems, illnesses or injuries. Unconditional love is the healing force of the Universe, as well as the "glue" that holds all of creation in form. Since unconditional love is beyond time and space, once released into the third dimension, it will move throughout the third dimension eternally healing our planet and creating new forms.

As our consciousness becomes more and more accustomed to the fifth dimension, our imagination, which is fifth dimensional thought, leads us to expect to perceive the unity of all life in-between the

polarities of the third dimensional reality. When we expect to see unity, we can easily find it in our daily life. We can then choose to follow the flow of unity and unconditional love to calibrate our daily consciousness to the fifth dimension. Then, bit-by-bit, we receive flashes of our fifth dimensional Earth that is right HERE, NOW—only at a higher frequency.

As we allow our consciousness to step into this Flow, our lives become more and more fifth dimensional. Gradually, with practice, we remember how to hold our consciousness to the resonance of the fifth dimension. With a fifth dimensional consciousness, we think fifth dimensionally, expect a fifth dimensional reality based on unity and unconditional love, choose to perceive that reality and live it as our daily life. The hardships, illusions and fears of our third dimensional reality then begin to fade into a distant memory, much as we look back on a difficult time that we have grown beyond but are grateful for the many lessons that it taught us.

BECOMING FIFTH DIMENSIONAL

At first, our lives will appear much as they have always seemed. However, as we detach more and more from the illusions of the third dimension, the resonance of our body begins to adapt to the resonance of our fifth dimensional consciousness and begins our transmutation into Lightbody. At this point, our expanded consciousness begins the transformation of our brain. With our outer polarities blending into the unity of the fifth dimensional ONE, our expanded consciousness activates our whole brain thinking.

Whole brain thinking allows us to simultaneously use our right and left hemispheres. With our masculine, out-flow, left brain's logical, sequential call to action, and our feminine, in-flow, right brain's creative call to reflection, our brain capacity greatly expands from the 10% capacity we normally used to greater and greater conscious mastery of our biological computer/brain.

Our whole brain thinking frees us from the limitations of duality, opens our Third Eye, brings our expanded perceptions on line and begins the activation of our "Junk DNA" (97% of our DNA not yet decoded by scientists). Our Junk DNA is the hard drive for our Lightbody that has remained latent while our consciousness was trapped in the third dimension. The daily use of our expanded perceptions continues to activate our imagination and ground us in the fifth dimensional reality, which we are entering, and, simultaneously, creating.

Through our ever-expanding perceptions, the Cosmic Truths that have long been hidden beyond the now fading veils of illusion come

into our awareness. Our enlightened awareness further expands our consciousness, thinking and expectation so that we can perceive more and more of our myriad realities that resonate to myriad frequencies/dimensions. As we fully embrace our Multidimensional SELF and integrate it into our daily life, we regain our innate, unconditional love of our self, others and the planet.

Fortunately, through the myriad changes in our reality and the many ancient predictions being fulfilled, we are aware that our transition into the fifth dimension is imminent. Unfortunately, the darkest night is just before dawn, and we are called upon to be more than our third dimensional selves can endure. Fortunately, humanity is resilient and committed to survival. Unfortunately, our "time" is up and we must make the leap NOW! Fortunately, We are taking that leap NOW!!

"We must be willing to let go of the life we have planned so as to have the life that is waiting for us."

Joseph Campbell 1904—1987

MEDITATION DOWNLOAD

Our Multidimensional Dimensional Journey to SELF
FOR DOWNLOAD OF THE MEDITATION, PLEASE CLICK:

http://www.multidimensions.com/players/Multidimensional_Journey.mp3

The Map of Our Journey

Seeing our self from the perspective of our SELF allows us to expand

Our consciousness can easily glide beyond the fear of daily, 3D life,

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(For more information about integrating our Multidimensional SELF:

http://www.multidimensions.com/Superconscious/super_integration_home.html

For more information about opening your third eye:

http://www.multidimensions.com/Superconscious/super_integration_supercon.html)

AWAKENING TO OUR FULL POTENTIAL

PART II

As we expand our consciousness, our perceptions expand as well. With the awakening of our expanded perceptions, the volumes of information that have been hidden behind the limitations of our five physical senses come to the surface of our awareness and create a transparency in our reality. This "all knowing" in our daily life serves to tear down the remaining illusions of limitation and separation.

