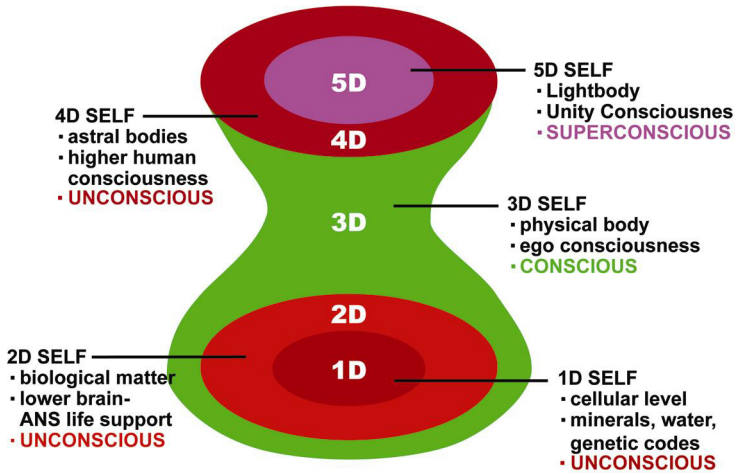


CHAPTER THREE

UNCONSCIOUS AND CONSCIOUS DIMENSIONAL BODIES



UNDERSTANDING DIMENSIONS

All five dimensions exist within, are a portion of, and emanate from our third-dimensional body. We are a vessel that we fill with our own multidimensional universe. As we become aware of the five dimensions of our self, we can become conscious of the inter-relationship between all of our many aspects. Through this awareness we can begin to integrate our unconscious first- and second-dimensional selves and our superconscious fourth- and fifth-dimensional selves into our third-dimensional conscious self.

We accomplish this integration by collapsing the lower first- and second-dimensional selves, as well as our higher fourth- and fifth-dimensional selves, into our third-dimensional self. Think of a travel cup with the smallest bottom section of the cup being your lower-dimensional, unconscious self, the middle section of the cup being your third-dimensional self, and

the largest, top section of the cup being your higher-dimensional, superconscious self.

If you were to partially collapse the cup, the bottom section would be surrounded by the middle with the top section just above it. However, if you were to completely collapse the cup, you would see the bottom section (lower-dimensional self) surrounded first by the middle section (third-dimensional) and then by the top (higher-dimensional) section.

How can we remain conscious of this process? How can we help both ourselves and others? Perhaps if we can each take personal responsibility for expanding our own consciousness, we can assist in expanding the consciousness of our group, nation, and planet. Could one person have that much power? As we raise our individual consciousness, we will realize that we are not just one person. Our third-dimensional Earth is suffering from our disregard for her body. We are running out of unpolluted space and running out of time to repair the damage we have done. If we remain unconscious of our physical, destructive behavior and unconscious of how we create our world, we may not have a third-dimensional Earth on which we can be conscious. Our first- and second-dimensional bodies are usually ruled by our unconscious mind.

OUR UNCONSCIOUS DIMENSIONAL BODIES

OUR FIRST-DIMENSIONAL BODY

We have a body in all five dimensions. Each dimension holds a resonant frequency, which is the primary vibration of that dimension. The first dimension is the lowest frequency, but it is the foundation for all physical life. For example, the single cell, which has a first-dimensional consciousness, is the core of all life on our planet and in our physical body. A single cell also carries the threshold to another universe, the subatomic world.

Before quantum physics, we were less interested in the subatomic reality, although science had delved deeply into the single cell. Metaphysics talks about our first eight cells. The first eight cells represent the pattern for our essence. Our essence is our entire persona, which our parents noticed in our infancy and watched develop into our adulthood.

In Jungian psychology, this essence is called our Divine Child. Our Divine Child is the crystal core of our true SELF, which is gradually and steadily covered with the dust of our many life experiences. Our Divine Child represents our Multidimensional SELF, and he or she has a consciousness that expands from our first-dimensional, cellular self to our highest-dimensional, Spirit SELF. Just as all the atoms on our planet hold the threshold into the subatomic reality, our Divine Child holds the threshold to our multidimensional world. Our Divine Child does not forget our multidimensional being. However, we forget our Divine Child.

Some of us are fortunate enough to have had parents who encourage and reward this core of our essence. More often, however, our parents and society squelch our beautiful, multidimensional being and try to mold us into the person that they want us to be. In the far extreme, some parents are even abusive. In whatever the scenario, our Divine Child (and the glorious being that he or she protects) resides deep in our unconscious and superconscious mind.

OUR SECOND-DIMENSIONAL BODY

Our second-dimensional self correlates to the less evolved animals and the plant kingdom. Animals have an instinct for self-protection, and plants have innate protective devices. Second-dimensional beings take in food, procreate, and survive, much like the organs of our body. Just as nature provides food and shelter for plants and animals, each of our organs has a special dietary need, which they are dependent on our body to supply. If the proper food is not given, these second-dimensional beings will cease to function.