Just as we have special talents in our daily lives, certain expanded perceptions will be stronger and will come "online" first to our mundane consciousness. We all have these expanded perceptions as an innate component of our true, multidimensional nature. A greater number of us would openly use our expanded perceptions if we had not suffered judgment from those who feared that which they could not understand. Fortunately, as more and more of us awaken, there is less judgment. Therefore, more and more of us are "coming out" with our newly activated, or long hidden, perceptual abilities.

ACTIVATING OUR EXPANDED PERCEPTIONS

As with all spiritual/enlightened endeavors, we cannot try to awaken or force our expanded perceptions. The Path to awakening is like a river in which we must stay in the center current to allow ourselves to be easily carried along with the flow. If we struggle or work, we only push ourselves out of the center current and into the many eddies and whirlpools of third dimensional life.

One of the main keys to restoring our innate "psychic" perception is to listen to the still, small voice within that whispers into our mind, heart and body. Just as our physical body uses our five sense to inform us of what we are hearing, seeing, feeling, smelling and touching, it also alerts us to information that resonates to the expanded frequencies of our higher consciousness.

Through merging with, downloading and integrating our Multidimensional SELF into our third dimensional earth vessel, we upload our new, multidimensional operating system to bring these expanded perceptions online. Then our brain, our biological computer, can signal our body to respond to frequencies of information that were beyond the threshold of our old, third dimensional operating system.

Remember, we do not just raise our consciousness. We expand it. As we expand our consciousness, thinking, expectations and perceptions, we receive information, not only with the fourth, fifth and sixth dimensions and beyond, but also with the second, first dimensions, and the quantum realities. When we moved into our exploration of the extremes of individuality, we became separated from our body, our animal instincts, our SELF, others, Spirit, "Heaven," the planet and all of Nature. One of the innate, animal perceptions that we lost was our instinct.

INSTINCTS

Instinct, which is an innate "knowing," is a second dimensional ability based on our "primitive self" who has the ability to tune into the planet to know where there is water, what food will heal us or poison us and the location of our "tribe." If we "give a horse his head," he will find water. Animals in the wild know what food they are meant to eat and what food will hurt them. Animals know when a predator is stalking them or simply sharing the waterhole. In our quest for evolution, we have lost some of our basic survival skills.

Our instincts are usually a physical sensation, which our left-brain, logical self has been trained to ignore. However, as we regain our Whole Brain Thinking, we begin to become close friends with our earth vessel. As we awaken, we begin to realize that WE are not our body. WE are IN our body. Our physical form is one of many forms that surround our consciousness. However, without our physical body we cannot continue to play the 3D Game.

In other realities in which we held a tribal consciousness, or in which we had to survive off the land, our instinct was one of our most important perceptions. Our instincts are able to pull together information from our five physical senses that are just below our threshold of perception. However, when the distant vision, quiet sound, faint odor, proximity of someone or something that we cannot touch comes together in our right brain, our instincts give us the meaning of the subliminal information. Unfortunately, if we still deny our right-brain perceptions because we have become trapped in our logic, we will not receive their message.

When we say, "I just have a feeling," or "I sense that I am being watched," these statements are arising from our instincts. When we give our attention to these messages, we reinforce our instincts and invite them to remain active in our lives. All of our expanded perceptions are much like muscles. If we use them, they get stronger, but if we don't use them, we lose them.

EMPATHY

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

Empathy is another one of our "animal perceptions," in which we must pay attention to our bodies in order to receive and understand them. Darwin wrote about animals' four basic emotions as a means for survival. The survival purpose of fear is to create a state of fight or flight; sadness creates bonding within the herd/pack/flock; happiness urges procreation of the species; and anger's purpose is to break through barriers. Our third dimensional animal self makes use of emotions in much the same way.