Within our innate second-dimensional consciousness, we also have an instinct, a knowing, that tells us what food we need, when we are safe, and when we need to seek protection. Unfortunately, most of these skills—which were prized, survival tactics to our primitive self—have been lost to our modern, city self. However, just like our Divine Child, our primitive self is latent in our unconscious, waiting for us to recognize and use it.

Unfortunately, our unconscious is also filled with the many painful experiences that we did not feel strong enough to confront. Therefore, like a ball of tangled yarn, our unconscious mind is filled with our deepest pain and our greatest glory. This

agony and ecstasy is sealed off from our mundane self. Hence, many of our latent abilities are lost, while our repressed trauma and unhappiness become our inner saboteur, who stops us from being our true Multidimensional SELF.

OUR CONSCIOUS DIMENSIONAL BODIES

OUR THIRD-DIMENSIONAL BODY

Our third-dimensional body is usually ruled by our conscious mind, but when we have the courage to dip into the shadows of our unconscious mind, we begin to heal our wounded child. This healing creates a powerful catalyst for change. It does not matter how we change, for each one will change in his or her own way according to his or her own directions. What matters is that as we heal our wounded child, we slowly begin to connect with our Divine Child, who holds the memory of our true, Multidimensional SELF. With the awakening of our Divine Child, we gradually become conscious of some of the innate abilities of our true SELF.

Unfortunately, many of us may feel as though we must hide our new abilities for fear of judgment from others. On the other hand, if we are courageous enough to come out of the closet and say things such as, “I met an angel in my dreams last night,” or “I knew you were going to say that,” or to openly admit that we have awakened to our multidimensional powers (such as precognition, telepathy, empathy, instincts, telekinesis, or clairvoyance), we make it safer for others to come out as well. Many of these abilities have been shrouded with superstition and disbelief, but as more and more of us come forward, what has formerly seemed different will become normal.

This fear of being different began long ago with the superstition unleashed by the Dark Ages. At that time, anything that was different was bad. Hence, if someone accidentally remembered his or her Multidimensional SELF and openly expressed it, that person was considered different. Worse yet, the person was considered evil. With luck, we have evolved enough in this passage of time that fear is no longer the first reaction to a unique experience. Psychic powers are not evil or

even magic. They are natural abilities of our Multidimensional SELF.

We are on the verge of a paradigm shift. Once we thought the world was flat and the sun rotated around the Earth. As we expand our consciousness beyond the strict confines of the third dimension, our perceptions also expand so that we can consciously perceive beyond the limits of our third-dimensional reality. Some of the multidimensional, expanded perceptions that we will regain are:

Empathy

n. Direct identification with, understanding of, and vicarious experience of another person's situation, feelings, and motives.

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 and a healer's deep knowing of how a patient feels.

Instinct

n. An inborn pattern of behavior that is characteristic of a species and is often a response to specific environmental stimuli: *the spawning instinct in salmon; altruistic instincts in social animals.* A powerful motivation or impulse, or an innate capability or aptitude: *an instinct for tact and diplomacy.*

Instinct, which is an innate knowing, is another second-dimensional ability based on our "primitive self" who has the ability to tune into the planet to know where water is, 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. If humans are more evolved than these animals, why would we lose that ability?

Intuition

n. The act or faculty of knowing or sensing without the use of rational processes; immediate cognition. Knowledge gained by the use of this faculty; a perceptive insight, a sense of something not evident or deducible; an impression.

Intuition, another form of second-dimensional knowing, gives us answers or 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 (our location in space), and smell. All these abilities are derived from our brain's functioning beyond the 10 to 15 percent range that is considered normal. Many people use their intuition everyday, but they call it luck.

Telepathy

n. Apparent communication from one mind to another without using sensory perceptions

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 another 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.

Precognition

n. Knowledge of something in advance of its occurrence, especially by extrasensory perception.

Precognition, seeing into the future, is the fourth-dimensional ability to move beyond the constraints of third-dimensional time and into the mutable time of the fourth dimension. Once we have practiced our sense of precognition, we can even discriminate between a possible reality and a probable reality. A possible reality is a choice of the ego, and a probable reality is a directive from our fifth-dimensional SELF. If we are in tune with our SELF, we will likely welcome and choose to experience that reality by filling it with our desire and conscious intention.

Telekinesis

n. The movement of objects by scientifically inexplicable means.

Telekinesis is a fourth and fifth-dimensional ability that allows us to move objects through space without the workings of our physical body. In our fourth- and fifth-dimensional selves, 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.

Clairvoyance

n. The power to see objects or events that cannot be perceived by the senses; acute intuitive insight or perceptiveness.

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 third-dimensional spectrum of light. Hence, we can see objects and beings in the fourth dimension and beyond that we couldn't see before.

Clairaudience

n. The power to hear things outside the range of normal perception.

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

Clairsentience

This term is not found in traditional dictionaries.