We tend to be more empathic with people that we deeply care for, even love. However, intense anger or fear can doom us to feeling

the emotions of the person whom we greatly dislike. The complicated part of empathy is that we feel the emotions of another in our own bodies, as if they are our emotions. Therefore, to avoid confusion we need to understand our own emotions. For example, if we are in a fine mood and we walk into a room where someone is angry, it will not feel like that person is angry, but instead it will feel like we are angry.

In order to differentiate between our own feelings and someone else's, we need to have a conscious recognition of our own emotions. Then, when we walk into that room and say, "I suddenly feel very angry," we can also say, "However, it does not feel like my anger." In that case, we can look around the room to determine the source of the anger that we have been feeling inside our own body. Empathy is not limited to time and space. We can suddenly feel an emotion from someone far away. However, this is usually only when we have a strong, psychic attachment to that person.

Fear and anger are very loud emotions because they are important to activate the Fight/Flight Response of our body. These emotions are loud in our psyche because they are directly related to our survival mechanism. Sadness is not as loud, but it is very contagious. We have all had experiences of crying at a funeral of someone we didn't know that well, but we empathically feel everyone's sadness.

Love, and the happiness that arises from love, comes in two categories: 1) conditional love (from humans); and 2) unconditional love (from Spirit). If we have no ability to feel and identify a certain emotion in our own body, it will be difficult for us to empathically feel that emotion in another. Hence, if we have never experienced someone loving us, or if we have never loved our self, we may be very close to someone who deeply loves us and never know it. It is sad to say that love is learned, but here, in the third dimension, it can be true.

Fortunately, there are those who never lose their connection to spiritual love. These people have "eleventh hour luck," for they always find someone to love them when they need it, even though they currently have no loving support. In fact, many of those who vowed to awaken in this lifetime were born into loveless childhoods to urge them to look inside to find the love they need. The gift is that when they look inside, they not only find love, they find unconditional love from spirit.

INTUITION

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

Intuition is much like instinct, except that it calls in the messages, answers and protection from our Spirit Guides. Instinct and empathy come to us while we are in daily, beta brainwave consciousness. On the other hand, it takes alpha wave consciousness to access our intuition. We get an intuition when we "think outside of the box," beyond the limitations of daily, third dimensional thinking.

Intuition can come to us as a warning or message from "above." Of course, as we awaken, we realize that the message does not come from above but instead, from within. Hence, in order to receive our deepest intuition, we need to venture into the hidden places of our unconscious mind and injured heart. If we cannot gain a clear reading on our own emotions, we will project that tainted reading onto our intuition about others and get faulty information.

In other words, if we look out into the world with dark glasses, or an unclear aura, it will look as though the outside world is dirty or unclear. Because we are unaware of our "dark glasses," we will not realize that the darkness and lack of clarity is within our own consciousness. Unresolved fear, anger and sadness tarnish our vision of reality and make us feel too unsafe to surrender to Spirit to receive our healing. As children, many of us had perceptions of faeries, ghosts or the face on the tree, which were lost in our adult struggle for survival.

To return to our innate intuition, we need to heal our wounded ego and regain the innocence and wonder that we had as a child. When we find the courage to make this journey, we will meet with higher and wiser expressions of our SELF who will assist us with our awakening.

TELEPATHY

Telepathy is the ability to read, or have a "knowing," of another person's thoughts. An example would be when we answer a question that the other person has not yet asked. It is a fourth and fifth dimensional ability, which is a natural consequence of either moving beyond the constraints of third dimensional time and into the more fluid fourth dimensional time, and/or moving into fifth

dimensional consciousness where all life is blended in unity with the ONE.

Many of us have had telepathic experiences where we knew someone was going to call us or say something, and they did. We can write it off as a coincidence, recognize that we are awakening to our expanded perceptions, or realize that we are finally acknowledging what has been happening for a long time. Awakening to our full potential is a process of acknowledging that we are more than we once believed and accepting our new SELF as it is revealed in our daily life.