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, or feel another person's emotions.

Illumination

n. A condition of spiritual awareness; divine illumination; "follow God's light." The degree of visibility of your environment, an interpretation that removes obstacles to understanding.

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 third-dimensional moment of such union can set us on a path that takes most of our life to journey.

As we connect with our Multidimensional SELF, we feel an inner urge to expand our abilities beyond the limitations of the society in which we live. Our SELF gives the courage to come out with our latent abilities and to ignore the fear and judgments of others. The world is uniting, thanks to the few who have the vision to forge ahead where others are afraid to change. It is the unperceived influence of our Multidimensional SELF that is creating this change. Imagine the change that will occur as we consciously recognize and unite with our greater SELF.

THE CONSCIOUS MIND

What does it mean to be conscious in the physical plane? Does it mean simply to be alive or does it mean also to be aware? And of what are we aware? Actually, the more precise question is to which of the myriad perceptions do we choose to consciously attend? Our physical life is not just what we hold in our daily, conscious mind. It is also the ability to be conscious of what we try to hide deep inside ourselves. We all have many memories hidden in our unconscious minds, as well as in our superconscious minds.

To be truly conscious in our mundane life, we must also be aware of these hidden portions of our total consciousness. Otherwise, we will not have access to all of our possible choices of perception. While we are limited to the logical, sequential processing of our third-dimensional consciousness, we cannot attend to the constant bombardment of multidimensional stimuli. Therefore, we must filter out most of what we perceive and remain aware of only a small portion of our total life experience. All that we have chosen to ignore is then stored in our unconscious and superconscious minds.

These perceptual filters are created by our beliefs. Our beliefs influence our expectations, and in turn our expectations influence our perceptions. For example, if we believe that the world is a hostile place, we will expect to see an enemy around every corner. Then since we believe that the world is hostile, when someone comes around that corner—a normal someone with a vast and paradoxical range of thoughts and emotions—we expect to see an angry threatening person.

Therefore, we are aware of only the portions of that complex person that are expressing anger, as we have filtered out the portions of that person that are kind and loving. Then because we have chosen to perceive this complex person as being angry, we feel a need to defend ourselves against this “angry” person. With our fear and anger, we amplify the fear and anger in this stranger. Voila! We have created an enemy, and we have also reaffirmed our belief that the world is a hostile place.

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

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

CREATION OF BELIEF FILTERS

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

example, if we believe that the world is a hostile place, we were likely raised in a frightening environment. In order to survive to adulthood, we learned to believe that everyone and everything was a possible threat.

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

On the other hand, if we believe that the world is a loving place, we were likely raised in a safe and caring environment. Or perhaps we worked through our early fear and anger and have found a way to believe in love. Either way, we have learned to believe that the world is a loving place or at least we have learned to believe in the power of love. Therefore, we are now able to filter out the surrounding negativity and be aware of the positive.

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

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

CHANGING OUR REALITY

To change our reality, we must transmute our belief in fear and limitation into a belief in love and freedom. When our belief system is based on fear, we feel separate from the world around us because our view is that everyone and everything

may try to harm us. However, when we learn to believe in love, we feel united with the world. Everyone and everything can then be viewed as a new opportunity to experience love.

Belief in fear and limitation creates a self-image of being a victim: "The world is my enemy, and I am its victim." On the other hand, belief in love and freedom creates a self-image of empowerment: "Somehow I created my reality and since I created it, I can change it." It is in switching from living in fear to living in love that we can alter the basis of our belief systems. Only then can we begin to change the reality that we experience. This change takes time and understanding, but if we can recognize that our experiences are lessons, we can begin our transformation from a dependent victim to a dependable leader.

This transformation has three phases: being dependent, being independent, and being dependable. Everyone moves through these stages of consciousness. Since we are all complex people, we often move through these phases more quickly in some areas of our life and more slowly in others. Usually, it is in the areas of our life where we have known love that we can transform quickly, and the areas that have caused us fear that transform more slowly. Unfortunately, these fear-filled areas of our life often become our personal nemeses, and we return again and again to address the same old issues in a new way. Fortunately, we each have only a few of these stuck places. These areas of our life are our greatest challenge, yet they also provide the greatest opportunity for personal growth.

AWARENESS

The flower opened slowly
because I thought it must
the labor was so painful
because it seemed unjust

The sky was dark and dreary,
for tears had blurred my sight
but love returned and called
the Sun
to turn me towards the light

My Spirit whispered to me
in answer to my call
“Come here, my dear, and listen
and I will tell you all

“You are creator of your life
in each and every way
by the actors you perform with
and the dramas that you play

“What moment are you choosing?
What torment are you losing?

“Open up your heart, my dear
fill it full of love, not fear
the journey is beginning
your freedom you are winning

“Live life in surrender
allow your Soul to choose
walk upon the path of love
there’s nothing you can lose.”

At last I know, I am aware
I remember what I knew
I welcome in a brand new life
The old one now is through!