It is important that we take the time to commune with our Multidimensional SELF through meditation, reflection, being in Nature, enjoying a creative endeavor, or whatever we choose. If we can take at least 5 minutes before we start our busy day to calibrate our consciousness to the resonance of our SELF, we can better maintain multidimensional thinking, expect that we are awakening to our true SELF, acknowledge our expanded perceptions and allow them to guide us to BE our SELF in daily life.

Therefore, when we have a moment of telepathy, we can take a long breath of gratitude to be thankful for our transformation back to SELF. Thanksgiving for the moment at hand will duplicate that moment indefinitely. Furthermore, as we communicate regularly with our inner Self, telepathic messages no longer seem unique. Hence, they don't illicit fear. In fact, as we activate more and more of our expanded perceptions, our innate love grows, our fear diminishes and our consciousness expands exponentially.

When our consciousness expands beyond the third dimension and into the fourth and second dimensions, we can more easily have telepathic communications with fourth dimensional Elementals and Spirit Guides, as well as the second dimensional plant and animal kingdom. When our consciousness encompasses the fifth and first dimensions, we will have more and more telepathic experiences with our Soul/SELF, fifth dimensional parallel realities, and with the genetic, cellular, and DNA foundations of our personal and planetary bodies.

When our consciousness expands into the fifth dimension/first dimension and the sixth dimension/quantum reality, we gain freedom from time/space, form and the linearity of third dimensional thinking. At this point, we regain our multidimensional/quantum thinking to receive, accept and understand messages free of any bondage of third dimensional limitation, separation or space/time. It is then that our messages can become precognitive and clairaudient.

PRECOGNITION

Precognition, seeing into the "future," is the fourth and fifth dimensional ability to move beyond the constraints of 3D time and into the mutable time of the fourth dimension or the NOW of the fifth. Precognition is helpful to assist us in creating our personal road map through life.

As we further expand our consciousness, we begin to perceive our physical reality from different points of view. While limited to our five physical senses, we perceive our reality as though we are in a huge forest among many trees which our block our view. Conversely, using our expanded perception is like being in a control tower at the peak of the highest mountain. From this "tower," which is beyond time and space, we can see where each trail of our thoughts, emotions and actions leads.

With this information, we can change our course at any time by raising our consciousness, changing our thinking, expecting another path and perceiving solutions that we could not find before. For this reason, the future is very fluid. Once we have mastered our precognition, we can more easily discriminate between a "possible reality" and a "probable reality." A possible reality is a choice of the ego and may or may not happen. On the other hand, a probable reality is a reality that already exists in the NOW of the fifth dimension and beyond. Therefore, if we are in alignment with our Soul, we will choose to manifest that reality.

The challenge is that, no matter how much mastery of our precognitive abilities we have attained, there is usually a "blind spot" regarding ourselves. Therefore, our best choice is to tune into and follow the directives of our Soul/SELF. By surrendering control of physical reality to our Multidimensional SELF, we have assistance in maintaining an expanded consciousness. In this manner, our daily consciousness, thoughts, expectations and perceptions can be harmonious and loving.

CLAIRAUDIENCE

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

Clairaudience differs from telepathy in that clairaudience usually refers to communication with higher dimensional beings that cannot be seen with our physical senses, whereas telepathy usually refers

to non-spoken communication with beings of the same dimension. Channeling is a form of clairaudience. There are two kinds of channeling: unconscious and conscious.

With unconscious channeling, known as "trance medium," the recipient, known as the "channel," vacates his or her third dimensional form and allows the messenger to use his or her body as a link to the third dimension. With this type of channeling, the channel cannot hear the message, even though their vocal cords are being used. Someone else needs to record or write down the message that was spoken through the channel. Edgar Casey is an example of a trance medium.

On the other hand, during conscious channeling we are fully aware of our physical body and awake to our daily life. However, we are in an expanded state of consciousness. Because we are using our multidimensional consciousness, third dimensional consciousness as well as fourth dimensional and beyond, it is difficult to remember our message if we do not quickly manifest it in our physical life by transcribing it as written material, poem or song. Art forms such drawing, painting, dance, architecture, athletics, etc, are more often perceived via our clairvoyance.

We can activate our clairaudience by listening to the still, small voice within. As we listen to our SELF, we calibrate our consciousness to that resonance. It is vital to remember that there are many dimensions above the third, including the Lower Astral Plane of the fourth dimension, which is a realm of fear and darkness. Also, just because a person is "dead" and speaking from the fourth dimension, does not mean that they know more than they did when they were "alive" on the third dimension. Therefore, it is vital that we ONLY attend to messages that come to us within the carrier frequency of unconditional love.

Furthermore, messages from the fourth dimension have a different time sequence than the physical plane, and those for the fifth dimension and beyond come into us in a flash of light from the NOW of the ONE. We then need to translate these messages into our third dimensional language in order to incorporate them into our daily life and share them with others. Our brain, which translates these messages, is like a computer. It only contains the information that we have downloaded into it. Therefore, it will be difficult to translate a light message if the concepts are totally unique to our third dimensional thinking. When the channel/medium vacates their physical form to allow the higher being to use their voice, the channel does not need to translate the message. In this case, the channel does not need to understand it.

However, no matter how benefic the being that we are channeling may be, it is dangerous to leave our bodies. Many channels who have done so have found this to be true. When we vacate our form, we greatly weaken our immune system, as well as take on energies that are not of our life-stream. Often we can take on the energy patterns, and even latent darkness, of the being we are channeling. The being on the other side may be able to deal with their darkness, but it can be extremely damaging to the third dimensional channel.

As we are awakening to, downloading and integrating our Multidimensional SELF, more and more of our channeling comes from a higher dimensional aspect of our SELF. It is important to remember that we have a resonance of our SELF on many planets, galaxies and dimensions. With our expanded perceptions activated, we can learn to communicate with them while we still hold a physical, earth vessel.

CLAIRVOYANCE

Clairvoyance is the ability to see objects that resonate to the fourth dimension and beyond. As we expand our consciousness, our perceptions expand beyond the confines of the physical spectrum of light. Hence, we can "see" objects and beings in the fourth dimension and beyond.

Whereas clairaudience is our multidimensional hearing, clairvoyance is our multidimensional seeing. We perceive the various dimensions differently, as they resonate to diverse frequencies of light. One of the most common clairvoyant experiences is the perception of ghosts. Within our third dimensional thinking and belief systems, we think of a ghost as being dead. However, death is an illusion, for it means only that the person has returned it's resonate frequency to a higher frequency. The exception to this is when one moves into a lower frequency, the Lower Astral Plane, often labeled Hell.

Hell is not a place; it is a resonance of the lowest frequency of the fourth dimensional Astral Plane. The fourth dimension is the aura of planet Earth, as well as the aura of each person. We perceive different frequencies through placing our attention on the correlating resonance within our aura. Just as we have dark and light patches in our aura, so does Gaia. There are many power places on Earth where people have expanded their frequency, grounded that expansion into the planet and crossed over, returned Home, in bliss and unconditional love.

On the other hand, there are other places on Earth where great injustice, cruelty, fear and anger have scarred the face of Gaia and left a blotch in Her aura. Once we have activated our clairvoyant

abilities, we can easily tell the difference between these two places. As we awaken our clairvoyance, as well as our clairaudience, we are called upon to take the initiation of creating a tunnel of light through our own Lower Astral Plane and ground the tunnel into the body of Gaia. If we are unable to clear a pathway through the darkness of our own aura, our expanded perceptions will be a beacon to the collective darkness that humanity has left in the aura of our planet.

The initiation of clearing our "tunnel of Light" teaches us to differentiate between voices and apparitions who resonate to either the light or the dark. There have indeed been many actions of fear, hatred and darkness that have left their mark in the Lower Astral Plane. We have also suffered many fearful, angry or sorrowful experiences in our life that have left darkness in our aura. First, we must heal our self, which is healing our aura, or the darkness in our aura will mar our ability to differentiate between messages from Lower Astral Plane and from the higher planes. Our aura is the filter for our perceptions. If our filter is darkened with fear, so will be our expanded perceptions.

Fear is our psychic braking system. If we have a fearful experience, then fear will bring us out of our expanded perceptions and back into our mundane reality. Fortunately, once we have become the Master over our fear by confronting, healing and releasing it with our light, we become the Master over fear in the Lower Astral Plane. One of the ways we can confront and gain Mastery over negative entities is to stretch our hand and stand with firmness and love, "In the name of the ONE, be gone!" It is a Cosmic Law that the lower frequencies cannot stay when commanded to leave by a being of a higher frequency.

We can also send unconditional love to these wounded, lower dimensional apparitions. In this case, they will either show gratitude for our concern, then ride our wave of unconditional love into a higher resonance, or they will run from us, overwhelmed by their own fear. The real initiation is that we must face our own fear in order to have the courage to stay in our altered state and confront the apparition that can only be perceived through our own fear. Once we have become Masters over our own fear, we can sense the darkness, place our greater light around us and continue through the darkness, creating a tunnel of light as we do so.

A lower frequency entity cannot harm a higher frequency being anymore than a monster at the bottom of the ocean can harm a sailor on the surface. This astral "monster" cannot raise its resonance toward the higher frequency until the fear that has bound it to that resonance has been healed and released. Spiritualists are

a group of people whose spiritual purpose is to assist those trapped in the Lower Astral Plane of the fourth dimension.

When our consciousness flows through our tunnel of light into the Land of Faerie and the Emotional Plane of the fourth dimension, the colors are very bright and the beings beautiful, although their forms can easily change. In the Mental Plane, the colors are calmer and the forms even more wavering. In the Causal and Spiritual Planes, the beings all flash with light. They seldom seem to have feet, and their hands and face are so full of light that you can barely make them out. Often, all we can see of their face is their eyes, and their hands are torches of light.

In the void between the fourth and fifth dimension, we experience complete nothingness. We appear to be alone, although we feel life all around us. Before we can release our ego enough to gain entry into the fifth dimension, it is our initiation to release our attachment to the forms of the third and fourth dimension and perceive our self as a speck of light. Once in that resonance, our "seeing" is more like a "think-see" (seeing through our Third Eye) or a "feel-see" (seeing through our High Heart}. In other words, we must trust our SELF unconditionally to KNOW that if we think it or feel it, our perception is real. With practice, we can learn to perceive in a thinking/feeling way.

Once we Master our fifth dimensional perception, we can begin to "see" and "hear" beings who exist only as a group consciousness. We experience the call from these beings within our own physical body, usually our Third Eye or High Heart. We need to expand our consciousness into the fifth dimension to be able to have a communication with these beings. Our inner planes are FULL with wondrous beings, eagerly awaiting our ability to remember how to perceive them. They have illumined information to share and wise guidance to give.

CLAIRSENTIENCE

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

Clairsentience is experienced as a feeling, usually accompanied by a physical sensation. We may smell something that "isn't there," get a quick glimpse of something from the corner of our eye, know something we didn't know a moment before, blink out for a second to another reality and/or suddenly feel confused and disoriented.

Very often we experience our alternate realities through our clairsentience.

There are different kinds of "alternate realities." One is usually known as our "past lives." However, time and space are an illusion particular to the third dimension. Hence, once we raise our consciousness into even the fourth dimension, we often begin to experience ourselves in a lifetime that is not consistent with the third dimensional life that we are used to experiencing.

Once we can look "down" in frequency through our fourth dimensional consciousness into the third dimension, we are able to perceive any time frame that we wish. Our many incarnations on third dimensional Earth can be witnessed from this perception as being aligned on a wheel of time. From our viewpoint on the fourth dimension, this wheel is not bound by time. Hence, we can visit any lifetime without the constraint of sequential time. In other words, we can visit a life in 223 BC, then visit a life in 2034 AD, then visit one in 1895 BC. Nevertheless, once we enter any of these times, we are limited to the chronological movement of third dimensional time.

Clairsentience can be experienced as a "Knowing" that comes into our consciousness. If we can trust that knowing, it can guide us through the many roadblocks of life. This inner guidance also directs us toward a better Knowing of our self. The more we know our self, the more we can discriminate between the inner sensations that we have picked up from another and the inner sensations that arise from our expanded perceptions. As with all relationships, unconditional love and trust are what develop intimacy. Being intimate with our self is a foreign concept to many, but once we remember and embrace our true, Multidimensional Soul/SELF, this intimacy expands exponentially.

TELEKINESIS

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

Telekinesis is often referred to as "mind over matter." In other words, with conscious use of our telekinetic abilities we can move and/or influence matter with the power of our mind. However, emotions also play a strong role in telekinesis. Conscious telekinesis is one of the least common of the expanded perceptions. On the

other hand, we often influence matter with our mind/emotions in an unconscious manner. For example, those who have more of a proclivity towards telekinesis, sometimes turn street lights on or off simply by walking underneath them.

These people may be attracted to martial arts or sports such as tennis, baseball, golf, wherein the power of their intention can be consciously used to direct the course of the ball or the force of their martial arts blow. Artists who work with carving or sculpting may also have an unrecognized talent towards telekinesis, as they manipulate matter with their hands, but the intention of their unconscious minds/emotions may also be a strong component of their artwork.

Another type of unconscious telekinesis is a poltergeist. A poltergeist is not a "ghost," but the movement of matter through the unconscious intention of a living person. Often this person is an adolescent who is unaware of the force of their extreme emotions. In fact, fear, anger and sorrow can be very powerful forces. Unfortunately, when these emotions are unconsciously used to manipulate matter, it is usually terrifying to the person who unwittingly created that movement. Carl Jung, the famous psychologist and disciple of Freud, spoke of his adolescent telekinetic experiences in his autobiography, *Memories, Dreams and Reflections*. As a teen, he read all the thirteenth century books on alchemy he could find. Hence, he awakened a great power but had not yet gained any mastery over his emotions.

Strong emotion is an important element in telekinesis because emotion is "energy in motion." Once we have gained mastery over our emotions, we can use love-based emotions to consciously and lovingly raise the frequency of the matter to the fourth dimension where it is less encumbered by time and space. We can then move it without the limitation of third dimensional weight or mass. If we can consciously connect with our quantum consciousness, we can use the instant manifestation of our quantum thinking to teleport matter anywhere in the Universe, instantly!

Our "junk DNA" has been proved to function as tiny wormholes where messages, and eventually matter, can be instantly teleported to any location. In one experiment, samples of the junk DNA were put in vials and taken to another room. Pictures of fearful emotions were shown to the subject, and the DNA in the other room instantly collapsed and became somewhat unraveled. Pictures of loving emotions were then shown and, instantly, the DNA perked up and returned to its most vibrant state. The experimenter, the US Military, then moved the vials hundreds of miles away and the DNA still responded instantly. It is likely that the "teleporting" used on

the Star Trek shows is an example of this form of telekinesis. The matter is taken down to the quantum level, where it can move beyond time and space, then restructured at the intended location.

ILLUMINATION

Illumination arises as we surrender our ego to our fifth dimensional Soul/SELF to become ONE with the NOW of the higher dimensions. Just one 3D moment of such Union can set us on a Path that takes most of our life to travel.

Illumination is what occurs as we download and integrate our Multidimensional SELF into our physical earth vessel. Once we have fully integrated our SELF into our self, our consciousness expands from Personal Consciousness to Collective Consciousness to Planetary Consciousness to Galactic Consciousness to Cosmic Consciousness. With each expansion of our consciousness, our sense of SELF expands. Our "sense of SELF" is defined as that with which we feel a complete sense of UNITY.

While in Personal Consciousness, we think of our self as a third dimensional human being who is fully conscious of the workings of our mundane life. We are also aware of our Inner Child and Ego. However, we may not be able to consciously access our expanded perceptions. With Collective Consciousness we feel unity with all humanity and think of our SELF as being a member of the family of all humanity. Because of this, we can use our expanded perceptions to tune into the fourth dimension and communicate with the mass, Collective Consciousness of humans on Earth.

With Planetary Consciousness, we feel complete unity with our planet, which expands our consciousness to embrace the fourth dimension. With the awakening of our multidimensional consciousness, we can perceive our SELF as a component of Gaia, the consciousness of Earth. In this case, we use our expanded perceptions to communicate directly with Mother Earth, as well as with ALL Her inhabitants. We can also connect with the fourth dimensional Elementals of earth/gnomes, air/ sylphs, water/undines and fire/salamanders. With fourth dimensional consciousness, we can also communicate with the many realities and beings that resonate to the fourth dimension. At first, we may only be able to believe that these wondrous Beings and Spirit Guides even exist. Then, over time, we realize that many of these beings are fourth dimensional expressions of our own Multidimensional SELF.

With Galactic Consciousness, we feel complete unity with the many planets, solar systems, and galaxies that resonate to the fourth and fifth dimensions. This unity allows us to fully integrate our

Multidimensional SELF and expand our consciousness into the fifth dimension and ground that frequency of Light into the body of Gaia. By now, "ETs" are perceived as other expressions of our Soul/SELF and members of our Stellar Family.

We have moved beyond the limitations of duality, time, space and separation. We perceive our physical body as the earth vehicle that we use and maintain to "drive" us through the experiences of being a member of the Planetary Ascension Team. We perceive every aspect of our physical reality as a blessing or an initiation to remember to release all fear and live in unconditional love, forever and always. From this state of consciousness, we are Masters of Energy and keep close watch on our thoughts and emotions so that they do not threaten to lower our consciousness. We are no longer victim to any person, place, situation or thing and take full responsibility for every manifestation in our life.

With Cosmic Consciousness, we can move into the sixth dimension and beyond, as well into quantum realities and quantum thinking. We are preparing to release all attachment to form and see ourself as a being of pure consciousness. Inter-dimensional travel is normal, as we interface with our Oversoul in the seventh dimension to assist our Soul Family in bringing ALL of our expressions of SELF Home to the resonance of Multidimensional Consciousness.

We no longer need to seek, for we live in Divine Intelligence, Spiritual Wisdom and Infinite Creativity. We share our Illumined Being with other expressions of our SELF and with all who seek our counsel. If we still maintain a grounded, earth vessel (usually to participate in the planetary ascension), we maintain a constant connection to our Multidimensional SELF and the heart of Gaia. We see one of our services as being "step-down transformers" to ground the higher frequency light and quantum reality into the body of Earth. With this service, we raise the resonant frequency of the planet to facilitate planetary ascension.

We are free of ego, so we do not seek fame or recognition and often see it as a distraction to our true work. We walk planet Earth as a "regular" person who still has to pay bills, go to work and feed our body. We know that it is a huge task to maintain a third dimensional form with the expanded frequencies of our consciousness, but we live with the many aches and pains of physical reality knowing that "this, too, shall pass."

We KNOW we are greatly privileged to be a member of this Cosmic Moment and constantly strive to hold the connection with our Oversoul, through all our many dimensional realities and into our physical body. Most of us have suffered greatly in our sacrifice to

forget our SELF in order to serve in the creation of and return to fifth dimensional Earth. We know that, since fifth dimensional Earth resonates beyond time and space, "returning to" and "creating" can happen simultaneously.

We seek others of our kind who hold their SELF within their vessel of clay as a planetary and galactic service. We still get hungry, tired, angry, confused, poor or sick. It is the ultimate sacrifice that we have made to ground our great SELF into Gaia and to assist in the ascension as an entire planet into the fifth dimension. Fortunately, more and more of us are awakening to our Illumined SELF and realizing that we don't have to DO anything. We only have to BE our SELF!

Thank you for sharing this moment of the NOW with us,
Suzanne Lie

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